

for the student | by the student

Schooled

Magazine

**Date Night Ideas
For BYU & UVU Students**

Booters... Ugh

Flirting Facts

Birthday Freebies

Are You A Good Gossip?

Your Ideal Workout

**Top 10 Side Jobs
To Earn You Extra
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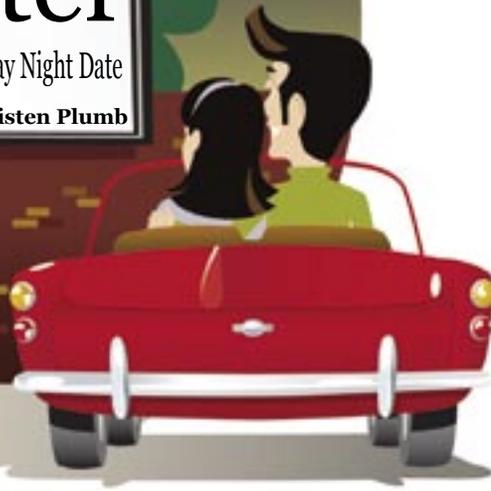


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Dinner & A Movie, Done Better

10 Ways To Upgrade Your Standard Saturday Night Date

By Kristen Plumb



Dinner and a movie is one of the most popular dates in the college student culture; however, sometimes the same old date routine can get boring. You don't want that to get in the way of your relationship! So how can you upgrade your standard Saturday-night dates without upgrading your price? Here are 10 ways to do just that:

1. Turn your night into a mini-vacation by matching the menu to the movie. Kung fu action flick? Order take-out from your local Chinese restaurant. Italian family drama? Share a big bowl of spaghetti.

2. Get decked out — even if you're just going to the local diner. Slip into some nice clothes—dresses, suits, etc. No matter where you go, looking like your best version of yourself will make the evening feel special.

3. Have a picture-perfect night. Take a camera with you and at different points on your night out, ask people to take your photo (make it a point to lock lips for some of the snaps). At the end of the night look at all your photos together and reminisce about the special moments.

4. Create your own “drive-in” experience. If you have a laptop with a DVD drive, take it out with you. Rent or download a movie and go to a park — preferably one with a scenic view.

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5. Laugh like a kid again at the latest G- or PG-rated movie. Get silly together and enjoy seeing a kid movie. Bring or buy your favorite treats from when you were a kid.

6. Find a restaurant with a dance floor. Even if you have no coordination, you can still hold each other close and sway to the beat.

7. Visit the museum. College campuses usually have some type of museum to go to. This will help spice up conversation at dinner.

8. Add some color. Give in to the undeniably romantic allure of watching the sun go down. Head to the highest point in town and watch the sun go down while holding hands (or doing whatever else you do).

9. Relive your first date. Follow the same itinerary and include as many of the original details as possible. It can help remind you how much you and your partner have learned about each other since that first date compared to where you are now.

10. Have a gourmet picnic. Cruise the aisles of your supermarket and load your cart with some delicacies you've been wanting to try. Pack a cute basket and bring a big picnic blanket for some fun outside.

FLIRT F

1. Flirting is good for you. Studies show that people who flirt have higher white blood-cell counts, which boost both immunity and health.

2. In some places, flirting is illegal. In Little Rock, AR, an antiquated law is still on the books warning that engaging in playful banter may result in a 30-day jail term.

3. These days, cell phones do the flirting. In one survey, half of all mobile phone users have texted suggestive messages to keep things interesting while away from their love.

4. Flirting need not occur face-to-face. People who look for love online say they can easily flirt with someone via email or instant messages.

5. You can overdo it. According to the Social Issues Research Centre, the most common mistake people make when flirting is maintaining too much eye contact.



