

for the student | by the student

Schooled

Magazine

Meet
MTV Star
Clint Poulson



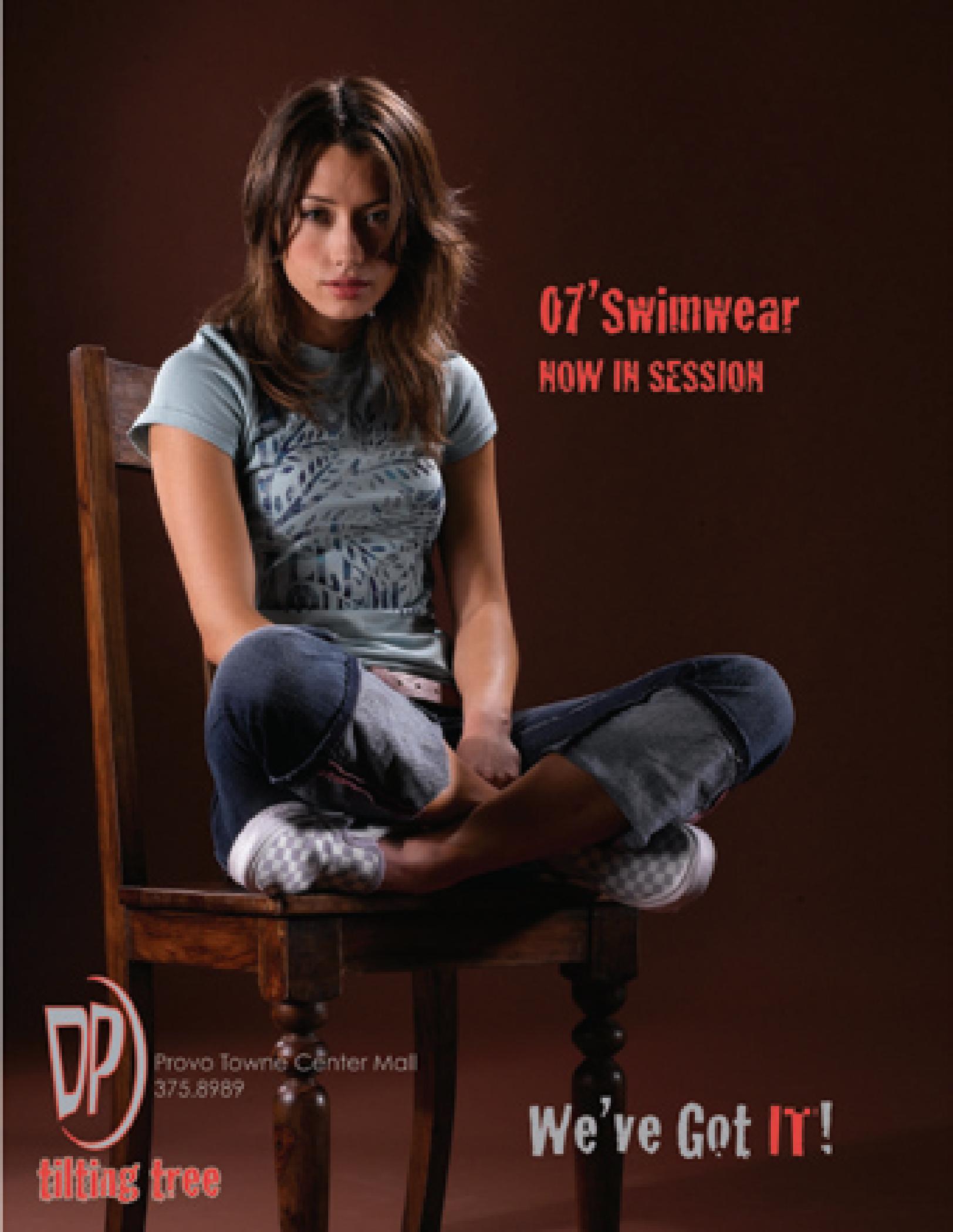
**Celebrate St.
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**Does Texting
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Luck of the Irish



Even though St. Patrick's Day is a brief holiday of parades, pinching those not wearing green, the possible appearance of magical leprechauns and a chance at a pot of gold, it's also a day to appreciate how lucky we all are—whether we're Irish or not.

How are we lucky? Well first off, by the time this magazine hits your doorstep, there are only six weeks of school left, seven if you count finals. That means we are over the semester hump and there isn't too much left to go! Secondly, we're lucky because we're young students and the sky's the limit! We can still change our minds about what we want to do for the rest of our lives, and we can follow our dreams and be who we choose to be.

We're also lucky because spring is right around the corner and that means no more snow and brown grass, but new life and green everywhere.

At Schooled Magazine, we feel lucky to share this fun issue with you! We've got some fantastic feature stories about St. Patrick's Day, Clint Poulson the infamous MTV singer, and everything you could possibly want to know on "How To" survive Utah Valley as a student. We also have some great hot topics including how texting affects relationships and how intramurals can get a little out of control. Other exciting stories include how healthy is hot, how to get a great tax return, and how women can take control of their love lives.

At Schooled Magazine, I hope that you have a lucky St. Patrick's Day and rest of the semester!



Photo By Amelia Nielson-Stowell

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.

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

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Our editorial and photography staff are 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.

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Letters To The Editor

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Meet Clint Poulson
pg. 8



Does Texting Affect Your
Relationships? pg. 18



The Invisible
Children pg.15

table of contents

Features

- 14 Tax Deductions That Apply to Students.
- 16 Women Take Control of Your Love Life.
- 26 Ways to Stay in Shape Without Spending a Dime.
- 26 Tiger Woods or Roger Federer?
- 27 Health Conscious America.

Departments

- 4 Editor's Letter.
- 6 What's the Buzz?
- 9 Read, Watch, Listen, Surf.
- 10 Band Review: Another Statistic.
- 11 Gamers Corner.
- 14 Career & Finance: Prepare for Graduation.
- 15 Charity Involvement: The Invisible Children
- 19 Hot Topic: Intramural Extremes.
- 39 All-Inclusive Calendar.

Cover Stories

- 8 From MTV Star to BYU Student: An Exclusive Interview With Clint Poulson.
- 12 Why is St. Patrick's a Holiday?
- 18 How Does Texting Affect Your Relationships?
- 20 How To's... A Step-by-Step Guide to Making the Most of Your Student Life.
- 28 Wedding Guide.

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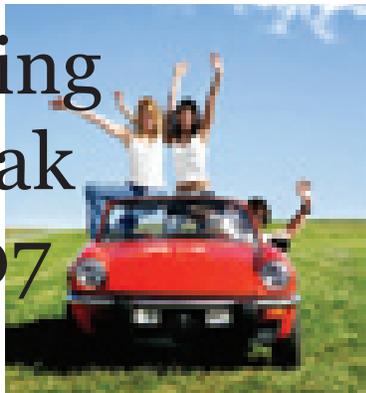
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(Apple Twist & Cinna Swirl)

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Spring Break 2007



Need ideas for your spring break? Schooled Magazine is here to help!

If you're on a budget, call a travel agent who specializes in student travel. Try any of these: Travel Services (800-648-4849), StudentCity.com (888-777-4642), StudentUniverse (800-272-9676), and STA Travel (800-781-4040).

If you're a procrastinator, go online for last minute steals and deals. When companies have packaged trips that have vacancies, they often use a consolidator site to sell their leftover spots really cheap. You may have to be flexible on your travel dates, but it's definitely worth it. Visit sites such as 11thhourvacations.com, lastminutetravel.com, and bestfares.com.

If you're up for anything and you don't care where you go, try an auction site and bid away! Try priceline.com or hotwire.com to see what's being offered and check out other websites like orbitz.com to see what actual prices are. Go back to the site and place a bid (usually 20-40 percent less than the regular price).

If you are looking for a road trip, pick a direction and drive! Try roadtripusa.com and roadtripamerica.com for ideas. Try and choose the biggest city within a 10 hour drive and go! Once there, visit museums, zoos and cool sites that grab your interest.

If you're looking to volunteer on your vacation, consider a service trip. It usually takes a year to plan for one of these (some require passports and vaccinations) if you want to go to places like Peru, Thailand, and Ghana. You have to pay your own way, but you can go and help build a house, help at an orphanage, etc. But just think, you'll be giving back in another part of the world! For ideas, check out charityguide.org, crossculturalsolutions.com, globeaware.org, globalvolunteers.org, and unitedplanet.org.

April Fools

Mark your calendars for the perfect day to play a practical joke on your roommates and friends! (Don't forget to yell April Fools!) For some ideas visit: i-am-bored.com/bored_link.cfm?link_id=9345 familyfun.go.com/arts-and-crafts/season/minisite/april-fools-pranks-main-ms/

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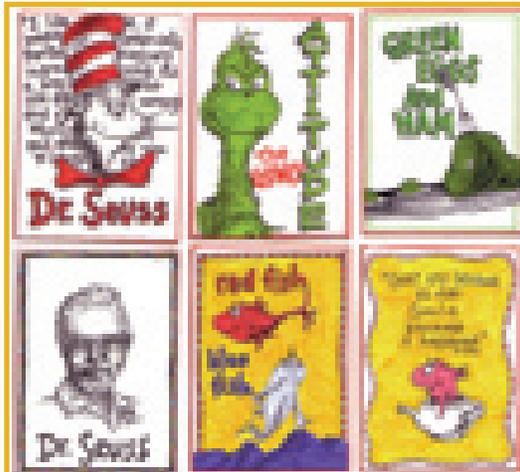
of Americans say reading is their favorite leisure activity! (2004 Harris Interactive Poll)

Mark Your Calendars March 11: New Daylight Saving Time

In 2005 President George W. Bush signed the Energy Policy Act of 2005. This act officially changes daylight saving time in the United States. The new time will begin on the second Sunday in March and end the first Sunday in November. The Department of Energy will be conducting a study to find out if this time change will be more cost and energy efficient. If it is not, Congress retains the right to resume the previous time. This year's Daylight Saving Time will start March 11 and end November 4.

3.1 Million Students

Took at least one online course in fall of 2005. More students are logging on to learn! A November report by the Sloan Consortium found that the number of students taking at least one course online rose 40 percent in 2005. Good news for students who need to make college more accessible. Find courses online at elearn.byu.edu



March 2nd Happy Birthday Dr. Seuss

By Scotty Spjut

Here we honor a poet more
Influential than any before
A man with more talent than Mother Goose
Here we honor Dr. Seuss
By common language he was not bound
But instead he always found
A made up word to complete his rhyme
A man who's influence spans all time
Who in this month, years ago
Was born and then did grow
To grace our lives with his word
Though many were quite absurd
There is no creature called a Wocket
And they certainly don't live in one's pocket
I doubt you've ever seen a Sneetch
Even walking along the beach
But even though these words are strange
The power of them still can change
A child's life from one of sorrow
To one that has a brighter tomorrow
So in this month, find a place
To let the Dr. Seussian grace
Fill your soul with no truer text
Than the phrases that are next:
I do not like them here or there.
I do not like them anywhere.
I do not like green eggs and ham.
I do not like them, Sam I am.

We know what's happening this weekend. Do you? Find out what's going on with a weekly e-mail 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



Rex Lee Run By Rachael Cutler

BYU's Annual Rex Lee Run is more than just a race. It's a time to reach out and run for a cure. The Cancer Awareness Group at Brigham Young University holds this event. This group tries to raise public awareness about cancer, assist those dealing with the illness, and raise money for a cure. You can even honor a cancer fighter during the race by wearing a Courage in the War Against Cancer certificate with the name of your cancer fighter. Register to run, make a donation, or find out more at rexleerun.byu.edu. The race begins at 9 a.m. for the 10k race and 9:15 a.m. for the 5k race on March 24. The race starts by the BYU Outdoor Track.

