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Schooled

Magazine



Halloween

Edition!

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Creative Costumes

Halloween Hot Spots in Utah Valley

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October 2006





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Trick-Or-Treat

October is one of my favorite times of the year. The back-to-school excitement is still fresh in the air and fall is beginning to really show all over the valley. We start to replace our sandals and T-shirts with sweaters and boots and some of us even dream about the snow that is just around the corner.

The true sign of fall isn't the only thing that makes October one of the best months of the year... it's Halloween! What other holiday do you get to dress up in an outrageous costume for a dance party, eat candy apples, go to haunted houses, and for some of you diehards, trick-or-treat?

As you'll notice by the theme of this issue, Halloween is celebrated in full force by Schooled Magazine. Our writing staff has put together some amazing Halloween articles on the top 10 crazy things to do, costumes for a student budget, and Top 20 Halloween movies. We even checked out all of the haunted houses in the valley and have rated them according to scare factor.

We know that you'll love this issue as much as we do! Have a HAPPY HALLOWEEN!



Deborah Barlow-Taylor
Managing Editor

Get Involved With **Schooled Magazine**

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

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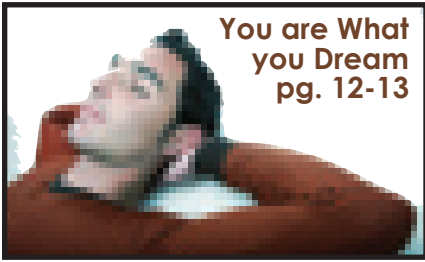


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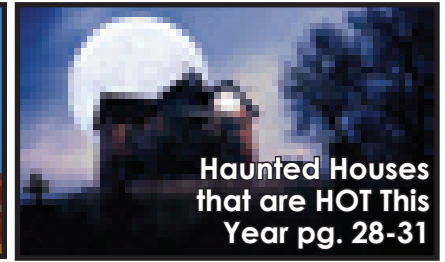
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It seems like you have another paper or project to do every week! Whether you're looking for somewhere open late, close to your apartment, or the best prices in town, here is a list that will help you find the best place to meet your needs.

Projects
Projects
Projects

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10 Unique ways to Ask Someone to Homecoming

By Sarah Gessel

With homecoming just around the corner, (BYU -October 19-21 and UVSC -November 9-11), here are some unique ways to ask someone special to the big night!

1. Get a stuffed monkey and some bananas attached to a note that says, "I'd go bananas if you'd agree to go to homecoming with me."
2. Put some goldfish in their bathtub and write: "Out of all the fish in the sea, will you go to Homecoming with me?"
3. Fill a garbage bag full of popcorn and mix in some clues that when put together ask them to go to the dance with you.
4. Ask in m&m's which you can custom print or make your own color mix at mymnm.com.
5. Write your message on a giant cookie or cake in frosting.
6. Bribe some of your musically talented friends to invite your date with a singing telegram.
7. Pick up a piñata and stuff it with candy and your message. Make sure to blindfold them while they swing at it and have some fun.
8. Send your potential date on a scavenger hunt to find the clues that lead to you.
9. Draw a chalk outline of a person outside your date's house and say, "I'd die to go to homecoming with you, _____!"
10. Use alphabet cereal or pasta to write your message.

We know what's happening this weekend. Do you?
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Halloween Fast Facts

By Sarah Gessel

9 billion: Number of candy corn kernels manufactured nationwide for Halloween each year.

Turnips: These were the original vegetable used to make a jack-o-lantern.

1921: The year the first recorded Halloween celebration took place in the United States.

1.5 billion: Estimated amount spent on Halloween costumes each year nationwide.

23,727: The number of jack-o-lanterns displayed in Keene, New Hampshire, home of the Pumpkin festival. In the year 2000 over 40,000 people came to view the Guinness world record jack-o-lanterns.

1942 and 1943: The years that Halloween was canceled because of World War II.

Salem, Massachusetts: Is famous for the 1692 Salem Witch Trials. Today, Salem is still known to the locals as the witch city, and is still home to a large number of modern witches.



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LEAGUE

By Rae Harris

Ivy League is not just your average band. In fact, they had quite the magical beginning. According to lead singer, Luke George, "The formation of Ivy was much like the tale of Arthur and the Knights of the Round Table. One day I was on a journey and I found a drumstick in the water and it beckoned me much like the mighty Excalibur, and it led me to forming Ivy League." With a start like that, you're bound to expect great things. And with Ivy League, you won't be disappointed. Joining George on lead vocals and drums is Pat Miller on lead guitar, Brent Knudson on rhythm guitar, and Jonah Barnes on bass. With their awesome sound and impressive beginnings, *Schooled Magazine* just had to learn more. So we chatted with George and Knudson to get a few more details about these talented guys.

SM: Give us some basic background on your band members.

LG: Pat, Jonah, and I went to the same high school in Vancouver Washington. We didn't play in a band together at the time, but Pat and I have known each other forever so we'd jam together every once in a while. Brent and I met up at BYU Idaho in 2000. We formed a band called "De La Vega" that lasted about five years, minus the two-year missions. . . . I moved to Provo in fall of 2005 and roomed with Pat. De La Vega was kind of dissolving at that point and Pat wanted to start something, so we started writing and enlisted the help of others.

SM: What is your personality as a band?

BK: Our personality as a band can be summed up in one word: agile.

SM: How would you describe your musical style?

LG: Melodic rock with a reggae Latin twist is maybe one way I'd describe it.

SM: What inspires your song writing?



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LG: I think anything really, a good day, a bad day, a relationship, media, God, friends, family, pasta, geology, shiatsu massages, piñatas, carbonated beverages, lush gardens, and even your mom.

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

LG: It was "Hey Ya", but Andre from OutKast stole it from us a while back, so probably "Inside of me" now.

SM: Where can people get your music?

LG: We just pressed off our first EP. And our music is available at www.MySpace.com/IvyLeagueRock, www.CDBaby.com/IvyLeague and all digital distribution companies like iTunes and Napster.

SM: What are your plans for the future?

LG: Besides getting really rich and making ourselves diapers out of \$100 dollar bills? Most of us want to be astronauts. Except for Brent, he hates the moon. We'd obviously like to make music our careers. We're going out to meet with

a few labels next month in Atlanta and Hollywood, so we'll see what happens.

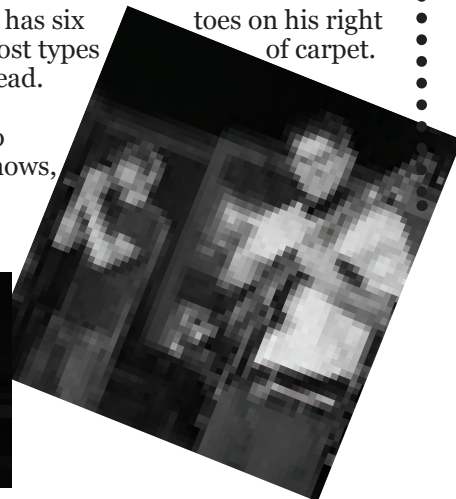
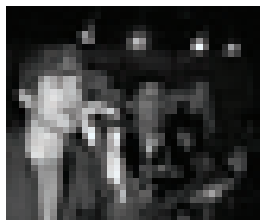
SM: What are some of your non-musical interests?

