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March/April 2005

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Highway Records: Calling All Musicians

By Krista Q. Maurer

L: The four songstresses of Providence rock any concert with upbeat music and tight harmonies.

L - R: Kerilyn Johnson, Kelly Shephardson, Katharine Matis Adams, Camille Aagard.

R: Alex Boye, Highway Records artist and one of the Utah's Next Judges, will be releasing an R&B album in the spring.



A Closer Look at Last Year's Winner

By Avery McKinney

Eric Malizia, winner of last year's "Utah's Next," is stepping into the recording studio for the first time since winning the state-wide talent search. Only this time, he says he has a new perspective.

"I've been writing a lot of Christian songs," Malizia said. "I hadn't listened to that stuff before because it's not really around. It's not what I thought it was. It's interesting and inspiring."

Malizia said he never thought he would write Christian music. But after winning the competition and recording a demo with Highway Records, he changed his focus. And he's come a long way since his heavy-metal-Ozzy Osbourne-loving days.

"I started playing when I was 13," Malizia said. "I always wanted to be this rock star, mainstream performer."

Malizia said his success in the competition is what first got him interested in writing Christian music.

"I was just excited," Malizia said of the competition. "There weren't any opportunities like that around. I just loved getting the chance to play in front of people. It really tests what you know and what you do- when you play in front of people that you don't know."

Malizia urges young performers to audition for the competition.

"Definitely do it," Malizia said. "It can only do you good. Every audition is a growing process. The more you do, the better you get."

Malizia said his goal is to write music that parents and children alike can listen to and look up to.

"I don't want parents to worry about bad language in my music," Malizia said. "I want to inspire people to not do what the rest of the world is doing."

He also said he hopes to pursue songwriting as well as performing.

"But I still love performing and singing and the rush that comes with it," Malizia said.

Okay, so you're watching American Idol and you think, "I could totally do that." Or you're practicing with your band and you're like, "What can we do to get ourselves heard?"

Well now's your chance. Highway Records, the regional powerhouse in contemporary music, in conjunction with ABC 4's Good Things Utah and BYU Radio, has issued a call for entries in the second annual talent search competition "Utah's Next."

"We are looking for someone, or some band, that has appeal both on stage and on screen," said Jon Dayton, General Manager of Highway Records. "We invite musicians of all styles and genres to enter. Our goal is simply to encourage and cultivate local talent while raising the quality level within the industry."

The winner of Utah's Next will receive a 4-song demo album produced by Highway Records, and the opportunity to speak with industry insiders and executives.

"Highway Records is dedicated to offering contemporary music that reflects a value-based outlook on life," Dayton said. "Our line-up of artists is quite diverse in style and reach, but a common thread among all of them is a commitment to clean lyrics and positive messages while staying current with mainstream sounds."

The line-up of Highway musicians includes such well-knowns as Julie de Azevedo and Greg Simpson and the styles range from one end of the musical spectrum to the other. You want acoustic? Go grab a Shane Jackman album. You want Dixie Chicks doing Destiny's Child? The ladies of Providence are perfect. Bumpin' R&B? Just WAIT until Alex Boye's album releases this spring.

Boye and de Azevedo were guest judges in last year's competition and many of the Highway artists will be involved again this year.

The competition will be divided into four rounds of elimination. An application and 5-minute video recording must be sent to Highway Records no later than March 18. Industry executives will then choose 30 quarter-finalists to perform in a closed audition for a panel of judges. Ten semi-finalists will then move on to perform in a public concert where audience votes will be averaged with judges' ratings. Three finalists will be selected to advance into the final round where they will perform live on ABC 4's Good Things Utah, April 6, 7 and 8. Viewers can then vote for their favorite, and the winner will be announced live on April 12.

"The world needs good music and Utah has a ton of talent," Boye said. "This competition is perfect for getting that talent heard."

So! Do you have what it takes to be Utah's Next?

Visit www.utahsnext.com <<http://www.utahsnext.com/>> for competition details and concert dates.

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Thank You!

We'd like to send out a big THANKS to you, our readers!

We have had such a good response from both BYU students and UVSC students. All of the positive feedback for our first issue has been great. It is going to be hard to top Napoleon Dynamite, but I think we did it in this issue. Our writers and editors have done a great job getting stories that are timely, informative and interesting for this issue.

We have also had a supportive response from the community. The Daily Universe, The Daily Herald and the Deseret Morning News have all done articles about Schooled. These news organizations have been impressed by the fact that our staff is mainly students and we have been able to produce such a professional magazine. We are proud of our logo: For the Student, By the Student. So students, go to our website and submit your stories, suggestions and comments about Schooled so we can keep in touch with what you want to see in upcoming issues.

This issue has been fun for us to work on. We try to keep a good balance for our coed readers. Guys, of course March Madness is here and our coverage of BYU basketball and UVSC basketball is a great read. There are several other stories which should peek your interest like the video game craze article and even what is the best pick at the vending machines. For our female readers, we have articles on skin care, mind, body and fitness and what your shoes say about you. Of course our magazine is packed with stories that will interest all readers.

Keep a look out for several events coming up that are being sponsored by Schooled Magazine! Come and join us at Utah Valley's largest Halo 2 tournament on March 26th and our Win Your Wedding Contest on March 31st. There will also be a Summer Fashion Show on April 16th.

Would you believe we are already working on our May and September issues? This will give you something to look forward to if you are staying for spring term and when you come back for fall. Of course you can always stay connected through our website: www.schooledmagazine.com.

As always, we love your input. If you want to write me a letter send it to: schoolededitor@fusionofideas.com

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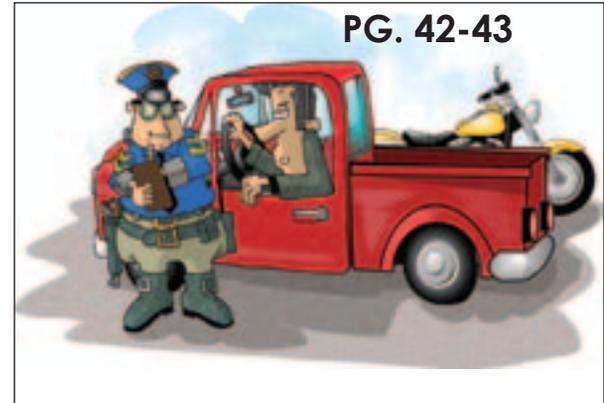
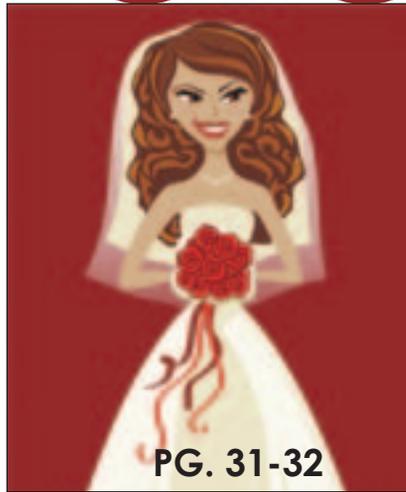


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Schooled

March/April 2005



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Cover photo courtesy of UVSC College Marketing

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Socks &

SANDALS

By Keri Adams



Peanut butter and jelly, ketchup and mustard, tuna and mayo – are all great combinations. But what about peanut butter and tuna? Not so great. OK, so maybe certain things aren't meant to go together.

But what about the infamous pairing of socks and sandals? Is it a great idea bringing comfort to the wearers? Or one of the biggest fashion faux pas of this century, second only to the Speedo or mullet, bringing hatred and anger to those who have to witness it?

We've all seen the socks and sandal wearers - in class, at parties and unfortunately, even at church! The site of this double-clad foot makes me wonder why on earth any human would partake in such an unpleasing trend.

But after speaking with many "soxers," as these fashion victims have been called, I've come to a better understanding of the reasoning behind this issue.

Some of these "soxers" sport this unsightly combo merely to prevent blisters, odor, sunburns and sweaty feet. This is portrayed mostly by the token old man traveler in his black socks, sandals and tan shorts.

But I found the most common reason for the controversial duo around here is for comfort in cold weather.

"I wore socks with my sandals because some days you just want to wear sandals but yet your toes get cold," says BYU graduate student Camille Thomas. "And you can wear sandals and not have your toes get cold by putting on a nice pair of socks."

For BYU tennis player Rebecca Pike, the combo is something she's always considered a sports thing.

"After I play a long match and my feet are sweaty," Pike says, "I change my socks, and instead of shoes, I put on some sandals to let my feet relax. I think it's the bomb!"

But UVSC student Mary Quintero says she doesn't think there is ever a good excuse to wear both.

"Why wear sandals and socks? 'Cause sandals are for the summer and socks are to keep your feet warm, so there's absolutely no point," Quintero says. "It's completely ridiculous and looks stupid."

Though contrary to popular belief, this disturbing combination is not a Utah invention but actually dates back to the Romans, leaving us to either thank or curse this "great" civilization for their lasting legacy.

But whether you do or don't wear socks with sandals, every individual must face this issue at sometime in their life.

I only ask that you carefully consider whether your comfort is more important than a lifetime of embarrassment and lost respect (or possibly even dates). And one that can be easily solved by slipping on a pair of shoes or a simple pedicure, which can do wonders for hideous feet.

But if, in the end, you don't care about these things, then I say go for it, because at least it gives the rest of us something to laugh about. **S**

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SURVIVING FINALS

Ah! It's that time of year again. The birds are singing, the mountains are greener and it's time to stick that IV of soda into your arm again! Oh, yes, that wonderful time of the year is back. **Finals!**

By Jeremy Holm



Photo by Alisha Brisson

Bleh! Does anyone else get a bad taste in their mouth when they say that word? I just get the shakes and think of how little sleep I'll be getting for about two weeks. I'll also be living off junk food and locking myself antisocially into my room to study. My cell phone will be off as well as my higher brain functions. No disruptions please...well, except to break for a game of Halo 2 (see article on video games this issue.)

Seriously though, I've often wondered if finals were designed to test the student's level of stress endurance and psychological strength more than they were their knowledge of the class subject. I have seen more students during these weeks who were more willing to open a can of beans with their teeth than they were to open their books.

So, we're all in the same boat. Do we sink or swim? I don't know about you, but I've seen "Titanic," so I'm all about learning to swim during finals week. I remember hearing a story about a tribe of Indians who would throw their kids into the lake to learn to swim. Well, it kind of seems that way for us and finals. We are just thrown into them at the college level and expected to learn how to survive. So here are some hints and tips on some techniques to make it through these crazy days:

First of all, start ahead! Waiting until the week of the finals isn't the most effective way to study. Keep all your notes, homework, and tests and review them throughout the semester. If you're like me, by the time finals come around, you have entirely forgotten the first half of the class. So, break up your studying throughout the term so that during those last few weeks all you have to do is review and not try to cram 40 Gigs worth of stuff into your brain that will only allow 3.5 Meg.

Second, take breaks. I know how tempting it is to just sit down and cram. But your brain, just like the muscles in your body, needs rest periods. Studying for intense periods is like doing an intense

workout and you need a break. Go for a walk, call a friend, sit on the sidewalk and draw with chalk, but do something else.

Third, vary your studying. Again, like in a workout session, you need to vary your routine. Study one subject for awhile and then switch to another, then return to your original topic. This will keep your mind from becoming burned-out on one subject (as well as keep you from throwing your textbook out the window onto the street), thus allowing you to study for all your classes with more efficiency.

Fourth, get enough sleep and remember to eat well. I know that chips and soda are part of a college student's daily diet, but your body and brain need the energy during finals. If your body runs out of juice, you can be sure your mental level will decrease. Eat as healthy as possible so that your body can adjust to all the stress and your mind will be fully functional (an oxymoron during finals, I know!) Don't pull all-nighters either! You may get more studying done, but your brain will be sluggish the next day and chances are you won't remember all that you studied so hard.

Fifth, taking the test itself. How many students do you know who have said, "I studied so hard, but when I got the test, I was so nervous my mind went blank!"? Arrive to the testing center or your class early so you won't feel rushed. Bring a couple of pencils with you! Seriously, this has stressed me out on several occasions. Take the test at your speed; don't worry if someone finishes before you. Maybe they just didn't know all the answers like you do and skipped half the test, Smarty Pants!

And most of all don't stress. Relax! Play some relaxing music while studying, sit next to a fire if you want (just DON'T throw your notes in when you get frustrated! They are really hard to get back out. Trust me.) Don't hang around stressed people. Anxiety is like mono. It's contagious and you need to be relaxed and calm for your study time and also your test. Oh, and you probably don't want mono either.

Good luck, fellow students. I hope these tips and ideas will help you make the most out of your finals. Don't worry, just do your best. Look at it this way. When your test is done, you can either sell your textbook back...or blow it up.

S



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Cruel Condo Living

By Jonny Clinton

Think long and hard before choosing a place to live.

Whether you're a student, apartment complex manager, or just some Provo resident, everyone has an opinion about the seemingly unchecked growth of condos in Provo. Some people live in condos to satisfy the inner need to be special, the need to feel like they have luxuries other people don't. Other people look at condos as a festering disease, sprouting like sores just about anywhere as long as the flesh is weak. I would have to agree with both. And I live in a condo.

My reasons for living in a condo are simple: Washer, dryer and two roommates. In fact, if I could find a single-person condo, I might even take that. I like the convenience of washing my clothes at home and I like the opportunity to just plain enjoy my privacy. School is school, and work is work; contact with people is inevitable. But I like to be the king of my castle, the man of my house, so outside of the necessary social interactions, my time should be spent as I choose -- alone.

Actually, this is what I used to think. The grand irony is that my social life was quite pleasant pre-condo living. I had plenty of friends to hang out with from freshman year, as well as mission buddies, coworkers, clients, etc, etc, etc. However, the fateful day came when I went with my mission buddy Jamie to check out a set of condos. Gee, we thought, wouldn't it be fun to live in the same apartment complex, her in the girl's building and I in the guys'? Then, other people won't bother us unless we invited them and could hang out all the time and maintain all of our other friends, essentially living happily ever after.

The problem with this shortsighted view is that you have to fast-forward a year to now. It's true that I had my privacy, and that I only was obliged to make a few friends in my new ward and classes. And Jamie and I hung out a lot. But this year, I'm here again. And I'm

old now. Almost all my freshmen friends are married and graduated. Almost all my mission buddies the same. Even my beloved Jamie (, we're just friends, I'll cut the melodrama) got a job down south and is now making bank and eating steaks every-day.

Now I feel trapped. We don't have the perks and privileges of a Carriage

"So even if I knocked on doors, the loneliest of my neighbors would still have to stick up their nose at me and then slam the door and cry."



Cove or a Foxwood. We don't get the pools, or the exercise rooms, or even the main office. What we get is poor Jonny sitting at home watching the door, desperately hoping and praying that the girl of his dreams will at some time miraculously knock on the door and make him happy.

Little does he realize that if the girl of his dreams did happen to knock, it would have to be the cleaning lady, taking care of his depression-induced messes. Or, it could be one of those girls trying to sucker people like him into buying Starving Student cards (not even he is THAT desperate). And knocking on other people's doors to meet them? Heaven forbid. For there is an eternal rule in the condos. No matter how lonely, bored, or pathetic you are, you must always appear to be happy, well fed and socially satisfied. So even if I knocked on doors, the loneliest of my neighbors would still have to stick up their nose at me and then slam the door and cry. Do you see how this is not part of the plan of happiness?

Why don't I move, you may think to yourself. Why would I keep tormenting myself in this way? Well, the reason I stay is also simple. Condo living

is clean and beautiful. The walls are still white and the appliances still work. I simply can't go back to calling management every time my toilet channels the Great Salt Lake onto our tiled floors. I like my showerheads powerful and evenly spread. I like having a fridge that keeps my food cool without making the lights flicker. And I like having high-speed Internet

so as to be able to aimlessly chat with old friends unfettered and undeterred. Frankly, once you go condo, you just can't go back.