45%

The percentage of students who start college... but never finish.
(Source U.S. Department of Education)

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International Women's Day

By Rachael Cutler

International Women's Day will be celebrated on March 8th. IWD first started as a political event, persuading countries and companies to promote women's rights, however it has turned more into an occasion to celebrate women; a combination of Mother's Day and Valentine's Day. Find out more at internationalwomensday.com.

The World's Most Powerful Women

1. **Condeoleezza Rice**— National Security Advisor, USA
2. **Wu Yi**— Vice Premier, China
3. **Sonia Gandhi**— President, India
4. **Laura Bush**— First Lady, USA
5. **Hillary Rodham Clinton**— Senator, USA

87 The number of years women have had the right to vote in the United States.

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MTV Star To BYU Student

An Indepth Interview With Clint Poulson

By Kailee Heger

Photo By Mark Hansen

Meet Clint Poulson - a BYU student from Damascus, Maryland. He plans to graduate in August with a Bachelor of Communications in Advertising. He works two jobs while trying to keep up on homework and sleep. And he loves music.

Appear ordinary? Guess again. Poulson is near the brink of fame. Using that love for music, he writes, co-produces and sings for Sounds of Zion, an LDS record label. But he hasn't always worked in the LDS music industry. Let's start from the beginning.

Poulson once was shy. He didn't like singing in front of a crowd. But a few performances during high school broke him

in. Singing then changed from being more than just a hobby or a faraway dream.

"It was in my blood," Poulson said. "I was driven at that point."

During a trip to Orlando, Poulson and best friend Jared Avery stopped by the office of Doug Brown, Artist Developer of Wright Entertainment Group and manager of pop acts such as N'Sync and Britney Spears. On the spot, they were asked to sing. It took only a couple of songs and Brown was hooked. They were set to become the next pop duo - JNC.

Poulson graduated from high school and let the life of being an artist take its route. He took fourth place in the New York

auditions of MTV's first season of "Making the Band." The duo began to receive exposure by opening for popular acts such as Shaggy and KC & the Sunshine Band. They spent countless hours in studios writing and recording demos with well known producers. They even had a song featured on the daytime soap, "The Young and the Restless."

"It was consuming and took over," he said.

But after two years, Poulson began to consider his options of attending school and serving an LDS mission. He decided to move to Utah and attend BYU. During his freshman year, Poulson became a popular name in the media after a dispute over a song released on N'Sync's last album. The song titled "See Right Through You," was a song written by Poulson and featured on his demo being promoted by N'Sync Manager, Doug Brown. One year later a song with the same title, familiar lyrics and similar melody, was released on N'Sync's Celebrity album.

Poulson said, "It came to a point where I decided I needed to either go full force with this case or let it drop and go on a mission. I decided to let it go and move on."

With that decision, Poulson went forward to serve an LDS mission in Sao Paulo, Brazil - a decision he now feels was the "best thing" he could have done. Two years passed. He arrived home. And now we can link the story back to Sounds of Zion.

After his mission, Poulson was offered to sing the title track on the LDS album, "The Whole Armor of God." The song became his first official church release.

After many songs and performances, Poulson is now working on his own church album. He continues to work with Sounds of Zion and will be featured on the upcoming "Hymns for Youth" CD and will also be featured on this year's EFY album with a song he wrote while in the Brazil MTC.

As Poulson looks back, he feels the experiences and trials he faced prior to his mission "groomed" him for his work today.

"I want to use my talents to do good, make a difference, and be a positive influence," he said. "I want to be making good music and helping people cling to gospel standards and teachings of Christ."

He feels very fortunate to be where he is now. Poulson works from a studio in Orem, but never forgets his dream to release his own Pop/R&B album. He is excited to head to New York this summer where he will serve an internship working with Sony Records in global marketing, helping release upcoming albums by artists such as Justin Timberlake, Maroon 5, and Avril Lavigne. He looks forward to future possibilities with Sony after his work as an intern.

As for right now, he knows he loves music and he will wait to see where that love takes him.





Movie Review: The Pursuit of Happyness

By Chelsea Pyle

This rags-to-riches tale starring Will Smith leaves you feeling that with determination anything is possible. Based on a true story, the film follows Chris Gardner as he takes an unpaid internship while homeless, in order to improve the standard of living

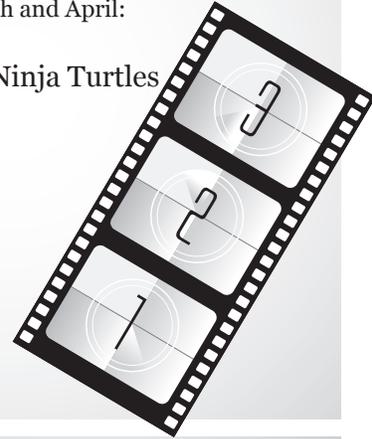
for his son (played by Smith's own son, Jayden). This is not your typical "Fresh Prince" role. Even in the moment of victory, Smith's performance is quietly triumphant. The "Pursuit of Happyness" is the kind of film you wish Hollywood would produce more often. There's no crass laughs or overblown intellectuality; there's no explicit sexuality or violence, just inspired acting with an inspiring story.

Spring Movie Preview

By Chelsea Pyle

The post Academy Awards season always sucks for movie-goers. This is when studios throw out their worst films just to get them out of the way before the summer blockbuster season starts. So in order to keep Schooled Magazine readers educated about what isn't a waste of time, here are the safe picks for March and April:

- Reign Over Me
- TMNT: Teenage Mutant Ninja Turtles
- Pride
- Superhero
- Blades of Glory
- Meet the Robinsons
- Rescue Dawn
- The Invisible
- The TV Set
- Penelope
- The Nanny Diaries

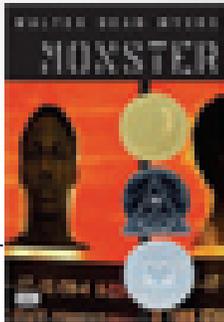


Book Review:

Monster

By Patricia Auxier

Walter Dean Myers explores the recesses of a 16-year-old black boy, deemed a monster for his alleged involvement in a murder by the prosecuting attorney. Nominated in 1999 for the National Book Award



for Young People's literature, "Monster" explores literary techniques such as screenplay, image-text, and stream-of-consciousness. It tosses the reader from sympathy to antipathy, playing with point of view's power of manipulation. It's a quick read. But that doesn't mean it's easy. It does mean that the question drives you from page to page wondering, along with the character himself: Is he a monster?

CD Review: Nickelback

By Kailee Heger

Well, I understand I may be past the times, but the CD by Nickelback titled "All the Right Reasons," is the topic of my review. I know you are tempted to stop reading. Please continue though. Yes, it was released in 2005, but their songs are still widely heard on the radio. For example, the song "Far Away," is everywhere.

So, now the moment of truth – I give the album 10 stars. In other words, two thumbs up! If it is currently not your type, you may want to consider a change in taste. It's a CD unlike any other.



Website Review:

www.PeterAnswers.com

By Kailee Heger

"Peter, please answer the following question." Sound familiar? If not, check out www.peteranswers.com. "Peter" is a supposed "soul" who can, upon request, answer any inserted question.

Here's how it works. Enter "Peter, please answer the following question" (ending with a colon) in the "Insert Petition" space. Then type a question for "Peter" (ending with a question mark) in the "Insert Question" line and bingo!

Yeah, there's a catch. You must play "Peter Answers" with the right person—a person who does not know "the trick." So, if you go find out "the trick," you're up for hours of fun with those who don't know it. Check out <http://www.pedroresponde.com.ar/EN/>. Click on link titled "The Trick + Download." I'll just leave it up to you to discover the fun. Enjoy!



Theater Review

By Rachael Cutler

You've been cooped up all winter long, and now it's time to get out and get some fresh air. So take a friend, a roommate, or yourself and visit the local theaters. Enjoy a fun night out and some great local talent.

Lucky Stiff

Hale Center Theater - Orem
February 23 - April 14

Arsenic & Old Lace

Art City Playhouse – Springville
February 16- March 10

Little Women

Hale Center Theater – West Valley City
February 19 - April 7

The Hobbit

Academy Of Performing Arts Theatre – SLC
February 2 - March 10

Pot-Pie the Sailor Man

The Off Broadway Theater – SLC
February 9 - March 17

Tommy

The Egyptian Theater – Park City
February 9 - March 10

Butch Cassidy and The SunBurnt Kid

Desert Star Theater- Murray
January 11 – March 24

Hamlet

Pardoe Theater- BYU
March 21-April 7

Another Statistic

By Rae Harris



It was a chance meeting in Germany that led to the birth of Another Statistic. While serving their missions there, lead singer and guitarist, Bryce Taylor, met drummer and back-up vocalist, Elaine Doty, and the two became interested in forming a band. After returning to Utah, the two began playing together and soon added bassist,

Chris Bennett. And so, as fate would have it, Another Statistic was formed, and the world became a better place.

different people, make lots of friends, and get in for free. Probably just the adrenaline when you perform live, that's the best part about being in a band.

SM: How do you feel about the music scene in Utah County?

Taylor: It's awesome -- so many musicians. It was weak at first, but it's progressed. When we started on the scene, we were different, so we got a great response.

SM: What's your most embarrassing moment while performing?

Bennett: There was a time where we were playing a song, getting into it, pretty wild, and Bryce fell down. I didn't see him and kicked him right in the face.

SM: How would you describe your musical style?

Taylor: Catchy, but not simple. Catchy enough to groove, but still appreciated by musicians.

SM: What inspires your song writing?

Taylor: Personal experiences, a lot of laughing, a positive spin on the melancholy.

SM: What is the coolest part about being in a band?

Bennett: You get to see every variety of life in all its forms. You get to associate with a lot of

SM: What are your plans for the future?

Bennett: Like any rock star, go big. We hope to be able to at least sustain our families doing what we love, and that's playing music.

Taylor: Tour Europe. We made money on our last tour. We just want to be able to keep doing that.

For more information on their music or upcoming shows, visit www.myspace.com/anotherstatistic



“It was a chance meeting in Germany that led to the birth of Another Statistic”

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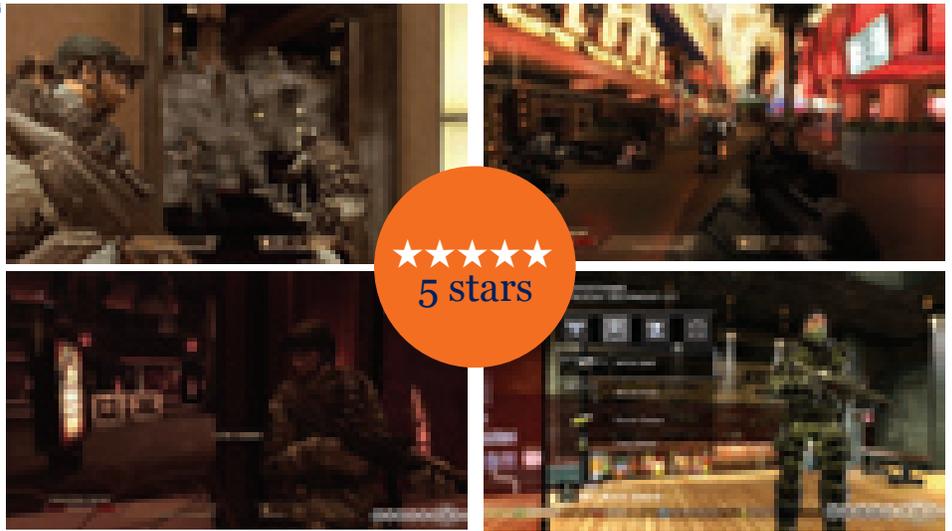
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GAMERS CORNER

Rainbow Six-Vegas: XBOX 360

By Russ Taylor



Photos By www.gamespot.com

The game starts in the ghettos of Mexico City and then heads to Las Vegas. Terrorists have taken over the entire city and it is your job to stop them. You have an array of weapons and all types of different tactics to use to get in and get out undetected, or you can be a wannabe Rambo. The game has a decent story line and solid game play. This really is an amazing shooter. The graphics are phenomenal and with a really neat troop command function, it enables you to send your comrades to kill your enemies or to their deaths. The fact that the game takes skill and a lot of thinking is what I liked best. The run and guns get

old and this was a relief to be able to find a strategic entrance and come in silently. This game will keep you entertained for a long time.

