

for the student | by the student

Schooled

Magazine

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Don't Be Boring Get Involved!

By Kailee Heger

It's back to the grind of school after a long summer break and what is a college student to do?! No one wants to give up on all the fun just yet! It's still warm outside and the energy of fall semester is just beginning. With thousands of students returning to Utah County, it's time to reunite with old friends, pick up some new ones, and get playing!

No, I'm not promoting for you to fail out of your classes, but it's always good to have a balance of school and play. So here's a list of cool "things to do" while surviving this semester:

Play an intramural sport.

Whether at BYU or UVU, intramurals is a sure way to get your adrenaline pumping while meeting new people and staying active. Visit intramurals.byu.edu/ or uvu.edu/intramurals/ for a list of sports and schedules.

Get outdoors. Now this suggestion runs deep. We are surrounded by a variety of recreational opportunities - rock climbing, biking, hiking, and repelling (to name a few). First, scope out what is available. Take a scenic drive up the canyon of your choice - Provo, Spanish Fork, Hobble Creek, or American Fork. Then pick your activity. Don't have the equipment necessary? Visiting Outdoors Unlimited (outdoors.byu.edu) is a good place to start.

Don't want to go outdoors?

Here's an idea. Act in a school or community play. You don't have to be a music and drama major to enjoy this one. Audition with SCERA or a local playhouse. Look to scera.org for upcoming tryouts.

Join a club. BYU and UVU both have more than 50 clubs each. You are doomed to find a club that fits your fancy. And don't forget, you can create your own. Go to byusa.byu.edu or uvu.edu/studentinvolvement/.

These websites will lead you to a list of clubs plus a schedule of university student events. Simply attending these events and getting involved can solve mounds of problems in your social life.

Be active. Start up jogging or cycling. Not appealing to do on your own? No worries. Look to the previous suggestion. (Hint: joining a club will land you many people with your same hobby.)

Become a mentor. In other words, become a friend to a boy or girl who is waiting to be paired with an adult mentor. The local Safety Net Mentor Program needs your help. Go to safetynetmentor.org to get signed up.

Go to the games. We all know fall semester equals football season. Buy a BYU All-Sport Pass. Be a fan. Paint yourself blue. Use your pass to support the football team and women's volleyball team who both play throughout this semester. Keep in mind an All-Sport Pass will get you into other sporting events throughout the upcoming year too including basketball and men's volleyball.

Do volunteer work. Begin by visiting your school's Center for Service and Learning. There you can find great service opportunities near you. United Way of Utah County (unitedwayuc.org/volunteer) can give you an additional listing of volunteer work in your area.

Want to find a new hobby?

Consider classes offered through Provo city. Take up pottery, dance, art, or aerobics. Visit provo.org.

Overall, find something! Get out and have a good time! Your textbooks will be waiting for you right where you left them. As Phyllis McGinley said, "A hobby a day keeps the doldrums away."

Conversation Starters

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

In A Bookstore

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

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

At A Party

* Say, "You look so familiar. Didn't we meet at the dance party on Center Street?" Then ask them where they're from, where they're living, etc. to see if you can find something in common!

*Bring a hilarious card for the host of the party. Have everyone at the party sign it—it's an easy ticket to talk to your target.

*Practice some psychic savvy—read a few of your pals' palms, then ask them if they'd like to read yours!

At The Gym

*Lay your mat near a hot gym-goer doing crunches. When they take a sit-up break, ever-so-politely ask if they can show you the best move to get six-pack abs.

*(For you girls) You want to try the leg-press machine, but the last user left heavy weights on it. Ask a buff guy to help you remove them.

*(For you guys) Situate yourself near a hottie in a yoga class. When the instructor asks everyone to pair up for a headstand drill, ask her to be your partner.

In Class

*If they have the latest laptop (or Palm or cell phone), ask them how they like it, and if you could take a look since you're thinking of buying one. If you're feeling bold, type in your name and phone number.

