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Schooled

Magazine

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Bachelor & Bachelorette
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Conversation Starters


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

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.
- 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.


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.
- 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!



Use a Decoy Phone Number

Hesitant to give out your number to that new suitor? Schooled found a solution! With a disposable number from Vumber.com, you can make and take calls without revealing your real phone number. You can answer the phone, send them to voicemail, or post in an out-of-service message. You can also return the call from your vumber. The first two weeks are free!




Did You Know?

Chewing gum is the #1 snack food for American adults



Customize Your Tech

Getting tired of everyone having the same iPhone as you? We found this really cool company in Southern California that can custom laser engrave phones, iPods and laptops. The DigitalTechToo process lets you engrave any design onto any device. You mail your device to them and they engrave the design on it and mail it back to you the same day. You can check out their designs and the videos at www.digitaltechtoo.com

How to Spot A Liar

Use some of these clues to detect if someone is deceiving you.

Eyes will remain neutral during a phony grin ("I'm thrilled for you, really I am"), so look for frozen features.

Real emotions flash across the face (for example, a smirk while apologizing) shows exposed feelings.

A true show of sadness will fade slowly; a false one changes more abruptly, watch out for insta-expressions.

Hand gestures often decrease during double-crossing, so watch out for hands not in motion.

Taxes. A Little Help, Please? By Rachael Cutler

It's that time of year again. You either love it and look forward to it, or you dread it. Tax season. Make this the year you don't stress over it. Make this the year you finish early. Don't know where to start? Below are some hints, tricks, and just plain reminders to help you in the next few months.

1. Do it early. Sure, taxes aren't due until April 15, but get them out of the way early. There are many benefits to doing your taxes early. First of all, if you're getting a large return, you'll get your money faster. If, on the other hand, you owe money, filing early helps give you the needed time to gather that money.

2. Do it right. Know your stuff. If you don't have a clue where to start, there are many places you can go to for help. Go to your parents or experienced friends; even the accounting school on the BYU campus offers help for those students doing taxes. If you're willing to spend a little bit of money to make sure your taxes are done right, you can hire an accountant or go to firms such as H & R Block or Liberty Tax. You may also find online tax programs helpful, like TurboTax.

3. Wait. Do I even need to file? This is a valid question. If you have made below a certain income, you do not need to file taxes. The IRS claims that millions fill out forms unnecessarily. It is a good idea to always file your taxes though, because you may be eligible for a refund of your Federal Income Tax withheld for the year regardless of whether you needed to file or not.

4. Be prepared. Make sure that you collect all of the forms and information you need so you'll have all your bases covered. You will need a W-2 from all the employers that you or spouse worked for in 2009 as well as a tuition statement (1098-T form). Other forms you may need are investment income forms, income from tax refund forms, and others depending on your occupation.

5. Be organized. Use tax time to organize yourself and your financial records. If you don't use financial software such as Quicken or QuickBooks, usually you can print off records and reports from your online banking. Break down your financial records and know where your money is going. Although not necessary for your taxes, it may be a great time to put together a budget for yourself for the new year.

6. Enjoy your refund.

The best part about taxes is obviously the refund you receive. If you're doing alright with money, consider spending your refund on something you've been saving up for or need but haven't had the money for. Even though it was your money to begin with, it feels like free money! Happy Tax Season!



Publisher



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Quick Ways to Do Good

Call a friend whom you haven't talked to in awhile to see how they are doing.

Bake cookies for your neighbor.

Tuck a \$5 bill inside of a library book for someone to find.

Hold the door for someone.

Write a note to a grandparent to tell them you were thinking of them.



Grand Prix Of Long Beach

April 18

The City of Long Beach, California will be the host yet again of the Toyota Grand Prix. Thousands of spectators will descend on the city for a weekend full of revving engines, squealing tires and some of the fastest cars in the world racing around the city. Schooled will be right there covering the event for all of our race fans. If you want more information or need to order tickets you can visit www.gplb.com.

Look out because on April 18, 2010, it'll be "Gentlemen, start your engines!" for the 36th straight year!

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Are You An Annoying Texter?

By Kristen Plumb

Unless you're living under a rock, texting is today's communication. It's quick, convenient, and usually makes everyone happy... unless you come face-to-face (or phone-to-phone) with the five most annoying types of texters in the world.

No. 1 The Mass Texter

It's a Friday night and you get a text that goes something like this: "What are you up to tonight?" You know for a fact that this very same text just went out to 20 other people at the exact same time and the sender is just waiting to receive all their options before deciding what to do. RUDE.

No. 2 The Double Messenger

Everyone screens calls. Sometimes you're in the middle of something and sometimes you just don't feel like talking. But your phone is still working, and you see the missed call and the voice message alert. So why do certain people feel the need to send a text letting

you know that they just left a message? Don't they realize that if your phone is capable of receiving a text message it also was capable of receiving their voicemail. BOTHERSOME.

No. 3 The Lingering K-er

This one is especially annoying if you're not on an unlimited texting plan. You get a message asking how your day went or if you'll be free at a certain time, so you send back a detailed and informative reply. Your phone dings again. You open the message and it says "k." Not "okay" or "okay that sounds great," but just "k." Really, if someone's answer is just "k," that someone shouldn't bother texting that. LAME.

"Whether you are texting a friend, date, or boy/girlfriend, no person wants a text with tween-speak."

No. 4 The Say It In A Million Texts

Why can't they say it in just one text? Instead you get about 10. An example of what text

messages from a person like this might look like:

1. Hey!
2. What's up?
3. What are you doing tonight?
4. Some of us are going to bowling tonight.
5. Around 10
6. It's gonna be me and John
7. Are you coming?
8. Let us know
9. Byeee!
10. LOL

An example of what that exchange should look like:

Text 1: Hey, John and I are going bowling around 10 tonight. Let us know if you wanna come. ANNOYING.