You can almost always count on the Rainbow Six franchise to deliver a great game. They always pay attention to detail and game play and make sure to deliver on all points.

Negative:

The whole Vegas casino thing seemed unrealistic in that it is highly unlikely that terrorists could take over the entire city of

Las Vegas, maybe if the game took place in "Las Pakistan" it would seem more realistic.

Positive:

The online play really is nice. With the opportunity to create a custom character with everything from face, armor, and weapons, it adds a unique game play than the usual where everyone is the exact same person. The online game play is also fantastic with some unique variations and some intense matches. I give the game a 5 out of 5.

You can get this game for \$59 new \$50 used at Play N Trade.



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The On

Holidays are harmful. They tear the very fibers of our society apart, leaving a gaping hole of party favors and bad dip. But why? Why are these days so wretched? It's because they tell us to focus on and celebrate things which we should already be focusing on and celebrating. They cause us to emphasize resolution, or love, or religion for a day, or week, or month, while totally neglecting those principles for the rest of the year.

Should we not resolve to be better people every day?

Should we not express our love to those we care about constantly?

Should we not be smearing Vaseline on toilet seats at every opportunity?

Of course we should. And that is why St. Patrick's Day is a true holiday. It remembers traditions that are otherwise unpracticed. It honors an icon that is neglected most of the year. And it supports forgotten rituals.

Of course I'm talking about the color green, the leprechaun, and inebriation. It's a little known fact that the colors have monthly meetings. These meetings include the ongoing debates between whether or not black and white are really colors, why they name colors after foods if the colors aren't edible and if there really is a difference between blue-green and green-blue. Every quarter, submissions are made by lobbyist groups for new colors like inch worm, jazz berry jam, mango tango, and wild blue yonder. They also debate on whether to increase from the 96 color

crayon box to the 128 color crayon box, as if anyone even needed 96 colors to begin with.

It's a littler known fact that green is the least popular of the major colors. First of all, it's not a primary color, right there it's out of the running for gold, silver, or bronze (which, oddly enough, silver, in a recent poll, was actually ranked higher than gold in popularity).

Secondly, green is a very diverse color, which makes it hard to know what green really looks like. Sure there are all different kinds of green (jungle green, pine green, forest green) but what does just plain old green look like? Does green get mistaken for being on the cover of Schooled Magazine, when really it was booger green on the cover the whole time?

And thirdly, green doesn't get the same publicity as other colors when it comes to holidays. Sure, it's got Christmas, but it has to share it with red. Black and orange get Halloween. Red's all over Valentine's. Red, white (even though the jury is still out on its colordom), and blue get all the patriotic holidays. The oranges and yellows and browns get a whole season, autumn. And all of these holidays encourage wearing of their colors for more than just the actual holiday.

But with St. Patrick's Day, green just gets the one day. One shot. Twenty-four hours of glory to shine. And then it's back to the shadows with mountain meadow and fuzzy wuzzy brown.

The History of St. Patrick's Day

By McKay Salisbury

Come March 17th, people all across the country will be wearing green, watching parades, and getting drunk. Why? Because it's Saint Patrick's Day.

The man known as Saint Patrick lived in Britain (controlled by the Romans) in the fourth century. The Irish hated the British, and were making frequent attacks across the sea. When he was about 16, Patrick was captured by the Irish, and was made a slave until he was about 22, when he escaped.

He then dedicated his life to the Catholic Church, and became a Bishop and a missionary to the Irish. He is credited as being largely responsible for the conversion of Ireland to Christianity.

The shamrock, popularly associated with the holiday, was used by him to teach the doctrine of the trinity. It is believed that he died on the 17th of March, so that day has been celebrated as the day of his feast in Catholic tradition.

In Ireland, the day was only a religious holiday until

ly True Holiday

By Scotty Spjut

So thank goodness for St. Patrick's Day. Because without it, who knows if we'd ever even see green!

Then there comes the leprechaun. Is there a lesser appreciated icon than the leprechaun? Probably not. Which is sad, because I'm a fan. He's got that sweet accent and that wicked pipe. What chick doesn't dig a dude with an accent and a pipe?

Leprechauns also aren't always portrayed in the best ways. Some think they are angry and unfair, but that's just a stereotype. Some accuse them of being selfish with their treasure, but it's their treasure! You have no business being at the end of that rainbow anyway!

And the only leprechaun movies out there are horror flicks. I think we can all agree that leprechauns need a good wholesome film to boost their image. And I think we can all also agree that Jack Black needs to play a leprechaun in order for him to truly have a fulfilling career. It's a win-win for both.

So thank goodness for St. Patrick's Day. Because without it, who knows if we'd ever learn to appreciate the leprechaun.

And then there's inebriation. St. Patrick's Day is a day to honor the wine bibber. We all know that alcohol here in Provo is not honored, but there are few stories funnier than those associated with drunkenness.

My personal favorite involved me trying to get a few bucks off a drunk friend by

attempting to convince him that I'm the one that bought the beer. He was willing, but unable, to give me any money. This was because of his inability to find his pockets, which had somehow escaped from the jeans he was wearing.

Stories like these abound for anyone who did not grow up in Happy Valley, but be careful. I'm not suggesting that those of you committed to not drink should start. I'm simply suggesting that hanging out at a bar on St. Patrick's Day may be more entertaining than sitting at home watching "The Singles Ward." Re-lacing all the shoes you own would probably be more entertaining than watching "The Singles Ward." But I digress.

The beer connoisseurs play an important part in our society. Without them we'd have no Mel Gibson, no "Strange Brew," and probably no theory of relativity. Not because Albert Einstein was a drunk, but because moonshine was the genesis of his conception.

So thank goodness for St. Patrick's Day. Because without it, who knows if we'd ever understand the booze hound.

So on this St. Patrick's Day, take a little bit of time to think about what we're celebrating. It's not trying to get you to do something you're supposed to already be doing. It's reminding you of something you probably haven't taken the time to ponder. We must be sure to give full accolades to those things that would otherwise be forgotten. Especially the drunk leprechaun dressed in green. S
M

1903, when it became a bank holiday, but Irish immigrants in Boston celebrated the day as a day of Irish heritage back in 1737.

Before the end of the century, celebrations had spread to bars throughout the northern United States. Looking for an excuse to drink, many have donned the green of the Irish, and have claimed Irish heritage for the occasion. Whether it be for drinking or a little "Kiss me, I'm Irish" action, claiming Irish heritage is a big part of the holiday.

Parades for the holiday were held as far back as 1766 in New York, the city which

still holds the largest parades on this holiday.

Even General Washington, during the revolutionary war, gave his troops (some of whom were Irish) a holiday in 1780.

In the 1990s the Irish government decided to use the holiday to promote Irish culture through the world.

So, this year, be sure to wear a little green, whether it be in celebration of missionary work in Ireland, or just to save yourself from getting pinched.

Hey, it might get you a pint, or a peck!

Show your St. Patrick's Day Spirit

By Sarah Gessel

- Dye your pancakes green or eat green eggs and ham.
- Wear "Kiss me I'm Irish" or "Kiss my blarney stone" buttons.
- Make sure to wear green, so you don't get pinched.
- Eat the authentic Irish meal of corn beef and cabbage (I like it with ketchup.)
- Watch a St. Patty's Day Parade.
- Decorate your apartment or your favorite "Irishman's" car with shamrocks.
- Do an Irish jig around your apartment.
- Put together a treasure hunt to find the leprechaun's pot of gold (make sure to use chocolate gold pieces).
- Make shamrock shaped sugar cookies.
- Watch "Darby O'Gill and the Little People," with your favorite Irish pals.
- Host a green playdough modeling contest, make sure to give out some great prizes!





How to Prepare for College Graduation:

A Commencement Speech from Dr. Seuss
By Rachael Cutler

Congratulations! Today is your day. You're off to Great Places! You're off and away! You have brains in your head. You have feet in your shoes, you can steer yourself in any direction you choose. Make that walk down the stage in April be a jumpstart to your new life. Your first step is to move. Chances are you aren't going to find your dream job in Provo, so it's time to branch out. Before graduating, make some connections, make some phone calls, hopefully even get a job! Don't feel overwhelmed, talk to the career center, old employers, friends, family, and professors. You'll look up and down streets. Look 'em over with care. About some you will say, "I don't choose to go there." With your head full of brains and your shoes full of feet, you're too smart to go down any not-so-good street. Trust your intuition. You won't lag behind, because you'll have the speed. You'll pass the whole gang and you'll soon take the lead. Wherever you fly, you'll be the best of the best. Wherever you go, you will top all the rest. Except when you don't because, sometimes, you won't.

Recognize that your life will be significantly different than before. You are going to have much less free time. You may have studied hours a day but you had the choice of what hours, where to spend them, and when to quit. Chances are you won't have that luxury in your post-graduation life.

Don't be afraid to take risks. *You will come to a place where the streets are not marked. Some windows are lighted. But mostly they're dark. A place you could sprain both your elbow and chin!* Mark

Twain has said, "Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."

Beware of money. *Oh, the places you'll go! There is fun to be done! There are points to be scored. There are games to be won. And the magical things you can do with that ball will make you the winningest winner of all.* In a financial sense you may be the most paid in your graduating class, but don't base your happiness on this. Money is a false god. Don't let yourself get caught up in it. Do what you love, not for the money but because you love it. Steve Jobs, CEO of Apple Computer, said at a Stanford University Commencement, "For the past 33 years, I have looked in the mirror every morning and asked myself, 'If today were the last day of my life, would I want to do what I am about to do today?' And whenever the answer has been "no" for too many days in a row, I know I need to change something. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

And will you succeed? Yes! You will, indeed! (98 and 3/4 percent guaranteed.) So... be your name Buxbaum or Bixby or Bray or Mordecai Ali Van Allen O'Shea, you're off to Great Places! Today is your day! Your mountain is waiting. So...get on your way!



Tax Tips

By Jeremy Holm

What if I could tell you how to potentially get \$1,000 in about eight to 15 days? No, this isn't a get rich quick scheme. It's as legitimate as can be. In fact, millions of Americans across the U.S. will be trying to do this by April 15th.

While researching this article, I came across an astonishing fact. In December of 2006, the Government Accountability Office (GAO) reported that, "Twenty-seven percent of eligible tax filers did not claim either the tuition deduction or a tax credit." The report said, "Tax filers failed to reduce their tax liability by \$169, on average, and 10 percent of these filers could have reduced their tax liability by over \$500."

So, here's how you can get the most out of your tax return and get more back from your Uncle Sam!

1. Education Credits: These credits for students help reduce your tax, not just your income. The catch is that you can only claim one of these credits per tax year.

a. Hope Credit- This credit can only be used the first two years of your higher learning, but if you qualify, it can be worth up to \$1,500 per year.

Requirements: You must be enrolled at least half-time in an eligible program leading to a degree or certificate at an eligible school and you can't have your first two years of undergraduate studies finished. Also, you can only claim the credit if no one else can claim you as a dependent. (Source: www.slcc.edu)

b. Lifetime Learning Credit- Applies to most higher learning with a maximum credit of \$2,000 per year. Includes non-degree courses. The actual amount of the credit depends on income, the amount of qualified tuition and fees paid, and the amount of certain scholarships and allowances subtracted from tuition.

Requirements: Again, you must be enrolled at least half-time in an eligible program leading to an undergraduate or graduate degree at an eligible school during the calendar year or may be enrolled at any enrollment level in any course of instruction at an eligible school to acquire/

improve the student's job skills during the calendar year. (Source: www.slcc.edu)

2. Tax Deductions: Hey, you might be surprised at some of the following ways that you can lower your taxable income with these breaks!

a. Higher Education Tuition and Fees Deduction- You can claim up to \$4,000 of your tuition and fees if your income does not exceed \$65,000.