*Ask them if they are interested in creating an after-class study group to help go over notes.

*Ask to borrow the movie section of their newspaper to see what's playing that night and casually ask if they have seen any good flicks lately. If they get really animated during your cinema chat, invite them to catch a 7:30 show with you.





Who Would Win In A Fight, A Wolverine Or A Cougar?

According to zoologists, it would be a pretty good battle. They would probably go a few rounds, but after a few pounces and swats you want to put your money on the cougar.



Is Your Body Language Holding You Back?

Imagine this: You go to your girlfriend's house 20 minutes late for your date. When she opens the door, she is standing very stiffly with her hands on her hips, tapping her foot. Her lips are clenched tightly together and she is breathing heavily through her nose as her head slightly twitches back and forth. She doesn't even have to say anything and you get the picture. She is fuming!

Most of the time, whether we like it or not, body language speaks louder than words. It gives clearer meaning to our words, or sometimes, unintentionally, sends the wrong message. For example, if a girl is with a boy, but she is sitting on the couch in her own little bubble, arms tightly folded, legs crossed in the opposite direction of the boy, and eyes wandering off, what is the boy going to think? Now maybe this girl is shy or a little insecure, but her body language is saying **DO NOT APPROACH ME!!!**

Have you ever taken an extra second to think about what messages your body language is sending? Well you definitely should since many experts have reported that communication is 10 percent verbal, and 90 percent non-verbal. So here are some do's and don'ts concerning body language, to help you avoid sending the wrong signal.

Don't cross your arms. This makes you look closed off or even gives the impression that you're holding back. Instead put your arms in your lap or down at your side. Avoid putting your hands in your pockets though since that can send the signal that you are nervous or hiding something.

Maintain good eye contact. I had this friend who was adored by so many girls because of the way he looked into a your eyes. You just felt that he was truly listening because he was always maintaining eye contact. When you let your eyes start scanning the room or you constantly look down, that can be interpreted as being disinterested, conceited, insecure, or even being dishonest. Good eye contact, however, shows confidence and warmth.

Avoid fidgeting- playing with rings, hair, keys, etc. It sends a big message that you're nervous, which even if you are, don't advertise it. Find something else to keep your hands occupied.

Sit up straight. Poor posture can be interpreted as sloppy, lazy or depressed. Not exactly the best signal to be sending on a first date or a job interview.

By Esther Palmer



Publisher



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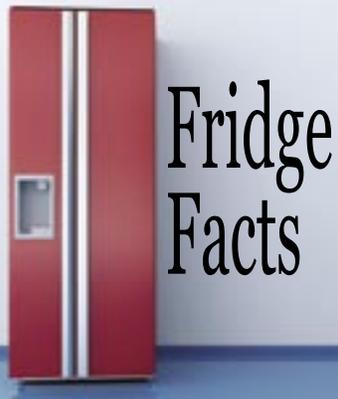


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Fridge Facts

Hot tip of the month. Now that your back on your own, and mom isn't there to make sure the fridge is clean, take note of these important tips about your refrigerator.

Refrigerate hot foods as soon as possible and within two hours after cooking. Don't worry about putting hot foods in the fridge—they chill faster there. If you cooked in a large pot, put food into smaller, shallow containers for faster cooling.

Keep the refrigerator at 40° F or lower. If you're not sure what the temperature is, get a refrigerator thermometer. If needed, adjust the thermostat.

Date leftovers so they can be used within a safe time. Usually they're safe if eaten within three to five days of being refrigerated, depending on the type of food.

Don't overload the refrigerator. You need enough space between food containers to ensure that air can circulate freely.



By Rebekah Jakeman

Wash your hands. A quick rub under the faucet isn't enough. (For more tips about washing your hands, please see page 7.)

Immunize. Get your flu shot.

Nutrition. Stick to a schedule for meals. Avoid periods of no food and then overindulging. Consume plenty of folic acids (found in dark green leafy vegs, eggs and whole grains).

