

for the student | by the student

# Schooled

Magazine

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**Students on  
Reality TV**  
Could You Be Next?

**Surviving Finals**  
Everything You  
Need to Know

Get in  
Great  
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**Students  
Working From Home**



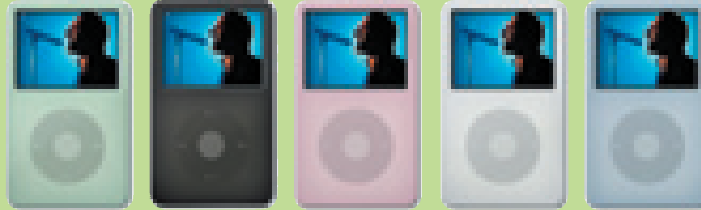
April 2006

Vol. 3 Issue 8

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# Spring Fever

I've had a major case of spring fever for months now, I am so glad that the grass is green, there are blossoms on the trees, the winter semester is coming to an end and summer is just around the corner. I hope all of you buy a new pair of sandals to celebrate the warmth to come!

We have put together a great issue for you this month. Our cover story features Utah Valley reality stars including Julie from "The Real World" and where she is now. Also for entertainment, we have amazing stories about student travel and local theaters in the area. To celebrate April Fools, we have a list of some of the best jokes and pranks pulled around the valley!

Our hot topics this month include a BYU intramurals basketball team kicked out of the season because of their "team spirit," and a feature on why guys only date women from the countries they served their missions in. We also have an exclusive story on a guy who decided that instead of paying rent, he would buy an RV and park it all around town throughout the year, and "borrow" his electricity!

Schooled's health and fitness section features tips on how to get your body ready for the summer, stress management, brain food, and fitness misconceptions. In our career and finance section, we have tips about starting an internet business, and working from home.

As we all stress out over these last few weeks of school with finals and projects, let's remember to take a moment for ourselves. Take a nap, go to the gym, lie outside in the sun for awhile, or play a game of basketball. Do whatever it takes to de-stress and make finals a positive experience!

I hope you find this issue inspirational- let us know, we love hearing from you!

*Deborah Barlow-Taylor*

**Managing Editor**



# Schooled Magazine

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### News

Please send your news releases to [schooledmagazine@fusionofideas.com](mailto: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](mailto:schooledmagazine@fusionofideas.com).

### Story Idea

If you have a story idea for us, e-mail it to [schooledmagazine@fusionofideas.com](mailto: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](mailto:schooledmagazine@fusionofideas.com).

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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](mailto:schooledmagazine@fusionofideas.com).

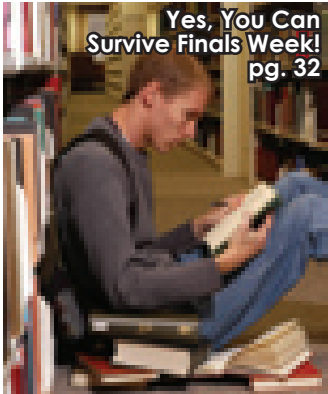
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# schooled

April 2006



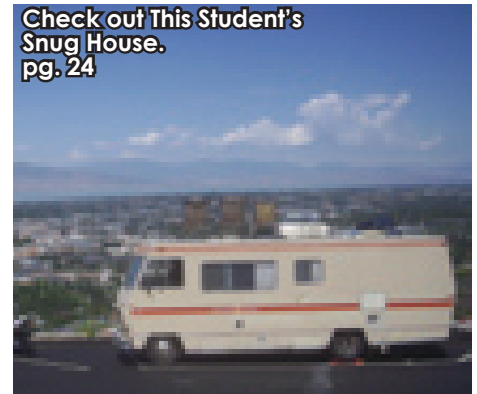
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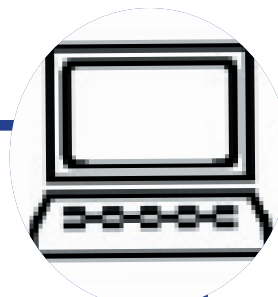
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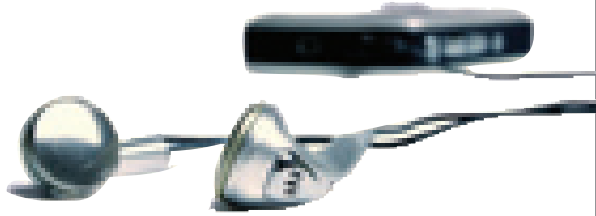


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By Ben Treasure

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Wear **Red** for a Competitive Edge



A recent study found that Olympic Athletes who wore crimson red uniforms in combat sports were more likely to win than those who didn't. Want to instantly project confidence? Wear red. Researchers at Durham University in England say that red is associated with dominance and could give the wearers psychological advantage by signaling aggression. So when competing with group presentations during finals, make sure to wear red!

Easter Quiz

By Rebekah Jakeman

- How many Easter eggs are hunted by Americans each year?  
A—500 million  
B—over 1 billion  
C—100 million
- How many pounds of candy do Americans consume each Easter?  
A—3.5 billion lbs.  
B—5.7 billion lbs.  
C—7.1 Billion lbs.
- Which part of a chocolate bunny do most Americans eat first?  
A—Ears  
B—Feet  
C—Tail
- What flavor of jelly beans do most kids prefer?  
A—strawberry  
B—cherry  
C—grape
- Easter is the top-selling confectionery holiday next to...  
A—Christmas  
B—Valentine's Day  
C—Halloween

Answers: 1. B, 2. C, 3. A, 4. B, 5. C





## UTAH HOT SPRINGS

Swimming, laying-out and basically any occasion to put on a swimsuit is popular among college students. Thank goodness for the invention of the hot tub right? Wrong! Well, yes, but Mother Nature had it figured out ages ago when the "hot spring" came to be. And lucky for us, there are plenty of hot springs here in Utah just waiting for adventurous young students to come with their Hawaiian board shorts, and beach towels to exploit them.

One of the most popular hot springs is in Midway – it's about 45 minutes away up Provo Canyon. But, you can choose from hot springs all up and down Utah: Saratoga Springs in Lehi, Crystal Springs close to Salt Lake, Ogden Springs, and also some in Richfield, Brigham City, Tooele, Spanish Fork – take your pick. It's a great way to relax and get away from the everyday apartment tub!

By Amy West

## Quick Ways to Do Good

- Bake cookies for your neighbor.
- Tuck a \$5 bill inside of a library book for someone to find.
- Hold the door for someone.
- Call a friend whom you haven't talked to in awhile to see how they are doing.
- Write a note to a grandparent to tell them you were thinking of them.



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entertainment

# The Date Doctor

Advice, answers & all you need to know about dating

By Don Osmond

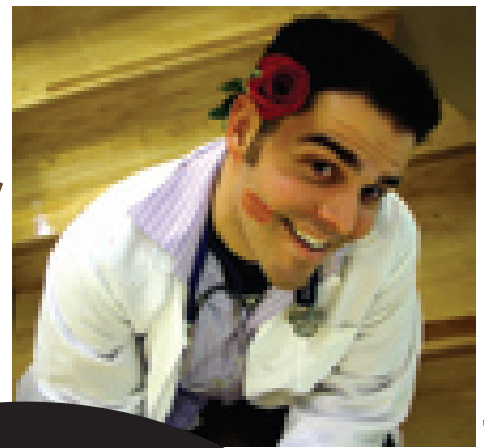


Photo By Amy West

**How do I know when it's the right time to kiss?**

This is a personal preference. So, for me to answer this question in a way that will please every person would be a Herculean effort, to say the least. With that said, let's discuss the timing of the first kiss.

For some, the moment is on a first date; everything's going well, the mood is set, emotions are high and it's magic. It's as if it was a scene from your favorite movie. For others it requires "priming the pump" – if you know what I mean. Bottom line is, kissing is all about timing.

So what do I mean? You're either too early, too late or right on!

First of all, the worst thing you could do is kiss too early. In an earlier issue of *Schooled* I mentioned guys are like microwaves and ladies are more like ovens. Guys, dinner may be ready for you in a matter of seconds; however for her, it may take some time. (This is a broad generalization.)

After talking with a few girls, the general consensus is that nothing turns a girl off from a guy more than kissing too soon. Apparently, and I quote, guys come off being "slimy, forward creeps!" Ooh, now there's a title I'm sure you're looking for.

So, you don't want to be known as a "creep," but what if you miss the boat? If you wait too long, you've got to backpedal and explain why it took you so long to kiss her. That's better than being early, but you lost out on the "Wow" factor.

The ideal situation would be to kiss her when the moment is right. That's when fireworks happen. That pinnacle moment when time stops, music starts playing, the planets align... need I continue?

Unfortunately, there is no formula to knowing the perfect time to kiss. It's just going to require you to be a little more sensitive to the situation. And maybe a little practice.

**Consider the following about being single when you graduate**

**Freedom:** You can seriously do whatever you want. No one is telling you what to do; or worse, what not to do.

Don't get me wrong. I'm not belittling marriage in the slightest. But, "for the love of all that is good!" Get over the fact you're single. You can go on a trip to wherever. You have the freedom to buy whatever. The freedoms are endless. Take advantage of what's before you.

**Personal pursuits:** Look at your goal and aspirations. Where do you want to be in five years from now? (Obviously, you'd like to get married, but aside from that.) Do you want to work for some company back east? Would you like to continue your education at another college or university? Set some goals. The key is to harness your ambition. Shoot for the moon! If you miss, you'll still hit the stars.

**Date:** "You mean to tell me that I can still date after college?" Uh, yeah! You just need to be more creative in meeting people. This may require you to be a little more proactive in the social scene.

Befriend your co-workers. Find a hobby. **Join a club.** Find out what is going on around you. Online calendars are a great resource. Above all, network. Who knows; you might just meet your "significant other" through a friend of a friend of a friend. But you've got to put in the effort.

Just remember, your life is not over after graduation; it's only beginning. Smile. Be happy. You're single. "You've got the whole world in your hands!" **S**

**What do you do if you graduate and you're not married?**

Are you kidding? What can't you do when you graduate single? The possibilities are endless. Besides, what's wrong with graduating single? I did! In fact, according to Brigham Young University statistics, only 54.6 percent of my graduating class (August '05) were married. Don't concern yourself with the fact that graduation is coming up and you don't have a girl/boyfriend. There is no need to storm into the administration offices to demand a refund just because you didn't earn an MRS degree. I mean really, is your life a failure because everyone else got married in college? You have more opportunities available to you than your married friends will never enjoy. But don't tell them I said that!

**Got a Question?**  
Submit it to us at [schooledmagazine.com](http://schooledmagazine.com)  
Your question could be in the next issue of *Schooled Magazine*!!



# Memoirs of a Geisha



“Memoirs of a Geisha” broke my cynical heart—from Sayuri being taken away from her family and sold to the geisha house, to the subtle jealousy games she endures while growing up. “Memoirs of a Geisha” is a puzzle. “Geisha” represent the most cultured, refined and elite women, yet ultimately, they have no liberty to be ambitious, independent, or honor their own thoughts and feelings. If you can watch “Memoirs of a Geisha” with your American eyes, but empathize with Sayuri and try to understand her, you’ll have found the value in “Memoirs of a Geisha.”

