

for the student | by the student

Schooled

Magazine

www.schooledmagazine.com

Utah Valley
Proves
it Can
Dance!!

Is She Really “Into” You?
Or is She Just Using You?
Check out our Dating Chart!

Top **12**
Tips to Meet
New People

Be in the Know This Year With **Schooled's Student Guide**



Renaissance

ACADÉMIE DE HAIR DESIGN

BACK TO SCHOOL SPECIAL!

HIGHLIGHTS STARTING AT \$19.99

FACIAL WAX - ONLY \$5.00

HAIRCUT & STYLE JUST \$6.99

Enrolling now for November and January
classes. Call us for a tour and experience
the Renaissance Advantage!

801-373-CUTS (2887)



227 W. 1230 N. (BULLDOG BLVD.)
IN PROVO, JUST WEST OF MCDONALD'S.
www.hairschoolonline.com

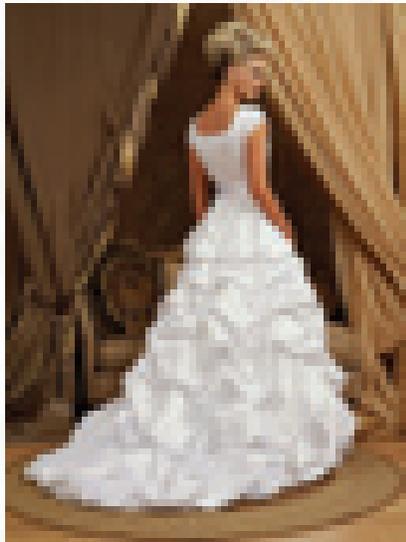
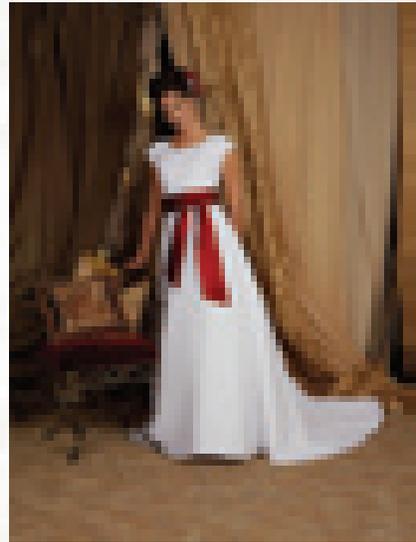
WE ONLY USE THE BEST...



EDUCATION, BUSINESS, BEAUTY...

EXPERIENCE THE RENAISSANCE ADVANTAGE.

First In Fashion | Elegant by Design | Modest by Choice



Come See Our New
2007
Wedding Dresses

ALLYSE'S BRIDAL

AND FORMAL

Beautifully Modest.com

University Mall • Orem, Utah • 801-226-4706 • www.allyses.com

THE FUR WILL FLY

SEASON PASSES
50% OFF BEFORE
HOME OPENER
ON SEPT 22



2006-2007 SEASON SCHEDULE

Sept. 22	\$150 (pp)	University of Utah	Photo Ice Arena
Sept. 29	\$150 (pp)	TMU	Photo Ice Arena
Oct. 6	TMU	University of Utah	Western Ice Arena
Oct. 7	\$150 (pp)	UTUT	Photo Ice Arena
Oct. 13	TMU	University of Idaho	TMU
Oct. 14	TMU	Washington State Univ	TMU
Oct. 20	\$150 (pp)	Utah State University	McCall Ice Center
Oct. 21	\$150 (pp)	Utah State University	Photo Ice Arena
Oct. 27	\$150 (pp)	Western Washington Univ	Photo Ice Arena
Oct. 28	\$150 (pp)	Western State University	Photo Ice Arena
Nov. 3	TMU	Utah State (Central)	TMU
Nov. 5	TMU	Central University	TMU
Nov. 6	TMU	University of Colorado	TMU
Nov. 10	TMU	Utah State University	Optics Ice Rink
Nov. 11	TMU	BYU Iceberg	Photo Ice Arena
Nov. 14	\$150 (pp)	Texas A&M	Photo Ice Arena
Nov. 18	\$150 (pp)	University of Utah	Photo Ice Arena
Dec. 1	\$150 (pp)	TMU	Photo Ice Arena
Dec. 2	\$150 (pp)	TMU	Photo Ice Arena
Dec. 8	\$150 (pp)	Western Washington Univ	Photo Ice Arena
Jan. 11	TMU	Lehigh Univ. (Schuylkill)	TMU
Jan. 12	TMU	Univ. of Utah - Salt Lake	TMU
Jan. 13	TMU	Univ. of Utah - Salt Lake	TMU
Jan. 19	TMU	University of Utah	Shelby Ice Rink
Jan. 20	\$150 (pp)	Washington State Univ	Photo Ice Arena
Jan. 26	\$150 (pp)	Utah State University	Photo Ice Arena
Jan. 27	\$150 (pp)	Utah State University	Photo Ice Arena
Jan. 27	\$150 (pp)	University of Utah	Photo Ice Arena
Feb. 3	TMU	Utah State University	Utah Ice Center
Feb. 4	TMU	University of Utah	TMU
Feb. 6	TMU	TMU	TMU
Feb. 14	TMU	TMU	TMU
Feb. 24	\$150 (pp)	Idaho State Univ. of Idaho	Photo Ice Arena
Feb. 25	\$150 (pp)	Idaho State Univ. of Idaho	Photo Ice Arena
Mar. 2	\$150 (pp)	Aluma International	Photo Ice Arena
Mar. 3	\$150 (pp)	BYU Iceberg	Photo Ice Arena
Mar. 24-25	TMU	Western Conference Nationals	Salt Lake City

CHECK WEBSITE FOR UPDATED SCHEDULE AND TICKET INFORMATION.
HOME GAMES PLAYED AT THE PHOTO ICE ARENA
2000 N. CENTRAL STREET, P.O. BOX 100

WWW.UVSCHOCKEY.COM



HOLLYWOOD
JUICE CAFE

HOLLYWOOD



From smoothies to sandwiches, Hollywood Juice Cafe uses the finest ingredients in the food and beverage industry. We use twice as much fruit in our smoothies, and NO ICE! Every smoothie comes with a fun little treat at the bottom, and garnished with a touch of whip cream.

Bring your friends, family, and even co-workers to see what Hollywood Juice Cafe has to offer. Enjoy combos, bands, free wireless internet connection, and a pleasant atmosphere. Our employees are guaranteed to make you smile and make your experience one to remember.

Hollywood Juice Cafe is under new ownership and management and is improving upon the already spectacular menu and decor. Come and chill out in our Bliss Lounge and try one of our new Pouch smoothies. Our free wireless internet connection is great to get your homework done and we even have a conference room available for your next study group. You have got to come down and see what all the buzz is about! You won't regret it!

★ Sandwiches

★ Salads

★ Soups

★ Smoothies

★ Wireless Internet

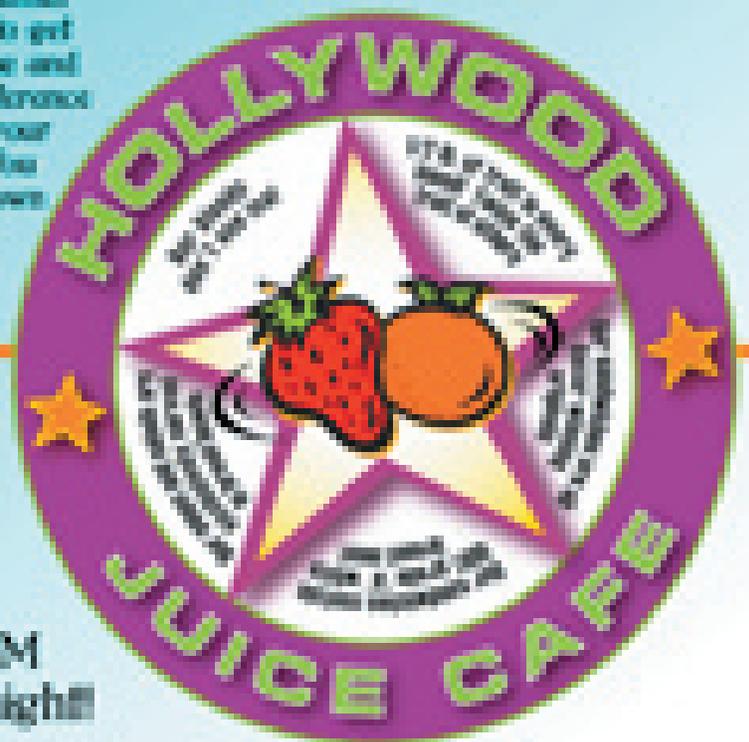
★ Live Bands

★ Bliss Lounge

2043 N. 550 W.
next to 24 hour fitness in Provo

655.0350

Monday - Thursday open until 11PM
Friday & Saturday open until midnight!



The Voice of The Students



Over the past nine months of the 2005-2006 school year, the Schooled Magazine staff and I have been on an interesting journey into the heart and soul of our magazine so we can better understand who we are and where we want to go. After many meetings, phone calls, brainstorming and discussions, we realized that it was right in front of us all along. We looked at the covers of the magazines we had worked on so hard this last year, and we realized that Schooled Magazine is more than just for the college students in the valley, it's who the students are.

Schooled has slowly changed its look, its editorial, and has evolved into who you are. We've talked with lots of you and have enjoyed all of your insights and thoughts about student life. We have seen beautiful and amazing things from you and know that Provo isn't the stereotype that it is always put out to be. There are so many interesting things out here that don't have just one voice. We all have opinions, have different reactions to the hot topics of things happening around us and we are here for more than "just school."

In fact, I believe that if more people spent just a few more seconds listening to the ideas, thoughts, dreams, philosophies, and insights that students have, they would understand that students are more than just a label or stereotype, but that we have the power to change the world. This is the time in our life is when we choose to become anyone we want to be, not only in our careers, but with all aspects of who we are.

This made us at Schooled realize that if we are going to continue to entertain, challenge, and stimulate the minds of amazing students like you, we need to be more than just a magazine. We need to be an open-minded, energetic, living, breathing, and culturally relevant experience that touches you each month.

So over this next school year, be on the look out for Schooled Magazine. Be prepared to laugh with us, think with us, dine with us, shop with us, volunteer with us, protest with us, party with us, explore with us, write with us, and grow with us.

Simply because we are more than stereotypical Utah. And so are you.

Deborah Barlow-Taylor

Managing Editor

Get Involved With Schooled Magazine

Each month, Schooled Magazine distributes 10,000 copies to student & business doorsteps in the Utah Valley. Want to be involved? Here are some ideas.

News

Send your news releases to info@schooledmagazine.com. Deadlines for issues are the first week of each month, for the following month's issue.

Work For Us

Our editorial and photography staff is always looking for fresh ideas and people to work for the magazine. All work is done part time. We are also looking for models. Send a sample of your work and your resume to info@schooledmagazine.com.

Story Idea

If you have a story idea for us, or would like to submit your freelance work, e-mail it to info@schooledmagazine.com.

Calendar

Our All-Inclusive Calendar includes events from all over Utah! If you have any events that you would like to invite our readers to, e-mail your information by the first week of the month, to get your event in the next month's issue. All submissions will be put on our online calendar. E-mail your event to info@schooledmagazine.com.

Advertise

Schooled Magazine is read by over 40,000 students a month and is the most effective medium to reach the student market. For more info about advertising, call Russ Taylor at 801-358-5132 or e-mail russ@fusionofideas.com.

Letters To The Editor

Let us know what you think about Schooled! We depend on our reader feedback to improve our publication. Send your thoughts or ideas to info@schooledmagazine.com.

Schooled Magazine

Managing Editor

deborah BARLOW-TAYLOR

Marketing Director

russ TAYLOR

Editor in Chief

traci d. MARINOS

Layout & Design Director

erin DELFOE

Executive Editorial

Assistant

sarah GESSEL

Promotion Director

melanie CRAIG

Photographers

teagan ALEX

Design Team

sarah HALE,
luis CASTRO

Senior Writers

patricia AUXIER,
jennifer BORGET,
carolynn DUNCAN,
esther HARRIS,
rae HARRIS,
jeremy HOLM,
rebekah JAKEMAN,
seth KELLEY,
jamie LITTLEFIELD,
don OSMOND
mckay SALISBURY
ammon VANORDEN

Writers

kristen BARLOW,
kailee HEGER,
courtney HUMISTON,
scotty SPJUT

Freelance Writers

Featured This Issue

matt SEELEY

Distribution Manager

chris WILLIAMSON

Publisher



Published by Fusion of Ideas, 1043 S. Canyon Meadow #4, Provo, UT 84606, with a minimum distribution of 10,000 copies and a readership of 40,000 per issue circulation, printed nine times throughout the year. Fusion of Ideas/Schooled Magazine is not responsible for incorrect pricing, or information listed or for loss or damage of unsolicited manuscripts. Statements, opinions, and points of view expressed by the writers and advertisers are their own and do not necessarily represent those of the publisher. Fusion of Ideas/Schooled Magazine is not responsible for typographical errors. Redistribution in whole or in part is prohibited. All rights reserved.

How to reach us:

Email: info@schooledmagazine.com.
Website: www.schooledmagazine.com.
Phone: 801.494.8972.

school

September 2006

Find out if He or She
is Really Into You!
pg. 24-25



Check out UVSC
Women's Soccer!
pg. 40



Learn How To Meet
Cool New People In
Provo pg. 12-13



Get Organized
for the New
Semester pg.
22-23



Be A Smart
Credit
Consumer
pg. 46-47



features

- 14. Utah Fun Facts.
- 16-17. Meet the Band Maxfield.
- 18. Find the Best Pizza in Utah Valley.
- 19. The Grant Olsen Band.
- 20-21. Young Utah Film Makers Produce a Disney Film.
- 22-23. Put Your Life In Order.
- 26. Back to School Map and Guide.
- 37. BYU Football.
- 40. UVSC Women's Soccer Team.
- 41. BYU Lacrosse Team.
- 46-47. How to Build Your Credit.
- 48-49. 20 Things to do With \$20.
- 50-51. Student Banking.

12-13. Top 12
Tips on How to
Meet New
People in Provo.

24-25. Are They
Really Into You?
Take the
Dating Chart
Challenge.

32-35. So Utah
Valley Thinks It
Can Dance.

COVER STORIES

departments

- 8-9. What's the Buzz?
- 10. Ask Don Dating Advice.
- 11. See What to Watch, Play, Read & Do in Provo.
- 30-31. Hot Topic: Dieting.
- 36. Show Me Your Ride.
- 38-39. The Health & Fitness Buzz.
- 44-45. Charity Involvement.
- 52-53. Stylin' Students & Back To School Style Tips.
- 54. On Location.
- 55. Calendar.

- ▶ Check out our All-Inclusive Calendar.
- ▶ Get FREE STUFF! Join the VIP Exclusive List
- ▶ Submit Your Ideas and Give Us Feedback.
- ▶ Read Past Issues.





**I WANT
TO BE
HEARD**

By Jennifer Borget

If you want to be heard, promote your ideas, or find out what's hot around Provo, you'll need to keep a few websites in mind.

First, there's **ProvoPulse.com**. It's a great website for students to talk about whatever. It's a site you can write blogs or join a forum.

Another great website to remember is **facebook.com**. If you haven't joined already it's a good idea to join now. It's a free website for student networking.

Don't get stuck with a horrible professor. Be sure to visit **ratemyprofessor.com** to find out which professor is perfect for you. Teachers are rated on easiness, clarity, helpfulness, and even rated on their hotness!

And as always, **schooledmagazine.com** has a new and improved website including a loaded calendar and incredible deals from our local retailers. We make sure you're always kept in the loop, so be sure to book-mark this website.

All of these tips and ideas should give you a head start for the school year and if there is one thing you should remember it's to make this year better and more memorable than the last.

What **Tattoos** are most people likely to regret? **NAMES**. Eighty-five percent of the tattoos inked over are names. While the best tattoos are those that commemorate something momentous in your life, tattoos celebrating your personal life and new girlfriend, Cookie—normally lead to something to regret. One exception to this rule? "Mom."



Schooled Magazine
is sponsoring intramural teams
at **BYU & UVSC!**
If you are interested in participating, or want
us to sponsor your team, e-mail us at
info@schooledmagazine.com



Tune In

By Jennifer Borget

So you're back to school and while you may have been purging all of your memory from last semester such as everything you learned in American Heritage, you may have also forgotten a lot of your favorite radio stations along with it. Let us help!

Schooled FM list:

- POP: 97.1, 101.9, 102.7, 103.5, 107.5
- Rap/Hip Hop: 92.1
- Alternative: 96.3, 105.1, 99.5
- Classical: 89.1
- Rock: 94.9, 105.7
- Country: 93.3, 104.3
- Easy Listening: 97.9, 98.7, 100.3, 106.5

Schooled

We know what's happening this weekend. Do you? Find out what's going on with a weekly email update on concerts, parties and local events. Also, get into parties without the wait and go down the **RED CARPET!** And get free stuff from local businesses. Join the **Schooled VIP List** on schooledmagazine.com.

Did You Know?

Chewing gum is the #1 snack food for American adults



Spot the
Schooled Mini!

and win free stuff!
This month get a **free Mod Bod T-shirt**
and **tickets to the UVSC vs. BYU**
Volleyball Game held on **October 3** at
7 p.m. at UVSC!

Leave your info on the windshield.

Sponsored by:



Conversation Starters

Now is the perfect time to break out and meet some new people! Here are some great icebreakers.



In A Bookstore

*Ask the cute bookworm in the fiction section if they can help you remember that best-seller by Tom What's-his-name. When they say they don't know, ask them to recommend a book that they've read before.

*Hang out in the travel section, planning an "upcoming trip." Ask a gorgeous globe-trotter for suggestions about where the hottest vacation spots are.

At A Party

* Say, "You look so familiar. Didn't we meet at the dance party on Center Street?" Then ask them where they're from, where they're living, etc. to see if you can find something in common!
*Bring a hilarious card for the host of the party. Have everyone at the party sign it—it's an easy ticket to talk to your target.
*Practice some psychic savvy—read a few of your pals' palms, then ask them if they'd like to read yours!

At The Gym

*Lay your mat near a hot gym-goer doing crunches. When they take a sit-up break, ever-so-politely ask if they can show you the best move to get six-pack abs.
*(For you girls) You want to try the leg-press machine, but the last user left heavy weights on it. Ask a buff guy to help you remove them.
*(For you guys) Situate yourself near a hottie in a yoga class. When the instructor asks everyone to pair up for a headstand drill, ask her to be your partner.

In Class

*If they have the latest laptop (or Palm or cell phone), ask them how they like it, and if you could take a look since you're thinking of buying one. If you're feeling bold, type in your name and phone number.
*Ask them if they are interested in creating an after-class study group to help go over notes.
*Ask to borrow the movie section of their newspaper to see what's playing that night and casually ask if they have seen any good flicks lately. If they get really animated during your cinema chat, invite them to catch a 7:30 show with you.

Why not Help?



Save Lives

Feel Good

Earn Cash

Help others while earning cash for yourself.

Donate plasma.

Bring This Ad in For 1st Time \$5 Bonus!

Earn up to \$200 per month!

Bio-Medics

133 W Center St, Provo, UT 84601

289 University Parkway, 201000

Across from University Mall

We also have centers in the following cities:

- Bozberg
- Cedar City
- Moapa
- Panguitch
- Logan
- Monticello

Comforteez

A DIFFERENT KIND OF UNDERSHIRT...

Back to School:
Free Shipping



Unique Styles

Low Prices



Bra Shelf

Fabric Options

Extra Spandex

COMFORTEEZ.COM

ask Don

Advice, answers & all you need to know about dating.

By Don Osmond

Q:
**Scared
Dateless!**

There are so many horror stories about blind dates that I'm afraid to go on one. What should I do?

A: Funny you mention blind dates. Last year a friend challenged me to go on 100 blind dates in a calendar year. And like an idiot, I accepted the challenge knowing full well I would not be able to accomplish the Herculean task. I should say, hopefully without incriminating myself, I got close!

I think it is important to mention that each girl I went out with, individually, has remarkable talents and attributes. I'm foolish to let many pass me by and neglect the old adage, "carpe diem."

Moral of this story – date! Date a lot. Take every opportunity to date. Just don't let your pride of accepting a silly challenge get in the way of something better.

As for the fear of blind dating, allow me to offer two points of advice that will help you set the boundaries for an enjoyable, yet quick, blind date.

First, a blind date is nothing more than an opportunity for you to assess your date. Ask yourself the question, "Would I have given you my cell phone number? Or, would I have asked for your number?" This should be your perspective. Though it sounds harsh, we all know it's the truth. You don't need to decide if you're going to marry this person at the end of the date.