Time-out. Do whatever helps you relax. If you're lacking ideas, it has been proven that those who pop bubble gum 10 minutes before a stressful activity are significantly more relaxed.

Exercise. You know the drill. Make healthy choices—opt for the stairs over the elevator, jog in place while waiting in line, heft soup cans while waiting for your dinner to cook. Enough said.

Rest. On average you need eight hours of sleep for every 24 hours. Every hour of sleep before midnight gives you almost twice as much benefit as those after 12 a.m.

Herbal remedies. Honeysuckle helps reduce high fevers. Both ginger and peppermint can help settle upset stomachs. Elderberry reduces flu symptoms. Garlic helps fight bacterial and viral infections.

Eat fish at least once a week. It contains omega oils which help boost the body's immune system.

Ascorbic Acid (Vitamin C); Be sure to get your daily dosage.

Less fat and sugar intake. According to the recommended diet, the average person should limit his/her in-take to 2000 calories and 18 grams of fat a day.

Temperature. Avoid extremes in temperature which are harmful for your body. Don't leave the house with wet hair which will freeze in the winter wind or pump up the heat too high in your apartment.

Hydration. Drink six to eight glasses of fluids a day (water, fruit/veg juice, or milk). Make it a goal to get a drink every time you pass a water fountain. Avoid too much hot chocolate. The caffeine actually works against the hydration in your body.



Holiday Cheat Sheet

Thanksgiving doesn't have to signal the beginning of a six-week binge-fest. Check these four items off by the end of the day for a healthy start to the holiday season.

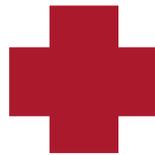
- Choose a form-fitting outfit. No baggy jeans or sweats. You will be less likely to gorge yourself on holiday treats, and you'll look your best for family photos.
- Enjoy palm-size, or smaller, amounts of your holiday favorites instead of taking some of everything. Skip out on the second helpings.
- TiVo the football games and get active. Hike, walk, or go for a bike ride once the table has cleared, or play some games with your family before the big dinner.
- Choose pumpkin pie instead of pecan and shave 200 calories off of your meal. Leave the crust and trim off even more calories.

Bad Breath Killing Your Social Life

By Kristen Plumb

Halitosis, commonly known as bad breath, is in most cases caused by the breakdown of sulfur compounds from the food you eat, which get stuck in your teeth and your tongue. It is estimated to be the third frequent reason for seeking dental aid today. However it can be eliminated with just a little effort every day. Besides regular brushing, be sure to gently scrape or brush your tongue. Also, always floss—the most dreaded minuscule task that prevents periodontal disease (chronic swollen, bloody gums) that leaves pockets between your gums and teeth, which commonly fill with smelly bacteria.

If your breath still stinks, and you're running late for a hot date, remember that a dry mouth can be a harbor for (stinky) bacterial buildup. Remember these three suggestions: when chewing gum, chew sugarless gum that can help with the production of saliva, when using mouthwash, use alcohol-free which can neutralize sulfur and keep your mouth moist opposed to mouthwash with alcohol, and drink lots of water which will maintain the saliva levels.



It's always good to know where to go if you have a medical emergency or need a doctor. Especially with flu season and cold months around the corner. Here is a list of where you can go!

BYU Student Health Center
1750 North Wymount Terrace
Drive, Provo
801.422.2771

Riverwoods Urgent Care Center
280 River Park Dr Ste 100,
Provo
801.229.2011

IHC Health Center
1975 N State Street, Orem
801.714.5500

Timpanogos Regional Hospital
750 W 800 N, Orem
801.714.6000

Orem Community Hospital
331 N 400 W
Orem, UT 84057
801.224.4080

University Health Care
145 W University PKWY, Orem
801.234.8600

Utah Valley Regional Medical Center
1034 N 500 W, Provo
801.357.7850



QUIZ

ARE THEY INTO YOU?

When you lock eyes with your crush, how do they react?