LG: Halo 2, nice mustaches, lawn darts, blue darts, Captain Midnight, the Governator, mom pants, Brent's a private eye, he's recently been investigating the ether bunny.

SM: Any other fun facts about you guys?

BK: Well Luke is a Capricorn, Brent is a Libra, Pat is a Sagittarius, and Jonah is a mook. We all went on missions. Luke went to Washington DC North Spanish speaking, Pat went to Mendoza Argentina, Brent went to Montevideo Uruguay and Jonah to Russia somewhere. Luke hates spiders and sharks. Jonah has six toes on his right foot. Brent is allergic to most types of carpet. And Pat never learned to read.

For more information or to check out any upcoming shows, go to www.MySpace.com/IvyLeagueRock.



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Solve your biggest dating problems with our expert advice.



By Don Osmond

Q:

My girlfriend and I have been dating for the past three years, because she doesn't want to get married. I do! What do I do?

It's difficult to want something and know that you can't have it, yet. But I think these relationships are very telling of a person's commitment to the other. I hate to say this, but now is the time to find out how

committed she is to you. One of the best ways I know how to accomplish that is by playing a game of "cat and mouse." (Great, another dating game. Blah!) Some refer to it as an ultimatum. Whatever it's called, it's still the same.

Basically, let her know that you do truly love her and that you enjoy her company. Praise her for all of her amazing qualities. Let her know that because of your commitment to her, you would like to marry her. Make sure this all comes from the heart.

Once she knows how you feel, tell her that it's difficult to understand why the two of you can't get married. Let her share her thoughts about the two of you. If you are able to resolve the issue, great! If not, it may require you to take drastic measures.

This is "what hurts the most." Walk away. She needs to know that you love her, care for her, even need her, but you are not going to spend the rest of your life waiting for her to make up her mind.

If it is really meant to work out, things will work out. She will realize that she needs you just as much as you need her. All she needs is a reason to act. If you walk away, she will be forced to make a decision. Let her make that decision.

I'm sure this is not the advice you wanted to hear, but it's true. You've got to respect who you are and what you want to do in life. Don't spend waste time waiting for others. Otherwise, you'll always be "acted upon."

**Have A
Question for Don,
the Date Doctor?
To submit questions, visit
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Q:

My girlfriend doesn't like me playing video games. What should I tell her?

A:

Nothing. You're the idiot. What the heck are you doing playing video games? How old are you? Why don't you take a step back and evaluate what you are doing with your time.

I know video games are addicting. I used to play Halo. I remember playing a 24-hour match with a few of my buddies one evening. (Or, was it a couple days?)

Let me pose a simple question for you: Where on a resume do you place the following statistics?

1. Crowned "Master of Halo" by Video Gamers of Utah.
2. Scored a mere 3.4 million points in a 15 minute sitting.
3. Single handedly completed both Halo and Halo 2 on the extreme level.

Think about it. Think about the rest of your life.

Q:

I've been in a long-distance relationship for the past five months, but I'm beginning to wonder if we're ever going to be together. What do we do?

In my experience, long-distance relationships are hard, and not for everyone. In fact, I know very few couples that have actually made a relationship like that work. However, a strong long-distance relationship is founded on trust – unbelievable trust.

For those who are in a relationship separated by hundreds of miles, you understand what is meant by unbelievable trust. For those who are not, you need to imagine what it would be like to see your significant other only once every month or so. Challenging, isn't it?

Despite the challenge, the first thing you should do is to determine if this relationship is something you want. Decide whether or not you have a vested interest in pursuing a legitimate relationship with that person. Ask yourself: Is it worth the struggle to maintain this relationship? Am I validated? Does the person I'm with know how much I care about them? Is it an equal partnership?

If you can ask these questions and feel comfortable about your responses, then yes, stay in the relationship and make it work – whatever the challenges may be. Sure you'll be risking a lot, but anything worth having requires some sort of sacrifice and/or risk. **S**

Hang Up While Driving!



By Traci D. Marinos & McKay Salisbury

Reports show that the number of car accidents occurring each year have been increasing. Frank Drews, an assistant professor of psychology at the University of Utah, did a study that shows that this might be due to cell phone use. His study shows that drivers are more likely to get in a car accident while talking on the cell phone, than while drunk. He emphasizes that this doesn't mean we should be drinking and driving, but that maybe we should not allow cell phones while driving as well. He also notes that 80 percent of drivers think that they are better than average.

So, hang up the cell phone and pay attention to the road. Some roads are more dangerous than others, especially around campus. BYU police department and UVSC police department gave us the top three intersections to watch out for. Not only are these intersections known for car accidents but they are also dangerous for pedestrians.

Top Three Most Dangerous BYU Intersections

1. 1230 N. 450 East (Cloverleaf intersection coming up the hill to campus)
2. ECD / 1060 N (the intersection at the SE corner of the Wilkinson Center)
3. However by far, more accidents occur in parking lots due to improper backing and improper lookout.

Top Three Most Dangerous UVSC Intersections

1. The University Parkway intersection at the main entrance to campus
2. 960 South and College Campus Drive
3. 800 South by the free parking lot (very dangerous for pedestrians)

Both police chiefs agreed that the majority of accidents on campus occur in the school parking lots. Police officers at UVSC said that they have about 150 accidents each year, about 70 percent of which occur in their parking lots! It boils down to being an alert driver and not allowing other distractions while you are driving. Otherwise, you could be next to get a DWD – Distracted While Driving ticket. **S**

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You are What You Dream: Your Unconscious World

By Patricia Auxier

“Once upon a time, I, Chuang-tzu, dreamt I was a butterfly, flitting hither and thither, to all intents and purposes a butterfly...suddenly I awoke... Now I do not know whether I was then a man dreaming I was a butterfly, or whether I am now a butterfly dreaming I am a man.”
Chuang-tzu, Chinese philosopher.

They reveal our desires and our fears, capitalizing on knowing us better than we know ourselves. They present a surrealistic impossibility while seeming so real and concrete. They are the terrifying arena where we fight our most knowledgeable enemies: ourselves. They make us laugh. They make us cry. They are our dreams.

So what is the point? If we are the evolved species, biologically weeded to come out on top, why dreams? Throughout history, people have sought meaning in dreams, to describe the indescribable phenomena of our sleeping world. We come up with different reasons: physiologically, as a response to neural processes during sleep; psychologically, as battles of the unconscious; and spiritually, as divine or prophetic messages.

So what do they mean?

You’ve all had that funky dream that left you wondering, where in the unconscious world did that come from? Do dreams have symbolic or literal meaning?

