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Schooled

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Magazine

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10

Things
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to Tell
Someone


Interracial
Dating

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in the Provo
Music Scene?



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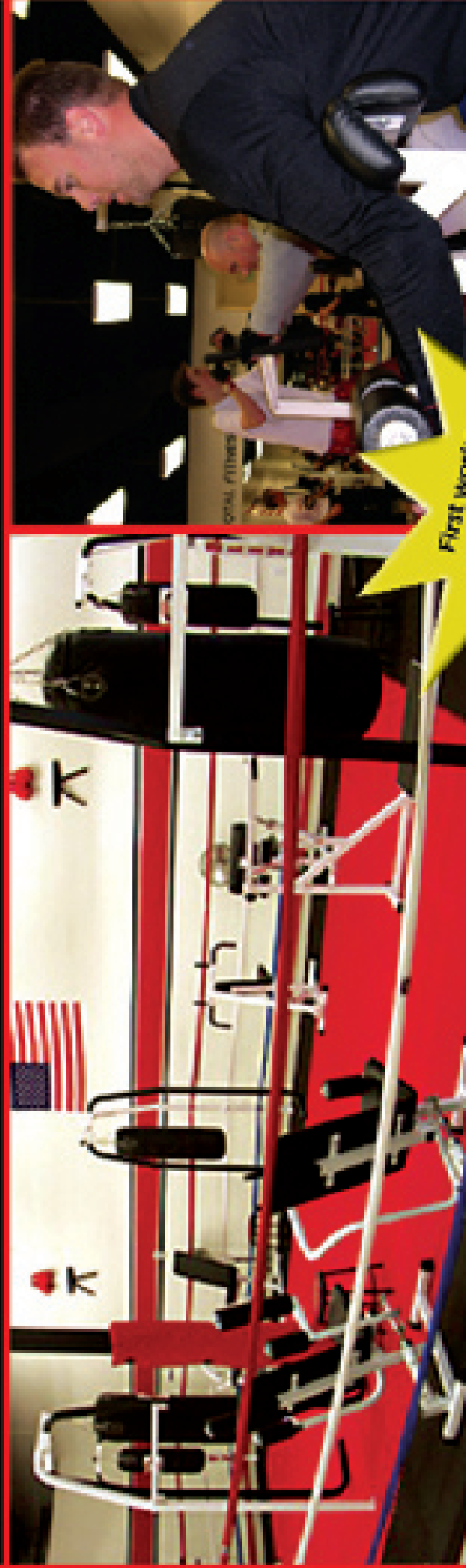
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March Madness

With finals just around the corner, basketball on TV, and a spring break (whether you get a week, or a weekend). If you're anything like me, I'm sure your calendars are full! March Madness is here and we've got a great issue for you!

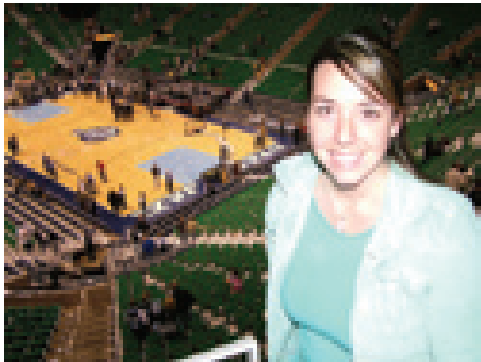
This month's issue features amazing local bands who are going for the big time, the most exciting dare devil sports in Utah, and for a good laugh...the top 10 awkward things you have to tell someone. Our hot topics include interracial dating and the dangers of Facebook.com and MySpace.com.

If you're still not sure what you want to do with your school career, check out our story about deciding on a major. You'll get some great tips! And if you're starting to look at those registration catalogs for the fall semester, make sure to read our rate your professor's story that features where to go to scope out your future teachers.

For those of you twitter-patted with spring, we have an amazing wedding guide with a list of the best companies here in Utah Valley to help you plan your wedding! We also have a great story on how to find the perfect wedding ring.

If you still don't know what you're going to do for work this summer make sure to check out our Summer Sales Guide online at SchooledMagazine.com.

With this issue of Schooled to keep you company this maddening month of March, just remember that this is the time to keep your priorities straight! Think back on what your goals were at the beginning of the semester, evaluate, and if you're doing great give yourself a pat on the back, and if not, there is still time to make those changes and still come out on top!



Schooled Magazine is everywhere! Even at a Jazz Game... Go Jazz!

Deborah Barlow-Taylor
Managing Editor

Schooled Magazine

Managing Editor

deborah BARLOW-TAYLOR

Marketing Director

russ TAYLOR

Editor in Chief

traci d. MARINOS

Layout & Design Director

erin DELFOE

Photography

Photographers
teagan ALEX,
robb COSTELLO,
amelia NIELSON-STOWELL

Senior Writers

patricia AUXIER,
stephanie FOWERS,
rae HARRIS, jeremy HOLM,
don OSMOND, amy WEST

Promotion Director

luis CASTRO

Writers

jennifer BORGET,
brittany BOWDEN,
carolynn DUNCAN,
christopher GONG,
esther HARRIS,
rebekah JAKEMAN,
seth KELLEY,
jamie LITTLEFIELD,
mckay SALISBURY,
chris SORENSEN
ammon VANORDEN

Executive Editorial Assistant

amy WEST

Technology & Website

mike DODGE

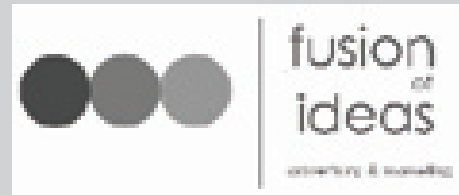
Distribution Manager

chris WILLIAMSON

Design

Design Assistants
luis CASTRO,
jeremy HOLM,
scott TAYLOR

Publisher



Get Involved With Schooled Magazine

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

News

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

Work For Us

Our editorial and photography staff is always looking for fresh ideas and people to work for the magazine. All work is done part time. We are also looking for models. Send a sample of your work and your resume to schooledmagazine@fusionofideas.com.

Calendar

Our All-Inclusive Calendar includes events from all over Utah! If you have any events that you would like to invite

our readers to, e-mail your information by the first week of the month, to get your event in the next month's issue. All submissions will be put on our online calendar. E-mail your event to schooledmagazine@fusionofideas.com.

Advertise

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

Letters To The Editor

Let us know what you think about Schooled! We depend on our reader feedback to improve our publication. Send your thoughts or ideas to schooledmagazine@fusionofideas.com.

Story Idea

If you have a story idea for us, e-mail it to schooledmagazine@fusionofideas.com.

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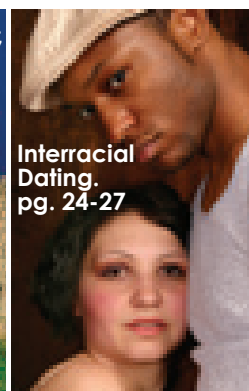
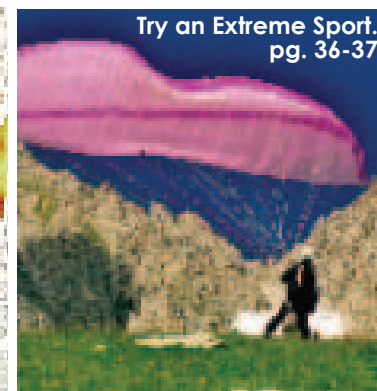
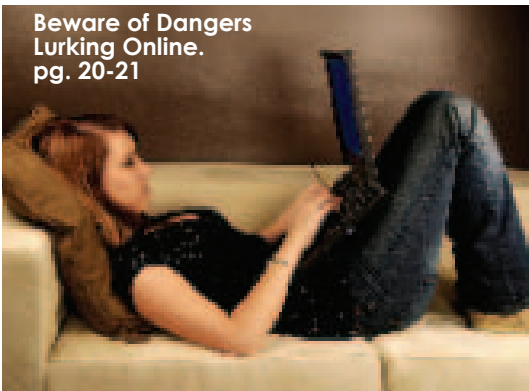
How to reach us:

To e-mail us please contact us at schooledmagazine@fusionofideas.com. Website: www.schooledmagazine.com. Phone: 801.358.5132.

*The management staff of Schooled would like to apologize for overlooking the inappropriate language on last month's cover. We regret offending any of our readers. We love you guys!!

schooled

March 2006



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- ▶ Check out Schooled Magazine online at www.schooledmagazine.com.
- ▶ Listen to our Podcast.
- ▶ Check out our All-Inclusive Calendar.
- ▶ Get Hooked up With FREE STUFF!



5 Favorite World Travel Destinations



Planning your spring break? According to the World Trade Organization, in 2004 the following countries welcomed in the most visitors:

1. France: 75.1 million visitors
2. Spain: 53.6 million visitors
3. United States: 46.1 million visitors
4. China: 41.8 million visitors
5. Italy: 37.1 million visitors

Happy St. Patrick's Day!



The Legend of the Leprechaun: Leprechauns live in magical trees and spend their time making shoes. They are hard to find, but if you catch one, you can force him to give you his pot of gold. Be careful though, Leprechauns are very tricky. If they can get you to take your eyes off of them, they will disappear along with any chance of finding their treasure.
-Rae Harris



Get a FREE Gourmet Ice Cream Sandwich this month if you spot the **Schooled Mini!** Leave your info on the windshield.



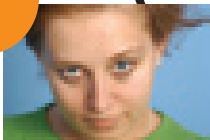
Parking Woes: It's no secret that college parking is a pain. By Jamie Littlefield

BYU Students: 29,932
Number of BYU Parking Stalls: 17,724

UVSC Students: 24,149
Approximate Number of UVSC student parking spaces: 7,336 (just updated by UVSC officials).

Here are a few of the parkers we love to hate.

1



Miss Show Down Plays the stall dive game, facing-off with whoever is eyeing "her" spot.

2



The Lane Hog Parks horizontally across three spaces to protect his precious truck.

3



Mr. Zippy Zips into a spot, ignoring the blinkers of the patiently waiting.

4



The Great Squeezer Parks so close to others that no one can get into their car without liposuction.

5



The Hawk Gives annoying looks to pedestrians, trying to encourage them to get into a car and leave.

Do you have a craving for something you just can't find in the grocery store?

Maybe it's something you had on your mission, or at home, that people just don't eat much of around here. Depending on just how exotic your tastes are, you may be able to find some of what you're looking for at one of the multicultural markets in the valley. Generally these markets are either Latino or Asian and carry many of the basic staples as well as a decent selection of specialty items. Currently, there aren't any predominately European grocers around, although you can get some items at Many Lands Market and satiate your urge for Canadian goods at the Crazy Canuck. By Seth Kelley

Asian Market
291 E 300 S
Provo
375-7913

Super Hispano
192 W Center St
Orem
426-7636

Many Lands Market
1145 N 500 W
Provo
375-3789

Crazy Canuck
100 N University Ave
Provo
356-3738

Mercado Latino de Utah
275 S University Ave
Provo

Pasteleria
753 W. Columbia Lane
Provo
377-3025



Much Irish folklore surrounds St. Patrick's Day. Not much of it is actually substantiated.

One traditional icon of the day is the shamrock. And this stems from a more bona fide Irish tale that tells how Patrick used the three-leafed shamrock to explain the Trinity. He used it in his sermons to represent how the Father, the Son, and the Holy Spirit could all exist as separate elements of the same entity. His followers adopted the custom of wearing a shamrock on his feast day. The St. Patrick's Day custom came to America in 1737. That was the first year St. Patrick's Day was publicly celebrated in this country, in Boston. Today, people celebrate the day with parades, wearing of the green, and drinking beer. One reason St. Patrick's Day might have become so popular is that it takes place just a few days before the first day of spring. One might say it has become the first green of spring.

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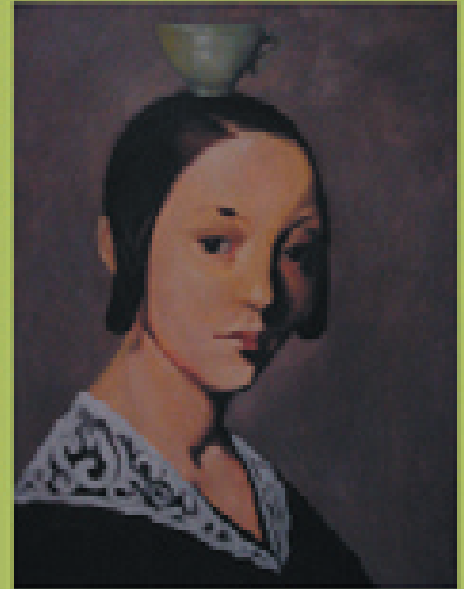
Don't Forget to Wear Green on Mar. 17th

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entertainment ask Carolyn



Advice, answers & all you need to know about roommates

By Carolyn Duncan

Fighting Over a Female

My roommate and I like the same girl. He actually liked her first, and we had an "agreement" so that whoever liked a girl first, won. I don't want to low that anymore. Plus, she likes me, not him. Is it breaking the Code of All Manliness to steal her?

With Much Dilemma,
Unlucky in Love

Dear Mr. Unlucky,

I had to read through your letter a couple of times. Supposedly you're unlucky, but... the girl likes you! People get anxious about not offending their friends and roommates, but if you like someone, go out! You don't have a binding pact of allegiance with your roommate, and although it might create some awkward greetings in your apartment, the sooner you have a serious relationship, the sooner you can move out. Date whoever you like—but remember to exercise some sensitivity and not make out in the living room when your roommate's home. That's just wrong.

Dear Carolyn,

I love my roommates, but we've lived in the same apartment for three years, and we're all really good friends. Both of my roommates are moving away—one is getting married, and the other is going to Taiwan. I want to stay here, but I feel sad, thinking about them leaving. Do you think I should go to Taiwan with her?

Sincerely,
Separation Anxiety

Dear Separation,

Bad roommates are horrible, but it's almost worse to have great ones leave. Your new roommates won't remember the time when you drank fabric softener on a dare, but they're fun, too, so give them a chance. The trick with transitions is to stay aware of what you're feeling so that you don't get bottled up. Express yourself through writing or talking, and be good to yourself (Eat ice cream!!!) Don't go to Taiwan—you need your own fun and independent life.

10 Schooled

Messy Roomie

My roommate is a huge slob. Her room hasn't been clean since five minutes after she moved in. I always wash her dishes and she never thanks me. If I have to take the trash out when it's her turn one more time, I will throw it on her bed so she can wallow even more in her disgusting mess. How I can change her, fast?