- A. He/She looks away and keeps talking, but you see him/her sneak a glance later.
- B. He/She looks away and acts uncomfortable.
- C. He/She looks back at you for a few seconds and holds a gaze.

You walk into a party where your crush is already talking to a few people. It's likely that...

- A. He/She will spot you in a minute, smile, and wave.
- B. He/She won't know you're there until you approach them.
- C. He/She will see you quickly, stop his/her conversation, and come over to talk with you.

How often does your crush email, IM, or call you?

- A. Every once in a while, but not as much as you hope he/she would.
- B. Almost never, but you usually are the one who initiates the contact anyway.
- C. A few times a week and you love it!

When you talk, what do you talk about?

- A. Oh, school, sports, you know, the normal stuff.
- B. We don't talk at all.
- C. Everything and anything!

Does your crush ever tell you about past relationships?

- A. Sometimes, but its more about the problems he/she had, not about the positives.
- B. Yeah, talk about totally making you feel invisible!
- C. Nope, he's mysteriously silent about his relationships.

When the two of you are alone how much does your crush touch you?

- A. He/She's touched you to emphasize a point a few times.

B. Touch? You're pretty sure he/she's never touched you!

C. He/She's given you hugs and more than friendly arm/shoulder touches.

You first developed a crush on them because...

- A. They are hot, successful and a total catch!
- B. He/She's got a quirky sense of humor and a great body.
- C. He/She has so much in common with you.

When your crush sees you talking to a person of the opposite sex, he/she:

- A. Notices and keeps looking over.
- B. Doesn't seem to care.
- C. Comes over immediately and interrupts the conversation.

Tally Your Score: ___ A's ___ B's ___ C's

What Song Best Describes Your Relationship?

By Jennie Nicholls

1. What is your ideal date with your boyfriend/girlfriend (BF/GF)?
 - A. Night out with lots of couples, getting gelato and seeing the latest movie.
 - B. Laser tagging against eighth graders and making out in the black lighting.
 - C. Cuddling on the couch watching 'Seinfeld' re-runs and eating pizza.

2. Where did the two of you meet?
 - A. We live in the same apartment building.
 - B. We met on Facebook.
 - C. We met in Human Biology class.

3. What is your BF/GF's greatest flaw?
 - A. Reading through your old text messages.
 - B. The warrant out for his arrest.
 - C. Forgetting the occasional anniversary.

4. When asked about your relationship, your friends say:

- A. They hope you two will work things out.
- B. You will come to your senses and dump her - eventually.
- C. They would be more crushed if you didn't work out than you would be.

5. If your BF/GF used a pick-up line on you, what would it be?

- A. Are you tired? Because you have been running through my mind all day.
- B. The voices in my head told me to come talk to you...
- C. Do you have a band-aid? Because I skinned my knee when I fell for you.

Tally Your Score: ___ A's ___ B's ___ C's

What Song Describes Your Relationship Answers:

Mostly A's: Clingy, Better-off-as-friends Couple. "You are My Everything" by 98 Degrees is your theme song. Every night I pray on bended knee that you will always be my everything. You two have the potential to work out great, but you have a few obstacles to overcome. One of you is a little more interested than the other and has the tendency to become jealous. Let's hope this one turns out better than Nick and Jessica.

Mostly B's: Dangerously Wild Couple. "You Shook Me All Night Long" by AC/DC best describes your relationship. The walls start shaking the world starts quaking my mind was aching and we were shaking. It looks like you are ignoring all the warning signs of a train wreck waiting to happen. You two are in it for fun and don't intend on it to work. You better play it safe before someone gets hurt.

Mostly C's: Made-for-each-other Perfect Couple. "Such Great Heights" by The Postal Service is your big hit. I'm thinking it's a sign when the freckles in our eyes are mirror images and when we kiss

they're perfectly aligned. Couples everywhere are envious of the relationship the two of you share. You are attached at the hip, and you are willing to admit to friends that you are 'whooped.' Keep doing what you are doing because it looks like love.