May this article serve as a warning to all that are as I once was. Will you too sell your soul to the dark, lurking horror of loneliness? Will you bite at the bait of washer/dryer combo and dishwasher, just to be sucked into the Venus flytrap of self-loathing? Will you pay an extra \$100 a month just to sit at home playing four-player Gamecube by yourself just because you can't find people to play with you? All I ask is that you think about what cruelty condos may bring and make the right decision. The choice is yours.

S



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The scene is sad, and you know you've done it before: sitting alone on a Friday night eating chocolate and watching "You've Got Mail," wondering "What is wrong with me?" Admit it. You're pathetic. But the news is heartening; we are all pathetic.

By Patricia Auxier

We all have our moments of social ineptitude, and it seems that this Great Age of Dating that is the college years of our lives adds to the anxiety. Julia, a senior at BYU from New Mexico, is a veteran of the dating game. She says that "Dating is that thing that everyone has to go through, and if you live in Liberty Square, you have to go through it a lot more. I did it for a while, and I didn't like it that much. So I tried the engaged thing, and I like it better. But I think I'm ready for the marriage thing." But what about the rest of us? What are we going to do about the constant pressure to date? How in the world are we ever supposed to understand that exotic and mystical creature known as 'girl' or, more distant to my specific intellectual ability, 'boy'? Let's talk.

How do you find the lucky boy or girl? Frankly, I don't know for sure, or else I'd be married by now, but I do know a place to start looking. Friends. Julia found her fiancé, Alex, amongst her circle of friends. She says, "Sometimes people date until they find someone they can be friends with. That isn't the best approach. You should be friends with people until you find someone you can date." Hanging out with friends isn't the enemy, it's the starting place. After hanging out, show interest. After interest, hold hands, bring them home for Thanksgiving, till death do you part, right? Or is there more?

There is only one generalization worth mentioning: there are NO generalizations. Everyone is absolutely different. Solution: communication. Yes, that might actually involve talking to the scary member of the opposite sex, but that's the only way. Nick, a 24-year-old student from California, says that most important part of a relationship is communication. He says, "People just need to communicate how they feel. I try to be honest with people and open up to them so that they feel comfortable talking back. Most people don't care. When you tell people personal things, they don't really listen. And that's offensive." Solution, again: communication. Be attentive. Be honest. Be real.

Another problem in our wonderful little arena of courting culture is what Nick calls the 'Next Best Syndrome.' Girls and guys both are guilty of looking around for the next best option. Nick says, "When you get close to someone, they're looking over your shoulder at who's behind or around you for a better option. We just run around and actually never find anybody because they're so busy chasing the shadow that doesn't really exist. Once you get close to it you realize it's imperfect and real, and you start looking around for the next best." But maybe it's time that we stop to see people. Not just stop for enough time to see their best, but enough time to see their worst and love them anyway.

And what happens when you communicate and get to know someone and they are the ones to ditch you for that annoyingly perfect shadow? It's like some cheesy love story as a man gets whisked away in an ambulance. The doctor's diagnosis: death by a broken heart. We've all had those depressing and humiliating it's-me-not-you moments. There is only one thing to do: scrape your heart and/or pride off the sidewalk, turn around and find someone else.

Most importantly, be happy. If you're not happy without someone, you won't be happy with someone. Someday your prince/princess will come, but for now focus on what you can control. And while you're waiting, enjoy the chocolates and Meg Ryan, and, in the language of love, bon chance.

S

What's open after 11p.m.?

By Amy West

There are two ways to talk about nightlife in the sedated city of Provo: First, what is there to do? Second, what do people actually do?

"Depends if you have a girlfriend or not," says Joe Castor, a 22-year-old local, when asked what after hours are like in Provo. That philosophy is far too common in a city where the heavy late-night crowds are found at the local Blockbuster shelving through scratched up copies of 80s horror movies and boxes of Raisinets.

In reality, there are establishments in Provo with late night activities—and I mean other than the popular Atchafalaya.

Muse Music on University Avenue offers concerts featuring all the hottest local bands most days of the week and weekends. Doors open at Muse around 8 p.m. with a \$4 or \$5 entrance fee. But don't worry shows usually rock out late into the night.

Miracle Bowl on State Street in Orem offers bowling until midnight at \$3.50 a game (plus \$2.50 for shoes).

OZZ, located on Freedom Blvd. has pool at \$4.50 per person, per hour until midnight during the week and until 1 a.m. or later on weekends. Food and arcade games are also available. And big news for you video gamers, "The owner is discussing the possibility of 'Halo' nights," an OZZ employee said.

Of course, there are the usuals to do after 11 p.m., cruise State Street, cow tipping, diggin' across the rugged landscape of neglected property lots, a game of "Twister" followed up with a steamy round of Truth-or-Dare—all favorites.

As a Provonian myself, I would say take advantage of the unique atmosphere this valley holds. There are some great hills in the Provo/Orem area for some midnight ice blocking. Campfires in the canyon provide a blazing, smoky atmosphere for you romantics. And how about trying to get in with that bullet bike crowd that hangs out at Del Taco?

If all else fails, perhaps it really is time to do that English paper you've been putting off... Naw, you know you'll be right back with Jamie Lee Curtis and a chocolate smeared palm at Blockbuster.

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Photos by Matt Nelson



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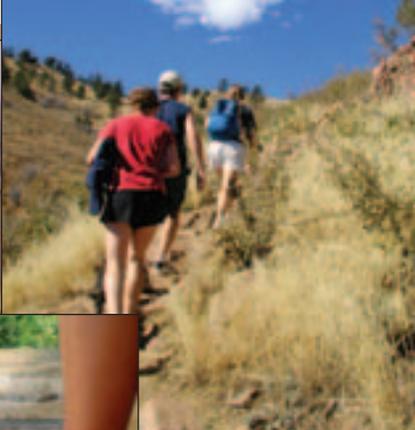
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WE GOT SAND EVERYWHERE, BUT THE DUNES WERE FUN



THE NUTTY PUTTY CAVES WERE SCARY



THE WATER FELT GREAT AT LAVA HOT SPRINGS



WE HIKE ALL DAY AND FINALLY FOUND A GEODE

ME AT CASCADE SPRINGS, DON'T I LOOK CUTE!

Spring Break

By Stephanie Fowers

It's that time again! Crunched-time or oodles-of-time, it's Spring Break. Whether you've got half a week, the week, or the whole summer off for good behavior, it's time to brainstorm vacation ideas. Here are a few road trip plans close enough to home so you can rush back in time for homework, work, or more play depending on your mood and budget. Just get ready to have the time of your life!

Little Sahara Sand Dunes

Do you miss making sandcastles? Well, no more! Experience the beach without the ocean. Sahara Sand Dunes offers the Sand Mountain to challenge experienced dirt bikers. And for beginners, Black Mountain is the perfect terrain to practice your stuff. If dirt bikes aren't your style, the Bureau of Land Management has set aside the Rockwell Natural Area. It's a vehicle-free zone where hikers are allowed to wander the dunes. So take a few pictures, a few friends and a picnic and you're set. It's \$6 per vehicle. Hey, you've made the drive, so spend the night. Camping is an option.

Directions: Travel I-15 south to Nephi. Take the Nebo Loop exit and go west. Travel 13 miles and turn right on the road marked Sand Dunes. Cross over HW 6 then turn left at sign marked Little Sahara.

Approximate Travel Time: 45 minutes.
For further information: (435) 433-5960 (visitor's office)

Cascade Springs in Provo Canyon

It's time to take a peaceful break from your troubles. Imagine cool cascades of water flowing over limestone terraces. Picture wild flowers popping over rustic pathways; envision leaning over bridges to see trout swimming through clear pools of water. Feel the creak of the boardwalk

under your feet. Quit imagining! Head to Cascade Springs and experience a dose of nature. Take the scenic route. The drive alone is worth it.

Directions: Head up Provo Canyon. Turn left at Sundance exit. Follow the road past Sundance through Alpine Loop to Summit. Turn right at Cascade Springs sign. Follow windy road (about 25 miles) until you reach the springs.

Approximate Travel Time: One hour.

Nutty Putty Caves

Want to do some spelunking? Nutty Putty Caves is the place to go. Spelunk through a cavern of cracks, clefts, and crevices, make your way through the Maze of narrow tunnels. For those who aren't claustrophobic, Bob's Push (known as the Birth Canal or the worm hole) is extremely popular...and extremely tight. If you sport XXL, don't try it (it's called Birth Canal for a reason). Take a headlamp because you'll need your hands to crawl over rocks and dirt on your knees. Be sure to wear clothes you don't care about (strong jeans and long-sleeved shirts). Take along someone with experience, and use your head or it will get stuck.

Directions: I-15 S, take exit 248, (Santaquin). Go west until Elberta, turn right at gas station onto state road 68. Go north until you reach mile marker 7. Stay on main road. Travel it for 5.6 miles to well-traveled fork in road. Take the right fork. Follow it for 2.3 miles to cattle guard. Turn right and follow road for .3 miles until it turns left and heads up hill. Follow it to the top of Blowhole Hill. The entrance to Nutty Putty Cave is located on the west side.

Approximate Travel Time: 45 minutes.

Dugway Geode Beds

Learn to find the beauty within. Geodes may be bland on the outside, but break them open with a hammer and you'll discover tiny crystals inside

that will rival the sparkle of diamonds. Casual collectors (you) are allowed to take small amounts of gemstones and rocks from unrestricted federal lands in Utah without obtaining a special permit (assuming you collect for personal, noncommercial purposes). With that in mind, bring a shovel, pick, safety glasses and a hammer and get ready to dig for diamonds in the rough.

Directions: I-15 S, take exit 248 (Santaquin). Turn right (west) on HW 6. Go 22 miles until you hit the fork in the road. Turn right. Travel HW 36 S (40 miles) past Vernon until you reach Pony Express road (dirt road past Faust), then turn right and go west on Pony Express Road for 50 miles to the Dugway Geode bed turnoff. Turn right. Geodes can be found about two miles away from turnoff. It's easiest to find geodes at recent excavations.

Approximate Travel Time: Two hours (depending on roads and vehicle).

Lava Hot Springs in Idaho

There's nothing like a hot bath...in Idaho! Yes, Idaho, especially if it's a hot spring without the usual accompanying sulfuric odor. Lava Hot Springs presents four hot pools nestled in a cozy community of shops, cafes, lounges and hotels. For only \$5.50 a dip, you can drive from one side of the valley to the other to experience soothing spa time, but why drive when you can take an inner tube down the Portneuf River to get where you want to go? So, what are you doing sitting in your apartment—get up and go!

Directions: I-15 N (198 miles), exit 63 toward Portneuf area. Turn right onto north old HW 91. Turn right onto north Fort Hall Mine Rd.

Approximate Travel Time: Three hours, 201 miles.

For further information: (208) 776-5221



What started as a ploy to get girls turned into something musically magical when Matt Mattson and Gentry Lee combined their talents at an impromptu jam session at a friend's house, a match made in West Jordan. The band now known as SweetHaven later expanded to include Seth Wilks (bass player), Trevor Hill (rhythm guitar), and John Buckner (drummer), playing for crowds as big as 1,000-3,000. They have opened for Ryan Shupe and the Rubberband, Peter Breinholt, John Schmidt, and Colors, even breaking into the movie industry with their song "Go Back" on the Mormon-culture film "The RM."

So, who is SweetHaven? Based out of Provo, the band is a group of musicians combined by a common desire to produce solid music. All the members bring an amazing ability to the group and unique characteristics, Wilks bringing a chill presence on-stage, Hill bringing spunk and Buckner steadiness. Matt Mattson, the co-creator, lead singer, and songwriter of the group says the two most unique characteristics of the band are their humor and intricate melodies.

"Humor," Mattson says, "attached to serious things, where you discuss things that have real meaning, makes it so you can process what you're feeling without being afraid. Humor breaks down barriers. So when I'm writing a song, humor diffuses into the lyrics so I can communicate to the audience. You can take it on two levels: you can say, this is a funny song, and that's it. Or if you listen closer, there is a human element, real emotion, which connects the words to the audience."

Lyrics play an important part of developing the message, and Mattson likes to include literary devices to express his ideas. The song "Vending Machine," for example, compares a girl to a vending machine: "She's a vending machine and she can't hide...pay her mind and she'll give you everything that's bottled up inside." Mattson

reveals the girl is like a vending machine, if you give her a little attention she'll give you her life-story.

The melodies, even more developed in later work such as "Velveteen Rabbit" and "Taken," are not just backdrops for the lyrics. Musicality is an important aspect to the group, an aspect they take seriously. The lyrics and the notes synergistically work to create a fun, energizing experience for both the audience and the band. SweetHaven's self-titled CD features "Cannonball," "Go Back," "Happy," and "German Goodbye's" among other songs which have a lively tone. Their sophomore album, with projected recording within the next four months, will exhibit a maturing and refined style as the band finds itself musically. Mattson says of the new songs, "In the original songs I was more experimenting with how songwriting works. Now that I have a bearing on that and we have our style, I am trying to go deeper and put more of us into the lyrics by infusing more emotion."

The fans play an important role in the band. In fact, while I was interviewing Mattson for this article he received a message from a fan inviting Mattson to his mission call opening later in the evening. The band loves performing, fueling off the energy of the crowd. Mattson, a natural born entertainer, reveals the music invokes passion and the audience creates a spark of enthusiasm which drives the performance. Unfortunately for the female fans, however, except for Mattson, all of the band members are happily married, with Mattson dating someone he describes as a delicious bowl of butterscotch pudding.

SweetHaven is definitely a musical presence worth patronage, but don't take my word for it. Experience the magic firsthand. Although on a small break while Wilks, the bass player, finishes a short internship in Arizona, the band will regroup, resume and rock in April 2005. For a posting of future shows, visit the website at www.sweethavenmusic.com.

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Interview with Matt Mattson the lead singer of SweetHaven better known as "The handsome chubby one":

* **How did your band start?** I had written some songs, and my best friend played guitar. So we'd go around and we attempted to win the ladies hearts with our dazling music. So we would sing songs to meet girls. Isn't that why everyone gets into rock and roll? To win the favor from the opposite gender. My friend and me were no different. We would go and play our songs, be party favors to people. [Has it worked?] I guess you could say yes.

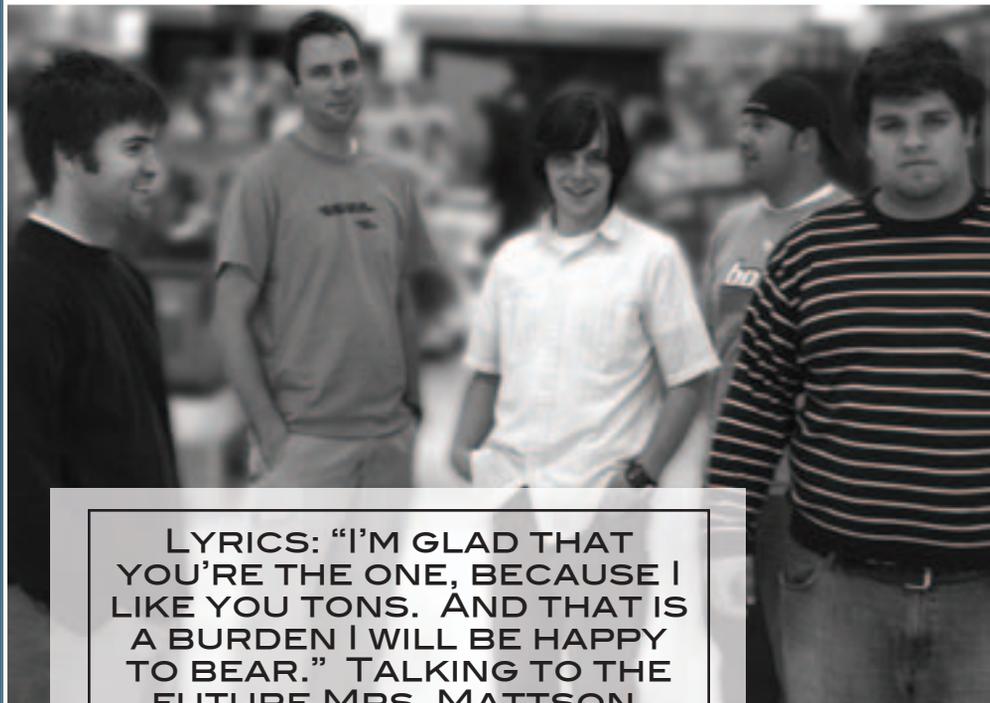
* **Can you remember a magical music moment?** Absolutely. We had a show down in St. George. By some strange chance it happened to culminate. Everything we had been doing, all our practices, came to a point. We couldn't explain how the show went so well, but we just felt this energy. Everyone was playing their parts, but we also had the mind that we need to make this music together. There have been a couple shows where we have felt like that, like everything has come together in a magical moment.

