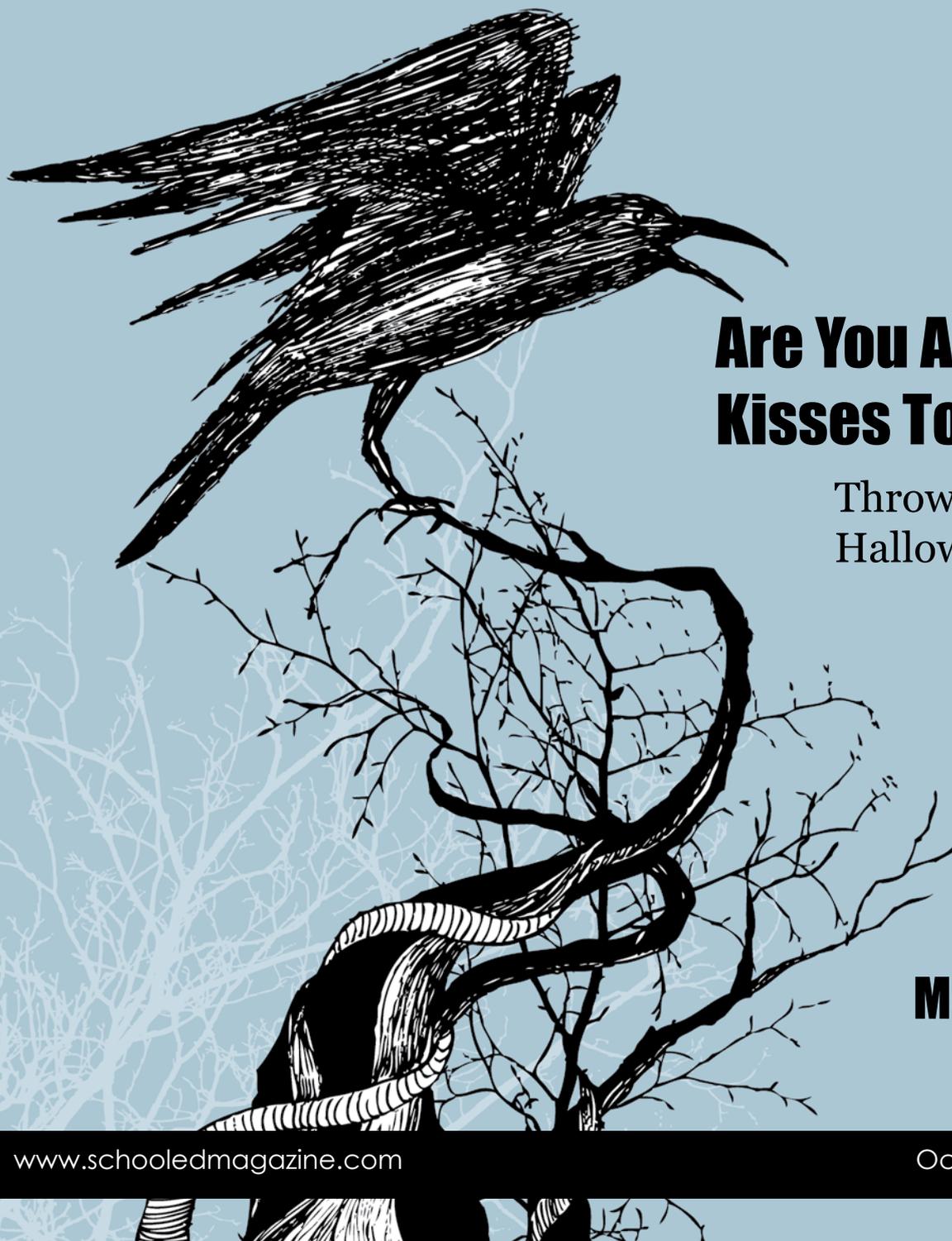


Schooled

for the student | by the student

Magazine



Are You A Good Kisser? Kisses To Go Crazy For

Throw An Unforgettable
Halloween Party

**Celebrate
Halloween Utah
Valley Style**

1, 2, 3
Dating Ideas

Meet Slurpie Raj

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Do Girls Like Nice Guys?

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Schooled Magazine



Pick of the Patch

To get the best jack-o'-lantern on the block, follow these tips:

- Choose pumpkins with green stems. Brown stems may indicate rot.
- Pumpkins should be a deep, dark orange without spots or discolorations.
- Heavy pumpkins with thick walls allow for more creative carving.
- Store your pumpkin in a cool, dry place. Carve it no more than a day or two before Halloween.

Maybe I'll Just Walk...

So you're always on the hunt for the perfect parking spot. Ever wonder how much time you waste just on parking? A recent study found:

8 minutes. Is the average time spent driving around looking for a parking spot.

47,000 gallons of gas wasted annually by parking-space hunters in just one urban shopping district.

40 calories. What you could burn in a brisk 8 minute walk instead.

Halloween SCARY Numbers

\$1.5 billion is the estimated amount spent on Halloween costumes each year nationwide.

1921 was the first year a recorded Halloween celebration took place in the United States.

9 billion candy corn kernels are manufactured nationwide for Halloween each year.

Get Involved With Schooled Magazine

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

News

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

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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.

Advertise

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

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Tech Review: Blackberry Pearl 8100

By Jennie Nicholls

The Blackberry Pearl 8100 is the new must-have phone on the market next to the all-coveted iPhone. The Pearl features all that of a blackberry but in a new sleek format. Multi-media capabilities, internet browsing, tracking ball, personal organizer, plus all of the standard features you can expect in a phone are put into the Pearl. Unique features include voice-activated dialing and a high quality multimedia player. Users of the phone like how they can put their music on the phone from their personal computers. Enhanced text messaging shows the entire text conversation which allows users to see what was said without having to exit new messages to find older ones.

Pearl critics say that the battery dies quickly and that the keypad is hard to get used to. Unlike the standard cell phone with three letters per number for text messaging, the Pearl's keypad is arranged like a computer's keyboard, making it so users of the phone must adapt to the new format. Listed at \$399.99, but prices vary depending on service carrier. The Blackberry Pearl comes in a variety of colors, which can please those that don't really care about the features, but want their phone to look pretty.



Tech Review: The iPhone

By Esther Palmer

Move over RAZR, there is something newer and hotter! Apple's revolutionary iPhone combines an ipod, internet, and a phone all into one handy little device that only weighs 4.8 ounces. With the touch of a finger, the iPhone allows you to check your email, watch YouTube, get directions, play your favorite tunes, take pictures, and most importantly- call your mom. The iPhone is praised for its easy accessibility and high resolution. The 3.5 inch widescreen gives you an incredible, clear picture for your viewing pleasure.