Requirements: You can't use your tuition or fees as deductions if they were paid for with a tax-free benefit (i.e. scholarships, Pell Grants, Qualified Tuition Programs, fellowships, etc.). And you can't use them if you're going to use one of the previously mentioned education credits.

b. Student Loan Interest Deduction- Student loans are, of course, non-taxable. And when you begin to pay back the loan, you can claim a deduction for the interest paid on qualified student loans. The maximum you can claim, though, is \$2,500. Still a hefty sum!



charity



Every year 50,000 children are kidnapped and indoctrinated into the LRA, stolen from their homes, right from their beds.

Invisible Children

By Patricia Auxier

Invisible Children is not designed to sit idly. Ever since the three college-aged founders (Jason Russell, Bobby Bailey, and Laren Poole from San Diego, California) discovered the atrocities in Northern Uganda, they wanted to act. And act fast. They filmed a documentary and upon return to the states, launched a nationwide campaign spreading the word. Focusing on colleges and other young adult audiences, their plea is to get involved. But after seeing the movie, you don't have to be asked. You simply know you need to do something.

Northern Uganda, caught between a bitter civil war between the government and the Lord's Resistance Army (LRA) headed by Joseph Kony, faces a loss greater than money or land. **It's losing its children. Every year 50,000 children are kidnapped and indoctrinated into the LRA, stolen from their homes, right from their beds.** In result, they flock to the cities during the night, finding anywhere to sleep that will keep them away from abduction.

Kerstin Zilke, a BYU student, got involved because she knew she had to do something. She says five things you can do right now are 1) give your money; 2) give your time; 3) buy a bracelet; 4) spread the word; 5) be informed. Invisible Children isn't built on a handout method. It's dedicated to restoring the sense of pride to the people. The bracelet campaign utilizes the skills that the displaced have to produce a product they can sell. Buying a bracelet helps them help themselves, providing money for schooling and rehabilitation of ex-soldier children.

Zilke also emphasizes the power of information. You can hold viewings of the movie in your home, write your congressman, tell your family. Also, stay current with the news, checking their website for updates.

The point is: do something. Anything. If you don't have money, give your time. If you don't have time, give your talents. You have your voice and you have your freedom, which is more than they have. **Please check out their website at invisiblechildren.com. And don't let it stop there.**



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Women: Take Control of Your *Love* Life

By Courtney Humiston



How many of you have said yes to a date even though you didn't want to go out with the guy? And then felt forced to lie or make excuses to get out of it? Or found yourself in a relationship that was moving too fast, but weren't sure how to slow it down? Sarah* had been dating a guy for four months, and even though she did have some doubts about the relationship, she felt obligated to say yes when he proposed. "I just couldn't say no, and I figured that everything would work itself out eventually."

Dating is an important part of the college experience and yet most women tend to feel like it is something they have no control over.

"Women are naturally people pleasers," says Stephanie Fugal, MS, a Certified Health Education Specialist and professor at BYU. "We don't like to disappoint and often find ourselves in situations we are not comfortable with." But Fugal emphasizes that from the moment a guy asks for your phone number to the moment he proposes, "You have the ability to say no and you have the ability to be in control of your decisions and your life."

Be Honest From The Start

Rachel's story is one that we have all heard a million times: "A guy in one of my classes asked for my phone number. I didn't know what to do, so I gave it to him, and next thing you know, he was calling me and I had to make up all these crazy excuses to avoid going out with him." Similarly, Terri was set up on a blind date and knew right away that she wasn't interested in him, but at the end of the night found herself agreeing to another date. "I didn't mean to lead him on, but I just didn't know what to say."



strong woman and is often surprised by her fear of disappointing people. “Sometimes it can be really hard to say no, but I’ve had to accept that you can’t make everyone happy and there are going to be some people who simply don’t like you, and that’s OK.”

Be True To Yourself

Establishing a strong sense of self is key in having healthy relationships. “Being desired by the opposite gender validates our self-esteem,” says Fugal. “But,” she warns, we shouldn’t let other people validate ourselves. Only we can validate ourselves.” Valentine advises women to, “Work on yourself rather than trying to find someone to compensate for your weaknesses.” Tasha, a recent college graduate, has learned that, “If you don’t have a strong sense of who you are and what you want out of life, it’s easy to lose yourself once you are in a relationship.” And once you get, as Valentine puts it “derailed,” from your true self, “*you start to say this is what I want you to be and I’m going to try to be what I think you want me to be,*” and ultimately you are no longer falling in love with a person but with a “perception or image of who you want that person to be.” Fugal adds: “We are often in love with the *idea* of being in love, rather than with the actual person, so we adjust ourselves to fit that idea of what he wants, and in the process we lose control.”

Tasha remembers a time when her boyfriend asked her where she wanted to eat and all she could think about was where he would want to eat. “It was then,” she says, “That I realized I was trying to please him rather than just being myself.” At that point Fugal challenges women to say I am losing who I am; *I am losing my true identity; I have to regroup and that may mean not being with you for a while until I figure out who I am.* The inherent risk is that you may lose the guy, but, as Tasha says, “I would rather lose him than lose myself.”

Slow Down

“I felt like I was in love with him after our first date,” recalls Melanie, a senior. “Things got serious really fast and after two months we were engaged. It felt right, so I just went with it, but it began to feel like we were just rolling down this hill and I couldn’t have stopped it even if I wanted to.”

Valentine recognizes that this is a common problem: “Quickness can feel fun and romantic but you should never feel out of control... It’s hard to be in touch with your feelings when things are moving quickly.”

Fugal agrees: “Take a minute to ask yourself what do I want? You should always feel like you are in control of how fast the relationship moves.” And if you begin to feel out of control, she encourages women to say *I’m not comfortable with how fast*

this is moving. I still want to date you but I think we should slow down.

Trust Your Instincts

Elizabeth was in a turbulent relationship with a man for three years before finally having the courage to walk away: “Dating him was an emotional roller coaster,” she remembers. “I never knew what to expect. I became this needy, emotional person that I knew wasn’t really me.... I felt completely out of control.”

On the flip side, “A great, healthy relationship makes you feel more stable and more confident,” says Valentine. “It’s normal for [the relationship] to be a focus, but the rest of your life shouldn’t fall apart.”

If you begin to feel consumed by or obsessed with a relationship, or if you feel confused and uncertain, there is a very good possibility that your instincts are telling you something is wrong.

“Deep down I knew that something wasn’t right,” says Elizabeth, “but I found myself justifying the relationship because I loved him and wanted it to work out.” Essentially, Elizabeth had stopped listening to herself, and as Valentine stresses, “I don’t think any woman can be powerful when she stops listening to herself.”

It is also important to trust the people who love you and know you the best. “If friends and family members are saying that you have changed and you don’t seem as happy as you used to, then you need to listen to that.” Valentine says.

Oftentimes, being true to yourself, means letting go of a relationship, which can be difficult and heartbreaking. “I thought I was going to die, I missed him so much,” remembers Elizabeth.

Valentine acknowledges that, “You are going to feel bad but hopefully you will have the confidence to say *I was true to myself, I did what I thought was right, I’m a strong, capable woman, I can pick up from here and keep moving.*”

Fugal advises students to, “Take an introspective look at who you are and what you want in life. Everyone has goals, dreams, and aspirations; don’t allow those to be silenced for a relationship.” Elizabeth did survive her heartbreak and is now happily engaged to a man she says, “respects who she is and makes her feel strong and capable.”

Valentine has noticed that, “A woman who does speak up and make her feelings known gains respect from the man when she often thinks the opposite will happen.” Remember ladies, this is your life and you do have control over the choices you make; whether it’s giving someone your phone number or accepting an engagement ring, never lose sight of who you are and what you want.

*Names have been changed. **S**
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Referencing the book “*Reviving Ophelia*,” by Mary Pipher, Fugal says, “We are brought up to think that it is more important to be nice than to be honest, but you can be both.” Rachel’s response to her classmate’s request should have been a straightforward *no*, without feeling like she had to apologize or make excuses. A simple, *I’m flattered, but I’m just not interested*, is all you have to say.

LaNae Valentine, PHD, and Director of Women’s Services at BYU agrees; “Women care about relationships and want to make people happy, but we have to be careful that we don’t sacrifice who we are in an effort to please.” Terri considers herself a



till **text** do we part

By Esther Palmer
Photo By Mark Hansen

Sarah and Johnny sitting in a tree, T-E-X-T-I-N-G! First comes love, then comes marriage, then comes a baby in the baby carriage!

No one can dispute the momentous influence cell phones play in our lives. Cell phones have changed the way we live and dominate the time of many. It is no wonder then that cell phones are changing relationships as well, specifically, the phenomenon of text messaging.

I went to a bridal shower a few weeks ago where the bride-to-be was relaying to the rest of the party how she and her fiancé began dating. The couple had met briefly and began texting each other back and forth. With unlimited text messaging, the couple sent each other hundreds of text messages. Soon after, they started dating, and a couple of months later they were engaged.

Shortly after that experience, I was with another girl who was recently married. When asked about her story, again, text messaging was described as playing a key role in the tale of these two getting together. The couple were really good friends who hung out a lot, but always in a big group. However,

the two started texting each other more and more, which led to hanging out more by themselves, and soon, the couple was on their way to matrimony. After hearing these two love stories that bloomed from text messaging, I couldn't help but wonder how many others have had similar experiences.

Text messaging plays a huge part in the way relationships are formed now. It's the perfect way to talk to someone without making too much effort or going out on a limb. If a guy meets a girl at a party, he doesn't have to worry about calling her, sounding nervous, or what to do about the potential awkward pauses. Text messaging allows you to plan out perfectly what you want to say, and you have all the time you want to come up with a perfect response. Texting is casual enough that you can send someone a couple of texts a day and not look like you're coming on too strong.

Which brings me to my next point, text messaging enhances relationships further and faster. Picture a guy and a girl that both like each other, but unfortunately the guy is taking 18 credits and is a TA. The gal

has her fair share of school work and is working part-time too. These two students' hectic schedules make it so they can hardly ever go out. But now give each of them a cell phone and now they can text each other all day. They text during class, during work, while they're out with their friends, every spare second that they can -- and already they have a solid friendship in just a matter of weeks. They get to know each other pretty well and fast because they are always texting. Text messaging allows you to keep in touch no matter where you are or what you're doing. It allows you to talk more one on one and can provide the opportunity to discuss issues that might be awkward in person.

So all in all, texting is the perfect way to show someone attention without being too bold, and it's the perfect way to stay in touch and get your relationship rolling. So let someone know that you're thinking of them and drop them a text. But one piece of advice -- make sure your phone plan includes unlimited texting. You'll need it!

Text ya later!



www.schooledmagazine.com

Dealing With The Extremes

Intramural Sports

By Sean Mosman



Photos By Jaren Wilkey / BYU

It's the first game of the season. You've been practicing every day for a month, and it's high time for a good old-fashioned trash-kicking. You've memorized the playbook, laced up your color-coordinated basketball shoes and picked out a wicked-awesome team name: "The Fast-Breaking Mutant Robots of Victory." You wonder if your opponents will even show their pathetic faces.

But in they prance, "The Mighty Unicorn Princes," looking like they just fell off the back of a D.I. truck. Each one is sporting a pair of John Stockton cheek-hugging booty shorts and a matching headband. They begin to warm up with an assortment of skyhooks and two-handed set shots. You lick your lips, it's gonna be a massacre. The refs just roll their eyes.

Anyone who has played an intramural sport in Happy Valley has encountered teams from both ends of the athletic spectrum: the preening, high-flying former varsity players who are more concerned with their winning percentage than their GPA, and the ragtag band of loveable losers who wouldn't know a touchdown if it bit them on their flabby, talentless behinds. If you're a pretty mediocre athlete, like the vast majority of us, you'd rather chew tinfoil than face either one. Luckily for you, I have come up with 10 simple strategies to make your intramural games fun and even competitive, whether you're playing against arrogant has-beens or pitiful never-weres.