* **Favorite part about the music and the band and anything:** The thing that drives me is when I'm writing the songs and I feel a surge of inspiration that can't be forced. Some nights I stay up because a song is begging to be written. I can't ignore that or I'll lose it, never to be recovered. I love when I feel inspired about a concept about a song, or a melody or lyrics. When I'm almost observing a song being written as if it's doing itself because it comes so quickly by itself when the inspiration flows.

* **Do you see your band going farther?** No doubt we have the potential to enter the larger market. We have the talent and the appeal to be nationally, internationally successful. Our first album is self-titled, SweetHaven. But on the CD sleeve in very small font it has the title of the album. But you have to buy the album and do your research to find out what it is.

MEET THE SWEET

By Patricia Auxier



LYRICS: "I'M GLAD THAT YOU'RE THE ONE, BECAUSE I LIKE YOU TONS. AND THAT IS A BURDEN I WILL BE HAPPY TO BEAR." TALKING TO THE FUTURE MRS. MATTSON.
- MATT MATTSON

Schooled 15

Players Play On

By Jeremy Holm

One night while on a date in Provo, I visited with a young lady on her front porch. While thus engaged in conversation, I began to hear an eerie strain of music floating in the air. No, it wasn't the sound of "Let's Just be Friends." My ears perked up, for I knew what that music was. It could only mean one thing: Someone was about to start a multiplayer game of "Halo." She only shook her head in disgust and said that it happened every other day in that apartment. Over the past year, I've noticed that it is becoming more common amongst college-aged guys to spend hours in front of the television and game system.

According to the Interactive Digital Software Association, video games are an estimated \$10.3 billion market with over 221 million games bought in 2002, with an average of two games purchased a year per household. Research shows that 60 percent of Americans play games. That's over 145 million people!

So, here's the question that is most often asked: Why?

Well, let's focus on our age group. Why is it that guys who can barely afford food and rent are spending \$50 a game? How can it be that college students who are staying up until 3 a.m. to study are passing hours on the couch with a controller in hand? A friend of mine mentioned to me that every Thursday at 7 p.m. he and six buddies get online and play without fail, no excuses. No excuses, huh? Why do they seemingly waste so much time?

Perhaps I can help answer some of these questions. I am guilty of said actions. Maybe not hours on end, but I have participated in game parties and have my own gaming system. So what's all the excitement about?

It really depends on the person. Some play games as a means of escaping reality. With the incredible graphics and in-depth stories of today's games, players can leave the demands of work and school behind and enter a world where super powers and weapons make them larger than life. Others play to test their reflexes and intellectual skills with sport or simulation games. While others simply play them because it is a rather enjoyable activity to them. Especially amongst the guys, it is the social aspect of things. Call it Guy's Night Out if you will, but nothing beats kicking back with your friends in the apartment with a pizza and seeing who can come out on top of a championship match or duel. Insults are given, alliances are formed, and groans are heard as someone stands to do a victory dance over their latest win. Girls may go to dinner, but guys...game on.

There are such a wide variety of games out there: action, sports, racing and even puzzles. Everyone is sure to find something they like. Games with a high replay value (where you can play over and over again and not get bored) will give you the most for your dollar. I suggest renting a game before you buy. I've made this mistake and now have a handful of games that I never play. Someone else may love it, but you might hate it. So, spend the \$4 instead of the \$50.

If you are looking into buying a gaming system, do some research first. Get some opinions from friends and sales clerks at the store. Everyone has his or her favorites and you just need to decide which will provide you with the most entertainment. Most of the more popular games are available on all systems and PCs, but each gaming line has its own unique titles.

Now, for those that are on "the outside," who have no experience with playing video games, you may scratch your heads, or you may get frustrated with the players' lack of sociability. That's understandable. But give them their space to play, or jump in because you never know, you might just be the best player in the game.

As long as the creative geniuses continue to sell new and more exciting games, we will continue to play them. Well, until the girlfriend/wife says we can't...

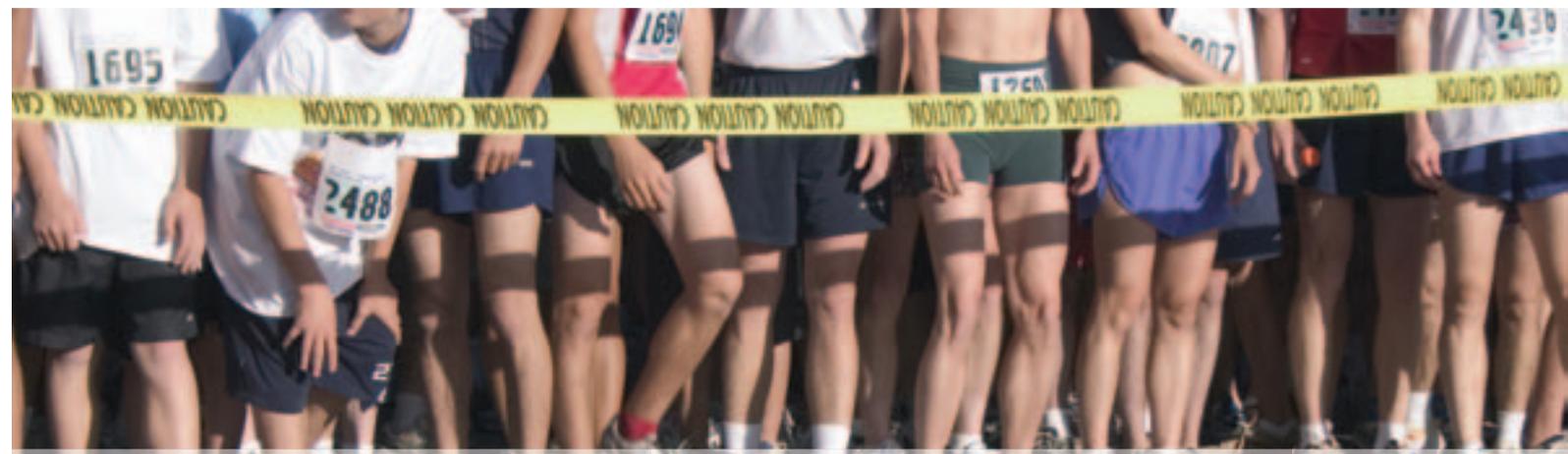
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Check out the Halo 2 tournament on pg. 47



Photo by Adam Hook

An advertisement for Cafe del Sol. The background is a vibrant yellow and red gradient with a stylized sun icon. A man in a brown jacket is pointing towards the viewer with a wide, enthusiastic smile. The text is arranged in a vertical stack: "Cafe del Sol" in a large, cursive font, followed by "Fresh Latin Grill" in a smaller font. Below that, it says "Don't Miss Our... Unlimited All-the-Time \$1.00 Tacos & Live Music (Thursday, Friday, Saturday)". At the bottom, it provides the location "Located Right Next to Campus 1175 North Canyon Rd." and the phone number "Call Ahead & Pick Up Your Order 373.5277".



BYU Students Run The Race

By Bonnie Boyd

The blast from the firing cannon: and they're off! An expected 2,000 people will gather at 9 am on March 26 for the Rex Lee run. It begins just outside the BYU Outdoor Track just south of the Lavell Edwards Stadium. The runners not only enjoy a challenging 5K/10K run but proceeds go to cancer research at BYU.

"The entire production crew for the race is made up of BYU students," says Elizabeth Marinos, cancer research secretary. "It is one of the few big events that is entirely run by the students."

The run is held in honor of Rex Lee, 10th president of the University, who died March 11, 1996 because of failing health due to the effects of cancer. Although very ill he is remembered for his optimism and being a man who exhibited wit and charm. Before taking the president position of the large university he actively participated in law. He argued 59 cases before the Supreme Court and was highly respected in his field.

The 10K run, (6.21 miles) will begin at 9 am. The 5K run, (approximately 3.11 miles) will begin at 9:15am. The race will include live music, play things for kids and stadium seating to watch the runners make their finish around the track. Medals and gift certificates will be given to participants in several age brackets.

A raffle for those in attendance will also take place. Prizes last year included free airline tickets, a stereo system, DVD player, movie tickets and dining certificates to various restaurants. However, 2005 marks the 10th year of the Rex Lee run, therefore prizes are expected to be even bigger and better this year.

No matter if you come to run, cheer on in the crowds, or make up one of the 200 volunteers needed that morning it will be a great time for all. See you there! For more information go to rexleerun.byu.edu or the Cancer Research Center's number is (801) 422-3913. **S**

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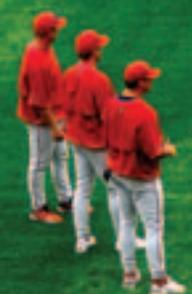
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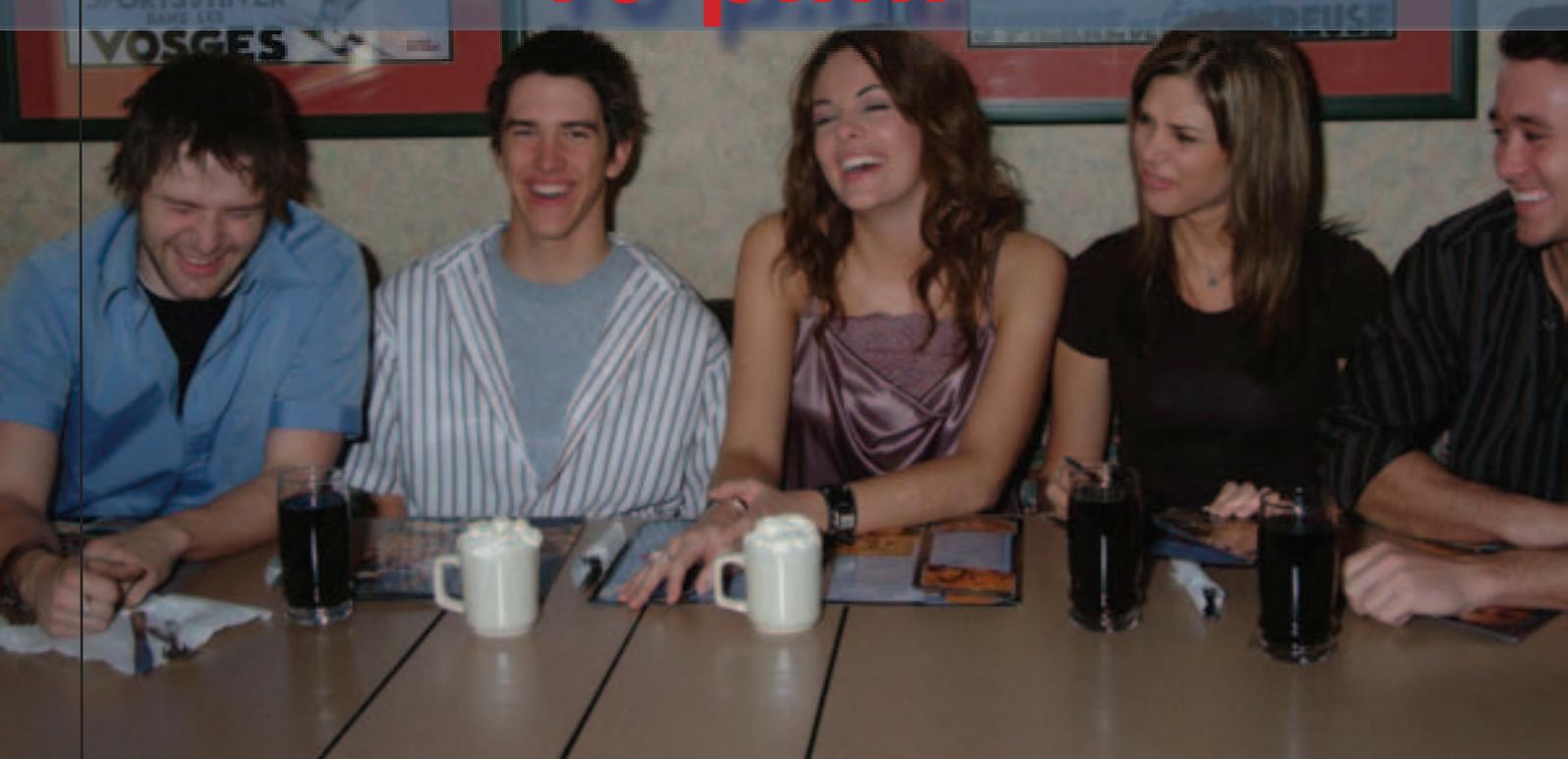


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CHAP STICK

By Bonnie Boyd



Girls: Have you ever seen a guy with such great lips that you couldn't help but notice his smile?

Guys: Have you ever seen a girl with such soft-looking lips that you wondered what they felt like?

Around here, it seems common for people to notice how well you take care of your lips. "Schooled Magazine" conducted a survey and according to you, 99% of Utah Valley women have been turned off because of flaky/ dry lips. When it comes to women who neglect to take care of their lips 99% of Utah Valley men have noticed and looked the other way, permanently. We now know how important it is to keep our lips healthy and moist -- if for nothing but our own dignity. However, there are so many chap sticks to choose from... which are the best? What might work for one person does not necessarily mean it will work for you. We've done our homework and found how you can choose the right chap stick for your lifestyle.

There are three guidelines:

- 1) Find a chap stick that will protect your lips from the sun.
- 2) Buy the best brand for the way you live.
- 3) Apply frequently.

1

PROTECTION FROM THE SUN.

Depending on how much time you spend outdoors you are going to need protection from the sun. Most moisturizers have some SPF already, but check to make sure. If you spend more than three hours a day outside you might need Blistex SPF 30. Also, Hawaiian Tropic has a moisturizer with 45 SPF for anyone in the sun everyday, all day long.



The best moisturizer for:

Photo by Alisha Brisson

- * Skiing/Sun/Beach/Wind: Blistex Medicated Lip Ointment
- * Healing: Carmex or Blistex
- * Best taste: Lip Smacker
- * Best coloring: Bonnie Bell

BEST BRAND FOR YOU.

The strongest moisturizer is Blistex "Medicated" or Carmex. If you need to quickly heal or keep your lips in their best condition these are the ones for you. Both are medicated and despite the warning label you can use them as many times as you need a day. It's the quickest and surest way to maintain healthy, full, attractive lips.

If you love all natural products, Burt's Bees has great natural ingredients so that you don't have to worry about petroleum on your lips. Other brands such as Blistex and Chap Stick sell all natural ingredient moisturizers. Blistex manufactures "Herbal Answer" and Chap Stick produces "All Natural."