Some good news for those interested in the iPhone is that its price dropped by \$200 since it originally came out this summer. The bad news is that one of these innovative smartphones still costs about \$400. You also have to commit to a two year agreement with AT&T with plans starting at \$59.99 a month.

Before you seriously consider investing that much money into a phone, do your homework. If you don't like Apple in general, chances are you won't be too satisfied with this phone. Some iPhone owners have complained about poor reception, short battery life, or slow processing. Other owners, however, are absolutely ecstatic about their touch screen phone and say it is the best ipod they have ever had. For more details, check out <http://www.apple.com/iphone/>



Game Review: Carcassonne

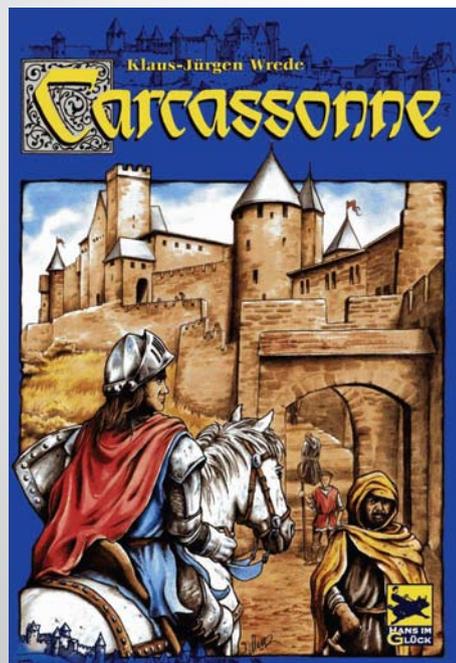
By McKay Salisbury

If you're a fan of board games, and probably even if you aren't, chances are you've heard of The Settlers of Catan. It's been big in Utah over the past few years, particularly among the college students. In the board game world, the Germans are winning. They make most of the good games. One of the most prestigious board game awards is the Spiel des Jahres (German for "Game of the year"), and they don't even consider a game unless it came out of Germany. Not surprising, Catan won the Spiel des Jahres. But one of my favorite games also won the prestigious award. Carcassonne.

In Carcassonne players build the game board as they go along. As they build features on the board (cities, farms, roads, cloisters) players receive points for gaining control of the features. My biggest gripe about Settlers of Catan is its positive feedback. Players who do well early in the game are more likely to win the game. Carcassonne doesn't have that

problem. Scores accumulate throughout the game. All players have an equal ability to score points at the end of the game as they do at the beginning.

Most games usually finish in under an hour. If you're playing with all the tiles from all the eight expansions, it can take about double that. The regular game supports five players, but one of the expansions allows a sixth to join. If you're looking for a new board game to play, Carcassonne is a good choice. You probably won't be able to find it at Wal-Mart, but Games People Play, or Game Den in the local malls should be able to get it for you.



Band Review: Good Morning Maxfield

By Jennie Nicholls

At first listen, it may appear that Good Morning Maxfield is the typical acoustical style that we all guiltily enjoyed back in our middle school days. But there is something refreshing about the way they change it up here and there with some electronica-esque sounds. The six-member group originates from here in Provo, with some of the members being BYU music majors. On the band's MySpace page, they describe their genre as, "Two parts rock, one part folk, with a whole lotta good jams." Every time I listen to it, I like it more; it grows on you. The vocals are melodic and at times even a little hypnotic, sure to help ease you into relaxation. Check them out for yourself at www.goodmorningmaxfield.com.



10 Best Nerd Movies

- 10. Back To The Future.** Not only are there characters like Crispin Glover as George McFly, but the whole concept of creating time travel attracts to nerds.
- 9. Monty Python, Search for the Holy Grail.** According to an online pole this is the second most quoted movie by nerds. If you've seen it you know why.
- 8. Can't Buy Me Love.** You may not buy love but you can buy a girlfriend, popularity, and the end of your geek streak in high school.
- 7. Freaks and Geeks.** I've never personally watched this but with a tagline of "Everything you remember from high school... that you chose to forget." (Fox Family), it's bound to be a geek fest.
- 6. Star Wars/Star Trek.** We all know that anything with 'Star' in the title is going to be loved by nerds.
- 5. Win A Date with Tad Hamilton.** It's every nerd's dream to have their dream girl choose them over a famous, good looking movie star. Topher Grace plays the perfect nerd and prince charming.
- 4. The Harry Potter series.** Now I don't consider this one a nerdy movie, but Harry, Ron, and especially Hermione all have "nerdy" moments.
- 3. Never Been Kissed.** Drew Barrymore plays the ultimate nerd as we watch Josie Geller try to battle her nerdy "Josie Grosie" past.
- 2. October Sky.** A movie where not the jocks, but the science club gets all the girls and the glory.
- 1. Napoleon Dynamite.** This is the ultimate geek movie that is chocked full of nerds. Not only do you have the now famous John Heder as Napoleon, but also Aaron Ruell as Kip, Efen Ramirez as Pedro, and Tina Majorino as Deb to name a few. This movie, unlike others on the list, is not one of the nerd overcoming their geekiness or enjoying the 'in' crowd. Instead it's a never-ending cycle of awkwardness.



By Rachael Cutler

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1, 2, 3 Dating

By Sam Scourp

1. Fun Dating Ideas

Watch a play. This is a lot like the art gallery idea – only the art is live! There are options locally for this type of entertainment. Check out your favorite campus, hit up a spot like the SCERA Center (scera.org) or search your good friend, the internet.

Nickelcade. It doesn't get much better than this: it's fun, it's cheap and it helps you and your date overcome those anxious, self-conscious, first date feelings. Playing games can help lighten the mood and loosen you up for a fun time. Plus, there are many options; all kinds of video games – car racing, fighting, Dance Dance Revolution – can be found, along with air hockey, pop-a-shot basketball and other games. (Located at 170 S State St, Orem).

Laser tag. You get to run around and blast people without actually doing any damage or getting in trouble! Besides, it's cool to hide out and sneak up on people at any place that has black lights. Check out Laser Assault on 264 N. 100 W., Provo. See their ad in this issue for a free game!

Water balloon fight. We only suggest doing this one when it's warm outside. Oh yeah, and we suggest doing it outside, too. Water balloon fights are great in groups; you can play in teams, or all players can fend for themselves.