By Carolynn Duncan



# BLACK

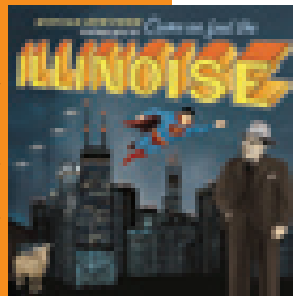
The first few levels of this game are crazy as the bullets fly and there is a lot of glass to break. Soon the game’s story thins and all of a sudden the game’s over. The good part about this game is that the graphics are amazing; the surround sound is insane as bullets fly over your head, and the explosions are what make the game all worth it. While shooting your enemies full of holes always has its charm, the faults about this game are that you’ll only want to play it once. With the somewhat predictable game play and weak artificial intelligence, I give the game 2 stars since it does have some awesome Hollywood-style explosions.

By Russ Taylor

## CD Review

# Come on Feel the Illinoise

Few musical collections offer the luminescence and homegrown mysticism of Sufjan Steven’s “Come on Feel the Illinoise,” a quasi-travel journal attempting to address the spirit of Illinois. Facing the great city of Chicago, the tragedy of John Wayne Gacy Jr., open Midwestern plains and the quagmire of belief in God coupled with bone cancer, this CD tackles giant problems and puts them into notes that make America seem small. It’s 74 minutes of polar emotions that rend and heal in Steven’s folksy, experimental work, using whatever medium to communicate the incommunicable greatness of the feeling of America.



By Patricia Auxier

# Club Review



Abraham Lincoln once said, “With the fearful strain that is on me night and day, if I did not laugh I should die.” Though the strain of being president of a country is a little beyond any of our personal experiences, perhaps you can understand the strains that come with being a hardworking college student – where grades are serious, and free time scarce. Lucky for us, we have something Lincoln didn’t: a comedic outlet, if you will, which works to extract laughter and keep students from dropping dead in the midst of their studies.

The outlet comes in the form of a BYU club called “The Laugh Out Loud Club.” As with all BYU clubs anyone is accepted – you don’t have to be funny, but fortunately most of its members are. They perform improv comedy much like what you see at ComedySportz in Provo.

“Our goal is just to bring people into the club, let them have fun together, and join like-minded people,” said Kenny McNett, one of Laugh Out Loud’s creators. “And also provide this outlet of clean, inexpensive comedy that students can’t get other places.”

Divine Comedy and Laugh Out Loud got together in February for a charity benefit performance. “I think they are hilarious,” said Divine Comedy member Johnathon Decker (Jono). “I just get a kick out of seeing their comedy – it’s so on the fly, it’s so quick-witted and they have to think fast.”

The improv uses games involving singing, storytelling, and stuffing marshmallows in the mouths of club members that make the audience laugh. Check out their web site at [www.lol.byu.edu](http://www.lol.byu.edu).

Story and Photo By Amy West

“Was that a pig strapped to the back of that motorcycle?” my friend smiles. I am one of twelve passengers on their way from the Thai border to Siam Reap. One of them is puking in his hat. Despite my sore butt, my dirty clothes and the smell of vomit, as the ancient Buddhist temple of Angkor Wat materializes in the distance through a cloud of red dirt, I am forced to ask myself, ‘Why haven’t I done this before?’

Of course I, like most college students, had plenty of excuses; traveling is too expensive, too irresponsible, I have to finish college first, or I simply don’t have time. And we have secret fears: Traveling is dangerous. What if no one speaks English and I get lost or robbed? What if I can’t get a visa, or I lose my passport and end up in some foreign prison? What if I get sick and there are no hospitals, or worse -- dirty hospitals?

The thought of dropping out of college and traveling the world crosses your mind every time you open the door to another stale classroom, or settle down to a long study session in the painfully quiet library, but has it ever occurred to you that you could do both? That you could be in college working toward your degree and still find time to travel? Here, five college students share their stories, dispel common misconceptions, and give advice about traveling while still in college.

## Misconception: Traveling is only for rich kids

Did you keep track of how much money you spent on new clothes or eating out last year? Chances are that even if you are paying your own way through college, the money you spent on little extras could have bought you a plane ticket to Bali. “It’s true that you have to make little sacrifices like not going out to eat all the time or to a movie every weekend, but when you are sitting on a beautiful beach watching the sun set over a volcano, it is worth it.”

Spencer, a junior from Minnesota majoring in political science, recently returned from a 30-day trip to Southeast Asia and says the trick is to plan ahead so you know what you have to look forward to. Once you have the maps and travel guides out, your trip starts to become a reality and it is easy to save for. He also advises keeping a budget while on your trip so you know how much you have to spend each day.

## Now that you have made up your mind to go, here are a few more pieces of advice for staying safe and making the most of your international adventure:

Devon advises to: Look for the positive in every experience: “Not everything is going to go exactly as you planned, so it is important to keep an open mind and optimistic perspective.”

Alicia is not afraid to: Get lost: “Don’t be afraid to explore places not listed in your travel guide, so you can see how people really live. An important part of traveling is examining different ways of being.”

Cammie knows to: Never take the first price offered: “You are not there to rip off the locals, but be smart and try to get the best deal, especially when you are buying souvenirs.”

Brian has learned from experience to: Always drink bottled water: “It is best not to take risks with your health when you are traveling. Bottled water is cheap and easy to get.”

Spencer learned from his trip: Not to keep a strict agenda: “Know what you want to see, but don’t feel rushed. Take time to relax, watch people and absorb the culture.”



# College

By Courtney Humiston

## Misconception: Traveling during college is irresponsible

You are a big kid now, so you don’t have to listen to your parents all the time. Her parents were a little upset when Cammie, a humanities major from Idaho, decided to move to Thailand and teach English for four months instead of staying home and working a normal summer job, but she was glad she did it. “It was the most rewarding experience of my life, and I learned more during that four months than I did during three years of college.” Since living expenses in Thailand were so cheap, she was even able to save as much money as she would, had she stayed home and waitressed like many of her friends. Plus she made some lasting connections that could be valuable in the future. “Living in a different environment and experiencing a new culture really broadened my horizons.”

Each year during Christmas break, Brian, a senior from Utah majoring in international development, takes advantage of the time off to travel. “My university gives us three weeks off each winter so instead of hanging out around the house, I spend a week with my family and then take off.” Because it is off-season in Europe he gets great deals on plane tickets. “I can see Europe for half what it would cost to go in the summer.” Every part of the world has off-seasons, so know what they are and you could save a lot of money.

## Misconception: Traveling is dangerous

“Knowing what is going on in the world is essential if you are planning to travel.” Devon, a junior from Maryland majoring in American studies, had some apprehensions when she decided to travel to China, Thailand, and Indonesia with two of her girl friends, but decided to do it despite her fears. “On the airplane, I kept imagining all the worst possible scenarios: we would get robbed or raped or thrown in prison....” Because they had taken the time to learn about the politics and culture as well as visa requirements of the countries they would be seeing, they didn’t have any problems. “Knowing what to expect makes a huge difference and makes you feel a lot safer.” Her advice: “Don’t let your irrational fears keeping you from doing stuff. Just be informed and aware of what is going on around you, just like you would when traveling in America.” Spencer adds to her advice, “Know the laws and customs of the country you are visiting and follow them. Especially, don’t buy drugs while you are traveling. You never know who is selling them, and cops tend to target tourists because they are so easy to catch.”

## Misconception: It is difficult to communicate and get around

Alicia, an international politics major from Washington, has traveled all over Europe, Africa and parts of Asia and South America, and says she couldn’t believe how many people speak English. “It is so easy to get around because almost everywhere you go, someone speaks English.” She feels that she has been welcome most places she has visited. “Most people love tourists, because you are bringing a lot of money into their country, so they want to help you.” She advises to immerse yourself in the culture of new places, make an effort to learn the language, and ask a lot of questions. “Natives are always really impressed when you ask questions and try to learn the language. Don’t be shy or embarrassed.” Devon adds, “Remember you are a guest, so be respectful of their ways, and go out of your way to try new things. There are McDonalds everywhere, but if you eat where the locals are eating, you will be glad you tried something new.”

# Travel



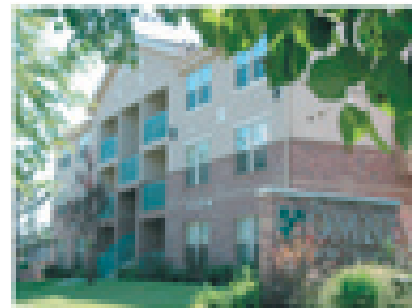
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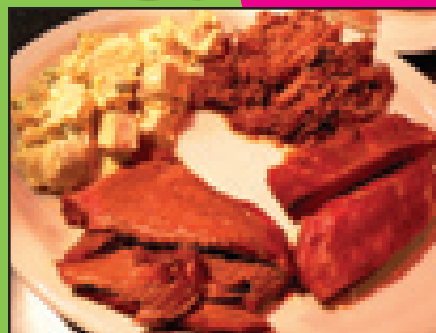


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# Local Theater >>> in Utah Valley

By Rae Harris  
Photos By Amy West

Tired of all those evenings of dinner and a movie? Why not spice things up and add a little culture to your life by exploring the theatre? With a thriving theatre community in Utah Valley, there are plenty of choices for high quality entertainment. And yet, local theater often goes unnoticed by the average college student. So in our never ending pursuit to enrich your life, Schooled Magazine sat down with an expert, Mahonri Stewart, to explore the joys of community theatre. Stewart, who is a national award-winning playwright, has also worked as an actor, director, and theatre manager.

**SM: What do you think of the theatre produced in Utah County?**

**Stewart:** Utah County is actually a surprisingly theater-oriented place. . . . There are a lot of people in the area who have great passion and skill for the art. A lot of communities across the country would benefit from the same kind of theater-going community that we have here.

**SM: What do you think is unique about theatre versus other common entertainment choices, such as movies?**

**Stewart:** There's a relationship with the audience in the performing arts that you can't get anywhere else. Everything you're seeing on stage is being performed just for that one moment and then it's gone. It's spontaneous, it's alive. Like a burst of fire: it's there, it's bright, it's beautiful, but then it's gone.