For you girls: If your lips tend to need a little bit of color to enhance their shape Bonne Bell adds nice color with a great taste. The brand Chap Stick adds some color to the lips without looking like cosmetics. If you are only interested in enhancing your own natural lip color, Soft Lips is what we suggest. A soft protective shield with a little bit of glimmer brings out the natural color of lips.

2

3

APPLY FREQUENTLY.

You now know a few types that work great. They tend to be under \$5 and are easy to find. Don't let your lips decrease your natural good looks. Use moisturizer and no one will look away from you because of unattractive lips.

Is your shoe right for you?

By Sarah Aller and
Traci D. Marinos



We wear them out of necessity, but lately all the fuss about what's on your feet suggests there might be a little more to your shoes. After all, shoes can be a pretty accurate gauge of the owner's economic and social status, personality and style. See if your personality type matches your shoe type!

ARE YOU? ...

...Casual, carefree and maybe a little lazy? Then sandals are probably your feet right now. They've been around forever, and will probably never leave us. Although their shape has morphed over the centuries, the convenience and variety the "sandal" entraps is perhaps why they are so loved.

...Just plain lazy? The flip flop, invention coming to America in the late '50s from...you guessed it southern Cali, was a hit with beach bums and inhabitants of warm climates everywhere. They are perfect for the beach, easy to slip on and off and pretty maneuverable in the sand, which is why the flip flop insinuates a "laid-back personality." But if flip flops are the only thing on your feet, then you might be a smidgen on the lazy side, because let's face it...is there a lazier shoe?

...Feminine, sexy and fun? The perfect shoe for you would be strappy: A girl without a pair of strappy sandals is few and far between. They are fabulous with basically any attire. The owner of this type is style conscious, and doesn't mind sacrificing comfort for a little fashion.

...A Love Child wanna be? The Birk: Can we ever forget the Birkenstock? Our comfortable friend imported from Germany? Believe it or not, the Birkenstock name has been around for over 100 years. But the sandal as we know it was born in the '80s and worn to death in the '90s. This sandal also falls into the "laid back" sandal crowd because of its comfort and simplicity. However its owners are more of an "earthy outdoor" people because these sandals are made for trekking. Indeed they are a comfortable shoe, and most everyone owned a pair in junior high. And yes, there are more styles than just the classic sandal, but we need to let go, because nowadays the majority of Birkenstock wearers sport a tie-died T-shirt and unkempt hair. So be aware, the Birkenstock does not have a "clean cut" reputation.

...A bit of a perfectionist and maybe a little high strung? Over the past few years America has adopted the "sporty" look a.k.a. tennis shoes that are not necessarily used for vigorous foot activity. These types of shoes have popped up everywhere

and it seems that no one is immune. Although these sporty types may not always be used at the gym, they seem to be a little more functional and comfortable than others, and on top of everything else, they have a bit of style. These shoes are mostly found in the "preppy" category. They provide a trendy and clean cut look for those who are concerned about staying in season. Some people have also gone to the extreme of buying pairs in a variety of colors to match a variety of outfits.

...A guy with ambivalence for fashion? Also in the sporty category are actual sport shoes made for when you play sports a.k.a. the athletic shoe, and there is no telling what type is best for you. From running, to soccer, to basketball you name the sport there's a shoe for it. Most commonly found around town seem to be various forms of the running shoe, which indicates the wearer is pretty active in their daily activities. School, work, play, exercise, etc., all can be done comfortably in an athletic shoe. Not to over-generalize (because we all have a pair of ratty sneakers in our closet) but these guys will opt for comfort and reliability over style. Something to be said about their personality ladies.

...A slacker, a partier and perhaps a little rebellious? Whether the owners have the moves or not, the skater culture has been invaded and popular skater shoes can be spotted everywhere: Vans, Etnies, Dektline etc. In the early '60s the first surfing inspired skateboards were introduced in southern CA and we haven't looked back since. Along with this evolving sport came definite fashion statements and shoes were the most essential part. If you sport a pair or two of skater shoes, you more than likely are a skater, want to be one, or know someone who is. There are a plethora of skaters out there and they know what their "label" emotes – a slacker, a partier, and perhaps a little rebellious, and so does everyone else. So, this category contains people that fit the shoe, and others wear it, but don't fit the bill. The outfit also says a lot about the owner of this shoe, so you be the judge.

...Nerdy, but slightly cool? There is a shoe that seems to be synonymous with alternative: Converse. The original Converse All Star shoe design was introduced in 1917 as a basketball shoe, and its basic shape hasn't changed much. The line has developed into dozens of styles, but the success of the original will be around for a long time to come. Although having its origins in basketball, they have become a fashion statement of their own. Perhaps a sibling to the "skater shoe" persona, Converse have come to resonate youth, style and a little bit of trouble making, which may be why they are more commonly found among the college crowd rather than on the court. And we all know what specific personality has kept Converse part of their staple shoe collection: the artsy kids, theater, film, media, music, etc. This trend is also becoming popular among the general crowd.

...Into your looks? We know some of you men like to strut your stuff. Most boys own a pair of nice dress shoes for special occasions. But then there are those who can't be found in anything but. Dress shoes are fine everyday if you are at the office. Other than that, although you look fabulous, you may seem to be too uptight. Again, with this shoe there is a degree of balance. Guys with good fashion sense are always noticed. But these shoes don't personify "fun". So what's the answer? Mix up your styles a bit, no biggie.

Of course, there is no denying you probably have a bit of variety, but undoubtedly there are a few of these basic foot trends in your closet. Shoes don't define a person, but they are your own personal statement, so choose wisely!

Vending Machine Nutrition

By Keri Adams



After trying hopelessly to convince yourself you can make it to dinner, you finally race out of class to the nearest vending machine.

But standing in front of the large snack holders, which are packed with all sorts of yummy but fatty foods, you struggle with what to choose. "If I'm going to be doing this again," you think, "I'd better stick with something a little better than yesterday's peanut butter cups and ice cream sandwich, which left me feeling like a cross between a pot-bellied pig and a hippopotamus." A pleasant picture indeed.

If you're like me, you're faced with this situation quite often and unfortunately most of us are not food experts. So I went to the professionals and compiled a list from what they suggested would be the healthiest choice of snacks from vending machines and also snacks you can bring from home.

Simplify

The most important thing to remember when choosing snacks, according to Health and Fitness Specialist Camille Thomas, is to choose simple foods and to stay away from foods that are very processed and very sugary.

"The less processed the better," the BYU doctorate student says. "These foods have the most nutrients, the most minerals and vitamins and is the best source of our energy."

The Best Beverages

- Water
 - Milk, especially 1% or less
 - Fruit Juices, especially 100% fruit juice
- "Most juices are gonna be fine," Thomas says, "though the ones with the least concentrate and the most pure juice are going to be your most nutritious choices."

Cold Foods - best choices, if available

- Apples and Oranges
- Canned fruit
- Yogurt
- Applesauce
- Carrot sticks
- Bagels
- Sandwiches, but try to stick with wheat bread
- Lunchables

"Going for a white meat like turkey and chicken is better because they are lower in fat and cholesterol than say ham or roast beef," Thomas says.

Chips, Cookies and Candy

- Pretzels, especially whole wheat and low salted
- Nuts
- Fruit Snacks
- Trail Mix
- Granola bars and Nutri-Grain bars
- Fruit and oatmeal cookies, such as Fig Newtons are best choice
- Candy (if necessary) - best choices are fruity sweets such as Skittles, Starbursts and Swedish Fish
- Wheat chips and crackers, such as Sun Chips, Wheatables and Fritos.

"Fritos are actually very good for you because they are simply made," Thomas says. "They're made with four ingredients and that's it. They actually contain original, normal ingredients like corn as opposed to processed or refined corn."

Foods To Run Away From

Basically, it's better to avoid sodas, most of the ice cream and frozen treats (like burritos and microwave pizzas) and candy because they're usually high in fat or calories and have no nutritional value. And most won't fill you up.

Additional Quick Snacks

(Not Necessarily Found in Vending

Machines But Can Be Done At Home)

- Homemade granola mixes, with oats, dried oats, dried fruit and chocolate chips
- Grapes
- Tuna sandwiches
- String cheese
- Frozen yogurt
- Cottage cheese with fruit or crackers
- Homemade shakes
- Peanut butter, great with apples or celery
- Cereal, especially less processed ones such as Cheerios, Mueslix and Grape Nuts

Fruits and Veggies

Rachel Cox, registered dietician for the Utah Department of Health, says the most reasonable change for people to make in their diets is to increase the amount of fruits and vegetables they're consuming.

"Some of the latest research is showing that people really need to be looking at their plate and making sure that half of what they are eating is fruits and vegetables," Cox says.

Healthy Living

Healthy lifestyles are important for everybody. According to Lance Madigan, public information officer for the Utah County Health Department, vending machines may be the first place that younger kids or young adults start their own personal nutrition habits.

"When you're eating at home, you eat whatever Mom puts on the table," he says. "But when you're in front of the vending machine, you've got the choice of whether to pick the candy bar or the pretzels. And by beginning those habits early, you can make healthy choices that will last a lifetime and will eventually lead to better overall physical health."

So hopefully this information can help us all make more informed and nutritious choices when faced with that crucial decision of what to dine on

between meals,

making our-

selves, our

stomachs

and espe-

cially our

mothers

proud.



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Skin Care

for

By Bonnie Boyd

Women

Acne is one of the first words that come to mind when someone says skin care. That single word describes many middle and high school frustrations. Why is it at 20 and older we still suffer? Acne is supposed to be a result of puberty right? Yes and no. Here are some simple precautions and reminders that can diminish the chances of continuous break out.

First, understand skin on our face is only one to two millimeters thick. This skin is divided into three layers: the epidermis, dermis and subcutaneous tissue. The epidermis is protective and thin. This layer is responsible for appearance, color and texture. The dermis is in the middle supporting and strengthening through elastin fibers and collagen. The deepest layer, subcutaneous, contains fatty tissue. It is able to absorb shock and protect you against the cold. The epidermis layer is responsible to act as a protective barrier against the environment.

Initial acne begins two to three weeks before it appears on your skin. Clogged pores occur as old skin cells die and slough off. When the cells are shed unevenly they clump together with the body's oils to form a plug. This plug, called a comedo, traps oil and bacteria inside the follicle.

As the body produces more oil the pore will swell where bacteria flourishes.

The best way to stop acne is to prevent it. If you know what to look for when you're shopping it's very simple. To prevent uneven shedding of cells use a type of scrub when washing your face. A washcloth works wonderful, as well as special scrubs designed for the face. Using soap with lots of chemicals or scents tend to leave a thin layer on the skin that are famous for clogging pores; sticking to a plainer soap when washing the face is a great rule of thumb.

Toners applied after washing the face are very effective and work quickly when it comes to healing the skin from past acne. Toners are for the very purpose of shrinking pore size, helping to avoid ingrown hairs and keeping the face clear and firm. Look for a daily toner that contains around 5% Glycolic acid so that the skin will not burn or become increasingly damaged.

Moisturizers are extremely individualistic. What works for one person is not going to work for everyone else. Every woman has a different skin type: dry, oily, sensitive and combination. Dry skin will obviously need a much thicker moisturizer; while oily will need a very thin layer. The one thing each woman has in common is that she needs a moisturizer. Moisturizers not only impact the clarity and comfort of your skin, but the speed in which wrinkles start to show. It is best to talk to a person who knows skin care when it comes to choosing the one for you.

While expensive masks, soaps and lotions are the ultimatum for some women, homemade products are the way for others. On our Schooled Magazine web site are links to products such as masks and exfoliates you can make at home. (<http://www.schooledmagazine.com/>) It might save your wallet and still produce great results. Remember when trying any new product if your skin becomes red or irritated stop use immediately. Sometimes it will take several tries to find the perfect system for your skin. Remembering these tips will help you in choosing products that will limit your chances of experiencing acne years after it has worn-out its welcome.

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THE GYM RULES

We've all been there. You're ready to start your workout and the first machine you walk up to has sweat marks all over it. You wisely decide to skip that one and move to the next machine. But, upon arriving, you notice that there are no weights to work with. Frustrated, you wander around trying to find the equipment you need and silently release your anger at the jerk that left the gym in such a mess. By Jeremy Holm

Sound familiar?

This scene is an all-too-common one in today's world of fitness. After spending considerable time over the past few years training in gyms for the Olympics, I've learned quite a bit about the "do's" and the "don'ts" of gym usage. And really it all boils down to a few basic ideas.

DO SHHHH: Cell phones are dangerous on the gym floor and impolite to those around you. If you must carry on a conversation, whether on the phone or with a friend at the gym, be courteous to those around you and step off the workout floor. And as for grunting, remember that those around you are trying to focus on their workout as well, so try to keep it down.

DON'T misuse equipment: The equipment you are using is expensive! Take care of it and it will take care of you. Don't drop the weights as that can damage them. If you don't know how to use a machine but would like to learn, gym staff would be happy to show you how to use it properly. And be sure to clean up the area when you're done. Bring a towel with you to wipe any excess sweat off the machine.

DO dress appropriately: Though I am no fashion expert, I do know that proper gym attire is a must. It allows sweat to evaporate, keeps your body cooler and allows better movement.

Many gyms have rules regarding apparel and footwear. So, could somebody please explain the guys lifting in cutoff jean shorts and a button up shirt?!

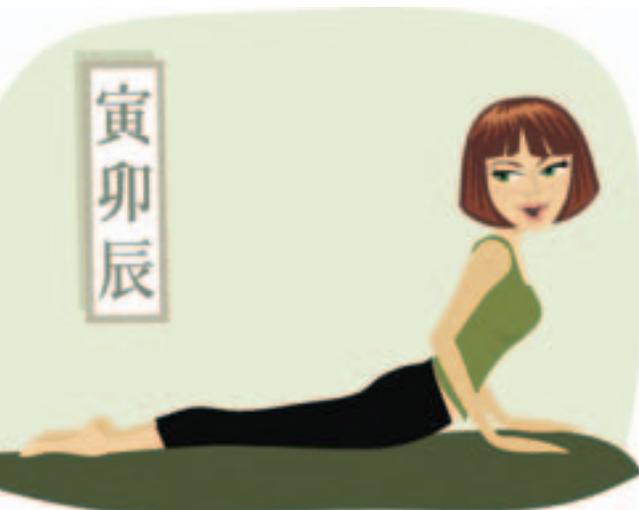
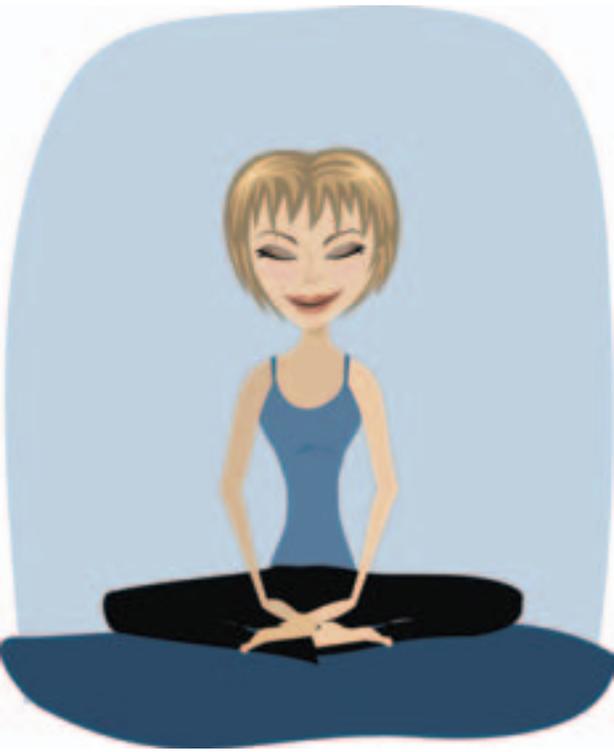
DO change it up: The body is an incredible machine, so take care of it and vary your workout. Your body will adapt to your routine over time and change brings increased performance, so in order to get the best results change things up a bit.