FLIRTING SIGNALS

By Kristen Plumb

6. There are 52 “flirting signals” used by humans. Of these, the hair flip is the most common.

7. Flirting is universal. Attracting a little attention in New York City or in rural Cambodia both employ the very same moves: smiling, arching the eyebrows, then averting the gaze and giggling. Animals flirt too; birds, reptiles, and even fish have their own way of strutting their stuff.

8. Sometimes, flirty gestures aren’t what they seem. Research has shown that men tend to routinely mistake friendly behavior for flirting.



Birthday Freebies

Join These Restaurant Birthday Clubs For Freebies On Your Special Day

By Chelsea A. Pyle

As college students, we’re always looking for ways to cut corners in cost and still have a fun time. Well, here’s something to consider: for the whole month of your birthday, you can eat out free every weekend! What do you think about that?

Birthday clubs are one of restaurants’ marketing ploys to keep customers coming back for more – and not just national chains either. Local favorites are jumping on the bandwagon to offer you their tasty treats at no cost. For some of these you’ll have to register first and endure monthly emails, but in my humble opinion, it’s a small price to pay for a great deal.

While I’m good at scouring local restaurants for deals, I can’t pick up on everything; if you’ve got a favorite not on this list, check their website or ask your server the next time you stop in to see what deals you can score on your special day.

Tucanos: Free meal

Cold Stone: Free ice cream

Red Robin: Free burger

Smokehouse: Free drink, and dessert

TGI Friday’s: Free entrée

Noodles and Company: Free meal

Baskin Robbins: Free ice cream

Fuddruckers: Free burger
IHOP: Free meal

Krispy Kreme: Free dozen donuts

Macaroni Grill: Free dessert, plus free appetizer if you register

Outback Steakhouse: Free dessert, other free offers if you register

PF Chang’s: Free dessert excluding chocolate wall

Red Lobster: Free dessert, more free offers for your birthday if you register

Applebee’s: Free dessert, free meal if you register

Happy Sumo: Free meal

California Pizza Kitchen: Free dessert

**Many of these locations require registration prior to your birthday, so make sure to sign up next time you’re there! Some deals are good for your entire birthday month; please check all restaurants for more details.



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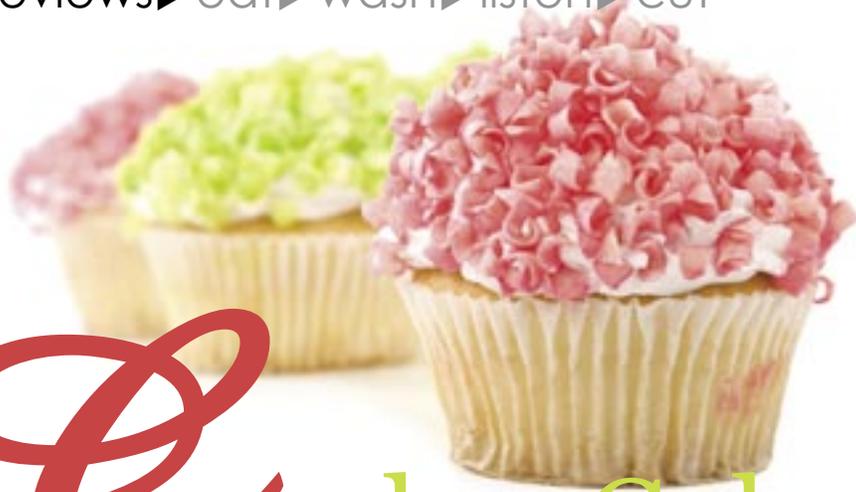
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Cupcakes Galore

By Charlotte Chen

It's official: the cupcake trend has hit Utah, and business is booming across the state in sweet shops and home-based businesses alike.

I chanced upon the grand opening of The Sweet Tooth Fairy Bake Shop in Provo while browsing my friends' events on Facebook. I explored the shop's website and was immediately excited – I have seen places selling such cupcakes in bigger cities but never in Provo.