Second, establish a time limit. When you set up the date, let your date know that you would love to go out with them – and be sincere about it. But, make sure they understand that you've got things you would like to do after the date, so you need to be home by a certain time. And stick to it! What if the date is going well? Keep your time commitment. If you want to go out with your date again, let her/him know you'd like to go out again. Then set up another date. Don't forget, you can have too much of a good thing!

Voice of caution: Don't tell a girl you will call her if you're not. There is nothing worse than to make a commitment that you don't intend to keep. If you're like Chandler from "Friends" and don't know what to say at the end of a date, try saying something like, "I had a great time. Thanks for a wonderful evening." That's it.

Above all, enjoy the date. Who knows what could happen.

**Getting
Dates With
Pick-Up
Lines**

I just graduated from high school and now I'm attending UVSC. I would like to ask someone out, but do pick-up lines work on college women?

A

Oh, my dear boy. I wish I could tell you that dating in college is the same as dating in high school. Alas, it is not.

Contrary to popular opinion, when you tell a girl, "If I said you have a nice body, would you hold it against me?" She will. But, it's not what you would expect.

Pick-up lines, for the most part, are empty, spineless, and meaningless remarks women could care less about. It's not flattering to ask a woman if her "daddy is a baker, because she has nice buns." There are more tactful ways of commenting on her figure. And, it's not "whatcha gonna do wit all that junk?"

A more tactful approach to a pick-up line will require more meaningful conversation to follow. For example, if your best pick-up line is, "Do you believe in love at first sight?" You better be able to continue the conversation with something like, "I'm sorry that was cheesy, but I couldn't think of anything to say that would get your attention. Can I try that again, or at least introduce myself. I'm (your name goes here)."

Now that you have her attention, say something – anything. You've already broken the ice. Talk about whatever comes to mind. Is she reading a book? Ask her what she's reading. The point is that you maintain some type of conversation that will allow you to get to know a little more about each other.

Note: Conversations are most enjoyable when both parties contribute to the subject matter. Don't do all of the talking and don't talk about yourself too much. No woman wants to talk to an egotistical blabbermouth.

If the conversation went well, and you both enjoyed each other's company, ask for her number. Chances are good that she'll give it to you.

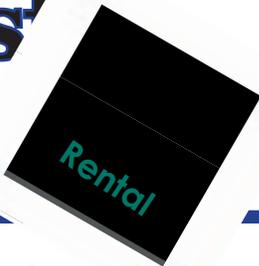
I know this may be a little challenging at first, but give it a try. Girls are pretty forgiving. Besides, nothing ventured, nothing gained.

Happy Hunting!

S

watch▶play▶do▶read

Top 10 Must See Movies



Don't let those back-to-school blues get you down. Celebrate your return to school with our top 10 classic school movies. Watching any of these movies is sure to put you in the back-to-school spirit. Because isn't school just the greatest? Well, at least in the movies it is!

1. **Billy Madison**
2. **Ferris Bueller's Day Off**
3. **Dead Poets Society**
4. **School of Rock**
5. **Summer School**
6. **Bill and Ted's Excellent Adventure**
7. **10 Things I Hate About You**
8. **Harry Potter and the Sorcerer's Stone**
9. **Clueless**
10. **Never Been Kissed**



-By Rae Harris

Game Review

If you have a PSP, you should probably play LocoRoco, partially because it's free, and partially because everyone's talking about it, but really, because it's fun and addicting.

In LocoRoco, you are the planet. You manipulate the blob on the screen by tilting and flipping the planet to get him to move where you want him to move. He grows by eating things in the level.

The first level is available as a free download from LocoRoco.com, and the release date of the full game is 5 September 2006.

-By McKay Salisbury

Try Theatre on For Size!

Read This

While the controversy of Clean Flicks and the movie industry is fresh in our minds, this novel by Todd C. Nocker lightens the situation with some sarcasm and wit.



In the sleepy college town of Provo, Utah, the owner of an independent video store gets creative when competing against the big chain stores. His line of videos, edited for family-friendly viewing, launch him on a path to success, fame and even romance. But unfriendly competition turns to death threats and possible murder as the story unfolds.

By Deborah Barlow-Taylor

If you're tired of doing the same thing date after date, here's an idea for you- go to a play. There are some really talented theatre companies in Utah County that offer high quality entertainment accompanied by a healthy dose of 'culture'. After you've seen a few productions, you might even prefer going to see plays rather than movies. Here are a few of the theatre companies you have to choose from along with their upcoming shows.

Center Street Musical Theatre
801-764-0535
csmtc.com
The Music Man September 8-October 7

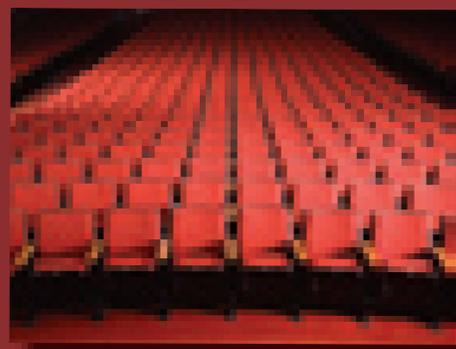
Hale Center Theatre-Orem
801-226-8600
haletheatre.com
801.226.8600
Footloose August 25-October 16

Provo Theatre Company
801-379-0600
provotheatrecompany.com
Little Shop of Horrors Starts September 15

Scera Theatre
225-2569
Superman: The Musical September 15-October 2
scera.org

BYU Theatre Department
801-378-4322
Twelfth Night September 27-29 and October 3-7

UVSC Ragan Theatre
(801) 863-8105



12

With a brand new school year approaching, you're bound to see hundreds of new faces. Here are some tips on how and where to meet people in Provo.



Tips to Help You Meet New People...

By Esther Harris

How to Meet People

1

Be Outgoing! Don't be afraid to go outside of your comfort zone. Really- what do you have to lose? Chances are you might not ever see this person again so you might as well just start a conversation with them and see how it goes.

3

Stay Away From Clichés. Be weary of using clichés and pick-up lines. There is a small minority that can actually get away with saying anything they want. For the other 99 percent of you, just be sincere. Guys and girls want to feel special. They don't want to feel like they are just your goal for the day or that you hit on anything that moves. Be sincere and your personality will shine through, which is much more attractive.

4

Be Yourself. First impressions are important, but people can tell when you are putting on an act or when you are sincere. And even if you fool someone once, are you really going to turn on your alter ego every time you see them. Instead of living a double life, just be yourself. Everyone has qualities and talents that are attractive. And if someone is not impressed by your mad skills, then you're better off not wasting your time trying to impress them.

2

Be Friendly. By just smiling at someone, you can show that you are an approachable person. Start simple, "Hey, how's it goin', where are you from?" Also, make sure to listen to their responses. Listening is the key to sounding genuinely interested. Don't just go through the emotions, "uh huh, ya, uh huh, ya ... so do you want to go out this Friday?" Really listen and you might be surprised with how much you have in common with this new face. You might discover that your best friend dated his roommate's brother. Who knows? Just be friendly and have fun meeting new people.

Happening Places in Provo

These places always draw in huge crowds. They're hopping places every day of the week, but especially on Monday, Friday, and Saturday nights. So don't be left behind and check out these hot spots to find new faces and make new friends.

Smart Cookie
Cafe Rio
Gold's Gym
Muse Music
Cafe De Sol (salsa dancing on Friday's)
Ozz

Dollar Movies (75 cents on Tuesdays)
Denny's
The Center (country dances every Wed & Sat night)
The Malt Shoppe

Where to Meet People

Here are eight places to meet people in the Provo area.

Whether you are looking for a new friend or that special someone, try out these ideas.

5

Sporting Events- Even if you're not the biggest football fan, going to a game is a great place to meet people and have a fun time. The stands are filled with tons of people that you can easily strike up a conversation with. You can start talking by commenting on the game, then take it from there. You can also see what your new friend is doing after the game and make plans to hang out. Also, for you folks who would rather be playing than watching sports, join a city team or intramurals. You'll have a great chance to meet new people as you also get to play your favorite sport. For more information about local college sporting events, visit byucougars.com and uvsc.edu/athletics.

7

Dances- Dances are great places to meet people because it is a room filled with hundreds of people. You can fit small talk in between the dances, while you're dancing, or when you want to sit one out. Whether your forte is hip hop, salsa, or country, there are dances all over the Provo area. For websites with information about local dances, visit utahcountrydance.com/locations_provo.html, utahsalsa.com and for 80s Night in Provo visit myspace.com/audiothrill.

Take the Bus- Not only are you saving money on gas and being conscientious of the environment, but then you can talk to the people around you. Ask about the bus route and where certain buildings are located. Then you can easily introduce yourself.

11

Go Outside- Hanging out outside of your apartment complex or on campus is a great way to see people. You can get to know the people in your building, see if anything cool is going on like a game of ultimate Frisbee, or at least you are making yourself available for people to come talk to you. Tell people hi as they walk by. If someone else is sitting outside, ask them if they live in your building. See what you have in common. Get some sun and lay outside.

10

12

Networking- This, I personally believe, is the best way to actually meet people. All of your friends have friends of their own. So have big parties where everyone brings their friends so you can get to know tons of people. You can easily start a conversation by asking them who they are there with, then you can exchange stories about the friend you have in common. Plus, this way, you have a reliable source to get the dirt on someone or put in a good word for you since your friend already knows them. Get to know your friends' friends, and soon they will be your friends too. **S**

6

Be Studious, Go to Class- People are always telling you to multi-task right? Well what's better than going to class, listening to a little bit of lecture, and hitting it off with the person sitting next to you? Class is a great place to meet people. You have plenty to talk about- the teacher, homework, and then you can ask them about themselves- where they're from, what their major is. You have plenty to talk about- the teacher, homework, and then you can ask them about themselves- where they're from, what their major is. Plus, you have an excuse to hang out as you study for upcoming exams. And instead of studying at home, go to the library. Get some studying in as you're able to scope out potential prospects.

8

Events on Campus- BYU and UVSC host tons of activities that no matter what your interests are, I'm sure you'll find something that fits your appetite. You don't even have to be a student. From battle of the bands, to extreme sports, to theater, both of these colleges have it all for your entertainment purposes. Find someone who has similar interests as you and take it from there. You can even tell them about an upcoming concert or play that you are planning to attend.

9

Grocery Store- Everyone needs food, right? So really there isn't a better place to meet people. Start the conversation by asking where something is or ask about the item that both of you are looking at. It may sound a little cheesy, but starting the conversation is half the battle. Start in a simple way and then move on from there. Plus, sneak a peek into their cart and you can know what kind of person they are- healthy, kind of lazy, very clean... who knows? Turn your weekly shopping ritual into a time to also get to know some new people.

Dairy Queen



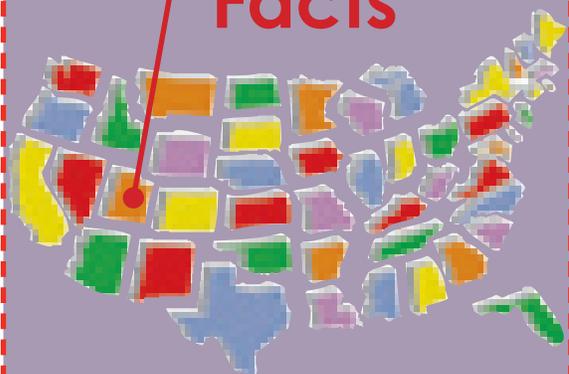
Best Treats In Town



Student Special! 5 Hamburgers for \$5

Right Next To The BYU Campus
1545 N. Canyon Road
818-3500

Utah Fun Facts



Advice, answers & all you need to know about Utah

Hallelujah! You've made it here for your first year of college in Provo/Orem: a feat to say the least. Making the transition to live in Utah doesn't have to be a challenging one, as long as you have a few guidelines. Despite the atypical culture found in this wonderful state, you can return home to your friends outside the bubble and say, "I fought a good fight, and I've kept my faith!"

Here is a list of some of the cultural idiosyncrasies you will soon experience and will grow to embrace. If you're unaware as to what I may be talking about, here's a heads up for your scholastic year...

By Don Osmond

A first date is an introduction; a second is the engagement; you're married by the third date!

The older generation is not required to re-take their driving tests, and therefore they stay in the fast lane.

Birds have the right of way on all highways. (This goes along with the previous comment.)

A "pello" is something your head rests on while sleeping.

If it's sunny during the winter, it's most likely below freezing.

Most families have three cars: a small fuel-efficient V4 for the dad; a gigantic gas-guzzling SUV or mini-van for mom and the crew; and the ol' POS for the new driver.

"Melk" is the white, creamy, dairy cow product we buy at any gas station, grocery store, or Costco.

It's common to see an infant in your economics class.

Spring is a lie. If it's February and you begin thinking, "Spring is coming," the next day there will probably be a snowstorm.

Churchball. Just because basketball is played at a church does not mean the players are nice to each other.

Pronunciation Guide: Nephi (Knee-phi), Toelle (Too-ill-a), Hurricane (Her-ick-an).

If Jell-O has carrots in it, it's a salad. If Jell-O has fruit, it's a salad. Adding just whipped cream? Yep, it's still a salad.

No one works on July 24th - Pioneer Day: Yes, church and state have crossed the line, and we all love it.

It is illegal to detonate any nuclear weapon. (Isn't that just common sense?)

There is no Jack in the Box. Try the Training Table.

It's legal for restaurants to serve wine with meals, but only if you ask for the wine list. (You are in Utah! What did you expect?)

Fry Sauce. For dipping fries (also good for dipping burgers, should you feel so inclined). Made of mayo and catsup mostly. There are various recipes made from other random ingredients. Try it before you knock it.

It is illegal not to drink milk. (I'm sure the dairy farms love Utah.)

We go to the "mou'ins" to camp.

All stores and roadways are relatively clear on any given Sunday, unless it's right after church.

The mou'ins here are, in fact, larger than any high-rise the East Coast has to offer, and more breathtaking than they can imagine

There are two gangs: one wears blue, the other red. Which team do you prefer?

"I know a really cool lookout point of Provo," is just another way of saying, "I'd like to make out with you!"

It is against the law to fish from horseback. (No lie, I've seen someone get ticketed for that!)

It is considered an offense to hunt whales. (Since we live so close to the ocean...)

So, living in Utah isn't so bad after all. Besides, according to statistics, 10 percent of BYU freshman are engaged or married by the end of April. If you come back for your sophomore year that number drastically increases to 25 percent. By the time you graduate, nearly 50 percent of you will be engaged or married. Even though you're studying to be a bachelor of science, you might end up being a father of two before you leave the comforts of Utah. **S**

travel

with Schooled

Story and Photos By Deborah Barlow-Taylor

We packed our bags and headed over to a side of the world that we had never been to before. Check out why we think Bali is a great place for students to travel to!

Why Bali?

Bali is part of the Republic of Indonesia, south of the equator in the Indian ocean. The island is famous for its beautiful landscape which includes six volcanos, lush tropical forests, fast flowing rivers in deep ravines, picturesque rice terraces, and white and black sand beaches. As you step off of the plane, you'll notice friendly people and a unique way of life.

How to Get There:

For package deals, Asian Affair Holidays offers some great rates that students can't ignore! You can visit their website at asianaffairholidays.com.

Where to Stay:

Kuta, a beach town with a series of five-star resorts, houses most tourists traveling to Bali. Nusa Dua Beach Hotel & Spa (nusaduahotel.com) is a five-star hotel that lives up to its reputation. Another great location to stay in is the cultural jungle city of Ubud. Known for being in the city of dance and the arts, this is the place to stay to be culturally enlightened to the Balinese way of life. If looking for an experience of a lifetime, Hotel Tjampuhan (tjampuhan-bali.com) offers travelers small cottages on a hill overlooking the river.

What to Do:

Bali is famous for its surfing, scuba diving, and Balinese dancing and dramas. Other activities include elephant safaris, monkey forests, white water rafting, snorkeling, boating, shopping, day spas, paragliding, mountain biking, and many more.

Fast Facts

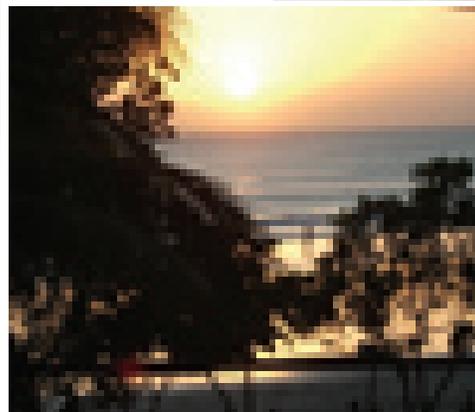
Population: 3 million

Major Religion: Hindu

Climate: 68 to 98-degrees

Weather: December to March Monsoon Season

Best Time To Go: June to September



Not Ready To Go Yet?

Get certified in Scuba Diving now to get ready for that big trip next summer or in a couple of years. Scuba Ted's offers a two week course (four evening classes & two dives) for your certification. They have the best prices in Utah-only \$159. Visit their website at scubateds.com.

Be On The Schooled VIP List

Get Free Stuff From Local Businesses.

Don't Wait In Line. Go Down the Schooled Red Carpet at Parties.

Know What's Going On Every Weekend Get a Weekly Email With Concert, Party, and Local Event Information.

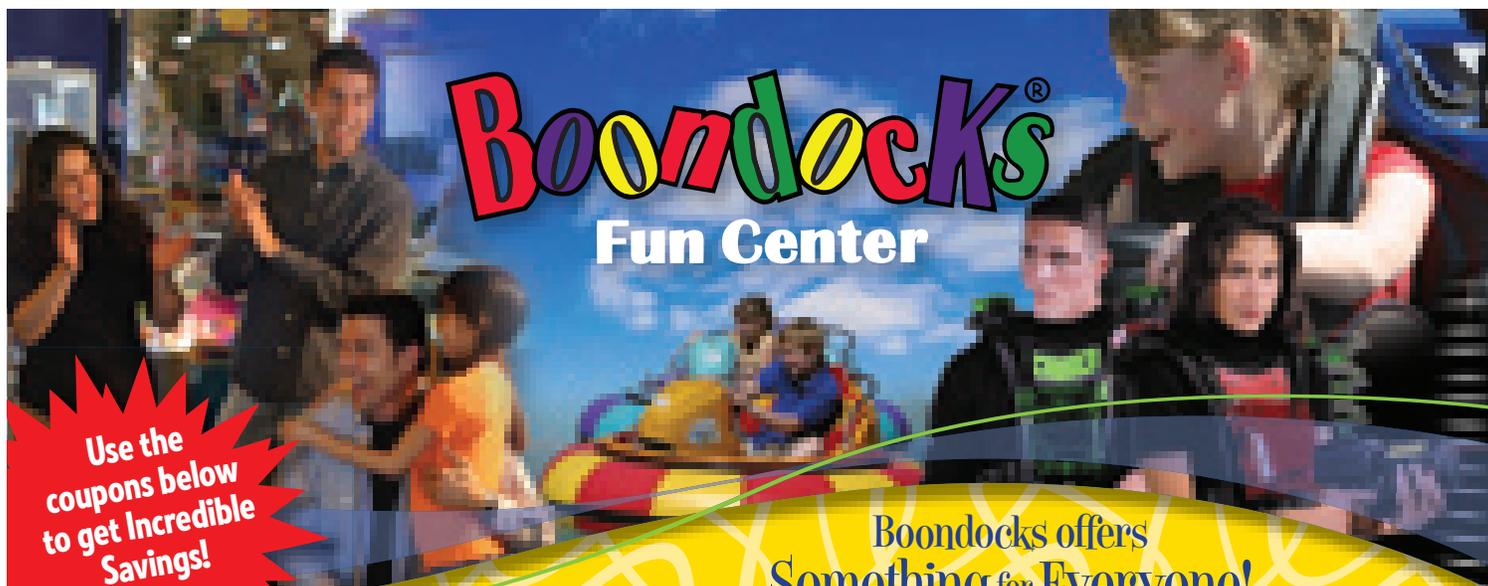
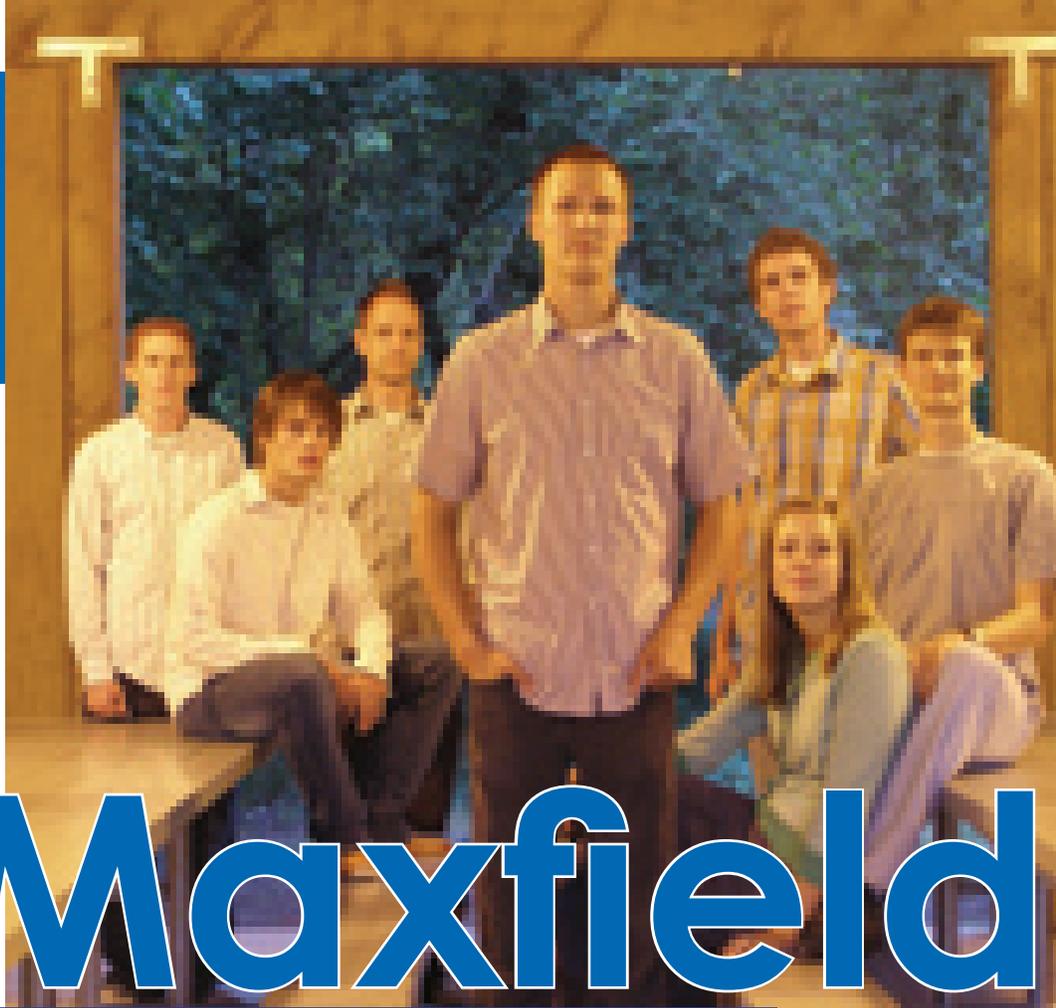
Sign Up At schooledmagazine.com

Is Maxfield just another Provo band? Not really. In a delightful, low-key interview at Pudding on the Rice, I had a session of 20—ok, 10—questions with Stuart, Jacob, Jeremy, and Brittney, representing Maxfield.