There are classics had by numerous dreamers which, to some, reveal a common anxiety or situation. Here are some common dreams with possible explanations of underlying meaning:

Falling: If you find yourself on a London-bridge trajectory, falling can indicate insecurities, instabilities, and anxieties. Falling reflects a sense of helplessness, lack of control, feeling of inferiority, or fear of failure. According to good ole Freud, falling dreams represent an indiscrete desire to give into a sexual urge or impulse. Interestingly, falling dreams typically occur during the first stage of sleep, a stage associated with muscle spasms of the arms, legs, and the whole body, known as myoclonic jerks. When we awaken from these movements, the movement acts as a defense mechanism, allowing the sleeper to become quickly alert and responsive to threats in the waking world

The Naked Dream: You are going about your daily business when you suddenly realized that you are partially or completely nude. And the weirdest part is that no one else seems to notice. Since clothes act symbolically as a method of concealment, nudity can reveal vulnerability or shame. Finding yourself naked in the classroom or workplace can represent being caught off-guard or under prepared for a project. If you are in a new relationship, you may have some fears or apprehension in revealing your true feelings.

Tooth Decay: Have you ever dreamed that your teeth crumbled in your hands or fell out with only slight pressure? There are several different theories. One is that teeth represent anxiety about personal appearance and social acceptance. As our teeth fall out, we experience a metaphorical social embarrassment as an over exaggeration of worry. Another theory is that because teeth are used to bite, tear, and chew, they represent power. Losing teeth, therefore, can represent a loss of power or a general feeling of powerlessness. Related to the old tooth fairy, dreaming of teeth falling out reveals anxiety about money, which is why she places money under your pillow.

Flying: For me, the most amazing moments in my dreams are when I remember that I can fly. While flight in dream can be an exhilarating, joyful, and liberating experience representing a sense of personal power and control, it can also represent the lack thereof in the waking world. The dream acts as an overcompensation or wish-fulfillment. If you're having trouble maintaining control while flying, you might be struggling with personal obstacles, represented in the dream as power lines or buildings.

Exams: If you dream you are being tested, it can indicate that you are being put to the test. The dream reveals anxiety or agitation that you won't measure up. Usually the actual subject of the test is irrelevant, but the process and feelings of frustration are the key components. They can signal a lack of preparation or feeling of inadequacy. They can also show your ability to act under stress. If you handle the situation coolly, you feel confident to face new situations. If you experience high levels of negative emotions, aka freak out, then you deal with stress poorly. Organize your thoughts and respond with common sense.

For more Dream Interpretation, try online dream dictionaries, such as Dream Moods. **S**

Dream facts

The word dream stems from the Middle English word, dreme which means "joy" and "music".

In ancient times it was common for a military leader to take a dream-oracle to battle with his army.

Most scientists believe most humans dream at the same rate and consistency. Even those who rarely recall dreams report having them if awakened during rapid eye movement (REM) sleep.

If you are snoring, then you cannot be dreaming.

An average person spends six years dreaming (two hours a night).

Blind people do dream. Sounds, touch, and smell become hypersensitive.

Toddlers do not dream about themselves. They do not appear in their own dreams until the age of three or four.



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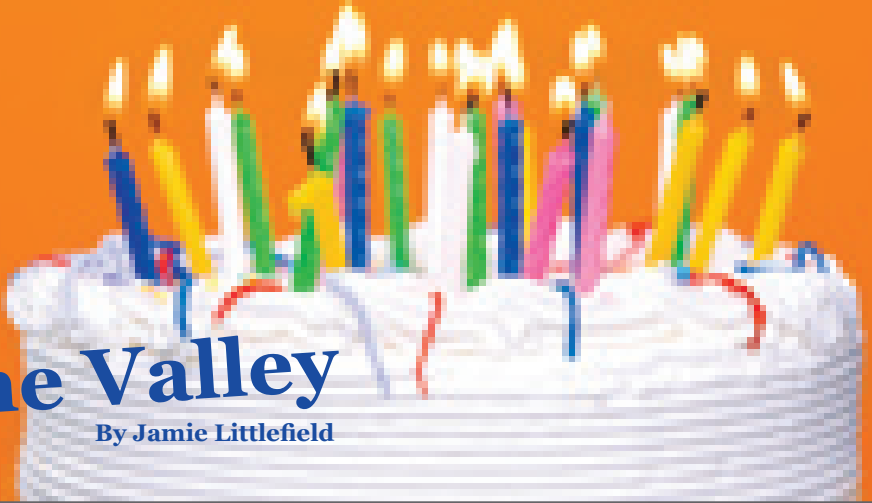
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Coke Products

15 Birthday Freebies in the Valley

By Jamie Littlefield



There's no better way to celebrate your special day than with a free treat. Check out these tasty birthday freebies, compliments of nearby restaurants. Even if your birthday is months away, you can still sign up for the coupons today, and ensure that your mailbox will be filled with free offers by the time the big day rolls around.

Applebee's (290 N. University Parkway, Orem) – Treat yourself to a free ice cream sundae and a happy birthday song at this casual family restaurant.

Baskin Robbins (29 E. 1230 N, Provo) – This ice cream shop gives birthday celebrators a free scoop of ice cream on their special day. Sign up on their website ahead of time to be sent a free certificate: www.baskinrobbins.com/BDayClub.

Ben and Jerry's (1774 N. University Parkway #56, Provo) – Join the “Chunk Spelunker Club” online and you'll be sent a certificate for a free scoop: www.benjerry.com.

California Pizza Kitchen (575 E. University Parkway, Orem) – Enjoy a special birthday sundae along with your pizza.

Carrabba's Italian Grill (683 E. University Parkway, Orem) – On your birthday, the server will bring out a rich piece of free chocolate cake and sing you a song.

Chili's (122 E. 1300 S, Orem) – Enjoy their chocolate molten cake and a birthday tune.

Los Hermanos (16 W. Center Street, Provo) – Celebrate Mexican-style with a festive song and free fried ice cream.

Macaroni Grill (4801 N. University Ave #50, Provo) – Tell them it's your birthday and they'll bring a candle lit dessert to your table, along with an opera-style “Happy Birthday” serenade.

Magleby's Grill and Oyster Bar (4801 N. University Ave, Provo) – If it's your day, your server will bring out a huge dessert you can share with your friends.

Mimi's Café (304 E. University Parkway, Orem) – This French-style café will bring you a free dessert and will sing if specifically requested.

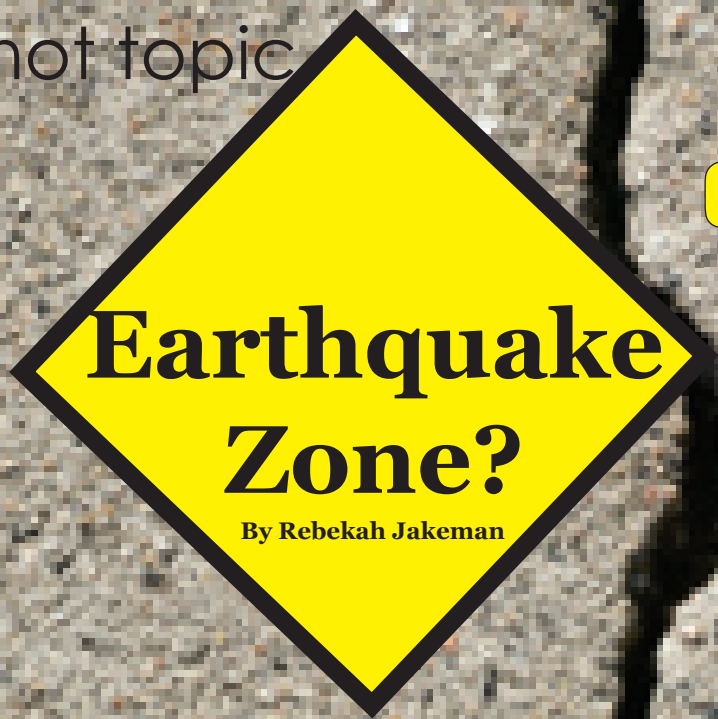
Red Robin (Provo Town Center) – Sign up ahead of time and they'll send you a coupon for a free burger on your birthday: apps.fishbowl.com/a/redrobin/join/join.asp.