Dealing with has-beens:

1. **Play hard.** You will probably encounter has-beens that curse, argue with the refs, and generally make fools of themselves on the field of play. Give them a healthy dose of Karl G. Maeser, who said, "Play and recreation are more than mere diversions, they are recuperative requisites in the process of physical, intellectual, and moral development [emphasis added]." That oughta shut them up. The guy obviously knows what he's talking about—BYU's got a whole building named after him.

2. **Fake it.** Every time the opposing team calls out a play, call a fake counter-play—the longer and more elaborate, the better. If they say, "Red 31," for example, you counter with "Blue 52 Rambo Cover 5." Or try something with a historical ring to it—say, "Storming of the Bastille," or "The Annexation of Puerto Rico." Your opponents will be so intimidated that they will forget their play entirely.

3. **Appeal to their sense of pride.** Ask them how many points they averaged in high school, or why they're not on the varsity team. While they're pondering your question, steal the ball from them.

4. **Use trick plays.** Run a triple reverse flea-flicker, or dribble the ball between your defender's legs. They probably won't help you win, but if you look cool enough doing it, maybe you can steal their girlfriends after the game.

5. **If all else fails, make fun of them.** Wearing brand-new cleats to an intramural game doesn't quite necessitate ridicule. But wearing a matching headband, gloves, tube socks and jock strap? Sorry, dude, that's called accessorizing. Tell him it would be really cute if he matched his lipstick with his mouthpiece, and ask him whether he's checked out the fall collection yet.

Dealing with never-weres:

1. **Let them score.** Pretend they're your little sister, and only look like you're playing defense. Then, when they eventually do score, dump praise and encouragement on them. (Of course, just like your little sister, you still need to annihilate them. You don't want them getting any ideas.)

2. **Sink your quality of play down to their level.** If they dribble the ball off their foot, dribble one off of your own. If a pass hits them in the face, you take one in the face too. Look for the disappointment in their faces when your team pulls away halfway through the 4th quarter. (They really thought they could win. Haha.)

3. **Come up with elaborate celebrations.** If you score a touchdown, instead of handing the ball to the ref, put it in your shirt and pretend you're giving birth right there in the end zone. Or break-dance after a goal. I promise, it won't affect the outcome of the game.

4. **Use trick plays.** Unlike with the has-beens, they will probably work against the never-weres. So you can definitely steal their girlfriends after the game.

5. **If you're not having fun...make fun of them.** You'll have all game to come up with something original, so don't call them a "benchwarmer." Call them "The Harlem Globetrotters of Suck," or something along those lines.

There you have it, 10 tips that will make intramurals infinitely more enjoyable. Study them carefully, as you never know what kind of team you will encounter next. I leave you with a word of caution: If you find someone using these strategies against you, I suggest you leave before they get to Step four. Oh, and make sure you take your girlfriend with you.

HOW TO

A step-by-step guide to making the most of



Get Out Of A Cell Phone Contract

It's almost easier to get out of a marriage than a loveless cell phone contract. Try these tactics to get out of your service contract.

Bad Service. Say you want out because the service isn't up to par (and really, is it?) Then back that up by filing official complaints online with the Federal Trade Commission and Better Business Bureau.

Get Off The Map. Study your provider's coverage map and find a town (maybe in the middle of Arizona) with absolutely no service. Then tell the company you're moving there. They're not legally required to cut you loose, but frustrated consumers have reported success.

Join The Army. Some people have finagled their way out of a contract by claiming they just got orders to ship off to Iraq. Be warned, they may ask you for some documentation.

Didn't Work?

Try These Options.

Shrink Your Plan. As a last resort, cut back to the bare minimum the provider allows and drop any frills. Depending on how much longer your contract has, this may be cheaper than paying the termination fee, which can often run up to \$200.

Trade Your Cell Plan with other people at Celltradeusa.com.

Stay Awake During Class



We've all had those days where we could barely keep our eyes open. Here are some tips to help you stay awake during those monotonous classes.

Pop In An Altoid or chew a piece of mint flavored gum. Mint aromas not only help you stay focused, they also reduce anxiety and frustration.

Drink Some Cold Water. Cold water sends a clear and immediate signal to your brain to increase your alertness and energy. Keep a water bottle in hand, or know the closest route to a water fountain.

Sit Up Straight. Not only can bad posture cause muscle aches and pains, but it also makes you feel more fatigued. When you sit upright, you feel taller, energized, and more alert.

Pressure Points. Massage your ears for 15-30 seconds to stimulate energy acupuncture points for a quick mental boost. You can also tap your fingers on your forehead, massage the muscles between your thumb and index finger, or knead the spot below your knee.

Find the Best Deals

1. Did you find something at a store that you absolutely loved, but hated the price tag? Write it down, and then search for it online to see if you can find a deal on eBay, amazon.com, half.com, etc. Never pay full price.

2. Check out craigslist.com for things that people are selling locally. It may seem a little garage sale-ish, but you can find all types of cool deals, and you can pick it up today!

3. Want to see if that store or company has a coupon to make your purchase a little better? Check out couponmountain.com and get some excellent deals.



4. Want some great deals on local restaurants, entertainment, etc? Purchase gift certificates online at citydeals.com and save up to half off on some local restaurants like Jason's Deli, The Melting Pot, Bajio Mexican Grill, Magleby's, Macaroni Grill, etc.



21 of your student life.

By Deborah Barlow-Taylor

Page 20

Get Out Of A Cell Phone Contract
Stay Awake During Class
Find The Best Deals

Page 21

Trick Out Your Myspace Page
Find A Parking Spot
Travel Cheap

Page 22

Post Your Resume Online
Find The Best Haircuts
Go On A Study Abroad
Get Out of A Cleaning Check
Dunk A Basket

Page 23

Break Up With Anyone
Spot A Liar
Rock The Podium

Page 24

Be An Entrepreneur
Handle Roommate Conflicts
Leave The Perfect Voicemail
Fill A Buffet Plate
Speed Up A Service Call

Page 25

Complain At A Restaurant
Search The Web For Health
Start And Stop A D.T.R.

Trick Out Your MySpace Page

Customize Your Design.

There are thousands of free tools online for adjusting layouts and adding slideshows. Try some of these websites:

Whateverlife.com
Myspacenow.com
Myspacer.net
Photobucket.com

Add Text Messaging

Text For Free lets people send messages to your cell from your Myspace profile. You won't have to disconnect from Myspace. Ever. Visit textforfree.net.

Add More Friends To Your

Main Page. Instead of your top eight, make it your top 24! Click edit friends, and then at the top of the page pick how many friends you want to show.

Make A Slideshow On Your

Profile. Myspace just added a great new feature where you can put the photos on your photo page into a slideshow. Just click add/edit photos, then click add a slideshow! Another great website for adding unique slideshows is www.slide.com.



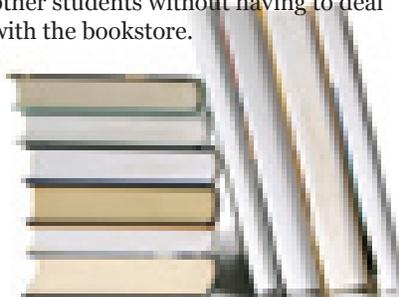
Find Parking On Campus

1. Ride a bike or take a scooter. There's parking right on campus for those with two wheels!
2. Learn the good places to park- some lots open up after 4 p.m. that are close to the buildings. Check signs or visit your school's website for more information.
3. Have someone drop you off.
4. Park on the street instead of one of the parking lots.
5. Get to know someone who will give you their spot as they leave from class and you are coming. (Maybe slip them \$5 to "help you out.")

How To Sell Old Text Books

Hate only getting \$10 for your \$150 book? Here are some places you can get more for your money.

1. **Beat the Bookstore-** located in Orem, across from UVSC, you can buy and sell back your books at great rates- and you don't have to wait for shipping!
2. **Amazon.com-** One of the world's biggest online used and new bookstores, you can buy and sell your used books easily.
3. **Half.com-** a subdivision of eBay, this site lets you buy and sell your books getting great deals both ways!
4. **Bookexchange.byu.edu-** BYU students can exchange or sell books with other students without having to deal with the bookstore.



Travel Cheap

Want to see the world on a student budget? Here are some websites to help you find some great flights and package deals. Make sure to bookmark these on your Internet search engine.

Studentuniverse.com
Statravel.com
Farechase.yahoo.com
Top20.Travelzoo.com
11thhourvacations.com
site59.com
priceline.com
Travelocity.com
Expedia.com
Orbtiz.com

How To...

A step-by-step guide to making the most of your student life.

Post Your Résumé Online And Network

By Sarah Gessel

Seniors, now is the time to start looking for jobs. Don't procrastinate; it won't help you in the long run. Those BYU seniors should start looking up e-recruit on their Route Y page. Fill out the forms to post your interests, major, résumé and any other important info on the site where perspective employers will be looking for you. Also post your résumé on MonsterJobs.com, Career-builder.com, and YahooHotJobs.com.

You never know where you will meet the person that will give you your next job. Family members and friends can help you a lot.

Ask around to see if anyone knows of any openings in your field.

Go to club meetings from your major. Many times there will be guest speakers from the local community who are influential in their companies. Ask if you can shadow them for a day to see if you will actually like working in that type of job. See if this can turn into a paid or unpaid internship.

Internships help out a lot. Try and get those internships that mostly resemble the future job that you would like to have.

Make sure to blow your

supervisor away so they will give you a killer recommendation. Remember that internships, even if they're unpaid, provide priceless experience that will give you leverage against others interviewing for the same jobs.

You might know some companies that are well-known in your area of expertise where you think you would like to work. Many companies have work openings posted right on their website. Wherever you decide to apply, make sure you research the companies before you go and interview with them. They'll want to see that you've done some homework and know a little about them. After the interview, send a note thanking them for their time.



How To Dunk A Basket

By Sean Mosman

Dunking a basketball is not a rare feat. There are enough dunks every day to keep Dick Vitale alive and babbling well into the next century. While the majority of these are slammed home by Trent Plaisted's incomparable left hand, many others are rattled in by weekend warriors like you or me. Can't dunk, you say? Neither could I before I wrote this article. But with the help of these three tips that I'm about to come up with, I'm sure I will be dunking in no time—and so will you.

- 1. See if you can dunk.** If you can, stop reading immediately.
 - 2. Try to "palm" the ball.** If you can't do it, try a women's ball. Then go put on women's clothes and see if you can get a game with the girls at the other end of the gym. There's no place for tiny hands in men's basketball.
 - 3. With ball in hand, run up to the hoop,** gradually picking up speed until you're almost sprinting. In one fluid motion, transfer all your forward momentum into upward momentum, rise above the rim, and thrust the ball through.
- If you still can't do it, don't feel bad. Neither can I.

Find The Best Deal On Haircuts

There are several beauty schools around the BYU campus where you can find amazing, aspiring stylists at a good price. To get the best bang for your buck, ask for a senior student.

Renaissance Academie de Hair Design

373-2887

Haircut \$10

Paul Mitchell, The School

374-5111

Haircut \$12 (Ask for a Phase 2 student)

Bon Losec Academy

375-8000

Haircut \$8.95 (Ask for a "In The Loft" student)

Go On A Study Abroad

A study abroad, or service abroad can change your life forever. Not only will you learn more about the world and other cultures, you'll also learn a lot about yourself. One of the best things a student can do while attending school, is to take a semester in another country. Not only do you get credit for the work you do, you learn so much more.