One step into The Sweet Tooth Fairy, and you feel as though you have entered a fantasy land. The pretty cupcakes just about call out to you, and it is hard to decide which to pick. The peanut butter chocolate looks good, but so does the cookies 'n' cream and the key lime pie and...you get the idea. They all look good. I picked the strawberry shortcake after much deliberation, and I enjoyed it thoroughly.

The Sweet Tooth Fairy Bake Shop has a wide range of flavors, and, surprisingly, they change frequently as store owner Megan Faulkner Brown is constantly trying out new things. Also, you can order custom-made cupcakes which are perfect for themed parties. One of my favorites is the Twilight-themed cupcakes that say 'I love Edward' and 'I love Jacob,' or 'Team Werewolf' versus 'Team Vampire.'

Another of my favorite cupcakes comes from Cupcake Chic, a home business looking to open a storefront soon. I am in love with their strawberry-vanilla cupcake, which features a vanilla bean cake with strawberry frosting (made from pureed strawberries – yum!). It tastes exactly like strawberry ice cream, making it the best of both the cake and ice cream worlds.

If you'd still like your cake and ice cream together, you will be delighted to know that for a limited time only, Cold Stone Creamery is selling ice cream cupcakes. A six-pack sells for just \$9.99.

To top it off, I frequently drool over several websites devoted solely to cupcake talk. They feature some very beautiful cupcakes as well as reviews of "cupcakeries" all around the world.

1. *Cupcakestakethecake.blogspot.com*

– Rachel Kramer Bussel and her friends have been following the cupcake trend since December 2004 and have a list of cupcake stores all over the world (found at the sidebar on their site).

2. *Utahlovescupcakes.com*

– Visit this site for a more local update on the cupcakeries in the valley.

3. *Cupcakeactivist.com*

– Elise Wallace enjoys seeking out new cupcakeries when she travels to different countries and states. Check out the review she did on Diva's Cupcakes & Coffee in Salt Lake.

4. *Allthingscupcake.com*

– Just as the name reads, everything you want to know about cupcakes can be found here.

Local cupcakeries

1. *The Sweet Tooth Fairy Bake Shop*

1227 South University Ave, Provo
(801) 375-3484

2. *Cupcake Chic*

Springville
(801) 368 9469
Available at Coffee Pod (426 West 1230 North, Provo), Art City Coffee (484 South 1750 West, Springville), and Jaxies (747 North Main St, Spanish Fork)

3. *Dear Lizzie Boutique & Bistro*

10953 North Alpine Highway, Highland

4. *Blue Lemon Bistro*

11073 North Alpine Highway, Highland

5. *So Cupcake*

3939 South Highland Dr., Salt Lake City

6. *Mini's*

14 East 800 South, Salt Lake City

7. *Diva's Cupcakes & Coffee*

1560 East 3300 South, Salt Lake City

Stain Removal 101

By Rebecca Rode

You're popping quarters into the washing machine when you notice a red stain on your white shirt. Or a chocolate stain on your favorite jeans. What if it's something worse, like blood or ink? Or, if you're a guy, lipstick on your collar? (Ahem – how did that get there?)

Here are some tried-and-tested tricks to get the stains out, with ingredients that any college student can find:

Berry juice: Use boiling water or lemon juice on the stain; rub gently until faded and wash as usual.

Ink stains: Soak the stain in hairspray, rubbing alcohol or milk. Spray with pre-wash and wash as usual.

Blood stains: Douse with hydrogen peroxide or Windex. Rub gently and wash as usual.

Chocolate: Squirt with liquid hand soap & ammonia, then rub gently; or, soak in milk and wash as usual.

Lipstick: Coat the stain with hairspray or petroleum jelly. Wash as usual.

Ring around the shirt collar: Rub gently with shampoo and rinse. Wash as usual.

Note: Since all fabrics are different, test each solution on a discrete area first to ensure against an off-color reaction. Remember to check the stained garment before transferring it to the dryer. Once it has been through the dryer, the stain is sealed in and likely can't be removed. And if all else fails, you can still call Mommy. We won't tell.