2. Romantic Dating Ideas

Going for a walk – The typical, romantic walking date involves strolling down the beach with your sweetie at night. One problem: you may not exactly live close to the beach. Regardless, you can saunter hand in hand near a canyon, forest or mountain and take a look at what nature has to offer. Or, if you prefer, take a walk at some outdoor shops or a mall and appreciate all the sights, sounds and smells of the city.

Cuddling. This fun activity can take place on the couch, at a park or any other spot of your preference. Cuddling can be accompanied by hot chocolate and blankets for added warmth and flavor. You can relax and shoot the breeze or, if movies are your thing, throw a romantic comedy into the DVD player.

A good conversation. Good dialogue, of course, is a welcome addition to any good date. It may not be considered a date in and of itself, but it adds a spark to the evening. As a bonus, giving sincere compliments could lead to another date(s). In some cases, the conversation – and the first date – could end with a kiss on the cheek or hand.

3. Unique Dating Ideas

Volunteer service. Take your date to dance with senior citizens at a convalescent center or serve food at a soup kitchen. It may not be the typical dinner-and-a-movie date, but that's the point: you want to be unique. Plus, your date could be attracted to considerate guys/girls with a soft spot for helping people.

Visit a museum/art gallery. A little refinement never hurts, and checking out art or artifacts suggests intelligence, class and style.

Hot Air Balloon. This is for someone who really (bad pun alert!) has his eye in the sky! This date is not only unique, but can also be romantic; imagine floating over the city at night, checking out the lights and natural scenery from a bird's eye view, and popping some sparkling cider and a bouquet of flowers for your date. A warning to the girls: If this is not someone you are already serious with, dream on! This is an expensive and elaborate date. A warning to the guys: Like I said, it's expensive! You'll have to drop a couple of Benjamins (per person) to pull this one off! In the end, it is probably most appropriate for an engagement, an anniversary or a couple that is at least dating seriously.

SM



Slurpee Raj

A Provo Icon

By Jeff Zwick

Rajeev Kumar, aka "Slurpee Raj," is a unique celebrity among Provo college students. If you have ever entered the 7-Eleven on University Avenue you have undoubtedly been greeted by the happy smile and welcoming personality of the Indian man that we all feel we know so well.

Slurpee Raj let me ask him some questions to find out more about who he is and how he has become so popular in the community.

SM: Where are you from, Raj?

RK: India. Born and raised. Old Dheli.

SM: Did you come alone or did you come with your family to the U.S.?

RK: I came alone in '99. My brother sponsored me.

SM: In 2005 you bought this Provo 7-Eleven?

RK: Yes...I bought 7-Eleven with my brother and we work together here.

SM: You have a nickname and it's Slurpee Raj. How do you feel about that nickname?

RK: Oh people just love me. They gave me this name. I like it... you know?

SM: How is it that you've become so popular among Provo college students?

RK: I don't know. I'm just lucky people love my jokes.

SM: Do you drink slurpees? And what's your favorite flavor?

RK: Yes. I drink all my new slurpees. Uh, pina colada and Coke. Mountain Dew, that's my best flavor.

SM: What's the most popular slurpee day of the week?

RK: If the weather is warm, Friday, Wednesday night and Saturday and 7-Eleven Day (which is) the most crazy day that people

come for free slurpees. (*Mark your calendars Schooled fans for free slurpee day on July 11th)

SM: You're always so happy. What is it about working at 7-Eleven that makes you happy?

RK: I always keep my attitude positive. Happy days go smoothly and, you know, it's my nature. So I normally just wake up, come into public and I start laughing. I don't know why.

SM: What's your favorite part about working at 7-Eleven?

RK: Being with the customer. They always laugh. I sell my doughnut "buy one get one free..." I just make the deal and people love it. "Just do it" - my very best dialect.

SM: How long do you plan on staying here at 7-Eleven?

RK: I think we are going to stay with 7-Eleven because at 7-Eleven we make money and the service is fine and everything runs smoothly. So, I believe we're gonna stay for long.

SM: You also own a restaurant on Freedom Blvd.?

RK: Correct. We have an Indian restaurant named Swaghat. Very good, very authentic food and very low price...Best in the West.

SM: Is there anything that you would like to tell the Provo students?

RK: Just keep working. Keep your focus clear. You're gonna succeed.

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Kisses They Will Go Crazy For!!!

By Kristen Barlow

There is just something about kissing that makes it so good. It is one of life's most innocent guilty pleasures—the anticipation, the butterflies, the sweet moment when your lips first touch. Most kisses are good, but some kisses are just amazing and memorable. From my understanding, the secret to great kissing is variety. Varying the intensity, the tempo, the duration, the lead, and the type of a kiss can make it incredible. It seems like you can never know too much about the art of kissing.

Whether you are a boring kisser that has no variety or an already well-experienced kisser, check out these techniques and I am sure you will find something new and extraordinary to mix up your love life. Pucker Up!

1. The Teasing Kiss

You know how sometimes you're kissing and you take a quick break for air? When they come back for more, pull back just a little with a flirty smile to a point where they can't quite reach your lips. Wait a single desiring second, and then plant one on them.

2. The Spiderman Kiss

Stand behind your partner (who is seated on the sofa or even the floor), slowly lean over their head so your face is in front of theirs, and then gently touch your lips to theirs. This way, each kisser can take the hyper-sensitive bottom lip of each other in their mouths.

3. The Alternating Kiss

Kiss their upper lip while they are kissing your lower lip, then reverse. Sticking to either the bottom or top lip of your partner can be very boring after awhile.

4. The Vacuum Kiss

While kissing open-mouthed, slightly suck the air from your partner's mouth.

5. Hot and Cold Kiss

Lick your partner's lips so that they are warm, and then gently blow on them. The sudden cold chill on the very sensitive lips will often make them asking for more.

6. The Lick Kiss

Just before kissing, pull back a little and gently run your tongue along your partner's lip, whether it be the top lip, bottom lip, or a complete circle around the lips. Then plant one on them!

7. Underwater Kiss

Find your partner under water and kiss. Everyone must do this once in their lifetime—it doesn't take any technique really and it is a unique and wonderful feeling.

8. Lip Sucking Kiss

When kissing gently suck on their lower lip. Need I say more?

9. The Sugar Kiss

You know those little sugar bags that are on the tables in restaurants? They aren't such a bad thing to have in your pocket. Pour a little sugar on your tongue and then kiss your partner.

10. The Nibble Kiss

While kissing your partner, ever so gently nibble on their lips. Be careful not to bite too hard or hurt your partner.

11. The Eskimo Kiss

The eskimos taught us one thing—with your faces less than a breath apart, gently rub your noses together.