Here is some information about some great programs local schools and companies have to offer.

ilp.org

kennedy.byu.edu/isp/

http://www.uvsc.edu/international/

intlstudyprog/

Get Out Of A Cleaning Check

To get out of cleaning checks—try some of the following:

1. Have one of your roommates jump in the shower so they can't check the bathroom.
2. Bake cookies so they can't check the oven.
3. Pack the freezer (keep it organized) to the brim so they can't check the bottom of it.
4. Have your roommates all pitch in and hire a cleaning service. They can charge around \$40 an hour (but split between four people—it could save you a lot of time and a huge headache!) Give Ranches Housekeeping a call at 830-4119 for a student discount.



Break Up With Anyone

You've decided that your friendship or acquaintance just isn't worth it anymore, and you want to move on. You hate to hurt anyone's feelings, but you also don't want this person to keep in contact. Here are some great tips on giving a humane, confident and very effective good-bye.

For a hairstylist or other pro you're "pals" with.

Your hairstylist, manicurist, fitness trainer, or tax guy needs a change. Here are some ideas on how to effectively break up.

Step 1: Mention a vague desire for change. At the end of your appointment say, "Listen, working together has been great, but I think I really need—I don't know—a change, and I'd like to try so-and-so at the salon. I just wanted to let you know."

Step 2: Don't drag out the ending. After breaking the news quickly thank her/him "for everything" and smile a warm good-bye. That way you've left the door open for returning in the future, if you decide to.

For someone wanting to be in your group at school.

Are you sick of a person in your group, who doesn't pull their own weight, or is totally annoying? You're in a new group and they want to join... here's what to do...

Step 1: Politely tell the person that the group is full (and if it doesn't look like the group is full make up some people who couldn't "make it to the class," but are going to be part of your group.)

Step 2: Be straightforward if they persist. Most people will get the hint and kindly leave, but if they are persistent, be direct

and tell them that they have good qualities in certain areas, but you already have group members who will be working on those parts of the project.

A "friend" you can't live without.

Step 1: Blame chemistry. You want to emphasize that you are not blaming her/him for everything. For example: "I'm sorry if I dropped off the radar. Truthfully, it bothered me that you always _____. I know you have your side of things. Maybe it's not you or me that's the problem—it's how we interacted."

Step 2: Let them vent. Whether the person apologizes and begs for forgiveness or gets hurt or angry, hear them out and acknowledge your flaws in the relationship. Wrap up your conversation with, "I'm disappointed that the friendship got off track, but I wish you well."

For a boyfriend or girlfriend.

It's not working and you just want out. Here are some tips on how to end it on a good note.

Step 1: Tell yourself, "I know what I want." Don't second-guess yourself. Just remind yourself that you're someone who knows exactly what you do and don't like.

Step 2: Be nice, but also be direct. Take a deep breath, and say, "You're a great guy/girl. But this isn't going the way I expected it to. I'm sorry it's not working out, but we need to break up."

Step 3: Blame Chemistry. Make sure you don't put all of the blame on them, but let them know you don't feel that special spark and that it's "just best if we move on."

Spot A Liar

Little white lies and the real whoppers are tossed our way daily, and getting to the truth can be frustrating, time-consuming, and even upsetting. Here are some tips to help you spot a liar.

1. Listen to Voices. Listen for vocal changes that deviate from the norm, such as hesitation, a change of pitch, a voice crack, change in speech rate or breathing pattern can indicate deception. Along with other important behavior factors, voice changes can indicate deceit.

2. Watch Words. In written material, deception can be revealed in two significant ways. First, liars tend to use fewer first person pronouns—words like I, me, or mine. They don't "own" their messages. For example, "The paperwork was sent yesterday," vs. "I sent it yesterday." Second, liars use fewer exclusionary words- but, nor, except, whereas. They have trouble with complex thinking and it shows.

3. In The Eyes. Liars don't like to look you in the eye for too long. Or if the liar is aware of this fact, they may look you in the eye much longer than the social norm dictates. Liars also blink less frequently. If you see a change from their norm, like too much eye contact, or too little, they may be lying, at the very least, they are not comfortable with the conversation. Shifty eyes, may also show that someone may be lying, or uncomfortable with the situation.

4. Liars Fidget. They shift their feet, they sway while talking and they gesture awkwardly and inappropriately with their hands. Look for discomfort, that would make them act fidgety.

So next time you think you're being lied to, take a look at the body language of the liar. The reality is most people are uncomfortable with being untruthful and body language cannot tell a lie.

Rock The Podium

1. Don't read a speech. Write out your bullet points on index cards and practice—working on your transitions between each point. Be sure to number your cards so they don't get out of order

2. Videotape yourself practicing. Note your body language, movements, and any annoying verbal tics.

3. Don't read from PowerPoint slides like they are cue cards. If you must use them, keep the text short.

How To...

A step-by-step guide to making the most of your student life.



Be An Entrepreneur

1. Focus and make the best of your time.
2. Ask, "Where can I contribute?" instead of, "What do I want to do." Focus on the things that make the greatest contribution.
3. Have a good attitude. It'll help you take on the challenges and celebrate the success.
4. Do first things first. Do the first one, then make a new list and see what comes next. Focus on our top priority for the moment.
5. Look for or create opportunities.
6. Goals and Planning. Have clear plans—and plan B's or plan C's if the unknown comes up.
7. Make good decisions and communicate with your team effectively.
8. Effectiveness equals success. You can't spread yourself too thin on small things. Optimize each and every problem, and how to make the most impact with your limited time and attention.

Handle Conflicts With Roommates

1. **Turn your complaints into requests.** For example, "You never clean up," could be changed to, "Could you please clean the dishes when you're done?"
2. **Check your assumptions.** We all make assumptions about people, such as what motivates them, why they did something, etc. Talk to the person. Check your assumptions—you might find that your assumptions were not correct, and that you arrived at an incorrect conclusion.
3. **Communicate openly.** Create a respectful and honest environment to talk about problems as they come up. Repeat what people have said to you, in your own words, to make sure you understand them

well. "It sounds to me like you're saying...."

4. Use "I" statements to convey how you feel. "I" statements prevent blaming or accusing the other person. For example, "You are untrustworthy and I can't count on you to do anything." Changes to, "I don't feel like I can trust you when you don't follow through on something."
5. **Schedule plenty of time to discuss important issues.** In this way, neither person has to rush through the discussion.



Leave The Perfect Voicemail Message

OK, so you've had those awkward voicemail moments, we've all had them! Here are some tips on how to leave the perfect message.

1. Your name, and company. Never assume anyone will know who you are.
2. Your phone number—slowly, with area code.
3. The date and time.
4. A quick summary of why you're calling.
5. Whether your call needs to be returned. If it's an FYI, say so.
6. When you are or aren't available for a callback.
7. Your phone number again, and maybe also your e-mail address.



Speed Up A Customer Service Call

1. **Be prepared.** Take a few minutes to collect all of the data you might need BEFORE you call.
2. **Call early.** Customer Service Representatives (CSR) are at their best early in the day. You'll get better help from someone just coming on-shift than from someone who is tired and anxious to leave.
3. **Don't wait during the voice messages.** Press 0 repeatedly, or try combinations of 0, #, and * (ignore the invalid entry responses).
4. **Take Names.** Once you reach a human, request the reps name and operator number, "So I can call you back if I get disconnected."
5. **Take notes, ask questions and answer questions honestly.** Write down as much info as you can while talking with the CSR, his name, the time you spoke to him, phone numbers, price estimates, etc. Ask for specifics of clarifications. Also, make sure to ask for options,

their job is to effectively explain things to you.

6. **Don't give the back-story.** The CSR doesn't want to listen to a long story... it may just make your situation worse. Be straightforward and to the point with the problem. If you need to go into more depth, do so, but leave out the unnecessary facts.
7. **Have Pity.** Tech support people get screamed at 24/7. If you can make them feel that you're that one reasonable person they talk to all day, they'll want to assist you.

8. **Stay on the line.** Many large companies prohibit their CSR's from ending the call unless you end it. They may make noises like they're wrapping up the call, but you have to be the one to conclude it. If you are not satisfied, say so, and don't hang up.



Fill Up A Buffet Plate

1. Work in reverse. Smart buffet operators put the cheapest stuff in front (bread, pasta, salad) at the front of the table so you'll fill up on that. The good stuff is in the back.
2. Keep a low center of gravity. Start at the center of the plate by laying down meat in the middle to prevent tipping. Reserve the outer rim for the lighter stuff.
3. Think vertically. Get over your fears of food touching—and layer on top.
4. Flood Control Your Sauces. Gravies are prone to sloshing, so ladle the stuff behind a mashed-potato dam and hope it holds.
5. Pocket the bread, or lay it on the very top.



Complain At A Restaurant

A restaurant has the goal to make you leave happier than when you arrived. They know that mistakes will happen, and a good staff will be prepared to handle them, provided you follow some guidelines: First, as soon as you see something's not going right, say something. Don't talk about a bad appetizer during dessert. Or don't eat your whole meal before telling them there is something wrong with it. Secondly, be positive when you give your concern to a waiter. Tell them how much you like the place, but then address the problem. The key is to calmly and fairly address your problem with what you'd like done about it. If you're nice, you'll get a nice response.

Search The Web For Your Health



Eight out of 10 Internet users search the Web for health information. So if you're not feeling too good and you want more information before or after going to a doctor, here are some websites that can help. **MayoClinic.com** Will help you figure out your symptoms. **Healthfinder.gov** Will help you check medication side effects as well as drug interactions with your prescriptions. **WebMD.com** Will help you stay on top of medical news. **MedlinePlus.gov** If you're not with BYU or UVSC health plans, you can use this to check directories to find doctors.

Start A D.T.R.



(You know... a Define the Relationship)

Need a good way to bring up the conversation? Here are three great questions.

1. "Someone asked me out today, and I didn't know what to say, because I don't know where you and I stand in our relationship. What do you think?"
2. "I've had a lot of fun with you the last few weeks and I am starting to get really comfortable, I just wanted to ask you-- where do you see us going?"
3. "Someone asked me if you were my boyfriend/girlfriend today, and I didn't know what to tell them."

Stop A D.T.R.

Need to stop one? Here are some suggestions.

1. Have a coughing attack.
2. Fill your mouth with food and then change the subject.
3. Pretend you see someone you know who just walked by.
4. Just start making out with the person.

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Teleperformance

How To Stay In Shape Without Spending A Dime

By Esther Palmer

The days are getting longer and warmer. Summer will be here before you know it. This year, start now to ensure you look good in that bathing suit and lose that extra winter poundage. Here are some ideas of how to keep in shape without spending any money.

Go Running- Take a break from studying and go for a jog around the neighborhood. It's a great way to get your body moving, your heart pumping, and it's free! If it's hard for you to run at first because your body is still in hibernation mode, start out by running just a couple of blocks and then push yourself to run longer and harder.

Go Bicycling- Dust off your bike that's been in storage all winter or borrow your roommate's and go for a ride. Opt to ride your bicycle instead of driving. You'll be glad you did when you're not busting through the seams of your jeans anymore.

Hike- Enjoy mother nature and hike the Y, Bridal Veil Falls, Stewart Falls or somewhere else close by.

Lift Weights- Lifting weights a couple of times a week is a great way to keep your body toned. If you don't own any weights, don't worry! Walk over to your cupboard, grab some water bottles, cans, or anything else you can find and lift those instead.

Walk It Off- Walk, walk, walk! Take advantage of the beautiful weather and walk over to your friend's house instead of driving. Park a little farther from the store so you have to walk more. Walk as much as you can.

Get Outside- Have fun and play around. Grab some other people and start up a game of ultimate Frisbee, football, tennis, or soccer. Not only will it be a blast, but you'll get a good workout too! **S**



Tiger Woods vs. Roger Federer Their Race To The Ultimate Title GOAT

By Chelsea Pyle

Who wouldn't want to be called a GOAT? You know, Greatest of All Time. People are already talking GOAT titles for both Tiger Woods, world's #1 in golf, and Roger Federer, world's #1 in tennis. Each is so good at their individual sports that analysts have begun comparing the two to each other. Apples and oranges, I say, but when the two are so record-breaking dominant in their sports, it merits comparison.