TGI Fridays (1600 N. Freedom Blvd, Provo) – Sign up for their online club and they'll send you a coupon for a free appetizer: <http://echo.bluehornet.com/clients/tgifriday/survey.htm>.

The Old Spaghetti Factory (575 E. University Parkway, Orem) – Celebrate with a song and a free birthday dessert.

Tucanos Brazilian Grill (4801 N. University Ave, Provo) – Come to this grill and you'll get a happy birthday song in Portuguese along with some complementary ice cream.

Wingers (465 S. University Ave, Provo) – Just let them know it's your birthday and they'll bring a free piece of their famous Asphalt Pie to your table. **S**



Earthquake Zone?

By Rebekah Jakeman

Rumor or Reality?

1. Students should have food storage and 72-hour kits on hand for emergencies.

According to guidelines given to stake presidents and bishops, students are NOT encouraged to store food or have 72-hour kits due to the lack of space and great expense. On the other hand, students have been asked to shop for a week's worth of groceries at a time rather than only having a few food items on hand. Also each student should have a three gallon supply of water best kept in 2-liter pop bottle containers.

2. Local universities don't have mass food storage for the campus community in case of emergency.

BYU has three days worth of food storage, enough to feed 33,000 people in times of emergency. According to Kerry Baum, BYU's Emergency Preparedness Coordinator, this food would be a survival diet—starting out with the ice cream, and ending with dry cereal. UVSC's dining services also has ample food storage.

Note: These services are directed to the students. Non-students, spouses, and children of students will need to store any necessary supplies.

3. Not all of campus buildings are earthquake-proof.

Both BYU and UVSC have gone to great lengths to upgrade all campus buildings to meet zone 3 Earthquake requirements.

Earthquake: It's Not a Question of If, But When

What's the Worst Thing that Could Happen?

From 10 miles below the surface and traveling six times faster than the speed of sound, pressure built up over the past 1,300 years is expected to reach the surface of the Utah Valley anytime now. The effects will be as far reaching as Brigham City on the north to Santaquin on the south and from Tooele on the west to Coalsville on the east (affecting approximately 80 percent of Utah's population). Experts predict and project the worse case scenario as follows:

- 6,200 people killed
 - 50,000 people injured (3,200 suffer life-threatening injury unless treated immediately)
 - 99,000 homes damaged beyond repair
 - 152,000 left homeless (predicted to be during winter)
 - 286,000 homes left without water/240,000 homes left without electricity
 - \$40 billion in economic losses
 - 42 percent of all buildings moderately damaged
- (For more info see Deseret Morning News April 2006)

All of us have repeatedly heard the need to buy and assemble the needed supplies for an emergency. The truth is though if we do not know how to act in the moment, it won't matter whether we stored 200 pounds of wheat or not. The following are helpful reminders of things to think about before an earthquake strikes because there won't be much meditating time in the midst of shaking and quaking.

Before:

- Each ward/stake has an emergency plan and location to meet if there is an earthquake. Find out what it is and who you would need to report to.
- Learn from your apartment manager or other resource how to turn of gas, electric and water valves.
- Put together small packets of important documents, such as your birth certificate, marriage certificate, social security card, etc. Include in this cash and coins. Also add a family/friend contact list.

During:

- Drop to the ground in fetal position and cover head with arms. Lie near, not under a large desk, bed, or table. The idea is that if debris falls, you will be in a triangle of space that's created next to large furniture. Do not stand under doorways or stairwells.
- Do not run out of doors until shaking stops. Be aware of after-shocks.
- If in large crowded place, stand away from shelves or showcases which might fall.
- Do not use phone to call for emergency assistance unless the situation or injury is life-threatening. You can listen to 89.1 or 89.5 FM to keep tabs on directions during crisis.
- Check the injured for breathing, bleeding and shock. Do not assist injured people beyond your training, skill or strength.
- If you need light do not use candles or matches in case of a nearby gas leak. Use flashlights.

For more info, contact your University's Risk Management or Emergency Preparedness Coordinator. **S**



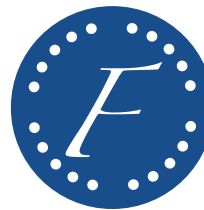
What You Need To Know To Graduate

How the Career Center can Help

By Courtney Humiston

Halloween is all about getting scared: splattering your face with fake blood, watching monster movies, and going to haunted houses. But one of the scariest things lurking around the corner is not an old woman with a chain saw, but rather, college graduation. If the thought of being forced from the security of the University into the great unknown has you screaming and running for cover, this article is just for you.

“The world is a big place,” says Arnold Parrott, director of Career Placement Services at BYU. “So ask yourself: What do I want to do? Where do I want to go?” Even if it is as vague as I want to be a writer and live in New York City, The Career Center can help you find the focus and direction you need to increase your chances at succeeding in the work force. Parrott says confidently that if students use the services provided through Career Services, “you can never fail to find a job.” So what services do they offer and when is the best time to pay them a visit? Keith Lue, Career Counselor and Assistant Director of Career Services at UVSC advises students to come in early and often throughout their college years.



Freshman Year. Visit the Academic Advisement center and decide on a major. Right away you can start taking classes related to the field in which you are interested. Your freshman year is also a good time to enroll in a Career Development/Exploration class. Consult your individual department’s advisement center for more information.

These classes (usually just one credit) can help you with your resume and teach you what careers are available for students with your major. And if you’re not sure what you want to do, the Career Center offers testing to help you figure out what you are interested in and what you would be good at. Lue also recommends getting a part-time job as a great way to gain relevant experience.



Sophomore Year. Start looking for internships. The Career Center has a wide network of companies that offer internships. Advisors can help you find one that is right for you. (Fact: 80 percent of students who intern are later placed with that employer. They also start at a higher pay and get promoted faster than

non-interns.)

Find out what clubs are sponsored by your department and get involved. “Beware of social clubs,” warns Lue. Instead, seek out clubs that provide relevant experience and leadership opportunities.



Junior Year. Begin working on your resume by attending one of the Career Center's workshops or by meeting one-on-one with a career advisor. Come prepared with all of your skills and experience documented and they will help

you organize it and make it presentable for prospective employers.

Find a Mentor: Whether it is one of the 300,000 alumni registered through BYU; a college professor you know well; or even someone you have never met but greatly admire, find someone who inspires you and find out what they did to succeed.



Senior Year. This is the year that you will start to connect with employers and the Career Center has many resources available to help you

do so. Both BYU and UVSC sponsor Career Fairs twice a year, which attract over 160 employers and 800 representatives from all different fields. These fairs are a great way to learn more about specific companies and the industry you are interested in. Parrott advises students to prepare for the fairs by researching the specific company you are interested in, bringing a presentable resume and cover letter, and dressing to impress. Some large employers like the FBI or Microsoft will hold informational sessions for large groups of students.