10 Questions With Provo's

Maxfield

ByCarolynn Duncan



Use the coupons below to get Incredible Savings!

Boondocks offers Something for Everyone!

FAMILY PIZZA SPECIAL

Large one-topping pizza, 4 beverages and breadsticks - \$17.75.
Limit one coupon per person. Not valid with any other discount or offers.
Expires 9/4/06



Draper, UT
1-15 & Bangenter Hwy 14200 S 75 E
(801)838-9800

HTV-01

SAVE \$5.00 OFF UNLIMITED FUN PASS

OR

\$3.00 OFF JR. UNLIMITED FUN PASS

Valid for up to four discounts per coupon.

Unlimited Fun Pass valid Monday - Friday from 5pm - close and all day Saturdays, Sundays, Summer and specific Holidays. Call for dates and times of availability. Valid for up to four discounts per coupon. Not valid with any other discount or offers. Expires 9/4/06



Draper, UT
1-15 & Bangenter Hwy 14200 S 75 E
(801)838-9800

HTV-02

FREE ATTRACTION PASS*

*Buy one round of miniature golf, bumper boat ride, go-kart ride, laser tag game, or maxflight ride and get the same attraction of equal or lesser value free. Limit one coupon per person. Not valid with any other discount or offers. Expires 9/4/06



Draper, UT
1-15 & Bangenter Hwy 14200 S 75 E
(801)838-9800

HTV-03

1. Tell us about your music.

Maxfield's music is multi-instrumental; with a lot of melodies... basically, the music requires lots of people. So we write it that way—for seven people.

Maxfield includes:

- Stuart Maxfield, Lead Vocals/Guitar/Violin/Harmonica/Songwriter;
- Andrew Maxfield, Piano/Accordion;
- Jeremy Bowen, Bass/Dobro/Vocals;
- Jacob Jones, Trumpet/Trombone/Piano/Glockenspiel;
- Nate Young, Drums/Vocals;
- Robbie Connolly, Guitar/Vocals;
- and Caitlin Maxfield, on Flute/Vocals.

2. What are your goals?

We don't want to overextend or undersell ourselves. It's easy to play a lot of dead-end gigs just in Provo, but we're trying to include some higher profile things as well.

On September 16th, Maxfield will be making an appearance at the state fair. They're also gearing up to record their first full-length album in a deserted theater.

3. How does Maxfield feel about other bands in the area?

There are some very talented bands, although none of us are really connected with the music scene in Provo.

4. What is the story behind the "Julie Julia" song?

It's not about an old girlfriend or anything. Stuart knew a blind guy whose wife was in a rest home, and he would tell stories about his "sweet Julie Julia."

5. What's the deal with "2290" as the EP title?

It's the house address where we recorded the EP. We tried to explain it on the liner notes, but as it turns out, most people don't read liner notes...

6. Maxfield is Stuart's last name...so why are you using yourself as a brand?

Maxfield is a practical name, stripped of romanticized things. We wanted a very practical name. We try to be as honest as we can, and we're not terribly interested in a pop icon marketable image. We just get together to make music.

7. So, what is Maxfield?

Our sound is hard to categorize—basically, it is what it is. We haven't put it into a genre. We don't really know what we are...

Maxfield's bio describes them as "a surprising roster of seven multi-instrumentalists [that] produces a song-driven, organic sound, combining elements of old country, indie folk, jam rock, and more."

8. Who Are Your Fans?

Oh... millions of people. Well, we usually get around 200 people at our shows. Our fans are really dedicated, and usually in the 18-24-year-old crowd. But hey, Jeremy's grandparents come to our shows...

9. Does Being Music Majors Inhibit Your "Bandness"?

Well, it takes up all of our time. Really, it tends to be very academic, but, we learn a lot from the music programs and appreciate it. It means we can all think about music intelligently, yet still mix it up with accordions and such.

10. Any Memorable Last Comments?

We were thinking about playing a country show for a ward activity. We heard about the gig, and thought we could pull it off, until we realized they were having line dancing and stuff... then we realized, it probably wasn't the right thing for us...

We're thinking we'll do really well at the state fair... maybe some of the cows will come out and listen. In fact, we play music for everyone... we're not interested in limiting ourselves purely to Homo sapiens. We don't think of ourselves as your typical mammal band.

Want more info? Check out www.maxfieldmusic.com and www.myspace.com/stuartmaxfield.



FREE ALL DAY EVENT - BREAKDANCE - PERFORMANCES - BANDS - DANCE PARTY

ProvoPalooza 2006

PARKWAY VILLAGE SHOPPING CENTER > PROVO > UTAH VALLEY > UTAH > USA > EARTH



LIVE ENTERTAINMENT FOR ALL AGES STARTING AT 4PM

30 SEPTEMBER 2006

FREE OUTDOOR FESTIVAL

PARKWAY VILLAGE SHOPPING CENTER
2255 N. UNIVERSITY PARKWAY - PROVO

BANDS
LIVE PERFORMANCES
BREAKDANCE COMPETITION
DANCE

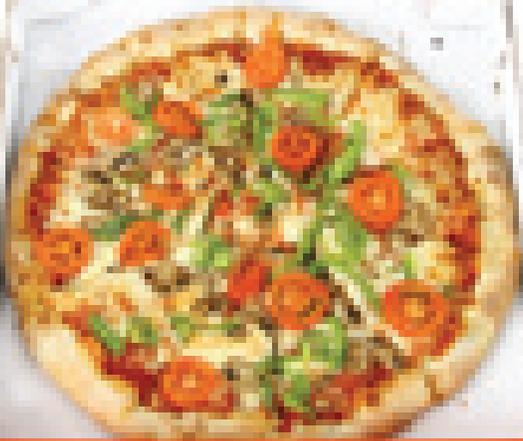
FOR REASONABLE SPONSORSHIP OPPORTUNITIES
PLEASE CONTACT RUSS TAYLOR @ 801-358-5132



THECAPOPARTY.COM

Pizza in Utah County

By McKay Salisbury



I know what you're thinking, it's the start of school again, and you need a pizza. You don't want one of those 5 dollar pizzas that Little Caesar's has been keeping warm in their warmer for who knows how long; you want a pizza made just for you with some real quality. Where can you go?

California Pizza Kitchen

575 E. University Parkway
Orem, Utah 84097
(801) 765-1777

Home to the "Original BBQ Chicken Pizza," their pizza is a little more expensive, but worth the price you pay for it. They have both indoor and outdoor tables. Sometimes the wait can be a while, but since they are attached to the mall, you can do some window-shopping while you wait. They provide a nice atmosphere for a night out with friends or on a date.

Brick Oven

111 E. 800 N.
Provo, Utah 84606
(801) 374-8800

Brick oven is 50 years old; their pizza was probably eaten by your parents (and their parents) if they went to school at BYU. They have "grown up" over the years, and are now a full-service dining establishment. They still offer free root beer with a pizza purchase on Mondays, and their pizza is great.

Nicolitalia Pizzeria

2295 N. University Pkwy
Provo, Utah 84604
(801) 356-7900

Nicolitalia Pizzeria was started by an Italian from Boston (with a heavy Bostonian accent). Their calzones are to die for, some of the best I've ever had. Also, their combo meals come with a side salad with an awesome creamy dressing. There's a 15 percent discount if you are a student and you show your picture ID. They also deliver with a minimum order of \$10.

Don't have the cash to go out? Schooled Magazine's Favorite Delivery Pizza is PaPa Johns— 356-7272 (Provo location), 762-0400 (Orem location). **S**



Flexible. Fun. Simple.

COME MAKE SOME NEW FRIENDS AT TELEPERFORMANCE.

Teleperformance is currently looking for **54 Inbound Customer Care Representatives** to join our team at our new location in Utah Valley. We have a variety of set schedules and we'll never send you home due to lack of work.

Our Customer Care Representatives answer incoming calls. Yes, that's right, **customers will call you**. As a Representative, you will be answering billing questions and assisting customers with adding or removing services from their account. **It's that simple!**

So if you see yourself providing **friendly, quality service**, just as you would want to be treated, then call us today and start your path to an exciting career!

We now have a new State of the Art Call Center just off Exit 273 in Utah Valley! Call Us Today!

(801) 221-8299

Apply online at www.teleperformanceusa.com/careers

Make up to
\$9.00
an hour



Teleperformance

GLOBAL CUSTOMER RELATIONSHIP MANAGEMENT

Grant Olsen Band

You've heard him at Muse; you've heard him in your dreams; now it's time to hear him whenever you want. And with the release of his third album, "Waterland" captures his signature lyrical and instrumental style reminiscent of minimalism. His first with Ape Island Records, "Waterland" combines Grant's efforts with Leo Patrone [bass], Micah Anderson [backup vocals and guitar], and Cedric Anderson [viola and violin] to offer a homegrown mysticism that rends and heals.

The 10-track musical musing focuses on story-telling and a sense of place, rejuvenating folk with Grant Olsen's unique sound. From first kisses, to 19th century poetry, to small Utah towns, to Peace Dog Beer Cave, Grant's lyrics and musicality hold a certain nostalgia, embedded in what it means to exist.

"Hawley," the first experience on the album, introduces listeners to Don, the mountain man in Pennsylvania, who gave Grant his guitar. "Death of the Ball Turret Gunner," playing off a poem by that name by Randell Jarell, combines layers of instrumentals and voices for an elegy of war juxtaposed with the lightness of spring. Another venture into the poetic world, "192" uses Emily Dickinson's poem 192 as text for a song of heart-hurt. The title track features a crying guitar motif and deep viola strings on top of a plucked background, wrapping around the tragic lyrics.

In its 30 minutes, "Waterland" develops a sense of reflection through pointed narratives but also through communal emotions of melancholy, loss, and happiness. For more information concerning Grant's CDs and shows, consult <http://www.myspace.com/11677871>. **S**

By Patricia Auxier



Scuba Ted's
50 N. Main Street
Springville, UT 84663
phone. 801.491.DIVE (3483)
fax. 801.491.7099

www.ScubaTeds.com



There Is a Better Way...

If you Don't Want to Pay the High Prices
If you Don't Really Need the P.E. Credit
If you Want a More Flexible Schedule
If You Want to Be Finished Certifying in Three Weeks...

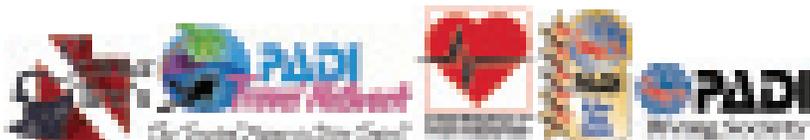
Come Join the Scuba Ted's Experience

Complete Open Water Certification from a
PADI 5-Star Dive Center

only \$159

(Books and Gear Rental Included)

Scuba Ted's is your Full Service PADI 5-Star Dive center with Open Water Training and Continuing Education Training. We also offer excellent equipment sales and service as well as wonderful dive travel opportunities all over the world.



Everything You Want

If the Easter Bunny, Santa Claus, a perfect man, and a perfect woman all jumped off a cliff, which one would hit the ground first? The perfect woman, of course, because the other three don't exist. Unless, of course, you're Abby Morrison and have been imaginary friends with the perfect man since you were five.

By Scotty Spjut

In the movie "Everything You Want," Abby Morrison, played by the lovely Shiri Appleby, is a college student obsessed with school, work, and her imaginary boyfriend, Sy. Her dilemma arises when she meets a real, but not perfect, guy named Quinn. Abby and Quinn fall in love, break up, fall back in love again, flowers are exchanged, tears are shed, and sappy love music is heard throughout. Comic relief and the best parts of the film are provided by Calvin, played by Will Friedle (a.k.a. Eric Matthews from "Boy Meets World"). The movie is a great emotional workout for females, and a great eye rolling workout for their boyfriends.

Even more unbelievable than a college-age girl having an imaginary boyfriend, is the fact that this film was done completely in Utah, completely by Utahns (apart from the few actors hired from Los Angeles), and was even picked up by Disney.

Brian Brough, who produced "Everything You Want," got the idea when he was dragged to a Brigham Young University theatrical production called "Sy's Girl." Pleasantly

surprised that a play could actually be so entertaining, especially one put on by BYU, Brough acquired the rights to the script. Steve Lee, who co-produced the film, was the one who turned the theater script into a film script.

"Everything You Want" was a movie with a lot of firsts. Brough had worked on films before, such as "Saints and Soldiers," and "Joseph Smith: Prophet of the Restoration."

However, this was the first time Brough had a picture he could call his own.

"Everything You Want" was a great opportunity because it was the first time it was my show where I put it all together," said Brough. "It was nice because I had paid the price and worked on other people's projects enough to learn things to do, things to be careful with."

For director Ryan Little, who directed "Saints and Soldiers," it was the first time he had directed a romantic comedy.

At this point, with all of these local talents and success stories,

the aspiring actors, directors, or writers reading this may ask themselves, "How can I get involved in something like that so I can go make movies and tell my great story?"

"I've met with a lot of people that have ideas saying 'I want to go off and make movies because I feel like I have a great story to tell. Well, that doesn't really mean you're a film maker. Just because you watch a lot of TV law shows does not mean that you're going to go off and be a lawyer."

"I've met with a lot of people that have ideas saying 'I want to go off and make movies because I feel like I have a great story to tell,'" says Brough. "Well, that doesn't really mean you're a film maker. Just because you watch a lot of TV law shows does not mean that you're going to go off and be a lawyer."

At this point, aspiring actors, directors, or writers may have been knocked down a peg or two, and may ask themselves, "But what if I feel that it's my divine calling to go out and make movies and change the world?"

"So many people...feel it's their divine calling to go out and make movies and change the world," says Brough. "The problem with that is that it's still a business, and unless you approach it as such, everybody's going to lose money off of it."

At this point, the aspiring actor, director, or writer may give up on their dream of getting into the movie industry.

"I think the thing that anybody who wants to get in film has to realize is that it's not an easy career, it is hard work, it's semi-risky," says Lee. "One, you have to love it with a passion, and two, just don't give up. It's one of those things that you just have to keep working and trying again and again and again."

At this point, the aspiring actor, director, or writer has a renewed sense of ambition and hope -- which is good, because they are going to need it.

Getting started in the industry involves a lot of volunteering, a lot of cheap labor, and a lot of networking.

"If you want to get started it's really a matter of if you are willing to volunteer or work really cheap and prove that you deserve to be on set," said Brough. But once that has been done, there really should be a hope and ambition to make a difference.

Having more and more films done in Utah that are family-oriented, independent, and are still quality productions is something that many are very excited about.

"It's been my dream my whole life that we would be able to generate our own films here from within the state," said Lee. "As long as we can keep our quality up, and that we'll be able to grow, little by little. That's my goal, to see good quality filmmaking come out of Utah."

And that goal is being realized by more every year. Young people can make a difference. Movies can be made that are entertaining, high quality, and wholesome. But if you think it's easy or it's your destiny, you might want to try jumping off a cliff and see what hits the ground first: You or your ego? **S**

Pictures from top to bottom:

Top: Brian Brough (Producer--on left) and Steve Lee (Screenwriter--on right) discussing "Everything You Want" business as they filmed in Salt Lake City.

Second: From Left to Right-Steve Lee (Screenwriter), Ryan Little (Director), Brian Brough (Producer)

Third: Brian Brough (Producer) working on set (on a different project)

Fourth: The crew setting up Abby's parents' house when she visits for Thanksgiving dinner. The art setup was particularly rigorous, but it looked amazing and certainly caught people's attention.

Fifth: The "Everything You Want" DVD cover.



Get Yourself Together

By Ammon Van Orden

Being free from your parent's tyrannical reign of discipline and cleanliness is oh so sweet sometimes. You can stay up as late as you want, never make your bed, heck -- you don't even have to fake being sick to get out of going to school. But soon enough we all realize that the folks weren't always wrong. And when they had us clean our room or organize our stuff it was actually for our own good. Here are some tips from professional organizers that if you began to follow, might make that Mom of yours proud.

Declutter

Cythia Towley Ewer, editor of organizedhome.com recommends the four box method. Go around your room (it is essential that it is your stuff and not your roommates) with three boxes and a trash can. One box is labeled "put away," another "give away/ sell on eBay," and the last box is "storage." As you pick up each item in your room, desk and closet, don't drop it in a box unless you are sure which path it should take. Try to put as little as possible in the put away box. It will free up valuable space, and most people don't need half the stuff they own anyway.

Closet

Take everything but of that abyss. You'll be surprised at what treasures you can find in the dark recesses of those clothes shelters. Spend an extra dime and buy all of the same type of hangers. Not only will it look better but your hangers won't keep getting caught up all the time. Most people wear 20 percent of their clothes 80 percent of the time. If you haven't worn it in five weeks and it's not a seasonal item then bring it to DI. There is no greater compliment than to see someone wearing the same clothes you tossed out.

Habits

If you can only take one thing from this article start building habits of setting things down in the same spot. Every time you come home empty your pockets first thing, with your keys, wallet/purse, cell phone in the same spot so you don't have to go looking for it later. This also goes for your shoes, the remote control, and even the dishes i.e. the dishwasher. The first sign of an unorganized person is they don't know where they put something, and they have to waste precious minutes of everyday searching for it.

Guys and Girls

I apologize to all the ladies out there but we still live in a sexist regime. Girls are expected to have clean apartments and rooms (not that I have ever been back into a girl's bedroom), while guys can get away with a little mess. But it should also be noted that a clean male apartment goes a long way to impress the ladies. So in other words, ladies the best you can do is live up to expectations and gentlemen this is your time to shine.

Car

Unlike your apartment, your vehicle MUST be clean at all times, because you never know when you will have the opportunity to give an attractive member of the opposite sex (or unattractive member who has attractive friends and roommates) a ride somewhere. Instead of using the middle armrest to hold your old "Hootie and the Blowfish" CD's put a plastic grocery bag inside and use it as your garbage can, but make sure you empty it often. I hate to break it to you but tassels, dice, dream catchers, and little shrunken heads from Hawaii were never cool. So do you and you neighbors a favor and take them down.

Credit

Start paying off one of your credit cards. Pick the one with the highest interest rate and set a goal to pay at least twice as much as the minimum each month. This might mean less eating out with your friends, but if they were truly your friends they wouldn't let your thighs get fat in the first place.

Papers, papers, papers

We write papers, we print papers off the internet, handouts in class, receipts, and even flyers for parties. We get them from all over, but they have to go somewhere. Professional organizer Karla Jones recommends having five different destinations for papers: your calendar, your to-do-list, a projects file, a reference file, and a giant waste basket, just in case you missed it -- your desk, bed, and floor did not make the list.