Sincerely,
The Clean One

A: Dear Clean One,

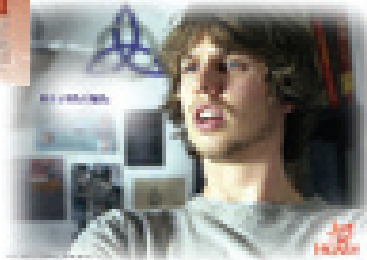
I hate to tell you, but I don't empathize with you at all. Wait, keep reading! I'm always the slobbiest roommate, so I can't gang up on "The Slob." I'm guessing you've used the Clean Freak Tactics: taping up notices ("Your Mother Doesn't Live Here, So Get Paper Plates or Else Use the Freaking Ajax Once In a While!!!!), doing her dishes night after night after night after... and slamming the dishes in the sink passive-aggressively while she sings kumbaya in the living room, unaware of your slave labors. Hey, you are doing her responsibilities... without even talking to her. PLEASE start talking to each other! She's probably somewhat willing to adjust, but if you don't communicate, she'll continue with her happy-go-lucky lifestyle, largely unaware that dishes even exist -- which isn't a horrible character defect, it's just more difficult for cleaner people to cope with.

Got a Question?
Submit it to us at
schooledmagazine.com
Your question could be in the next issue of Schooled Magazine!!

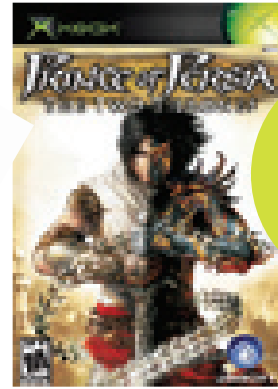
www.schooledmagazine.com



Just Like Heaven



“Just Like Heaven” is a puzzle. You’ve got Reese Witherspoon, Mark Ruffalo, and strangely, Napoleon Dynamite... whoops, Jon Heder. Life-or-death situations, a ghost, a romance so unrealistic you have to overlook it, a weak but somehow intriguing plot, and, of course, gorgeous people. Check it out.
-By Carolynn Duncan



The Prince of Persia: The Two Thrones

This game is the epitome of games that make you want to break everything around you. I played this game for a couple days and had a complete love/hate relationship. I hated having to play the same puzzle over and over again and loved it when I was done. The basic plot is that the Prince of Persia is returning home from the Island of Time, which is where the first game took place, when he finds his empire has been taken over by the sand people and he must fight his way through them all to save his people.

It is pretty cool because when his lover is killed she releases some magic, which turns him into a stronger character so you get to play as two different characters with different fighting styles and weapons.

If you want to get really pissed off on a Saturday afternoon and see an awesome story with amazing graphics then pick this one up.

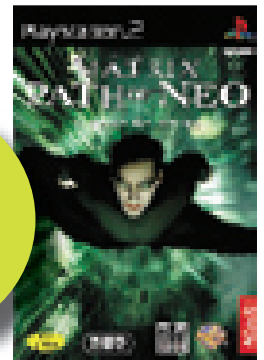
-Russ Taylor

Book Review

The Joy Luck Club

Set in China Town, San Francisco, Tan creates a unique outlook to the mother-daughter relationship that crosses cultures and countries. This is a book that every girl should read with her mother. It shows the hardship of communication and the misunderstandings that occur when relationships evolve from different times and places. Tan is able to use the cultural change from China to America to effectively convey the emotional separation of mother and daughter, and later, a bridge of the gap. Ultimately, it is a book about love, sacrifice, and taking your fate into your own hands as you find your place in the world.

-By Amy West



The Matrix: Path of Neo

If you have played The Matrix game and were let down that you had to be the left over characters then you are in luck and you are the One. This is a pretty sweet game because there is some awesome fighting with the matrix slow mo effect as well as a sweet story...oh wait it is all of the movies combined. One thing that is pretty cool as with the other game is that there is more story that is revealed through the game and if you are a Matrix fan like I am, you will totally eat it up.

The game was definitely one of the cooler fighting games I have ever played, especially when you fight the Smith's in the city park then, all of sudden, somebody must have been on crack because they make you fight this transformer Smith which was really dumb (and I can't freaking beat it).

If you want to play out the movie and beat up a transformer, then this game is for you. I give it a 5 out of 5.

-Russ Taylor

Club Review



Do you want to try something new? How about fencing? The **UVSC Fencing Club** is open to UVSC students as well as to the community, no equipment or prior experience is required; they have everything you'll need to get started. If you decide you want to join the club, dues are \$40 per semester. Members of the club meet once a week and are prepared to compete in two novice tournaments per semester.

After you've received introductory fencing instruction and participated in a few tournaments, you may have the opportunity to join the fencing team, which is known as the House of the Wolverine (for men), or the House of the Black Panther (for women). Members of these teams represent the UV fencing club in national competitions, the Utah Summer Games, and other regional competitions.

If you want to learn more or visit a UV Fencing Club meeting call:

Jair Cortazar
 President
 427-0913

Dawn Burgess
 Advisor
 863-7797

-By Seth Kelley

Museums and Art Exhibits in the Valley

By Jamie Littlefield



Looking for a little culture? Check out some of the valley's finest museums and art exhibits. From contemporary paintings displayed through the glass of empty storefronts, to rickety wagons and relics of the pioneer days, there's a little something for everyone.

BYU Museum of Art

North Campus Drive, Provo

Specializing in American art from the late 18th century to the present, BYU's Museum of Art has the most extensive collection in the valley. Its 17,000 permanent paintings, photographs, prints and sculptures are housed in a triangular building, architecturally designed to be art itself. The museum displays works by artists such as J. Alden Weir, Mahonri Young, Maynard Dixon, Minerva Teichert, Carl Bloch and Rembrandt. Outside, the landscaped sculpture garden is a relaxing oasis. From January 20th to May 29th, the museum will be hosting the exhibit: Photographing Silence: Juan Rulfo's Mexico.

Admission: Free

Phone: (801) 422-8287

Hours: 10 a.m. - 9 p.m. Monday; 10 a.m. - 6 p.m. Tuesday - Friday; 12 p.m. - 5 p.m. Saturday; Closed Sundays.

Dating Idea: Pack some sandwiches and a blanket for a picnic in the sculpture garden outside of BYU's Museum of Art. If it's too cold, the indoor café has a fresh atmosphere and a nice assortment of light meals.

Provo Pioneer Museum

500 W. 600 N. Provo

Currently closed for the winter, the Pioneer Museum is a monument to early Utah settlers. The museum, run by the Daughters of the Utah Pioneers, houses pioneer artifacts and artwork as well as original cabins and wagons.

Admission: Free

Phone: (801) 852-6609

Hours: June-August, Monday-Friday 2 p.m. - 5 p.m. and by appointment.

Dating Idea: Play Where's Waldo, art style. Choose a theme (love, perseverance, etc.) or object (wagon, water, etc.) and see who can spot it the most.

Storefront Window Displays

Empty storefronts throughout Provo

Local artists are making use of vacant Provo properties with the Storefront Gallery program. On Center Street and a number of other locations throughout the city, works of art are displayed through the glass of these empty businesses. This fresh style of display is popular with up-and-coming artists as well as the casual passer-bys that get to enjoy the displays. Window-patrons can even read a biography of the artist and call to purchase their masterpieces. A map of gallery locations is available to download at their website.

Admission: Free (all art is seen from the sidewalk).

Website: www.provodowntown.com

Hours: All day, every day.

Dating Idea: After enjoying the storefront galleries on Center Street, visit local Provo Art and Frame to pick up some supplies and make your own artistic creations. Even if you're not accepted into the art world (if you're brave, you can download a gallery application online), your drawings can have first priority on the each other's fridge.

For-Sale Galleries

Throughout the valley

Browsing commercial galleries can be a unique way to get your art fix. Surrounded by restaurants and comedy clubs, Center Street's Window box Gallery (801-377-4367) features patriotic, religious, and Western pieces. The Thomas Kinkade Renaissance Signature Gallery (226-8686) in the University Mall features religious pieces by its namesake artist. City streets, strip-malls, and plazas are common places for these ever-changing commercial galleries. The phone book is a good place to find out which galleries are closest to your home.

Dating Idea: Use monopoly money and see who can "buy" the most art with their money.



- 1. Museum of Art at BYU.
 - 2. An actual liger, on display at the Monte L. Bean Life Science Museum.
 - 3-4. Provo's Pioneer Museum.
- Photos By Amy West and Jamie Littlefield

Monte L. Bean Museum of Life Science

645 E. 1430 N. Provo

It's like going on a safari without the mud. Not for PETA-sympathizers, BYU's Bean Museum displays birds, mammals, insects, fish, and shells, along with a number of scientific dioramas. Their main level is full of wildlife monsters, appearing anxious to attack. But, beware of heading downstairs. This creepy basement, full of tiny creatures floating in tubes or pinned to boards seems like something out of a sci-fi horror film (complete with narrow hallways and dim lighting). Until April 30th, the museum is offering free public shows Monday through Saturday evenings.

Admission: Free
 Phone: (801) 378-5051
 Hours: 10 a.m. to 9 p.m. Monday – Friday; 10 a.m. to 5 p.m. Saturdays; Closed Sundays.

Lots of Dating Ideas here: Play name the animal heads at the Bean Museum. Or, check out the real liger at the Bean Museum and pose for a snapshot with your date. It'll be flippin' sweet. You could also go to the reptile show at 6:30 p.m. or 7:30 p.m. on Mondays and treat your date to a live snake.

UVSC Woodbury Art Museum

575 East University Parkway

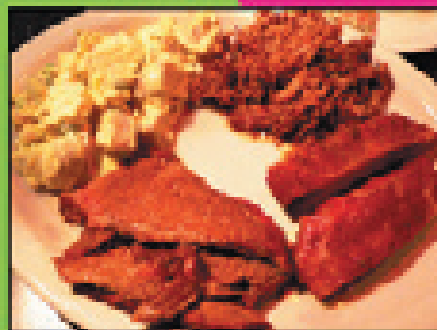
Located inside the University Mall, the Woodbury museum features a variety of changing exhibits. The museum will feature a faculty exhibit during the month of March and a student exhibit during the month of April.

Admission: Free
 Phone: (801) 426-6199
 Hours: 10a.m.-5:30 p.m. Tuesday-Saturday; 10 a.m. - 8 p.m. Wednesdays; closed Sundays.

Dating Idea: Check out the exhibit then take your date out to eat at one of the great restaurants in the mall.

S

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International Students

By Christopher Gong



While Utah Valley isn't known for its ethnic diversity, both BYU and UVSC have a significant and growing number of international students. Six percent of BYU's students and almost two percent of UVSC's students are international.

The experiences of international students are as varied and unique as the students themselves. Satomi Hasegawa, is a freshman at UVSC from Chiba, Japan. She's looking to study advertising and communications. She decided to study in America because she had heard from her older sister that there was a lot of diversity of thought. Hasegawa said, "I like that that there are so many different styles. There are a lot of unique individuals with new ideas. I meet and talk to a lot of people here who are very creative. I like people who have their own thoughts."

For Hasegawa as well as many other international students, the greatest challenge was overcoming the language barrier. "The hardest part was speaking English

to native speakers. It was very hard to speak in front of the class, or to ask questions. It's also very hard to discuss certain topics," said Hasegawa. Other than language, Hasegawa was surprised by the super-sized culture of America. She said "Everything seemed so big! Big roads, big cars, big outdoors, big servings, big clothes... At first, I was frightened by so many new people, the new apartment, and the new atmosphere. I felt so small."

Hasegawa has noticed a social division between some of her international friends and the rest of the student body because of language. She said, "Some of my Japanese friends feel more comfortable hanging out with other Japanese people because they speak the same language,

and so they feel more at home. I prefer to hang out with both Americans and Japanese, if I can.”

Many international students come from urbanized lifestyles, and express frustration at the dirt hut stereotype some people have about the rest of the world. Tiffany Lai is a junior at BYU from Singapore.

“Many people assume that Singapore is a third-world corner of China, and that Provo must represent such a means of advancement for life to me. I don’t mean to come across as conceited, but it is quite an ironic assumption. Singapore is a modern metropolis, where people are generally affluent, very well-educated and well-traveled. I am not one to take offense easily, so it is simply amusing to observe people’s reactions when I begin to speak to them in “remarkably fluent” English,” laughed Lai. Lai is concerned that her BYU undergraduate degree would not place her in competitive standing among her peers with the top employers in Singapore.

Mfanelo Cedric Ngwenya is a South African, originally from Newcastle, KwaZulu-Natal. He’s had a similar experience. He said, “Urbanized South African living is the same as American. We have similar ways of interaction, communication, technology, transportation, etc. I can’t really say I was taken aback by anything or experienced any culture shock.”

He chose to study in the states because he said the, “BYU Law School is one of the respected law schools both here and internationally. Furthermore, international exposure provides anyone with marketable skills in the job market.” Ngwenya is graduating in international and comparative law this April.

Ngwenya enjoys living in the US. He said, “The American culture is immense. People value their freedoms. The U.S. is like no other country in the world. I have great respect for your legal system. It reflects your economic values, politics and general way of American living.”

Some international students, like BYU junior Romina Alejandra Marin, from Villa Alemana, feared prejudice when she came to the states. She worried that “people were going to treat me [different] just because I was foreign. I was afraid of racism.” Happily though, her experience has been that discrimination has been the exception, not the rule. She said, “Most people are really interested in meeting you and learning more about your country. You’re always going to meet someone that is not really friendly just because you are not American, but that’s not the case most of the time. I guess sometimes Americans forget that there are other countries that ‘enjoy freedom’ too, and that the world is not the U.S., and that you can learn so much from other cultures.”

Utah Valley offers a unique religious experience, and many international students chose to study here for the religious environment. Marin said that what she most enjoyed about her experience at BYU was, “I also like the values that they teach and the religion program.” Lai most values that BYU offers an “eternal perspective.”

At both BYU and UVSC, there are a variety of cultural and multicultural clubs available for all students to join. **S**

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Spring Break

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Moab, UT

By Deborah Barlow-Taylor

Las Vegas, NV



As one of the top hot spots in the nation for spring breaks, Las Vegas can be a great get away for your spring break. If you're not into the drinking and gambling, there are so many other things available. So jump in your car and get ready to go!

Map: Just take the I-15 South until you hit it

Time: 5-6 hours

What to Do? What can't you do there? There are endless roller coasters, bungee jumping, helicopter tours, amazing shopping and outlet shopping, the M & M and Coca Cola Museums, the best buffets in the world (the Paris buffet is amazing!), and the Las Vegas strip with all of the amazing hotels and city lights. Each hotel offers something unique, so if you're into museums, shows, or shopping... ideas can be found at vegas.com!