No. 5 The Needs-to-Grow-Up Texter

They text "TTY L8ER" or "C U 2morrow." One should never get comfortable with using text slang and abbreviations. Whether you are texting a friend, date, or boy/girlfriend, no person wants a text with tween-speak. STUPID.

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Moving Time

April is high season for address changes in Utah Valley. Use these dates to help you get organized for your moving day.

4 weeks before

Go through your closet and donate things that you don't want any more. There's no reason to move it, if you haven't worn it in "forever." Do the same with your other things and decide if you've used it enough to bring it to your next place.

File a change-of-address form at MoversGuide.USPS.com.

Update all of your magazine subscription addresses (these normally take a few weeks if not months to transfer).

3 weeks before

Stock up on your boxes and packaging tape. Costco sells inexpensive moving boxes, or check out www.craigslist.org or www.freecycle.org/group/US/Utah/Provo for anyone who might be giving boxes away. You can also check with local stores to see if they have any boxes available for you to take. Label your boxes with which room they should go into.

Enlist any friends or schedule a truck to help you with your move.

2 weeks before

Arrange to have your utilities disconnected at your current place and hooked up at your new one. If you're moving home for the summer and have a long drive ahead of you, make sure to get your car serviced, oil and tires checked.

1 week before

Make sure you've notified everyone of your change of address—including any senders of mail you're currently receiving. Make copies of keys to your new place.

Continue packing, leaving only the items out you'll need during the move.

2 days before

Pack such valuables as jewelry separately, so you can transport them yourself. Pack your clothes and other items for the next two days. Your other needed items should be in suitcases by now—ready to go.

The big day

Load everything up and out. Do a final check that your room and the other areas you are responsible for are truly empty and clean, then hit the road. **S**

Need a place for this fall? Check out the 2010 Housing Guide on page 12.

5 Tips

To Make Cleaning Checks Less Painful.

1. "Pre" Pre-Spring Cleaning. Start cleaning the little things weeks before finals. Although you will probably have to clean them again, they won't be as bad.

2. Purge the Fridge and Dump the Trash. As soon as your last final is over, empty your refrigerator and start taking trash to the dumpsters. If you wait until the last moving out day, the dumpsters will be full and it won't be fun trying to pack your trash in.

3. Sell Your Books. Sell your books as soon as you can. After each final, sell each book back. You will not need those books next year and the sooner you can sell, the fewer things in your room. If you cannot sell them at the bookstore, sell them as soon as you can on amazon.com, craigslist.org, half.com or other buy-back-book stores.

4. Consider Summer Storage or Donations. There is really no way that little Toyota will fit all of your accumulated school possessions for an eight hour trip home from Utah. Summer storage is really not as expensive as you think for only four months. And it's definitely worth not breaking your car. Or feel good about yourself, and donate your stuff to charity. Remember all those things you are taking back home, you are probably bringing back up next year.

5. Final Sweep. When the room is completely empty, do one last drawer and cupboard check. You don't want to accidentally leave your lucky orange socks.

By Kristen Plumb



So you don't drink. Drink alcohol that is. This doesn't mean you can't have fun making some cool looking and delicious drinks. Throwing a mocktail party is a great excuse for a party. Here are some tips and recipes to make your night of mocktails a success.

How to throw a Mocktail Party

1 Choose an event that would compliment a mocktail party or use it to add a special pizzazz to a party. Invite your guests and make sure they dress in cocktail attire.

2 Choose an array of specialty drink recipes such as the ones listed below. By choosing at least three, your chances of having something that will appeal to each of your guests greatly increases. Also make sure you're ready to offer some of the traditional drinks such as a Roy Rodgers (Coca-Cola with grenadine and cherries) or a Shirley Temple (Sprite with grenadine and cherries) as well as sparkling water and chilled water. Create a menu with the ingredients of each drink for your guests to check out to add some excitement.

3 Serve each of the drinks in festive glassware with some type of decorative item to garnish the drink such as a toothpick paper umbrella, a lemon rind, etc. Choose coordinating napkins. Serve the mocktails to your guests and also leave a "bar" available for them to help themselves.

4 Play good music. If you put together a creative play list before the party starts, you will help set a relaxing, but fun atmosphere for the party. Your guests will mingle and indulge in good conversation in no time.

5 Finally, plan a party game. Make sure the game is simple because it's only meant to be an icebreaker. Something like pictionary, Catch Phrase, or charades will do the trick.

6 Keep your mocktails fresh and well stocked. Remember a blended drink will need to be kept chilled. Offer to re-fill your guests drinks for them.

Fruitini

3oz apple juice
3oz orange-pineapple juice (pre-mixed)
1oz cranberry nectar
Handful of crushed ice.

Combine all ingredients in a blender until smooth (1-2 minutes). Pour into glasses and serve.

Sorbet Lemonade Cooler

8oz of bottled lemonade
4 scoops of lemon sorbet
Thin lemon and lime slices
Mint sprigs
(Optional) Crushed ice

For each glass of Sorbet lemonade cooler, place four scoops sorbet in a tall glass and add lemon/lime slices. Top with lemonade using the mint sprig as garnish.

Apple Glow

4oz chilled apple juice
4oz white grapefruit juice
1/2 honeydew melon
Apple slices (garnish)

In a blender, combine apple juice, grape juice and the honeydew. Blend 1 minute or until honey dew and juices are smooth. Pour into chilled martini glasses with apple slices for garnishment.

Caribbean Cocktail

1/4 fresh mango
1/4 banana
Juice of half an orange
1 dash freshly squeezed limejuice

Blend the ingredients together with some cracked ice. Strain into a cocktail glass to serve and garnish with a slice of mango.

Provo Mimosa

Chilled sparkling white grape juice
Fresh orange juice

Fill half a champagne flute with orange juice. Pour grape juice to the rim and stir gently.