**SM: Do you think that local theatre here is under appreciated by college students?**

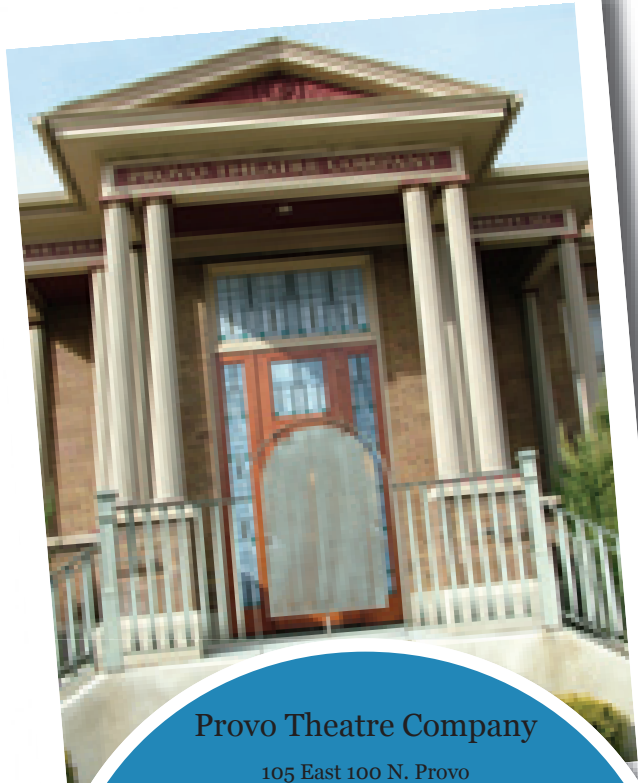
**Stewart:** I think theater is under appreciated by nearly everyone, not just college students. We've lost a lot of culture in American society, a lot of soul and intelligence. Everything's fast, everything's anxious. . . . Theater calms us down, makes us thoughtful, engages our mind and soul-- even the most farcical theatrical comedy carries with it a sense of cultivation and higher living.

**SM: What do you think college students would gain by expanding their entertainment choices to include theatre?**

**Stewart:** We assume that true students are in school to learn, to expand their horizons, to become educated . . . to help better those around them through learning. If they truly hold to this idea, then there are few places better than theater to receive, in a short amount of time, a great deal of education. Plays like "King Lear," "A Man For All Seasons," "The Miracle Worker," "The Crucible," "The Glass Menagerie"—even "Barefoot in the Park!" They are teachers of the highest caliber. It's a lifelong education that is much more engaging and interesting than a boring lecture in a huge room.

So get out there and explore what the theatre has to offer! It is truly a unique and beautiful art, providing entertainment, education and true enrichment.

There are plenty of options for great theater in Utah Valley. Here's a sampling of some venues you won't want to miss.



**Provo Theatre Company**

105 East 100 N. Provo  
801-379-0600

Tickets: \$15, \$12.50 for students. Student Rush tickets are \$7.50 and are available 15 minutes before curtain.

Upcoming Shows: "The Secret Garden" - March 24-May 6, M, Th, F, S  
"Barefoot in the Park" - June 1-July 1, M, Th, F, S

Provo Theatre Company is a semi-professional theater which hosts five to six shows each year. "Provo Theatre Company, in my opinion, puts on some of the best theater in the state," Stewart enthuses. "They have a very polished, professional quality and hire the best talent. It's a rather intimate, small theatre, but that's usually a positive trait."



**BYU**

Pardoe Theatre, Margetts Theatre  
801-422-4322  
Tickets: \$5-\$14

Upcoming Shows: "Arsenic and Old Lace,"  
Pardoe Theatre - March 29-April 15, Tue-Sat  
"Sarah, Plain and Tall," Pardoe Theatre - May 31-June 17, Tue-Sat

BYU produces two theatre series each school year, the Pardoe Theatre Series, and the Margetts Theatre Series. They also host various special events as well as some traveling shows. With great variety and exceptional talent, there is sure to be something for everyone.



**UVSC**

BlackBox Theatre, Ragan Theatre  
801-863-8105  
Tickets: \$6-\$10  
Upcoming Shows: "Enchanted April" –  
April 6-8, 10-11, 13-15, 17-22

UVSC performs an average of six to eight productions each school year, with a wide variety of comedies, dramas, and musicals. They also host an annual Short Attention Span Theatre, which features several 10-minute plays, all written, directed, and performed entirely by students.



**Hale Center Theater**

225 West 400 N. Orem  
801-226-8600  
Tickets: \$10.50-\$16.50  
Upcoming Shows: "Thank You Papa" –  
April 7-May 13, Mon-Sat  
"The Spitfire Grill" –  
May 19-July 10

The Hale Center Theater, founded by Ruth and Nathan Hale, has a rich theater history and provides quality entertainment. Their 2006 season provides a great mix of comedies, musicals, and mystery. Their current show, "Thank You Papa," is a comedy based loosely on the life of Ruth Hale. **S**

**Center Street Musical Theatre**

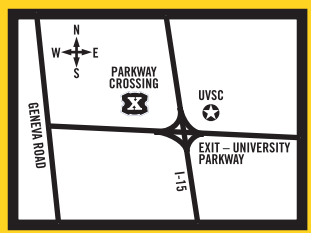
177 W. Center Street Provo  
801-373-4485  
Tickets: \$9, \$8 for students  
Upcoming Shows: "Oklahoma" –  
March 3-April 15, M, F, S  
"The King and I" –  
April 21-May 27, M, F, S

Center Street Musical Theatre is devoted to all things musical. This is the perfect place to see all your classical musical favorites. They also provide the opportunity to have dinner before the show for an additional \$10.



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# Jock Rock

## Rockin' Against Hunger

By Amy West



Next party is April 14th at the Jock Rock House: 15 East 800 North, Provo.



I think that most people would agree that there is nothing like a really great party. Not just an "everyone bring treats and there will be music and movies" kind of deal, but a real full-out party with thousands of people dressed up in outlandish costumes, real live bands or DJ, and a whole night free to dance away.

"The idea for it being for charity came later," said Chris Baird, the 23-year-old founder of Jock Rock. Originally, it was just a few guys that loved throwing parties and eccentric costumes. Different themes were used in other parties, but the jock theme seemed to stick: Jock Rock, Rockin' Against Hunger! "We've had everyone from bobsled people to people showing up in ski gear...fishermen, cheerleaders - it all comes out of the woodwork," said Baird. The fact that they raise a few thousand pounds in canned food is hardly noticed by some party goers, but the chance to let loose for the weekend under the guise of your ultimate athletic idol is appreciated by all!

Baird and other Jock Rock members work hard to keep this laid-back party atmosphere. The money for the actual party is earned beforehand by Jock Rock members through carwashes or other fundraising tactics. No fee is required for party access, all cash or canned donations are completely voluntary with 100 percent going to feed the hungry.

What is their motivation (other than a great excuse to throw the biggest parties of the year)? Baird says they are simply applying what we have all been taught since primary. "It's like everything that we have been taught at BYU and in scouts... you do good in all that you do. So if we're going to throw a party why not do it right, do it fun, do it big, but at the same time use it as an opportunity to serve and give back to those who need it in the community."

**"A lot of people are waiting for Martin Luther King or Mahatma Gandhi to come back -- but they are gone. We are it. It is up to us. It is up to you." Marian Wright Edelman**



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Sat: 9am-4pm

# April Fools

**Our nation has dedicated April 1st--one day a year to fun practical jokes and pranks, but here in Utah Valley students celebrate the holiday year round. But remember before you go and buy your instant potatoes and panty hose for your next prank, keep in mind the following were done by trained professionals. Don't try them at home—try them on your neighbor.**

By Christopher Gong and Rebekah Jakeman



**Betsy Huntington, visual arts major:** Betsy snuck into her friend's apartment one night, and covered every inch of the hallway floor with paper cups filled with water. When her friends woke up the next morning, they couldn't get out until they had cleared a path by emptying their cups into their bathroom.

**Brett Okelberry, information systems major:** Brett and his roommates "borrowed" a collection of shoes from a neighboring girls' apartment, without them knowing—one shoe out of every pair.

**Sarah Ray, nursing major:** Her freshmen year, she and her miscreant friends broke into the guy's dorms, smeared Vaseline on their door handles, and stole their shower curtains.

**Linze Struiksna, theater education major:** For April fool's breakfast, Linze made pancakes for her family. She made the first batch normally, and for the second batch, she cut panty hose up and put the pieces in the batter. Mmmmm... Chewy.

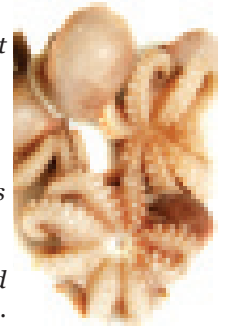
**Kevin Skousen, chemical engineering major:** Kevin's neighbor, freshman year, invited him and some friends for a Denny's run at 2 a.m. on April 1st. After discovering his car was missing, he was about to call the police when he found an April Fool's note, his car key, and a videotape. Kevin's friend had to use the scenic shots from the video, made by the girl's who drove off with his car, to figure out where they parked it.

**Aaron Bylund, accounting major:** Aaron and his friends attached a fake head with a hood and cape to the end of a 30-foot squeegee pole. They used it to tap on the windows of upper level apartments and thoroughly frighten some girls he knew.

**Jason Eliason, mechanical engineering major:** Jason took instant mashed potato mix and poured it all over the lawn and roof of one of his friends. When it rained, the potatoes reconstituted, and poof! Artificial snow.

**Abe Gong, communications major:** While one of his friends was out of town for the weekend, Abe moved everything from their lawn to their roof. They came back to find their bikes, lawn chairs, garbage cans, gardening tools, old mattresses and a sand box looking down on them.

**Josh Reschke, psychology major:** Josh and a friend bought a package of dried squid and hid it in an air conditioning vent in a friend's apartment. The squid couldn't be seen, but the apartment smelled like dead fish for several weeks until the friend discovered the source.



**McKenna Prith, microbiology major:** While McKenna and her roommates were sleeping, some guys built a blockade and archway at the chastity line with the apartment furniture. Then they turned off the electrical power and flipped on every electrical appliance—radio, TV, vacuum, blender, etc. Since the alarm clocks didn't ring, all the girls woke up late to discover their made over apartment. The last straw was when the girls lifted a large bucket which had been placed upside down in the kitchen—soon they were standing in a lake of water.

**B**YU Intramurals. Most of you know it as the place where “that guy” goes to strut his stuff. Complete with nappy mid-calf socks, BYU-issue shorts, and a brutish ring of back sweat, he comes to play. He takes the game, and himself, very seriously. Too seriously. And should you disagree, his girlfriend, wrapped up in a blanket (even if she’s inside), will let you hear about it. It is its own subculture; befit with all the rules, regulations and unspoken traditions to make it such. The Swamp Coolahs are a BYU intramural basketball team whose approach has been to make a mockery of all of this. And in doing so, they made BYU Intramurals worth something. On January 24th, the Office of Intramural Activities showed them the door.


**D**To understand why this happened is to understand a very simple fact about life in Provo: those who are in charge like to prove that they’re in charge, often maliciously. And they’ll do it to anyone who dares to give them reason. This was the plight of the Swamp Coolahs. The team was founded three years ago by former BYU students Brad Burgoyne and Brandon Shriver, who set out to create an intramural team that, according to their press release (yes, press release), did not take the game of basketball seriously in any “way, shape, or form.” Winning, or even scoring for that matter, just wasn’t their MO. With the offensive philosophy of “no such thing as a bad shot,” Swamp Coolahs teams have made open season on the BYU self-important for three of the last four competitive seasons.