Don't be that roommate

Getting things in order can only take you so far in college, because you still have to live with others. When it comes to organization, there are those who fall on the opposite sides of the spectrum, both of which are equally bad to live with. On one side, you have the super neat and organized roommate who picks up not only after themselves, but everyone else. Every time these clean freaks pick up after their roommates their anger toward them grows, until one day they burst and start posting notes all over the apartment. "Cleanliness is next to Godliness," or "I'm not your mom, do your own dishes." It's bad enough that you don't have the maturity to talk to your roommates about the problem, but then when you write a note for everyone to see including visitors, so that everyone can know that you are the clean one just trying to bring your roommates to repentance is a step too far.

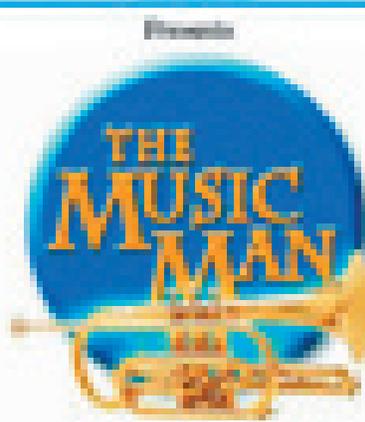
Instead of being a jerk about it, why don't you try this approach with your roommates, next time you are both home start cleaning in front of them and ask, "My friends are coming over and I really need your help, could you give me a hand?" You are admitting you need their help, and instead of cleaning when they are not around and getting mad about it, you guys can come closer together and they can begin to understand where you are coming from.

On the opposite side are the lazy, free spirits of the world. They go to the cupboard to grab a bowl for their afternoon cereal, and never realize that the only reason a clean one is there for them to use everyday is because a kind roommate picked up the last one they used off the living room floor and washed it. Though you might still be young and carefree, you should still be considerate. Grow up, pick up after yourself and just smile when your roommate posts a note in the bathroom about keeping the seat up.

Don't Forget

While having your life in order can be nice, don't forget that this chance to be free only comes around once. So throw that vacuum back in the closet once in a while and go on that road trip to Vegas. And whatever you do don't make your bed, there really isn't a point to that exercise, and I'm convinced that an unmade bed is more comfortable anyway. **S**

ENTER STREET
MUSICAL THEATRE



Sept 8 - Oct 7, 2006

College Ave. & 10th St.

7:30pm - Dinner served at 6:30pm

Tickets: \$15 Adults, \$7 Seniors, students, kids

Full Group Discounts - call for pricing

Add \$10 for an additional \$10 tip

Call 764-0535 for reservations.

www.entrstreet.com 177 West Center St, Provo

MAD DOG CYCLES The Ultimate Cycle Experience!

- Bicycles
- Sales
- Accessories
- Service
- Rentals
- Financing
- Layaways
- Giftcards

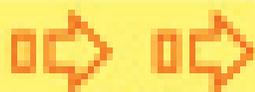
10% OFF
Any Regular Priced Item

Not valid on sale items or with other coupons
Expires 10/31/06

OREM
736 S State
801.222.9577

PROVO
936 E 450 N
801.356.7025

www.MADDOGCYCLES.com



Girls, here's how to know if he's interested...

Has he ever asked you out? **start**



Did he make eye contact for dinner?

Did he wear any cologne?

Oh, you're interested. Did you even have to ask?

Did he immediately mention what times he could do something?



Has he ever shown off something he does well to you?

Have the two of you ever hugged?

On this date, did he seem nervous of all?

Has he ever complimented your eyes, smile, or dimples?



Have you caught him looking at you from across the room on several occasions?

When you talk with him, does he often smile and break eye contact?



He wants you pretty bad! Can't you tell he doesn't want to stop holding you!

Has he ever invited you over to sleep?

Did he accept?



He may have some interest, but doesn't know how to approach you.

Does he always come up to talk to you for a few moments during church, class, or any other type of meeting you both attend?

Yes, it would seem that he has a thing for you.



Yes, he has his eye on you. He'll do your whole you give him the time of day.

Has he ever asked you (or your roommate?) any question that required an answer that would reveal whether or not you were doing someone?



Has he ever asked you through text to go out with him?

Has he ever asked you to go out with him?

Have you ever invited him to do something with you?

Does he remember obscure things you tell him about yourself?



Did he have a hard time saying what he accepted?

Remember ever, he's asking him what you did and what happened.

We know what it's like to have a good time
YOU KNOW WHAT IT'S LIKE TO BE BROKE
World class skiing at "Dude, loan me a buck" prices

With eight peaks, new lifts and 200 acres of new, never been touched terrain, The Canyons® Resort is not just big, it's bigger than any other resort in Utah.

Best of all we've got three low-down, dirty passes for barely-scraping-by-locals like yourself. That means you can rip up and down all 3,700 acres, all season, and still stay just a step above Ramen noodles. So don't be a pounder. Get online, get in early and get an extra break on the price.

Put \$100 down

by Sept. 4 to lock-in the early-season prices on these passes. Balance due by Oct. 29*

No Brainer

A.K.A. College or Age 18-25

\$399 renewal* through Nov. 13

\$419 by Nov. 13

\$499 regular price

5 Day Cherry Picker

\$159 through Sept. 4

\$219 regular price

The New Super Cherry

A.K.A. E-Coupon

\$43 per day through Sept. 4

\$55 per day through Nov. 13

\$60 per day regular price

*Does not apply to Cherry Picker Passes. Deposits cannot be processed online and are non-refundable. Some restrictions apply. Renewal prices are offered to individuals who held a 2005/2006 Canyons Season Pass product.

the canyons.com
435-615-3410



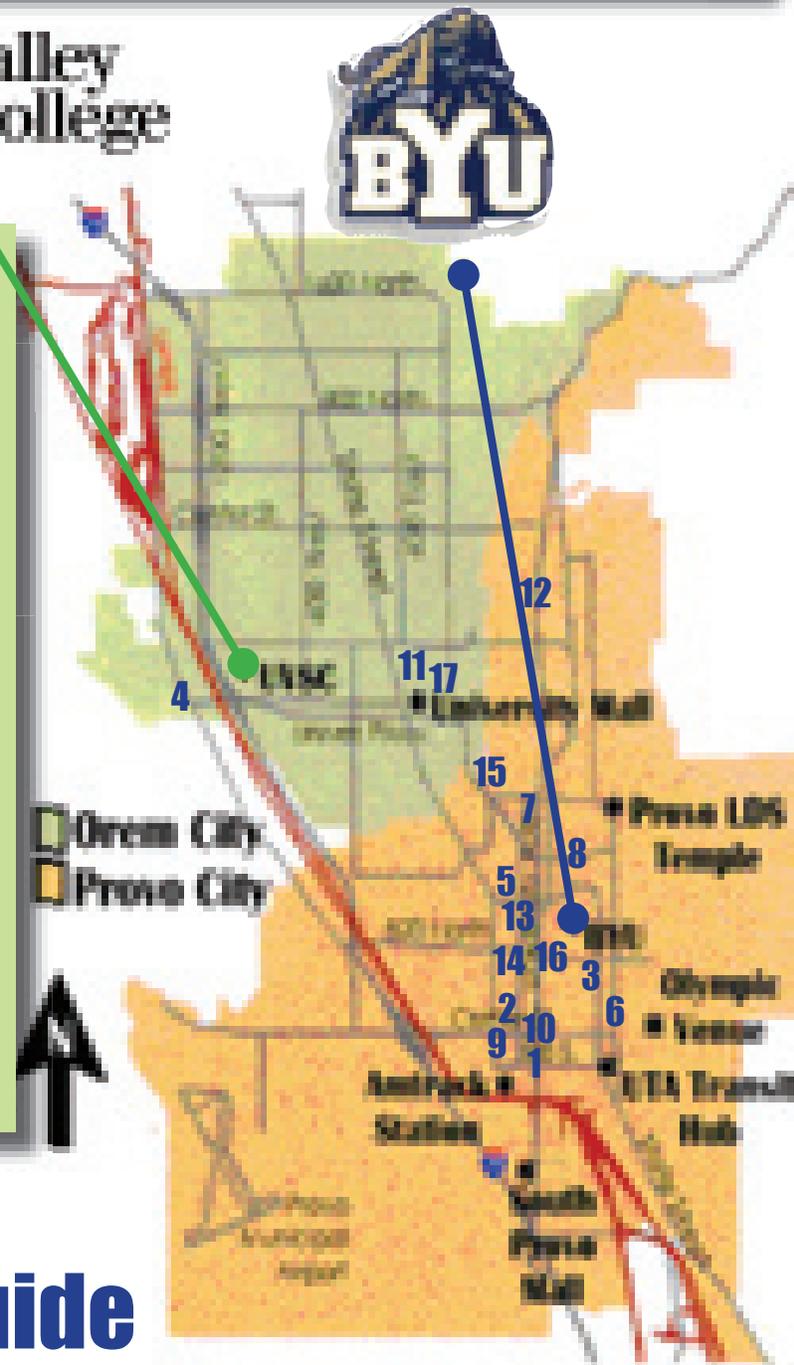
Back To "Schooled" Map



Utah Valley
State College



- | | |
|-------------------------------------------------|------------------------------------------------------|
| 1. The Install Shop
51 W. 300 S. Provo | 10. Center St. Musical
177 W. Center St. Provo |
| 2. Taylor Maid
255 W. Center St. Provo | 11. California Pizza Kitchen
University Mall Orem |
| 3. Smart Cookie
840 N. 700 E. Provo | 12. Color Me Mine
Riverwoods Mall Orem |
| 4. Parkway Crossing
1270 W. 1130 S. Orem | 13. Renaissance Salon
227 W. 1230 N. Provo |
| 5. Papa Johns
60 W. 1230 N. Provo | 14. The Velour
135 N. University Ave. Provo |
| 6. Mad Dog Cycle
936 E. 450 N. Provo | 15. Ernie's Deli
3507 N. University Ave.
Provo |
| 7. Hollywood Juice Cafe
2043 N. 550 W. Provo | 16. Decline
100 N. University Mall Orem |
| 8. Dairy Queen
1545 N. Canyon Rd. Provo | 17. Allyse's Bridal
University Mall Orem |
| 9. Comedy Sportz
36 W. Center St. Provo | |



Back to School Guide

pg. 11 Local Theater & Top 10
Back-to-School Movies

pg. 18 Find The Best Pizza

pg. 22-23 Put Your Life In Order

pg. 31 BYU Football Schedule

pg. 50 Student Banking

pg. 52 Decorating Your
Apartment

pg. 53 Best Back-to-School
Clothing Bargains

pg. 53 How to get a Cheap
Haircut

pg.55 Mark Your Calendars

International Language Programs

A "Service Abroad" Adventure

By Jamie Littlefield

This year hundreds of young adults will leave their lives behind and travel to another country. They'll live among the people and spend their days in service. Each of them will pay for the trip from their own funds and will follow a strict code of conduct. No, they're not Mormon missionaries – they're volunteer teachers with International Language Programs.

The "Service Abroad" Experience

Based out of Provo, International Language Programs (ILP) has sent thousands of 18 - 25 year olds on service adventures to China, Russia, and the Ukraine. Living with host families or in dorms, the volunteers spend their time teaching English to children in their area.

What happens to volunteers in the field? "They have a profound change about them," says Steve Brayton, an ILP director. "They make lifelong decisions; they have spiritual experiences."

BYU student Amy Coyne agrees. After returning from China in 2004, she changed her major from International Studies to Elementary Education. "I had so much fun working with the kids that I decided I wanted to do it full time," she says. This August, she returned to China as a head teacher, bringing her husband Jeremy along for the adventure.

A Different Kind of Teaching

Forget the chalkboard lectures and tedious lesson plans; ILP volunteers bring life to the English language.

These teachers show the children how to speak English using the "Duolinguual Education" method, which is a fancy way of saying they learn by playing games and participating in activities. ILP's website (ilp.org)

5 Reasons Why "Service Abroad" Trumps "Study Abroad"

1. *Helping others will make you feel good about yourself.*
2. *"Service Abroad" costs about 1/3 as much. (In fact - it's even less than a semester of school.)*
3. *There are no tests when you're serving abroad, but credits may be arranged.*
4. *Who wants to be cooped up in a dorm room studying when they're in another country?*
5. *You may forget what you learned about foreign architecture, but you'll always remember the smiles you'll get from the children you work with.*



compares this method of learning to a "birthday party," where everyone's excited and happy to participate.

Volunteers don't need to speak another language; they rely on the children to pick up English quickly by interacting with them for several hours a day. ILP explains it like this: "A child may make a cake in the kitchen, assemble a doll house in shop, do tumbling in gym, act out 'The Three Little Pigs' in drama and make a clay elephant in art all while speaking English. The social environment created by exciting activities, loving teachers, and a peer group is ideal for learning language."

Picking up the language with play is natural to the kids and makes it easy for the volunteers and students to have fun together. "The teaching is different" says volunteer Rachele Larsen. "It's not boring."

Making a Real Difference

This semester's volunteers are eager to make a difference in the lives of the children they teach.

UVSC student Andrea Silva spent her summer vacation working at a Chinese restaurant to pay for her trip to the Ukraine. What does she hope to gain in return? "A whole new outlook on life," she says. Andrea feels that her two year experience as a nanny for nine Texan children should help her connect with the kids of the Ukraine.

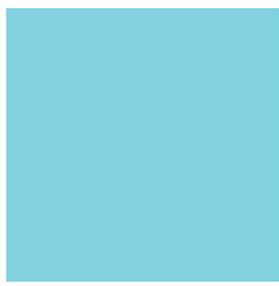
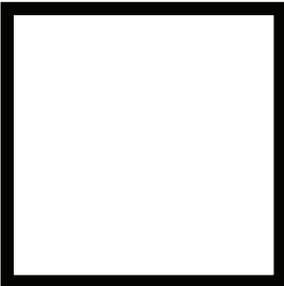
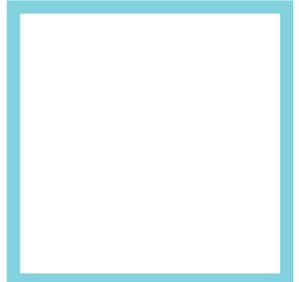
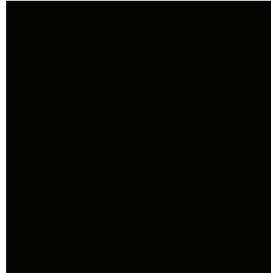
After graduating from BYU-Hawaii this summer, Jordan and Rachele Larsen sent out graduation announcements asking friends and family members to donate to their volunteer fund instead of sending traditional checks or presents to offer congratulations. Saving the donations from their graduation will help them make it to Russia, where they hope to learn how to be better future parents to their own kids.

According to Steve Brayton, the volunteers' sacrifices will make a world of difference to the kids they help. The English language skills they teach can provide access to better jobs and open up doors that are generally closed to non-English speakers. But, more importantly, the volunteers let the kids know that someone cares. Steve explains: "If you take a picture of the children before the semester, and again at the end, you can almost pick out the kids who have been in ILP – they shine."





www.ILP.org
374-8854



**Changing
the world
one child
at a time.**



FREE Smoothies **Hollywood Juice Cafe**

2043 N 550 W, Provo (Next to 24 Hour Fitness)

Attend a information meeting about volunteer opportunities in Ukraine, Russia and China.



Stephanie Smith

**Wednesday,
September 20**

BYU 7:00 PM

Wilkinson Center 3380

Also, Dr. Roberta Magarrell, School of Family Life will talk about internships.

**Wednesday,
September 20**

UVSC 7:00 PM

Student Center 206C
(Next to Ragan Theater)

**Thursday,
September 21**

Hollywood Juice Cafe
7:00 PM

Performance by Stephanie Smith
www.myspace.com/stephaniesmith

Can't make it to a meeting?

Call ILP and set up a time to meet with a representative and receive a FREE smoothie!

International Language Programs

I'm on a **DIET**... AGAIN!

She's lost count of how many times she's made this drink today. It could be her seventh. Maybe it's the eighth. It doesn't really matter. She stares at her glass, wondering if she is going to be able to finish it all. What she wouldn't give for a nice big piece of key lime pie.

By **Scotty Spjut**

The problem is that Samantha Bennett isn't on the "key lime pie" diet. She is on the "fire and water" diet. For 10 days she is not supposed to drink anything but a special mixture of lemon juice, cayenne pepper, organic maple syrup and water. This is not to be confused with the "Fire and Rain" diet, which consists of listening to James Taylor songs all day.

"I had to quit after six days," said Bennett. "I was just becoming too weak and even kind of delusional."

Bennett ended up losing 13 pounds in those six days. This diet is designed not necessarily to get rid of fat, but to get rid of other waste in one's body. The result is nearly constant diarrhea.

"It really cleans out your system. But it leaves you raw in places you don't really want to be raw," said Bennett, as if there are places that someone actually would want to be raw.

Cheering her along in her diet was her cousin, and good friend, Michelle Koberlein. Koberlein had also tried the diet, but was not as successful.

"My body just wasn't used to drinking so much in one day," Koberlein said. "I'm chronically dehydrated, so I couldn't handle all that fluid."

Telling me about other experimental diets she's tried, Bennett said, "I tried an all veggie diet once, and ate three bags of carrots in one day."

While eating only vegetables was a new



experience for her, growing up among the liberal, tree-hugging, hippies of Washington State had exposed her to many who ate only vegetables out of principle.

These are just two examples of some of the crazy diets that students (and by students, I mean women) try, in order to lose a few pounds.

I spent hours trying to find many different diets. I didn't really have the time, or the desire, to find out the rules of each diet. So, I took the liberty of basing the principles of each diet solely on its name.

• **3 Hour Diet:** This diet consists of gorging oneself, and I mean stuffing yourself silly, for 3 straight hours. Then you go a whole week without eating. Some call it the Smorgasbord diet.

• **Cabbage Soup Diet:** This diet is driven by the fact that if you eat enough cabbage, then you'll just lose your appetite all together. It is also known as the Charlie Bucket Diet.

• **French Women's Diet:** The diet encourages you to be constantly rude, and it is important that you frown as much as possible. This diet came from the old adage about frowning using more muscles than smiling. It's really just

a constant facial workout. Armpit shaving is optional.

• **Japanese Women's Diet:** This is very related to the French Women's Diet, except instead of acting French, you act Asian. Those participating are asked to drive their cars wearing blindfolds to simulate actually driving like an Asian woman. The stress of the activity is designed to help burn fat and curb hunger.

• **Step Diet:** This requires a little bit of a financial investment. There are new security systems on the market that you can have installed in your fridge. Every time you try to open the fridge, you hear James Earl Jones' voice say "Step Away From The Refrigerator". If you don't listen and still try to open the fridge, it explodes. It's very effective. Other voices that are available, besides James Earl Jones, are Arnold Schwarzenegger, Michael Jackson, and Richard Simmons.

• **Mediterranean Diet:** For this diet, you are required to swim to the Mediterranean Sea. The only food you are allowed to eat is what

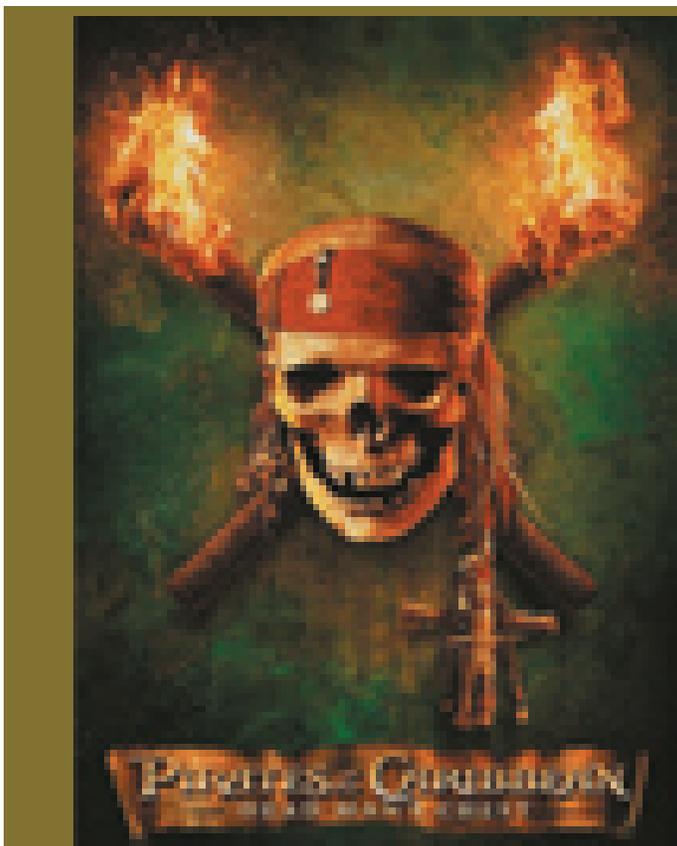
you can catch along the way, and any scraps thrown overboard by passing ships. This diet is not as effective for Europeans.