Watermelon, Strawberry & Lime Frappe

2 1/2 cups seedless watermelon, roughly chopped
1/2 cup strawberries, roughly chopped
1 tsp finely grated lime rind
1 1/2 Tbsp lime juice
12 ice cubes

Place all ingredients into your blender and blend until smooth. Pour into old-fashioned glasses to serve.

Throw the perfect Tropical Party

Pineapple and Lime Refresca

8oz chilled organic pineapple juice
Lemon-lime soda
Handful of ice
Pineapple wedges (garnish)
Mint leaves (garnish)

Fill a medium-sized glass with ice and pour in pineapple juice. Top with lemon-lime soda and garnish each glass with a mint leaf and pineapple wedge.

Mr. Darcy

4oz orange juice
1 fresh peach
Dash of grenadine
1/2 cup ice

Pop all ingredients into a blender and blend until smooth. Pour into a tall glass to serve.

California Dreamin'

4oz fresh orange juice
3oz fresh lime juice
2 tsp grenadine

Put all of the ingredients into a cocktail shaker with ice and shake well. Strain into a cocktail glass to serve.

Coco-Moco

2oz of chocolate or vanilla ice cream
1 can cream of coconut milk
Large handful of crushed ice
8oz grenadine
Hershey's Dulce de Leche syrup

Prep the rim of a martini glass with the Hershey's Dulce de Leche Syrup so that only the outer edge is covered. Next, blend the ingredients for 1-2 minutes until the mixture is smooth. Serve in the martini glass you already prepared.

Orem Splendor

1/2 glass of ice
4 oz orange juice
4 strawberries
1 banana

Place all of the ingredients into a blender and blend until smooth. Serve in a cocktail glass.

Cranberry Cream Cocktail

5oz cranberry juice
4oz apple juice
1oz coconut cream
2oz fresh lime juice
2 dashes grenadine

Combine all of the ingredients in a blender with cracked ice and blend until smooth. Serve in a wine glass.

Mint Choco Mocktail

2oz of your favorite mint chocolate ice-cream
1oz coconut cream
Large hand full of crushed ice
2oz half & half
Chocolate syrup

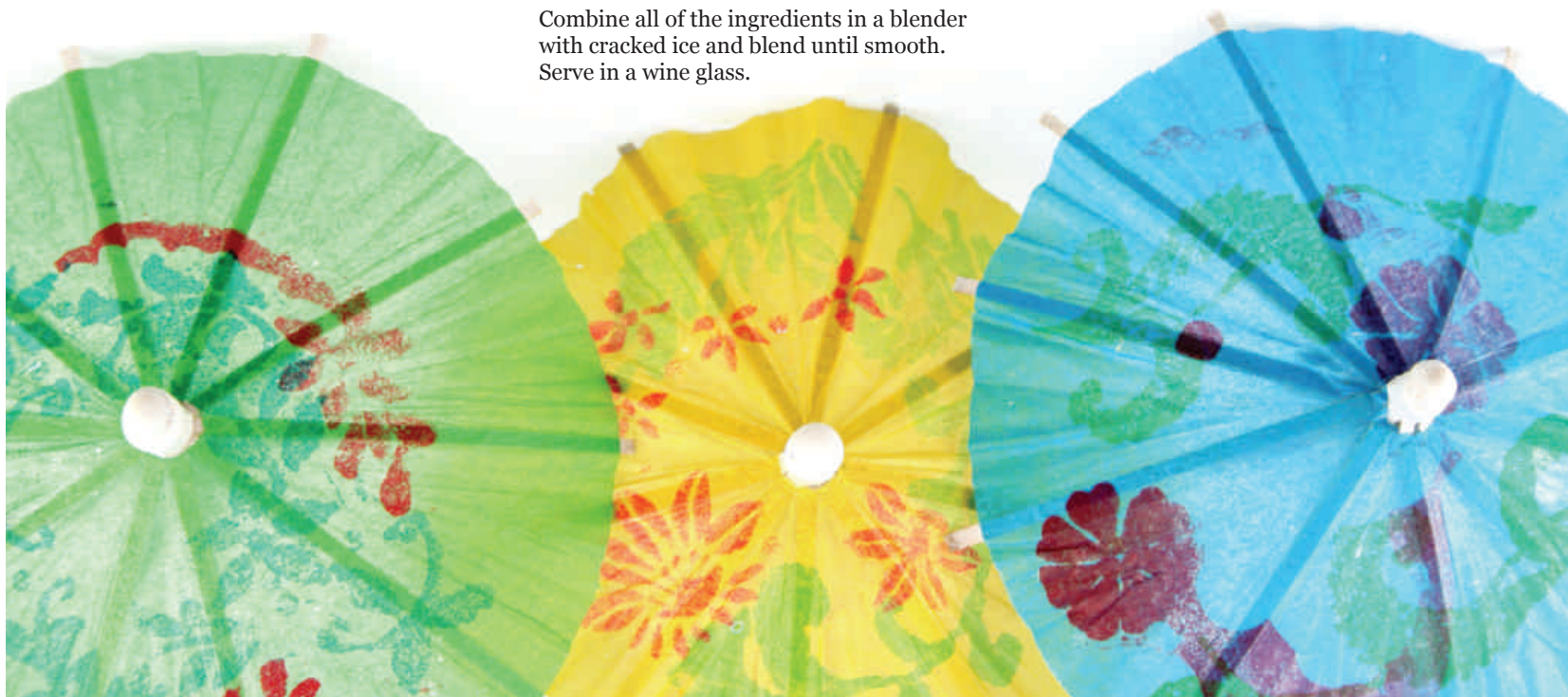
Prep the rim of a martini glass with your favorite chocolate syrup so that only the outer edge is covered. Next combine the rest of your ingredients in a blender in a separate glass and stir until smooth. Pour into your martini glass and serve.