DON'T break a leg, kid! Be confident with your skills. You don't need to lift all the weights in the room. Set specific goals for yourself and follow them. Too often people, men especially, try to lift more than they are conditioned for and they end up ruining their technique. And ALWAYS use a spotter for free weights.

That's it! Gym Etiquette 101! Simple things, right? But by following these little suggestions you will be creating a safer, more effective workout experience for yourself and for those around you. If we all practice common courtesy and common sense, going to the gym will be what it's really supposed to be: fun and enjoyable! Happy lifting! **S**



By Rae Harris



There are two kinds of people in this world: those who are runners and those who are not. I am not. I really have tried though. Every so often I get the urge to renew my affair with running. It only lasts a few weeks before I inevitably give up due to shin splints, boredom, and laziness, in no particular order. And so began my search for an exercise routine that would keep me interested, be kinder to my joints and still challenge me. I have found both yoga and Pilates to be an excellent fit.

Yoga and Pilates are great alternatives to high impact exercises. Their versatility makes them ideal for both men and women. These practices are unique in that they incorporate the mind as well as the body. Both exercises focus on strength, flexibility and the power and grace of movement. They provide a workout that is gentler on the body, yet still very challenging and effective.

Yoga has been practiced for thousands of years. There are several different types of yoga and the physical workout is actually only one aspect of the practice. The word “yoga” means “union,” and the goal of yoga is to unite the body and the soul. Yoga is probably the most complete mind and body workout. By addressing both mental and physical aspects, yoga helps to reduce stress, clear the mind and calm the nervous system, while providing a demanding and rewarding workout.

In yoga, there is a great emphasis on mental concentration. Breath is considered the link between the mind and the body. By focusing on and controlling the breath during movement, the mind is able to become more in-tune with the body. This focus and awareness helps to clear the mind and allow the body to perform more effectively.

Rachelle Koenen, a yoga instructor at BYU, expands on yoga’s unique mental approach. “You can’t work through a posture by ignoring the pain,” she explains, “You must pay attention to what is going on in your body in order to progress.” She continues, “[Yoga] allows your mind to hone an ability to concentrate that many other exercises do not. By the end [of the practice] the mind is quieter than at the beginning. This ability to find inner quiet is valuable in a world with a lot of noise and distraction.”

Yoga also provides numerous physical benefits. The exercises focus on building strength and flexibility, aiding in the development of lean, strong muscles. Yoga strengthens core muscles that help to improve posture, balance and coordination. Practicing yoga may also result in increased energy levels and can help improve function in the cardiovascular and nervous systems.

One of the biggest misconceptions about yoga is that participants need to be flexible or strong in order to practice. This is just not true. Anyone can do yoga. One of the greatest things about yoga is that it is so adaptable. There are different styles of yoga as well as different levels in the postures. Yoga can be very personal. Everyone’s practice is different and participants can work from any starting point. The important thing is just to start, and you will be amazed at the progress you can make.

Pilates is another great exercise that is both gentle and effective. The exercises were originally used for rehabilitation and were designed to promote both physical and mental well-being.

While Pilates is also a great mind and body workout, there is less mental focus than in yoga. The practice has its greatest emphasis on the physical work. Pilates seeks to engage the mind in order to perform the movements correctly and maintain proper breath and body alignment. By using the mind in this way, Pilates exercises can improve concentration and create an increased awareness of the body.

Pilates also promotes strength and flexibility but focuses primarily on the body’s core: the abdomen, lower back and buttocks. Pilates believes that this “powerhouse” is the key to effective movement of the rest of the body. By strengthening the core, one can improve agility, balance and coordination.

In both yoga and Pilates, proper instruction is essential to realizing the greatest benefits. As Koenen states, “It is very important to find [teachers] who know what they are doing, because it is easy to hurt yourself and/or not get any results if you find one who is a hoax.” This can be difficult because there are no nationally recognized certifications for either yoga or Pilates. Be sure to ask questions and research a class or instructor before you begin.

Yoga and Pilates are both great exercises that provide a unique approach and effective results. Whether you are looking for a low-impact alternative or just a new way to cross-train, these programs deliver excellent benefits to both the body and the mind.



Hometown Hoop Stars

Sports headlines are littered with the antics of so-called “role models” engaging in some new form of shameless self-promotion, or jumping into the stands and trading punches with fans, or countless other acts of disrespect only allowable because of their ability to play a game. Now more than ever, do the words “it’s just a game,” need to be heard and listened to. Enter Mike Hall and Ronnie Price. Here are the two biggest names in Utah Valley Collegiate Basketball, and the only headlines they’re making have to do with their incredible talent for the game.

I interviewed them both, listening as they told of their hopes to one day play in the NBA, their days of rivalry first between Dixie College and UVSC, then BYU and UVSC, their continued rivalries in pick-up games over the summer, and their overall experience adapting to life in Happy Valley.

They’re not perfect, but they’re the opposite of the headliners spoken of above. They play the game with intensity, but without fanfare. They feel fortunate to have the opportunity to play basketball at a Division I level. And they have given all the basketball fans in Utah Valley a reason to cheer.

By Joel Gillespie



Mike Hall

It’s tough having the weight of the Cougar Nation on your shoulders. Just ask Mike Hall. It would’ve been hard enough just transferring to a prolific Division I Athletic program from the junior college atmosphere of Dixie. But after a dynamic junior season which included a No. 1 play on “SportsCenter’s Top Ten” list, he was propelled into the role of the team’s No. 1 guy, and immediately became the hope of Cougar basketball fans everywhere.

Let’s face it, anything less than a championship always seems to bewilder BYU fans, but this season has been a bit of a disappointment. Nobody feels this more than Mike Hall. You

Photo by Alisha Brisson

might recall the commercial featuring Alex Rodriguez shortly after his trade to the New York Yankees. It shows him running through the streets, meeting at every turn another fan with huge expectations (one little kid says “Hey, Alex, you gotta hit 80 homeruns!”). This must be what it feels like to be Mike Hall sometimes. While the expectations may be unvoiced, the pressure is no less intense.

But Mike handles it as well as anyone might. For a guy who routinely throws down some nasty dunks, Mike is surprisingly pleasant. He feels the pressure, as anyone would, but he doesn’t hesitate to express his excitement playing in front of the BYU home crowd, over 10,000 strong.

At least basketball takes some of the focus of the “culture shock” that occurs when a young guy from SoCal moves to Happy Valley. His first attempt was his freshman year when he tried UVSC on for size. He ended up at Dixie because, as we all know, Utah Valley lifestyle takes a while to get used to. Southern Utah served as a depressurization tank, which made the transition easier when Steve Cleveland came calling.

On the other hand, Mike didn’t have to adjust his lifestyle too much to fit in here. He is a self-proclaimed non-partier and is a pretty private person. The honor code hasn’t required of Mike much more than he requires of himself. Some of his Mormon teammates joke with him that he already lives like one of them, asking, “When are you gonna get baptized, Mike?” Mike is good-natured about the whole thing. He likes to joke back by using some of the Utah Valley-isms we’re all used to and watch the stunned reactions of others. Saying things like “FHE” or “I’m taking the discussions,” always seem to incite the desired baffled expressions.

But it’s not all fun and games either. There are after all, academic requirements. When I asked Mike who his favorite person at BYU is, he said E.J. Caffaro, who is the academic advisor over athletes. Caffaro has assisted Mike in planning a graduation path and sticking to it. It was good to hear an athlete place such importance on his education, even though his ultimate goal is to play in the NBA.

Ultimately, my favorite thing about Mike Hall is no longer the way he plays basketball, though that is a close second. It is his quiet manner and playful nature. He’s not the most outspoken guy on the court. He’s not seen berating the referees for a bad call. He simply

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goes about the business of scoring his 14 points, 4 rebounds and 1 or 2 steals a game, and it's not unlikely for him to erupt for over 20 points on any given night. And all of this while being the only player on the team to start every game and play over 30 minutes.

Just take a look at his car. Tired of asking people for rides, Mike finally bought a '96 Dodge Neon. It's not the flashiest of cars, but it gets the job done. Just like Mike. Not any wasted energy on showboating or self-promotion, he just quietly does the job he came to do and has become the favorite of the BYU nation of sports fans.

Ronnie Price

BYU fans know this guy. In the first game of a brand new in-town rivalry between the



Photo courtesy of UVSC College Marketing

Cougars and the newly turned Division I Wolverines, Ronnie Price single-handedly made the game respectable, weaving in and out of the defense, "unstoppable" according to one awe-struck fan. Many wondered if he would transfer to BYU for the next season but according to Ronnie, that was never really an option. He's a loyal guy; he came here to play for coach Hunsaker, and that's what he's done—in a major way.

Last season's programs said that he comes from Friendswood, Texas; but Ronnie just says Houston, probably to make it easier on the geographically illiterate, like me. He only has one sibling, but his extended family makes up for it. His Grandma on his father's side, had 21 children. Most of his, what must be near hundreds of cousins, grew up nearby and still live there now.

I imagine that growing up in a family that large does great things for the development of humility. Maybe this explains Ronnie's attitude of not taking anything for granted, or maybe he was just born that way. Whatever it is, you don't see Ronnie parading around the court, drawing attention to himself, or beating his chest when he hits a big-time shot, which he does quite frequently. To the contrary, he is much more likely to be seen pumping up his teammates, or getting back on defense, or getting quickly to the bench on a time out.

When I asked him why he doesn't do those things to draw attention to himself, Ronnie simply said, "Coach wouldn't allow that. He wouldn't let any of us (his teammates) do that." And that's why I enjoyed this interview so much, he was always diverting attention from himself and giving credit to his teammates, or to the coach.

It was the same when I asked him what it was like to be the focus of the other team's defense; after all, the guy averaged about 24 points per game (this was third best in the nation mid-season). The only answer I could get from him implied that he wasn't the only one they focused on, but all the players that had been there for three years, like he had. When I asked him about his steady increase in points-per-game over the last three seasons (15.3 ppg as a sophomore, 20.2 ppg as a

junior), he reminded me that he was a "defensive specialist" until this year, and that he just has more "opportunities" to score now.

The most revealing display of his demeanor occurred 15 to 20 minutes after a home basketball game, when the crowd was gone and the players came out to give interviews. As Ronnie walked across the empty court toward the eager reporters, a small child ran clumsily into Ronnie's leg, tripping him up mildly. Undisturbed and smiling easily, he patted the child on the head and let her have the right of way. I'm not saying that another athlete would have run the child over, but few would have handled it so amiably.

As I asked my final questions of the interview, Ronnie used words like "privilege" and "blessing" when referring to the experience of playing Division I College Basketball. He recognizes that there are many who would like to be in his position, but have "never had the opportunity," as he puts it—"don't have the God-given talent," is probably more accurate.

But that's the kind of guy he is, humble, hardworking and understated. One of the things he likes about UVSC is that people don't treat him differently, even knowing that he's a star basketball player. He doesn't seem to crave attention, he just loves the game; "I've always wanted to play 'til I couldn't play anymore."

That's the thing, these guys react the way we want our athletes to react, with respect and understanding of the fortunate position they are in. Maybe it's because college is a different game than the NBA, but hopefully, it's because these guys play a different game. Headlines are made by the likes of Ron Artest and Randy Moss, but role models play the game like Mike Hall and Ronnie Price. **S**

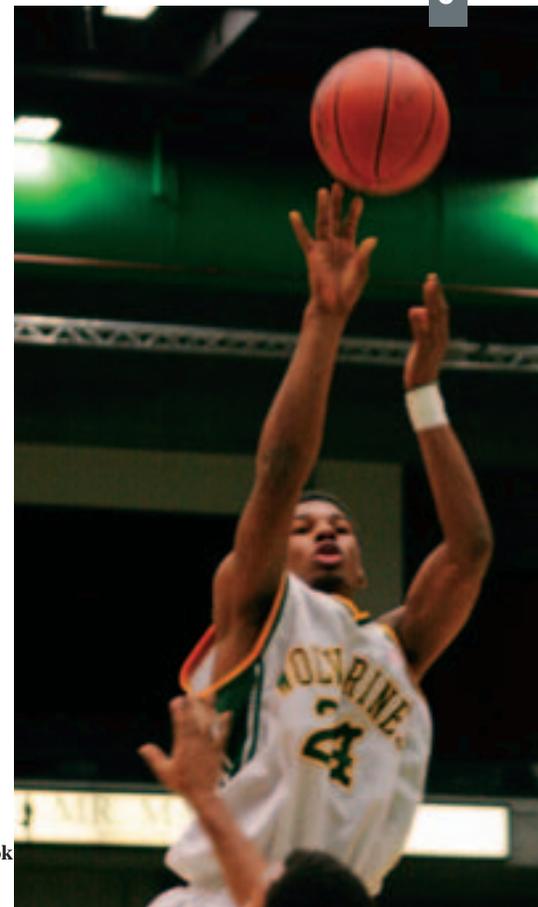


Photo by Adam Hook



Court Battles: BYU VS UVSC

By Jeremy Holm

You know there are times when reporters are asked to place their personal safety aside in order to create a good piece. Get the facts, write the article and disappear into the Witness Protection Program. Perhaps this is one of those times.

You see, I'm a winter sport athlete who has only watched from the sidelines when it comes to March Madness. What has suddenly sparked my interest? This assignment...

as well as a crash course on basketball stats by some good friends.

Honestly, I bleed blue. A loyal Cougar fan. Besides that, I never cared much about the numbers, except for who had the greater score in the end. Don't get me wrong, I enjoy watching a good game just like the next male. I just didn't get into it as deeply as some of the FANatics that Keri Adams reported on in our last issue. Basketball always reminded me of the ancient ball game that the Aztecs

and Mayan used to play where opposing teams could only use hips, knees, shoulders, feet and the head to get a ball through a tiny hoop. I guess the big difference is that the winners in that game were then sacrificed to appease the gods. When it comes to basketball, the losers are raked over the coals.

And perhaps I will be to, for what I'm about to write. But keep in mind that I have done the research, studied the stats, and asked some opinions of some unbiased basketball scholars (well, as unbiased as a basketball fanatic can get). Great questions require great answers. So here is the proverbial matter at hand:

What would happen if BYU were to play UVSC in men's basketball? Now, I'm guessing that in your mind you've already got an answer. Your school's team of course, right? Maybe not. And I'm saying that for both UVSC AND BYU. Let me explain.

If you were to compare the game statistics of both teams, defensively and offensively, you would find that they are almost identical. So close in fact, that I'm going to base my final projection on a one point difference.

Here are the facts: **BYU VS. UVSC**

BYU: Offense

BYU averages 67.9 points per game with a 42.8 field goal percentage. They also have a 36.5 three-point shot average with a 74.9 successful free-throw rate. Sounds pretty good, right? Let's look at the Wolverines.

UVSC: Offense

The Wolverines clock in with a 67.8 point average per game. Keep in mind, that is only 0.1 point less than BYU. They also have 43.8 FG percentage, slightly higher than the Cougars. Their three-point drop rate is higher as well, with a 37.1 percentage. Their free throw percentage, however, is a little lower than BYU's by 3.9% (71.0). Doesn't get much closer than that. Let's look at the defense.

BYU: Defense

The Cougars have a healthy average 35.7 rebounds per game and 5.9 steals. They also put up 3.5 blocks. Not too shabby, eh?

UVSC: Defense

UVSC has an average of 32.6 rebounds a game. They also have a higher steal rate of 6.5 per game with 3.4 blocks. Now you see why I'm willing to put money on either team! A difference of 0.1 or 0.3 is hardly enough to place money on. But here is the kicker.

UVSC would probably win.

Why?