The Yarrow



A lot of college-aged guys start up bands. But not very many of them donate all of their proceeds to local non-profit organizations.

Meet The Yarrow, a group of guys that say they will play rock 'n' roll until the world ends or the Utah Jazz win the NBA finals, whichever comes first.

"We all love music," said Vic Kickstart, the band's lead singer and guitarist. "And one day it hit us that we don't care if we make any money doing this because we love it so much, so we might as well find a cause that we support and give the money to them."

And that's exactly what they do.

In January, the band told the administrators at Community Action Services and Food Bank that they wanted to give all proceeds from their concerts and appearances to the agency.

They may not be bringing in a lot of money, "But we feel like a few dollars here and a few dollars there can make a big difference," said Kickstart.

The members of The Yarrow pride themselves on their high-energy show that involves the audience in unique ways.

Kickstart says he hopes The Yarrow can be an example for members of the community. "Wouldn't it be great if everyone found something they loved to do and put it toward a good cause?" he said. "The world really would be such a better place."

Band Members/Roles:

Vic Kickstart: Lead guitar, face-melting solos, dulcimer, vocals
 Krash Mason: Drums, percussion, ribcage
 Freddie Masters: Keyboards, theremin
 Jonny Murdock: Guitar, bike-phone
 Baron Helmut von Zuhalter: Bass guitar, octohorn

The Yarrow Support:

Community Action Food Bank, Home Buyer & Mortgage Counseling Services, Support Services Family Development, HEAT Program, Community Action Youth Program, Elderly Services

The Yarrow Online:

myspace.com/theyarrow
 Facebook Search: The Yarrow

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Booters.

A Satirical Twist

By Scotty Spjut

Norse lore tells us of the troll – a mean and often ugly creature whose sole purpose was to bring hardship and heartache to anything he encountered. Most famously, perhaps, is the Norwegian fairy tale of *Three Billy Goats Gruff*, where the antagonist troll lives under a bridge over which three goat brothers need to cross in order to get to greener pastures.

Conveniently crossing in size order from smallest to largest, the first two goats are able to escape becoming the troll's dinner by telling of their eldest brother who would soon cross the bridge. However, when the third brother finally arrives and the troll attempts to eat the goat, the eldest brother's counterattack maims the troll and knocks him into the river, killing him. The moral of the story is one of brains over brawn.

But in today's world, bridges no longer pose such a threat; they aren't often used for essential pedestrian transportation. So with fewer bridges to guard, what facet of society do these heartless, soulless, evil, treacherous, stupid (did I mention ugly?) trolls now inhabit?

They're the ones that boot your car.

So how does an individual become so ruthless? What sort of upbringing leads someone to such extortion? And in what kinds of activities, clubs, and groups do they participate? What sort of people decline more reputable lines of work in order to join the ranks of such scum as salespeople, lawyers, politicians and Dr. Phil?

They're the kind of people who have no real life skills. They're not competent enough to even flip a hamburger. This is why they must patrol parking lots late at night (they're nocturnal creatures; any light makes them wither and die) in order to place the mechanical equivalent of a football lineman (a big, heavy, otherwise-useless tool) on a car that is not bothering anyone because it is surrounded by empty parking spots.

“They're the kind of people who microwave kittens, eat babies, and refuse to admit they were picking their nose even though you just saw them doing it.”

They're the kind of people who received coal for Christmas at least once during their childhood. Instinctively evil people, they want nothing more than to inconvenience others even though there is no logical reason to do so.

They're the kind of people who microwave kittens, eat babies, and refuse to admit they were picking their nose even though you just saw them doing it.

They're the kind of people who say “I could care less” instead of “I couldn't care less” – completely ignoring not only basic tenets of grammar, but also the idea that what you say should actually make sense.