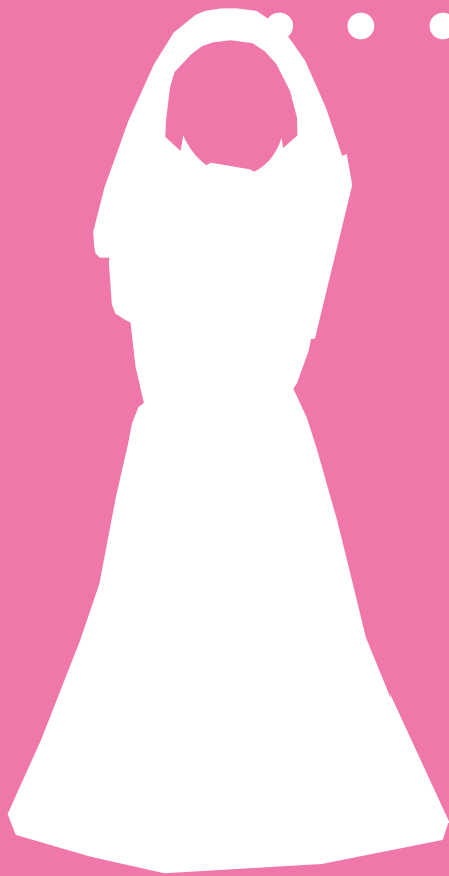
Beach Cruiser

4oz raspberry juice
4oz freshly squeezed orange juice
1/2oz freshly pressed pineapple juice
Lemonade

Shake all of the juices in a shaker with ice. Strain into a cocktail glass and touch up with the lemonade.

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The bride has been running around getting her wedding together and it's time for her night of fun and relaxation before the big day. It's your job to throw her a bachelorette party that she will never forget and you want to do it with out all of the dirty innuendos that bachelorette parties are known for. What do you do? Here are some ideas to making it unforgettable.

Have a slumber party, pajamas and all! Stock up on the greatest chick flicks or on the horror movies that scared you senseless in high school. Order a pizza and tease the delivery boy like you did when you were 12. And to top off the evening, bring along the nail polish for some manicures an pedicures.

Mocktail party. Invite all of your guests to dress up in their cocktail and formal dresses and make it a sparkling evening. Hit a restaurant dressed in your fabulous attire and then head to someone's house for an evening mocktails. (Check out the mocktail story in this issue of Schooled for some additional ideas.) To add a special touch, get a special glass engraved for the bride that she can keep as a keepsake for the years of happy marriage to come.

Throw a dinner party. If there are enough of you, break into groups to cook each course and if you can, include them in a cooking competition. After the grub has been made, have everyone change into her best dinner party clothes and make it an elegant evening of fun conversation, and maybe sprinkle in of a few of those fun bridal shower games.

Go to a play or concert. No one says it has to be a traditional party! Check your local theaters and concert venues. Dress up to match the evening. If you have the budget, rent a limo to take you around for an evening the bride will never forget.

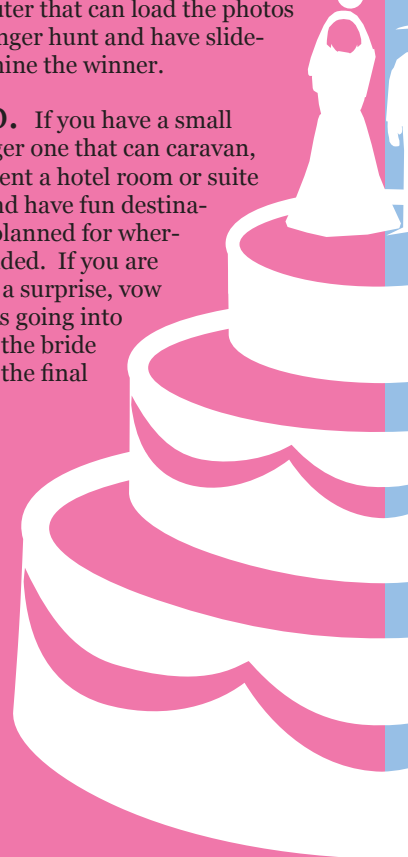
Pamper Yourself. Turn someone's family room into a glorious spa. Get some candles lighted and some soft music in the background. Grab some fun scrubs and set up bowls or buckets to soak your hands and feet in. Make sure you have plenty of polish

colors to choose from (you can even require each guest to bring a color that will later be a gift for the bride) and have everyone switch off helping paint each other's nails. If you have some extra cash, get a masseuse with her own table to come in and set up 20-minute massages for all of the guests. You can also have healthy appetizers and croissant sandwiches for dinner. And don't forget the cucumber-strawberry water that spas are known for!

Scavenger Hunt. Search online for "clean bachelorette scavenger hunt ideas" and create a list of scavenger items. Divide into teams with a restaurant or someone's home as the final destination. Make sure someone brings a computer that can load the photos from the scavenger hunt and have slideshow to determine the winner.

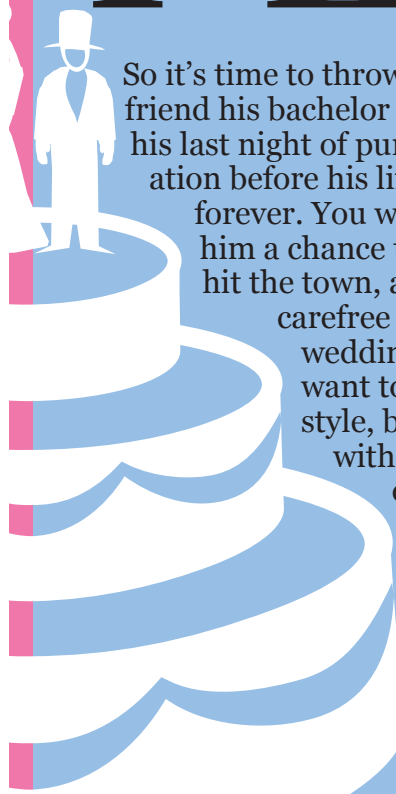
Road trip. If you have a small group, or a larger one that can caravan, hit the road. Rent a hotel room or suite for the night and have fun destination activities planned for wherever you're headed. If you are able to make it a surprise, vow everyone who is going into secrecy so that the bride is surprised by the final destination.