I'll admit I really don't know much about golf besides what I've seen in "Happy Gilmore." Any sport that doesn't invite a brouhaha of screaming fans tends to bore me. Still, I respect golf for being a truly individual and mental sport like tennis. So, Tiger Woods must have the most mental of mental games to come back and end 2006 the way he did, winning the British Open, the PGA Championships, and an Associated Press Award for Male Athlete of the Year (for a record tying fourth time), after his father died.

And when it comes to GOAT status, Woods' record speaks for itself. Woods' ascent on the pro tour was the fastest ever becoming #1 after only 42 weeks as a professional. Fifty-five PGA tour wins puts him fifth overall for career wins. His 12 major championship titles are second only to golf great Jack Nicklaus who ended his career with 18. Woods' win at the Buick Invitational in January placed him second for the longest PGA tour win streak with seven straight. But I know someone with a longer and slightly more impressive streak.

Which leads us in to my game: tennis. Even though I've never played, I could still recite the sport's stats since the day Andy Roddick won the US Open in 2003 which was the last time anyone besides Roger Federer held the world #1 ranking. Roddick is currently #3 in the world; which, you would think, means he gives Federer competition. Alas, the Federer Express, as tennis commentators call him, barreled over poor Andy in the semifinals at the Australian Open in January 6-4, 6-0, 6-2. Ouch. That win also clinched a 36 match win streak that has no signs of breaking. But that's not the only streak Federer has; he also holds the longest winning streak on hard courts (56), the longest winning streak on grass courts (48), and the longest winning streak against top 10 players (26).

Many tennis pundits claim Federer's GOAT status is already in the bag. ESPN blogger Peter Bodo commented that Federer will have no problem topping Pete Sampras' record of 14 Grand Slam wins, since the Fed already has 10. Heck, he could have 13 by the end of the season if he wins Wimbledon (for the fourth time), the US Open (for the fourth time), and the as yet elusive French Open (for the first time).

To conclude, the argument as explained by BYU Golf Coach Bruce Brockbank is that Woods must fend for himself against everyone else in the field in each event, 103 plus players each week while Federer faces only seven at most in a given match. Still, when it comes to majors/slams Woods has won 12 in 44 attempts giving him a winning ratio of 27 percent. Federer's is 70 percent. Game. Set. Match. **S**



Health is **Hot**

By Ashley Walton

Over the past couple of years, health has become in mode. Health stores have flourished, everyone has a gym membership, health food brands have become household names, and more and more people are counting calories, carbs, and bites.

"In the wake of the Atkins diet craze, after people realized that the diet was unhealthy and that it actually made you gain weight in the long run, it seemed that society turned to more healthy methods of managing their lives," said Adam Whitney, a student at BYU. "There's more health food in restaurants and stores. Now it seems like when you go to the grocery store, everyone is carefully reading the labels."

Some students believe that the cultural shift toward a health-conscious nation has made it easier to maintain a healthy lifestyle. "All of a sudden, everywhere you go, people are talking about what's healthy and what's not," said Allison Horn, a student at UVSC. "It makes me more aware of what I'm taking into my body and it makes it easier to fix my unhealthy habits because there are so many more healthy options available."

The media's fitness fixation has also inspired some students to make small, healthful changes in their lives. "I have changed my habits a lot in the past little while," said Annette Bradshaw, a BYU student. "I eat wheat bread now and I've also started to work out at the gym four times a week, which I didn't do before. My whole family has switched to 1% milk and little things like that. They're small changes, but now I realize how good they are for me."

From all the trends over the past few years—the i-pod, the vintage-wear, the side bangs—this one seems the most advantageous, even potentially life-saving. Hopefully this collective health awakening will transcend the trend and outlast the skinny jean.

S
M



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Schooled Magazine's 2007 wedding guide

Planning a wedding can be hard work. Schooled Magazine is here to help! The following listings are some of the top companies in the wedding industry that will help you find what you need.

table of contents

- Pg. 29 Cold Stone Catering
- Pg. 30 Temple Square Hospitality
- Pg. 32 Wilson Diamonds
- Pg. 34 The Jeweler's Bench
- Pg. 35 I.M.Home
- Pg. 36 Allyse's Bridal
- Pg. 38 Brown Brothers Catering



Sweet, Sweet Love

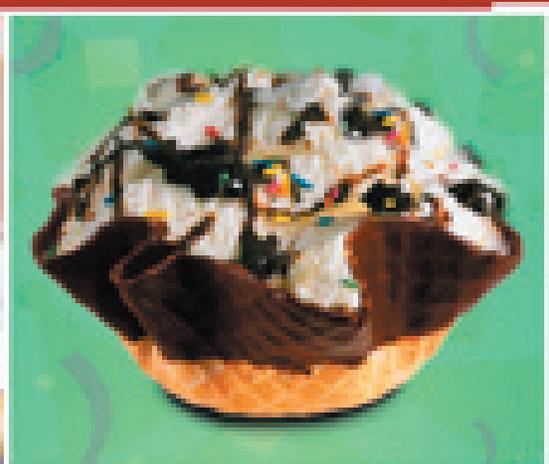
Instead of the same old chocolate fountains, and plain desserts, add spice to your wedding with an ice cream bar! Banana Caramel Crunch, Black Forest Dream, and Breathless Boston Cream Pie can add a special unique touch to your reception, bridal shower, or rehearsal dinners. You'll be able to offer your guests a customized dessert that they'll never forget.

At Schooled Magazine, we were excited to find that Cold Stone offers catering for events. Not only can you use their services for an ice cream bar, you can also order large ice cream cakes, or you can have them make or decorate your wedding cake. Cold Stone will cater to your every need. They'll bring individual waffle bowls, ice creams, toppings and mix-ins, and everything else you'll need to your reception or party. You can also hire them to scoop the ice cream for your guests!

Not only is an ice cream bar different and fun, it's also yummy!

To contact Cold Stone for more information, please contact Melanie at 801-376-4410. **By Rachael Cutler**

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Nobody Does “I Do” Like They Do

By Rachael Cutler

From start to finish, Temple Square Hospitality can help you plan the most important day of your life. Their motto is, “No One Does ‘I Do’ Like We Do.”

They know how special this day is to you and they are willing to bend over backward to make it as perfect as possible. They offer many great services in every aspect of planning. Including locations, floral and catering, and experienced staff.

Two Unique Venues

Location is everything. Both of their locations are on Temple Square in Salt Lake City. Not only is it beautiful but it is also convenient. You can choose for your reception, wedding luncheon, or wedding dinner to be in either the Joseph Smith Memorial Building or The Lion House. In the Joseph Smith Memorial Building alone, you can fit up to 600 guests in their many elegant rooms. The Lion House is the ideal spot for a more intimate setting. Also nestled between the Beehive House and the Lion House is the famous Lion House garden. This offers a perfect alternative for a beautiful outdoor ceremony or reception. This

garden area can accommodate receptions of 600 or more. And for your convenience, the main floor is yours as well in case of less than perfect weather.

Experienced Staff

“We very much appreciate the service provided. Even when we had forgotten some items, the staff was very helpful in providing a substitute. Thank you, you provided a very low stress beautiful wedding reception. We will cherish the experience forever.” This happy customer from Murray is just one of many that are raving about Temple Square Hospitality. Temple Square Hospitality prides itself with having a very experienced and knowledgeable staff of both wedding planners and caterers. These professional coordinators are prepared to assist clients in every step of the way and offer valuable ideas and suggestions in every aspect.

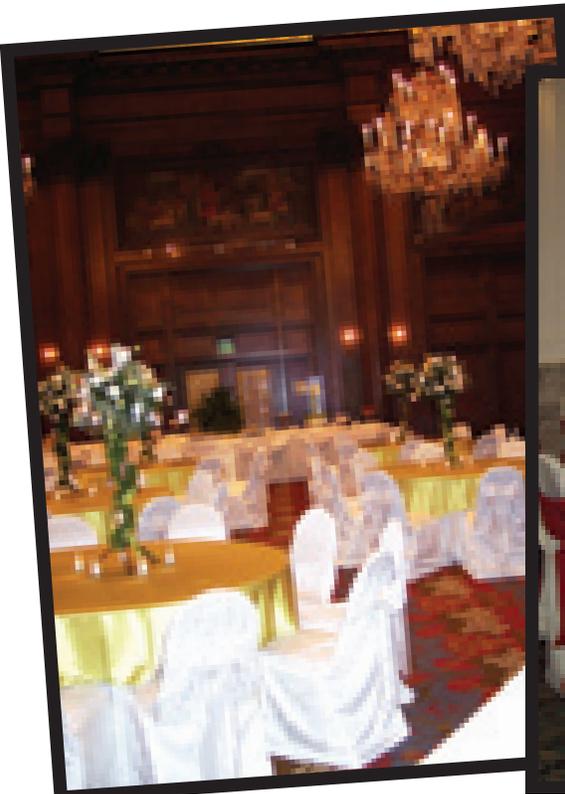
Floral and Catering

You can guarantee that the floral arrangements are fresh and perfectly arranged by the most experienced staff around. They will work closely with you

so that you will have the wedding you’ve always envisioned. One satisfied customer from here in Provo says, “The floral department was incredible! Very helpful. Everyone raved about the food! It was excellent. You helped me have one of the most wonderful days of my life! Thank you so much!” Not only are the flowers immaculate, but the food is delicious. Both the Lion House and the Joseph Smith Memorial Building put forward exquisite meals for breakfast, lunch, and dinner.

Visit www.weddingsattemplesquare.com to find more about the various services Temple Square has to offer. For a free wedding consultation and tour of the Joseph Smith Memorial Building, call JSMB Catering at 801-539-3130 or schedule an appointment at the Lion House by calling 800-546-6449 or 801-363-5466.

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Wilson Diamonds Provides A Great Experience



By Laura Davis/Daily Universe

Walking into Wilson Diamonds can be pleasantly overwhelming. The number of engagement rings on display is staggering.

Says senior Rob Carter, “We looked at several stores but the selection of rings at Wilson just blew the other stores away. It was amazing.”

Richard Wilson, owner of Wilson Diamonds, attributes their broad selection to specialization. “We only sell engagement rings so our inventory money isn’t tied up in watches, porcelain, or pearls. This allows us to have twice to three times more rings than our nearest competitor.”

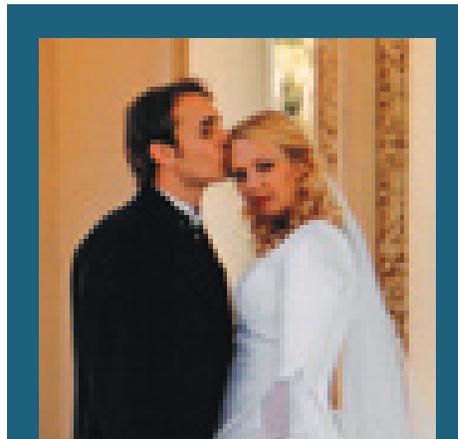
Customers also frequently comment on the unique styling of rings at Wilson Diamonds. “I looked all over and found only one ring I kind of liked. At Wilsons I found five I loved” remarked Sandy Morgan, a junior in music.

Surprisingly, Wilson Diamonds manages to offer this selection with low prices. “I think I shopped at 6 different stores, including some pretty good ones. The first price I got at Wilson’s was better than anyone” declares grad student Scott Morris.

Wilson says he actually guarantees in writing that Wilson Diamond prices will be lower than anyone. Says he, “No other store has such a money-back guarantee, not even the purported wholesalers or all the guys

who say they have the best deal.”

The claim seems to be echoed by his clientele, which are fiercely loyal to the store. Mick Badylak, a junior from Australia is adamant. “We went to every place in Provo and Orem even visited a few wholesalers. The price wasn’t any lower and yet Wilsons had better quality and far better service.”