Where to stay: If cheap is what you want, make sure to go onto hotels.com, or travelocity.com to see what kind of deals you can get. Old Las Vegas (the East part) is cheaper to stay in than on the strip. If cost is not a factor, try the Aladdin or Bellagio to do Vegas as a high-roller!



Moab's amazing scenery isn't the only thing that attracts students to its location. The hiking, fishing, ATV & Hummer Trips, biking, and Utah's famous landmark, the arch, are all favorites to Moab and make it a great spring break location.

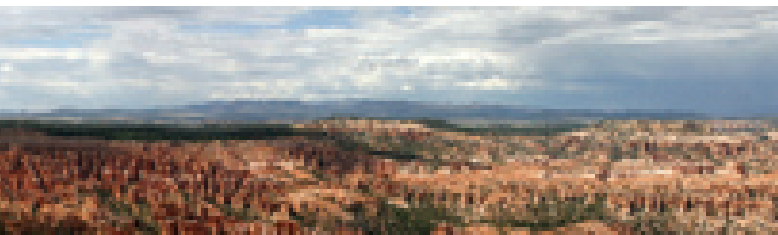
Map: Take the I-15 South until you hit US- 6 (Price Canyon) East. Take US-6 for 137 miles. Take the US-191 toward MOAB, go 31 miles until you hit the city.

Time: 3-4 hours

What to Do? Moab offers all of the outdoors activities you can think of. Biking and Hiking trails are found all over the place and are offered to the experienced and inexperienced. River rafting, kayaking, and other water activities are available. There are also great trails and tours for 4x4, ATV, and Hummer vehicles. While in Moab, you can't miss visiting the state symbol, the Delicate Arch. For more information on activities in moab, please visit www.moab-utah.com.

Where to Stay: Camping sights require reservations, and information about them and hotels can be found at www.moab-utah.com.

St. George, UT



If you are looking for something warm, with lots of outdoor activities St. George is a great weekend trip.

Map: Jump on the I-15 and drive south.

Time: 3-4 hours

What to Do? With Zion's National and Snow Canyon Park just around the corner, St. George is the place to go for rock climbing, biking, rappelling, and camping. There is also shopping available at on the east side of St. George. Other sightseeing includes the St. George LDS temple and Brigham Young's Winter House. For more activities and ideas, visit www.utah.com/cities/st_george.htm

Where to Stay: There is camping available (visit www.go-utah.com/St-George/Camping/), as well as many hotels on the St. George Blvd. Try hotels.com to get a good deal on lodging.

Wendover, NV



A quick get away is what Wendover is best known for. Don't let this small city fool you, there are lots of cool things to do for a spring break weekend.

Map: Take the I-15 North, Go West on the I-80 which will take you to West Wendover

Time: 2-3 hours

What to Do? West Wendover has many activities including historic sites, trails, outdoor recreation (biking, hiking, horses, etc) as well as an excellent night life. You can also visit the WWII museum where you can see where the atomic bomb was created and built. For more information, visit www.westwendovercity.com.

Where to Stay: The casino hotels have great rates, for more information on lodging, check out www.westwendovercity.com/visguide/visitingwestwendover.php.



Spring Break Day Trips

Here are a couple of great ideas for day trips.

Little Sahara Sand Dunes

Sahara Sand Dunes offers a challenge to 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. It's \$6 per vehicle.

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 Info: www.utah.com/playgrounds/little_sahara.htm

Cascade Springs in Provo Canyon

Head to Cascade Springs and experience a dose of nature with cool cascades of water flowing over limestone terraces, wild flowers popping over rustic pathways, and trout swimming through clear pools of water. 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.

Lava Hot Springs in Idaho

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?

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

For Info: <http://www.lavahotsprings.org/>

By Stephanie Fowers



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Top 10 Things

You HAVE to tell Them!!

By Jeremy Holm

We all have those awkward social moments where you know something is wrong, but you're not sure if you should say anything. The proverbial, 'Something is in their teeth, but how do I tell them?'

Well here are ten things you NEED to say -- for their sake, and yours. And ours for crying' out loud!

10



If you ask someone on a date, you have to have a plan!

7

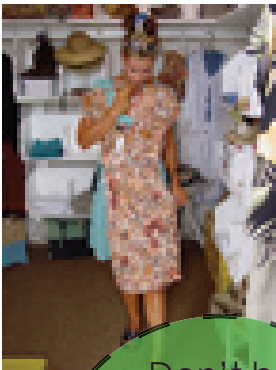
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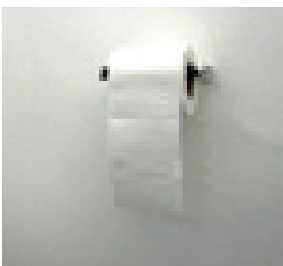
Don't be afraid to tell someone their outfit is ugly, they'll thank you later.

2

There's nothing worse than bad breath!

1

3



10. Dude, I'm sitting right here!

Your roommate may be totally into making out with his girlfriend on the couch but, it's not cool if you are sitting on the same couch. I'd tell you to tell him to take it to the bedroom but, we are in BYU housing! Just let him know, it's disgusting to everyone else.

9. Uh, are you really going to wear that tonight?

You don't need a badge to be in the fashion police. In fact, consider it a citizen's right! Like when you see socks with Teevas. No, no, no! Bad!

If your friend needs a little help, just be cool about it. Help them pick something out, or loan them something to wear.

8. You might not want to bring that to the party.

You know that dish your roommate makes. The 'secret family recipe' that should stay secret and in

the family. Whether it's a BBQ, party, or break-the-fast, please save us.

Suggest a dish you just tried or find a new recipe together. Or just take them with you when you go to KFC and pick up your contribution to the dinner.

7. Try something more planned this time.

Ah, the bad dater. You know the one who doesn't plan and doesn't want to spend more than \$5. He just picks the girl up, and then tries to go out and find something to do for free (and he wonders why he never gets a second date).

Take a minute to explain the heavier intricacies of the dating experience: The person you take out wants to have a good time. Wow. Deep alright.

6. Deodorant, aisle nine!

Ladies, you may be going 'right on!' but I've had experiences with girls who don't know what that roll on stuff is! It's just bad all around.

Be nice when going about this one. A little one-on-one talk will most likely solve it.

5. You, uh, have something...Right there. That's it!

Nothing is better than a nice dinner for two. But what do you do if it's for 10 and your date suddenly has a big spot of sauce on their chin? Point it out for everyone to notice?

Try the 'wipe your finger across your chin' sign. If that doesn't work, try using a napkin to wipe your chin, with a slight raise of the eyebrows, etc. Whatever. Maybe you are sending the signal to steal second, but they will thank you in the end.

4. "Hi, the SWAT team called. They are lost in your room."

I know what it is like to have The Slob for a roommate. Dirty clothes all over the place, the entire apartment is the trash can, and something's alive in the bathroom.

Two options: One, call Hazmat over to detox the place. Or two, tell them you'll help them tidy it up over the weekend, and let them know you'd appreciate it if they would keep it clean.

If that doesn't work, take a picture of the mess and send it to their mom. It's always fun!

3. You missed a spot. But it got you.

Nightmare for us all: You leave the bathroom and fail to notice that big piece of toilet paper stuck to your shoe. Don't be shy on this one. Just point and they will do the rest.

2. Dupont called. They need their paint back.

Maybe I'm throwing this one in as a guy. Maybe it's personal preference. But I've also heard it from plenty of girls who are the experts on this stuff. Too much makeup = bad.

If your face looks like you just came from the Las Vegas show Cirque de Soleil, you might want to cut back on the makeup. If your friend needs help in this area, maybe it's because no one has ever shown them. Ladies, help a sister out.

1. Breath mint. Now.

Whether we had the halitosis, or the person we were talking to did, it's not fun for either party! Gas masks are not standard issue when you fill out your application.

Best way to handle this one? Eat a breath mint FIRST, and then offer them one. It will seem much friendlier that way in any given situation. **S**



Installs	Per Install	Total
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█	█	█
█	█	█
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Dangers **Lurking** Online

By Jeremy Holm

I have often heard the Internet called one of the greatest inventions of the 20th century. At the touch of a button, you can be connected to information or purchase items in mere seconds. You can find nearly anything online. Unfortunately, danger abounds in the depths of cyberspace.

At Schooled, we often do our best to keep abreast of current events as well as write articles that pertain to the interests and needs of college students. It is with this idea in mind, that we felt very strongly the need to write about an issue that is just a click away.

The social scene is a constant part of any college student's life: parties, dates, dinners, etc. For many, these group situations are the natural result of living in an apartment complex, with classmates, wards, and so on. For others, the option of online dating sites or 'student sites' provides such activities. Some of those sites, however, are currently under fire by the media and government agencies.



**DO YOU
REALLY
KNOW WHO
YOU ARE
TALKING TO
ONLINE?**

According to The Center for Missing and Exploited Children, more than 2,600 incidents were reported of adults using the Internet to entice children. Tragically, many of those incidents ended up in rapes or even deaths. Sexual predators roam freely and unchecked for the most part on these sites. The sites themselves offer green pastures for them because of all the information to be found. Blogs, birthplace information, photos, schools attending, class schedules, teams they may play on, etc. Often-times cell phone numbers or even addresses are blatantly posted for use.

While much of the focus in the media is being played out toward the danger for teenagers, the risks are just as great for college students. Men, or women, posting younger ages can falsify other information and lead their 'new friends' on, in anyway they see fit. And according to psychologists, they are very good at what they do. Predators will use the information people post in their profile to lure them in. From then on, they will use their manipulative and deceitful skills to guide the person they are pursuing, into doing whatever they want them to, which usually involves sexual activities or topics.

At the time of publication, MySpace.com was involved in an investigation in Hartford, Connecticut where seven teenage girls ages 12-16 were coerced into sexual activity with much older men. Similar investigations were being conducted in New Jersey, Texas, Arkansas, New York, and North Carolina. And those were just the ones I found in a five minute search for information.

Now, let me make it known that this article is not meant to deter you from using such sites. In fact, I have my own profile up on MySpace itself and I love it. But at Schooled, our mission is to inform as well as entertain. MySpace, for example, says it has a series of initiatives designed to protect its users against inappropriate conduct and content including software designed to review each profile. They have workers dedicated to monitor the site 24 hours a day, reviewing every image hosted by the site and are working with law enforcement agencies.

But even with these measures, and as entertaining as these sites can be through allowing us to meet and converse with friends and other students, caution must be used for our own safety. In our modern day of identity theft, stalking, rape, and even murder caution is the better part of valor. Do you REALLY know who you are talking to on the other end?

According to a report done by the US Department of Justice, one out of every 10 Internet users had been stalked online. Most victims are adults, and 80 percent are women. Want to hear something even scarier? One out of every five cyber stalking cases becomes an offline, real-world stalking case.

Again, while each site claims (or is it disclaims?) their security procedures will protect you while online, the best defense you have are wise choices in what information you post. **S**

Ways to protect yourself online:

-Avoid posting information that could enable a stranger to find you. That includes your last name, the name of your school or sports teams, addresses, phone numbers, and where you hang out.

-Check to see if the site has controls that allow you to manage who can visit your blog. If they do, only allow people you know and trust to view this information. If not, be extremely careful about what information you post that can be viewed by people outside your friends list.

-Avoid getting together with someone you "meet" through an online site unless you are certain of their actual identity. If you do meet them, arrange a group meeting with friends in a public place.

-Be very careful about photographs you use. It's a bad idea to post photos that are suggestive or sexual in nature. Before uploading a photo, just ask how you would feel if the picture were seen by your family, a teacher, a potential employer, a future boyfriend/girlfriend or spouse.

So have fun online. I do. Cyberspace, like outer space, is full of some wonderful stuff. All I'm saying is use some caution out there.

"Have a good time...just be safe." I think I'm starting to sound like my parents.



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Involvement

KAIIZEN IS FOR THE KIDS

Story and Photos By Amy West



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

-Anne Frank

More than forty years ago, an American couple teamed with a local pastor to create the El Sauzal Orphanage in San Antonio de las Minas, Mexico. Within 10 years the couple was gone and the orphanage desperately tried to survive on its own with the pastor selling wood, water, and his labor to support his family which now included 16 orphans.

About a year ago, two Americans once again walked through the gates of El Sauzal Orphanage. Those who know them call them “The Josh’s,” but on paper, they’re known as Josh Brazier and Josh Budinger. Together they brought to life “Kaiizen” a non-profit organization, working to help children in need wherever they are.

In February 2006, The Josh’s brought down a group of over 100 volunteers for a four day round-trip service experience at the orphanage. The projects involved a deep cleaning of the orphanage, painting of select rooms inside and walls out, playing with the children, and a few special projects. “Shane Johnson said, ‘hey I want to build a jungle gym,’” said Brazier. “So he planned it all out, he went down with a few volunteers and got all the wood donated and we [brought] it down here.” Another project involved a student artist painting a mural on the walls of a living room. Associate Director of Kaiizen, Matt Olsen said, “It gives everyone an opportunity to serve and make a difference in their own way. We take care of the details of getting everyone down here so they can use their talents.”

But the orphans themselves never take a backseat to the projects, “They’re working and they let my kids get involved in the process,” says Erica Espinoza Barrios, assistant director at the orphanage, “If they’re doing something they give the kids something to do that makes them feel like they’re helping and it’s something that helps, but it’s not going to destroy the project.”

Some of Kaiizen’s success may be contributed to what Brazier calls The three A’s

that keep Kaiizen “Affordable, Accessible and Appealing,” to students.

“I just heard ‘Mexico, go down with the kids, and do service for a weekend,’ and said, lets go,” said first time Kaiizen volunteer Michael Fleming. The whole experience involves a \$75 donation from volunteers, two days of carpooling from Utah and back, camping on a beach in Baja, and some intense service for two days.

In some previous trips, Kaiizen has taken the orphans to a pool to play and relieve the dust and sweat from the day. The February trip included what was the equivalent of a little league soccer match where the orphans played on a dusty dirt soccer field with 75 plus volunteers cheering them on from the sidelines.

Barrios, the granddaughter of the founding pastor, works with charity organizations and donors as the orphanages only source of funding, “I have really loved this Kaiizen group. What is most important for me is to build a relationship. And they just love my kids and my kids love them,” she said. “I have never had a problem with anybody that has come with the Kaiizen group – ever. And I can’t say that with everybody that has had a group here.”