Worried about finally getting an interview and then blowing it? No problem. Advisors at the career center conduct sample interviews in which the advisor plays the part

of the employer and asks typical interview questions. Afterward they will give you positive and constructive feedback to make you feel more confident for the real deal.

A great way to get your name out there and learn about major companies in your field is the E-recruiting and the UV Job Board. Both BYU and UVSC offer online job searches where students can post resumes and contact employers. Talk to an advisor before logging on and they can help you narrow your search to make it most effective. Often, recruiters will come right to your campus to interview students who caught their attention. And what are employers looking for? Even more so than skills and experience, Parrott believes that employers are looking for "Bright, young, capable students who are willing to work and learn; who communicate, write, and think well."

So if the thought of graduating from college and looking for work puts you in a cold sweat, visit the Career Center. Don't be intimidated! Lue is very clear that he and the other advisors are "here to serve the students," but they can't help you

if you don't show up. Keep in mind however, that they are not there to make decisions for you. They will "consult and guide and cheer for you," but "ultimately" says Lue, "it is up to you. It's going to take a lot of hard work and a lot of sacrifice." **S**

"The world is a big place," says Arnold Parrott, director of Career Placement Services at BYU. "So ask yourself: What do I want to do? Where do I want to go? Even if it is as vague as I want to be a writer and live in New York City, The Career Center can help you find the focus and direction you need to increase your chances at succeeding in the work force."



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International Language Programs Open a Child's Eyes. Open Your Own.

By Rebekah Jakeman

Wish your life had more meaning than eating Chinese takeout and playing another round of Halo? Wish you could make a real difference?

Schooled recently contacted students who turned this wish into a reality. These students are teaching English to Russian and Chinese children through a non-profit organization called International Language Programs, and in the process all involved are learning a whole lot more than just grammar and vocab. Don't believe me? Take a look through their eyes.

Sarah Steadman who took a semester off of school and traveled to China said, "There are moments that really hit you when you are in China and you know that somehow you will never see life quite the same. Standing on the Great Wall and seeing it crawl across the mountain tops for mile and mile is one of those. Holding the hand of a little Chinese child and knowing that they think the world of you is another. And perhaps one of the best is when you're standing on a crowded bus, driving through your city and you can't quite imagine any home other than that one. That's when you know you really have changed."

Katie Roundy, teaching in China, is putting her stamp on the world.

"I took fall semester off and headed to China. I decided to teach at the Ningbo Guanghai School located in Long Shan, about five hours south of Shanghai, which hosts 11 of the 225 volunteers sent out every semester.

We have a chef, Lao Yeng, who cooks all of our meals every day and I teach two classes of elementary-age children. We go over math, science, spelling, social studies and language arts, just covering simple con-

cepts.

My other class is just beginning to learn English, so we are starting with the basics. "Hello, my name is _____."

I made muffins with them, explaining every word and what it meant. "This is water," they all repeat the word.

"It is wet." They all touch the water and say, "Wet." We practice and act out the vocabulary words, helping them understand what they mean.

Language is no barrier -- it just makes life more interesting."

Jordan Larson and his wife decided to ask for donations instead of graduation presents to fund their trip to Moscow, Russia. Now life finds him in the thick of selfless service abroad.

"The experience so far has been really great. I have a good time teaching and love to be with my first graders.

"Daily life consists of waking up at about 8:30am, followed by time blocks of eating and teaching." After teaching we either watch movies together or everyone will read from their book that they brought. We play lots of board games and we have access to the school gym where we can play basketball, soccer, or volleyball. The day ends around midnight."

"It is really fun to hang out with everyone in the group together. We are all very close already so we have a good time.

The kids are really awesome, and they love us. They show it by giving us some food from their lunches or giving us hugs. It is really great to see that three weeks ago the kids couldn't say one word in English and now they can say sentences spontaneously. That is what makes teaching so rewarding."

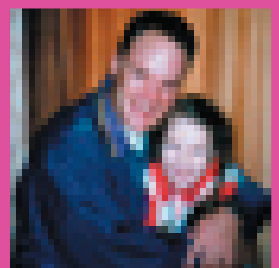
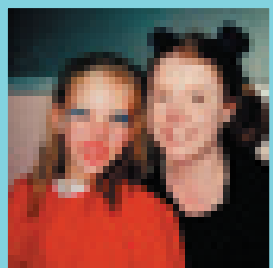
"Of course, I miss some things at home (the conveniences that each of us take for granted), but that is another thing that makes this experience a good one. I am very happy that my wife and I decided to volunteer to teach English." **S**

"There are moments that really hit you when you are in China and you know that somehow you will never see life quite the same. Standing on the Great Wall and seeing it crawl across the mountain tops for mile and mile is one of those. Holding the hand of a little Chinese child and knowing that they think the world of you is another. And perhaps one of the best is when you're standing on a crowded bus, driving through your city and you can't quite imagine any home other than that one. That's when you know you really have changed."

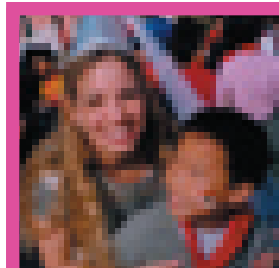


To join one of upcoming International Language Programs groups, you can stop by Pudding on The Rice on October 19th for an information meeting, or you can call 801.374.8854

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**- Stephanie
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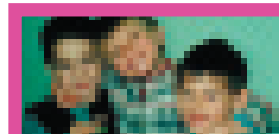


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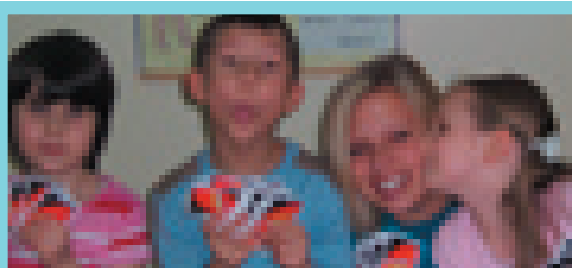
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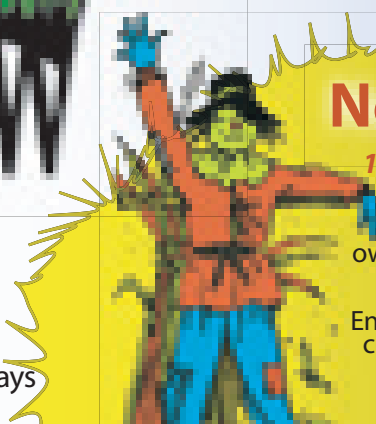
New! Scarecrow Contest

1st annual Scarecrow Festival & Contest

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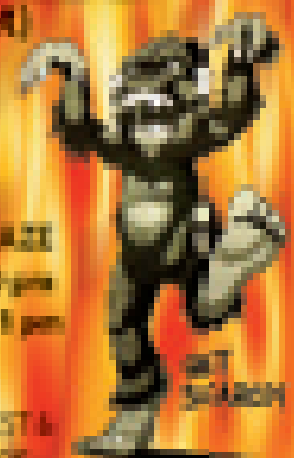
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Halloween Guide