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BACHELORETTE: PARTY: PLANNING:

BACHELOR PARTY PLANNING



So it's time to throw your best friend his bachelor party. It's his last night of pure guy relaxation before his life changes forever. You want to give him a chance to get out, hit the town, and act carefree before the wedding. And you want to do it in style, but of course, without all of the dirty stuff and booze. So what do you do to make it a night your buddy and his guests will never forget?

Here are some ideas, and don't forget to bring a camera to make it a Kodak evening.

Costume it up. Head over to the thrift shop and have everyone pick out the most ghetto outfits they can find. And then together, everyone picks out the perfect outfit for the groom, which is mandatory that he wears. If you want to go all out, try a local costume store and rent super hero costumes for the evening. After you're all dressed up and ready to go, head out to a restaurant for dinner and add in a fun activity such as bowling afterwards. You're sure to get lots of attention and people wondering what you guys are up to. Just make sure you keep announcing that it's his bachelor party and make sure he gets all of the attention... you might even get a

free dessert out of it. Just make sure you get plenty of pictures.

Sporting event. If the groom is a fan of a specific team, or if there is a great local team in the area, have everyone pitch in and get group seats to a game. If you have a bigger budget, rent out a suite. You'll want to make sure he remembers this specific game as the one from his bachelor party day, so buy him a jersey of the team you'll be cheering for and get his last name and the wedding year embroidered on the back (for example, Smith '10). He'll love the gift and it'll be a keepsake for the future.

Make it a game night. Create a gamers lounge in someone's family room. Either rent some terminals and controllers or have some of the guests bring theirs to share. To add a special touch, have brackets set up or create some round robin gaming action with games like Halo 3 or Madden NFL. If video games aren't the bachelor's thing, plan a cutthroat game of Risk or Axis & Allies. For food, turn on the grill and make some steaks or order some pizza and buffalo wings.

Bulls eye. Whether it's paintball, laser tag, or a good-old-fashioned target range, take him out for an evening of hitting the mark. Make sure to make it a competition. The losing team has to buy dessert.

Take it to the race track. Head over to a go-cart venue and make a night of it. Have a score board set up and create rallies and time-attacks to see who can take home the trophy.

The rugged outdoors. If the bachelor is an outdoors type of guy, an overnight fishing trip, complete with a rented cabin (or tents if you're on the budget) will be sure to impress. An adventurous day of kayaking,

zip lining, or ATV riding could also be a great option. If you're doing an overnight trip, make sure to bring the right food for an awesome bonfire.

Go on a restaurant frenzy. What are the groom's favorite restaurants? Get an appetizer somewhere, then a salad somewhere else, followed by an entrée, and then a signature dessert. You'll have plenty of time to hangout, relax, and chill. You can sum up the evening by adding a trip to the bowling alley, race track, or making it a game night.

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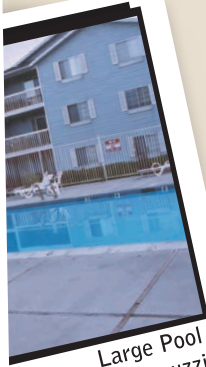
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Simple Steps To Get More From Your Workout

Want to get more from your workout? Here are some great tips to help you achieve and keep your workout goals.

1. Performance. Once you've set your goals, how do you know if you are winning or losing? Where performance is measured, performance improves. Make sure you're keeping score of your progress. Take measurements or weigh yourself and continue to check your progress weekly or monthly.

2. Heart Rate Zone. Are you cardio training effectively in your target heart rate zone? If you go over 85 percent of your heart rate max, you go into aerobic debt and can be depleting your muscle tissue. Use a heart rate monitor, or check your heart rate on the cardio machine you are using. Stay within 60-80 percent of your heart rate max.

3. Variety. Continue to change up your routine so that your body becomes challenged in a variety of different ways. Full body workouts, circuit training, super setting, and interval training are all different types of weightlifting and cardio. Make sure to change what you do with every workout so that your body gets a variety of different angles and challenges. This will keep your body from becoming accustomed to a particular workout and will help you make better progress.

4. Warm-up. Warm-up for no more than 15 minutes to bring up your core body temperature. By doing this, you'll be less prone to injury.

5. Correct Order. Make sure you are working your muscles in the correct order. For example a full-body workout would include:

A. Cardio. Do your cardio exercise after your weight training. At the least, do 15 minutes. Doing cardio will keep your metabolism up for the next 6-15 hours and get rid of 50 percent of the lactic acid that occurs when weight training.

B. Stretching. Stretch after weightlifting and cardio. Not only will you get a better stretch, you will be able to stretch your muscle elasticity more effectively.

health & fitness

How Anger Makes You Sick

Ever slam the door on your roommate? Or yell at another driver about their mad driving skills while in your car? Or maybe you're a fist-clenching teeth grinder. Anger can take a toll on your health. Find out where it can hurt.



YOUR BRAIN.

Anger can mess with your memory. The release of high levels of cortisol and other stress hormones can be released when you show an anger emotion, which may shrink the brain's memory centers.



YOUR HEART.

Fuming can release adrenaline, which is known to spike blood pressure. Persistently high blood pressure is linked with stroke and heart disease.



YOUR EYES.

Beware! Soaring stress hormones may constrict blood vessels in the brain, causing odd optics that may trigger ocular migraines, with visions of light flashes and wiggly lines.



YOUR TEETH.