“It has the personality of the people it’s trying to attract,” says Olsen. “The volunteers that it brings are the type of people that you want involved with a nonprofit. They’re the type of people that live everyday life with a good attitude and want to make a difference anytime they can.” Volunteer Matt Durham said the volunteers at Kaiizen are great people for the job because they choose themselves. “Everyone wanted to be here,” he said.

It seems Kaiizen is living up to its name which translates from Japanese as “constant improvement.” Josh Brazier said that idea came to him in an Algebra 2 class after he’d read a book about the principle of Kaiizen. He wanted to start a T-shirt company that taught the idea of Kaiizen. “Originally, I wanted the shirts to benefit some cause. I’m a pretty big hippie envi-

ronmentalist I guess.” But after about two years of fiddling around with the idea, and Brazier meeting Josh Budinger, the slogan “Kaiizen is For the Kids” was born, and T-shirt selling fell backstage to a broader idea. “We first started earning money to pay for vaccinations against leprosy for an orphanage in India. That was our first benefit concert,” Brazier said.

Now, with more people wanting to be involved all the time, the events have turned a little more complicated. “It’s a little scary crossing the border at night with 25 cars,” Budinger said. And while driving from place to place in Mexico one or two cars may get lost for a few hours without the convenience of five working cell phones in the car.

But in the future, this problem may be solved with the expansion of projects, “There’s another orphanage down the road and if the groups remain this big, we’ll hopefully, separate the kids [volunteers] up at the different orphanages and meet back at the campsite each night,” Brazier said. Brazier would like to see Kaiizen going down to Mexico every 6-8 weeks with the next trip being in May and then in August. But the trip doesn’t end in Mexico. Budinger said that hopefully within the next year they will be able to replace the sewer system at the orphanage as the next big project. Budinger also said a project is in the works to send school supplies and backpacks to homeless students in Denver. Olsen has bigger aspirations for Kaiizen. “I think we are well on our way and I wouldn’t be surprised if you’d see a Kaiizen center in Europe or a Kaiizen center in Africa.” Barrios just hopes the El Sauzal orphanage is not forgotten. “I wish that they keep coming and Josh [Brazier] gets old and keeps bringing people – I just love the group that’s all.”

To find out more about Kaiizen or to purchase your own Kaiizen T-shirt with all benefits going to children, visit their web site at www.kaiizen.org

S



Photo by Teagan Alex

**“I Don’t
Want to Die
Today for
\$4,300.”**

By Rebekah Jakeman

Who: Angi Hirsche, age 31
What: Attacked and robbed
When: Saturday, January 7, 2006, 10 a.m.
Where: Cash Valley, cash checking store in Orem

When Schooled heard about the heroic act of BYU grad Angi Hirsche, we had to talk to her and see this horrifying experience through her eyes.

Angi Hirsche was working at the cash checking store she and her husband own when she heard the front door open. Suddenly, a large man, 6’6” tall and twice her weight, vaulted over the counter and pulled her down, pinning her to the floor while pressing a gun to her face.

“Where’s the money?” he demanded. Angi was forced to open the safe and give him all the cash inside.

“I verbally described everything I was going to do before I did it, so he didn’t think I was going to pull a fast move,” Angi said.

The robber then asked the location of the bathroom. Putting the money down, he then dragged Angi toward the back door.

“That was a serious moment for me; maybe he wanted more than just money. I wondered what I could do, but I knew I would fight him if I had to,” Angi recalled.

Fortunately, the light was on in the back hallway where a few offices are located. Angi bought off the man with a story that people were working back there, and if they went down the hallway they would get caught. Believing her, he shut and locked the door, and then pulled out duck tape from his pocket.

As he covered her eyes, mouth and hands, Angi tried to appeal to his emotions and told him how she was a mother of two children.

“He didn’t seem to care, so I squirmed everytime he tried to put more tape on me. It was a risk I took.”

Angi knew timing was crucial since every movement would either ignite his anger or save her life. Then the phone rang.

The man attempted to unhook the phone from the wall, but only pulled off the receiver. Imagine Angi’s husband’s horror when he heard his wife on the other end of the line. “I won’t move a muscle. Just go. Please don’t hurt me,” she pleaded.

Cy Hirsche, who was making his usual call to see how his wife was doing, heard enough to sense the perilous danger, and called 911.

Soon after the phone call, the man left with the money and instructed Angi to stay low on the floor. When he was gone, she also called 911. To keep herself from panicking until the police arrived, she looked up the man in her computer files. She recognized him -- he had come into the store on Monday to apply for a loan. He claimed to not have all of his info and kept returning throughout the day to show his bank statements, work stubs, etc. Finally, on Tuesday he was approved for a \$1,000 loan. Knowing his contact info, Angi informed the police that she was pretty sure she knew the name of the man that had robbed the store. In the end, police beat the suspect to his house and retrieved all the money.

Angi really did “save the day” as well as herself with her quick-thinking and positive attitude.

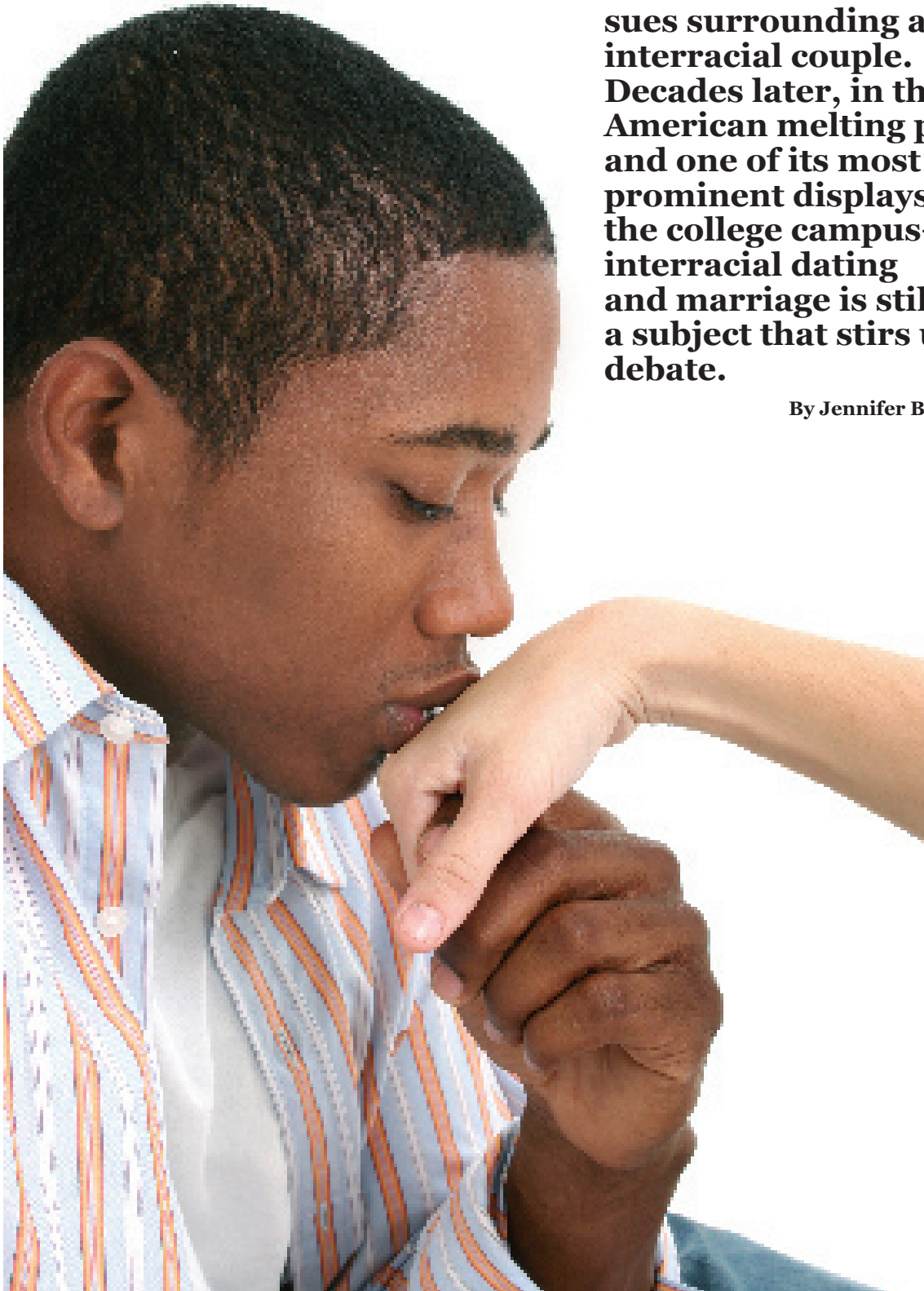
“I just thought—‘Do your best and get out of this. I don’t want to die today for \$4,300. I want to get home to my kids.’”

S

Each month, Schooled Magazine takes on the topics that are causing a stir with local college students. This month: interracial dating.

In 1967, “Guess Who’s Coming to Dinner,” was the first Hollywood film to portray an interracial romance and bring to the forefront the issues surrounding an interracial couple. Decades later, in the American melting pot and one of its most prominent displays—the college campus—interracial dating and marriage is still a subject that stirs up debate.

By Jennifer Borget



Even as the number of interracial couples continues to rise across the country, especially in college campuses like BYU and UVSC, it is still not quite ordinary.

"I don't think there is anything wrong with interracial dating," said 23-year-old Zach Ross from UVSC. "I've been in more than one interracial relationship and I like it." Ross, who has dated interracially for over a year, says that dating somebody who is not from your race gives you a great opportunity to learn about other cultures and to break the mold.

It was breaking the mold when Natalie Esquerro, a senior at BYU, started dating someone who was not from her own ethnic and racial background. Even in the mist of frank disapproval from her parents, she chose to pursue the relationship.

"My mom is straight out of Mexico, so she is very traditional and she expected me to marry a Latin boy," she said. "At least someone with the same values and everything else. She was always upset that I never really dated Mexicans, I dated outside [my race] but I never really liked dating Mexicans just because... I don't know I just didn't. When it came down to me making my own choice she supported me. At first she wasn't happy but she wasn't critical of it either, so she just accepted it and she loves my husband now and that's all that matters."

Brittney Christensen, a 19-year-old BYU student from Michigan, is one of many Utah Valley students who are encountering diversity like never before in the dynamic social environment of a college town.

"Where I'm from, it's predominantly white and you hardly see any interracial couples. It is definitely something you see more of here," Christensen said. She is one of the many students who have never been in an interracial relationship, but is not opposed to the idea.

According to a Gallup news service poll, most Americans say they approve of interracial dating. Even though most whites approve, they are somewhat less likely to approve

continued



Most Americans say they approve of interracial dating



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of interracial dating than are blacks or Hispanics. Interracial and interethnic dating is not uncommon in the United States, according to self-reports in the survey. Slightly less than half of Americans say they have dated someone from a different racial or ethnic background, with Hispanics more likely than whites or blacks to say this. The poll surveyed 2,264 people nationally over the age of 18.

Another big impact on interracial relationships in Utah Valley is the large number of returned missionaries coming back from different countries. A number of people believe that a lot of missionaries come home planning to marry someone from the country they served in.

BYU student Dane Bendixen, 22, is a returned missionary who served his mission in the Dominican Republic and is now engaged to Sharyl Escovosa a 19-year-old senior at BYU, whose parents are from the Dominican Republic. Bendixen says he wasn't looking for a Dominican girl it just happens to be a coincidence, and he is happy with the result.

"Before my mission, I didn't really notice a lot of Latin people just because there weren't a lot at my school," he said. "I've noticed it more down here since I'm at BYU and there are more Hispanic people here in Provo. I think I was always more open to interracial relationships, but maybe just living in a different culture opens your eyes to other parts of the world, and beauty in other forms."

Outside influences like friends, family and religion could also make race an issue. Escovosa and Bendixen have been together for over a year and are steadily planning a wedding for June. Bendixen said that both their families have no problems with their interracial relationship and that each family welcomes their future in-laws with open arms.

"It's just been normal I guess. Just she's just another girl to them," he said. While both their families back them up, things do not seem the same with the general public.

"One time we were in a restaurant and there was this old lady that was just starting at us and I was wondering why, but then I thought 'oh yea! She is probably not use to seeing two people like us,'" Escovosa said. "I don't really think about it, it doesn't really occur to me unless someone like that points it out. For the most part, if it bugs people they don't really make it known."

BYU student Devan Mitchell, whose father is black and mother is white, begs to differ.

"I notice that a lot of peoples' parents seem to have an issue with interracial dating," he said. "I think this is because of the lack of exposure, there aren't a



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lot of black people here. A lot of it comes from TV. They think every black guy is like 50 Cent. I don't blame them, I wouldn't want my daughter to date 50 Cent either."

Mitchell said he can understand where families and friends can play a part in a relationship because they are people on the outside looking in. Often times, these friends can see things that are not easily seen from within.

"I have had friends who have married people who weren't right for them and their family could see that, so it's good to look at that different perspective," he said.

Statistics do show that people are indeed more open to interracial relationships but there are still those who do not recommend it.

Natalie Esquerra says that she does not recommend interracial relationships to everyone.

"I think you should avoid interracial relationships if you can't handle it," she said. "It has its own set of challenges for sure. If you're a sensitive person and can't stand getting looks from people (because there still are many that won't accept it) then you shouldn't get involved in one."

In the end, it comes down to a personal choice of compatibility and a tendency of attraction toward certain kinds of people.

"I'm attracted to all sorts of people," Christensen said. "I mean, you have the Latin Lovers. I also think Denzel Washington is pretty fine, Usher too, that's a given! I wouldn't say I'm predominantly attracted to any race. If they're cute, they're cute." **S**



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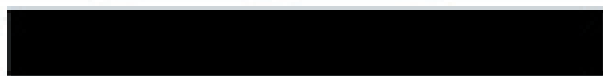
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THE DETEX BOTTOM LINE



Beware of the Entrepreneur

By Jamie Littlefield

Every college town has its problem people: Berkley has the hippy, Arizona State has the partier, and Yale has the snob.

Here in Utah Valley, we have The Entrepreneur. (Cue horror track.) The Entrepreneur is the psycho who begs for a cute girl's address, only to send her a greeting card with a legal insurance brochure inside. The Entrepreneur is the villain who haunts dorm halls, convincing freshmen to fork over next semesters' tuition for his once-in-a-lifetime opportunity. The Entrepreneur is the creep who calls every number in his stake directory to guarantee a 400 percent return on a 2k investment. Be afraid. Be very afraid.