Their goal has been fan entertainment. The typical intramural team draws its fan base from an awkward mix of reluctantly supportive roommates and homely looking girls, usually from the ward. By this past year, the Swamp Coolahs were drawing complete strangers to their games, in numbers pushing a hundred. This season, they began their pre-game routine by doing yoga stretches on the court -- yoga mats and all. Their uniforms, cut to show as much thigh as they could get away with, left little to the imagination. And after tip-off, the show would begin. Four pages in its hardcopy form, the Swamp Coolah playbook is an absorbing work. Take, for example, “The Lumberjack”; where four players roll down the court “like logs” to clear a path for the ball carrier, who ran behind them. They’ve also been known to play a variant of freeze-tag as an offensive set, as well as run the “Flying V”, made famous by Disney’s favorite hockey team. In their final bout this season, a game that ended in a 30-30 tie, team captain Nick Sowards tells me they could have cleaned the floor with their opponent, but held back. “We probably could have killed them. But we wanted to have fun, and we wanted the fans to get a good show.”

Apparently, the Coolahs’ opponents were not amused - filing a complaint to the Office of Intramural Activities (not the first) saying they were embarrassed and offended. Predictably, the complaint proved enough for the Office of Intramural Totalitarianism to give Nick and his boys their walking papers. I asked Nick what reasons were given for their removal. “They told us that we made a ‘mockery of the game’ and that we weren’t playing within the ‘spirit of the law,’” he lamented. Apparently, they did not take too kindly to the mixing of yoga and basketball, either, which they considered “a mockery.” Come on, what’s wrong with a little East meets West?

The Swamp Coolahs deserve an award for what they did. And if you don’t see why, go find one of the hundreds of people in Provo who have gone to see them play. The Coolahs challenged the fortress of insecurity that dominates Provo’s social scene. And they did it for all to see. I’ve always found that insecure people fear nothing more than someone who does what they themselves cannot, and this is what the Coolahs’ moral opponents faced; a group of guys who controlled their athletic destiny. The anti-Coolah competitor, “that guy”, plays to re-live memories of glory that probably never were. And for this reason, they’ll fight, grab, push, and punch their way ahead of anyone who gets in their way. Sadly, the Office of Intramural Activities is clearly no different. The Coolahs took the essence of the intramural all-star and laughed it into the intramural immortality. Hat’s off.

**S**



## intramural office fouls out the **Swamp Coolahs**

By Ben Treasure





# Otters

## The Restoration of 'Rawk'

By Ammon VanOrden  
Photos By Amy West



In this age of Emo, Screamo, Punk, and Indie, the Otters have come to Provo to restore what has once been lost. Joel Baer, Collin McDaniel, and cousins Kyle and Ryan Blodgett grew up together in Kennewick, Washington -- close to a nuclear reactor, thus explaining their "explosive music." They dropped the name Jerk Store and picked up singer Nate Barnes for his "showmanship skills" and went on a quest to bring today's generation out of the dark apostasy of electronica and whiny punk stars, back to the true faith of pure Rawk.

Guitarist Kyle Blodgett confesses that his favorite part of a rock show is going crazy. "It's the only time when people admire you for doing it."

I went to an Otters show at the Hollywood Juice Café in which the Otters were last to play. The heat produced by all their screaming, sweating, dancing fans fogged up the whole store front.

While sometimes my ears strain to hear the almost whispering screams of lead singer Nate Barnes, his actions on stage and contagious passion for rock would even make Jack Black "Envy," and by the end of every gig he'll be drenched from head to toe in sweet rock-lust sweat.

Many fevers have been cured by the nourishing clank of drummer Joel Baer's cowbell. Baer is in a select group of percussionists who write songs as well as keep rhythm. He attributes his talent and fashion sense to his "love of the '80s, women and life."

True believer of Rawk, Dan Gillman, describes the Otters sound as such: "Imagine Mick Jagger and Van Morrison conceived a child through an unholy union and it was raised and coddled by Joey Ramone and Johnny Rotten of the Sex Pistols. This young lad was neighbors with Angus Young of AC/DC and was schoolmates with the Clash and the Police. He was cousin to the Kings of Leon, the Hives and the Strokes. But his first intimate acquaintance was with Weezer."



Whether you are a true believer or an apostate of Indie, you won't be able to help fogging up the windows when this "... rump shaking, stick it to the man, Rawk" is playing. **S**

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# Tracting for the

By Jennifer Borget

John was a new student at BYU, a recent returned missionary who served in Guatemala. He scoped out the women during his first class period, American Heritage, and spotted a woman that intrigued him, she appeared to be Hispanic and this appealed to his interest. Throughout class he thought of ways that he could run into her and start some sort of a conversation. He needed to. After all, this was a class with over 800 students and this could be his one chance to meet her. For all he knows she could be the one.

Hey Baby,  
I went to  
China on  
my mission

I'm from  
Arizona,  
Idiot!



After class he hurried to meet her. He introduced himself and tried to start a casual conversation... in Spanish.

"I'm sorry, I don't know what you're saying," the woman replied as she rolled her eyes and walked off.

We've all seen those movies spoofing on LDS culture and returned missionaries, a lot of which are starting to get pretty redundant and old. But let's face it; that is the culture here in Utah, mainly here in Utah Valley, and a lot of us either fall into those stereotypes or know someone who does.

There are not many places students can go for a college experience quite like one in Utah Valley. BYU and UVSC are campuses with thousands of LDS returned missionaries who have served around the world. Many people learn to love those that they live among. One of the many trends that come along with being a returned missionary is wanting to date and marry people from the region they served.

Many men that come home from their missions are ready to jump back into the dating scene. For a lot of them, dating is not the same as it was before they left. After living in a different area of the country or even the world, they have grown accustomed to new lifestyles and people.

It is quite common in Utah Valley to see men who have served a foreign-speaking mission and will suddenly only date girls or be strangely crazed with girls that speak that language. A little less common is the men who choose to go back to the place in which they served their mission to marry a girl they liked there.

Some people find returned missionaries that seek out others that are from the region they served as trendy or unusual. However, others feel that it's romantic.

UVSC student Zach Ross, 23, is engaged to a woman from his mission in Santa Rosa, California. He said that before his mission he knew he never wanted to marry a girl from Utah, although

# Perfect Mate

that's where he is from.

"I love the fact that [my fiancé] has seen a lot and that she has a very open mind. It takes a lot to surprise her."

What it all comes down to, is the fact that many returned missionaries have a newfound love for the place they served and the people they lived around whether foreign or stateside. Not all missionaries want to date or marry those people they lived around for those "best two years" of their lives, but we can see that some of them are more open to it than they were before their missions.

BYU student Lamar Mays, 25, served an LDS mission in Panama and he said he loves women from Panama.

"I like women from Panama because they are beautiful, have good personalities, and can cook," he said. "I find the girls from my mission to be a lot more my type of girls or the kind of girls that I find attractive."

S

Do you think RM's only want to date girls from where they served?

Mason Schmutz, 23 (served his mission in Brazil)

"I've said before that I think Brazilian women are very beautiful, I think American women are very beautiful too – I would definitely have more of an attraction to Brazilian people in general."

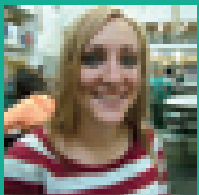


Ben Truman (served mission in Mexico)

"When I hear a girl with an accent (Spanish accent) – I am all over it!"

Angela Gibbons, 21

"I just think it's kind of funny how they come back and their opinion has totally changed."



Heidi Naylor, 21

"Once they serve the people for a couple of years they grow to have, kind of like, an innate love for those people."

Eric Dunn, 22

"98% of the people [here in Utah] are white. So when they go out to foreign countries and they see different girls it's a whole new ball game."



By Amy West

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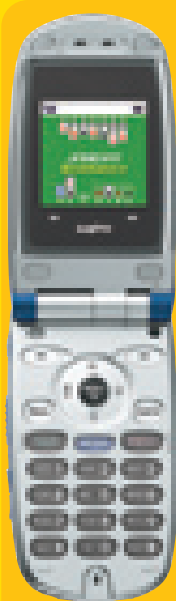
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# So, You Think You're ALL THAT... but You're NOT!

By Esther Harris



Going to school is much more than sitting in class and taking notes. Just looking at the way girls dress on campus, you know that they are dressed to impress and after more than just getting an A in Biology. From the way their spiked heels coordinate with their gold belt and sequined top, these girls have put a lot of time and thought into looking their best. But the truth is, even though you may think the way you dress is the latest and greatest, others may look at you and simply shake their head. And not that you have to care what others say, you still might be interested to hear what people are really thinking...

## All Dressed up and Nowhere to go

You can tell that it took these girls hours to curl every strand of hair, apply their makeup, and plan their five-layered outfit where the pink in their dangling earrings matches the rhinestones in their shoes. And after they spend all this time getting ready, where are these girls going -- a wedding, a formal dance? No, they are just running to the store or going out to the mailbox. But they never know who they might see, right? Are these painted divas mesmerizing or just high maintenance?

“High maintenance. When you’re afraid of denting her makeup ‘cause it’s so deep, it’s a little much.”  
-Ben, Idaho

“Natural looking makeup is most attractive. Drop the adornings.”  
-James, California

“Natural Beauty is better...if they have natural beauty.”  
-Ed, Utah

## Natural Beauty or Just Plain Homely

Some girls could care less how they look. Do you think it’s cool if a girl is down to earth and doesn’t care what others think or is this kind of girl really just on her way to eternal spinsterhood?

“They have to care somewhat. No one wants to date trash.”  
-Marty, California

“Down to earth- cool. Don’t care what others think- independent. Careless about appearance- let me puke now.”  
-Weston, Florida

## Sophisticated & Classy or Snobby & Tacky

Some girls like to dress more sophisticated and grown up. They look like they are on their way to a board meeting. Is their professionalism attractive, as they are showing off their maturity, or are you really just wondering how can someone be so stuck-up who shops at the same store as your grandmother?

“If they have a reason to be professional, it is appropriate. If they dress professional for the heck of it, loosen up.”  
- Weston, Florida

“Professional attire can be very attractive, but not at certain venues such as a sports arena or other fun things.”  
-Ben, Idaho

“Dressing up is hot, but it doesn’t need to be killer-lawyer style.”  
-Ed, Utah

## Touchdown or Touch up my Hair?

One last issue... a big complaint voiced by many guys is the way that some girls dress for a football game or other sporting events. Some girls treat the game more as a fashion show, ready to show off their stunning outfit, rather than cheer on the home team. Here is what guys think...