12. The Virtual Kiss

For all those non-social internet lovers, send a kiss via aim or email with this symbol: :-*

WARNING: KISSES NOT TO DO!

1. The Swordfish/Lizard: Using your tongue in a blunt and violent manner darting it into your partner's mouth
2. The Roto Rooter: Your tongue ventures so far down your partner's throat that it actually begins to choke them.
3. The Grouper: As you kiss your partner, you completely engulf their lips and half of their face.
4. Cryogenic Kissing: You never change position, posture, or angle of head.
5. Lick-Fest: You kiss them like licking the left over ice cream in a bowl. And when you are done, your partner feels like taking a shower.



KISSING TRIVIA

- *The scientific name for kissing is osculation
- *In written correspondence a kiss has been represented by the letter X since at least the late 1700s.
- *The longest recorded kiss lasted 30 hours, 59 minutes, and 27 seconds. It took place in New York City on December 5, 2001 between Louisa Almedovar and Rich Langley.



KISSING GAMES TO PLAY

1. Spin the Bottle
2. Kissing Rugby
3. Seven Minutes in Heaven



KISSING Q & A

- Q: How can you tell if the other person wants to be kissed?
A: Just ask—it is the simplest and easiest way! Look for clues in their body language-- they usually sit close to you, smile and laugh a lot, lick their lips, play with

their hair, touch your arm, shoulder, or face, and/or frequently tilt their head. But remember- don't be too aggressive!

Q: Why do girls sometimes get red and tender patches around their mouth after kissing their boyfriend?

A: This can occur when a guy's 5 o'clock shadow rubs against your skin and irritates it. Prolonged kissing is the most common culprit, but it can happen with just a few well-performed kisses as well. The only way to avoid this situation is to kiss with less intensity or insist on the boyfriend being very clean-shaven before every date.

Q: If you kiss somebody, does that mean you have to start a relationship with him/her?

A: No. Kissing somebody does not always mean you have to start dating them exclusively. However, make sure you come clean straight away and tell them your feelings about the situation: whether you want to be in an open or closed relationship.

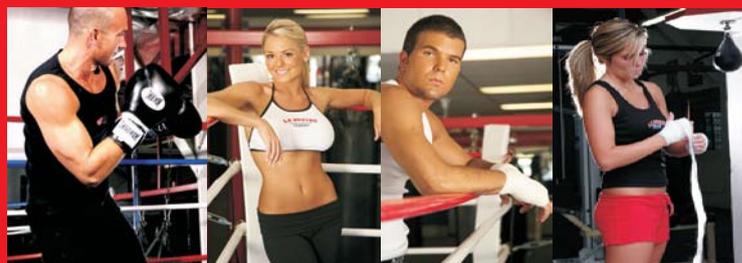
Q: How can you tell if you are a good kisser?

A: You can't. What some people consider is great kissing, others may dislike. It is really a matter of preference of your partner that determines how good you are. There are a few kissing don'ts that most people agree on: wet and sloppy kisses, over eager partners, too much tongue, darting tongue, and overly busy hands.



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feature



How To Have A Crazy Halloween

There's the argument that there is always something to do in the Valley. OK, but sometimes you just don't feel that way, especially after the third date in a row of dinner and a movie. So I said to myself, "Self, there's got to be some kind of fall festival somewhere for a change in venue." I did a little searching and whoa buddy! I discovered a wide range of fall themed activities. So wide in fact, I guarantee you will find something for every personality. If there's nothing you like on this list, give me a call and I'll spring for sympathy ice cream.

Haunted Houses, Corn Mazes, Pumpkin Patches, etc.

Big Foot Corn Maze (bigfootcornmaze.com). This amazing six acre corn maze will give you a quest you've never experienced before. Don't get lost for too long; you won't have time for the rest of the fun attractions! The Children's Corn maze is a smaller corn maze made of animal patterns and Indian corn stocks. Live animals will be in and among the maze. With its combined indoor and outdoor setting, this family-style haunting has a variety of rooms and paths that cover over five acres.

12 Schooled

Castle of Chaos (castleofchaos.com). **The Seven Deadly Sins attraction:** This is no tame spook ally. Lust, wrath, greed...which is your weakness? The castle of chaos has completely changed it's haunt for 2007 and doubled in size as well. You'll quickly realize that the Castle of Chaos is Utah's most intense haunted house. **X-scream terror attraction:** Want to be messed up for life? This area will make you experience fears you've only dreamt about. Do not enter this area unless you are truly prepared for a shock. Graphic scenes, tight spaces, crawl spaces, small drops and confinement await you in our first year of "pushing the envelope" in Utah. This area is meant to terrorize you and leave you screaming for more.

Crazy Corn Maze (utahmaze.com).

Haunted Forest (hauntedutah.com).

New for 2007 is the Psycho Manor. If a haunted house is defined as a building that is a center for supernatural occurrences or paranormal phenomena then the new Psycho Manor is that and more. Be prepared to wind your way through a labyrinth of ghoulish rooms where possessed spirits reside. Whether you tip toe or run through grandma's bedroom, the psycho bathroom, and bloody kitchen – you won't be able to outrun what will already be lurking around the next turn

and nothing will prepare you for what will be waiting to greet you when you try to leave.

HeeHaws (heehawfarms.com). As one of Utah County's favorite fall and Halloween destinations and the home of Leroy, the famous 1,200 pound pig, you'll find activities ranging from hayrides and pumpkin patches to haunted hayrides and the animal train. What better place for some good farmin' fun? Try the Haystack slide, Bunnyville, and the Silage Pit. Be sure to try their old fashioned Pumpkin Ice cream for a unique Halloween treat. The Salt Lake Tribune calls HeeHaws the "Most entertainment value for an outdoor Halloween venue."

Nightmare on Hawberry (haunted-housesonline.com).

Nightmare on 13th (nightmareon13th.com).

South Ridge Farms (southridgefarms.com). The weather is changing and the pumpkins are turning orange. This year will be their 12th annual hayride season and according to the owners the best pumpkin patch that they've ever had. While you are there, don't forget to try the fresh apple cider in the barn!

Cornbelly's Corn Maze (thanksgivingpoint.com). Come visit Utah's most

www.schooledmagazine.com

“I discovered a wide range of fall themed activities. So wide in fact, I guarantee you will find something for every personality.”

popular Halloween destination. Celebrating 12 years of getting Utahns lost, and in honor of Pirates of the Caribbean, Cornbelly's now brings to Utah Pirates of the CORNibbean Maze Design. With more than 20 fall attractions, Cornbelly's is proud to once again offer plenty of farm-tastic fun! Thanksgiving Point also features pick-your-own-pumpkin patch, a trick-or-treat trail, and a Jack-O-Lantern Hayride.