With visions of getting rich quick and "the perfect investment," these puffed-up business drones are nothing to laugh about. Once they lure you in with their plastic smiles, they won't shut up. Ever. They'll shake your hand heartily for 25 minutes straight. They'll say your name over and over, until you fall under the hypnotic trance of liking them. I'm serious: I once had a sales crony say my name 50 times in a four minute phone call.

Even on social occasions, The Entrepreneur won't hold his viperous tongue. He's the 22-year-old who keeps talking about his "business partners" at a birthday party. He'll even refer to them as the generic "the partners." Can a person be more annoying? If you're a 42-year-old man with your own law firm, you can have partners. If you're a sophomore selling auto repair kits, no partners for you. Period. What makes these farm-kids-turned-salesmen so ostentatious? Can you say: Big fish in a little pond?

Not only are they proud and zealous, these minnows are the scum of the fashion pool. They approach you with overeager smiles and suit pants two sizes too small. They put on sales pitches wearing Mr. Mac with white socks and Birkenstocks. Their sense of style is maddening.

30 Schooled



It's true. In the valley, we can't walk down the street without a 19-year-old Idahoan popping out a business card and telling us about the "fortune 500 company" he started last week. We can't go to church without hearing kids testify of the trueness of legal insurance and Tupperware parties. What can be done about these palm-pilot using, hand-shaking menaces of society?

I propose that we re-assimilate them. We must take them to The Gap and Banana Republic. We must buy them real people clothes. We must sneak into their apartments and flush their electronics down the toilet. We must rip the pages from their day planners. When they begin to talk about a new deal that's "really not a pyramid scheme," we must duct tape their mouths. Friends, it's the only way.

We may never be able to convince the business drones that investing thousands in transparent internet schemes is a bad idea. But, we can keep them from infiltrating the rest of us. So, the next time you see some suited fellow on the bus reading Rich Dad, Poor Dad, chuck that volume out the window. Your fellow Utahns will thank you.

S

Cover Story

The Music Scene

Benton Paul

Transcendence -- the art of going beyond ordinary limits -- that's the one word Benton Paul uses to describe what he loves about music. "Having people tell me that they had some kind of transcendent experience when listening to my music -- that's when I thank the Lord for my talent." Benton's talent and love of music are evident in his songs. His music is beautiful and fun, laidback and catchy. His lyrics are personal, honest and relatable. Benton released his first CD, "The Wise & The Weak" in 2005. And just like the second track of that album, we're "dying to find out" more about Benton Paul. By Rae Harris

SM: Give us some basic background on you. How would you describe yourself?

Paul: Whoa hoo. I have an extroverted, outgoing personality. Born to be on stage. I've been creating, playing, and enjoying music since I can remember. Piano, guitar, vocals, choirs and bands. And now I'm a solo act who plays with different drummers and bass guitarists every week. I'm a devout Christian and it shows in my music. I'm right-brained, creative, and love to philosophize and discuss issues. I'm very close to my family and my emotions.

SM: How did you get started with music? Do you come from a musical family?

Paul: My family is tone-deaf. Believe it or not, they appreciate music a lot, but don't do much more than that. I started really writing in college. The angst and love-frustration started to come out in songs. It was great.

SM: What inspires your songwriting?

Paul: Love, life, lust and laughter.

SM: How would you describe your musical style?

Paul: Acoustic/pop, kind of like Jason Mraz, Jack Johnson, and John Mayer.

SM: What bands have influenced you the most?

Paul: The first ones that stuck out to me when I was 10 or so were Sting, U2, and Paul Simon. Today, I'm heavily influenced by Aqualung, Jamie Cullum, Mae, Marc Broussard, and Jason Mraz because they have catchy melodies, inspiring lyrics, and spine-chilling chord progressions. But one thing you must know, and this separates me from others -- I listen to opera, classical, jazz, blues, country, R&B, hip-hop, alternative, indie, emo, rock, metal, and every other genre you can think of to feed my musical muse

and keep my sound diverse!

SM: What's your favorite song you've written?

Paul: Probably a song called, "Hold to Hope." It's a Valentine special. I wrote it to show off my voice and the lyrics always get me in that emotional mood; which isn't always easy to get in after having sung a song a million times.

SM: What's your most embarrassing moment while performing?

Paul: I hate forgetting lyrics. They're my own lyrics for Pete's sake! That's embarrassing.

SM: If you could play with any other musician, who would it be and why?

Paul: Good question. Probably Matt Hales from Aqualung. His music uplifts and inspires me. I've never felt so high as I did when I watched him perform live.

SM: What are some of your non-musical interests?

Paul: Snowboarding on the breaks, people-watching on the weekdays, chess and Ben & Jerry's on the weekends.

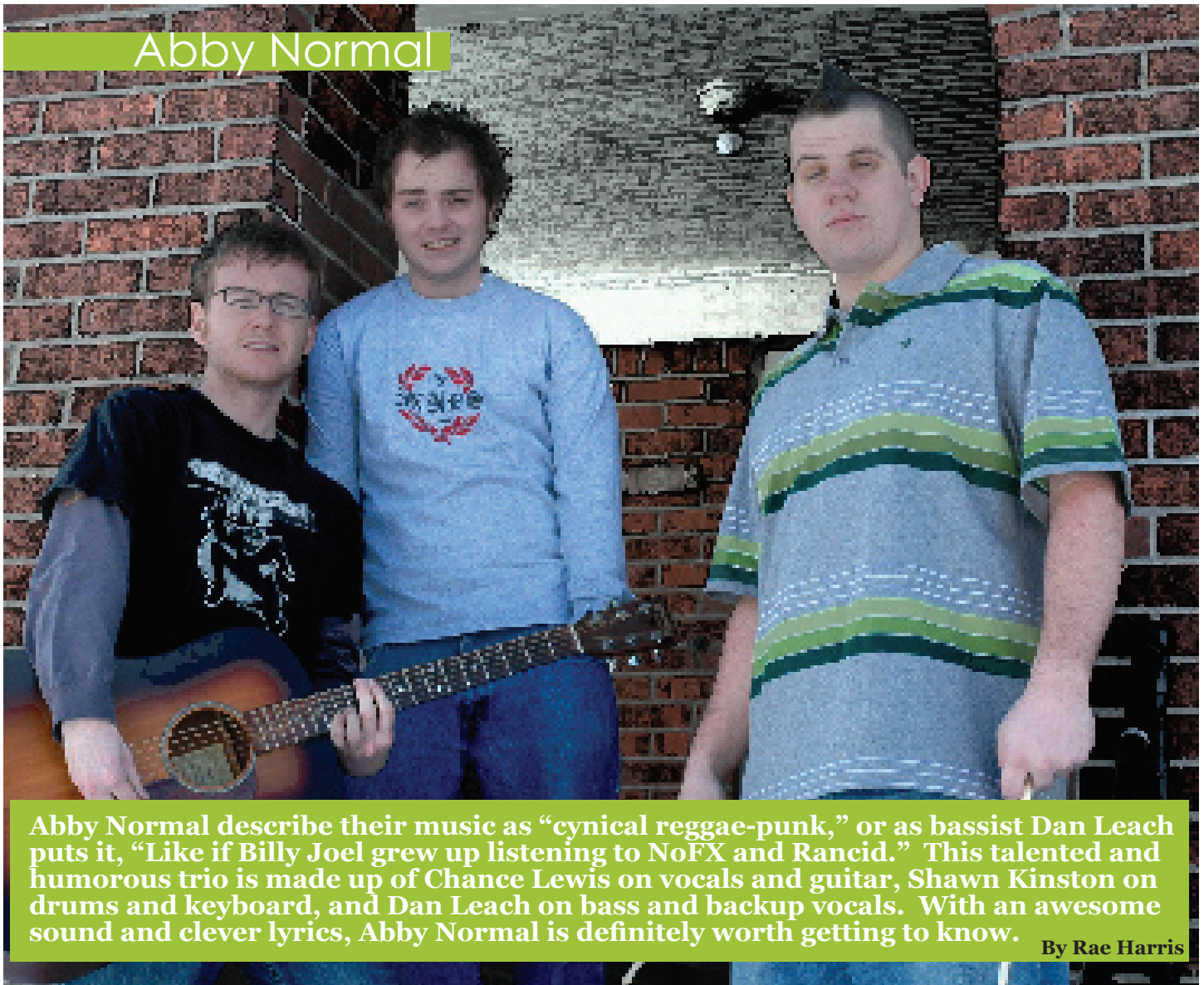
SM: Any other fun facts about you?

Paul: I served an LDS mission to Paris, France from '02-'04.

Be sure to catch Benton at the Hard Rock Cafe in Salt Lake City on May 9th at 8 p.m. "I get to play for the XMG conference in front of a bunch of major record label reps this night! I need your help; please come support me. It will make a big difference on their opinions." For more information or to buy Benton's CD, check out his website, www.bentonpaul.com.

The Music Scene

Abby Normal



Abby Normal describe their music as “cynical reggae-punk,” or as bassist Dan Leach puts it, “Like if Billy Joel grew up listening to NoFX and Rancid.” This talented and humorous trio is made up of Chance Lewis on vocals and guitar, Shawn Kinston on drums and keyboard, and Dan Leach on bass and backup vocals. With an awesome sound and clever lyrics, Abby Normal is definitely worth getting to know.

By Rae Harris

Photo By Teagan Alex

SM: Give us some basic background on you guys. What is your personality as a band?

Lewis: I would describe myself as a hopeful pessimist, or is it a skeptic optimist?

Leach: I would describe Chance as a cross between Millhouse and Mr. Burns. All of us are pretty much nerds and degenerates in our own unique ways.

Lewis: Dan and Shawn are just laid-back, funny guys. . . . I think that despite our individual differences, one thing the three of us have in common is that we often feel like outcasts in Provo social circles. I think that’s where the bitterness in our music comes from. But, we can also at times be extremely fun loving and optimistic people despite that, and I think that drives the happier, more positive tones to our songs.

SM: What is the coolest part about being in a band?

Kinston: The coolest part about being in a band is playing our own music and live shows. That’s where the rush is: playing on stage and seeing the crowd get into your music.

SM: What CDs have you released?

Kinston: Well, we are almost done with our first full-length album, finally! We’ve been working on it for the past year. . . . It should be done in the next two to three months and will have 11 to 12 songs. So when it comes out everybody get out there and buy it! Until then, we do have a five song demo that you can get at our shows.

SM: Do you have a favorite place to perform?

Lewis: Velour, in Provo. Man that place saved my life; well it

saved my social life at least . . . there’s no place like Velour.

There is so much musical talent in Utah County and it saddens me that so much of it goes overlooked, especially by college students who would rather go to a dance party than an awesome show at Velour.

SM: What inspires your songwriting?

Lewis: A lot of our songs are about the triumph of striving for something great and falling short over never trying for anything at all. We have this song “Going Somewhere Slow” and another one called “I Try”, that are basically saying, “Yeah, I may have failed at a lot of things so far, but I’ve had an amazing time doing it,” and that’s more than so many people can say.

SM: What are your plans for the future?

Lewis: Our goal locally, is to help people break out of these individual bubbles they build for themselves, by getting them to come out to a show and meet some new people and recognize the musical talent that Utah County has to offer. We also plan to keep recording and do a weeklong tour to California this summer.

Kinston: We would like to keep playing shows, getting more fans and hopefully make it big one day.

SM: And of course readers will want to know--are any of you single?

Lewis: We are all extremely single. And may or may not be looking.

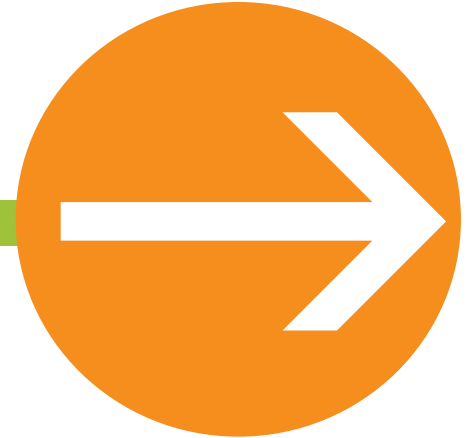
For more information and upcoming shows, visit Abby Normal at their website, www.abbynoramlrock.com or on myspace at myspace.com/abbynoraml.





Side Dish

By Esther Harris



Side Dish has a unique style of music and is no stranger to the Provo/Orem area. Just looking at the different instruments played by Side Dish (Ryan Sanders on vocals and guitar, Erik Vorkink on trumpet and keyboard, Kevin Vorkink on drums, Ryan Palmer on trombone, and Jeph Preece on bass), one notices that this is not your average rock band. Side Dish has a more upbeat, energetic style of sound. Side Dish labels their music as "rock-with-horns." Vorkink explains, "It's pretty simple: take one energetic rock band, then take a horn section (trumpet and trombone). Still with me? Add them together so that everything rocks even more. Boom: rock-with-horns." And that's Side Dish for you!

The members of Side Dish have a long record of playing music and have been a band since 2001. What are the members of Side Dish like? Sanders says, "We all have a lot of the same interests, we laugh at the same things, and we all enjoy each other's company -- for the most

part. Our personality as a band comes across as very fun and energetic, since that's what people see when they come to our shows... Our diverse individual personalities come together to make a great band personality." Side Dish's fun personalities rub off on their audiences during their shows, making for a great time!

When asked what the best part of performing is, Sanders says, "There's no greater feeling than being on stage and watching a big crowd sing along with your songs. Also, getting up in front of a brand new crowd and having them dancing and going crazy during our set is an awesome feeling."

For information on upcoming shows, check out www.SideDishBand.com. You can purchase Side Dish's CDs and download music by going to this site.

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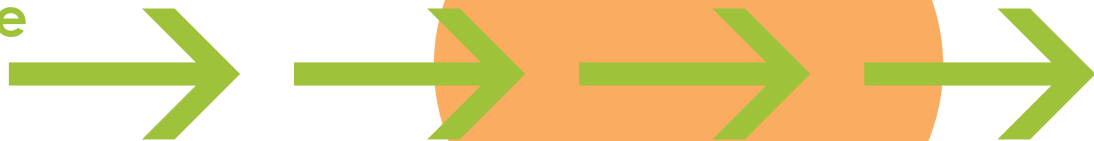
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The John Whites

By Amy West

The John Whites started out as John White: a 19-year-old red-head with a knack for writing music and a voice pretty enough for a boy band. After over a year in school, White is back in his hometown of Provo, and has founded his own band. "Coming up with band names is probably the worst part about life," White says. "So it made sense to combine the band with a solo act band. It's something that I had never heard of before so I wanted to do it. I didn't want to make a name that was going to make me vulnerable like 'Blood Stained Killers' or something like that - I don't know."