“Dress down! High heels don’t belong in a stadium.”  
-Ben, Idaho

“Wear school colors and apparel.”-Nathan, Texas

“If you like a team, dress like it. If you don’t care, pretend you do.”  
-Adam, Idaho

S



## What are some major turnoffs in the way girls dress?

- Midriffs, hooker stockings, camo, too many dangle things, the long shirts that make your belly long and hips especially wide.  
Ed, Utah

- Small girls that wear huge clothes and huge girls that wear small clothes.  
Bill, Nevada

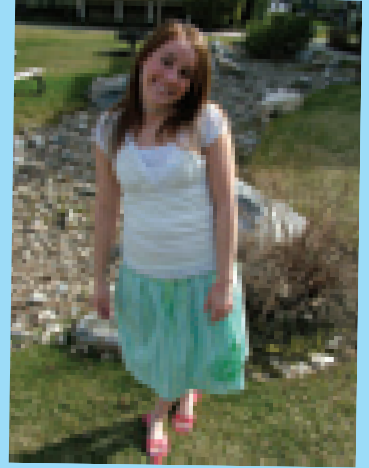
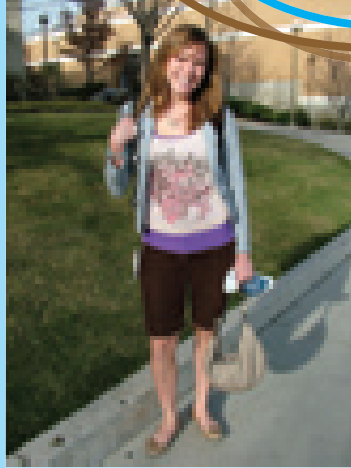
- Workout pants with Abercrombie across the rear.  
James, California

- The least attractive part of a girl is her midriff.  
Adam, Idaho

stylin' students

Schooled Magazine goes around Provo to see what everyone's wearing! See what's in this spring season!

-Photos & Story By Amy West



**Nick Harward, 21** knows when jeans are too worn to wear. Those jeans with large holes may be too cold for winter but are perfect for spring! Pair them with canvas shoes and a bright T-shirt and you are "stylin'!"

**Lyndsey Mica, 19** has found the perfect spring-mix between glam and comfort – dress up the jewelry, bag, and shoes, and let loose with a cotton floral top and chino shorts.

**Grant Barnes, 22** uses a low profile color, but keeps up with the times with a vintage band T-shirt covered by a cowboy button-up polo which adds a lot of spring style.

**Alexis Baumgartner, 19** shows mid-length skirts are in! Bright colors are great for springtime and light, gathered materials work to give that extra flow.

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By Ammon Van Orden

**I have seen students do a lot of crazy things since I moved into this valley. Like singing in tunnels for fun, or slide down hills on blocks of ice, and even drinking uncontrolled amounts of Apple Beer and Strawberry Crush. But when I was told there was a BYU student who went to school while living in an RV, I knew this was an interview I couldn't pass up. For seven months James Hurst lived in his RV this past year and agreed to show me his home away from home during the interview.**

It was love at first sight of the Sunflyer Limited. If the red and orange horizontal stripes on the beige backdrop don't get you, the frosted locomotive mural on the door window surely will. I was stunned to hear that James paid only \$5,000 for this beauty on e-Bay.

The inside of the Sunflyer is roughly the same size of most living rooms. I'm positive that there is more storage space in my kitchen cabinets back home, than in the whole RV combined. In fact, when the shower wasn't being used, it also doubled as storage space. When I seemed unnerved that the toilet was only a few inches from where James laid his head at night, James brushed it off saying, "You get used to it."

But lying next to the toilet was the least of his concerns during those months of mobile home madness. First and foremost, he had to find power in order to keep the fridge and heat running. Many times he would plug into buildings that had an electrical outlet. He justified this by his tuition and tax payments, and he argued that students are allowed to plug in their laptops whenever they choose, so why not his RV?

Parking the beast was always an issue too, but he found a way around any citations. According to local codes, you can only park a vehicle on the street in the same spot for 72 hours before being ticketed. So James

would park for three days until a spot would open up next to him, then he would pull forward 10 feet and reset the clock.

If living in an RV wasn't crazy enough, try throwing in two roommates. That's right, for two of the seven months James's friend came to live with him and paid \$125 a month in rent for sleeping on the futon. Then James' bishop asked him if a Haitian member who had nowhere to go could stay with him for awhile- and pay James back by helping him with his window washing business.

Having even less personal space didn't trouble James though because he said he spent all day at school anyway and only came home to sleep. "You discover early that the school doors are open from 6 a.m. till midnight everyday, and you use that to your advantage."

To save money on water and propane, James would turn the water off during a shower while lathering up, and would ask his roommates to do the same. But James said the lack of a good shower was great motivation to go to the school's gym everyday.

It wasn't all trials and tribulation though; the Sunflyer got the nickname "port-a-party" for a reason. During the summer months, James and his friends would drive the house up to Y mount and put the lawn chairs on top of the roof and enjoy the view.

In fact, many times James would just spend the night up there underneath the stars. He also told me of the time when he picked up 20 of his fellow men's chorus members and drove them over to the Provo tabernacle for a performance. The Sunflyer was no stranger to the ladies either. James took a girl on a date in his ride up into the canyons.

I also got to take a ride in his home. During the drive, James shared a time when he was caught at a train crossing for several minutes, so he went back and did the dishes. He would also get free wireless Internet when parking on campus, not to mention the shortest walk from bed to class in the valley.

But in the end, the lack of constant power caught up with him and he moved back into an apartment. There were some nights when he would come home and he would have to go to sleep in 10 degree temperatures, and with the water constantly freezing he had reached his limits. But because he was able to hold out for an apartment well into the semester he got a killer deal on rent. James plans on selling his Sunflyer Limited this summer during RV season. He hopes to get most if not all of his \$5,000 back.

"It's like guys who wear pink shirts," James said, "not every guy can do it... and I don't wear pink shirts."

**S**



# Student Expelled for Power Drink Addiction

By Don Osmond



Students in the valley are outraged by actions of school officials who expelled a fellow student for his alleged power drink addiction.

“Having a ‘power drink’ can really pick you up, but coming down from one leaves you lower than where you started,” said Landon Gregerson, a grad student from Santa Ana, Calif. “And even flat on your back!”

People always told Gregerson grad school would be time-consuming and extremely difficult. Pressure, however, has always been his motivating force; he thrives on tackling challenges head-on. “You’re only going to excel as often as you face opposition,” has been one of Gregerson’s mottos since age 16.

As the semester continued, his educational demon became stronger, so he began studying late into the night to keep up. Pretty soon the long hours caught up to Gregerson, and he started falling asleep in class.



Restless and in desperation, he tried anything that would keep him awake. “I resorted to having a ‘power drink’ whenever I was tired; whether in

class or studying in the wee hours of the morning,” he regretfully admitted, like a recovering alcoholic would after a bout with the binge. “Life is all about success, and even though having a drink put my body in a vicious undulating cycle, I wasn’t about to fail.”

Finals were only two weeks away, and Gregerson began to notice his dependence on power drinks to maintain his non-stop study regimen. One drink after another became habitual for him. Obduracy began setting in even though his drinking constricted him to a life of insomnia.

Late into the evenings, and after his studies, Gregerson would stay on his computer, which led to senseless hours of surfing the Web and his imminent addiction to online poker. “Sometimes I would make small bets, but there were a couple bets that were well over a thousand dollars,” he admitted. During the day he was a normal grad student, but at night he was a raging gambler.

Alas, his addiction caught up to him and was unable to pay off the debt he accumulated, and thereby lost his girlfriend, his beloved pet, his plush Branbury apartment, as well as being kicked out of school. “You know, if I’d known this would have happened because of power drinks,” he said with his head in his hands and expressing deep remorse, “I’d never drink one.”

To find the secret message in this story, write down the first letter of each bolded sentence.

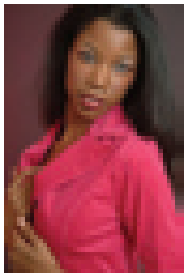
For more information about Landon Gregerson and his addiction, go to [www.igotyouonaprilsday.com](http://www.igotyouonaprilsday.com). Happy April Fool’s Day!

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By Jennifer Borget

# Utah Valley

After a little over two years, the reality television craze has gone from fad to fact. In 2004, “Best Reality Show” was added as an Emmy category. We all have our favorites from “The Apprentice” to “Survivor,” there is something for everyone. But why stop at just watching the shows? This month Schooled Magazine dove inside the reality television scene to see what goes on behind the cameras and how students can get in on the fun.



MTV’s “The Real World,” was one of the first popular reality TV shows which started over a decade ago. The show became more popular in Provo when previous BYU student, Julie Stoffer, 26, appeared as a cast member on the show. She recently finished filming another “Real World/Road Rules” challenge “The Gauntlet 2” in Trinidad and Tobago.

Stoffer was suspended from BYU in July 2000 for alleged honor code breaches. Stoffer says that being on “The Real World” was an awesome experience that she would do over again.

“Come on... free rent, cool experiences, weird people... who wouldn’t,” she said.

Stoffer still performs on MTV in the “Real World/Road Rules” challenges. And she currently can be seen on MTV’s “The Gauntlet 2.”

“After five months of filming in New Orleans, MTV began calling me for several other projects,” she said. “At this point, I’ve done so many ‘post reality’ shows with MTV, I don’t know if I could remember them all.”

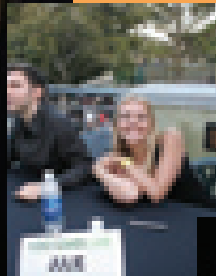
When it comes to some shows such as “The Real World,” we all know deep down what we see is not always real. At first Stoffer didn’t realize how dramatic editing could be. After she saw how the shows turned out, she realized that things were out of order, people are only shown at their worst moments, paraphrases were out of context and cast members were acting to get air time. She said she stopped watching the shows back in 2000.

“People think I’m crazy when I tell them I don’t watch my own shows,” she said. “But I feel like I really can’t watch them and maintain my sanity.”

For a lot of reality show cast members, adjusting to the cameras can be difficult, but Julie said it didn’t take her very long to get used to them. “Within a few days I was ignoring the cameras,” Stoffer said. “They were kind of like moving furniture. However, if I was upset or needing privacy, they came alive again and were very noticeable.”

In the aftermath of “The Real World,” Stoffer periodically tours the United States as a motivational speaker, plays in punk rock band “The Bunkbed Incident,” and works as an actress.

If shows like “The Real World” and other MTV reality shows seem like something you would like to try, visit [www.mtv.com/onair/castingcall/](http://www.mtv.com/onair/castingcall/) for listing on upcoming shows you can audition for.



Julie Stoffer, “The Real World”

# Reality TV Stars

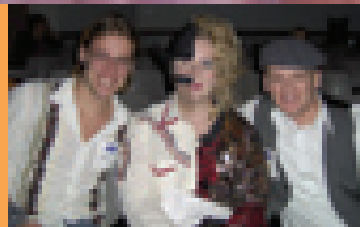
Where are They now, and How can You Become One?

Now if MTV's not exactly your style, don't worry, there are plenty of other shows out there for you. Take the 28-year-old talented singer Sharolyn Gabbitas from Provo for example. Gabbitas auditioned for "American Idol" in Las Vegas in October last year. Her television debut aired in January.

"My other thought was to audition for "The Apprentice." However, it seems that the opportunity to appear on "American Idol" in some aspect would be greater," she said. "It is the only show that I really relate to the best. After all, I don't eat bugs; I have no spouse to swap at this time. No children to be nannied. And I hate blind dates. But I can sing. So this show is the most entertaining to me personally."