“Wilson Diamonds was very nice and very friendly and by far the best.”
-Mick and Brooke Badylak

But the most universal sentiment expressed by students is the no-pressure friendly atmosphere at Wilson Diamonds. A view repeated by several shoppers was that

expressed by student Robert Hansen, “The thing that made me trust Wilson Diamonds the most was the atmosphere. Everyone was eager to help but not try to sell me. It was refreshing.”

Wilson explains that none of his employees are paid on commission which contributes to the friendly trust people feel when they come in. “From the beginning 32 years ago, I knew I didn’t want commissioned people helping my customers. Commission makes salespeople too aggressive and tempts them to be dishonest. Often this makes the customer uncomfortable and ruins an experience that should be completely enjoyable.”

Nathaniel Wright, a student who bought at Wilsons, seems to agree. “The employees were very, very respectful and everyone seemed very, very honest. I knew everyone was being straight up with me. They even encouraged me to shop around.”

Other students mentioned the trust they felt with Wilsons diamond education process, including access to a state of the art Gem Lab.

Richard and Keith Wilson began 32 years ago with a unique concept to build a beautiful specialized engagement store where the price was lowest, the pressure absent, and the canned sales pitches nonexistent. From all indications, it appears they have.

Wilson Diamonds 

www.wilsondiamonds.com
Next to Olive Garden in Provo 226-2565



Wilson Diamonds 

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Next to the Olive Garden in Provo 

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6 Reasons Above the Rest

There are many important factors to look into when purchasing an engagement ring or jewelry. The Jeweler's Bench, located on 275 N. University Avenue, stands out above the rest when weighing these factors. The following are six reasons why The Jeweler's Bench should be number one on your list when purchasing the perfect ring. **By Rachael Cutler**

Reason #1

You won't pay retail prices for anything. Ever.

Jeweler's Bench has better deals to begin with and just keep getting better. "We will beat any other store's deals," says Dan Broadbent, owner of The Jeweler's Bench.

Reason #2

Free replacement coverage for lost, stolen, or damaged jewelry. Most jewelers won't give you any coverage.

Some jewelers will claim free replacements or fixes but they'll get you in the insurance costs. That's not how The Jeweler's Bench operates. They offer completely free insurance for the first year you have your ring. That's hard to beat.

Reason #3

Free jewelry education and buying guide.

You could be spending a small fortune on a ring, so it's important to learn how to choose your diamond. The Jeweler's Bench offers tips and ideas for buying your diamond. You may be someone that wants the best of the best and is willing to pay for it, you may be someone that wants the biggest bang (or diamond) for your buck, or you may be somewhere in between. You get the best possible ring for your money and you can be confident with the choice you make.

Reason #4

90-day money back guarantee.

Just in case the proposal doesn't go as planned, they offer 90-day money back. Yes, you heard right, money back, not in-store credit; you can actually get your cold hard cash back.

Reason #5

On-site repair and custom designs.

The Jeweler's Bench takes care of their customers. They aren't going to send your ring somewhere else if you need it made or fixed. They take responsibility for their work and will get it to you in a timely manner.

Reason #6

Enjoy a relaxed, no hassle environment.

There is no pressure with this jeweler. They won't push you into that bigger diamond you can't afford. Dan Broadbent says, "We give them the space and information they need to be comfortable about making the right choice."



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HOME *Sweet* HOME

By Rachael Cutler

There are two things that will be hard to live without when you're first married—a sofa and a mattress. It's important that these things are chosen with care, taking into consideration things like quality and price. For those of you looking for furniture, check out I.M Home—it's the taste of Pottery Barn but nowhere near the price.

Sofa—Cotton, Leather, or Microfiber?

When buying a sofa, keep in mind that for the next 5-10 years it will be one of the focal points in your home. Especially for the first years of your marriage, it may be the only sofa you own. It's important that you choose something you like but also take into consideration quality. The door-buster sofas for under \$500 may not be the one you want to go with. I.M. Home offers sofas starting at \$500 and experienced staff can help you decide how to choose the right ones. Microfiber may be your best bet for cloth because it is durable and washable which makes it a great sofa for your new home.

Mattress—Traditional or Specialty?

Traditional: If you have no sleep problems and you don't want to spend a load of money, this may be the mattress style for you. These beds are inner-spring beds and are priced at times as low as \$299 for a queen bed. Keep in mind that although you may

sleep well on your mattress now, when you are married you will need to get accustomed to sleeping with your spouse which could disrupt your sleep patterns.

Specialty: Specialty beds are either latex, memory foam, Tempur-Pedic, or a combination of all three. You will spend more money on these beds, but your sleep may be worth it. These beds will help reduce tossing and turning as well as motion transfer. It will also form to your body and support your back and neck. You may be spending an extra \$500 for your bed but considering you can keep it up to 15 years, it may be worth it. Also keep in mind that if your parents are looking for a gift, a bed would be one of the best they could give. I.M. Home provides traditional and specialty beds alike, including their new line of Vera Wang mattresses, specifically for newlyweds. **I.M. Home will also offer any newlywed 10 percent off their first mattress!** So make sure to check out I.M. Home for your must-have newlywed furniture.



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Finding the Perfect Dress

By Rachael Cutler

It's one of the most important days of your life, and finding a dress that makes you feel like the most beautiful, elegant, and special woman can take some time. It's important to try on many different dresses, style types, and looks. At Schooled Magazine, we went to Utah's leading bridal company to learn how to find the perfect dress. Not only does Allyse's Bridal have one of the largest stores around, but they also have one of the largest selections. They offer beautiful and modest gowns, a wide selection of bridesmaid dresses, and a new line of mother-of-the-bride gowns. But that's not where your selection ends. You will also find a choice of accessories to go with your gown including jewelry, gloves, slippers, shoes, and more. "We just want people to have a choice," says Phylis Nielson, manager of Allyse's Bridal. They truly keep to their motto, "First in Fashion, Elegant by Design, Modest by Choice."

The Ball Gown

This is your traditional fairy tale wedding dress; full slip, long gloves, tiara, and everything else picturesque. This dress can support many necklines, sleeve lengths, and fabrics.

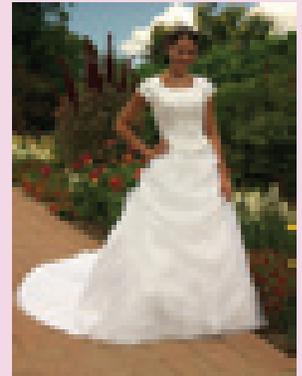
Who it works for: This works for many body shapes. Keep in mind that this full skirt can be very heavy so it may not be ideal for a shorter bride.



This is style P717M-1. This taffeta ball gown features the contouring style of the caught up skirt. The entire bodice features incredible beadwork with inverted empire waist. Petal sleeves, corset back, and chapel length train finish off this stunning look.



The style is 3699. It can be purchased in white and ivory. This is an A-line Italian satin gown. The bottom is complete with elegant ruching. The dress can be made uniquely personalized with the purchase of a sash, sold in various colors.



This is style 3725M. This is a traditional Basque waist gown. The bodice has a great fit due to the corset boning. It is elegantly decorated with crystal beading and lace appliqué. The skirt has an organza overlay that is gathered with lace overlay. The back is finished with a gorgeous lace up back and a chapel length train.

The Sheath

This has become a very popular style of gown. This fits close to your body with a slit either down the side, front, or back of the dress where it flares to allow easier walking.

Who it works for: This style best suits the petite, but it also fits those with shorter torsos because it elongates it with the change of waistline.



This is style 3709M. This is a sophisticated sheath-cut style dress with a fun, flared, soft tulle skirt. The gown is embellished with a stunning lace overlay with a ribbon tied at the waist accented by an elegant brooch. This dress can be purchased in ivory or white.



This is style 3701. This gown is a satin sheath cut gown, with a beautiful lace jacket that is clasped at the waist with a beaded brooch. The back is complete with satin covered buttons and a chapel length train that is adorned with matching lace overlay.

For more information, please visit Allyse's Bridal at www.allyses.com

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monday

tuesday

wednesday

thursday

friday

saturday

Jazz vs. Bobcats, 7pm
Thrillionaires at Velour, 8pm

5

Men's Mountain West Conference Tournament Open Mic Acoustic Night at Velour, 8pm
My Chemical Romance Concert at E Center, 6:30pm

6

BYU Acoustic Explosion, 7pm
"Stuck on the Edge", at BYU, March 7-24
Jazz vs. Pacers, 7pm
The Plan at Muse, 8pm
Briertone, The Great Glass Elevator at Velour, 8pm

7

BYU Women's Tennis
Eric Clapton in Concert, Energy Solutions Arena, 7:30pm
The Waiting Hurtin concert, at Muse, 8pm
Cary Judd, Jeff Stone at Velour, 8pm

8

BYU Gymnastics, 7pm
Rascal Flatts in concert, Energy Solutions Arena, 8pm
Never Tried Stopping, The Castanettes, the Standstill at Muse, 8pm
Orem Institute Dance, 9pm
Victim Effect, Rated Hero, Power Animal at Velour, 8pm
Culture Me Mine Date Night, BYU Museum of Peoples and Cultures

9

BYU Women's Tennis, 4pm
Jazz vs. Hornets, 7pm
Run For Red, 5k and 1mile walk, Provo, 10am
Rocky Votolato, Street to Nowhere, Joshua James at Velour

Daylight Saving Time begins tonight!

10

BYU Men's Tennis
Thrillionaires at Velour, 8pm

12

BYU vs. UVSC Baseball at Velour, 5pm
UVSC Softball, 3pm
BYU Idol Auditions, 7pm
Open Mic Acoustic Night at Velour, 8pm

13

Disney On Ice, Energy Solutions Arena
Cabaret Velour, 8pm
UVSC Spring Break

14

Disney On Ice, Energy Solutions Arena
Steve vs. Evan, Something in Portuguese at Velour
UVSC Spring Break

15

BYU Women's Tennis, 4pm
Disney On Ice, Energy Solutions Arena
Thanksgiving Point Wedding Expo, 3-8pm
Mathematics Et Cetera CD Release at Velour
UVSC Spring Break

16

St. Patrick's Day
BYU Women's Tennis, 11am
Disney On Ice, Energy Solutions Arena
Thanksgiving Point Wedding Expo, 10am-6pm
Guitars Unplugged at BYU, 7pm
Fast Pitch 3 tournament, Rotary Park, Provo

17

BYU Women's Tennis, 1pm
Thrillionaires at Velour, 8pm

19

Jazz vs. Warriors, 7pm
Open Mic Acoustic Night at Velour, 8pm

20

BYU Women's Tennis, 2pm
Hamlet, Pardoe Theater, March 21-April 7, 7:30pm

21

Living Legends, 7:30pm
geneROCKcity, Habitat For Humanity Concert at Velour, 8pm

22

BYU Gymnastics, 7pm
Jazz vs. Rampage, 7pm
Maxfield CD Release at Velour

23

Rex E. Lee Run, 9am
Andy Livingston at Muse, 8pm
Jazz vs. Grizzlies, 7pm
New Nervous CD Release, Neon Trees at Velour

24

Jazz vs. Wizards, 7pm
Thrillionaires at Velour, 8pm

26

UVSC Softball, 1 & 3pm
Harlem Globetrotters, Energy Solutions Arena, 7pm
Open Mic Acoustic Night at Velour, 8pm

27

BYU Idol Finale, 7pm
Jazz vs. Timberwolves, Acoustic Showcase at Velour, 8pm

28

UVSC Baseball, 7pm
Kid Innocence at Muse, 8pm

29

UVSC Baseball, 7pm
BYU Gymnastics, 7pm

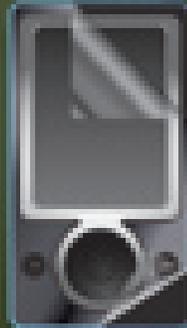
30

UVSC Baseball, 1pm
BYU Track Invite
General Conference
April Fools Day Tomorrow!

31

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