They're the kind of people who think the law “keep right, except to pass” is just a suggestion. So while driving (usually an amazing-clean SUV; they've apparently forgotten what the “S” and “U” stand for), they think setting up a moving roadblock – as they cruise in the middle lane with cars on either side of them – ignoring everyone else around them constitutes good driving.

They're the kind of people who drink bottled water. Seriously folks – the stuff that comes out of the tap isn't going to kill you, the taste isn't as bad as you say it is, and you need to realize that you're paying for water!

They're the kind of people who think *Two and a Half Men* is a funny show.

They're the kind of people who think Nicholas Cage is a good actor. The only good movie he was ever in was *Fast Times at Ridgemont High* and his scene got cut – he was that awful.

They're the kind of people who read *Harry Potter*, *Twilight*, or any other book for that matter. Books are overrated; if they were that important, they would have been movies first.

Simply put, booters are the essence of everything wrong with the world. They depress and drain others, add nothing to society, and I'm sure have mothers that absolutely despise everything about them.

Be a good gossip

By Deborah Barlow-Taylor

We've all played the game Telephone. I mean, who doesn't like sharing juicy news with a roommate or friend? It's a fact, gossip is part of everyone's life, whether you like it or not. Research shows that a little gossip is healthy. It's what keeps culture going. And it's been proven that sharing an inside scoop with someone makes you feel closer to them. Since gossip is a social skill, it's only when you don't do it well that you get in trouble. Here are some tips on how to dish dirt without letting anyone get hurt.

Facts Only. You slip into dangerous territory when you start discussing your own theories or pass judgment on someone. Make sure you stick to the facts and don't make something bigger than it really is.

Be Selective. Choose carefully who you gossip to. Rather than broadcast the news to all, be selective in whom will benefit from your story. For example, you might only tell your single pals that your brother is on the market again.

Beware of the Domino Effect. Just like in the game of Telephone, tales tend to get more sinister as they move along the grapevine. Avoid starting a nasty rumor, and keep your phrasing upbeat.

Know when to zip it. Not all gossip is good. It's bad when gossip serves no purpose than to make you feel better about yourself. Different studies on gossip suggest that people are judged more harshly when others perceive them as gossiping only for their own benefit. Make sure that you avoid bias and don't show selfishness in your gossiping. If you're maliciously attacking someone with gossip—it's bound to come back at you a hundred fold.



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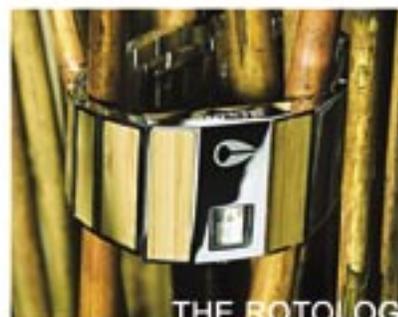
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Your Ideal Workout

There are a lot of ways to stay in shape, but what works for some won't work for others. Here are a couple of parameters to start out with when deciding upon an exercise regimen.

Determine your goals. It's hard to pick a workout if you don't know what your end goal will be. Do you want to lose weight? Do you want to tone up? Different workouts will fulfill different goal sets. Don't forget to factor in your limitations and schedule. If your goal is to slim down for a wedding in a month, a once-weekly aerobics class is not going to cut it.

Consider your resources. In our area, we have almost too many options for staying in shape. There are classes, gyms, and studios to fulfill almost any need, not to mention classes available at either university. Once you figure out what you want to do, a quick Google search will let you know what's available. Don't forget to keep an eye on the price.

If you find that you'd just like to get moving more (and you'd rather not fork out the money for a gym membership or class fee), be willing to try out some physical education classes at school. As college students, we have it good because we can take any number of PE classes and get credit for them! While it's true that these classes are not usually applicable to our majors, they are still worthwhile and will always be applicable to our lives. Both universities offer everything from team sports and weight lifting to dance and jogging. Take at least one "gym" type class every semester and you will not only be happier (gotta love those endorphins), but also you'll have more energy to study harder. See? Everyone wins.