Are They Into You Answers:

Mostly A's: Maybe he/she is interested! He/She seems to be giving you mixed or muted signals. Which means that you might be giving him/her the wrong message. When they pause to notice you, give them a little more attention. A little encouragement could go a long way!

Mostly B's: Sorry, it's not going to happen. Maybe he/she was interested in you before, but he/she's over it and it looks like you're the one that's into him/her. If you think you can get him/her to like you, then go for it. Take the step and start sending him/her strong messages. If not, move on. At least you know not to waste your time.

Mostly C's: Hello, they are so into you! Why are you even questioning it? All signs point to strong flirtation. If he/she hasn't asked you out yet, they will, unless you beat them to it!

Build Your Credit

Most Common Mistakes

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

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

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

► **Only-one Owen.** He's scared half to death of credit, so he has only allowed himself a credit card for gas. But with all those girls he's taking out on group dates he needs to buy a van. Problem: Mrs. Car Dealer sees his low credit rating because there is little diversity in his performance. He needs to get one or two more cards to show his ability to handle money across the board.

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

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

Part of being responsible is realizing that your purchases affect your credit score. Your spending habits are on record at three national Credit Bureaus. They then rate you

on your performance, how long you've had credit, and other factors. A credit score can either make or break you. Not only does credit affect interest rates on small loans, cars, or homes, but it can affect whether you will get hired. It would be a disaster to graduate with a 4.0 GPA, only to be unemployed because your employer screened your credit report. So don't wait until it's too late to figure out that building credit now will save you later. Here's a few tips to get you started and boost your credit score:

Getting Started:

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

Boosters for Building Credit:

- Never be late on a payment. Punctuality is the key.
- Pay more than the minimum each month, even if it is only \$5 more.

- Don't max out a credit line. It's best to only use 30% of your credit limit each month.
- Be patient. It takes time to build credit. Use your card regularly—at least once every couple of months.
- Give your credit some variety. Have between two to four cards—one for gas, one for groceries, etc.

By Rebekah Jakeman

10 Ways To Slash That Grocery Bill

It's time to go grocery shopping. As if your meager income could get any smaller. Here are some great ways to decrease your bill and increase your wallet size.

By Rachael Cutler

Don't go shopping hungry. That means you need to go shopping before you're on your last can of tuna.

Don't go without a list. If you go with a list it forces you to plan ahead of time and you won't buy unnecessary items.

Don't let yourself be tempted. Avoid the higher priced items at the end of the grocery aisle. Companies put those there for a reason. **Food storage.** We all are told to have a little bit even if it's not a year. So buy an extra can or two when they are on sale.

Choose cheap stores. Consumer reports claims that the best bargains can be found at Aldi, Costco, Market Basket, Slater Bros., Shoppers Food Warehouse, Trader Joe's and Wal-Mart. Costco and Wal-Mart are the only local stores to us, but I have found Macey's and Smiths can have some pretty amazing deals.

Don't take the easy way out. If you need face wash or motor oil, a normal grocery store may not be the best place to get it. You'll end up paying much more than you would a mile down the road.

Get free cards. Grocery stores like Smiths and Albertsons pass savings on to the consumer if they have a store card. They are super easy to get and very valuable.

Coupon happy. Some people don't like to coupon shop but it could save you loads on your grocery bill. You don't have to go to 10 different stores either. Many stores will match competitors' lower prices if you bring the coupon in.

Read your receipt. Many grocers will print coupons on the back or receipts or give you bonus points to cash in. Be aware of those.

Buy seasonal foods. When buying produce: Cherries and asparagus are harvested in the spring and early summer, peaches and nectarines are on in mid to late summer along with melons. Corn is picked late summer as well. Apples are harvested in the fall so get your fill of them when they are cheaper.



Top 10 Scary Movies

By Jennifer Borget



10. "The Ring" (PG-13) Creepy kid, and creepy girl coming out of a well that wants to kill people through her evil movie then eat their guts. A must see.