White put together the band, half of which formerly belonged to a local band that fell apart when the lead singer left on his mission. "At our last show, John approached me and asked if I wanted to be in a band," said 17-year-old guitarist Josh Brown. "I said maybe, but I said yes the next day. It was pretty much a crap shoot from there."

"How does it feel to be the best guitarist in Utah?" White chimes in with obvious pride at his choice. Ben Alvarez, an 18-year-old UVSC student from Chile, is also a guitar player, but has since tried his hand at drums. "They needed a drummer so I just picked it up and started playing," he said.

The last member of The John Whites reveals a bit of a love story, "I date John White, so I had an instant in with the band," said base player Jennifer Guerra (Jenny). White and Guerra have been dating since their junior year at Provo High School and while they both attended school at Westminster College in Salt Lake. "John never actually asked me to be in the band. So when he was talking

about it and he said he wanted Josh and Ben to be in the band -- I really like playing music and I've played music for a long time -- so I kind of invited myself." Guerra's membership, however, is well-earned with musical experience playing the piano, guitar, and violin.

During his solo career summer 2005, White put together an album that serves more as reference points than a guideline for many of The John Whites' current songs. "If you were to listen to the way we play the songs, it's obvious that the band has really written the songs and the CD I recorded over the summer is sort of like a demo."

It is this ability to change and welcome experimentation that makes The John White's unique from other Utah County bands. While influences from The Flaming Lips, Granddaddy, and Radiohead are obvious in songs such as "Sic Et Non," and "Enter the Dragon." The John Whites have not chosen one genre or band that they emulate in all their works. "We try our hardest to make sure every song doesn't sound like the song before," White said.

In the future, White would like the band to have a spot in musical history - in the sense of experimental placement. He'd like to be able to make albums like Depeche Mode where you can say, "that was written in the '80s or '90s, etc." "The 2000s are going to be thought of as silly music just the same." White says, "We can make music that's elemental where you can't really tell what time it's from but experimental too, which is the challenge."

THE JOHN WHITES PERFORM NEXT WITH PALOMINO AT VELOUR IN PROVO ON MARCH 11.

www.the-johnwhites.com (has music available for download)
myspace account: www.myspace.com/thejohnwhites



Photo By Maht Palous

The Monikers

Do you want to listen to something that is upbeat and combines surf, ska, and rock? If you answered yes, then The Monikers are the band for you! The Monikers are a young, energetic band that has been rocking out since October 2003. The band consists of four members: Dallin Gunther- lead vocals and keyboard, Tim Eaton- bass guitar, Seth Durfee- drums, and Tom Brinton- guitar.

When asked what their band is like, Tom Brinton says, "That's like asking Van Gogh why he cut his ear off. I guess we all have a crazy and weird sense of humor. We like to make wacky noises at each other, ya know. I mean, what else is there? We like to play Dance Dance Revolution a lot. We like girls. That's about it."

The Monikers got their start at a Battle of the Bands competition at their high school in Brigham City. Since then, their success has soared, climaxing with the release of their self-entitled album last December.

The Monikers are an extremely talented band with a unique style of music. They say the coolest part of being in a band is "definitely

playing live shows. That is our chance to connect with other people through our music. There is no better feeling than playing at a venue in a town we've never been to, and having the audience really dig our sound. And if they start dancing, it's even radder."

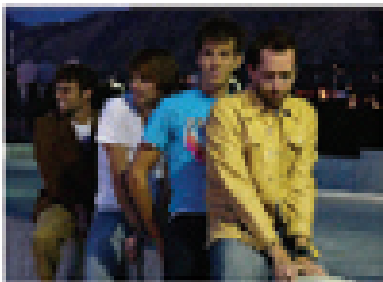
And for any of you fans wondering, the band reports that Tom and Tim are single while Dallin is slightly taken and Seth is mostly taken.

For more information on The Monikers and upcoming events, be sure to check out their website: themonikers.asturhost.net/bio.htm.

-By Esther Harris



The Handsome



Jason Gough, Spencer Donald, Dane Hansen, and Brady Peterson are the four members of the The Handsome. The Handsome have been playing together for a little longer than a year. The band has made one self-titled CD, which is available at any of their shows or on their website www.thehandsome.com/

for \$9.

The Handsome describe their music as "pure pop/rock-n-roll fun-ness. It's the musical embodiment of Disneyland and Star Wars." When asked what sets them apart from other bands in Utah County, Hansen, who plays the guitar and keyboard, says

"We aren't trying to be a part of any music scene. We just try to make music that's good and fun. Anyone could enjoy it if they let themselves. Plus we are handsome."

What's in the future for The Handsome? The band says that hopefully they will make an EP toward the end of the school year, "then tour the universe and become a god in Japan." These fun-loving, laid-back, sarcastic guys like to have a good time, and this is especially apparent at their shows.

The band says that the music scene in Utah County is awesome. When asked what their favorite thing is about music, the band claims, "It's just fun. It's like putting on a talent show twice a month...Music like this is fun and comes with no strings attached." If you want to hear some killer music and have a little eye candy on the side, then don't miss The Handsome. Check out their website for information concerning upcoming events. **S**

-By Esther Harris

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ALL I CAN SAY IS: ROCK ON!

HERE ARE SOME INCREDIBLE WAYS TO EXPERIENCE A RUSH THIS WEEKEND!



By Jeremy Holm

1. SKELETON:

Location: Utah Olympic Park, Park City, UT

So you saw it last month during the Olympics. Dude, didn't you know that you can try it?

Skeleton is a sport that involves lying on your stomach on a sled weighing an average of 93 pounds. Athletes wear spikes shoes to sprint at the beginning of the course and then do a belly-flop onto the sled. Your job from that point on? Hang on, steer just right using your body, and keep your head down. Not that the last one is hard with 5 G's (five times the force of gravity) pushing down on your cranium.

Oh, and by the way, you'll max out at somewhere around 80 mph. With your chin two inches off the ice.

Skeleton is rapidly becoming one of the most popular extreme-sports due to its relatively low cost. Just \$500 will get you certified to train from the top of the Olympic track in Park City. After the certification, you can train in one of the various programs offered at the course. You will just need to buy shoes, gloves and a helmet. You can probably borrow a sled from either the Olympic Park or one of the other athletes. Either way, you'll have a killer story to tell all your friends!

More Info: www.utaholympicpark.com

2. HANG GLIDING:

Location: "Point of the Mountain" Draper, UT

Did you ever have that one dream as a kid? You know, where you imagined you were flying like Superman? Well, now you can. Hang gliding is one of the most exhilarating ways to pass some time, not to mention a killer way to view our scenic state. Flights of up to 300 miles have been logged before!

Hang glider pilots are positioned on a hang strap connected to the glider's frame (hence the name "hang" glider). The gliders are controlled by shifting the pilot's weight with respect to the glider. By moving forward and backward and side to side at the end of this hang strap, the pilot alters the center of gravity of the glider. This then causes the glider to pitch or roll in the direction of the pilot's motion and thus allows both speed control and turning.

Cost is usually around \$600 for training and most instruction classes provide the equipment you will need for the course. Obviously, you won't be able to go up solo on your first flight. Classes and tandem flights are required, but this sport will quickly get into your blood!

More Info: www.uhgpga.org

3. ICE CLIMBING:

Location: Provo Canyon, Provo, UT

Want something a little more in touch with nature? Try climbing your way to the top of a frozen waterfall!

Provo Canyon has the highest concentration of ice in the Salt Lake and Utah county area. Now the best routes are on the south side of the canyon, where there is less sun. The two most popular areas in the canyon are Bridal Veil Falls and Stairway to Heaven.

If you are interested in learning this sport, it is probably best to find someone or hire a guide who knows what they are doing to take you out the first few times. Make sure that the "more experienced" people you go out with are experienced enough to know what they are doing. Ice has hazards like pillars and

curtains collapsing that require knowledge to evaluate.

More Info: Call Provo Parks and Recreation.

4. SKYDIVING

Location: Tooele, UT

So, you can go fast down an icy course or you can soar through the air. Why not combine the two and go fast while soaring through the air...at 120 mph while heading for the ground of course?!

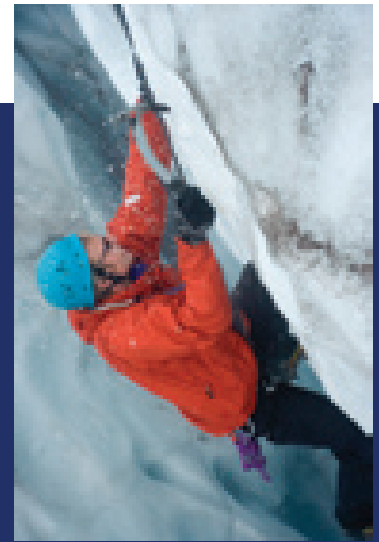
This one is for all you serious adrenaline junkies out there. Skydiving has been thrilling participants for years. Your first and sometimes second jump will be tandem jumps (attached to an instructor who will help you land). Cost is usually about \$175 for a tandem jump. Due to the several factors involved in jumping, you will want to plan about half the day for this.

But how cool would it be? Jumping out of an airplane from around 13,000 feet will give you about a minute's worth of freefall





“HANG GLIDING IS ONE OF THE MOST EXHILARATING WAYS TO PASS SOME TIME, NOT TO MENTION A KILLER WAY TO VIEW OUR SCENIC STATE.”



followed by seven minutes of parachuting the rest of the way. Classroom instruction will cover all the safety tips you need to know and, again, you will make your first few jumps with a licensed instructor. Feel free to scream on the way down. The truth is: No one can hear you at 120 mph during freefall!

More Info: www.skydiveutah.com

5. MOUNTAIN BIKING

Location: Provo or American Fork Canyon

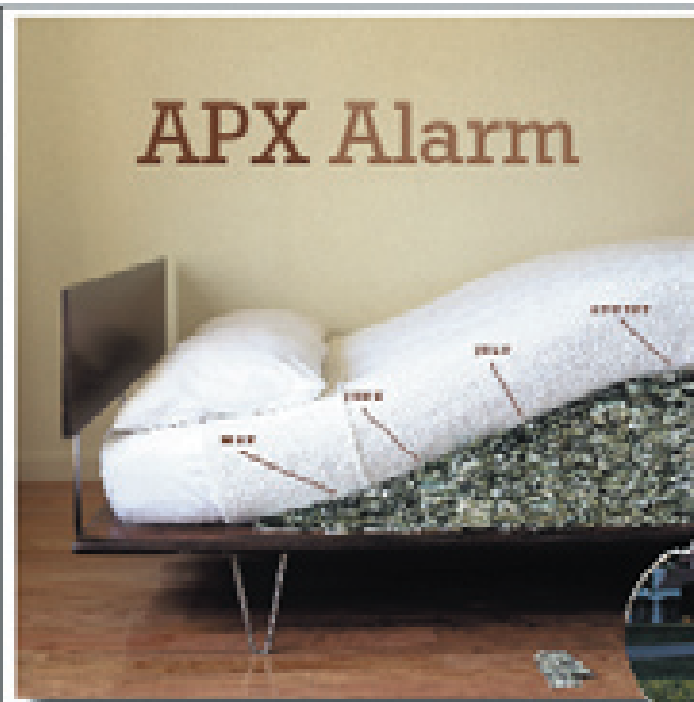
What could be cooler than hurling yourself back down the mountain side on your bike? Mountain biking is a form of off-road cycling which uses tougher bikes usually with straight handlebars

and wide tires. It encompasses both competitive bicycle racing and purely recreational cycling.

How hard is it to get started? Well, most students have access to a bike they can use. Just grab yourself a helmet and do some research on trails located close by and then get out there! It might be helpful to find someone who goes often as they can point out some of the easier trails for first-timers.

Mountain biking is one of the greatest ways to get a killer workout, experience some of the awesome atmosphere around Utah Valley, and find that rush of adrenaline you might crave! So get a bike and get out there!

More Info: www.utahmountainbiking.com **S**



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Water Boy

Jacob Knudsen



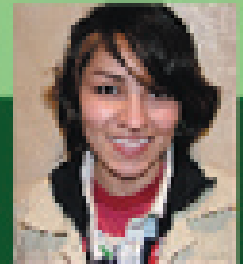
COLLECTIBLE CARD

Knudsen doesn't play social-gymming himself, but knows the best teams. "Provo Rec. Center is bottom on the list, then BYU, then 24, and Gold's is at the top - the cool gym." He is currently dating a gym athlete, but says it's not a requirement. Knudsen prefers crunching walnuts rather than abs, and sometimes squirts himself with water guns trying to accustom himself to the feeling of sweat.

Age: 23	Frequency: Every Night	Duration: In His Dream	Team: Walnuts
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Short-Stop

Megan Kawasaki



SPECIAL EDITION CARD

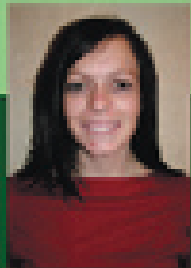
Kawasaki knows all the pitfalls and swings of dating, but has steered clear of the gym dating teams due to inequality among the players. "I see more fat guys in those muscle T's than I see skinny fit guys," she said.

Kawasaki knows how a gym relationship can end badly. "My friend worked at the gym and then went out with a girl he met there, and after that it was really awkward so he had to find a new one."

Age: 21	Frequency: 3 a per week	Duration: 1 hour	Team: Gold's Gym
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Bench Warmer

Heather Norton



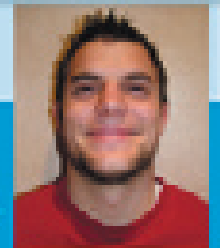
SPECIAL EDITION CARD

Norton does not currently have a gym membership. "I don't have time, or money," she says. Dating someone who goes to the gym is not a must for Norton, but she is currently dating someone with a P.E. class. Though not a bitter herself, Norton knows someone who is a gym dater. "My roommate in Hawaii - she was a body builder," she said.

Age: 21	Frequency: Once In A Lifetime	Duration: Spin Second	Team: Spin
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Hitter

Andrew Spear



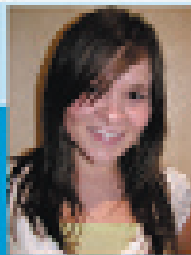
COLLECTIBLE CARD

Being a gym member is a must for Spear's future girlfriends. "Well, they have to be fit," he says. He is currently dating someone he met while at the gym. "She was on a date with someone else and I made fun of the guy and stole her away," he said. Spear says the coolest gyms are Gold's Gym and the Rock Climbing gym, and he could never date someone who worked out at the local recreation center. "Och, that's pretty low class."