BYU may average 67.9 points per game, with UVSC lower than that at 67.8, but the real difference comes in at how many points they allow the opposition to score. The Cougars, on average, let 68.8 points per game get through their defense and drop through the net. UVSC? Only 67.7. What does that translate too? BYU allows more points to be made than they score themselves by 0.9. UVSC scores 0.1 more than they allow.

So what does it all come down to? One point. This is like watching two gunmen of equal rank step out into the street for a showdown. All the townspeople of Orem and Provo are unsure of the outcome.

Maybe I'm making too big of a deal over a few percentage points. But coming from a sport where you can lose a gold medal by one-hundredth of a second, a few percentage points are all you need.

So, even though I will be driving around the greater Provo/Orem area with bodyguards, don't hate the facts all you Cougar fans. Remember, I still bleed blue. And as for you Wolverine fans, I wouldn't hold your breath. A lot can happen in 40 minutes. Personally, I would love to see what would happen on a one-on-one game.

See you courtside!



Photo by Adam Hook

What would happen if the Cougars played the Wolverines?



Preparing for g Graduation

Diploma in Your Hand and the World at Your Feet



You've been having nightmares about missing final exams biannually for more than four years. You've been getting e-mails urging you to apply for graduation since before you picked a major. You've even measured your head with a ruler to find your cap size. It's time for you to graduate.

Here are a few tips in chronological order to help you prepare to leave the incubation bubble of Provo to your birth into (dramatic pause) the real world. **By Angelina Barlow**

THE PREVIOUS SEMESTER:

Meet with an academic adviser. These few minutes to make sure you have completed the necessary classes and credit hours for your major will save you hours of sleepless nights. Finding out at the last minute that you missed an advanced math somewhere along the line is the stuff school nightmares are made of.

Visit your professors. Those of you who have been doing this all along may stand up and take a bow. Those who have never taken advantage of office hours need to start. The relationship you form with professors in your discipline is important to you as a student, but it can be invaluable to you as a near graduate. They can also be your portal to a network of professionals in your field that span the country. If you are considering graduate school, remember that letters of recommendations will weigh heavily in your acceptance. You want to make sure that your professors know you well, support your academic goals and hopefully, like you.

Take advantage of the fun. You know you have always wanted to take that wood-working, book-binding, oil-painting, ballroom-dancing, basket-weaving class. Don't miss out on the activities of university life that you are sure to miss after graduation. Besides, lessons outside of college are exorbitantly priced.

Don't delete or spam-block important e-mails about graduation. These e-mails from your college provide you with important information about your graduation ceremonies—like where to show up.

Don't rule out post-grad. Meet with a graduate advisor to see if grad school is right for you. Then, after a quick break, start studying for the appropriate test (GMAT, GRE, LSAT, etc). Don't procrastinate signing up for the test—spots can fill up fast and you don't want to miss an application deadline. (Tip: planning ahead can save you big bucks. Overnight delivery is pricey. Trust me.)

TWO MONTHS PRIOR:

Start packing. The scary and exciting thing about graduation is that it often marks the end of your educational life and (in most cases) the termination of your residency in Provo. Be sure to start early in your preparation to relocate. It will save you a lot of stress and frantic calls to U-Haul if you have put your plans together in advance.

Send announcements. Share your accomplishment with loved ones. While you're at it, mail a thank-you card to your parents who have given emotional support (and maybe even some financial aid) through the years.

Keep that portfolio spiffy. Don't leave school without it. Make sure that you have sufficiently archived any school assignments that you are proud of enough to show to prospective employers. With your future portfolio in mind, maybe you'll be a little more prudent on your final project.

Plan a vacation. You've earned it and your mental health probably needs it. Your voyage can be long and elaborate or just a weekend jaunt with friends.

Have someone else plan the party. Ask a close friend or relative to throw you a personal or combined graduation soiree. You will have so many other things on your plate that you can probably get away with delegating this one.

A FEW WEEKS AND COUNTING...

Exchange contact info. Make sure not to leave Provo without the contact information of dear friends, influential professors and anyone else you don't want to lose in the transition. Also, make sure you have left yourself easy to find by leaving your number with your roommates or neighbors.

Rethink the class ring. Do you really like the way it looks or should you save yourself a few hundred dollars?

Buy a sweatshirt from your alma mater. You may not want it now, but trust me, you'll be nostalgic later. Besides, it will keep you warmer than a class ring.

Get a job. I know, I know. It's easier said than done. For guidance on this one, please see the neighboring article on Getting the Perfect Internship. The same rules apply.

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A Day in the Life of...

By Bonnie Boyd

Schooled Magazine is interviewing professionals in different fields to help you answer the daunting question, "What do you want to be when you grow up?" We'd like to give a special thanks to the professionals who gave of their time, answers and great advice.

A Day in the Life of an EMT

Starring: Sarah Fredrick

SM: What is your official job title?

SF: Emergency Medical Technician

SM: How did you find your way into this job?

SF: When I was little I wanted to work in the medical field. Then in junior high I learned to love action, and so this work is perfect because it incorporates both—action and the medical field. I just love helping people; it's the perfect job for me.

SM: What is one of the reasons you love coming to work each day?

SF: Well, I love the action and I love coming to work to see my partners. Because we spend so much time together (12 hours a day), they become my best friends. If you have a good partner it makes it really fun to come into work.

SM: What would you say is one of the drawbacks to being an emergency medical technician?

SF: Going on calls that don't really need a hospital or the paramedics really is hard. We waste time with people who just need to go to the emergency room or to their doctor. We could be helping others who really need the paramedics; instead we waste time on things like headaches and numb arms.

SM: What advice do you have for someone who is trying to figure out what they want to do with their life?

SF: While you're in college, take as many GE classes as you can because that is the best way to try out different fields and find out what you love. My EMT class was very early and ate up most of my Saturday, but I never could complain; I just loved it so much. Look at your talents and see what you are passionate about.

Getting the perfect

By Angelina Barlow

internship

Network, Network, Network and a Few Other Tips

You've heard it many times before and you are going to hear it again right here: It is not WHAT you know, it's WHO you know. More jobs are found by networking than any other method. Sure, you can find plenty of listings (see below) that can lead you to a fun internship or job. However, studies show that only about 15 percent of available positions are ever published. That means that approximately 85 percent of job opportunities remain hidden. By opening your mouth to the right people, you can locate your dream job or the perfect internship. Networking can help you not only find the position; it can also greatly increase your chances of beating the competition to it.

WHO You Know

Hopefully, you have spent the last year or so networking with your professors, parents, classmates, friend's mom, former Boy Scout leader, etc. You've built up a mighty spider-web of contacts in your field of interest that spans the nation, right? If not, it is not too late to get started.

Try this exercise: Get a piece of paper and write down your goal at the top. This can be something like, "Find an internship in the field of government relations for the summer". Then, scribble down the name of everyone you know, focusing on professionals in your field and not forgetting relationships "once-removed" (people whom you do not know directly, but your associates do).

If you are dissatisfied with your list, you can augment it by getting involved with meetings, associations and "networking parties" in your industry. You can find professional clubs posted on the bulletin board in the hallway outside your professors' offices. Attend those meetings with a smile, a handshake and have your elevator speech ready.

The idea behind the elevator speech is that we sometimes meet the most influential people of our professional lives while riding in the elevator. That allots us about 16 seconds to present ourselves, our unique skills and our professional aims. Have a to-the-point presentation about you ready for your meetings with the important and busy people you will meet—anywhere.

It can be very intimidating to begin networking. Use human nature to your advantage. People love to talk about themselves and their jobs, and few individuals give up the opportunity to hand out their opinions. Approach professionals in your field by asking for advice. Keep in mind that often the hotshot in the executive chair still remembers what it was like to be young and aspiring. If you show sincere interest and passion

create opportunities overnight. Sometimes it takes years of cultivation. However, if you begin your contact list now, you will find that when you have attained more experience in your field, you will have such an abundance of contacts and opportunities that people will be coming to you for help.

WHAT You Know

Although who you know will get you through a lot of doors, it is not wise to rely fully on the contents of your rolodex. Make sure that you have experience and education to help qualify you for the position.

Keep that resume shining. If you have never written a resume before, be sure to take advantage of campus resources. Have your resume scrutinized by a professor or friend. Typos in a resume can reflect very badly on your professionalism and attention to detail. If your resume seems a little skinny on experience, flesh it out by listing specific classes that relate to your professional goal. Apply your responsibilities within civic or church groups to your list of experiences and skills.

When you cannot submit your resume personally, be sure it is accompanied by a cover letter outlining your specific skills and experiences that would be most appropriate for the position you seek. Don't hold back on your enthusiasm.

And, finally, in your search for the perfect internship, don't get stuck on the word "internship". Often an entry-level job can create the same kind of experience and can help launch you into good relations with the company. If you choose to go that route, shop around carefully. Make sure your potential employer will be willing to take a mentor role with you.

Check out your school's career center or alumni listings, your major college listings, bulletin boards and online national listings for your field/discipline (these can even provide international opportunities). Many majors have internship opportunities available in abundance—make sure you talk to your professors.

Helpful Listings:

www.wetfeet.com
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www.hotjobs.com
www.vault.com
www.internabroad.com
www.globalexperiences.com
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for the industry, you can gain their mentor support.

When your contact refers you to an opportunity, be sure to get permission to use his/her name. A referral can speak for your character and skills even louder than a resume and put you head and shoulders above the crowd.

Remember the two rules of networking: One, when you are on the hunt for a position, tell everyone with whom you come in contact. Two, you are always on the hunt. You never know when one of your basketball buddies will surprise you with the fact that his mother's company is looking for someone with your skill-set for an internship position. The perfect opportunity can come from the most unexpected source.

After you have contacted everyone on your list, don't neglect the importance of following up. Tactfully remind your contacts of their commitments and graciously thank any assistance or time you are given.

Be patient. Networking doesn't always



the bride guide

What type of wedding do you want?

By Deborah Barlow-Taylor

For the thousands of you (yes- that is a literal statement) getting ready to get married after the winter semester, here is a quiz for you. Are you elegant and classic, or colorful and casual? Figuring out the overall style of your wedding will help you with your big planning decisions.

- Your dream dress will be:
 - Elaborate and elegant
 - Simple, yet elegant
 - Really different, something people will be talking about for weeks after the wedding
 - Your shoes on your wedding day will be:
 - Formal Shoes
 - Sandals or Tennis Shoes
 - You're going to make them yourself to make them look the way you have always envisioned
 - The topper on your wedding cake will be:
 - The traditional bride and groom
 - Flowers, flowers and more flowers
 - Something fun that really reflects your personality
 - For the first dance, you think the best way to be introduced is:
 - Mr. & Mrs., of course. You can't wait to be announced as a new married couple
 - You'd feel more comfortable with just your first names
 - First dance? Forget it! You just want to get out on the floor and party!
 - When you think of your reception, what comes to mind?
 - Six-piece band, sit down dinner, cake-cutting moment- the works!
 - A DJ or a CD with classical music, cold sandwiches & yummy finger foods, and tables for your guests to sit down and leave whenever they please
 - A themed reception (i.e. a luau), fun food, something really festive
 - For your first dance, you're considering:
 - Taking dance lessons to be able to do a waltz
 - Just dancing, you'll figure it out as you go, you've been to a ton of stake dances anyway!
 - I don't want a first dance
 - Do you want your groom to see you before you meet him at the wedding ceremony?
 - No Way! It's bad luck!
 - Sure, but only if you can make that first glimpse magical
 - Absolutely. After all, it's not like it's any big secret who he's marrying
 - Who do you think should pay for your wedding?
 - Your parents- they've been waiting for years for this special day
 - Whoever wants to—any or all of our parents, the two of us, or a combination
 - Just us- after all, we're the ones getting married
 - What type of gifts do you plan to register for?
 - Normal stuff like china, crystal, pots and pans—that seems to be the way to go
 - Some kitchen and household items, plus some unique items- hobby related
 - We won't register- we would rather have guests contribute to a honeymoon fund or have money to buy items when we need them
 - You want the men at your wedding to look:
 - Classy & Formal- my pictures are going to have lots of tuxes in them!
 - Neat & Comfortable- suits are fine!
 - Hip & Happy- they can wear whatever they want!
 - Your dream guest list includes:
 - 50 guests, tops
 - 150 family members and friends
 - Just about every name in your address book
 - Your dream honeymoon is:
 - Wherever my fiancé chooses, he's the one who has to pay for it
 - Somewhere tropical where we can relax
 - Somewhere exotic and fun
 - For party gifts you'll give your guests:
 - Something personalized, silver frames with your names engraved and your picture
 - You'll make it- little mint bags with cute ribbons
 - Something extremely unique- you'll be the first one to ever come up with this idea
 - Before the wedding we'll have:
 - An engagement party, bridal shower, bachelorette & bachelor parties, rehearsal dinner, and all of the other fun parties before the big day
 - Just a bridal shower
 - None of those, you want a fun party before like a big sleepover or a big bash with all of your friends to finish out your single days
 - As you leave the reception, you want:
 - A limo or special car waiting for you (with a just married sign) at the end of the walkway while guests throw rice or blow bubbles
 - The guests waving good-bye as you leave in your nice clean car
 - I want sparklers being waved and my car decorated by the groomsmen and bridesmaids (however they want to do it)
- Tally up your answers and see what letter you received the most of. Check the responses below that belong to the letter you had the most of.
- _____ a
- _____ b
- _____ c

A. Completely Classical

Your long awaited day is just around the corner. You've been dreaming of a traditional wedding with elegance and style forever! You'll get some excellent pictures of cutting the cake, sharing your first dance, and having your bridesmaids and groomsmen scramble for the bouquet and garter! Your parents will be involved in your plans, which will be very elaborate. Your friends will need to know about you wanting your pre-wedding parties- so they can start planning. You'll spend a lot of time on your guest list and seating arrangements, picking a band, and tasting cakes and food for the big day. All of your guests will be bedazzled with your classic and elegant flavor.

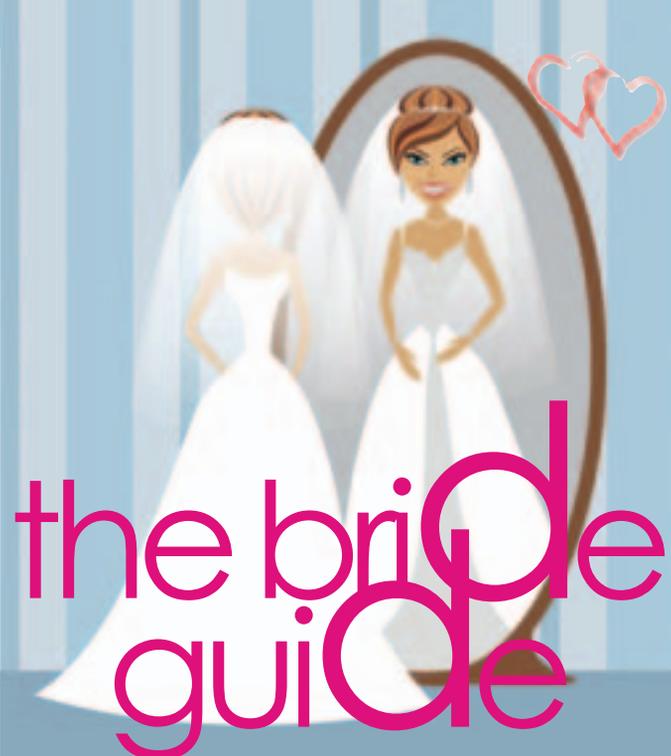
B. Relaxed and Ready

Your style is tradition meets relaxation. You love the elegant and classy look, but like to put your own simple spin on things. Your wedding day is magical and you don't want the small details to be in the way of you and your fiancé celebrating your new commitment and love. You want to be comfortable and enjoy the moment so you get rid of the complicated wedding tasks that you need for a completely classical wedding. You ask your friends to help you with a lot of your choices- since you want them to be comfortable as well. This day is one of the most special days of your life. You and your guests will celebrate with comfort and style!