Wheeler Historic Farm (wheelerfarm.com). Oct. 29 will feature scary storytelling beginning at 7 p.m. Oct. 20 and 27 10 a.m. to 3 p.m.: Create your own Scarecrow! You supply the clothes – they'll supply the stuffing. Bring pants, shirt, hat and a pillow case. A wagon ride is included in the price of admission. There will be crafts for the kids and Indian corn decorations for the adults.

Fall Festivals or Events

Autumn Classics Music Festival, Park City (pcmusicfestival.com).

Cowboy Poetry Gathering and Buckaroo Fair, Heber (www.hebercity-cowboypoetry.com). Running from Nov. 6th thru the 11th their mission statement is, “To promote the cowboy way of life through music, poetry and art by holding an annual Cowboy Poetry Gathering and Buckaroo Fair and by giving back to the community along the way.”

Halloween Carnival, Provo (provo.org/parks.events.html).

Harvest Festival at Tracy Aviary, Salt Lake (tracyaviary.org). Oct. 27 10 a.m. to 3 p.m. Come and enjoy their Halloween festival without having to visit the dentist. OK maybe that's the whole point of this holiday, but I digress. All ages will enjoy Hogwarts plays with YouthCity, Legends of the Fall Bird Shows, sitting under the sorting hat, visiting our spooky craft activities such as transfiguration, potions, magical migrating maps and face painting!

Hotel Frankenstein, Lindon (vcpnews.com/2007/hotel). Running Mondays, Tuesdays and Wednesdays and appearing for its 17th year at Valley Center Playhouse this well-written play is about Dr. Frankenstein's modern-day grandson.

The Legend of Sleepy Hollow in Concert, American Fork (sleepyhollowshow.com). The American Fork Arts Council presents its 3rd annual production of song performances accompanied by a chamber orchestra and a show-stopping appearance by the Headless Horseman himself! Running time is approximately one hour, is suitable for families, and makes a perfect date night.

Thanksgiving Celebration at The Center, Provo (provo.org/parks.events.html).

Fall and Halloween Activities

Halloween Date Night at Trafalga (trafalga.com). On October 26 and 27, throw on a costume, grab a date and for just \$20 a couple you can goblin golf, ghost-karts, batty cages, and get dessert and arcade tokens.

Frightmares at Lagoon, Farmington (lagoonpark.com).

Get Bewitched at Gardner Village, West Jordan (gardnervillage.com). You can ride along with friendly Gardner Village witches on a guided horse-drawn wagonette tour, watch the Witchapalooza dinner show, sip some Halloween-inspired tea or put on your best pointy hat and attend “Witches Night Out” for fabulous shopping and prizes.

Halloween Cruise on the Provo River, Provo (clasropes.com). Come enjoy an adventure riverboat ride on the lower Provo River. This is my favorite selection on the list: it wins the Best Date Material Award. It's like a hayride, but a boat ride. There are over 100 pumpkins reflecting off the water, with a scary story and songs. A pirate even attacks the boat and ends up handing out candy. The ride is a round trip experience that takes approximately 25 minutes, with departures every 15-30 minutes. For hours and boarding location check their site. The Halloween Cruise is open daily Oct. 5th to Oct. 31st from 6:30-9 p.m., weekdays and 6:30-10p.m., Fri. and Sat.

Haunted Canyon Train, Provo Canyon (hebervalleyrr.org). Dare to climb aboard a ghoulishly spooky 35 minute excursion, destination unknown! Come in costume, or as you are, but dress for the outdoors. Glow sticks, snacks and hot drinks available for purchase. Good date material.

The Haunted Village, Salt Lake (thisistheplace.org).

Sleepy Hollow Harvest Festival (sleepyhollowshow.com). Whisk away from 21st century Utah, to a place and time long forgotten, where haystacks are chairs and mere fables become reality. Sleepy Hollow Harvest Festival features unique treats, period games, characters in costume and the popular Hayride through the Hollow. Meet Ichabod, Brom, the Narrator and other characters. I reiterate cheesy can be fun!

Murder Mystery

Comedy Murder Mystery, Provo Canyon (hebervalleyrr.org).

Hunt Mysteries Dinner Theater (huntmysteries.com).

Whodunnit Murder Mystery Game, Provo, (provo.lib.ut.us/haveit yourway.html)



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How to Throw a Happenin' Halloween Bash

By Ashley Walton

Halloween is a holiday where you can go over the top with decorations, food, invitations, and costumes. The more you're willing to indulge in the haunts and horrors of Halloween, the more fun your party will be. So, let the scared little kid in you be your guide in selecting spooks for your bash.

Decorations

Decorations can make a Halloween party. Cover the table with an abundance of candles and old candle holders. It's always an easy, spooky touch and it does wonders for the ambiance. Add some mini pumpkins, and you're in business. You can also sprinkle your table with plastic spiders or ants to give your guests the creepy crawlies. And, even though it's cliché, a few strategically placed fake cobwebs can transform your abode into a nightmare mansion in no time.

Put a unique twist on your Halloween décor and write your favorite quotes from horror movies on orange and black paper and hang them around your crypt. They will be great conversation starters.

While you're at it, don't forget the exterior. It sets the mood before

your guests dare to enter. Have pumpkins and gourds overflowing on your porch. For added effect, get some unusually shaped gourds, paint them white, and paint on black ghoulish eyes and mouths. If you're really in the Halloween spirit, you can even post a warning sign for guests entering your haunted place or make some campy tombstones using Styrofoam board and paint.

Food

A classic Halloween staple is dry ice. You don't want to put it directly into your punch, but you can put it in the bottom of a cauldron-looking bowl with a smaller bowl inside, safely holding your punch. If dry ice isn't your style, use plastic gloves to freeze ice hands and throw them in the punch bowl. They will look surprisingly cool.

An easy, but festive, main course is a pot of soup or chili. It is just the thing to warm up your guests on a cold October night. Plus, the Provo Bakery makes pumpkin-shaped bread bowls, which are a perfect touch.

Serve some fresh veggies in a hollowed out pumpkin and use a mini-pumpkin for



and calligraphy.

Either way, it's an easy way to add to the theme and it's sure to charm your guests, since hand-written invites are scarce.

Costume

Pick a theme. It brings the different aspects of the party together and makes choosing a costume much easier. You could do classic horror movie monsters or a pirate party or a Harry Potter theme.

You could even do a masquerade with formal attire and fancy masks or a Day of the Dead party. The possibilities are endless.