• **Suzanne Somers Diet:** This isn't really a diet at all. It's actually just for those who can't lose weight. They should just go ahead and get plastic surgery to solve all of their problems.

Then there's a brand new diet. It's so new that many people haven't heard of it. At least, that's the only plausible reason people aren't doing it. It consists of eating healthy and exercising. It involves eating 3 good meals a day, each meal having a little bit from each of the 4 major food groups. Be sure to drink plenty of fluids.

This should be coupled with some exercise. This could be some light jogging, swimming laps, or even playing sports. It's really quite simple, as long as you are burning more calories than you are taking in, you will lose weight. It's revolutionary. Give it a try, see if it works.

So whether you're trying to look good in that bikini for the slopes this winter, or just trying to lose a few pounds, you have plenty of options available to you. Me, on the other hand, I'm going into hibernation, so I have to fatten up as quickly as possible. I think I'm going to go on the Lard and Bacon Diet. Use your imagination. **S**



Halloween
is here again!

Shop Early!

Get our Exclusive Pirates Costumes

Taylor Maid

Let Us Help You Make This Halloween Your Best!!

Costume & Makeup Design

☞ Costume Rentals ☞ Costume Sales

☞ Masks ☞ Makeup

☞ Special Effects ☞ Accessories



Check out all of our locations

255 W. Center Street, Provo **375-7928**

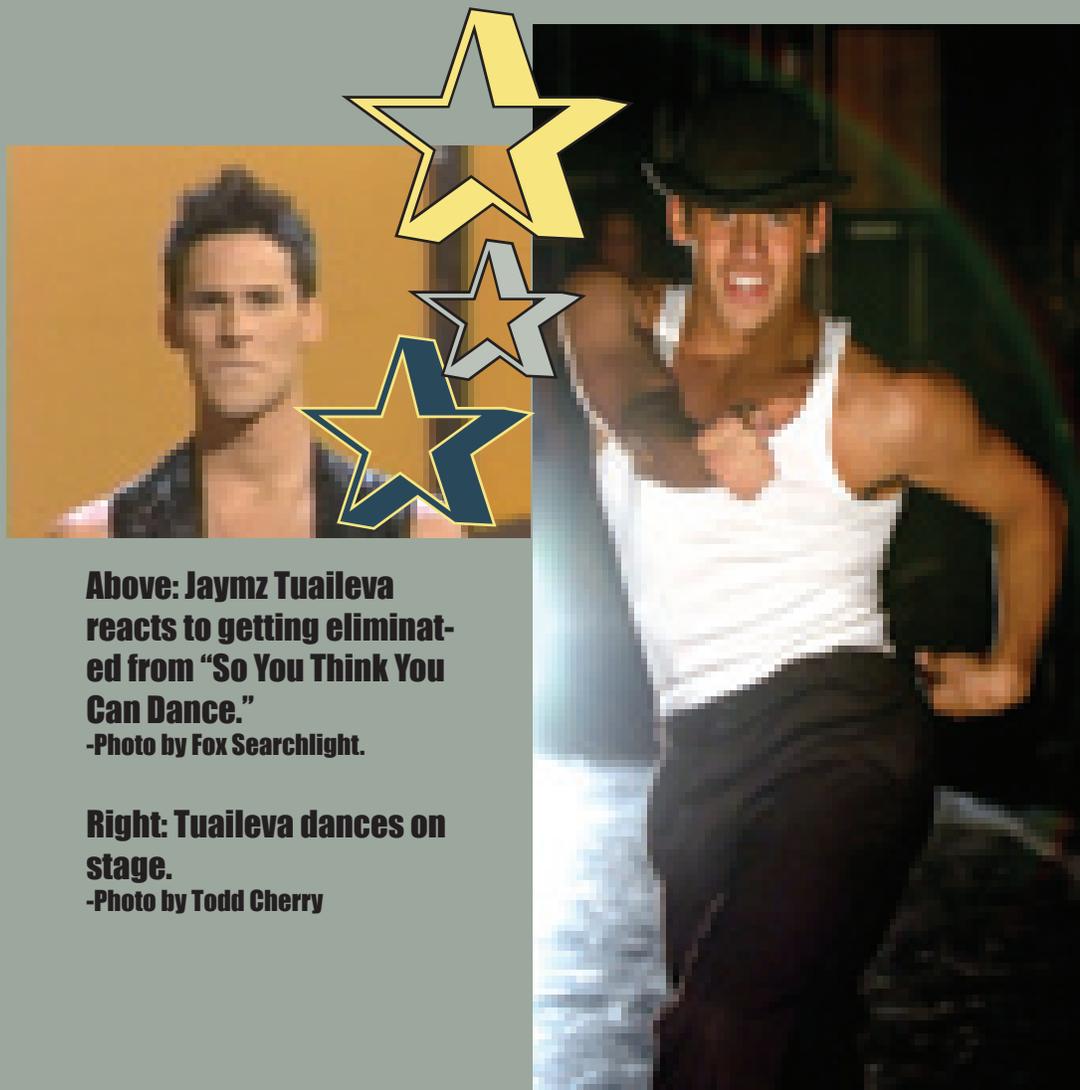
Pleasant Grove **785-7898**

University Mall, Orem

Locals Prove They Can D

You may have found yourself stuck in front of the TV this summer waiting every Wednesday and Thursday night to see the latest routines and eliminations on the FOX Television show “So You Think You Can Dance.” But don’t think you’re the only one because this was the summer’s number one show. This reality extravaganza showed impressive improvements from its first season gaining about 20 percent more viewers. If you were a devoted fan this will not be surprising, but for those of you who only watched periodically, you may not have known that two of the dancers were from good ol’ Orem. But this isn’t the first time Utah Valley dancers have been featured on reality TV. Ashly DelGrosso and Andrea Hale were both on ABC’s “Dancing With the Stars” early this year. Brigham Young University’s Cougarettes are four-time National Collegiate Dance Team winners, and the BYU Ballroom Dance Company is undefeated as U.S. Formation Champions. UVSC’s Ballroom Dance Company has also excelled, taking first place in the Open British Formation Championship and second at the U.S. National Formation Championships.

Both 18-year-old Allison Holker and 20-year-old Jaymz Tuaileva stunned audiences with their incredible dance skills. Tuaileva is a home grown Utah boy, born in Provo and raised in Orem. He has been dancing since he was 11 years old and specializes in jazz, hip-hop, and ballroom dance. He only stopped for a few years in junior high to take up sports but returned to dancing again in high school. He told FOX it’s hard to categorize his style of dance. “I dance so I can breathe, and love to dance no matter what type of dance I’m doing,” he said. “If someone could put



Above: Jaymz Tuaileva reacts to getting eliminated from “So You Think You Can Dance.”

-Photo by Fox Searchlight.

Right: Tuaileva dances on stage.

-Photo by Todd Cherry

ance!!

By Jennifer Borget

me into a category, I would love to know what it would be!”

Tuaileva has been dancing at Center Stage since he was 11 and was trained in vocal and acting performance as well. Alex Murillo, president of Center Stage Inc. said the best thing about this studio is that they focus on all disciplines of performing art—singing, acting and dancing.

“We are very, very adamant about the fact that when you come to Center Stage, you really want to be a triple threat not just a singer, not just a dancer, not just an actor.”

Besides Tuaileva, Center Stage has had several performers go on to television shows such as Julian Huff, a world ballroom dance champion. She is now one of the beautiful women who hold a briefcase on “Deal or No Deal.” Ashly DelGrosso, Andrea Hale, and Louis Van Amstel, all dancers featured on ABC’s “Dancing With the Stars,” danced at Center Stage in Orem. Murillo said what sets his studio apart from the rest is the faculty, the facility, and the wonderful talent.

“We are so pleased with the results of the program,” he said. “And we look to the future with so much excitement and enthusiasm.” The training from Center Stage paid off and gave Tuaileva a great experience on “So You Think You Can Dance.” Unfortunately he and his partner Jessica were eliminated the fourth week. But this isn’t the end of the road for Tuaileva. The show has opened many doors for Tuaileva and the other dancers. He is looking forward to moving to California and continuing his career in performing.

Allison Holker, another Orem resident featured on “So You Think You Can Dance,” has been dancing since just three years old. She



was born in Minnesota and moved to Orem when she was eight and has been dancing under Sheryl Dowling, director of The Dance Club since then.

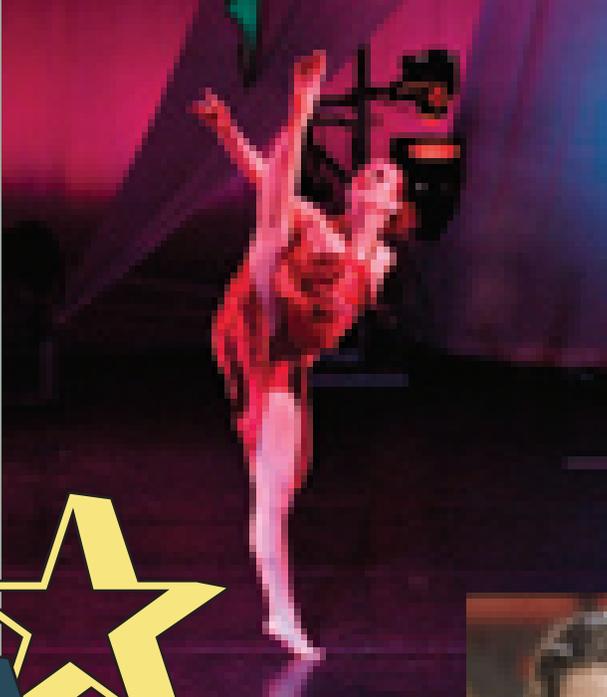
Only 18-years old, the world of dance and reality television has changed her life. Allison's mother said she has had so many factors that have helped her become the wonderful dancer that she is. Allison's older sister, Jessica Holker, is a professional dancer in the Celine Dion show and has won several awards for her performance. Allison's mother said growing up, Allison watched her sister dance and wanted to be a professional dancer like her. "People compared her to her sister. So she was trying to be a better type of dancer and also be different than her sister."

Her mother said Allison's drive to always be the best, and her talent for quickly mastering moves is what makes her such a good dancer.

"Not only does she have talent, she's very technical, and she can learn very quickly, but she's driven to be good," she said. "She works hard. She doesn't just go to classes and just mark. She does everything full out from the start to finish. She never marks anything, she gives it her all, sometimes even overdoes it because she is working so hard."

Holker, a recent graduate from Timpanogos High School, heard about auditions for the show and went with her family to try out in Los Angeles. After flying through auditions she went from there to Las Vegas and from then on is history. Mrs. Holker said it wasn't a big surprise that Allison was chosen for the show.

"We weren't stunned, we were just really happy for her," she said. "Every parent thinks their child is the most



Above: Allison Holker performs for the audience and judges.

-Photo by Todd Cherry

Right: Holker gets eliminated from the show.

-Photo by Fox Searchlight



at the red velvet this girl... I GUESS YOU HAD TO BE THERE

Present this coupon at the door for 1 free admission!

Expires 12/31/06

comedy sportz

www.comedy-sportz.com

279 North University Avenue
377.6929

THE JEWELER'S BENCH
imagine the possibilities

Get a Free Gold Chain with the Purchase of an Engagement Ring

On site Master Jeweler for Service, Repair, or Custom Designs

30 Day Money-Back Guarantee
Don't Pay Retail Prices!

279 North University Avenue
377.6929
jbcjewelers.com

talented, and we knew she was very talented.”

The year before, Allison took an award in the New York City Dance Alliance, a very prestigious convention and dance competition. Amongst professional dancers on Broadway, Holker won Female Senior Outstanding Dancer.

After she made top 20 on the show her family made sure to vote non-stop.

“We would phone for two hours straight. Both [phone] lines here and all of our cell phones were going at the same time.”

But they didn't watch the whole thing from home. Her family went to some of the shows, had their posters and the whole nine yards. It was a disappointment for the Holker family when Allison was eliminated from the show.

“We were her parents, and felt she should have won the whole thing, it was a disappointment in that way, but through time she kept reassuring us, ‘it's just a show.’”

But this is definitely not the end of the road for Allison Holker either. After the tour with the dancers from the show, she plans to move to L.A. with some new friends she made on the show, and continue to pursue a career in her performing art.

“She absolutely wants to be a professional dancer,” her mother said. “We'll be seeing Allison a long time.”

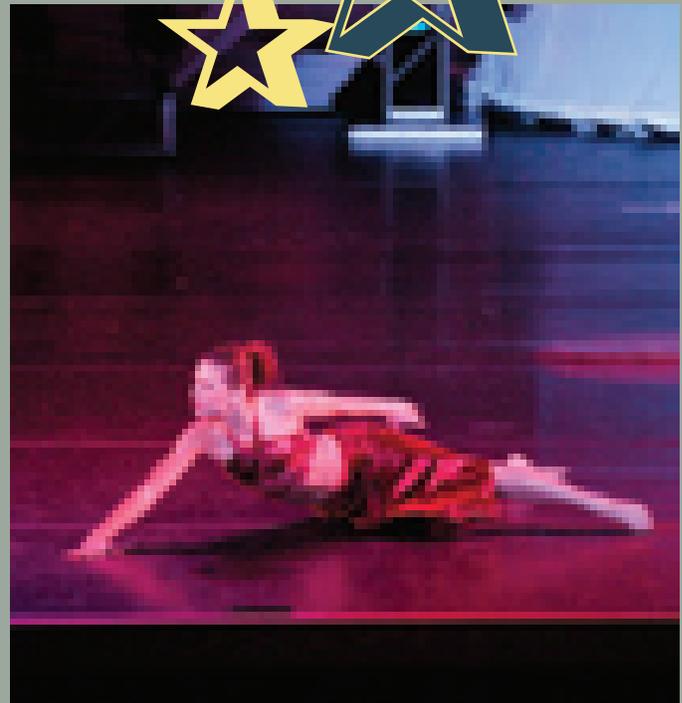
Allison Holker and other dancers from the hit show “So You Think You Can Dance,” will start their nationwide tour this month. In July it was announced that “So You Think You Can Dance,” has been renewed for a third season. A premiere date hasn't been announced. Most likely it will begin in late May 2007. **S**

Top: Holker gets the good news that she's made it another round.

-Photo by Fox Searchlight

Bottom: Holker strikes a pose during her dance routine.

-Photo by Todd Cherry



The Original BBQ Chicken Pizza



**Invented In Italy.
Reinvented at California Pizza Kitchen.**

**University Mall
575 E. University Parkway
Corner of University Parkway and State Street**

801.765.1777

www.cpk.com

**Dine-In - Take-Out - Curbside Service
Gift Cards Available**

show me your ride

By Russ Taylor



Trent Bowman bought his Baja Bug five months ago off of eBay. Since then he's personally done a lot of work in making this 96 horse powered Baja up to his standards. He custom made the front suspension with a 2" king coil over that cycles 14" with a spring rate of 200 over 350 and he fabricated the shock towers himself. The rear shocks are king smoothies with a 101" wheel base and an 84" track width in the rear. The motor is a very well built 1835 with dual 40 dells with external oil filter, oil cooler with fan, electric fuel pump with pressure regulator, and high output alternator. For lights it has 2 hellas on the front as well as 2 halogen bulbs, The interior has a set of beard suspension seats, DJ 5 point harnesses, Aluminum panels, all VDO gauges and front window nets.

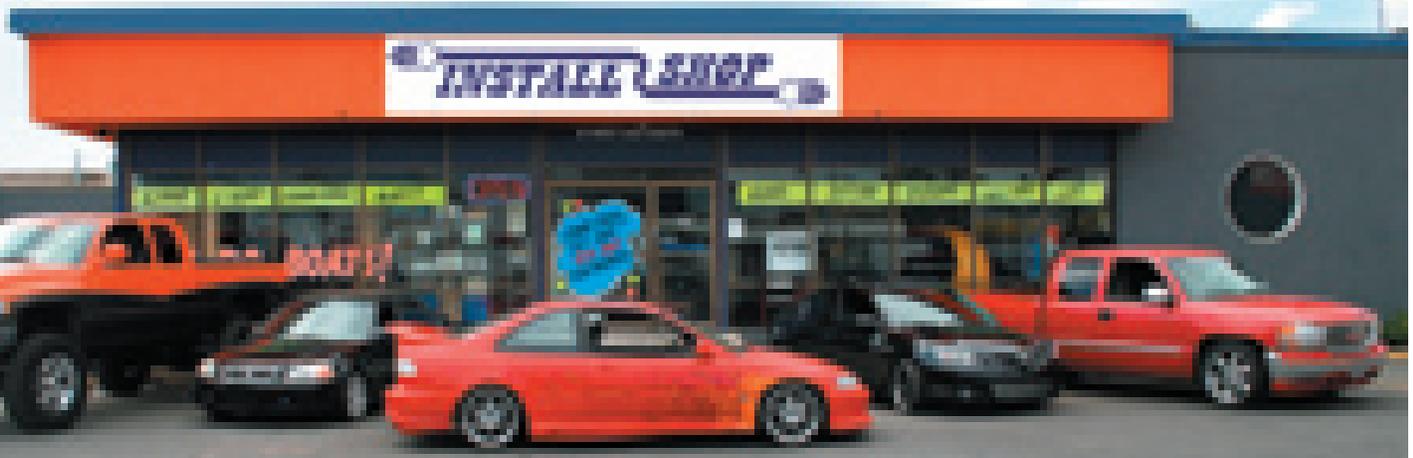
Trent Bowman Baja Bug



Show us your ride! Submit your car to info@schooledmagazine.com or visit our website at schooledmagazine.com and click on Submit Your Stuff.



Car Audio | Video | Security

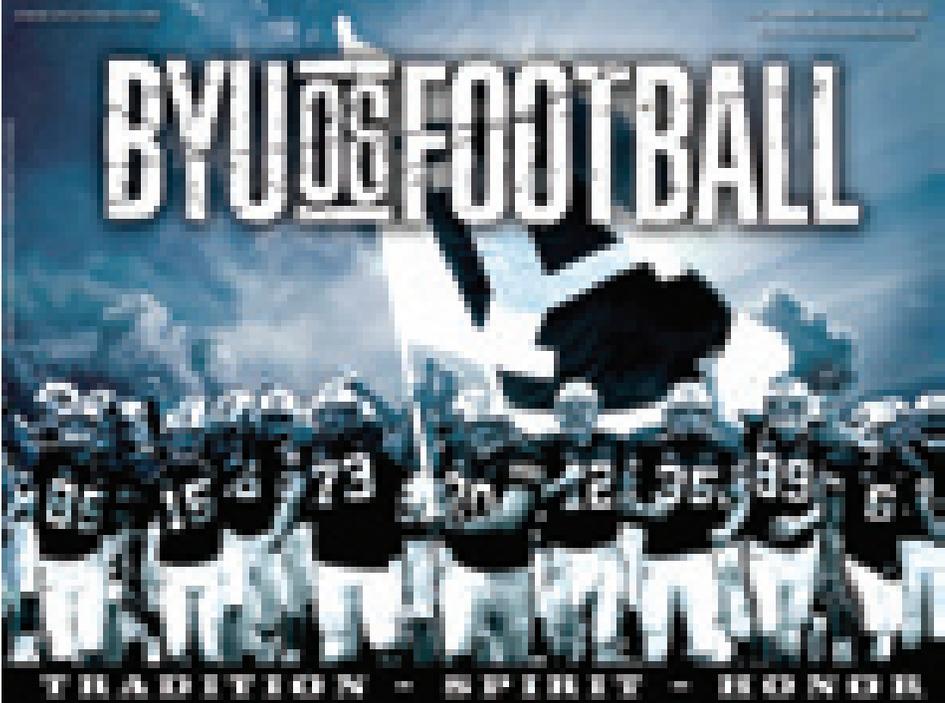


If You Can Dream it... We Can Build it!