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**Top 10 Ways to Cel-
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With a Twist
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Valley pg. 26-29**




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Top 20 Scary Movies

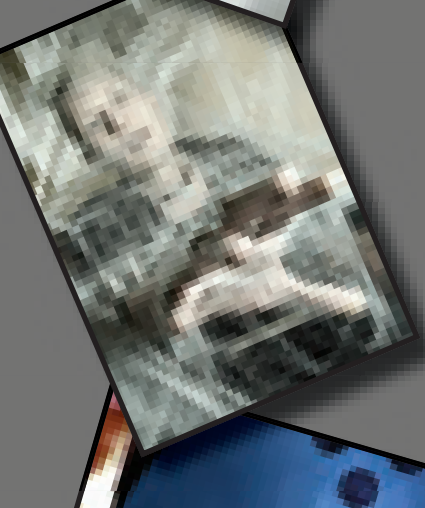
By Jennifer Borget




20. “Pulse” (PG-13) When their computer hacker friend accidentally channels a mysterious wireless signal, a group of co-eds rally to stop a terrifying evil from taking over the world.




19. “The Sixth Sense” (PG-13) An eerie kid communicates with spirits that don’t know they’re dead and seeks the help of a disheartened child psychologist.



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



17. “Willy Wonka & the Chocolate Factory” (G) How did a kid’s film sneak in on this list, you ask? Well, don’t you remember the Oompa Loompas? And the scene on the freaking ferry boat is crazy scary.



16. “What Lies Beneath” (PG-13) The wife of a professor investigates the murder of a beautiful college student who has been appearing to her.


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

14. “Poltergeist” (R) A family’s house is haunted by a host of ghosts.


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

12. “Nightmare on Elm Street” (R) Here is the gist. In the dreams of his victims, a murderer named Freddy stalks the children of the members of the lynch mob that killed him. Sounds dull right? Just wait until Freddy pulls out those creepy long nails.

11. “Scream” (R) Try watching the opening scene with Drew Barrymore at night, without the lights, alone. And make sure to pick up the phone if it rings.



10. “Psycho” (R) A young female embezzler arrives at the Bates Motel which has terrible secrets of its own.



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

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

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

6. “Jaws” (PG) Ba-dum ba-dum. Scary music, scary shark, scary movie.

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

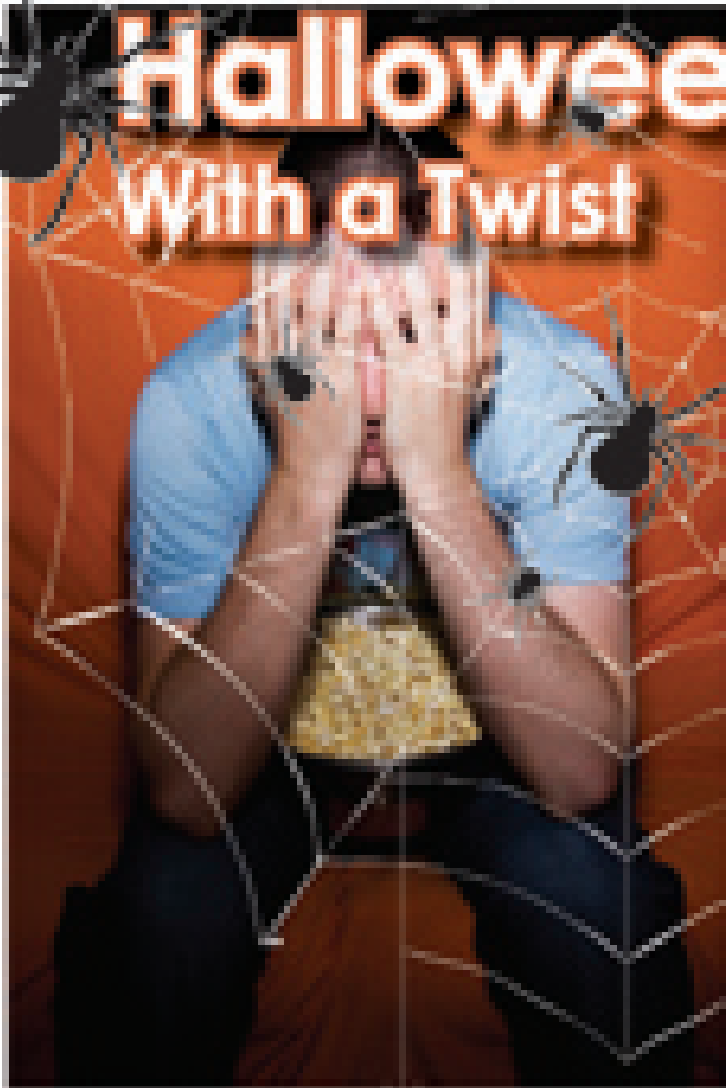
4. “Halloween” (R) Does Michael Myers ever die? He’s a very persistent killer trying to kill his sister, played by Jamie Lee Curtis.

3. “Alien” (R) Where else can you find a creepy creature birthed by a human surrogate?

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

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

Halloween Fun... With a Twist



By Beverly Hubert



Halloween is upon us once again. Here are 10 extreme ways to celebrate.

10. Tick-or-treating:

It's customary to trick-or-treat, and you can always just throw a costume together and hit the streets. You can "dress up" as a great college student and not have many screams or shrieks yell at you for being too old. Extra points if they get classroom candy gone missing, or vegetables are yelled. Extra points if you can convince them that you're just big for your age.

9. Go to, or host, a Halloween party:

There's nothing fun unless about throwing a Halloween party. Unless, of course, you make it extreme by making these simple changes to several Halloween activities. You can have a scary pumpkin carving into EXTREME PUMPKIN CARVING by doing a whole other scary carving. You can have a scary hot apple core EXTREME HOT APPLE CORE by adding pineapple to the water. Unconventional refreshments.

8. Go to, or create your own, haunted house:

There are plenty of haunted houses and even more for you to go to. They are scary for the girls and awesome for their dates. However, if you are creating your own haunted house, you need to be sure you include things that really are scary. Michael Jackson and/or his band dressed like a show, or an extreme girl fight where she gets out of bed in the morning and a scene. Good background music could be an idea, or just loud or anything from the '80s. That is truly scary stuff.

7. Have a TV marathon:

I'm sure that there will be plenty of marathons on TV the days preceding Halloween, but I can't stand several any longer. I can't stand them. If there aren't any that tickle your fancy, there may I suggest trying some "Nightmare" episodes or watching as many "Halloween" Halloween specials as you can get your hands on. May I also suggest watching "Haunted Houseparty," but because it's scary, just because it's a really, really good show.

4. Scary movies:

It's always a good idea to prep in a scary movie for Halloween. Some movies that are truly scary, especially because they were made before the '80s, '90s, and '2000s. "Scream," "Seven," and "American Psycho." Some other good movies that might give you a scare because they're not as realistic, are "The Exorcist," "Hush," and "The Shining."

If you're looking for more movies that will get you ready for scary, some say of the "Scary Movie" series will do. And, generally, avoid any scary movies where I watched "The Ring." There's something about a "Ring" that kills people that just doesn't seem to be true.