C. Setting New Trends

A traditional wedding is the last thing you want. You want to bedazzle your guests with something different, new and exciting. Your style will show through on everything you do. While you can't imagine forcing all your single female friends to fill the dance floor and scramble to catch your bouquet, you like the idea of sharing your special day with everyone who has ever meant something to you. With your own trend, you will be able to freely incorporate every detail you have ever imagined into your wedding. Your guests will be talking about the trends you've set for years to come!

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the bride
guide

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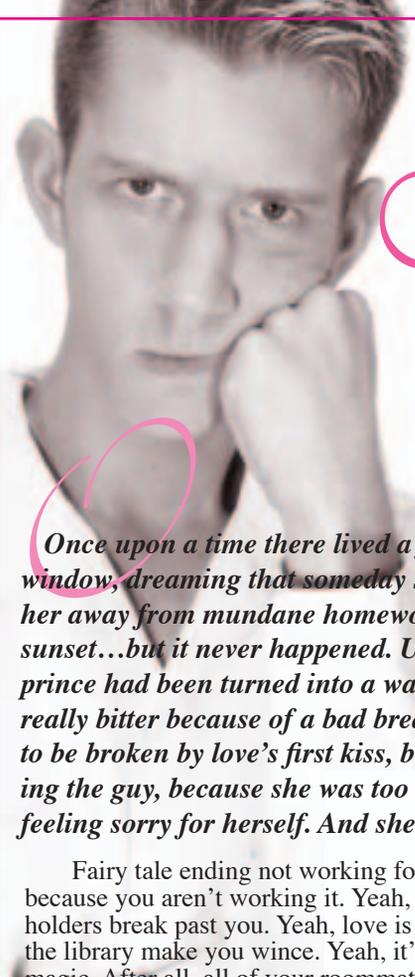


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Love is in the air... or is it?

A survival guide for singles
(How to hook up or at least have some fun)

Once upon a time there lived a fair princess. She would often stare out of her window, dreaming that someday she would find a handsome prince who would take her away from mundane homework and evil roommates, and drag her off into the sunset...but it never happened. Until one day she heard of how an unfortunate prince had been turned into a warty frog by an evil witch...or maybe he just became really bitter because of a bad breakup. However it happened, the spell was supposed to be broken by love's first kiss, but she never got around to doing it, let alone meeting the guy, because she was too busy staring out of the window from the library, feeling sorry for herself. And she was really bored. The end. By Stephanie Fowers

Fairy tale ending not working for you? Well, maybe it's because you aren't working it. Yeah, it's spring. Hordes of hand holders break past you. Yeah, love is in the air. Mushy scenes in the library make you wince. Yeah, it's supposed to be a time of magic. After all, all of your roommates are dating...except for you, that is. If this describes your world, take advice from the insane on how to stay sane. There's only one way to survive the season of love: get out of the library and get some of that spring air, and above all, don't get bitter.

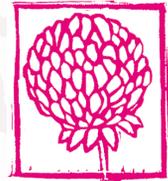
The first rule of all good fairy tales is to look on the bright side and turn everything your way. Take advantage of your roommates' new dating situations. Remember, they now have connections to the magical world of the opposite sex. Putting cheesiness aside, you have to admit that these significant others can now set you up with their friends. Happy couples are always plotting ways for you to join them in their couple bliss, so quit complaining about their matchmaking ways and take advantage of it.

But what if you don't like their friends? Or what if your roommates are always gone with their significant others and you have no opportunity to scheme? Then that means you have the whole house to yourself to do whatever you want. Invite a new posse over for a movie night or a taste-testing contest or a game and karaoke extravaganza. Celebrate every holiday imaginable in the most unusual ways: St. Patrick's Day, Easter Candy Day, April Fools Day, First Day of Spring, Daylight Savings. Whatever the celebration, make it go down in history.

And really, what fairytale would be complete without a villain? Let's present the worse possible scenario, shall we? What if the ever-so-loving couples are ever present at your house and worse (depending on the way you look at it) want absolutely nothing to do with you? Perfect! Now you have an excuse to leave the house and socialize. Branch out and make new friends. Prank your old ones. Plot parties together and get involved. Join clubs: sailing club, mentor's club, adopt a grandma club, anything-you're-interested-in club. The point is you shouldn't hole up in your house unless you have a party there.

So no matter how the cookie crumbles in your kingdom, make the most of it. And remember, many of your peeps feel the same way you do, so find them. Change your ending. And even if you turn that frog into a prince and he's still not the one for you, at least you got out of that boring tower.

S



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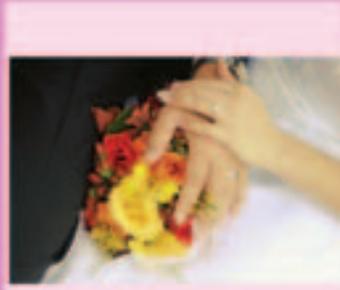
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Perfect Proposals



What is your dream proposal? Or how were you proposed to? In the January/February issue of *Schooled*, we asked you to submit some of your perfect proposal ideas. We received some great stories! Here are some of the best ones we found!

My husband is a true romantic and proved it in the way that he proposed to me! He picked me up in the early afternoon and gave me a dozen roses with a clue attached to it. I had to figure out where the clue was telling me to go. Each clue took us to a place that was special to us. All around Provo, there were clues taped to park benches, restaurant doors and even on a rock.

The final clue took us back to where we had our first date, in the mountains overlooking the valley. Would you believe that when we got up there, an "X" made with rocks awaited us. I dug (ok, he dug) at the center of the X and found a cardboard box. The box contained a blanket, two glasses, some sparkling cider, a card and a smaller box. He proceeded to lay out the blan-



ket and then got down on bended knee to read me an incredible poem that he wrote about our relationship. Then, just as the sun was setting, he proposed and put a ring on my finger. How could I resist?!

-Traci D. Marinos

My fiancé proposed to me in the movie theaters. He purchased one of those pre-movie ads. It said "Julie Will You Marry Me?- Love Brad." Everyone turned around in the theater as I said yes!

-Julie Tanner

Paul and I had been dating for around eight months when it was time to go home for Thanksgiving. The big 'M' word had come up a couple times, but I hadn't read too much into it and didn't really think it would happen for awhile.

While I was home, my brother and I toted along with some friends and saw a movie. When we got back I found a trail of rose petals leading through my house out to the back door. I followed the trail outside and found more rose petals along with silhouetting candles wrapping around my pool. There were also candles floating in the pool which enhanced the clear night and the city lights.

Paul stood up from behind the platform in a tux holding a dozen roses. He had flown in from Utah to California that night and was setting up while I was gone to the movies. He took me by the hand and walked me up to the platform and proposed to me there. He planned it out all so perfectly and it couldn't have gone any better!

-Kristyn Thacker



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Interesting Facts:
Out of the 30,000 BYU students, 21,000 are single. Out of those 21,000 of you 7,000 will get engaged in the next year!

♥ I once heard of someone proposing with a rose. The guy had a rose and told his girlfriend to pull off each petal and say "He Loves Me" and "He Loves Me Not." On the inside of the flower was an engagement ring. I think that would be the coolest proposal ever!
-Nancy Drakelin

I flew home for Valentines Day to see my boyfriend Russ. I was told that were going to Club 33 at Disneyland to celebrate the special day. Halfway through

the drive from the airport to Disneyland, Russ told me he had to blindfold me because his brother was bringing me a big surprise in the parking lot. Russ was always doing fun surprises and I though nothing of it. We got to the "parking lot" and I heard waves crashing in the background... right away I knew that we weren't at Disneyland. Russ helped me out of the car and took off my blindfold. To my surprise- I found tikki torches lining the beach about a quarter of a mile to where we had first kissed. As we walked along the beach, we stopped at each torch, which had part of a poem Russ had written about our relationship and how we had gone through so much together. As we got to the last torch, the piece of the poem read... I have a question to ask you... and he got down on his knee and proposed! Afterward, he had a complete dinner table waiting for us on the beach with music and servers. The night was absolutely perfect.

-Deborah Barlow-Taylor

♥ I was proposed to in a hot air balloon.
-Tiffany Smith

♥ It all started when I told Dave it didn't matter how he proposed as long as it involved a camel. I didn't think he would take me seriously. I was only joking since my Biblical namesake, Rebekah, offered to draw water for some camels in her engagement story. I'm sure she never realized she would have to prove her work ethic to get a husband. I didn't think I would have to either. But there I was with pitcher in hand, standing next to a barrel of water and a trough.

That evening Dave had driven me to a farm yard—it was to be the setting for our reenactment of the Biblical story. Our role-play started with Dave running toward me and then proceeding to quote Genesis 24, where Isaac's servant discovers Rebekah. I knew the story by heart, so I knew what to say at the critical moment when the servant is determining if Rebekah is the right girl for Isaac. "I will draw water for you and your camels." I turned to draw water and pour it in a trough only to come face to face with a real camel. Then the camel, not wanting Dave to get the better of him, nuzzled and sloppily kissed my face. Having "proven" myself by drawing water for the camel, Dave got down on bended-knee with ring in hand and asked me to marry him. I laughed for joy and kissed him happily. Dave told me later that the whole time he was thinking, "I'm kissing a girl who smells like a camel!" But hey, what can I say? The camel knew a good-looking gal when he saw one!

-Rebekah Jakeman

♥ Before our first date, Chad asked me what I liked to eat. I told him chicken. That night, Chad picked me up and we drove to a park overlooking the ocean to have a picnic dinner. When we got there, Chad pulled out dinner. He had bought five different types of chicken... hoping that he had scored on one of them. Four years later, Chad drove me to the same park with dinner. I had no clue he was going to propose, because I didn't think he had a ring. We ate dinner (chicken of course) and chatted. Just as the sun set, he told me he was going to ask me to marry him. I told him "yeah right, you don't even have a ring!" He got on one knee and pulled out a box with the most gorgeous ring I ever saw and proposed! It was the most perfect moment ever, with the sun setting in the background I couldn't have asked for anything more.

-Rachel Trotter

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Bad Blind Dating

It is quite possible that no other city in the entire continental United States have as many blind dates each Friday/Saturday night as Provo and Orem. Many of you have confessed to Schooled Magazine, that friends, family and coworkers have set you up with the one who's "perfect for you!" Yet, during the weekends you are still sitting on the couch because it went absolutely nowhere. Perhaps it was in the way you said hello, or how you paid the check, it might even be the way you said goodbye. Whatever the reason, we would like to offer a few tips from the opposite sex. (Since you can't read minds!)

Listen Up Girls!

Typical Story: Tyler's friend has set him up with a girl named Anne. She was pretty he thought, but very quite. Every time he tried to ask her a question she would give a one- word answer. By the end of the night he had had enough. What a waste of money and time!

Moral: No guy wants to take out someone who is quiet and never initiates a conversation. Even if you aren't interested long term, be friendly

and open. Chances are, you're never going to see them again so why not try and just relax and be yourself. This date is not for eternity; just enjoy getting to know someone new. If you're open, relaxed and friendly he will be, too. You'll both enjoy the evening much more if you just relax!

Guys Pay Attention!

Typical Story: Beth is excited to meet this mystery guy her roommate has been talking non-stop about. She opens the door and to her pleasant surprise, Roy is really cute. Unfortunately, all night she feels like a burden to him. She ends up following him around like a puppy dog while he jokes with his friends and looks at other girls.

Moral: You're on a date! Maybe you didn't ask this girl out...but you're still on a date, so you should act like you're on one. No girl wants to follow you around while you talk with your friends and try to catch the eye of another girl. Even if you won't ask her out in the future, it doesn't give you the excuse to be rude. Open her door, and make sure she is happy and comfortable with the things you have planned on doing. Being polite is just a great habit to be in anyway.

S

Top Four Horror Blind Date Stories:



#4) Set up by a friend, Larry parked his car in Lisa's driveway. As he opened the car door his cell phone rang. It was Lisa: "Sorry Larry, but for reasons I can't explain I can't go tonight." All his friends planned on going to the Salt Lake Symphony with dates. Larry hung up the phone and started dialing anyone he could think of. Desperately, for ten minutes and still in Lisa's driveway he tried everyone, including his best friends little sister. His phone rang again. "Hey, this is Lisa, I can go now." (What did she have to do? Break up with her boyfriend?)

#3) Tina anxiously waited for Tim to arrive. Looking her best he took her to a nice steak house with three other couples. During dinner he was curt and rude when she tried to talk to him. As they finished, the waiter asked how everything was to be split up. Everyone said they were with their dates, except for Tim. "We're separate," he said. The other couples were so embarrassed they tried to pay for her dinner. However, she refused to accept their offer and paid for herself. Promptly, she called a friend who picked her up. (What a jerk!)

#2) Adam took time from studying to be a seminary teacher to take out Amanda. He started to ask a few questions, and she began to talk non-stop about death. "Are you afraid of dying?" "If you had to go tomorrow how would you prefer to go?" After ten minutes of the date, and finding out Amanda would prefer to drown, Adam dropped her off back at home. (To whoever set them up: seminary teachers and Goths just do not work, Ok? That's just dumb.)

#1) Diana was set up with Dave, her "perfect match." He was very vague about what they were going to do besides eat dinner. Not having planned where he was going, they passed restaurants until she suggested Costco. Excited because, "I only have five dollars." They went around eating samples. Once they had hit them all he said, "Well, that was good." Afterward, he took her to a married friend of his where they played a round of cards. After the one round he said, "Well, I'm tired, I'm going to go home now." As she picked up her coat he left the house and drove off. She walked home. (I can't believe that this is a true story, I don't even know what to say.)

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Check out where Schooled Magazine has been!

Patricia Auxier (writer) attended the **Sundance Film Festival**



"Sweet." Schooled Magazine participated in the **Napoleon Dynamite Look-A-Like Contest** at HogYogi on the Corner.

Modesty In Motion Fashion Show. Erin Delfoe (Design Director) and Deborah Taylor (Managing Editor) attended the event to spot new trends in prom & bridesmaids fashion.

Russ Taylor (Marketing Director) attended the **Kaiizena Band Tsunami Relief Effort Concert** held in Provo. More than 100 students were in attendance to give to the cause.



Alisha Brisson, Traci Marinos, Sarah Delfoe, and Deborah Taylor at the **Exclusive Schooled Magazine Party** held at the Moxie Office on Center Street.



Jump for it! Since January, Schooled Magazine has been seen in the **Daily Universe, Deseret News, & Daily Herald.** This shot of Erin Delfoe, Alisha Brisson, Traci Marinos, Russ Taylor, & Deborah Taylor was taken at a photo shoot for the Daily Universe.

Angelina Barlow (Career & Finance Editor) attended the **Mikado play** at Center Street Musical. She gave it two thumbs up!



We'll do our best to be at your location!

To contact us about your event... email us at schooledmagazine@fusionofideas.com.



BEATING

Long lines and speeding tickets. Entrance fees and points on your record. These are all things most people would like to avoid. Whether you're trying to talk yourself out of a speeding ticket or trying to enter a nightclub, with a little help from others who have been successful, or who have the insider scoop, you will be better prepared to handle these difficult tasks. To start, the three most important keys you need to know for each are confidence, preparation and a quick mind.

ACT CONFIDENT: A confident person will be able to talk himself into clubs and out of trouble, or even out of tickets, because a nervous person causes more suspicion and tells others you're hiding something. So act confident, act like you know where you're going and other people will believe it too.

DO YOUR HOMEWORK: The more aware you are of your surroundings and how a club, or even a police officer, operates, the more likely you are to work your way in. Pay attention to who the security guards are letting into clubs and what other tactics people seem to be using successfully.