Gabbitas was one hopeful that was able to achieve her goal while others weren't so lucky. Up until the last day, the judges we see on TV—Paula Abdul, Simon Cowell and Randy Jackson did not take part in narrowing down the contestants.

"The real judges behind this show are Nigel Lythgoe and Ken Warwick, who are the executive producers. They were the ones saying who was staying and who was going," Gabbitas said. "Nigel and Ken have a great sense of humor,



Sharolyn Gabbitas, "American Idol"

(continued on next page)

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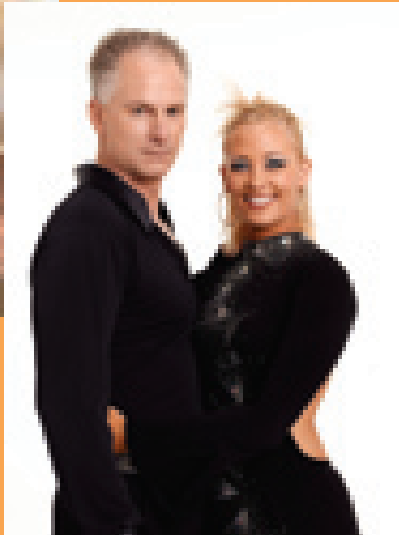
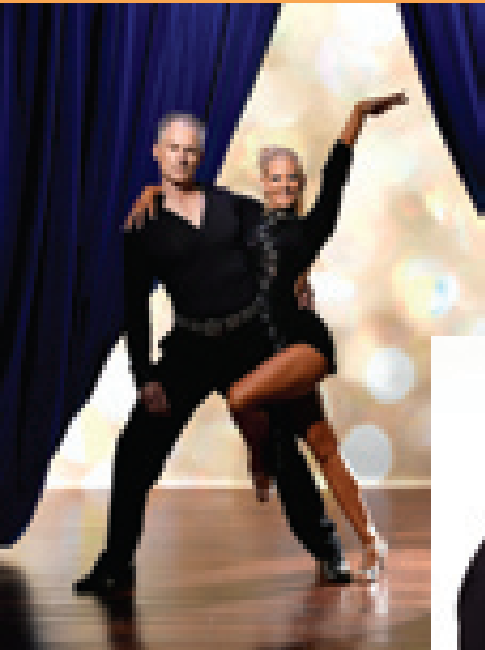
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■ **Andrea Hale,  
"Dancing With  
The Stars"**

but they are very interested in making good TV and want their show to have a dynamic like nothing else, so they do a little acting themselves [wink] to get what they want and/or convince some people that they made it through to the next rounds because of their voices."

So it's all coming together now. Did you ever wonder how in the world some people made it in front of the judges and actually thought they were good? Well that's why.

Now if you are a bad dancer and you're trying to squeeze past the producers, you won't have much luck with getting on "Dancing with the Stars" unless you are a celebrity.

Twenty-six-year-old Andrea Hale from Draper, was approached by producers of the show "Dancing with the Stars" and was asked to be partnered with non-experienced dancer, ESPN's Kenny Mayne.

Although they were disappointed to be the first ones eliminated from the show, Hale said she still had a blast and would love to do it again.

"Going into it, I knew that I had the chance to be eliminated," she said. "I could be eliminated first—I could be eliminated last. I also knew that the guy I was dancing with had the least amount of experience."

Hale has had the opportunity to do special appearances on the show as well as be interviewed on other talk shows such as "Regis and Kelly." Although she has appeared on national television dancing with Kenny Mayne, Hale said she hasn't been swarmed by paparazzi.

"I've had people recognize me, but after all, it's "Dancing with the Stars" not Dancing with Andrea."

Though the bright lights and dance makeup can transform a person on television, future reality television celebrities should note that regular clothes and hair styles may attract unfamiliar fans.

"Right after I appeared on the "Tony Danza Show," I flew back home from New York wearing the same clothes and everything," Hale said. "Later that day a lady stopped me and asked me if I was on the "Tony Danza Show" that morning. I thought it was really funny."

Time to perfect the Chicken Dance.



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Now dancing and singing are personally not my thing. Last year I too became a wanna-be celebrity through reality television. Two of my friends and I drove to Los Angeles to audition for a new modeling reality show called "The Janice Dickinson Project," which will air this summer. My friends and I woke up at 5 a.m. to get ready and stand in line for hours before the two-minute audition in front of Janice. My advice to future applicants of any reality show: Bring comfortable shoes and be prepared to stand in lines.

After that experience, I decided to give up my reality television escapades, until I saw one of my friends on my favorite reality show—"America's Next Top Model." My plan was if I was going to try to be a model I wanted to do it the easy way. Instead of paying thousands of dollars to fly out to New York City and pay expensive rent—I am willing to stand in line for hours upon hours to see if UPN thinks I have what it takes.

I wrote to Leslie, an aspiring model currently on "America's Next Top Model" to ask what she had to do to get on the show. She said she almost didn't audition because she was so nervous. The audition process is different everywhere. All she had to do in her local mall was stand on stage, say her name, where she was from, an interesting fact and do her catwalk. Apparently they liked her look.

"If you wanna be on the show, be persistent if it's something you really want, because I honestly think a lot of it is being at the right place at the right time," she said. "I can't even stress how much I NEVER expected to make it on the show, but for whatever reason, I had the look they wanted for this particular season."

Many of the girls that are currently in the house on "America's Next Top Model" have auditioned more than once and for some, this was their third or fourth time auditioning.

There are plenty of other shows that students can audition for. To pick your favorite reality show, students can visit [www.realitytvworld.com](http://www.realitytvworld.com) for information on reality shows from "8th and Ocean," to "The Amazing Race" to "Wife Swap." For upcoming reality show castings students can visit [www.sirlinksalot.net/castingcalls.html](http://www.sirlinksalot.net/castingcalls.html).

So to all of you reality-hopefuls, be on the lookout for shows for you—such as "The Bachelor/Bachelorette" which could be great for guys and girls looking for that special someone in a unique way. Or "The Apprentice" for those ambitious college grads, which will hold auditions in Las Vegas on April 8th.

When it comes to advice for trying out for reality shows Sharolyn Gabbitas said it best:

"Be energetic and don't be afraid to talk to people or show emotion or say what you really feel. Television would be so dull if we really showed our every day lives. Right? You've got to be compelling enough for their producers to get them to remember you. That is your only chance. If your audition is forgettable, then so will be your name and face. You must show character and something that really stands out."



Leslie, "America's Next Top Model"



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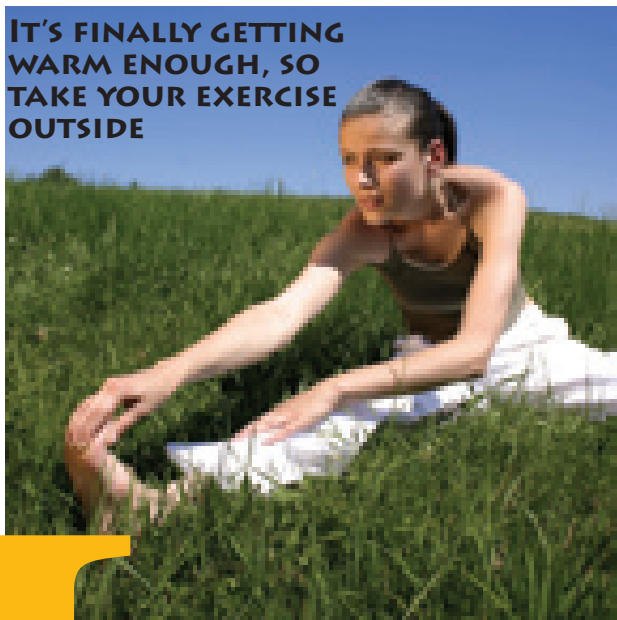
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# Getting into **SUMMER** Shape

By Brittany Bowden

**IT'S FINALLY GETTING WARM ENOUGH, SO TAKE YOUR EXERCISE OUTSIDE**



I've come to the conclusion; nothing makes you fatter than living in Utah during the winter. As Miss Utah Intl., I have definitely become the weight-gaining queen during the winter months. Wouldn't it be nice if there were a magic pill that slims you into summer shape without any effort?

Unfortunately, Alex Itumba, owner of Natural Edge says, "There is no magic pill." Itumba says the best way to lose weight fast is to eat light meals six times a day and exercise three to four times a week. Incorporating a meal replacement shake or a diet pill can help, but without the basics, you won't get the best results. Start small. If you try to change everything at once, you might find yourself giving up too easily.

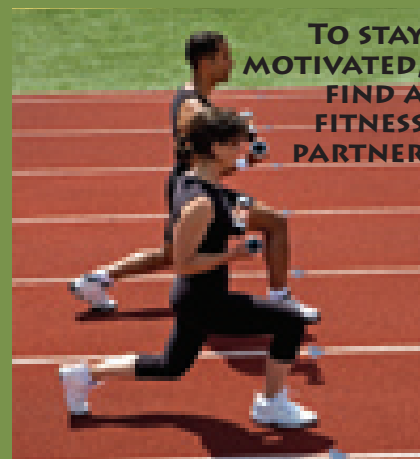
"My biggest problem is getting motivated, if I walk into the apartment and the TV is on, I have a hard time choosing to work out instead of watching," says BYU student, Jeffrey Nef.

Making a list of necessary changes for your lifestyle and aiming for one or two each week helped me to get back into fitness mode. I started by changing my diet. My biggest problem has always been eating late. So, I started by not eating tons of carbs late at night and replacing breakfast with a fat burning shake in the morning.

Kurt Hurley, owner of Synergy Fitness says, "Not eating after 7 p.m. is a myth. If you go to bed at 12 a.m., you're depriving your body of food for five hours, and that's bad for your metabolism." He says the best way to eat late is to avoid carbs.

By adding a new element to your fitness plan each week, you'll be doing everything right and toning up before you know it. Whatever you choose to do, make sure you stick to it. You will be much more inclined to stick to a diet and exercise plan if you are absolutely sure it's for you. If you are trying to get in shape just to please someone else, you are much less likely to succeed. **S**

Here are a few ways to get into summer shape:



- Enroll in a dance class: Ballet, Yoga, Hip-hop, Jazz - anything that gets you thinking about your body, without having to do boot camp at the local gym.
- Get out: If you can't make your exercise "appointment," substitute it with some other activity: Walk somewhere instead of driving, or go dancing and make it a point to be on the floor the entire night.
- Find a fitness partner: My friends have been known to create pacts- they meet at the gym each morning and if one doesn't show up, they owe \$10 to the person who did.
- Join a team: Intramurals are an easy and fun way to get into shape. You know you have a team relying on you, so you are sure to get your exercise in at least once a week.