If your fitness goals are going to require more than a twice-weekly basketball class – and you've got the dough to explore pricier options – gym memberships are great for an array of reasons:

1. 24-hour service: It's nice to know that even if your schedule is packed, you can still

go to the gym early in the morning or late at night to exercise.

2. Variety: Not only do gyms have a myriad of machines to strengthen and tone muscles or burn calories, but also they offer an assortment of classes at various times throughout the day. So if you're getting bored with a particular workout, a gym makes it easy to switch up your routine. You can always try something new that might work better and keep you motivated.

3. Speaking of motivation...: Gym memberships are nice because that monthly bill or the membership access on your key ring are helpful constant reminders to work on your exercise goals.

Additionally, if you don't want to pay for a gym membership and you're not currently a student, remember that university facilities often are open to the community as well. BYU's Fitness Program offers classes such as kickboxing, yoga, and water aerobics to the community at a price far cheaper than what you would pay at the gym. Remember, you can always try a class for free before you commit.

If gyms and university settings are out for you, don't forget three other great resources: studios, the outdoors, and your home. Besides offering adult classes, many dance studios also offer classes like Pilates and yoga. Some people hate the confines of a gym or room, so they look to exercise outside. Enjoy jogging, biking and hiking in the summer, or skiing and snowboarding in the winter – you just can't beat the outdoor offerings in Utah Valley. Don't forget your home either! Whether you get fit to Tae Bo videos or by arm-curling gallons of milk, there are lots of exercises you can do in and around your own home. Best of all, it's completely free!

However or wherever you choose to work out, find a routine that's enjoyable for you – you're more likely to stick with it and achieve those fitness goals.

By Chelsea A. Pyle

What Are Your Cravings Telling You? By Kristen Plumb

Many of the "food cravings" you experience from time to time could actually reveal something larger than your body needs.

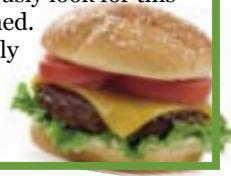
Chocolate. Chocolate's phenylethylamine and magnesium help stabilize blood sugar levels and make you feel more relaxed. There are other ways to get more relaxed like exercise, yoga, board games, a puzzle, or deep breaths.

Potato Chips. Your body probably needs a thirst-quenching drink. People crave salt when they are dehydrated because salt helps the body hold onto water.

Burger. Your body probably needs iron, which helps boost energy and mood.

Ice Cream. The cold, smooth texture in your mouth triggers the release of galanin, which helps you feel relaxed and carefree. Instead, do something else that relaxes you, like the ideas previously listed for battling the craving for chocolate.

Cookies and Donuts. Cookies and donuts are quick ways to get an energy jolt. Many of us subconsciously look for this quick fix when we feel drained. Instead of eating these highly caloric things, try taking a power nap or an energizing walk.



Zumba!

Have you ever been bored while exercising? Are you tired of aerobics classes that repeat the same steps every week? Try Zumba, the new aerobics craze sweeping the nation; it might just be the exercise program for you.

Creator Beto Perez wanted to develop an exercise regimen that burns calories and tones muscles all while having fun. "We utilize the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It's a way of mixing body sculpting movements with easy-to-follow dance steps," says Perez.

Personally, I've been going to Zumba classes for about 6 months now, and I'm converted. Every routine works multiple muscle groups, but you don't realize the work you're doing because it's so fun and addictive. Zumba uses a variety of styles in its routines, including cumbia, merengue, salsa, reggaeton, mambo, rumba, flamenco, calypso and Salsaton. Music selections include both fast and slow rhythms to help tone and sculpt the body.

Zumba currently has over 25,000 instructors worldwide with many opportunities to try it in the Utah Valley area. You can find classes at both the Provo and Orem Gold's Gym locations and at the Provo 24 Hour Fitness. BYU also offers a Zumba class as part of its Aerobic Fitness Program available to the community.