Activities

During dinner or games, play a classic horror movie in the background. Then, take an expedition. There are several haunted houses and corn mazes in the area, which are a blast to go to with big groups (and usually places will give discount rates to groups, as long as you call ahead of time). Going up the canyon and making s'mores on a still, spooky night is also fun, especially if you bring some scary stories. Or if you're throwing your party on Halloween, there's always the possibility of trick-or-treating. Why not? Sure, you may receive some strange glances, but under what other context is it socially acceptable to go door to door asking for treats? You might as well take advantage of it.

If you prefer to stay in, host a pumpkin carving contest. Have everyone bring their own pumpkins and show off their mad hacking skills. You can also roast the seeds.

When you're throwing a party where no one really knows each other, sometimes some cheesy games are just the cure to break the ice. One game that is sure to involve even the shyest wallflower is Halloween Sticker Stalker. When guests arrive, give each a pack of 10 Halloween stickers. The object of the game is to get rid of your stickers by sticking them on other guests (one sticker per guest) without them knowing. If you are caught, then you must take the sticker back and that person gets to give you a sticker. The first person to get rid of all their stickers is the winner.

Halloween only comes once a year. So, go crazy. It's a time to put a twist on the classic tricks and try something different. Be bold and creative with your party and throw a bash that your friends will remember. Happy haunting. **S**

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health & fitness



Boxing Throws A Punch At Provo

By Deborah Barlow-Taylor



Photos By Mark Hansen

If you want a fun workout that can burn 800-1,000 calories in just 60 minutes, and you can get student discounts on passes, look no further—LA Boxing is throwing out a punch for you.

When you walk into the new LA Boxing gym on State Street, you automatically feel the excitement of a good workout. Rows of punching bags line the center of the gym surrounded by a boxing ring and weight equipment. You become part of Rocky, Cinderella Man and Million Dollar Baby all rolled into one.

LA Boxing offers full-body workout classes in Kickboxing, Boxing, Jiu-Jitsu, Muay Thai, and Brazilian Jiu-Jitsu. Each class is 60 minutes and they are scheduled throughout the day.

“If you’re looking to just run on the treadmill or lift weights, LA Boxing isn’t for you,” said the owner, Damon Willis. “We offer a higher-level of working out. Our workouts are not only fun and get you in shape, they also teach you to defend yourself. What you learn at LA Boxing is a fit lifestyle and you’ll be able to take it with you throughout your life.”

Boxing is one of the best ways to lose weight and stay in shape. Each 60-minute workout can burn from 800-1,000 calories.

“The workout is an ultimate endorphin high, you don’t get it at a gym where you workout on your own,” said the general manager. “After you finish your workout here, you feel like wow... I just had an incredible workout. After a few weeks, when you look in the mirror, you really see results. You don’t get results like this at other places.”

Boxing is really easy to learn—with only four type of punches to know, it’s pretty simple. Beginners are able to pick it up quickly. With the right instruction, you can learn the mechanics of boxing and perfect your technique.

One of the most exciting things about LA Boxing is that you learn from expert boxers that have earned belts and championship titles all over the world.

“At LA Boxing, you’re working with the best,” said Willis. “You’ll receive instruction from teachers who have competed at world-class levels. There is not another gym in this town that has this kind of credibility.”

LA Boxing offers student discounts (you can receive \$50 off your enrollment fee when you try out a free class). For more information, visit laboxing.com or call 801-765-1BOX. 

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BYU Football: A Season of Change

By Mitch Mallory

Expectations were lofty for BYU football this season following BYU's 38-8 thrashing of Oregon in last year's Las Vegas Bowl.

In the first game of the season, BYU soundly shut down Arizona, ending in a 20-7 victory. Sophomore Max Hall, in his college football debut, passed for 288 yards and two touchdowns.

Next up for BYU was No. 13 UCLA. After falling behind 20-3 early, BYU opened the second half with two touchdown drives. However, a BYU fumble shifted the momentum back to UCLA and the Cougars never recovered, losing the game 27-17.

The third game was against the high scoring Tulsa Golden Hurricanes. The game featured two high-powered passing attacks and sparse defense, as the teams combined for 1,289 yards. Despite Max Hall's 526 passing yards, BYU lost the shootout 55-47.

Then, Air Force came to Provo undefeated. But, after a turnover less than a minute into the game, the Falcons couldn't generate anything offensively. BYU won the game 31-6.

Next, playing against the quick New Mexico blitz, the Cougars capitalized on two fourth-quarter fumbles and defeated the Lobos 31-24.

In Las Vegas, BYU quickly established the running game, with running back Harvey Unga rushing for 178 yards. Despite four turnovers, BYU beat UNLV 24-14.

With games remaining against TCU, Wyoming and Utah, BYU has challenges remaining. But, despite the two losses, the Cougars' future remains optimistic.

Remaining home games:

October 20 vs. Eastern Washington, 2:30p.m.

November 3 vs. Colorado State, 12p.m.

November 8 vs. TCU, 7p.m.

November 24 vs. Utah, 12p.m.

Remaining away games:

October 27th at San Diego State, 7:30p.m.

November 17th at Wyoming, 12p.m.



Happy, Healthy Halloween!

By Ashley Walton

Halloween is a time of spooks and scares, but it doesn't have to be a time when you're scared out of your wits to step onto the scale. Of course, part of the good old-fashioned fun of Halloween is all the treats, but there are several healthy alternatives to the chocolate-

covered candy bar, which averages at 250 calories (with half of them from fat). Here are some ideas to satisfy even the strongest sweet tooth:

Caramel apple,
160 calories, 45 from fat

Pumpkin chocolate chip cookie,
80 calories, 38 from fat

Chocolate-covered strawberry,
30 calories, 13 from fat

Candy corn (22 pieces),
140 calories, 0 grams of fat

Apple cider,
159 calories, less than 1 calorie from fat

Some even hand out untraditional goodies to trick-or-treaters, such as granola bars, which average at 110 calories (with 2 calories from fat), but such a bold move may put the resident at risk of being egged. Use your own discretion.

Don't Get Married To The Machine!

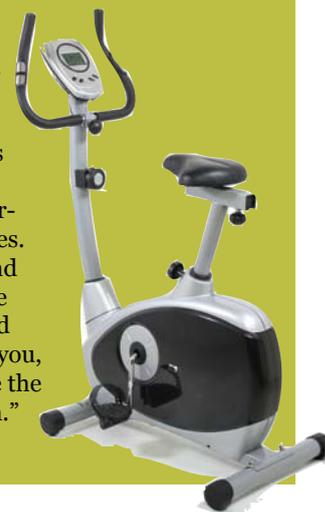
By Kristen Barlow

We've all have fallen in love with a workout machine or two because it works us up just right. Women tend to fall in love with ab machines as men tend to fall in love with arm machines.