5. Mischief, mischief, and other such the-

trickery, mischief, mischief, mischief that you may want to perform on your own, under supervision, and having lots of popcorn on hand. Don't forget your phone! (I'm assuming you have a phone.) You'll want to be ready for a little mischief when you're out in the night, but not too much. Specifically, focus on the idea of mischief to a lesser. Find a house that is near you with one that has many Halloween decorations. The best way to do this is to watch them almost every day in. You may want to make that you're watching them. When the time is right, make up to watch the fun in and they'll all of the mischief makers. This will take all of the mischief to the house, and have a great time in a great time. However, this is something that is not supported by "School" management in any way.

4. Make your own scary movie:

There are a few who would like to try your hand at a little mischief, but you want to make your own scary movie. Topics may include: "What goes really do when you're scared?" "Living in the dark," "The 10th Commandment that forgets what the 10th command is," or "The Day the World Ended." If you want to do mischief, take your favorite horror legend, old movie, or TV show and make it into a scary film.



3. Scary stories over a campfire:

There are a lot of scary stories that you can tell to make your own scary movie. But it could also include any favorite scary story, which gives something like this:

"It was a dark and stormy night. Some local college students were sitting around a campfire telling scary stories. Their group was decided to tell one of the favorite scary stories. And this is what he said. 'It was a dark and stormy night. Some local college students were sitting around a campfire telling scary stories. Their group was decided to tell one of the favorite scary stories. And this is what he said. 'It was a dark and stormy night...' This got the idea."

3. Participate in devilry and satanic activities:

This could include going to a Satan festival, a Satan festival, or a "get involved in what is your own" club at 1991.

1. Proliferate Halloween:

Make signs, make banners, and make a movie. Make your own Halloween that Halloween is an old holiday and should be honored. And while you're at it, get your phone being added to the phonebook. After all, phone book people live.



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Top Haunts for Halloween

While the dead are said to be among us at this time of year, the **SCHOOLED** staff decided to put together a list of the most thrilling haunted locations for you, the living, to visit.

Have a good time, but be careful. The Celts believed that during this time of the year the doorway between the earth and the beyond opened wide. At the end of the day, just make sure the people you are with are from amongst the breathing...or you might find yourself in the company of the dead.

By Jeremy Holm

Haunted Forest

Imagine walking through a forest to encounter Freddie, Jason, Mike Myers, and the Children of the Corn. That's American Fork's Haunted Forest. What crept me out about this place is that you always have this dark feeling that someone is watching you through the trees.

And someone usually is. From chainsaw freaks to the walking dead, you will experience it all as you traverse five acres of junkyards, abandoned mines, and swamps.

Price: \$14
Exit #276 in American Fork
www.hauntedutah.com

Final Word: "Get out and touch nature...it's a screaming-good time."

Big Foot Corn Maze

Pick your poison at this family adventure park. Get lost in the six acre haunted corn maze or meander with the animals in the children's corn maze. Visit the pumpkin patch, enjoy

the hay ride, or get frightened in the family-style haunted forest. Come Monday or Tuesday nights to enjoy the fun without the spooks. The rest of the week, you're on your own. The Sloughfoot House of Terror is new this year for those who want their blood to run cold.

Price: \$3-\$15
192 N 2000 W Pleasant Grove
www.bigfootcornmaze.com



Final Word: "It is recommended that you wear good running shoes when going through the Corn Maze and Haunted Forest."

Castle of Chaos

The Castle of Chaos brings a new level of terror with its interactive style. As you walk through the halls of The Asylum you will experience the resident doctor's therapeutic techniques. From electrocution to drownings, you witness it all. Talk with the nurses and doctors to find your way out.

If that's not enough for you, step over to the castle's X-Scream Terror. Full of blood, screams, and some serious chills, you leave with some dark nightmares.

Price: \$13-\$15
3300 South 120 West in SLC
www.castleofchaos.com

Final Word: Website says it all: "(T)his is intense, and is not recommended for anyone with physical ailments or bladder problems."

Rocky Point Haunted House

This place has spent 26 years scaring visitors to the point of near breakdown and they are freaking good at it.

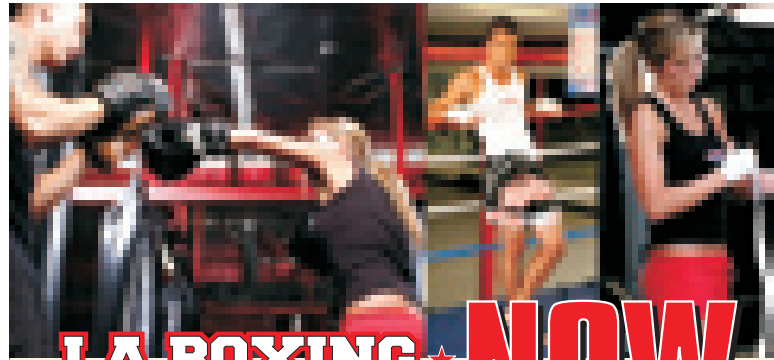
As you navigate the hallways and dark rooms you will feel your skin tingle and stomach tighten. Just beware of that presence you feel behind you. That's all I'm going to say. The only thing scarier than the trip through this abandoned factory is the history behind its closing. Check it out at the Rocky Point Haunted House 25 Years of Fear Museum.

Price: \$16- Proceeds go to benefit the Boys' and Girls' Clubs
3400 South State Street in SLC
www.rockypointhauntedhouse.com

Final Word: "Freakishly scary. A '10' on the creepy-scale."

Nightmare on 13th

One of the best haunted houses in Utah. With incredible special effects and workers' costumes that look straight out of a horror movie, people huddle together because everyone is too scared to enter the next room.



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If that doesn't freak you out, Nightmare on 13th has 20 'Extreme Nightmare' rooms like The Electrocution Maze, The Terror Tunnel, and The Body Bag Maze that will leave you screaming for more.

Price: \$15-\$18
300 West 1300 South in SLC
www.nightmareon13th.com

Final Word: "Like taking a walk through a Stephen King nightmare."



Lazarus Maze

While a bit of a drive, the Lazarus Maze is worth it. It's like Michael Jackson's 'Thriller' on steroids. The place is an 'old mental hospital' full of some of the creepiest scenes you will encounter in any haunted house. Run by the American Theatrical, LLC, Lazarus Maze is a chilling location where you won't know fact from fiction as you go from room to spine-tingling room.

Price: \$8
600 W. Exchange Lane in Ogden
www.lazarusmaze.com

Final Word: "Don't go alone. This place freaks me out."

Cornophobia Corn Maze at Thanksgiving Point

If you don't think a corn maze is scary, Cornophobia will change your mind.

Created by a company recognized in the Guinness Book of World Records for designing over 1,000 mazes, Cornophobia isn't for the faint of heart. You will be thrilled by the animatronics, THE CREATURE, live spooks and other nasty surprises lurking in the corn while you seek the way out. You can also take a spooky hayride, or play with the pumpkin blaster and corn gun.

Price: \$3-\$15
3003 North Thanksgiving Way in Lehi
www.cornbellys.com

Final Word: "A great place to get lost and have some fun at the same time!"