Repressed anger could fuel unconscious teeth gnashing that occurs during the day or while you sleep. Grinding can cause facial and jaw pain and, over time, even broken teeth.



YOUR BELLY.

When we get upset, the brain releases neurotransmitters acetylcholine and serotonin, which can reduce blood flow to the belly causing stomach pain and diarrhea.

So what do you do when you get angry? Chill out by breathing deeply, yoga style. Repeat a calming word such as slow, or picture a peaceful scene like a remote beach. Working out or taking a daily break can also help you relax. **S**



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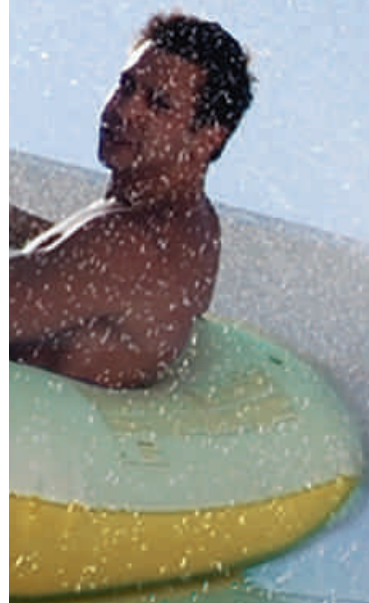
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Mouth Makeover

Your smile makes a first impression. Cavity free doesn't necessarily mean worry free when it comes to oral health. Here are some tips to making your smile one of your most prominent features.



Bad Breath

Infrequent brushing and flossing allow the buildup of oral bacteria that produce a stinky sulfur smell and is one of the main reasons for halitosis. Anything that

dries out the mouth such as caffeine can also leave breath less than fresh, since saliva works to rinse the teeth clean of problem-causing bacteria, and it naturally contains antibacterial agents. To solve the problem, floss daily and use fluoride toothpaste that doesn't contain sodium lauryl sulfate. Also, drink plenty of water. For an instant fix, chew sugarless gum. The act of chewing stimulates saliva production, and gum that is free of sugar won't feed bacterial.



Brushing Your Teeth

It may seem a little silly to relearn something that you've been doing since childhood, but many of us may be taking care of our teeth the wrong way. Do you hurry through

your routine? Do you load up the toothpaste? Assume an electric brush works better than a manual one? You've got a lot to learn! Maintaining a healthy mouth will mean fewer visits

to the dentist and a happier you. Follow these smile saving tips to protect those pearly whites.

- 1. Floss first to dislodge food and plaque.** Wrap the floss around both index fingers. Don't saw up and down; you can cut your gums, which can cause bleeding and infection. Rather curve the floss around each tooth making a C, and lightly rub the floss up and down the tooth sides. Rinse afterwards.
- 2. Pick the best toothbrush.** Choose a soft or extra soft toothbrush. A stiff brush can harm gum tissue and remove enamel and abrade the teeth. Keep it simple: manual brushes offer you more control. Make sure you replace your brush every three months.
- 3. Paste control.** No gobs are necessary. Use a quarter of a teaspoon at the most. Pastes with fluoride are better if you're cavity prone.
- 4. Brushing.** The key is to apply gentle pressure for three to five minutes. Using large circular motion, start at the top of your gums and move down to the teeth. Once on the teeth, reposition your brush at a 45-degree angle and brush downward in a circular motion to the end of the tooth. Hold the brush perpendicular to the front of your teeth and brush the backside.
- 5. Swish and Spit.** Rinse away brushing with water. For an added benefit, follow up with a gargle of mouthwash which contains fluoride, which you want coating the teeth in order to strengthen the enamel. Avoid rinses that contain alcohol that can upset the natural balance of bacteria in your mouth.
- 6. Get into a routine.** Twice a day is fine, but ideally you should brush after every

meal. See your dentist for a cleaning every six months.



Canker Sores

Unlike cold sores, canker sores (whitish bumps that occur inside your mouth) are not contagious. In fact, experts don't know what causes them, but they do

know that they can be triggered by anything from allergies to hormones, to brushing too vigorously. How do you get them to go away? Antibacterial mouthwashes can help disinfect your mouth and may also speed up the healing process. Beware of products containing alcohol, which can sting the sores. Avoid citrus fruits and other acidic foods that can make the pain worse. If you get the sores often, ask your dentist about trying prescription mouthwash. If it lasts more than two weeks, make sure to see your dentist to rule out more serious concerns.



Cold Sores

The root cause of a cold sore is the virus known as the herpes simplex virus. People get cold sores when the virus becomes triggered, normally through stress, and begins to

replicate themselves. There is no cure that can get rid of herpes from the body, but antiviral medications can reduce the frequency, duration, and severity of outbreaks. So if that cute guy from math class asks you out and as he leans in to kiss you, and you notice a cold sore on his mouth, double think that kiss. **S**

M



8 Steps for Debt Elimination

By Seth Kelley

Recent statistics have shown that 74 percent of undergraduate students have at least one credit card with an average outstanding balance of close to \$2,000. Just over 30 percent of students have four or more cards.

In addition to that, the average college graduate completes their higher education with about \$16,500 in student loan debt. If you consider the amount of students with car loans, it's possible that the average college student will have anywhere from \$18,000-\$30,000 in debt. This could mean payments that range between \$300 and \$550 every month!

We all plan on having lucrative careers and high paying jobs as soon as we get done with school, so we don't worry about our debts while we're still in school, but what happens if we don't have that cushy job when deferment ends? And how would you pay \$300 in credit card payments each month on a student income? It's best to avoid this situation, but let's be honest, we all want stuff and we want it now! So if you've found yourself in a financial bind, here are a few tips for making each dollar stretch as far as it can and eliminating debt.