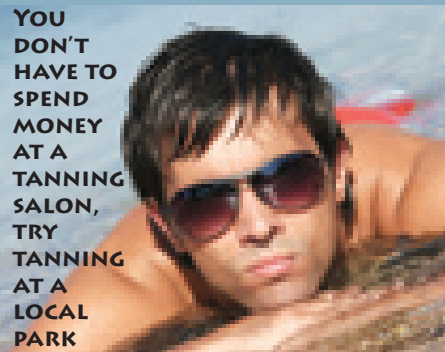
If you've waited until the last minute, try these tips to make you appear summer ready:

\* Do a cleanse: If used in moderation, a cleanse found at your local health food store is a great way to kick off a diet and flatten your tummy.

\* Get a tan: Tanning is known to make you look thinner and make your skin appear healthier.

\* Get wrapped up: Body wraps drain toxins and can help you lose four inches after one sitting (You can find these treatments at aesthetic schools for less.)

**YOU DON'T HAVE TO SPEND MONEY AT A TANNING SALON, TRY TANNING AT A LOCAL PARK**



# 5 Foods That Keep You Sharp

By Deborah Barlow-Taylor

Eating certain foods can have a powerful affect on your memory and energy levels. With finals this month, you may need a boost right before the test- here are some things you should add to your grocery list.

**1 Concord Grapes**  
Enhances memory and problem-solving skills by increasing dopamine in the brain. This food is also high in antioxidants.



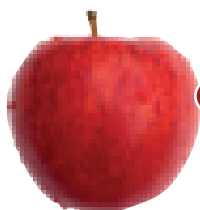
**2 Tuna**  
High in Omega 3 Fatty Acids, Tuna is a great protein to give you a healthy boost of energy.



**3 Spinach**  
Loaded with antioxidants and b-vitamins that protect brain cells, try some cooked or raw.



**4 Red Apple**  
Not only do apples keep the doctor away, they're filled with antioxidants good for your brain.



**5 Blueberries**  
May increase brain-cell production in the hippocampus, the area of the brain that regulates memory.



## 4 Fitness Fibs

### Fib #1. The heavier the weight, the better.

What you want is the muscle to do the work, not the momentum or fast movements. When you lift the weight you want to get the maximum recruitment of muscle fibers. When you use momentum, you're not always activating the muscle fibers correctly; you're just going through the motions. To get the best results, make sure to lift less weight (enough to feel your muscles working, but not too much that you are straining the muscles and moving in jerky motions), so that you can recruit more muscle fibers, burn more calories and use your muscles to their maximum advantage.



### Fib #2. You can't work out every day.

Tip for Women: Why can't you? The more you work out the smaller you get. You create a catabolic response within the body, and your size decreases because your stimulating hormones that regulate body fat.

### Fib #3. Training outside of your target heart rate zone burns more calories.

You don't always need to be going your ultimate max to have an effective workout. However, you need to make sure you are in your target heart zone, to maximize calorie burning. If you go above 85 percent of your heart rate max, you put yourself in oxygen debt, where no or little oxygen is present and you end up tearing down your muscles. Make sure to stay 60 percent to 80 percent of your target heart rate zone and you will have an effective workout.

### Fib #4. It doesn't matter if I stretch out before or after my workout.

You always want to do a stretch. If you stretch a muscle too soon, you cause micro tears in your muscle, which produce inflammation. The best time to stretch is after your workout, when your core temperature is at its peak and your body has more elasticity. Make sure that when stretching, your muscles don't hurt, but you can feel the stretch. For maximum results try stretching the muscles opposite the ones you worked out that day. For example, if you worked your quads really hard, stretch your hamstrings to make your quads relax.

- Jed Hanson, the owner of Fitness Pros is one of the best fitness trainers in Utah. Currently he is the Head Strength & Conditioning Coach for the UVSC Hockey Team and the Corporate Trainer for Tahitian Noni. Over the past few years, Jed has trained several Mrs. & Ms. Utah's, been the Head Strength & Conditioning Coach for the BYU Ice Cats, and has worked with Nu Skin and Nature Sunshine. Jed has been in the fitness business for 25 years.

S

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# Surviving

By Chris Sorensen

# Finals

Trust us, Most People Do!



April sucks. I'm sorry for those of you that think "sucks" is a swear word, but you're from Utah, and you're wrong. April does suck, and for a wide variety of reasons. It starts out with April Fool's Day, where the longer it takes you to clean up the "joke" your "friends" pull, the funnier it supposedly is. During April we have the pleasure of doing taxes, followed immediately by complaining about how little we get back. April showers suck, and the May flowers that result aren't anything to shout about. And to top it all off, we get to take finals, the bane of college existence.

Is there anything worse than a final? Sure, every so often you get a teacher who gives a group final or has everyone show up and eat donuts and call that a final. But usually, it's a time to cram four months of neuroanatomy into your head and hope it doesn't explode during the test. Because, of course, this would ruin your scantron. You slave your way through several hours of writing, guessing and praying, and once you finish you have 30 minutes to relax before your linguistics exam begins. The most wonderful time of the year this is not.

Here are some tips on how to cope with the stress that finals inflict:

**Belittle The Exam.** Stress comes from thinking the test is a big deal. You can eliminate stress by making the test seem unimportant. If you're extremely good at this you can even talk yourself out of bothering to show up to the exam. We don't recommend taking it to this extreme. Try to reach a level where you're still motivated enough to study and actually take the exam, but where you're not giving yourself ulcers over it. Ladies just repeat this mantra to yourself: "I'm here to find a husband. He doesn't care about my GPA. Stress gives you wrinkles." Men have a similar chant to go over "I'm here to find a wife. I can lie about my GPA. Retaking the class will help me meet more girls." Just repeat these lines over and over until you feel better.

**Snack Attack.** Nothing helps you forget about finals quite like sugar and trans fats. Luckily for you Provorem has a nice selection of overpriced and undercooked food that you can enjoy at three in the morning. Head over to IHOP or Denny's to mingle with other students procrastinating their studying. Betos and 7-11 are surprisingly popular at 4:30 a.m. Any of these places are guaranteed to make you just queasy enough to stay awake for another couple hours, but won't usually make you sick enough to miss the test. If you don't feel like leaving the apartment (this is usually due to a significant drop in personal hygiene standards during finals week) you can just step into the kitchen and whip yourself up a snack. Anything will do to take you away from those books for a few minutes of relief and replenishment.

**Misery Loves Company.** Keep in mind that everyone else is suffering through this as well. Except those stupid roommates who are just working or taking a semester off. Avoid them during finals because they'll just make you mad. But everyone else is sharing your pain. Join together and do a couple stress-relieving activities. Catch a movie at the dollar theater. Throw a mini-dance party. Burn textbooks that you can't sell back. Have any kind of fun that will take about an hour.

**Yes, finals suck.** But you'll make it through. There are relatively few classes that are a matter of life and death. And if they do happen to kill you, you won't have to worry about finals next semester.



Finals are around the corner, which means late nights of studying and long hours in the library cramming. Even though you'll be running around, trying to get a billion things done, it is important to remember that you still need to eat. Here are a few helpful hints...

• **Small & frequent meals:**

Even though you have a lot of studying to do, avoid going hours without eating any food. This is not good for your body and your studying will not be as effective. It is best to eat small meals frequently in order to keep your blood sugars and energy levels steady. And you'll have more energy by eating real meals instead of constantly snacking. Avoid drowsiness by giving your body the fuel it needs to keep going. Don't starve your brain!

• **High protein snacks:**

Peanuts, trail mix, cheese, eggs, beans -- these foods are packed with protein and will keep you alert while studying and your energy levels stable.

• **Cut back on sweets:**

Sugary foods will cause your energy levels to swing up and down. It is better to choose more balanced snacks that will keep you focused on your assignments rather than sending you on a frenzy trying to find more sugar.

• **Water is your friend:**

Get a water bottle and constantly drink as you study. This will keep you energized and prevent unnecessary snacking.

Remember these tips as you are cramming for your upcoming tests. And if you are stuck on campus studying, remember that it is a good idea to pack snacks. Take study breaks to load your body up with the nutrition it needs. Some easy snacks to pack are raisins, nuts, yogurt, fruits, vegetables, nutrition bars, cheese and crackers. Good luck and happy studying!

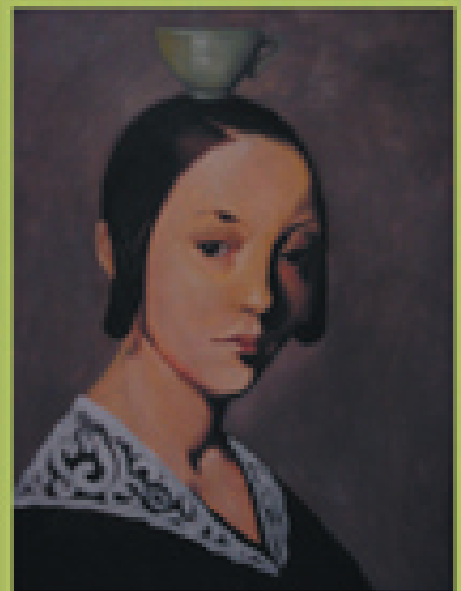


# Brain Food



What to eat on Campus to Stay Awake

By Esther Harris



**NOW OPEN!**

**gourmet hot  
chocolate**

**cappuccino**

**latté**

**mocha**

**espresso**

**italian soda**

**and more...**



# project legacy

Photos By Deborah Barlow-Taylor

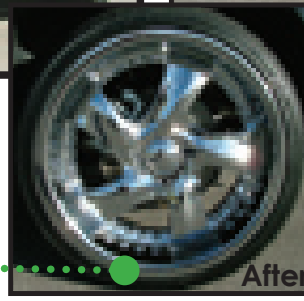
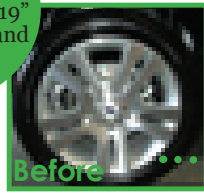


New Sports Spoiler and Tinted Windows to Give the Car a Classy Look



## 2006 Ford FUSION

Legacy Ford enhanced the car by adding 19" Arrielli Rims and Toyo Tires



Schooled Magazine has teamed up with Legacy Ford, located in Orem, to bring you Project Legacy. Last time we featured a 2006 Ford F-150 4x4 Lariat. This month we are featuring the hot, new, right off the assembly line, Ford Fusion.

Legacy Ford took a new SEL V-6 Ford Fusion and souped it up with 19" Arrielli rims, and Toyo Ventus tires. They also added a new sport spoiler and tinted windows to give it a fast classy look. The car also has a chrome grill and trim, with a dual exhaust and a leather interior to add royal simplicity. This is definitely an awesome ride! Check out the before and after to see how amazing this driving sensation is!