ACT QUICKLY: In both situations, any reactions will need to be made quickly so think fast. Your preparation will help you with this. Because of these three tips, my friends and I have been able to get into several Las Vegas clubs, have gotten into multiple VIP parties and have been able to meet many celebrities including Lance Bass and JC Chasez from *NSYNC, Luke and Owen Wilson, and many more. **By Keri Adams**

SPEEDING TICKETS

Now when it comes to getting out of speeding tickets, you must remember that dealing with police officers is a bit different than dealing with club security guards, although the above-mentioned keys of confidence, preparation and a quick mind still apply. (Although I do not support speeding, I know there comes a time when we all could use a break from the expensive fines and skyrocketed insurance rates.)

There is no one guaranteed method for avoiding tickets but some suggested strategies are:

- Crying; though this one seems a bit outdated and overused.
- One guy went to the trouble of punching himself in the nose because he figured a bloody nose would be a legitimate excuse for speeding. Although his strategy was successful, this is not a suggested method for obvious pain reasons, but I must applaud him for his quick action and creativity.
- One woman says she has avoided tickets on several occasions because of the fact that her driver's license is impossible to remove from her wallet, leaving officers frustrated and her ticket free.
- Many times officers are not positive you are the car they wanted to pull over for sure, so a good persuasive attitude will get you out of fines.



-Another suggested method is the friendly wave. If you suddenly notice a cop after you've sped right by him, throw the officer a nice, warm wave with your hand while slowing down, which will let the officer know you are aware of your fault and may even pass you off as an off-duty cop.

Five additional tips I found for avoiding speeding tickets include keeping an inconspicuous and tidy car. According to soyowanna.com, this is important because you don't want to look like a messy and unorganized person and you want to make sure nothing about your car draws an officer's attention.

Second, you need to be aware of the time of the month when cops are most likely to give out tickets, since cops tend to be aggressive at the beginning and at the end of the month, to fulfill their desired quota.

The third tip involves actually dealing with the police officer. Give him the respect he demands. Treat all cops, male or female, the same and always call them officer or by their title if possible. And be polite but confident, so as not to appear like you are hiding anything and so as not to tick him off.

Another important idea is to help put the officer's mind at ease by cooperating with him and to make him feel less guarded. Pulling over people can be a frightening experience for officers because they never know whom exactly they're dealing with.

Do little things to let the officer know you are not a harm to him.

Pull over quickly and as far right as you can after hearing the sirens or seeing the flashing lights. Put your hands on the steering wheel, turn down your radio, turn on the overhead light (if it's nighttime) and then sit still. Don't make any sudden movements and it even helps to tell the officer everything you will be doing.

And finally, you can either choose to lie, grovel or whine, but I found the most preferred method was honesty. Apologize for not paying attention and simply ask for a warning. Most of the time you know exactly why you were pulled over and the cop also knows that, so don't play dumb and make yourself look like an idiot. But don't offer any more information than he asks for, since it can be used against you in court.

PET PEEVES

But what better way to deal with cops than to learn about what makes them tick. We all have our own pet peeves, whether it's leaving a toilet seat up, drivers who fail to turn their blinkers off or people who answer cell phones on dates. By knowing what makes a person tick, you learn how best to get along with that person.

This idea is precisely what led me to question several local police officers about their personal quaffs.



THE SYSTEM

Safety Issues

- Leaving keys in cars or leaving cars unlocked, which is something Orem Lt. Doug Edwards says he sees with almost every car that's stolen and nearly every car that's broken into.

- Sgt. Alan Kuchar, from the Provo Police Dept., says he gets particularly upset when parents don't buckle their kids up properly.

- People who don't clean off their windshield, especially during snowy times, because it is unsafe and an unnecessary issue.

Provo Senior Patrolman Henry Hill says he pulls drivers over for this all the time. He recalls one recent incident when he pulled a guy over for having cleaned only an eight to ten inch space on his windshield. When Hill asked the driver if he could see out of a space that small to drive safely, the man replied with "Yes I can officer, I drive tanks in the Army." Umm yeah, that's the same.

I'm Too Good Issues

- Drivers who look in their mirror when getting pulled over, but fail to actually pull over, thinking rules don't apply to them. This also goes for people who fail to pull over during emergencies when police officers and ambulances have their sirens on and need to get somewhere quickly.

- Provo Lt. Rick Healey says he also gets upset at people who think they are immune to police barricades, set up for such incidents as traffic accidents and special events.

"We'll have our police cars set up with overhead lights going and cones blocking the road way," Healey says, "and for some reason, people will think it doesn't pertain to them. Sometimes they'll drive right around, sometimes they'll drive on the wrong side of the road ... and that becomes very difficult for us."

Some pet peeves many officers have are also peeves most of us have also.

- Drivers who stop in the middle of the road to converse with friends, which is not such an issue in residential areas but can become quite a problem in busier streets. This also pertains to Fed EX, UPS and other delivery drivers who feel it's ok to park and unload their trucks in the middle of the street.

- People who are looking for something and are driving so slow that it's backing everyone up behind them.

Lt. Healey, who deals with citizen complaints for the Provo Police Department, says the number one issue he has, echoed by several other police officers, is the use of the old cliché "Don't you have anything

better to do?" He said this is actually said to officers quite often, especially by drivers who get pulled over for speeding and other traffic violations.

"The problem with it is, in Provo and almost probably any city in the country," Healey says, "traffic accidents and traffic issues create more loss of life, more damaged property and more pain by 20 times than by anything else we do, whether it's burglaries, robberies or domestic violence."

He says a lot of people fail to realize this, which causes a bad depiction of police officers all over.

"When somebody says 'Don't you have a bank robber to go out and catch? Or don't you have more important things to do?' Frankly, you know I'm thinking a bank robber can go and get like a thousand dollars but you can go out and kill somebody walking in a crosswalk because you didn't yield or you're following too close and you break somebody's neck and now they're paralyzed because you ran into the back of them," Healey says.

So there it is, hopefully this insight will keep you from angering your local police officers and may even save you from some unpleasant tickets.

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What's happenin'



Night Life & Comedy

March 4, 8:00pm, **The Abilene Paradox**, Muse Music, Provo

March 5, 8:00pm, **Palomino, Cary Judd & Matt Hopper**, Muse Music, Provo

March 4-5, 8 & 10pm, **Comedian Mitch English**, Fat, Dumb & Happy's, Orem

March 4 to April 30 (Fri/Sat), 8 pm & 10pm, **Guest Comedians**, Johnny B's Comedy Club, Provo

March 4 to April 30 (Fri/Sat), 8pm & 10:15pm, **Red vs. Blue**, Comedy Sportz, Provo

March 4 to April 30 (Th,F,Sat,Sun), 8pm & 10 pm, **Guest Comedians**, Wiseguys Comedy Café, WVC

March 4 to April 30 (Fri/Sat), 10:00pm, **Laughing Stock Improv Troupe**, Off Broadway Theatre, SLC

March 5 to April 30 (Th/F/Sat) 9:00p., **Club Sound**, SLC

March 5 to April 30 (Sat only), 9:00pm, **Latin Dancing**, Trolley Square, SLC

March 5 to April 30 (Sat only), 10:00pm, **Quickwits**, The Comedy Circuit, Midvale

March 7, 8 pm & 10pm, **Deaf Comedy Jam**, Johnny B's Comedy Club, Provo

March 8 to April 26 (Tues. only), 8:00pm, **Open-Mic Acoustic Night**, Muse Music, Provo

March 8 to April 28 (Tues/Thurs), 9:00pm, **Country Dancing**, Trolley Square, SLC

March 9 to April 27 (2nd/4th Wed), 8:00pm, **Sausage Night**, Wiseguys Comedy Café, West Valley City

March 10 to April 28 (Thurs. only), 8:00pm, **The Yellow Number 2 Show**, Comedy Sportz, Provo

March 17, 8:00pm, **"SKANK PAT-RICKS" Ska show!**, Muse Music, Provo

March 25, 8:00pm, **My Way My Love**, Muse Music, Provo

March 30, 8:00pm, **March Acoustic Showcase**, Muse Music, Provo

April 8, **Jerry Seinfeld**, Abravanel Hall, SLC

Concerts



Share your artwork with Schooled! (and possibly 45,000 of our readers)

- Submit art via e-mail to matt@sweethavenmusic.com
- Must be jpeg or TIFF, and at least 300 DPI include your name, and medium used
- Due May 31, 2005 be original.

March 4, 9:00pm, **Zilla**, Suede, Park City

March 4-5, 7:00pm, **Modest Mouse**, In The Venue, SLC

March 5, 5:00pm, **Before Today**, Lo-Fi Café, SLC

March 8, 7:30pm, **Pat Matheny**, King-bury Hall, SLC

March 9, 7:00pm, **Goldfinger w/ The Start**, Lo-Fi Café, SLC

March 10, 9:00pm, **Number One Fan w/ Suburban Legends**, Lo-Fi Café, SLC

March 10, 7:00pm, **Mother Hips**, Egos, SLC

March 11, 8:00pm, **The Matt Lewis Band**, Muse Music, Provo

March 11, 9:00pm, **These Arms Are Snakes**, Egos, SLC

March 11, 7:00pm, **The Young Dubliners**, Lo-Fi Café, SLC

March 12, **Duran Duran**, Delta Center, SLC

March 12, 7:00pm, **Leon Russell**, Lo-Fi Café, SLC

March 12, 7:30pm, **Los Lobos**, Eccles Center, Park City

March 12, 9:00pm, **Tegan and Sarah**, Egos, SLC

March 13, 7:00pm, **Guilt By Association**, Lo-Fi Café, SLC

March 15, 9:00pm, **Comfortable For You**, Egos, SLC

March 15, 7:00pm, **North Mississippi**

Calendar

by Schooled Magazine

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Allstars, Lo-Fi Café, SLC
 March 15, 9:00pm, **Lyrics Born**, Suede, Park City
 March 16, 9:00pm, **Catch 22**, Egos, SLC
 March 17, 7:00pm, **Donna The Buffalo and Del McCory**, Lo-Fi Café, SLC
 March 17, 8:30pm, **Carrot Top**, Suede, Park City
 March 18, **Battle of da DJ's**, Provo Arts Center, Provo
 March 19, 8:00pm, **Elvis Costello and The Imposters**, E Center of WVC
 March 20, 8:00pm, **Atreyu, Unearth**, Kingbury Hall, SLC
 March 20, 7:00pm, **Low**, Lo-Fi Café, SLC
 March 21, 8:30pm, **Die Like Me**, The Velvet Room, SLC
 March 25, 7:00pm, **Soulive**, Lo-Fi Café, SLC
 March 26, 9:00pm, **7 Seconds w/ The Briggs**, Egos, SLC
 March 26, 7:00pm, **Big Head Todd and The Monsters**, Lo-Fi Café, SLC
 March 27, 7:00pm, **Chris Duarte**, Lo-Fi Café, SLC
 March 28, 9:00pm, **The Decemberists w/ Okkervil River**, Egos, SLC
 March 28, 7:00pm, **The Juliana Theory**

April 4, 7:00pm, **Ambulance Ltd**, Autolux, Dr. Dog, Lo-Fi Café, SLC
 April 5, 8:30pm, **The Reverend Horton Heat**, The Velvet Room, SLC
 April 8, 7:00pm, **Dizzee Rascal**, Lo-Fi Café, SLC
 April 11, **Sting**, Delta Center, SLC
 April 19, **Slipknot**, E Center, SLC

Performing Arts

March 4 to April 4, 7:30pm, **Oliver!**, Hale Center Theater, Orem
 March 4-11, 7:30pm, **A Funny Thing Happened...**, SCERA Theatre, Orem
 March 4-19, 12pm, 3pm, 7pm, 9:30pm, **Kicking the Hobbit**, Desert Star Theater, Murray
 March 4-19 (Mon/Fri/Sat), 7:30pm, **Kung Fooley**, Off Broadway Theatre, SLC
 March 5-26 (Mon/Fri/Sat), 7:30pm, **Joseph & Amazing Tech Dreamcoat**, Draper His-

toric Theatre
 March 9-12, **USA Dancesport Championships**, Marriott Center, Provo
 March 18, Disney On Ice, Delta Center, SLC
 March 18, 7:30pm, Vocal Point, BYU de Jong Concert Hall, Provo
 March 18-19, 7:30pm, Cougarettes in Concert, BYU Richards Building, Provo
 March 23 to April 9, 7:30pm (Mon-Thu) & 8pm (Fri/Sat), Amadeus, Pioneer Theatre Company, SLC
 March 24 to April 30, 12pm, 3pm, 7pm, 9:30pm, Legally Brunette, Desert Star Theater, Murray
 April 1-30, 7:00pm, A Midsummer Night's Dream, Provo Theatre Company
 April 8-30, 7:30pm, Enchanted April, Hale Center Theater, Orem
 April 15-30, 7:30pm, Peter Pan, Draper Historic Theatre
 April 20-24, 7:30pm, Thoroughly Modern Millie, Capitol Theatre, SLC



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Sports

BYU Baseball (Larry H. Miller Field)
801-422-BYU1

March 8, 3:00pm, vs. UVSC
March 14-15, 4:00pm, vs. CSU-Pueblo
March 22, 7:00pm, vs. UVSC
March 24-26, 7:00pm, vs. Utah
March 31, 7:00pm, vs. Air Force
April 1, 7:00pm, vs. Air Force
April 2, 8:00pm, vs. Air Force
April 12, 7:00pm, vs. Lewis & Clark
April 14, 7:00pm, vs. SDSU
April 15, 7:00pm, vs. SDSU
April 16, 1:00pm, vs. SDSU

BYU Men's Volleyball (BYU Smith
Fieldhouse) 801-422-BYU1
March 18-19, 7:00pm, vs. Hawaii
March 25-26, 7:00pm, vs. Long Beach
State
April 8-9, 7:00pm, vs. UC San Diego

UVSC Baseball (Parkway Crossing
Stadium)
March 24, vs. SUU, 6:00pm
March 25, vs. SUU, 6:00pm
March 26, vs. SUU, 1:00pm
April 4, vs. BYU, 7:00pm
April 12, vs. Utah, 7:00pm
April 13, vs. Lewis & Clark, 1:00pm
April 18, vs. BYU, 7:00pm
April 22, vs. SD State, 4:00pm
April 23, vs. SD State, 1:00pm
April 26, vs. Utah, 7:00pm

Utah Jazz Basketball (Delta Center)
800-325-SEAT
March 2, vs. Hawks, 7:00pm
March 8, vs. Pacers, 7:00pm
March 11, vs. Grizzlies, 7:00pm
March 22, vs. Lakers, 7:00pm
March 24, vs. Wizards, 7:00pm
March 26, vs. Bucks, 7:00pm

March 28, vs. Rockets,
7:00pm
March 30, vs. Nuggets,
7:00pm
April 1, vs. Warriors, 7:00pm
April 5, vs. Trailblazers,
7:00pm
April 13, vs. Spurs, 8:30pm
April 15, vs. Timberwolves,
7:00pm
April 18, vs. Kings, 7:00pm

Salt Lake Stingers Baseball
(Franklin Covey Field) 801-
485-3800
April 7-9, vs. Tucson, 6:30pm
April 10, vs. Tucson, 2:00pm
April 11-14, vs. Las Vegas,
6:30pm
April 23, vs. Portland,
6:30pm
April 24, vs. Portland,
2:00pm
April 25, vs. Portland, 6:30pm
April 26, vs. Portland, 10:30am
April 28-30, vs. Tacoma, 6:30pm

Utah Grizzlies Hockey (E Center) 801-
988-PUCK



March 7, 9, vs. Hartford, 7:00pm
March 11-12, vs. Cincinnati, 7:00pm
March 16 & 18, vs. Houston, 7:00pm
March 25-26, vs. Chicago, 7:00pm
April 6, vs. Houston, 7:00pm
April 8-9, vs. Grand Rapids, 7:00pm

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