1- Budget- If you don't know what one of these is, that's your first problem! If you don't have one, that's almost as dangerous! To create a budget, start by calculating your

income, usually for a month. This is not your salary or pay rate, but what you take home from each check. Next, determine all of your expenses and list them in order of importance or priority (Just a hint, food and rent are more important than shoes or Playstation 3's). Your budget should include your monthly payments on your debts.

2- Keep track of every penny- This sounds a lot like budgeting, but the difference is that your budget is just a plan and doesn't do any good unless you follow it. Write down everything you buy, keep receipts, and review your bank statements to see if you're actually following your budget. This is really important!

3- Cut up your cards- Close any unnecessary accounts. For most of us in school, this means any credit cards beyond the one we keep for emergency use. If you're still paying on your credit card balances you can't close the accounts, but you can cut up, burn, shred, or otherwise render unusable the cards so that you can't use them.

4- Make your money less accessible- Debit cards suck. How many of us actually write down what we use them for in those little checkbook registers? It's really tough to keep track of what we spend when we use debit cards all the time. Put most of your money in your savings account, that way you'll have to get online or go to the bank to actually transfer the funds over

so you can use them. If you can't get to your money, you can't use it!

5. Educate yourself- The next time you get a credit card application in the mail, make yourself read the entire thing, all the small print! This should be enough to make you not want another card. People that don't understand interest, pay it, and those who do, make money off it. There are many resources to help you understand credit and debt and avoid getting in over your head. A good website to check out is www.debtfixers.org.

6- Consolidate- If you're really in over your head with consumer debt, you may want to investigate certain consolidation options. There are nonprofit consolidation services that work with your creditors to achieve a lower monthly payment and interest rate in order to help you pay off your debt faster. You can also consolidate student loans if you want.

7- Discipline yourself- Being financially responsible and getting out of debt takes serious discipline! If you follow these basic steps it will be easier to control your spending urges and negative tendencies.

8- Reward yourself- You haven't eaten out for a month or bought a new pair of shoes for three. Reward yourself, you've earned it! Don't go on a spending spree, but get yourself something you've wanted for a while, this will help relieve the pressure of being frugal and make it easier to continue being financially conservative.

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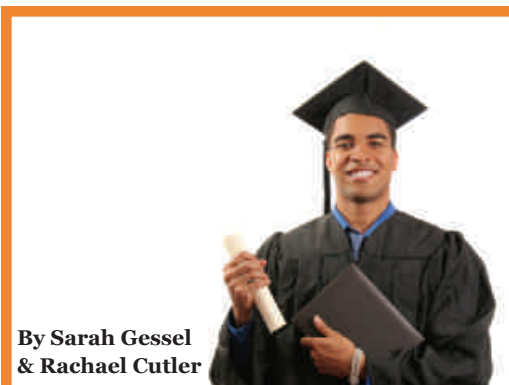
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“You must
not panic.
Even if you
don’t have
your dream
job.”



By Sarah Gessel
& Rachael Cutler

Send out your announcement and order caps and gowns, ‘cause it’s graduation time!

As the day nears, you might become overwhelmed and/or blow everything off, like class. Before you implode, remember that even if you can already taste freedom, you’re not quite there.

You must not panic. Even if you don’t yet have your dream job, it really is time to think of your future employment. If you haven’t decided what you want to do with your major, start looking into your field for opportunities like post-graduate internships—many end up hiring their favorite interns. Keep checking the on-line listings and send resumes to companies where you might like to work. Your professors also love to help network, so don’t be shy about asking if they know of any job opportunities.

Both BYU and UVU have career placement information on their respective websites. These sites include upcoming job fairs, employee interviews and résumé helps. There are career counselors at both colleges who are willing to help you in your search.

The BYU website for career advisement and placement is <http://ccc.byu.edu/>. Here you will find very useful information and services to help you on your way. You can download a book by BYU called, “Major to Career” on that same website. This book will have contact information for faculty advisement for each major at BYU as well as possible careers and where to find out more. BYU career advisement offers four steps and services to helping you find your first job. These steps include assessing yourself, self-improvement workshops, getting information, evaluating your decision, and taking action. One way to take action is to network. You will find ways to network to almost 250,000 BYU graduates from the BYU website with your net ID! BYU also offers recruiting services and interviews starting in the month of May through August.

UVU also has many opportunities for graduates. Their career placement website is www.uvu.edu/csse. From there you can check out ways to create a professional resume, find hot jobs for the week, and join the UV Job board.

Have you thought about graduate school? It may be worth looking into. The placement tests, GMAT, LSAT, and MCAT are all given at or near BYU. Now is the time to explore your options. Find help for planning to taking one of these tests and applying to graduate school

at BYU at <http://ce.byu.edu/cw/testprep/> or at www.kaplan.com.

Graduation is a busy time. So, even if you suspect you’re going crazy, don’t forget the basics: nutritious food, adequate rest, and vigorous exercise. I’ll be the first to admit that exercise is not always fun. In fact, if you’re like me, you’ll need a buddy to exercise with so you don’t make lame excuses about not having enough time.

Some last minute graduation details are remembering to pick up your cap and gown, assembling for the academic procession, attending commencement exercises and the president’s reception and returning your cap and gown. Check the BYU or UVU web pages for printable directions to graduation, detailed campus maps, or local lodgings to help your out-of-town relatives. You will receive your diploma in 3-8 weeks at the address listed with the university.

Although we don’t have a yearbook, it would be a good idea to get addresses of your favorite classmates and roommates who helped you enjoy your time at college. The Alumni Association can help you keep in touch with classmates. And whatever else you decide to do when leaving your beloved alma mater, make sure you live it up.





2010 Summer Sales Guide

Page 21-29

Summer Sales Insider Tips

By Jamie Littlefield

“Now’s the time to plan for your summer.”

Last summer, BYU student Kyle Woodbury packed his bags and drove his Honda Civic to northern Virginia. For the fifth year in a row, the 25-year-old construction management major gave up a lazy summer of fly-fishing to spend his months knocking doors in the sweltering sun.