9. "It" (Unrated) Seven youth have to defeat a demonic creature named Pennywise which dresses in a clown suit and terrorizes a 1960s town in Maine.

8. "Arachnophobia" (PG-13) Anyone who has ever squashed a spider can tell you that things with eight legs are creepy. And big ones that fly through the air when provoked... even worse.

7. "Saw" (R) This movie follows the travails of two men held captive by Jigsaw, a serial killer who presents his victims with a terrible choice...Cut off a limb or die.

6. "The Silence of the Lambs" (R) All that psychological suspense aside, we know you jumped 35 feet in the air when Lecter snapped suddenly at the glass... Go on, admit it.

5. "Texas Chainsaw Massacre" (R) Whether it was the roaring of the chainsaw, or the "based on a true story" line at the beginning of the movie, one thing that's for sure is that this movie is scary.

4. "Carrie" (R) A mousy and abused girl with telekinetic powers gets pushed too far on one special night.

3. "The Exorcism of Emily Rose" (PG-13) Based on the true story of Anneliese Michel, a young German woman who suffered the same fate as the fictional Emily Rose in the 1970s. Once again, those "based on a true stories" are creepy.

2. "Alien" (R) Where else can you find a creepy creature birthed by a human surrogate?

1. "Ju-on" ("The Grudge") (R/PG-13) The Japanese version is scarier. A man jealous of his wife's love for another man kills his wife and son. "The Grudge" actually allows breathing time between the suspense.



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GETTING SIDEWAYS WITH



Formula DRIFT entered the Toyota Speedway at Irwindale for the final event of the season. Ryan Tuerck takes the Round 7: Judgment Day victory, while Chris Forsberg takes the overall championship and the Tires.com Triple Crown bonus prize.

The Toyota Speedway at Irwindale hosted the final event of the 6th season of Formula DRIFT. The sold out crowd was not disappointed as the drivers provided non-stop action throughout the event weekend. The event also provided plenty of additional entertainment for the fans including the Jtuned Auto Gallery, Famous Stars and Straps stunt bike demo, and a performance by the "Far East Movement."

The final event of the season lived up to all the high expectations with the drivers putting it all on the line to win the coveted championship. 2-time Formula DRIFT champion Tanner Foust met rookie and privateer Matt Powers with his Nissan 240 in the consolation round for third place. Foust outmatched the rookie and secured his third place finish. The finals came down to and Ryan Tuerck in the Gardella Racing / Mobil 1 Pontiac Solstice and Tyler McQuarrie in the Falken Tire Nissan 350Z. McQuarrie tapped the wall and spun on the 2nd run giving Tuerck the victory and 2nd place overall in the final championship standings. McQuarrie finished the season overall in 3rd place for the highest finish of his career.

"It feels amazing," said Ryan Tuerck, winner of Round 7: Judgment Day. "To be able to relish in this win for the next 6th months is truly awesome."

"We've been chasing the championship for the past 6 years since Formula DRIFT first started and everyone is out here to do the same thing. We just run as hard as everyone else and did the best we could," said Chris Forsberg, 2009 Formula DRIFT champion and Tires.com Triple Crown bonus prize winner. "Coming into this last round I saw that Tuerck was just crushing it in practice and I knew that if we didn't get enough points we would lose the championship and Tuerck would take the event and the title, so I'm proud of him doing that and I'm totally psyched for what my team was able to accomplish to win the championship."

ABOUT FORMULA DRIFT

Entering its sixth season, Formula DRIFT is recognized as the North American professional drifting championship. Established on the streets of Japan, drifting has evolved into a worldwide competitive sport that challenges each driver's driving ability and vehicle control. Formula DRIFT provides a forum for professional drifters to compete in 7 events nationwide for the coveted Formula DRIFT Championship crown. As the first official series in North America, Formula DRIFT has taken competitive motorsports to the extreme attracting fans and car enthusiasts from all walks of life and establishes itself as the global focal point for the Sport. For a race schedule and ticket information, visit: www.formuladrift.com.