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# show me your ride

Photos By Deborah Barlow-Taylor



## Jay Judd '95 Acura Integra

**Exterior Top Features:** 1. Custom Body Kit 2. Vented aggressive carbon fiber hood 3. Carbon fiber wing & taillights 4. 2.5" Nuspeed suspension drop 5. 4" chrome exhaust 6. Toyo 17" wheels with tires 7. Custom roof scoop 8. Vertical door conversion  
**Interior Top Features:** 1. Custom blue and silver upholstery 2. Custom fiber glass interior 3. Custom video screens in door panels, dash, and headrests 4. Custom blue fiber glass speaker box in trunk with two JL W6 10" speakers, 17" LCD screen, X-Box, two Blue, diamond 2000 watt amps.  
**Engine Top Features:** 1. Venom chip 2. AEM air intake, strut bar, pulleys, cam gears, fuel rail with regulator 3. MSD ignition, booster, distributor 4. DC headers

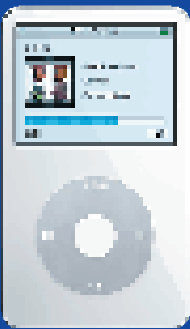
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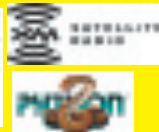
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# Internet Businesses: *Scam or Big Money?*

By McKay Salisbury

**S** Surely you've heard of the Internet. Every college student has access, and many students use it for playing games, listening to music, talking to friends, or even doing homework.

Most of you have heard that there is or has been money to be made on the Internet. Bill Gates, chief software architect of Microsoft, regarded as the richest person in the world, probably wouldn't hold that position without the Internet. So there has been money to be made on the Internet, but that was years ago, is there still money to be made today?

Well, in the past six months, Alex Tew, a college student from England came up with an idea to fund his college endeavors, the Million Dollar Homepage. He sold one million individual pixels on his webpage ([www.milliondollarhomepage.com/](http://www.milliondollarhomepage.com/)) for \$1 each and has reportedly sold all his pixels.

Where does that put us? How can we make the big money? Is the Internet the place? Bill Gates made his money by being in the right place at the right time. Alex made his money, mostly because he had a novel and marketable idea.

There are other Internet businesses around, and you might be wondering if it's a good idea to hop on. Like other businesses, there are a couple things to watch out for in Internet businesses.

In the end, there isn't much of a difference between Internet businesses and other businesses. Choose wisely. **S**

**If they offer to pay you for your work, ask yourself if you're willing to work.**

Now this sounds like a regular job doesn't it? There are a lot of Internet businesses that function like other businesses. They have regular pay schedules, and act just like most other businesses. You may punch a clock, you may work at a computer all day, or you may make telephone calls. Internet businesses can work just like the accounting firm your father works for. The thing to worry about Internet companies is that they might be more volatile. They may go bankrupt next week or next year. On the other hand, you may get paid more, or get a piece of stock in the company.

**If you're required to give money to start, it's probably best to keep it.**

Several scams promise a very large return, if you send an initial "release fee". They will then keep your money, and possibly draw more out of your bank account.

**If they ask you to work without regular compensation, take a careful look.**

Many companies decide to not pay its employees initially until the company has made its fortune. This is a perfectly legal and somewhat popular business model. Say, for example, you want to start a company with a friend of yours. You aren't going to demand that he pay you a regular salary, you're going to take share of the company together, and the money you make after you "make it big" will be divided between the two of you. Some companies extend this, by adding on additional people onto their team, with a share in the company, so that when the company does profit, those who didn't get paid during the starting of the company, possibly make more money later.

**If it sounds too good to be true, it probably is.**

There are a lot of "get rich quick" schemes out there, and the Internet has perpetuated a few of the old ones, and come up with a few new schemes of its own. Urban legend repository [www.snopes.com](http://www.snopes.com) has a huge list of Internet scams.

## Three Young Professionals Share Insights on Working from Home

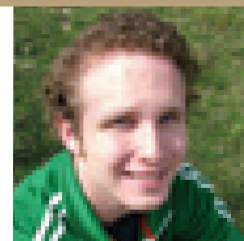
# The Pajama Lifestyle:

By Jamie Littlefield

“Monday morning.” It’s a phrase that strikes dread into the hearts of the working class. But not everyone has to deal with tailored suits, long commutes, dreary meetings, and deadlines. Here’s the story of three valley residents who’ve decided to ditch the 9 to 5 world of work and find their own paths.



### Ryan French – Web Designer



**How do you make money?** I make money doing the graphics for small companies’ websites and also the necessary programming to make the website interact with the web visitor.

**What are the advantages to working at home?** The main advantage to working at home is to be able to set your own hours.

**What are the drawbacks?** The drawback is that I am directly responsible for everything that happens on a project. If anything goes wrong or is not exactly what the client wanted I alone am responsible to fix it. This can occasionally become a headache.

### Melissa Mayntz – Freelance Writer



**How do you make money?** Freelance writing is usually paid piece by piece, so the more I write (and get accepted) the more money I make.

**What are the advantages to working at home?** For the most part, I can focus on topics and projects I’m interested in rather than what a boss decides I need to do, which is great because I have really eclectic interests. My schedule is up to me and I can arrange vacations or time off to do other things whenever I want.

**What are the drawbacks?** Even though I can set my own schedule, I still have to work seven days a week to really make it work, even though some days it’s only for a couple hours. It can also be hard to be self-motivating; there is no boss to keep me on my toes, and if my toes get lazy, my income suffers.

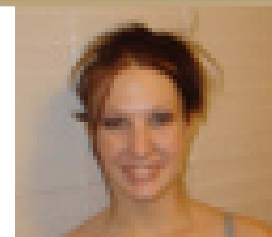
## UNIQUE

### Home-Based Businesses:

Professional Scrap Booking  
Gift Basket Sales  
Genealogical Research  
Services  
E-book Publishing  
Childcare  
Proofreading

Custom Cake Decorating  
Cleaning Services  
Dog Walking  
Resume Writing Services  
Custom Sewing  
Chocolate Fountain Rentals

### Heather Booth – Mary Kay Makeup Consultant



**How do you make money?** I sell Mary Kay beauty products and make a commission off of the product. I sell directly to the customer.

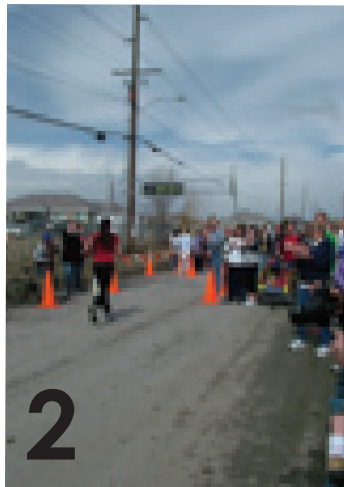
**What are the advantages to working from home?** I get to make my own hours, earn as much money as I’m willing to work for, and I get to do something I enjoy. Not to mention the days I can sleep in as much as I want.

**What are the drawbacks?** If I fail, the only person I have to blame is myself. But, that may be one of the advantages. **S**

●●● on location



1



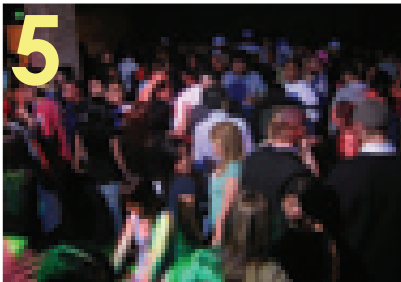
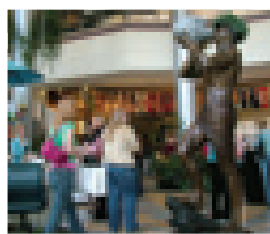
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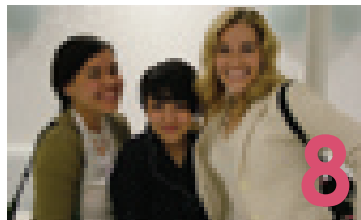
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5



6



8



7

Where have we been?

- 1.) THECAPOPARTY.COM crew after the huge HIP HOP party in downtown Provo.
- 2.) The Red Cross 5k Run
- 3.) TEAM Schooled '80s night at Area 51 in SLC.
- 4.) The Bridal Extravaganza at Tahitian Noni.
- 5.) Hip Hop Party.
- 6.) Red Bull Paper Airplane Contest at UVSC.
- 7.) Red Cross 5K Run starters line.
- 8.) Schooled Girl's Night out at Pudding on the Rice.

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# APRIL

Mon.

Tues.

Wed.

Thurs.

Friday

Saturday



6

Jazz Musical Concert at BYU  
**Schooled on Your Doorstep!!**

7

Ballroom in Concert at BYU  
First Fridays Downtown Provo  
Gallery Stroll  
Schooled on Your Doorstep  
**Look for Schooled at Club Hip Hop Party at the BYU WILK**

8

Utah Jazz vs. Portland Trail Blazers  
UVSC Baseball vs. Utah  
BYU Women's Tennis vs. New Mexico  
Schooled on Your Doorstep  
**Look for Schooled at the Paul Mitchell Fundraiser Dance Party**

10

Utah Jazz vs. Houston Rockets

11

UVSC vs. BYU Baseball  
BYU Softball vs. Southern Utah  
FALL OUT BOY Concert

12

Utah Jazz vs. Denver Nuggets  
BYU Idol Final Competition

13

BYU Men's Tennis vs. Utah  
Dollar Night Theater

14

UVSC Baseball vs. Northern Colorado  
BYU Men's Tennis  
BYU Track Invitational  
Divine Comedy  
**Look for Schooled at the Institute Dance at UVSC Institute Bldg.**

15

UVSC Baseball vs. Northern Colorado  
BYU Men's Volleyball vs. Hawaii  
BYU Track Invitational  
BYU Men's Tennis vs. San Diego State  
BIG BOI OF OUTKAST Concert  
RBD Concert  
Divine Comedy  
"Arsenic and Old Lace"  
Dollar Night Theater

17

18

UVSC vs. BYU Baseball  
Rob Zombie w/ La Cuna Coil concert

19

Utah Jazz vs. Golden State Warriors  
BYU Reading Day

20

BYU Baseball vs. TCU  
BYU vs. UVSC Softball  
ASUVSC Last Chance Dance  
Dirty Filthy Love @ Sundance Theater  
BYU Reading Day

21

BYU Baseball vs. TCU  
BYU Finals

22

BYU Baseball vs. TCU  
BYU Finals

24

BYU & UVSC Finals

25

UVSC Baseball vs. Utah  
BYU & UVSC Finals

26

BYU Track Robison Invitational  
BYU & UVSC Finals

27

UVSC Baseball vs. Lewis & Clark State  
BYU Track Robison Invitational  
UVSC Finals  
BYU GRADUATION

28

UVSC Baseball vs. Lewis & Clark State  
BYU Track Robison Invitational  
BYU Softball vs. Colorado State  
BYU GRADUATION  
UVSC GRADUATION

29

UVSC Baseball vs. Lewis & Clark State  
BYU Men's Volleyball  
BYU Track Robison Invitational  
BYU Softball vs. New Mexico  
UVSC Track @ SUU

1 MAY

First Day of UVSC Summer Term

2

UVSC vs. BYU Baseball  
UVSC vs. BYU Softball  
First day of BYU Spring Term

3

4

BYU Baseball vs. New Mexico

5

BYU Baseball vs. New Mexico  
First Fridays Downtown  
Gallery Stroll

6

BYU Baseball vs. New Mexico  
UVSC Track @ Weber State

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