Age: 23	Frequency: 4 a per week	Duration: 1 hour	Team: Gold's Gym
---------	-------------------------	------------------	------------------

Pitcher

BreeAnn Nelson



COLLECTIBLE CARD

Nelson goes to the gym when some girls don't. "Some girls don't think they look cool enough or in shape enough to be at the gym," she says. Nelson also says a lot of people go to the gym to look up and thin "bugs" but that "the cool gym to meet more people is Gold's Gym." She also prefers to date guys who go to the gym. "It shows they care about what kind of shape they're in."

Age: 17	Frequency: 5-6 a per week	Duration: 1-1.5 hours	Team: Gold's Gym
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Alternate

Matthew Mildenstein



SPECIAL EDITION CARD

Mildenstein thinks more girls go to the gym to find dates, but is yet to be found and connected to gym dating himself. He doesn't insist that his future girlfriends go to the gym, but does so himself. "Got to look good for the ladies. And I have a (gym) class too, so I have to improve," he said.

Age: 24	Frequency: 3-4 a per week	Duration: 20-30 min.	Team: UVSC Gym
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Things to do for Yourself



Eat something yummy!

Next time you're out grocery shopping, pick up some strawberries and dark chocolate and make yourself some chocolate dipped strawberries. Or if you have a favorite snack, grab it, and go sit by Provo River, or up at Rock Canyon Park and take a few minutes to enjoy the view and your treat!

Go to the gym just to use the sauna, steam room or both!

Both Gold's Gym (the new one), and 24 Hour Fitness have saunas and steam rooms to relax in. Wrap yourself in the fluffiest towel you have and just relax.

Get rid of the cold-weather blues.

Dig out your coconut scented sunscreen or lotion, and rub it in! Let the smell carry you throughout the day and remind you of summer just around the corner.

Take a nap.

Whether it's a Wednesday afternoon, when the rest of the world is running errands, or a random few minutes in the library, go ahead and take a siesta break. If you have to, rest your head on your desk! Napping can actually improve productivity by enhancing your concentration and attentiveness. Make sure to keep your snooze to 30 minutes or less -- any longer, and your body moves into a deep-sleep stage, which means you'll wake up groggy.

Go unplugged.

We're always so connected, that we barely notice the tension produced by never-ending phone calls and emails. When you have some time to yourself, really make it your own by turning off your cell and computer, and all other connections from the outside world. Use this quiet time to daydream—a good way to reconnect with you. **S**

By Deborah Barlow-Taylor

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Utah Valley **Fat**

Like many of you who are up to date with current events, (or who have siblings like mine who fwd: you everything they see), I too was shocked when I heard of the recent study done by a BYU professor that discovered that Mormons in Utah are on average 4.6 pounds heavier than nonmembers and were 14 percent more likely to be obese. It hasn't been easy, but after interviewing a lot of fat people here in the valley I think I have found the culprits.

Most college campuses have a phenomenon called the freshman 15 in which freshman students pack on 15 pounds in their first year, mainly due to excessive drinking and overall sloppiness. We don't have that here in Utah Valley because the only alcoholic establishment is the Atchafalaya and it's not exactly hoppin' on the weekends. So instead, we have replaced it with the newlywed 30. You know what I'm talking about. As soon as two love birds get engaged they start packing on the blubber like the penguins preparing for the march (I saw the movie it was fantastic.)

"Hey, we are in love- it doesn't matter what we look like on the outside, it's what's on the inside that counts."

Correct me if I'm wrong, but what is the point of trying to look good for the first third of your life just to balloon up when you finally catch your mate? You have been waiting for years to be intimate with someone and then when you get the chance you smother him or her. But it's OK because you are in love. Let's not even mention what an example this extra weight is for your kids or the fact that you'll probably die an early death from type II diabetes or heart



As soon as two love birds get engaged they start packing on the blubber like the penguins preparing for the march

Camp

By Ammon VanOrden

failure.

If the newlywed 30 wasn't bad enough, there is beginning to be a stigma in Utah Valley that if you go to the gym you are vain. It is true that many go to the gym just to look better, but I'm failing to see why that is a bad thing. I know plenty of people who read excessively just so they can look good among their peers. How is that any different than those who try and perfect their bodies into a well-oiled machine? And that is just talking about those few who are going just for aesthetic purposes. But because of this stigma, those individuals who just want to go to feel good and be healthy are thinking twice about being a gym regular because they don't want to be seen as vain.

My favorite excuse is, "I would go to the gym but it's such a meat market." I hate to break it to you, but everywhere in Utah Valley is a meat market. The mall, your classroom, sporting events, church, even the LDS temple in Provo has a single's session on Wednesday nights.

In the article about obese Mormons, the professor theorizes that the reason Mormons weigh more is because they use eating as a substitute for other things they aren't allowed to do like smoking and drinking. But I believe this is only part of the problem. The other part is that this eating is multiplied by physically inactive social lives. Take for example the average college party. Drink beer, yell loud, get into fights, go streaking, and get to know your neighbor by wrestling in bed. That adds up to a lot of calories being burned.

Whereas, the most active night found in Provo is a rousing game of Skip Bo. Most nights are worse than that. "Hey let's go to dinner and then hit up the movie theater. Instead, why don't we just go straight to the theater and buy a huge bag of greasy popcorn and a box of junior mints. Or, we could always go to the dollar theater and sneak in some big gulps and bear claws from 7-11. Why don't we just pick up a flick at Blockbuster and eat some raw cookie dough."

Provo Blockbuster is busier on the weekend than the Super Wal-Mart is during hunting season. Dances used to be popular in this valley, in the late '90s though they morphed from dances to a chance to jump up and down to a beat. So attendance to dances are down valley-wide, therefore cutting off our major export of calories -- making us plump for the picking.

Who knew that all of those 1 a.m. runs to Wendy's on a Sunday night, I mean Monday morning, would come back to haunt us? Here's to all of those late night runs, and finishing every date and church function with a dessert. May they continue to nourish and strengthen us to our early grave. Happy chomping! **S**

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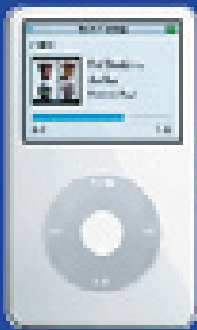
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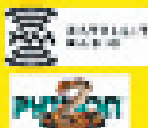
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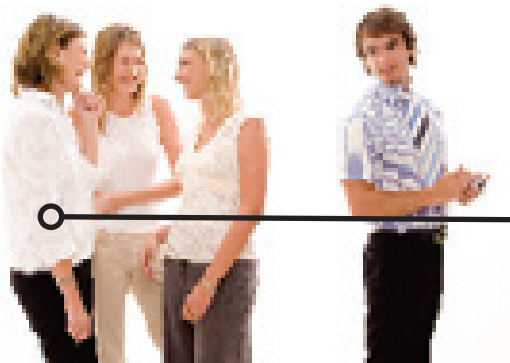
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Major Pain

By Chris Sorensen

So, it's March and you haven't decided on a major yet. No problem. It's March, and you're technically in your senior year and you haven't decided. Now we have a problem. Remember when your buddy told you that you could graduate as an open major? He was joking. But how are you supposed to make a decision like this? This will impact the rest of your life. Where you work, what car you drive, and most importantly, whether you'll be more attractive to the members of the opposite sex. Luckily, you have us to help you out.



Pick your major already!

Use Your Available Resources

If your school isn't based off a tropical island or Internet site it will have a counseling center. Even some of those imaginary universities have them. BYU has the Career and Learning Information Center as well as Open Major Counseling, both located in the Wilkinson Center. UVSC has Career and Academic Counseling Center in the Business Building. It's their job to help you out. Go talk to them! Yes, you'll have to give up a half-hour of flirting or playing ultimate Frisbee or whatever you'd otherwise be doing. But, you'll get to talk to someone who knows what options are out there and how to get your education on track.

Ask Around

Talk to everyone. If they're in college, they know something. If they graduated from college, they know something. If they failed to graduate, they definitely know something. Pool your knowledge with all those friends you're playing Halo with and see what they've learned. Even better, go talk to the upperclassmen. They'll tell you what majors will kick your butt, and which ones will kick your butt, but are worth it anyway. As much as it pains you, ask for the advice of your older siblings and even (gasp) your parents, the more information, the better.

Eliminate your Dislikes and Do What you Enjoy

Once I was accepted to college, I printed out a list of all the majors available at my school. I took out my pen (a pencil will work if you're that indecisive) and started scratching out majors I knew I'd hate. What can I say? I'm not the world's most positive person. I knew I wouldn't like statistics, French or math teaching. Theater? Not for me. Information Systems? No way. Before I knew it, I was down to less than a dozen majors. That was a list I could work with.

If you're going to dislike studying a major for four or more years, you're probably going to hate doing it as a career. It doesn't matter if it's the major with the highest starting salary. I know it's hard to believe, but it doesn't matter if it's the major with the hotties. If you don't like it, DON'T DO IT! You'll just end up back in college 10 years from now. Try flirting with the hotties then. And make sure to actually look at the classes involved in the major, not just the name itself. I was a biochemical engineering major my first semester. It turns out that I hate chemistry and calculus. Guess what kind of classes biochemical engineering majors take? Guess what they spend their life doing? Choose something you like. Choose something that will actually motivate you to get out of bed in the morning after staying out at Betos until 3 a.m.

Get Specific

If physics is definitely your thing (you sick twisted person) then go straight to the physics department. They'll tell you the difference between physics, biophysics and ceramics majors. Didn't know that ceramics was in the physics department? Well you

won't know these things until you go to the experts. Every department will have its own counseling service, and like the general counseling, they'll be happy to help. But unlike the general counseling, they'll have detailed knowledge of the actual field you plan on going into.

Mix and Match

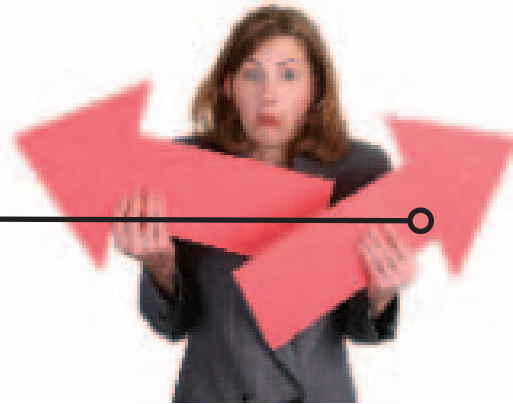
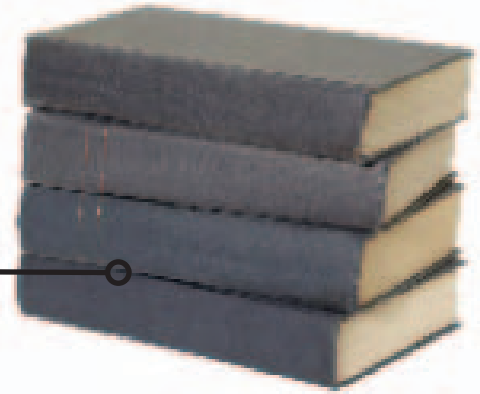
Some people are just too amazing to be confined to one major. If you're dead set on studying both malaria and Danish, you're going to have a hard time finding a major. Scandinavian pathology may be a major somewhere, but not in Utah. Double majoring certainly is an option. You're almost certainly not going to get through both in four years, but if both are important to you, it could be worth your while. Another option is to pick up a minor to round out your studies. I now have an English minor, mostly so I can actually take classes with women. Again, you won't graduate as quickly, but it may be worth it to you.

Things Change

I'm currently on my third major. As previously stated, I soon discovered I hated my first major. My second major wasn't so bad, but I found my third and final major a semester later. If you care to know, Neuroscience is the only true and living major upon the face of the campus. No one cares if you change your major, in fact it's expected. There's no point in staying somewhere once you know it's not for you. However, major-swapping is a fantastic way to stay in college until you're 48. Keep in mind that certain majors will require a solid three or four-year commitment. This is why you need to choose a major, not just throw darts at a dart board to pick your course of study.

Deciding on that major is a difficult choice. Your mom's not here to help you, but you've got professional counselors and magazine writers, which are almost as good.

S



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The Next StageSM

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Do UVSC graduates make more than BYU graduates

My boss heard a rumor that this was the case and asked me to research it. I've actually been to both schools, so I figured that I'd be good for this particular story.

I tried calling BYU, and they put off answering my questions, saying that they'd call me back. Seeing as how I didn't have a whole lot of time before my deadline, I decided to call UVSC. They were extremely helpful in my requests. It turns out that they had some of the results from a study performed by a non-profit organization called Utah Foundation. UVSC was quick to tout that the study did rule in their favor.

The Utah Foundation (UF) (<http://www.utahfoundation.org/>) is an organization that does several education related surveys. They recently released a study that it did on higher education in Utah from 2004 graduates.

Here's what the foundation discovered (<http://utahfoundation.org/img/pdfs/rr673.pdf>):

The National Association of Colleges and Employers (NACE) has information about how much people make after leaving college. Nationwide, people with liberal arts degrees start with the lowest annual income at \$30,152. The Bureau of Labor Statistics (BLS) states that the national average pay is \$39,354. The BLS also states that Utah ranks 36th among all the states in the U.S. at \$32,171.

The UF study reported that, "The median salary for all 2004 graduates was below \$30,000 for BYU, SUU, USU, and [University of] Utah grads." But the median salary is above \$30,000 for UVSC, Westminster, and WSU. The study did note that UVSC targets technical programs (like computer science) that tend to pay higher than other programs.

Besides overall perspectives from the universities, there are several other factors.

Majors are an important factor. Talk to your guidance counselor to see how much you can expect to make with your major. I can't possibly list all the degrees here, but UVSC reports (from a pamphlet acquired at the UVSC Office of Institutional Research) that bachelor degree holders in computer science make on average \$30,800. The secretary at the BYU Computer Science department reported to me over the phone, that their graduates make, on average, \$54,000.

The UF also reports that students with advanced degrees make more than their associate or bachelor degree counterparts with the median income between \$50,000 and \$59,999.

Internships can also play a key role. At BYU, only 38 percent of those not completing an internship made above \$30,000, where 64 percent of those who did complete an internship made above \$30,000. At UVSC, 55 percent without internships and 66 percent with an internship make over \$30,000 and a greater percentage of UVSC students have internships than BYU students.