Tell me you'd rather be on a treadmill. Seriously.

By Chelsea A. Pyle

Ten Side Jobs to Earn Extra Cash

By Rebecca Rode



Let's face it: times are tough, and even college students are feeling the pinch. Competition for work has increased dramatically, but the average paycheck is the same or lower than it has been in past years. Rent, food, and books can take a big chunk of your college budget. And of course, there's the yearly tuition hike.

College students are getting creative with ways to pay the bills. Here are ten side jobs that can earn you extra cash:

1. Seasonal Outdoor Work: Almost anyone, male or female, can go door-to-door asking if residents want their leaves raked, their lawn mowed, or their walkways cleared of snow. This type of work requires little equipment (which can be rented or borrowed) and can earn you \$20-50 an hour.

2. House Cleaner: Whether you join a cleaning company or go out alone, there is good money to be made cleaning houses. In apartment complexes that require cleaning checks, you can even offer your cleaning services to students who don't have time to prepare for their upcoming cleaning check. This type of work requires only cleaning supplies and a little advertising, and can earn you \$20-100 an hour.

3. eBay Tycoon: Collect junk or clothes from neighbors, sidewalks, or online and sell it for profit. An old piece of furniture can be sanded, painted, or upholstered in an hour or two – and then resold for a nice chunk of change. Lightly used clothing sells quite well on eBay, and even appliances or computer parts can be sold online. If you target the right market, you can sell it. Post fliers on school

bulletin boards or list online (one popular online classifieds site is www.ksl.com, where you can sell anything for no listing fee). This type of work requires only a little elbow grease, some patience, and perhaps Internet access, and it can earn you \$5-200 an hour.

4. Drop-in Cook: Have a few good recipes? Offer to cook dinner three times a week for another apartment. Give them a shopping list for the week so all you have to do is show up and cook. This type of work requires only creativity and a little talent, and it can earn you \$10-30 an hour. It could help you get dates, too.

5. Music Lesson Teacher: Statistics show that 40-60% of Utah Valley college students play an instrument. Offer cheap music lessons to roommates, neighbors, and potential dates. This type of work requires talent, an instrument, and a little advertising and can earn you \$10-30 an hour.

6. Custodian: It may not be the most glamorous employment you've ever had, but it's one job that isn't going anywhere. Custodial work usually offers night or early morning shifts, so you can still attend day classes. This type of job requires only a sense of humor and an old pair of jeans, and it can earn you \$8-15 an hour.

7. Window Painter: If you have some artistic talent, talk to local stores and restaurants and offer to paint their windows. They always need words such as "Blowout Sale" or "Everything 60% Off" painted, or even pictures of snowmen in winter or fireworks in summer. Just remember to practice at home and take

photos of your work so you have a portfolio to show your customers. This type of work requires a little artistic talent and advertising, and it can earn you \$10-40 an hour.

8. Hair Stylist: If you have hairstyling training or experience, go door-to-door and ask if anyone needs a haircut. This may require special scissors or clippers, but it can earn you \$20-50 an hour.

9. Ticket Salesman: Buy sports, music, or cultural event tickets early on and then sell them for a profit. Remember that some venues have strict rules and regulations about when and where you can do so. School bulletin boards and online sites are popular for ticket exchanges and sales. This type of work requires a little money up-front to make purchases, but it can earn you \$5-50 an hour.

10. Tutor: Regardless of where you go to school, your area of study (especially math and science) probably has a need for tutors. Some departments ask for volunteers while others pay tutors by the hour. You can advertise on your own online or with fliers. This type of work requires some knowledge or experience of the subject you're teaching, and it could pay \$5-30 an hour.

With a little creativity and some courage, you can earn money doing almost anything. And who knows—maybe you'll meet a few interesting dating prospects in the process. At any rate, it will take your mind off chemistry for a while.

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