But the truth is that the love you have for that machine is just superficial and after awhile you will be stuck on a plateau. It is unhealthy to stay with just one machine. You really need to start opening your eyes to all the other fishes in the sea. I know what you are thinking—you have already tried them and they are either too hard to handle or you don't understand how they work. But when it comes to being fit and healthy, you

really need to do cross training and work all the areas of your body. You can't do the same thing everyday in the gym whether it be a machine or a single cardio workout.

To get the most benefit from each workout, you need a mix of all kinds of exercises, from different machines to free weights to dumbbells to different cardio machines. Change is good, and when that machine that you once loved looks longingly at you, just tell it, "You are the problem, not them."



10 Ways To Stick To Your Workout

By Kristen Barlow

1. Make a soundtrack to put on your Ipod or in your CD player.
2. Keep a calendar and schedule your workouts.
3. Find a workout partner. If you are married go with your spouse, it will greatly increase your relationship in many ways.
4. Don't do the same thing every day; you need variety to guarantee results like fat loss and muscle tone.
5. Enroll into workout classes or sign up for a race.
6. Find an exercise that you like—running, cycling, basketball, yoga, hiking.
7. Write down your fitness goals and when reached, reward yourself with a massage or brand new running shoes.
8. If it is a low energy day, just focus on getting to the gym and then seeing what happens. Getting to the gym is one of the hardest parts.
9. Have your body-fat level measured every few months; you will actually have numbers that you can shoot for.
10. Streak—that is, see how many days you can go without missing a workout. Try to beat your record every time.



Breathless Tips

By Kristen Barlow

Moving to Utah with the higher altitude is anything but easy for those from lower altitudes who love to run, let alone walk to class. In high altitudes, the amount of oxygen in the blood is reduced because there's less oxygen in the air. This leaves us breathing heavily and almost breathless. Stairs are honestly a killer sometimes when walking to class. It can take up to months to make your body acclimatize to the different altitude. To speed up your body's adjustment, here are a few tips:

- 1. Stay Hydrated!** Dehydration naturally occurs at higher altitudes and your body may need more than eight cups of water per day.
- 2. Get plenty of rest.** Take naps—yes you can use naps as an excuse of the altitude.
- 3. If you are working out, take your time.** You will not be able to have peak performance without getting sick afterward for a few weeks. Start off at low to moderate intensity running.
- 4. Run conservatively.** Start your running slower and then build up in intensity during the run. You will be pushed into your anaerobic zone much faster at a higher altitude.
- 5. Eat a high carbohydrate diet and decrease your fat intake.** You use a lot more energy in high altitude regions to move around and even while you study.

Compare Elevations:

Provo, UT: 4,512 feet	Tucson, AZ: 2,400 feet
Salt Lake City, UT: 4,226 feet	Atlanta, GA: 940-1,050 feet
San Diego, CA: 0-72 feet	Dallas, TX: 375-750 feet
San Francisco, CA: 0-52 feet	Denver, CO: 5,140 – 5,672 feet
Las Vegas, NV: 2,001 feet	Detroit, MI: 574-685 feet
Seattle, WA: 0-520 feet	Portland, OR: 1,073 feet
New York City, NY: 33 feet	Kansas City, MO: 722-1,014 feet
Honolulu, HI: 0-2,013 feet	Boise, ID: 2,700 feet

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hot topic

Provo Guy

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noun: A male who, regardless of his social or geographical background, is completely inept when it comes to dating and interaction with the female gender.

By Scotty Spjut



in a social neverland, avoiding responsibility and real life.

It is true there is a huge amount of pressure on Provo guys to date and get married. Unfortunately, too many are either ill-prepared, unwilling or lack the testicular fortitude to even try. They barely ever date, and when they do they are so worried about the future – future dates, future wedding, future babies – they usually react one of two ways.

The guy will either get so freaked out that he never dates again, claiming the whole process is too stressful. Or he'll go the complete opposite direction and propose marriage within two weeks, claiming he's met his soul mate because they both, coincidentally, use the same brand of toothpaste.

Now I don't discredit the pressure from parents, church leaders and friends that can exist while dating. But even though there is this pressure, it doesn't negate the guy's responsibility to date, right?

Unfortunately, there's this egregious misconception – perpetuated from high-school aged Mormons and their ridiculous dating rituals – that says dates need to last for hours, cost a lot of money and be extremely creative. Really, the best first date is short, cheap and simple. Long, expensive and overly creative dates should be saved for birthdays or Valentine's or Rosh Hashanah or something, if ever.

So let's not build pressure upon pressure by having intense dates. What we need is a low-pressure first date, right? I have the phrase that will hopefully cure Provo guys of their ineptitude.

The phrase is, "You want to grab a cone sometime?"

That's right. Ice cream will solve all of your problems.

Let's list some appealing adjectives to describe an encounter resulting from such an invitation: casual, brief, unassuming, low-key, inexpensive, interactive.

I understand Provo guys less than I understand women. And anyone who knows me knows how little I understand women.

On a scale of understanding from one to 10 – with one being simple addition and 10 being the appeal of Renée Zellweger – Provo guys are a nine and a half.

Perhaps a definition is in order.

Provo guy \pro-vo\ \gi\ noun: A male who, regardless of his social or geographical background, is completely inept when it comes to dating and interaction with the female gender.

Provo guys have not existed forever. There used to be a time in our society when men were anxiously engaged in the dating world. Men have since devolved into sissies and the strong have definitely not survived. In summary, everything Darwin ever said is a hoax.

The New York poet Billy Joel, whose words were later put to music, said:

*You will come to a place
Where the only thing you feel
Are loaded guns in your face
And you'll have to deal with pressure
Now here you are with your faith
And your Peter Pan advice
You have no scars on your face
And you cannot handle pressure
But here you are in the ninth
Two men out and three men on
Nowhere to look but inside
Where we all respond to pressure*

It's as if Dr. Joel knew exactly what Provo guys were going through. Provo guys may feel like they have guns pointed at them. They hold tight to their faith, but many are inexperienced in the dating world and even more are

Facebook: The Great Divide

By Mitch Mallory

In our highly technological world, it seems digital conversations and social networking websites are rapidly replacing traditional, face to face relationships.

Facebook, an online website dedicated to connecting students socially, is gaining popularity, and Utah Valley area students have varying opinions of it.