So who does make more? Without knowing anything about degrees, you have to say UVSC, but many degrees make more at BYU. So if you want to know, you'll have to check. The good thing is, is that a quick call to your department (and the one at the competing educational institution), should answer most of your questions. **S**

By McKay Salisbury



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Do you ever have a hard time trying to figure out what professor to take college algebra from? Well, thanks to the Internet, college students now have another weapon in their scheduling arsenal—professor ratings.

There are several sites that allow you to see all the professors at your school, and learn several different things about the professor. Want to know how much homework Dr. Chambers gives out? Want to know how many A's and B's Professor Mueller gives? How well does Dr. Xiong speak English? All these questions and more could be answered at one of several rating sites.

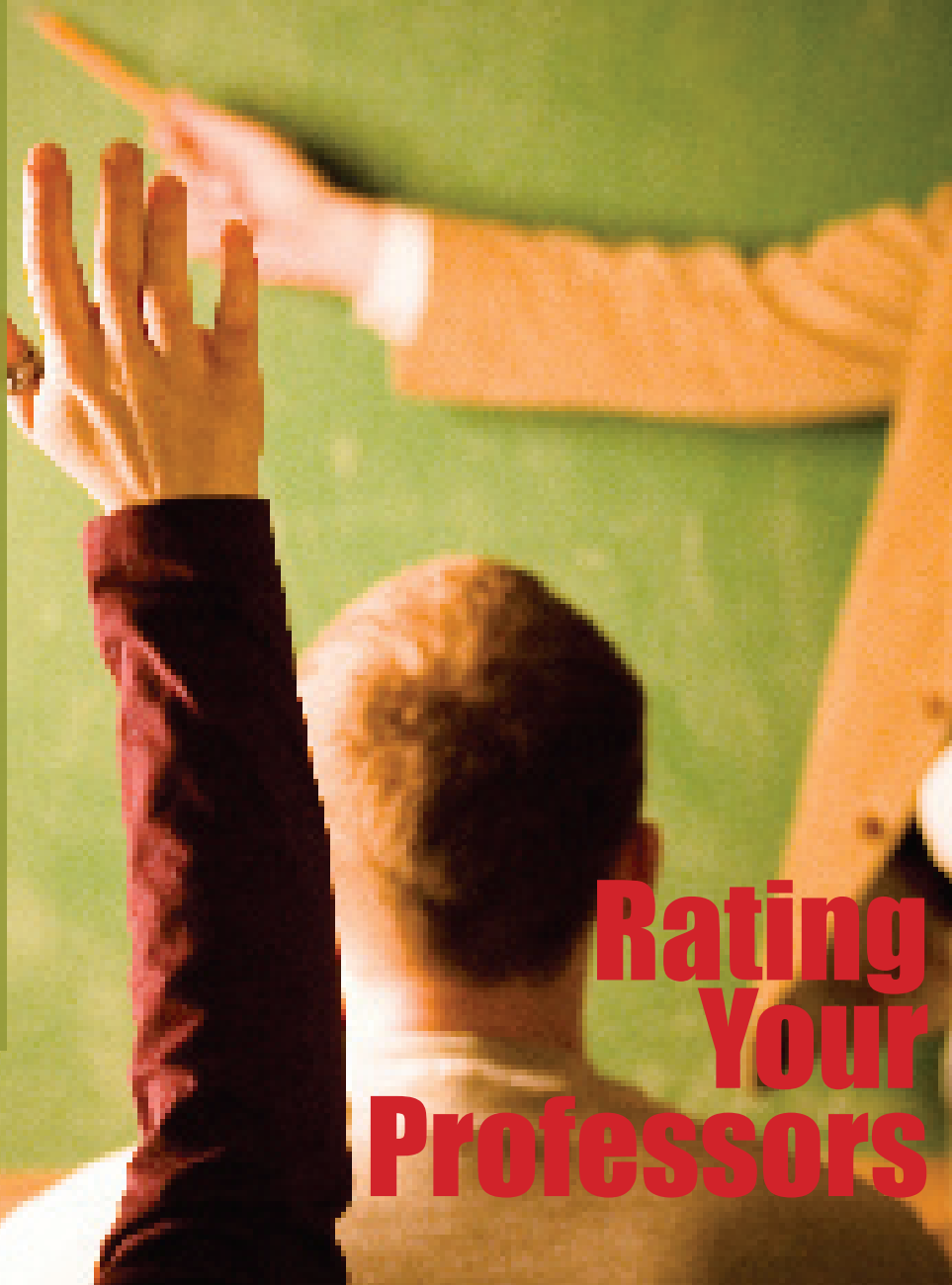
The most popular sites are www.ratemy-professors.com, www.rateaprof.com, and www.rateyourprof.com. Entering information about all of your professors at each site could take awhile, but like other open systems, they are only as good as you make them, so be sure to put your information in at least one.

They don't do any checking on any of the information that is submitted, so take the information you get with a grain of salt.

I was in a class not too long ago, and my professor thought it would be good to point us to one of those sites. He was quick to point out that he had a good rating, but he gave us a warning that I'm going to pass along to you. These sites can be anonymous, but he read aloud one of the reviews that a student wrote about him, and because he related certain circumstances in his review, the professor was able to determine exactly which student it was. Now this student didn't get a grade decrease, but he wasn't berating the professor either (not that this teacher would have done that). So as a caveat, even though your name isn't in the review, that doesn't mean you aren't still recognizable.

S

By McKay Salisbury



Rating Your Professors



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Picking the P

Dating. Engagement. Marriage. Three words that appear to be an unwritten creed for Utah Valley.

Whether you are dating someone or have a friend who is ready for the big step, this article is just what you need. When the time comes for the big 'Will you...?' question, we all know about the little piece of jewelry that goes with it. She is the girl of your dreams, right? The ring is more than tradition. It represents your commitment to each other, and the value of your relationship.

By Jeremy Holm

1

How do you start?

I had to wonder while writing this article if my editors weren't trying to put marriage on my mind. But I decided...why not? I could use the education in ring buying. I'm a guy. Our education in rings comes from the quarter machine at the grocery store. Drop, open, enjoy.

The first step would be to decide on a budget. Be realistic. A basic guide is the often said rule of 'One-to-Three Month's Salary' or set your budget equal to one-three month's wages.

The next step would be to decide what she wants. Well, let me rephrase that: finding out what she wants. It is HER ring, after all. It's all a matter of clarity, cut, carat and color. These factors will determine your overall price.

2

Clarity

Clarity describes the presence or absence of inclusions within the diamond and blemishes on its surface. These can be scratches or tiny pin-points of cloudiness. Some can be seen if you hold the diamond up to a light, and others require magnification to see them. The clearer and 'purer' the stone, the higher the quality and price. Here is a table describing the GIA (Gemological Institute of American) clarity grading scale.

3

Cut

The cut of a diamond determines its brilliance. There is no single measurement of a diamond that defines its cut, but rather a collection of measurements and observations that determine the relationship between a diamond's light performance, dimensions and finish. The diamond's depth, symmetry, polish, color, and overall anatomy affect the 'cut.'

Most gemologists consider cut the most important diamond characteristic because even if a diamond has perfect color and clarity, a diamond with a poor cut will have dulled brilliance.

4

Carat

A carat is a unit of measurement, it's the unit used to weigh a diamond. One carat is equal to 200 milligrams, or 0.2 grams. "Carat weight" for diamonds is different than "karat," the purity of gold and silver.

Larger diamonds are more rare and in more demand than smaller diamonds of the same quality, so they can be sold for a higher price. A one carat diamond solitaire ring is nearly always more expensive than a diamond ring made up of multiple diamonds that are similar, but smaller, even though they total one carat or more.

Considering the price per carat is a good way to compare the costs of similar diamonds. Divide the cost of each stone by its carat weight to calculate its price per carat.

Flawless (F): Shows no inclusions or blemishes under 10x magnification.

Internally Flawless (IF): Shows no inclusions when examined by an experienced grader using 10x magnification.

Very Very Slightly Included (VVS): Contain minute inclusions that are difficult even for experienced graders to see under 10x magnification.

Very Slightly Included (VS1 and VS2): Contain small or minor inclusions observed with effort under 10x magnification.

Slightly Included (SI1 and SI2): Contain inclusions that are noticeable to an experienced grader under 10x magnification.

Included (I1, I2, I3): Diamonds that fall in the I range contain inclusions that are obvious under 10x magnification.

erfect Ring

Color	D E F	G H I J	K L M	N O P Q R	S T U V W X Y Z	Fancy
Scale	Colorless	Near Colorless	Faint Yellow	Very Light Yellow	<-----Light Yellow----->	Color

5

Color

Grading color in the normal range involves deciding how closely a stone's bodycolor approaches colorlessness. Most diamonds have at least a trace of yellow or brown bodycolor. With the exception of some natural 'fancy colors', such as blue, pink, purple, or red, the colorless grade is the most valuable.

If a diamond does not have enough color to be called fancy, then it is graded in a scale of colors ranging from colorless to Light Yellow, "D" through "Z". A diamond with a "D" color is considered to be colorless. If the color is more intense than "Z," it is considered fancy. A fancy yellow diamond fetches a higher price than a light yellow diamond.

6

What she wants

With all the different cuts and sizes of stones and the near limitless supply of ring designs, your only real limitations are what she wants and what you have budgeted. Jewelers are aware of the need to offer a wide range of prices as well as financial options. The most important benefits of buying from a jewelry store are the availability of resizing options, warranties, etc.

7

The proposal

Putting all that effort into planning the moment when you will ask her to marry you is totally worth it. As someone once told me, if you can get her to cry a little, the diamond just looks all that much more brilliant through tear filled eyes. Just remember from our grocery store days: drop, open, enjoy.

Drop to your knees, open the box, and enjoy her smile. Good luck, guys!

S

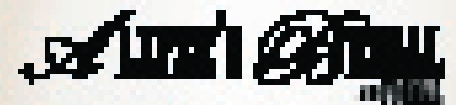


After you pick the perfect ring, don't forget to plan the perfect proposal!





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15 August 2005

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Temple Square Hospitality Corporation
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Dear Rebecca,
We are home, the wedding and reception behind us. Left are the memories of a very wonderful reception at the Joseph Smith Memorial Building.

We express our appreciation to you and to your staff for working with us. We always knew that we could "touch base" with you as the numbers mounted and any changes to the plans were created. That was very reassuring sitting here in the Chicago area, 1400 miles away.

The room was great with its view overlooking Temple Square. The flowers were beautiful, adding without detracting. And the food was delicious and well presented.

Thank you so much for all your efforts in making our daughter's reception something everyone who attended will remember favorably.

Very Sincerely,

Steven and Sharon Rubow

Steven and Sharon Rubow



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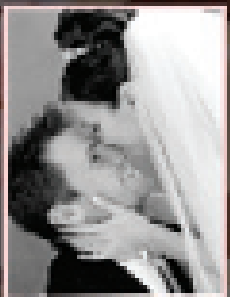
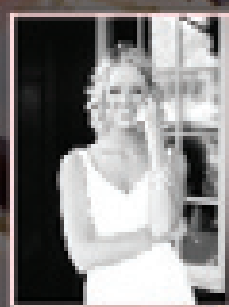
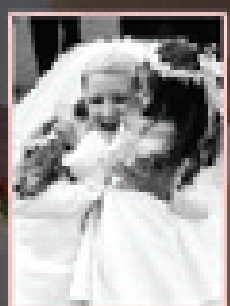
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Mon.

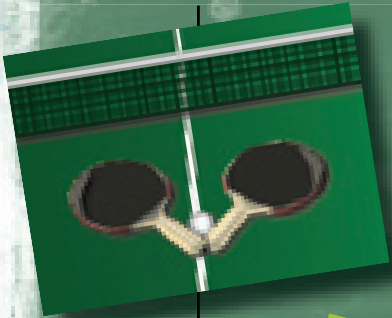
Tues.

Wed.

Thurs.

Friday

Saturday



8
Utah Jazz

9
BYU Men's Basketball
Dollar Night at the Varsity
Schooled on Your Doorstep!

10
BYU Men's Basketball
BYU Men's Volleyball
ComedySportz
Dollar Night at the Varsity
Special Collections Film Series
Schooled on Your Doorstep!
Schooled & CapoParties
Break Dance & Hip Hop Party

11
Utah Jazz
BYU Men's Basketball
BYU Men's Volleyball
ComedySportz
BYU Women's Gymnastics
Dollar Night at the Varsity
BYU Men's Tennis
The John Whites Concert
Schooled on Your Doorstep!

13
BYU Women's Tennis
Free Movie Night @ Tahitian Noni

14
BYU Men's Basketball
BYU Baseball

15
BYU Women's Gymnastics
Ping Pong Tournament

16
BYU Men's Basketball
The First Amendment Project
Ping Pong Tournament
BYU Baseball

17
BYU Men's Basketball
ComedySportz
Dollar Night at the Varsity
Divine Comedy
BYU Baseball
Side Dish Concert
St. Patrick's Day

18
BYU Men's Basketball
BYU Baseball
BYU Women's Tennis
ComedySportz
BYU Women's Tennis
Dollar Night at the Varsity
Divine Comedy



20

21
Utah Jazz
BYU Men's Basketball
BYU Womens Softball

22
The Newly Wed Game
Grizzlies Hockey
UVSC SPRING BREAK!

23
Utah Jazz
BYU Men's Basketball
BYU Baseball
UVSC SPRING BREAK!

24
BYU Men's Basketball
ComedySportz
BYU Women's Gymnastics
UVSC SPRING BREAK!
Bridal Show
BYU Baseball
Grizzlies Hockey

25
Utah Jazz
BYU Men's Basketball
BYU Men's Tennis
ComedySportz
Rex Lee Run
Handsome Concert
BYU Baseball

27

Utah Jazz

28
UVSC Men's Baseball

29
BYU Idol
UVSC Scream Auction

30
BYU Women's Softball
UVSC Men's Baseball

31
BYU Men's Volleyball
BYU Men and Women's Track
ComedySportz
BYU Women's Softball
UVSC Men's Baseball
GUSTER Concert

1
BYU Men's Volleyball
ComedySportz
BYU Women's Tennis
UVSC Men's Baseball
UVSC Men & Women's Track & Field
Side Dish Concert
UVSC Baseball

3

BYU Men's Basketball
Grizzlies Hockey

4
Utah Jazz
BYU Softball
UVSC Softball

5
UVSC Softball
Schooled on Your Doorstep!

6
UVSC Basketball
UVSC Baseball
Jazz Music
Combo Night
Schooled on Your Doorstep!

7
Ballroom in Concert
BYU Men's Chorus
BYU Women's Tennis

8
Ballroom in Concert
BYU Men's Chorus
Utah Jazz
BYU Softball
UVSC Baseball

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