51 West 300 South, Provo

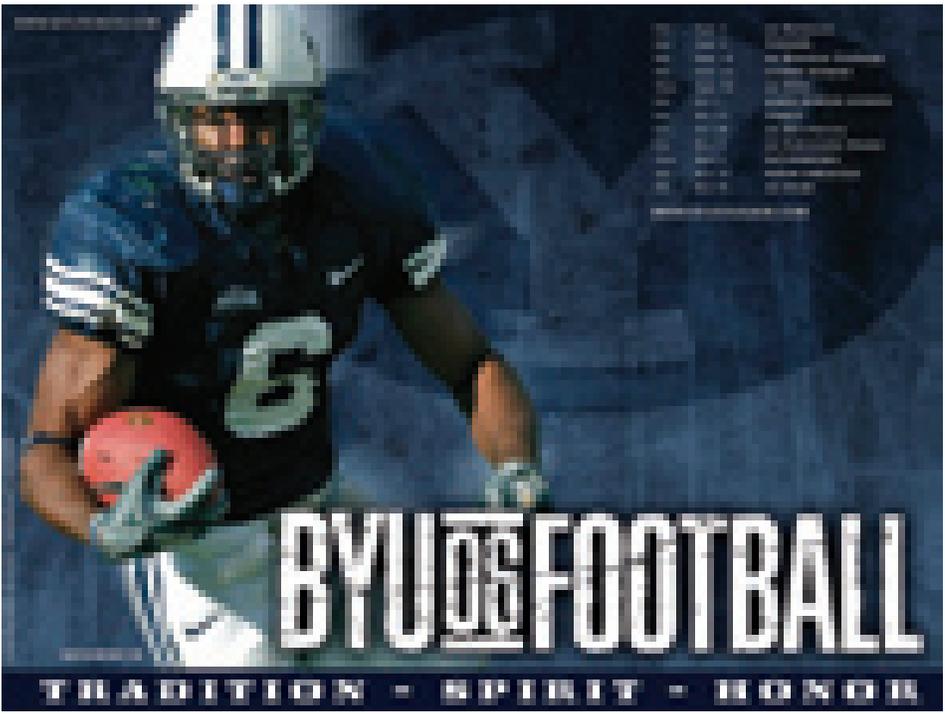
801-377-2018

theinstallshopinc.com



Location: Provo, Utah
Founded: October 15, 1875
Elevation: 4,553 feet
Enrollment: 33,278
President: Dr. Cecil O. Samuelson
Nickname: Cougars
Mascot: Cosmo
Colors: Dark Blue, White and Tan
Stadium (Capacity): LaVell Edwards Stadium (64,045)
Surface: Natural Turf
Affiliation: NCAA Division I-A
Conference: Mountain West
Head Coach* Bronco Mendenhall (Oregon State, '88)
 Career Record (Years) 6-6 (2nd Year)
 Record at BYU (Years) 6-6 (2nd Year)
Associate Head Coach (Years) Lance Reynolds (24th year)

TEAM INFORMATION
Defense: 3-4
Offense: Spread
2005 Record: 6-6
Final National Ranking: NR
2005 Conference Record: 5-3
Final Conference Finish: 2nd
First Year of Football: 1922
All-time Record: 462-365-26
Conference Championships: 21
Last Conference Championship: 2001 (Mountain West)
Bowl Appearances: 24
Last Bowl Appearance: 2005; Las Vegas Bowl (Las Vegas)
 Info from: BYUCougars.com



Ask about our Daily Student Specials

We Bake, We Deliver!

Call your PAPA for FREE DELIVERY

Provo	Orem
60 W 1230 N	207 S State
356-7272	762-0400

ORDER PIZZA ONLINE!
www.papajohns.com

Open Monday – Saturday
Lunch, Dinner and Late Night
(Closed Sunday)



PAPA'S MENU

Pizzas
(Original, Thin & Pan)

Garlic Parmesan Breadsticks

Cheesesticks

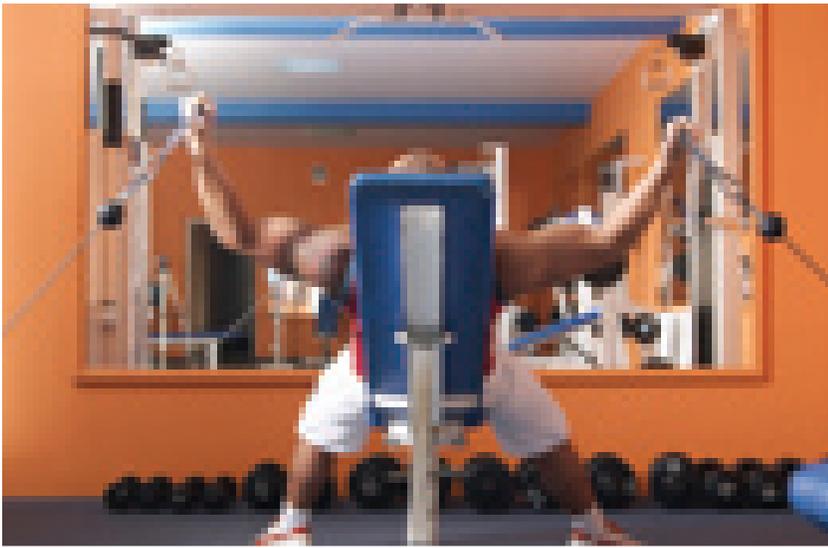
Breadsticks

Chickenstrips

Wings
(Spicy Buffalo & Mild Chipotle)

Papa's Sweetreats
(Very Berry, Apple Twist & Cinna Swirl)

Coke Products



Gym Locator

Here are some of the top gyms in the area and what they have to offer students:

The Blitz (Men Only)

Location: 4801 N. University Ave. Provo, 224-2252, timetoblitzprovo.com
Cost: \$99 for four months with student ID, the \$50 sign up fee is waived.
Information: The Blitz is a gym specialized for men. This gym is unique in that it offers a 20-minute circuit-training workout that hits all major muscle groups in the body to strengthen core, tone muscle, and lose body fat. Each time you go in, you are provided a personal trainer. Fitness experts at the gym can also help you plan your diet, and set weight loss goals.

Curves Gym (Women Only)

Location: 3218 North University Avenue, Provo, 343-0872, curves.com
Cost: The student special is \$99 for three months and the service fee is waived. For non-students, it is \$29.00 a month with a start-up service fee of \$75.
Information: Curves is the first fitness and weight loss facility dedicated to providing affordable, one-stop exercise and nutritional information for women. They offer 30-minute circuit training with strength and cardio. Fitness professionals are by your side to take your heart rate every 8-minutes, teach you to use the equipment correctly and to make sure that you have an effective workout.

Fitness Pros (Personalized Training)

Location: They come to you! Whatever gym you work out at, or at your home or business. Just call 427-8170, fitnessprostraining.com.
Cost: One-Hour Training: \$65, Half-Hour Training: \$35, and One-Hour Buddy Training is \$35 a person. Group rates also available. Receive at 10 percent discount on any of their packages with a student ID.
Information: Get physically fit with an expert trainer who has been in the business for over 25 years and is known throughout the valley for training famous Mrs. Americas and other professional athletes and body builders. Fitness Pros will help you reach your personal goals and achieve maximum results.

24 Hour Fitness Sport (National Gym)

Location: 2121 North 550 West, Provo, 224-2096, 24hourfitness.com
Cost: Student specials are available. Fees vary due to the many options available, but their website lists- a \$49 initiation fee, a \$80 processing fee, and the monthly membership \$28 a month).
Amenities: Pool, Group X (express workouts), Basketball Court, Kids' Club, Sauna, Volleyball, Spa, Steam Room
Classes Offered- Pilates, yoga, cycle, dance (salsa, hip-hop), kickboxing, lift, and step classes

Gold's Gym (National Gym)

Location: 1259 South 800 East, Orem, 801-377-GOLD, goldsgym.com
Cost: Student specials are available. Fees vary due to the many options available.
Amenities: Racquetball, tanning, women-only section, pool, sauna, basketball court, steam room, whirlpool Jacuzzi.
Classes: Aerobics, kickboxing, cycling, water aerobics, lift, step and yoga.

A Powerful Squat

Keep your head up. Researchers have found that looking down when doing a squat puts you at a greater risk of injury. In a recent study at Miami University of Ohio, scientists discovered that gazing downward during the movement—compared with looking straight ahead or up—causes your body to lean forward four to five degrees. This increases the strain on your lower back and limits the amount of weight you can use. "Always lift at a controlled slow pace, maintaining good posture by keeping the spine in a neutral position," says Jed D. Hanson, a Strength and Conditioning Coach. "To do a squat properly, focus on a spot straight ahead and maintain that focus as you lower your body into the squat. Once you reach the bottom position, push through your heels to get your body back to the starting position. Remember not to lock out your knees," says Hanson.

Weight Belt or No Weight Belt?

Yale University researchers found that men who wore a weight belt while performing squats showed improved lower-back stability. But while the belt may reduce short-term injury risk, scientists warn that regular use may make the body so reliant on the belt, that over time, the core muscles become less stable and supportive. So in layman terms, wearing a belt over a long period of time can make the body more susceptible to a back injury when not wearing a belt. So what should you do? Health researchers suggest that instead of wearing a belt when you squat, "brace" your abs by contracting them forcefully—the same way you would if you were about to be punched in the gut.



Top 10 Workout Songs

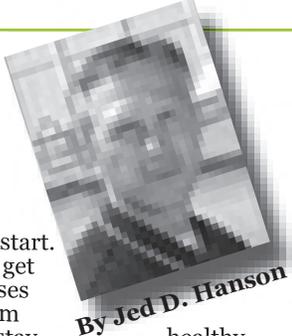
Plug the following songs into your iPod to get your body goin'.

1. "I Write Sins Not Tragedies," by Panic! At The Disco
2. "Snap Yo Fingers," by Lil Jon featuring E-40 & Sean Paul of the YoungBloodz
3. "S.O.S." by Rihanna
4. "SexyBack," by Justin Timberlake
5. "Vans," by The Pack
6. "It's Goin Down," by Young Joc
7. "Bossy (Featuring Too Short)," by Kelis
8. "Lose Control," by Missy Eliot
9. "Whip It," by Devo
10. "Shake It Fast," by Mystikal

-By Kristen Barlow

A New Semester, A Fresh Start

With a new semester comes a fresh start. This is the time of your life for you to get in the best shape ever! With new classes and stress it's good to set up a program that will help you get into shape and stay healthy throughout the semester. Instead of waiting until the New Year to set your fitness goals, set them now so you can be healthy and fit when the new year arrives. All it takes is four simple steps...



By Jed D. Hanson

1. Take Measurements.

First you need to know where you're at by doing some body measurements. Find out what your muscle fat ratio is with a lean body mass test. Take measurements of your waist, arms, legs, etc. Thirdly, if you have the resources, find out your resting metabolic rate—that is how many calories you burn at rest in a 24-hour time period. Any or all of these tests will help with you with the next step of setting goals. Where performance is measured, performance improves.

2. Set Realistic Goals.

Once you have some or all of these measurements done, set goals. Make sure they are realistic and are focused on what you need. Body fat isn't just going to disappear in a few days; it takes hard work to achieve real success.

3. Plan Exercise Into Your Schedule.

If you schedule exercise into your day and treat it like an actual appointment, you will have a harder time forgetting or missing it. If you have a hard time keeping your gym appointments, find a friend or roommate to share your goals and help you feel accountable.

4. Check Up on Your Progress.

Every week, or every month check and see how you're doing. Pull out your measurements or go and get your lean body mass test again. Evaluate how you've done, laugh at where you've made mistakes and celebrate where you've had success.

Jed Hanson, the owner of Fitness Pros is 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 Reboundologist (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 Sunshine. Jed has been in the fitness business for 25 years and specializes in Women's Fitness.

Remember- it's up to you. Make this semester the best of your college experience!



sponsored by:



Jump Rope



If you're short on time, you can still do something really good for your body in six minutes. A recent study found that short bursts of very intense exercise several times a week will improve your cardiovascular endurance just as well as traditional aerobic training does. Try jumping rope fast for 30 seconds, rest one minute, then repeat three more times.

"Back to School? Need a Job?" Credit Attorney has the Answer."



Credit Attorney has the alternative
Average \$16 an hour

Real time leads
No cold calling
Air-conditioned
Bonuses and incentives

Full-time and part-time shifts
Employee referral bonuses
Work as many hours as you want

Full-time benefits
medical, dental, vision, 401 (k)

Contact Mary for your
Back to School alternative at:
801.655.1453
hr@totalmarketgroup.com

Come by and check us out at
555 E. 1860 S. Provo
Across from the East Bay Golf Course



CREDIT ATTORNEY, P.C.

A Force to Be Reckoned With

By Jeremy Holm



Photo by UVSC Athletics

Historically, the phrase ‘burn the boats’ has been given as a sign that there would be no turning back, no looking to the past. It is the ultimate form of commitment to a cause. According to legend, the Greeks did it as did Cortez and Napoleon.

Now, the UVSC Women’s Soccer team is doing it. And like the Greeks and Napoleon in the past, you can expect history to follow.

“This program has gone through some rough seasons recently,” Head Coach Brent Anderson said. “Coaches came and went, athletes didn’t stick around. When I got here this summer, all the new players were already signed on. But once I met with the administration and the team and felt their enthusiasm... I was excited. The players really prepared themselves over the summer. We are moving on, forgetting the past.”

With 12 years of coaching background and eight years of competitive play, Anderson has the experience necessary to lead UVSC Women’s Soccer to its full competitive potential.

However, he’s not the only one looking to reshape the Wolverines’ future. Just ask any of his players.

“We’re confident,” said forward Jenni Wright, playing her second year for UVSC. “We have a lot of returning players, good team chemistry, a good coach, and we had a great recruiting class.”

The same recruiting class, by the way, which Soccerbuzz.com ranked #1 in the United Soccer Conference. With 12 returning players and a talented group of new faces, the UVSC Women’s Soccer team is indeed a force to be reckoned with.

“We’re here to prove ourselves this season,” junior Chelsea Stone, a midfielder, said. “UVSC is looked at like an underdog in the conference. We’re here to beat the other schools in the state and show what we can really do.”

And Coach Anderson is confident in that potential. Like a general setting up a strong battle plan for his troops, the former Utah State player/coach has arraigned his players in a powerful design of fresh talent blended with matured leadership.

One of those leaders is team captain Alyssa “Jo” Woodbury, who is returning for her final season of play. Having played a total of 51 games for UVSC, the veteran senior midfielder is a crucial anchor for Anderson’s strategy.

“I feel really good about this year’s team and am excited for the season,” Woodbury said. “We’ve all worked hard over the summer. There is an amazing flow, a cohesion between the players that I’ve never felt before.”

“We’re a family,” senior midfielder Courtney Asay-Robbins added. “We support each other. When we are together, we are a team.”

Despite only have a few weeks of experience with the new players, Anderson can see the team’s incredible abilities beginning to shine through.

“As a defensive unit, we have a lot of speed,” he explained. “The experience our defenders have allows them to move forward and attack, but also to move back and defend. We’re very strong back there. And we have a tactical force at midfield. Our forward positions have some strong leadership, but also some quick new freshman who are creative with the ball.”

Even though the players bring their outstanding unique talents, Anderson still expects to push them to their limits.

“We will be practicing from 2-5 p.m. daily. Travel is usually on Thursdays with games on Friday and Saturday. Throw in regular weight training and conditioning sessions, and the team will be working pretty hard.”

And not just on the field. In addition to his heavy focus on giving the game 110 percent, Anderson expects his players to give their studies the same level of dedication and enthusiasm.

“They’re student athletes,” Anderson continued. “I want the team to keep their grades up. I want them to play the game they love, but it’s more important to me that they leave with a four-year degree.”

Quick fact: the team GPA for the 2005 season? 3.69. Anderson believes this team will be even more successful, on and off the field.

“In the short time we’ve been together, these girls have been pushing themselves to new levels. They are motivating each other. The seniors are setting some great examples, and even the freshmen are stepping up to fulfill leadership roles. I am amazed at how well they work together.”

“There are no excuses,” Jenni Wright concluded. “We don’t want to regret anything. If you want something, you can get it. And we will get it this year.”

A force to be reckoned with indeed.

W

While the Brigham Young University Men's Lacrosse Team gears up for the 2007 season, Head Coach Jason Lamb works to organize a team with talent.

"Entering my 13th season, next year is potentially the best team I've ever had coming into Provo," Lamb said. "As long as [the players] are staying active over the summer and come ready to contribute, we can make this year pretty special. They deserve to have success."

The upcoming team will consist of returning players and incoming freshman as well as recruits and return LDS missionaries. Lamb said, "We are looking for the most amount of talent as possible, so we will keep as many as needed."

As for the past 2006 season, he said the team made critical adjustments to exceed expectations. Lamb said: "We carried the toughest schedule in the nation. We had some setbacks, but we buckled down to get something magical done."

Lacrosse player Curtis Salmon, a marketing and advertising major from Gilbert, Arizona, recently finished his fourth year on the team. He said: "We started off the season very slow having a losing record for the first month, but we turned it around and made it to the final four!"

The rough start dropped the Cougars' ranking which opened the way for fierce competition. Throughout the season, the team came back to beat many of the teams ranked higher than them including Colorado State University. Salmon and team member Jordan Harris both agreed the triumph over CSU at their home field was a crowning moment for the team.

Harris, a communications major from Littleton, Colorado, returning for his fourth season, described the game: "It was really back and forth. We ended up rallying off six straight goals to knock off the No. 1 team in the nation at that time. It was their only loss of the season and it was the game where we played really well as a team." An online survey conducted through the BYU Lacrosse website also reported the victory in Denver as "the most significant achievement of the 2006 team."

Furthermore, the team competed in the National Championships last year, finishing third in the country in their division. The team belongs to a national organization titled the U.S. Lacrosse Men's Division Intercollegiate Associates. According to the official USLIA website, the organization "represents the fastest growing segment of college men's lacrosse" with "close to 200 teams in two divisions" meaning that BYU competes among other colleges and universities that meet the same eligibility requirements.

Although a part of this association, Lamb said the players and coaches primarily strive to build a program that honorably represents BYU. He said his players not only focus on their success on the field, but pay careful attention to maintaining their grades and adhering to the BYU Honor Code. "These are the means to becoming a national champion," Lamb said. "It's all in how we play and what we do. And we need to be better."

Lamb and assistant coach Matt Schneck both look forward to coaching a new group that holds the potential for stardom. Schneck said, "We are excited to contend for our third National Championship in Dallas next May."

For more information about the BYU Men's Lacrosse Team, visit www.byulacrosse.com.

S



Photo by BYU Athletics

BYU LACROSSE

By Kailee Heger

charity involvement

When We're Helping,

Our young adult years, filled with self-centered tasks like school, work, and dating, can turn into a depressing "me"-fest,

but service centers in the Provo/Orem area can help us turn our plight of self-obsession into a fight for others.

We're Happy

By Patricia Auxier

With over 295 organizations to choose from in the region, there's an opportunity of every shade to go with every color. Both UVSC and BYU have Service & Learning Centers designed to connect the students with the people who need them most. Lindsey Smith, 22, a service coordinator at BYU's Service Learning Center, recommends finding the area that you're most interested in so you can make a difference in an area you love. Organizations such as Rock for a Remedy, Kids on the Move, Centro Hispano, Adaptive Aquatics, and Library Volunteers, offer plenty of opportunities for various interests.

Chris Hair, a 23 year-old student from CA, chose Adopt-a-Grandparent as his pet-program. Earlier in his life he developed admiration and respect for the all-too-often forgotten fathers and mothers of our society. Every Sunday, Chris goes to the small home in Springville and sings to these 'grandmas,' what he calls a 'surreal treat.' He says, "It isn't because I like to sing. In fact, I don't sing very well at all. But I think I just fell in love with spending time with the elderly. They don't care if I can sing; they're just happy to have me there. They're unassuming and non-judgmental."