"I think it's ridiculous," said Jordan Cline, a sophomore from Salt Lake City majoring in business marketing. "People substitute real human emotions for 'e-motions.'"

Cline recently had a bad experience with Facebook, as it came to replace real communication with a girl he had been dating.

"We replaced actual conversation and dealing with problems with hiding behind fake



internet personalities," said Cline. "Nobody is who they pretend to be on Facebook."

Despite the growing trend to contact, meet, and even date people online, some students remain indifferent.

"I could care less about Facebook," said Jeff Ipson, a sophomore from Salt Lake City majoring in accounting. "I've just never done it. I've never gotten into it."

For many, Facebook is a double-edged sword.

"I think it's a waste of time," said Ranjan Dhungel, a junior from Katmandu, Nepal majoring in computer science. "It's addictive. But you can find hot chicks out there."

And yet for others, Facebook is not something to replace normal relationships but is merely a tool for keeping in contact with old friends.

"I think Facebook rocks," said Anunaya Basnet, a junior from Katmandu, Nepal majoring in information systems. "It brings you

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Now let's list some adjectives usually used to describe first dates in Provo: drawn-out, awkward, over-the-top, intense, expensive.

Do we see the difference?

It's really quite simple. You and she go to one of the dozens of ice cream places here in Provo and you each get some ice cream. You sit, talk and get to know one another.

But I can already hear the Provo guys asking, "You mean get some ice cream before we go to the movie, right?"

No.

"Then you must mean after we go ice blocking, right?"

No!

"Well, then you MUST mean in between hiking the Y and seeing temple square, right?" NO, NO, NO! Just get ice cream. That's it. I know that blows your mind, but think about it.

We all know guys have a social – and some may say religious – responsibility to ask girls out on dates. Guys should date often and should, at least until otherwise committed, date a lot of different girls.

Ice cream is the perfect way to start a relationship, or probe to see if the relationship may, possibly, eventually – notice the careful usage of conservative wording – become more. Pretty much everyone likes ice cream. You can talk and get to know the person, and it's not a huge commitment. It doesn't last all day, it doesn't cost a lot, and neither of you are making yourselves vulnerable.

Ice cream – or any other low-pressure dates you can think of – is the solution to a lot of dating-related drama.

So, Provo guys, next time you're interested in a girl, what do you say? Everyone together now...

"You want to grab a cone sometime?"

Aww...you'll be normal guys before you know it.

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closer to your friends. You can keep in touch, even if you're far away."

"I like Facebook because it keeps me in touch with people I've known since elementary school that I thought I would never talk to again," said Marisa Pantuso, a junior from Sarasota, Florida majoring in psychology. "The only downfall is when I'm procrastinating homework, I dilly-dally on Facebook. It's a major distraction."

Many agree, maintaining that Facebook is a convenient way to preserve friendships, not a place to make up fake personalities.

"My Facebook profile is me, but it doesn't show all of me," said Stephanie Pace, a junior from El Dorado Hills, California majoring in health education. "I like it because it's a good way to keep in contact with friends. They get married and can put wedding pictures on."

Despite its pros and cons, many students are deciding to get away from "e-relationships" in favor of old-fashioned, person to person relations.

"I'm getting off of Facebook," said Cline. "It turns people into stalkers."

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career & finance

10 Ways to Make Quick Cash

By Jamie Littlefield

So, your rent went up and your new textbooks cost more than a flat screen TV. Before searching your couch for lost coins, check out these quick ways to make a few bucks:

Write an article. If you have a way with words, people will pay for your talents. Submit an article to AssociatedContent.com and you could make a few bucks (\$3-\$20) in addition to a payment based on the page views your article generates (probably only a few cents). Or, submit an article to ConstantContent.com, where you'll be paid whenever a customer buys rights to publish your piece.

Donate plasma. If you can overcome squeamishness, donating plasma is a fast way to make money and help a person in need. Check with Provo's Bio-Medics center to find out their current pay rates: www.joinbiomedics.com.

Tutor or teach. Are you a master of the written word or tae kwon do? Spend a couple hours a week sharing your skills. Many locals recruit pupils on provo.craigslist.org (recent ads include sewing lessons for \$9 an hour and saxophone lessons for \$15 an hour). You might also consider posting advertisements near local schools.

Be a "Business Referral Representative" for Google. Visit local business and collect information such as their hours of operation and the types of payment they accept. Snap a few digital photos and submit the info to Google. They'll pay you \$10 for every confirmed listing. Check out the details and sign-up on their website: www.google.com/local/referral.

Complete simple online tasks. Amazon Mechanical Turk is a new website that pays users for completing "simple tasks that people do better than computers." You may find yourself writing football trivia questions or putting together a simple product review. Each listed task comes with a price tag. They don't pay much, but the projects can add up. Check it out at www.mturk.com.

Create a virtual "hub." Several websites now pay users to put together virtual hubs of information such as links, reviews, and commentary. Users are paid based on page views. Most people don't make very

much, but it can provide a decent amount of pocket change if you have a knack for thinking up popular topics. Learn more at sites like www.hubpages.com and www.squidoo.com.

Write a blog. Many part-time bloggers bring home a few bucks each week. If you're a novice interested in starting your own blog, www.blogger.com is the easiest way to start a blog without any web design or programming knowledge. Blogger will let you instantly include Google Ads, which will pay depending on the number of page views your blog receives and the number of times visitors click on advertisements. Alternatively, consider writing for a blogging network. Writing a daily post often takes only 20 minutes or so. Blogging networks such as www.creative-webblogging.com and www.b5media.com pay around \$250 a month.

Distribute magazines. Help Schooled Magazine make it to students' doorsteps and you'll be rewarded for your efforts. Once a month distributors are paid per magazine delivery – the more magazines you distribute, the more you make. If interested email info@schooledmagazine.com.

Sell your stuff.

Almost everyone has too much junk cluttering their study space. Try selling your goods to locals by making a post on provo.craigslist.org or putting a 3x5 card on BYU's famous

"Wilk Board" (downstairs in the Wilkinson Student Center). Or, list your items on eBay. Remember: one man's trash is another man's treasure.

Take some pictures. Marriage is a pretty big deal in Utah Valley. Why not capitalize on the trend and develop your talents as a wedding/engagement photographer. Many couples are looking for budget-priced photography and don't care about credentials as long as the photographer has a decent portfolio. A single wedding photo shoot could bring in several hundred dollars. Alternatively, sell your best shots to stock photography websites such as www.istockphoto.com or www.bigstockphoto.com. You'll make a cut every time someone buys rights to your images.

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