Every year, thousands of students like Kyle descend on U.S. cities with products in their pockets and money on their minds. These salesmen can be seen flooding the streets of suburban neighborhoods, knocking on doors for up to 10 hours a day.

What’s in it for them? Summer sales companies say they give employees priceless training, rent-free living, and the opportunity to earn a five or six-figure income in just a few months.

In a county where \$8 an hour is an acceptable income for a college grad, summer sales can be an alluring adventure. But, don’t jump on the bandwagon too soon. Not every student is cut out for a grueling summer of door-knocking and not every company lives up to its promises. To help you make an informed choice, we’ve consulted some of the top sales representatives in the nation.

How it Works

Summer sales companies recruit students through word of mouth and advertising. Interested students attend orientation meetings and are generally asked to interview with several people. Once given the job, sales reps choose or are assigned locations and teams.

They must fund their own transportation. But, the company arranges and pays for housing, generally an apartment shared with other salespeople. Once there, sales reps attend regular meetings with team members and work their assigned areas by going door-to-door for seven to 10 hours a day, six days a week.

Summer Money

When asked why they endure such long days, most reps give one reason: money. Reps

are paid purely through commission, which means they make nothing on days they can’t find a sale. But, the majority is able to find enough action to make it worth their while, and most return with a five-figure commission.

Kyle Woodbury says that his summer sales have given his small family financial freedom. “We own a house now,” he says. “We’ve paid for school and put money in the bank.”

The salesmen are generally paid a part of their commission every other week. The other part is saved until four months after the sales are made. If a customer decides to cancel the service before that time, then that sale amount is deducted from the second payment.

Choosing the Right Job

Once you’ve decided that you have the personality and dedication for the job, make sure you choose the right organization. Doing a little research on companies you’re considering can save you a lot of letdown in the future.

Don’t accept everything you hear. Before signing a contract, request that you see a physical copy of the company’s payment records and ask to talk to a few of the first year reps from the previous summer. Companies have been known to skew statistics in their favor. If a company claims that it has 1,000 sales per office, for example, make sure that you ask how many employees are actually working through that office.

Also, be sure to search for “the catch” in any pay scale that is offered to you. It’s common for companies to include “breakage” bonuses, or bonuses that look like they will result in high pay but are almost impossible to earn. For example, some companies boast a \$2,000 improvement bonus, paid every month to an employee that improves his sales over the last month. Although it initially seems feasible, it is generally very difficult for sales reps to achieve this since the frequency of sales is unpredictable and since August has significantly fewer working days.

Because your income will depend on customer retention, it’s also important that the company is able to deliver the services you sell. “Make sure that the technical side of things is really well managed,” says 31-year-old Bret Toffer who spent a summer making six figures in southern California. “You can have a good sales team, but the tech side needs to be able to handle the customer.” Selling a product or service that has name recognition and is known for prompt service can help in this regard.

Finding Success

Once you’ve chosen a company, try to locate a mentor who can help you through the process. “Find someone you know that’s done it before and has been successful, and then do it with them,” says Kyle Woodbury. A friend can steer you away from unsuccessful areas, let you in on the tricks of the trade, and link you to a productive team.

When you’re at a customer’s doorstep, forget the salesman stereotype. “But, you don’t have to be pushy. Be upfront and honest. You don’t have to be tricky or shady,” says Bret Toffer.

Being able to strike up a conversation is important on the doorstep. Learn to read people and relate the product to their specific needs and interests, but don’t overuse gimmicks such as saying a person’s name repetitively or putting on a plastic smile. People know when they’re being played.

Hanging in There

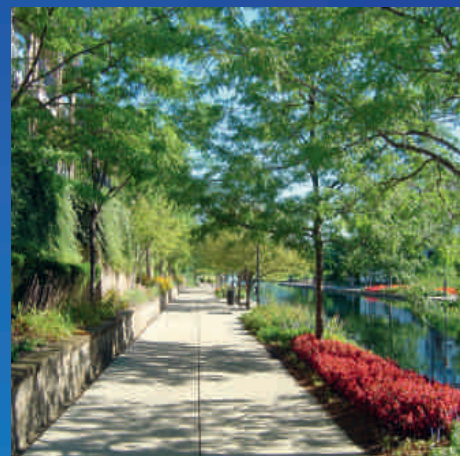
Once you’re on the field, the hardest part is selling strong for the whole summer. Rude customers and slammed doors can be common. But, stiff penalties such as loss of pay and back payment for a summer of rent are usually part of the contract for those who give up and go home early. If you start feeling burnt out remember that it’s all a part of the summer sales experience. “You take a lot of rejection at first,” says Brock Spears. “You just have to be persistent.”



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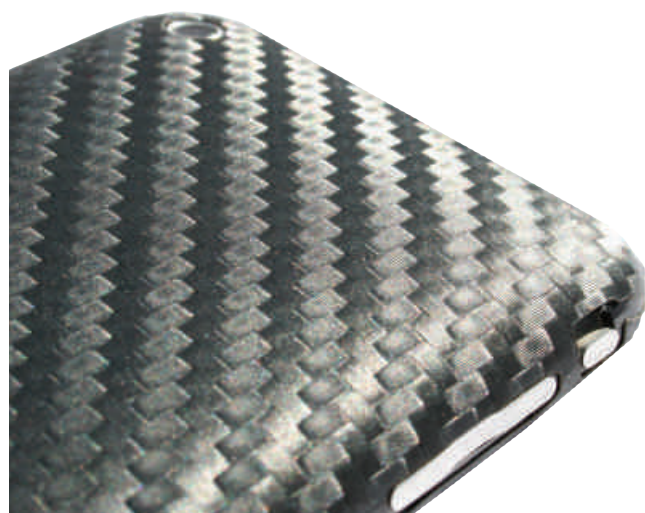
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