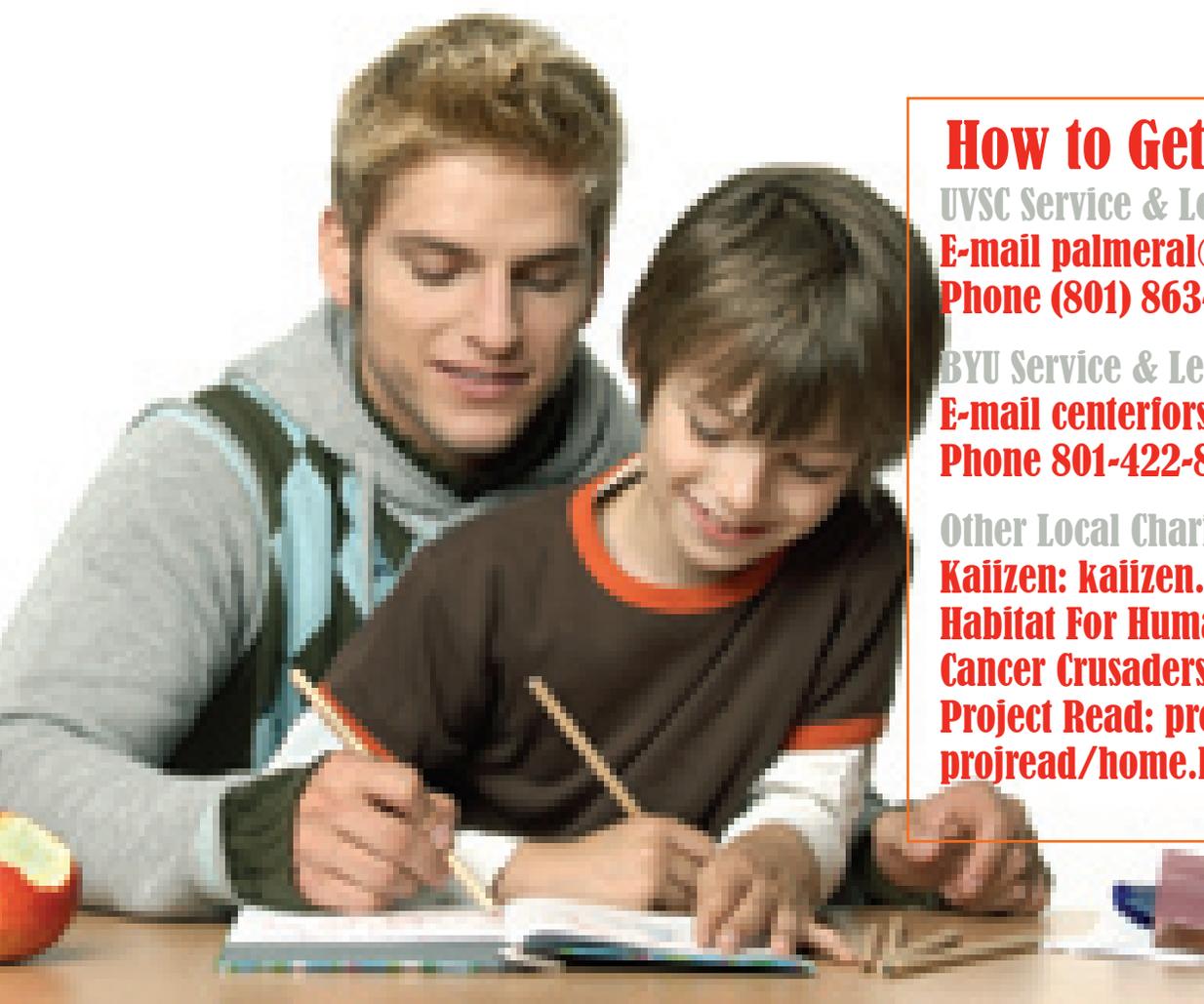
A friend introduced David Trichler, a 22 year-old student from Santa Barbara, Ca, to Big Brother/Big Sister, a mentoring program for youth who need a little extra attention from a friend and role model. His motivation for joining the program was to get away from the self-absorption rampant in our specific setting. He says, "I'm so busy with school and work and so focused on me, so Big Brother/Big Sister sounded like a good way to serve and make a difference." So Trichler went to the center, signed up, and picked a kid, the whole process taking only a half an hour. He continues, "They have a wall of kids that need mentors. Some of them have been waiting for months."

Kaiizen is another program reaching out. Developed by three students as a way to change lives while doing things that we love, Kaiizen is a unique blend of fun and service. Focusing on orphans, this group raises money through concerts, a merchandise lines, skate/surf competitions, and other avenues of social expressions and then takes it to orphanages around the world. Jeff Russon, 22, who has participated with some of the activities, says that Kaiizen is "a lot about the experience for the people serving. They threw us in the middle of Mexico and said 'do what you can for a couple of days.' And while you can't change everything in a couple days, you leave with a love which replaces the fear of poverty."

It isn't enough to sit around and commend others who are doing things; we have to get involved. We might think, I can only give one hour a week, will that even make a difference? Sharon Tidwell, a Service Coordinator in Orem, answers "It will. The little things we did made the biggest differences. If not in the lives of those being served, it changes those whom serve." Russon says that "if millions of individuals recognized their potential for good, the world would change."

Most importantly, service is about developing a sense of kindness and love for others. Tidwell says, "It's all about the people and getting to know and appreciate them. She mentioned that the most effective ways of serving were to hold doors open, talk to people, smile eagerly, help pick up dropped books. At a university ceremony honoring Mother Teresa—who spent her life working for the welfare of others—she said, "Love each other with a clean heart. ... [The poor] are not hungry for bread; they are hungry for love." (The Salt Lake Tribune, 31 May 1982, p. 4-A.)

Service, big or small, changes attitudes, situations, lives. And please, don't take my word for it. Get involved, and get involved hard.



How to Get Involved!

UVSC Service & Learning Center

E-mail palmeral@uvsc.edu

Phone (801) 863-8681

BYU Service & Learning Center

E-mail centerforservice@byu.edu

Phone 801-422-8686

Other Local Charities:

Kaizen: kaizen.org

Habitat For Humanity: habitat.org

Cancer Crusaders: cancercrusaders.org

Project Read: [provo.lib.ut.us/
projread/home.html](http://provo.lib.ut.us/projread/home.html)

www.clean-flicks.com

Clean-Flicks
is cleaning out!

**LAST CHANCE TO
BUY EDITED DVDS!**

Save up to 75%

Coupon Code: schooled

www.clean-flicks.com

KneeShorts®

LONG
camisoles

many colors * look stylish, comfortable & long sleeve

\$9.99

Some restrictions * does not include colors with ties * see store for details

Green Store - 2012 University Place - Next to Central Book/Missionary Hall
Bandy Store - 161 corner of 10th St. and State Street next to Central Book

1000 W. George Street - 1000 W. Red Cliffs Dr., Washington, UT
(a selection's getting out more than others)

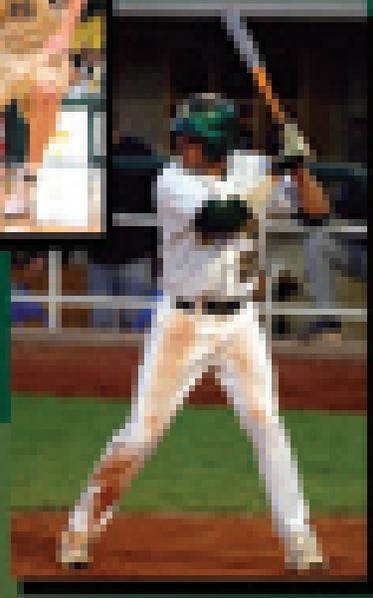
STAR VALLEY STATE

WOLVERINES



FREE ADMISSION !!

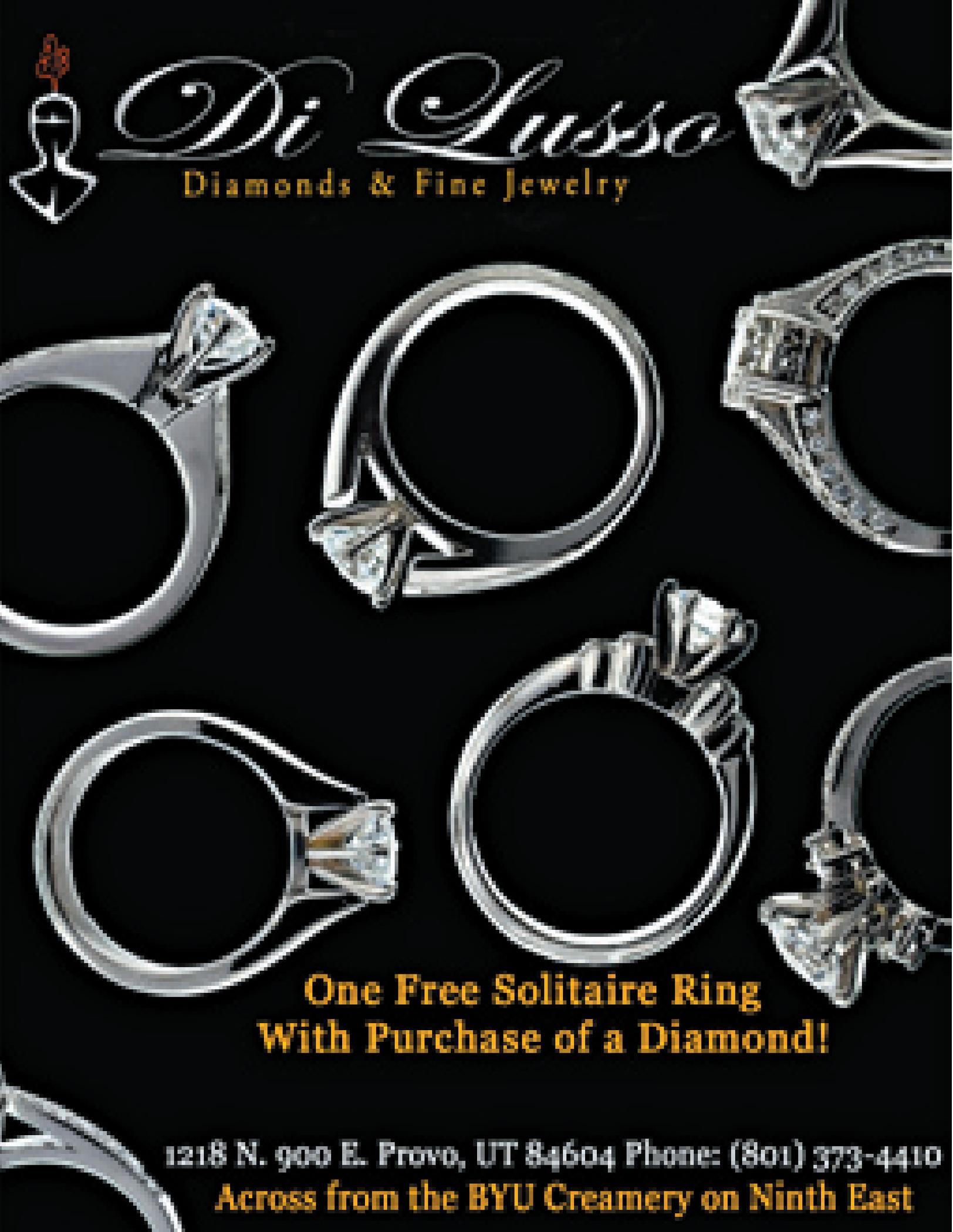
...to Wolverine Athletic events
with your UV Student I.D.



S
t
u
d
e
n
t

I.D.





Di Lusso

Diamonds & Fine Jewelry

**One Free Solitaire Ring
With Purchase of a Diamond!**

1218 N. 900 E. Provo, UT 84604 Phone: (801) 373-4410
Across from the BYU Creamery on Ninth East

Build Your Credit

By Rebekah Jakeman

Most Common Mistakes

Schooled went to the local bank experts to find out the most commonly made mistakes made by BYU/UVSC students. Be aware if these personality quirks describe you and how you use your credit.

▶ **Sally Swift Swiper.** She's out swiping her debit or credit card at the Malt Shop, Old Navy or Borders. It's slick, quick and easy. Sally swipes a card and wha-la! She gets that double-fudge chocolate shake she's been craving. Problem: Sally forgets to keep track of her purchases and balance her check book. It's less than a surprise party when Mr. Bank Teller informs her that her balance is 70 cents. "But I thought I had \$1,000 in the bank just last month."

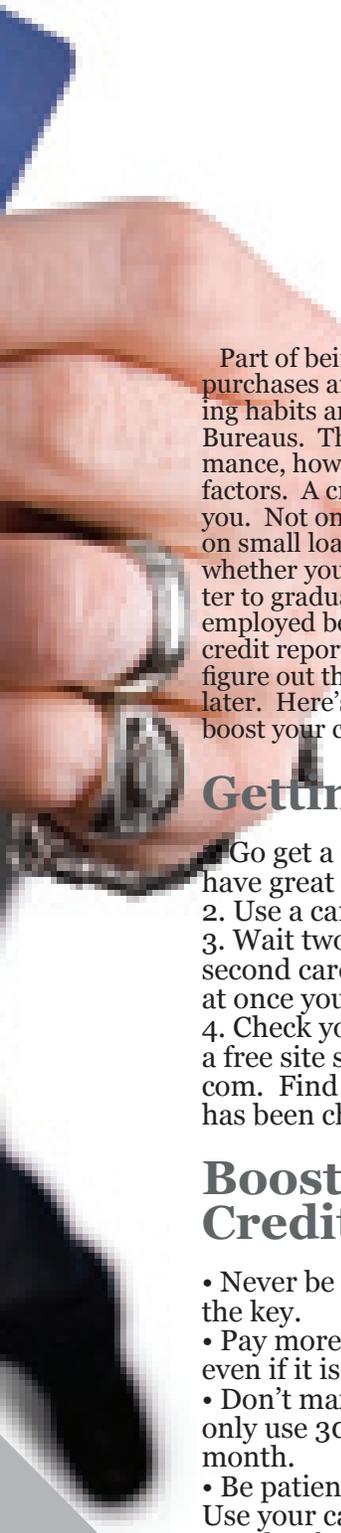
▶ **Novice Ned.** He's had a student credit card for three months for those weekly Wal-mart runs. He's patting himself on the back for paying off the bill for all those Otter Pops. Now he wants to get a \$10,000 loan to open his own Otter Pop stand on University Parkway. Problem: It takes time to build credit—more than two to three months. Mr. Bank Loaner wants to see two to three years worth of Ned's credit before he's willing to part with that \$10 grand.

▶ **Only-one Owen.** He's scared half to death of credit, so he has only allowed himself a credit card for gas. But with all those girls he's taking out on group dates he needs to buy a van. Problem: Mrs. Car Dealer sees his low credit rating because there is little diversity in his performance. He needs to get one or two more cards to show his ability to handle money across the board. The "only-one" rule applies to girls, not necessarily to credit cards.

Most of us have a love-hate relationship with credit and credit cards. We love carrying around plastic instead of cash and coins or buying now and paying later. But our infatuation wears off when we get the bill or spend free time shredding the stack of credit card offers. The truth is having credit cards to build credit is a great tool.

"Credit is a very useful thing; it's dangerous when people max out whole credit lines and let it control them. Students need to get over their first fears of credit and learn to use it responsibly,"





Part of being responsible is realizing that your purchases affect your credit score. Your spending habits are on record at three national Credit Bureaus. They then rate you on your performance, how long you've had credit, and other factors. A credit score can either make or break you. Not only does credit affect interest rates on small loans, cars, or homes, but it can affect whether you will get hired. It would be a disaster to graduate with a 4.0 GPA, only to be unemployed because your employer screened your credit report. So don't wait until it's too late to figure out that building credit now will save you later. Here's a few tips to get you started and boost your credit score:

Getting Started:

- 1. Go get a credit or debit card. Local banks have great deals for college students.
- 2. Use a card regularly and pay on time.
- 3. Wait two to three months before getting a second card. If you apply for several cards at once your credit score goes down.
- 4. Check your credit report periodically at a free site such as www.annualcreditreport.com. Find out your credit score and who has been checking in on you.

Boosters for Building Credit:

- Never be late on a payment. Punctuality is the key.
- Pay more than the minimum each month, even if it is only \$5 more.
- Don't max out a credit line. It's best to only use 30% of your credit limit each month.
- Be patient. It takes time to build credit. Use your card regularly—at least once every couple of months.
- Give your credit some variety. Have between two to four cards—one for gas, one for groceries, etc.



\$100 MOVES YOU OUT!



LIMITED-TIME OFFER!
PRESENT THIS AD & RECEIVE

YOUR FIRST MONTH FREE!! PLUS, \$150 OFF YOUR MOVE-IN DEPOSIT!

You only pay a \$100 deposit to move in!



LOCATED DIRECTLY WEST OF UVSC, ACROSS I-15.

**parkwaycrossing.com
801.431.0000
1270 W. 1130 S. Orem**

If Money Could Buy

Happiness:

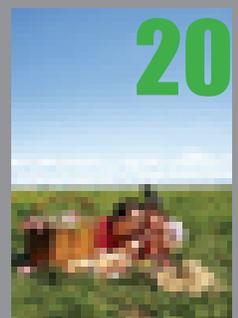
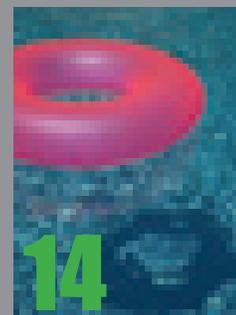
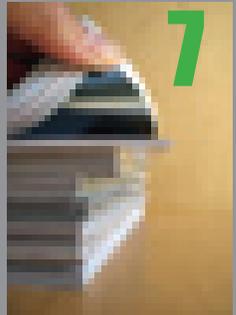
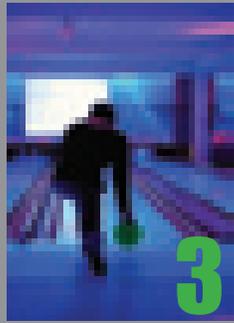
20 Things
to do with

\$20

By Courtney Humiston

My brother once said, "Money may not be able to buy happiness, but it can buy you things that make you happy." With that in mind, here is a list of things you can do for less than \$20 to improve your life and the world around you.

1. Utah is one of the best places for it, so why not learn to rock climb. But before you invest in a lot of expensive gear, try it out for a day at The Quarry (\$11 day pass includes gear rental).
2. Do something good for your mind, body, and soul. It's Yoga (located in the Shops at Riverwoods) charges \$10 per class and offers discounts for students. (A class schedule is available at www.itsyogoutah.com.)
3. You don't have to go far to have fun! BYU campus and UVSC campus both have a lot to offer. There's bowling, the food court or supporting your school colors by attending a sporting event. Not only is this a great way to meet new friends but it's also a good way to stretch your \$20!
4. Make 20 people smile. What is better than getting something in the mail? A postcard and stamp cost less than a dollar combined, so make a list of friends you haven't seen for a while and drop them a line.
5. Lift your spirits and brighten a room for days with a bouquet of flowers. Tell the florist you have \$20 to spend and let them put something together. (Hot tip: use 1/2 carbonated water in the vase and they will last longer.)
6. The rich and famous aren't the only ones who can afford to get a massage. The Utah School of Massage Therapy offers massages to the public every Saturday from 7 a.m. until 9:30 p.m. A one-hour massage usually costs \$25, but they often have two-for-one deals; if you bring a friend it's only \$12.50.
7. Tired of reading text books? You can take a break every once in while if you subscribe to your favorite magazine. Most monthly publications cost between \$12 and \$18 for a year. A great place to get magazines really cheap is at www.moongo.com.
8. Get a pet. Cats and dogs aren't very practical for college students, but how about a fish? They don't take up much space, they are easy to care for, and they have been proven to help you relax. A Beta will cost about \$3.50 and requires no filtration system. All you need is a glass bowl, some colorful rocks, and fish food, and you'll have a new pet for less than \$20.
9. Add some culture to your life while enjoying a night out, and take a date to the symphony. Student tickets are only \$9, but must be purchased at the box office. For more information go to www.utahsymphony.org
10. Learn a new language. The Berlitz Thirty Day Language Course (available at Barnes and Noble for \$19.95) is organized into short daily lessons and perfect for busy people – like students!
11. Explore the night sky with a star chart. Impress your friends around the campfire by knowing the names of the constellations. A good one to get is the Orion Star Target Planisphere (on amazon.com for only \$9.95. You can also throw in a poster-size star map for \$8.)
12. Develop a new skill in just a couple of hours. Michaels Arts and Crafts offers classes on knitting, cake decorating, jewelry making, and oil painting, among other things. Costs range between \$8 and \$20 per class.
13. Buy your favorite movie and some popcorn and invite your friends over to watch it with you. You could use the rest of your \$20 for a round of root beer floats for everyone!
14. Take a bunch of friends up to Provo Canyon, rent an inner tube for \$5-\$15 and have a great adventure floating down the Provo River!! This will be one memory you'll never forget.
15. Catch up on what's going on in the world and in your area and buy a month's subscription to the newspaper. Daily delivery of the Salt Lake Tribune costs only \$19.20 for four weeks. Also, some university bookstores offer semester-long subscriptions to The New York Times for around \$20.
16. Renew your resolution to keep a journal by getting one you absolutely love. Leather-bound journals range between \$12 and \$25. Both Borders and Barnes and Noble have a great selection.
17. You probably won't be able to buy an original work of art for \$20, so why not create your own masterpiece? An 18x24 inch blank canvas costs about \$12. Pick up an inexpensive set of paints and a few brushes and see what happens! (Hint: your college bookstore should have it all.)
18. Indulge those digits and get a pedicure. Beauty schools charge between \$12 and \$20. At Dallas Roberts Academy you can get both a manicure and a pedicure for \$22.
19. Enlarge and frame one of your favorite photographs. You can do both in one stop (and in less than an hour) at Target. An 8x10 is only \$2.99 and they have plenty of frames to choose from for under \$20.
20. Go on a picnic. Pick up some fruit, cheese and crackers, and a bottle of sparkling grape juice and head to the park or your own front yard. Bring a Frisbee or a kite and make a day of it.



Utah's *Original* Gourmet Ice Cream Cookie Sandwich™



Smart Cookie Company
840 N 700 E • Provo • 801.375.2499
(SE Corner of BYU Campus)

With banks offering college students an increasing number of financial services at widely varying fees, choosing one to handle their particular financial needs can seem like a difficult and confusing task.

By Jennifer Borget

Banking



There are many banks in Utah Valley and students need to know which banks offer the best checking accounts for their needs. Although there is much to consider, it is best to select a bank similarly to choosing any product or service—first evaluate personal needs and then compare costs. For most college students, free checking is the type of checking account they will be comparing because there is no minimum balance and no monthly fee.

A few banks that serve BYU and UVSC students are Utah Wells Fargo, US Bank, Washington Mutual, Zion's Bank and Far West Bank.

Students can compare free checking accounts and also consider what is most important in their banking relationship. If a student wants to develop a personal, long-term customer relationship with a bank then it is best to choose a bank that has other branch offices around the country such as Washington Mutual, US Bank or Wells Fargo.

When choosing a bank to open a checking account, there are a few features that are most popular. If students prefer to do their banking by telephone or online, they want to explore the types of electronic services each bank has to offer. Free online banking is one of the most convenient features of checking accounts.

With online banking, students can go to their bank's web page and sign into their own bank account to stay updated on what

career \$ finance

money they are spending and verify account balances any-time. With online banking, students can also view transactions, order checks, change their address information, and transfer funds for free.

According to their websites, Washington Mutual, Wells Fargo, US Bank, Zions Bank, Far West Bank all offer free online banking with all of their checking accounts.

For those students who are forgetful, they should consider a bank that offers free “Bill Pay.” This is another popular feature for bankers. With this feature students do not have to worry about having to remember which bills they already paid each month, and which ones they have yet to pay. The bank takes care of it. Students can schedule payments in advance—both one time and recurring. Instead of students writing checks once a month for their car, insurance or rent, this would automatically make the payment to that company for them on time.

Some banks charge for this service, but as stated in their websites, Washington Mutual, US Bank and Zion’s Bank all offer it free with any type of bank account, including the free checking accounts. Far West Bank and Wells Fargo also offer Bill Pay with free checking accounts, but there is a monthly fee for the service.

Another benefit that students should be aware of when shopping for a bank, is getting a percentage of all the money spent back at the end of the year. Sounds nice for a college student right?

BYU student Marco Villarreal banks with US Bank because of the great service and dividends.

“It’s great,” he said. “Because if I swipe my debit card as credit, at the end of the year I get a percentage of what I spend back.”

It’s like free money. So for students interested in getting money back just for spending it, US Bank may be one they want to consider. But be careful. Sometimes banks will offer return interest with their credit cards hoping you’ll forget to pay it off. You don’t want to spend more on interest than the dividends you get back.

Students should be aware of features like this and can learn more about banks and what they have to offer by visiting the banks, or their official web pages: farwestbank.com, wells Fargo.com, washingtonmutual.com, zionsbank.com, and usbank.com. **S**

If you’re forgetful, try online banking.



\$1.00 OFF

THE TECH OF
PROMOS & COUPONS

Open Sept. 15 -16 & 22-23

Sept. 29 thru HALLOWEEN

100% off on all items - Daily
100% off on all items - Daily

Online: www.haunted.com

www.haunted.com

www.haunted.com



Spencer

BYU Graduate in Political Science

T-Shirt: Vintage Bob Marley from Jamaica

Pants: Banana Republic

Sandals: Rainbow

Hat: American Eagle

Schooled goes on campus to see what students are wearing this fall. So make sure you're looking your best!

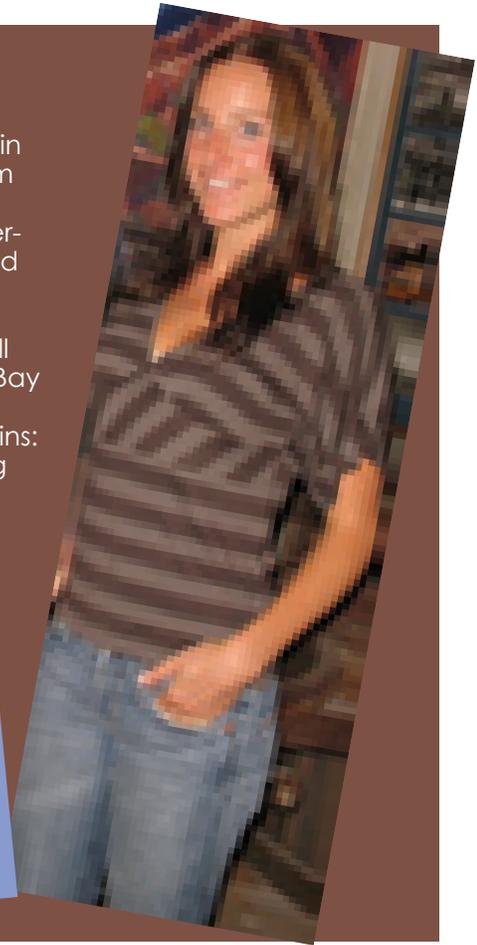
Erin

BYU Graduate in Print Journalism

Shirt: Striped Perfect Fit Shirt, Old Navy

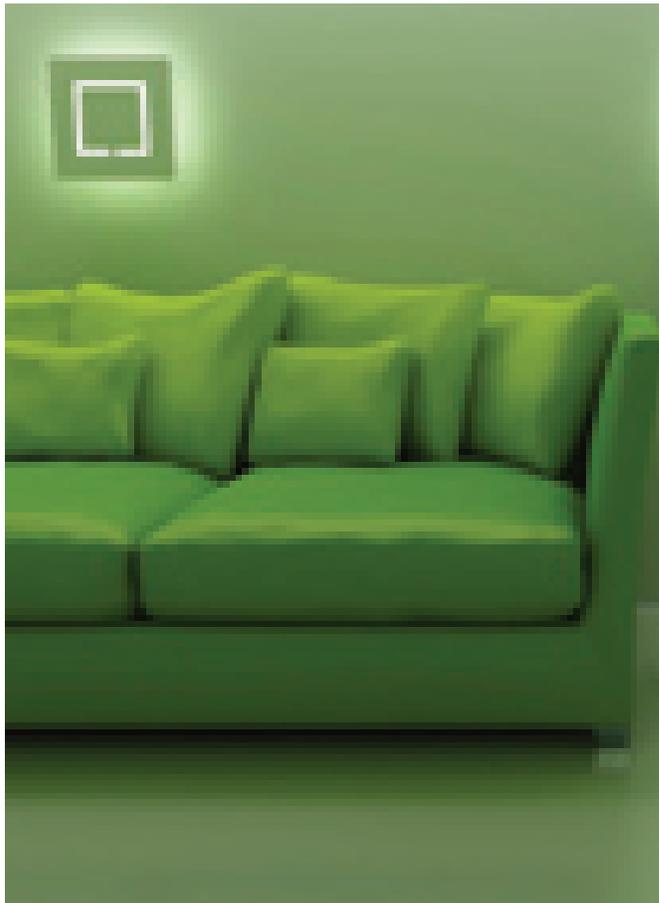
Jeans: 7 For All Mankind from eBay

Wedge Moccasins: Forever Young



How to Decorate Your Apartment

By Jennifer Borget



It can become unbearable living in what seems to be poverty-stricken apartments. Sometimes all a room needs is a little color. Most apartments are the same off white, cream color that almost guarantees a feeling of boredom. Unique posters go well in living rooms and help show personal style. Allposters.com has a huge selection of posters from celebrities to fine art for \$5.99 and up. They look great tacked up and even better in a poster frame that can be found at the local art store for \$12.99.

Since most college apartments are already furnished with plain couches, consider bright pillows with funky designs to make the room seem less dull. A coordinating throw blanket can also help bring all the colors in a room together in a stylish way. A great place to find cheap deals on a variety of pillows and throws is Bed Bath & Beyond. It carries all colors of pillows from \$5.99-19.99, depending on the fabrics used. It also carries many chenille throws that come in a variety of sizes and colors to mix and match with pillows. You can also dress up a boring lamp shade by gluing on feather or dangling bead trim to match.

Bathrooms can be tricky to update, especially when there is little control over the arrangement and size. An affordable decoration for bathrooms is as simple as a shower curtain. Instead of

buying a clear curtain for the shower, splurge on a fashionable one with fashionable rings to hold it up. After the perfect curtain is selected, it will be easy to coordinate towels to bring out the colors in a shower curtain. Every store that sells home supplies will have some variety of shower curtains and towels, and most come already matched. K-Mart has an especially trendy supply of matching towels and curtains. A six-piece towel set can be purchased for less than \$30 and a matching curtain can be snagged for \$12.99.

The bedroom for any college student is a sanctuary. It is a place to de-stress after a day of work and studying, which means it needs to be relaxing. Comfort brings relaxation, so the bed should be the focal point of the room. Blankets and comforters help show unique style through colors and designs and can be very inexpensive. Target carries a couple of contemporary designer collections that range from \$9.99-109.99 and allows style within a budget.

If all of the above fails to fall into an acceptable budget and apartment fashion is unreachable, splurge on a plant, which requires minimal responsibility and helps keep a room cheerful. And remember, it's yard sale season, so you can usually find cute decorative lamps or plants early on a Saturday morning.

Jeremy

Journalism student
at Salt Lake Com-
munity College

Collar Shirt:
Ambercrombie &
Fitch

T-Shirt: Hollister

Jeans: Gap

Sandals: Pac Sun

Belt: American
Eagle

Courtney

English major at
BYU

Shirt: Buckle

Jeans: Gap

BP Shoes:
Nordstroms

Necklace: Claieres

Purse: Target

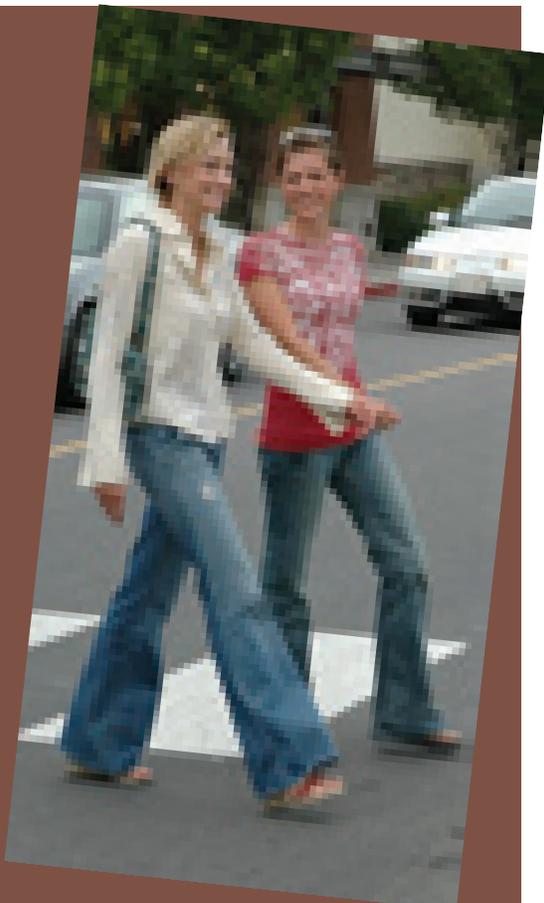
Graci

Open major at
UVSC

Jeans: Boyfriend
Fit, American Eagle

Shirt: Urban
Outfitters

SunGlasses: Target



Photos by Teagan Alex

Get a Great Deal on a Haircut

Want a new fall look at a good price?

Hair Schools are an amazing resource for great cuts at cheap prices.

Best Deal On The Block

Renaissance Academie de Hair Design 373-2887
Located on Bulldog Avenue (next to the UPS Store)

Haircut \$6.99

Haircut & One Color Weave \$19.99 (\$5 for each additional application)

Bon Losee Academy 375-8000

Located on University Parkway

Haircut \$8.95

Haircut & One Color Weave \$31.95 (\$10 for each additional color)

Paul Mitchell, The School 374-5111

Located on 900 East (next to Gold's Gym)

Haircut \$8

Haircut & one Color \$36 (\$5 for each additional color)

With so many professional stylists in the area- Schooled set out to find the best stylists who are worth their weight in gold! Here is Schooled's favorite:

Envision Salon (formerly known as Joseph Patrick Salon)

426-5909

Located on 212 S. State Street in Orem

Haircut \$27

Haircut & Color \$70 (\$10.00 for each additional color)

Best Deals: →

Susie's Deals and Plato's Closet are great for students who don't mind wearing almost new hand-me-downs, Plato's Closet may be perfect for them. The array of clothing serves both men and women. One nice thing about Plato's Closet, is it can serve starving students even if they're not looking to buy. Plato's Closet will buy the clothes your tired of to sell at their store. 20-year-old BYU student Katie King bought a pair of Steve Madden shoes on eBay for \$40. She sold them at Plato's Closet for \$4.

"Not exactly what I was hoping for, because the Steve Madden shoes were brand new," she said.

But what goes around comes around. King also bought a brand new skirt worth \$40 for \$12, tags still attached.

"You can get good deals on brand names for low cost," she said. "Sometimes you just have to look carefully."

Plato's Closet is located across University Parkway from University Mall in the same shopping center as Panda Express and Einstein Bagels. If hand-me-downs aren't your thing, don't worry. There is still Susie's Deals. At this store everything is still brand new and \$5 or less. You're probably asking yourself how that's possible.

Well, the clothing there is usually overstock or has a slight defect. Not bad for \$5. Susie's Deals sells both men's and women's clothing and is located at 2250 N University Pkwy right next to Café Rio.

By Jennifer Borget

Great places to shop on a Tight Budget:

Ross

TJMaxx

Burlington Coat Factory

Plato's Closet

Susie's Deals

Gen X Clothing

on location

What were Schooled staffers up to this summer?

1. Editor-In-Chief, Traci Marinus with family at Raging Waters.
2. Erin Delfoe, Layout & Design Director, doing a restaurant review of the New Yorker in SLC.
3. Schooled's Project 3 Car at the Cinco de Mayo Car Show in SLC.
4. Jamie Littlefield, Senior Writer, at the Melting Pot in SLC.
5. Russ & Debbie Taylor, Schooled Magazine Owners, on an elephant safari in Bali, Indonesia.
6. Rebekah Jakeman, Senior Writer, with son next to the Jordan River near Israel.
7. Jennifer Borget, Senior Writer, hosting radio show "Today at BYU."
8. Seth Kelley, Senior Writer, at a local soccer game.
9. The International Gum Ball 3000 Rally visits Salt Lake City. Schooled Magazine was there to welcome them to Utah.
10. Courtney Humiston, Writer, working on some modeling shots.
11. Brad Bacigalupi, distributor, in Venice, Italy.
12. McKay Salisbury, Senior Writer, performing karaoke on a cruise ship in Mismaloya, Mexico.
13. Don Osmond, Senior Writer, hiking in Zions National Park.
14. Patricia Auxier, Senior Writer, with friend Ryan at an EFY in Rexburg.
15. Scotty Spujt, Writer, eating his favorite burrito with friends at Betos.

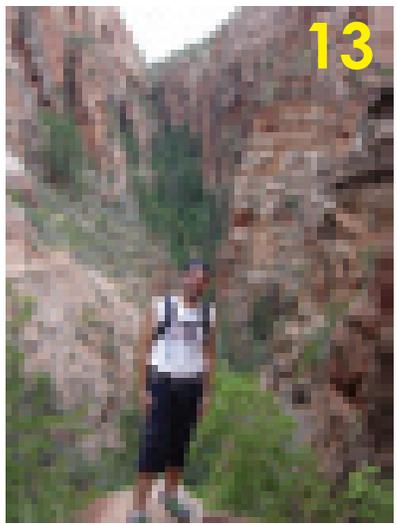
Let Us Know About Your Event!

Submit Your House Parties, Dance Parties, Concerts, & Other Events to our online calendar! With Your Help, the SchooledMagazine.com calendar is the most comprehensive free calendar for students in the valley. We KNOW what's going on!

Want to know what's happening each weekend?

Join the Schooled Magazine VIP List and get a weekly email update with concert, party, and local event information for all of Utah Valley. Get into local parties without the wait and go down the Schooled Red Carpet.

visit schooledmagazine.com for event submissions and updates



schooled magazine

september

07

Orem Owlz Baseball, UVSC, 7pm
Abby Normal Concert, Velour, 8pm
Schooled Magazine on Your Doorstep!

08

UVSC Women's Volleyball 7pm
BYU Women's Soccer 7pm
Bridal Extravaganza- Tahitian Noni- 4pm-7pm
BYU Welcome Week Dance- 8:30pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm
Schooled Magazine on Your Doorstep!

09

BYU Football vs. Tulsa 2pm
UVSC Women's Volleyball 1:30 & 7pm
UVSC Women's Soccer 3pm
BYU Women's Soccer 7pm
The Ultimate Combat Experience- The ECenter- 7pm
Bridal Extravaganza- Tahitian Noni -10am-7pm
Utah Marathon Relay- Thanksgiving Point
Seve vs. Evan Concert- Velour- 8pm
Car! Concert- Muse Music- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm
Schooled Magazine on Your Doorstep!



11
mon



The Thrillionaires Improv Theater-Velour-8pm
Free Movie Night- Tahitian Noni- 7:30pm

12
tue



Open- Mic Night- Velour- 8pm
Hit the Switch Concert- Muse Music- 8pm

13

Matt Hopper Concert- Velour- 8pm
OK Ikumi Concert- Muse Music- 8pm
80's Night Dance- 116 W. Center St. Provo-9pm-1am

15

Barry Hansen Concert-Tahitian Noni- 7:30pm
Wedding Expo- Thanksgiving Point- 3pm-8pm
Concert- Velour- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm
Rock The Block Party

16

BYU Women's Volleyball 7pm
Dragon Keep Anniversary Celebration & Creator Signing-University Avenue-10am-8pm
Wedding Expo- Thanksgiving Point- 10am-6pm
Allred Concert- Velour- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

18

Free Movie Night- Goonies- Tahitian Noni- 7:30pm
The Thrillionaires Improv Theater- Velour-8pm

19
tue

Elton John Concert- The ECenter- 8pm
Open- Mic Night- Velour- 8pm



80's Night Dance- 116 W. Center St. Provo-9PM-1AM
Concert- Velour- 8pm
Movie Night at BYU Varsity Theater- 7pm

20
wed

21

UVSC Women's Soccer 4pm
BYU Tennis Open

22

UVSC Women's Volleyball 7pm
UVSC Hockey-Peaks Ice Arena-8:30pm
BYU Tennis Open
The Queens of Birdland (Theater)- UVSC-7:30pm
Palomino w/The John Whites Concert- Velour- 8pm
The Hanks w/ Million/Billion Concert- Muse Music- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

23

BYU Football vs. Utah State -1pm
UVSC Women's Soccer 1pm
BYU Tennis Open
BYU Lost & Found Sale- 9-11:30am
The Queens of Birdland (Theater)- UVSC-7:30pm
Return to Sender Concert- Velour- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

25

Free Movie Night- Tahitian Noni- 7:30pm
The Thrillionaires Improv Theater-Velour-8pm
BYU Women's Soccer 7pm
Electra (Theater)- BYU-5pm

26

Damien Jurado w/Brinton Jones Concert- Velour- 8pm

27

80's Night Dance- 116 W. Center St. Provo-9PM-1AM
Twelfth Night (Theater) Opening Night-BYU- 7:30pm

28

UVSC Women's Soccer 4pm
Twelfth Night (Theater) -BYU- 7:30pm

29

UVSC Hockey-Peaks Ice Arena-8:30pm
BYU Women's Volleyball 7pm
Shaun Barrows Concert- Tahitian Noni- 7:30pm
Neon Trees Concert- Velour- 8pm
The Silver Slippers Concert- Muse Music- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

30

UVSC Women's Soccer 1pm
BYU Women's Soccer 8pm
The Bridal Fair-Provo High School 10am-6pm
Marcus Bently Concert- Velour- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm
Provopalooza -24 Hour Fitness Basketball Court- All Day Event!

October

Monday October 2

The Thrillionaires Improv Theater-Velour-8pm
Indie Music Concert- Muse Music- 8pm

Tuesday October 3

Open- Mic Night- Velour- 8pm
UVSC vs. BYU Women's Volleyball -at UVSC-7pm

Wednesday October 4

80's Night Dance- 116 W. Center St. Provo- 9PM-1AM
Twelfth Night (Theater) -BYU- 7:30pm

Thursday October 5

Twelfth Night (Theater) -BYU- 7:30pm

Friday October 6

BYU Women's Volleyball 7pm
Twelfth Night (Theater) -BYU- 7:30pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

Saturday October 7

BYU Football vs. San Diego State-12pm
UVSC Women's Soccer 11am
UVSC Hockey-Peaks Ice Arena-8:30pm
BYU Women's Volleyball 7pm
Wedding Show-UVSC McKay Events Center 9am-5pm
Seve vs. Evan- Velour- 8pm
ComedySportz-Center St.- Shows at 8pm & 10:15pm

50 YEARS OF FALLING IN LOVE



**Perfect
for the
girl who *is*
everything**



LOSEE
Jewelers

Only In COTTON TREE SQUARE • (801) 373-1000

2230 N. University Pkwy #3 Provo • Mon-Sat. 10am - 6:30pm • Fridays until 8pm.

www.loseejewelers.net

ESTABLISHED 1956