Frightmares at Lagoon

Lagoon knows how to throw a party for the dead...and the living, of course. More than just a haunted house, Frightmares includes a section of scenes from Hollywood's scariest movies, a haunted junkyard maze, a twisted clown-filled area, and a kid friendly zone.

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deweypestcontrol@hotmail.com

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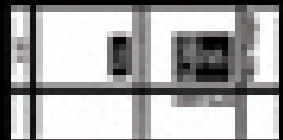
Ten years ago, armed with a vision for growth, Dewey started an in-house summer sales marketing program. In order to maintain constant growth, Dewey has always been a **leader** in the summer sales program. We have always offered the **best pay, superior training, and great incentives**.

CASTLE OF CHAOS Haunted House

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NEW LOCATION!

West Temple & 23rd South
West of the old location



See www.castleofchaos.com
for dates and times

Also, for the price of admission you can get your kicks on Lagoon's classic rides while enjoying the live entertainment.

Price: \$25.95
Exit #322 in Farmington
www.lagoonpark.com

Final Word: "Don't worry if there is a long line. It's worth the wait."

Crazy Corn Maze

I went with friends and we had a blast trying to find our way through all the twists and turns. I never did get that one girl's phone number, but I did get spooked by the guys jumping out of the cornstalks. There are seriously so many dark holes along the way, you have no idea who is hiding in there. Great for groups and parties!

Price: \$7 +\$2 for haunted section
8800 South 4400 West in West Jordan
www.utahmaze.com

Final Word: "Highly recommended for a good time."

The Haunted Barnyard

If you want something a little more low-key, Hee Haw Farms offers quite a few activities that are great for dates or if you have kids. From a haunted hayride to a slightly-scary corn

maze, the farm has it all. Don't forget to hit the hay jump, peddle cars, and a bite to eat at Leroy's Grub Shack.

Price: \$8-\$15
4500 West 700 South in Pleasant Grove
www.heehawfarms.com

Final Word: "This place is a blast for kids of all ages."

Haunted Canyon Limited Train Ride

Probably the most relaxing of the list, the Heber Valley Railroad provides a spooky 35-minute excursion into the unknown. You can dress in a costume if you want, but be sure to dress warmly.

Price: \$14
Train leaves from Vivian Park in Provo Canyon
www.hebervalleyrailroad.org

Final Word: "Perfect for a date or if you have kids. Definitely a fun ride." **S**

Want to win free tickets to one or more of these locations? Join the VIP program at www.schooledmagazine.com. We'll be doing a drawing on October 18th!

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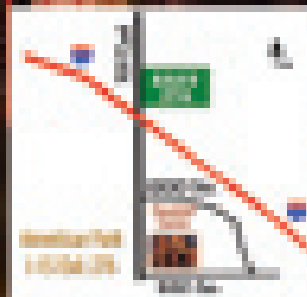
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Creative Costumes

For A Student Lifestyle

By Carolynn Duncan & Deborah Barlow-Taylor

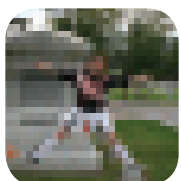
Sponsored By **Taylor Maid**



The Nerd
 Items Needed: Glasses (put white tape around center), white short sleeve shirt with front pocket, pens & ruler for pocket, black pants, black belt, white socks (tuck your pants into these), black shoes, and gel for a slick hairdo.



Miss Utah
 Items Needed: An old prom dress, A thick white ribbon with the words Miss... (your desired state), a crown. and if you have matching gloves, you'll be even more in character! Make sure to wave and throw lots of kisses on Halloween night!



The Spartan Cheerleader
 Items Needed: white tennis skirt, white & red fabric (possibly thick ribbons), iron letters or write spartan on the fabric, pin onto black sweater, white knee high socks, and sporty shoes. You can also rent this outfit for \$15 at Taylor Maid.



Wonder Woman
 You can rent the costume at Taylor Maid for only \$40, but if you want to throw one together, items needed will be: A blue cape, Gold head piece with red star and matching wrist bands, red tank top (pefferably with gold sequins), blue bathing suit bottoms, white tights, and white boots.



Napoleon Dynamite
 Items Needed: Glasses (the kind your grandma wears), Vote For Pedro Shirt, Jean pants, moon-boots or dark boots, and a curly wig or hairdo. For \$20 Taylor Maid has a Napoleon Dynamite kit you can buy that includes the wig and glasses, or you can rent the whole outfit for \$15.



A Femme Pirate
 A beautiful costume like this can be rented for \$50 at Taylor Maid. Or if you want to pull something together, you can buy a pirate hat, put on a poofy shirt and a black skirt. (Eye patch is optional.)



'80s Dancer
 Items Needed: anything eighties! You can find amazing things at thrift shops, or you can pull out clothes from your past. A side pony tail, spandex, big bracelets, and tube socks are easy to find! Also, this costume can be used again and again at Provo '80s Dance Nights- every Wednesday (see myspace.com/audiothrill).



Jack Sparrow
 To be the one and only Jack Sparrow, with the wig, leather jacket and all, renting the costume is the best way to go. You can rent the whole get-up at Taylor Maid for \$75.



The Shipmate
 Items Needed: An eye patch, a striped shirt, black pants, a sash, black shoes, and a plastic or cardboard sword! You can get a lot of these items for really cheap at a costume store.



Uma From Kill Bill
 Rented, Uma is \$25 from Taylor Maid. If you want to creat your own costume. Find some high heels, fake num chucks or a sword, and any type of tight yellow clothing!

What are you going to be for Halloween? Sometimes you just don't know how to answer that question. Everything's been done before and you don't have much time to throw something together.

Cheer up. We've put together a list of some costume ideas that are a little off the beaten path, totally cheap, and easy!

Super Senior or Super Hero

Rock star

Grape

Cupcake

Gummy Bear

Siamese Twins

Smarty Pants

Princess

Witch

Kramer (from Seinfeld)

Spiderman

David Bowie

Vampire

The Little Caesar's \$5 Pizza Sign Guy

Need an accessory that will create the perfect costume? Here are some quick ideas that will help you put the finishing touches on your costume. We found them at Taylor Maid (located on Center Street in Provo).

Pirate Bandana- \$7.99

Pirate Eye Patch- \$1.99

Oompa Loompa Goggles- \$14.99

Eye Mask- \$7.99

Hawaiian Lei- \$1.99

Hula Skirt- \$8.99

Bunny Ears, Tails, and Cuffs- \$12.99

Angel or Butterfly Wings- \$24.99

Tiarra- \$3.99

Cleopatra Head Piece- \$19.99

Feather Indian Hat- \$15.99

Nerd Glasses & Pocket Protector- \$9.99



Halloween Party!

Thinking about throwing a Halloween party? Don't bother— the guys at Jock Rock, a group of houses on 800 North and University Ave. in Provo beat you to it. They've already got a city permit, plus their landlady gives them a party budget. On Tuesday, October 31st, from 9 p.m.-12:30 a.m., check out the DJ, prizes, a red carpet, costumes, food, and spook alley. Better still, it only costs \$2, the proceeds go to the Utah Special Olympics, and all Schooled Magazine VIP get to chill in the VIP Lounge and go down the red carpet!





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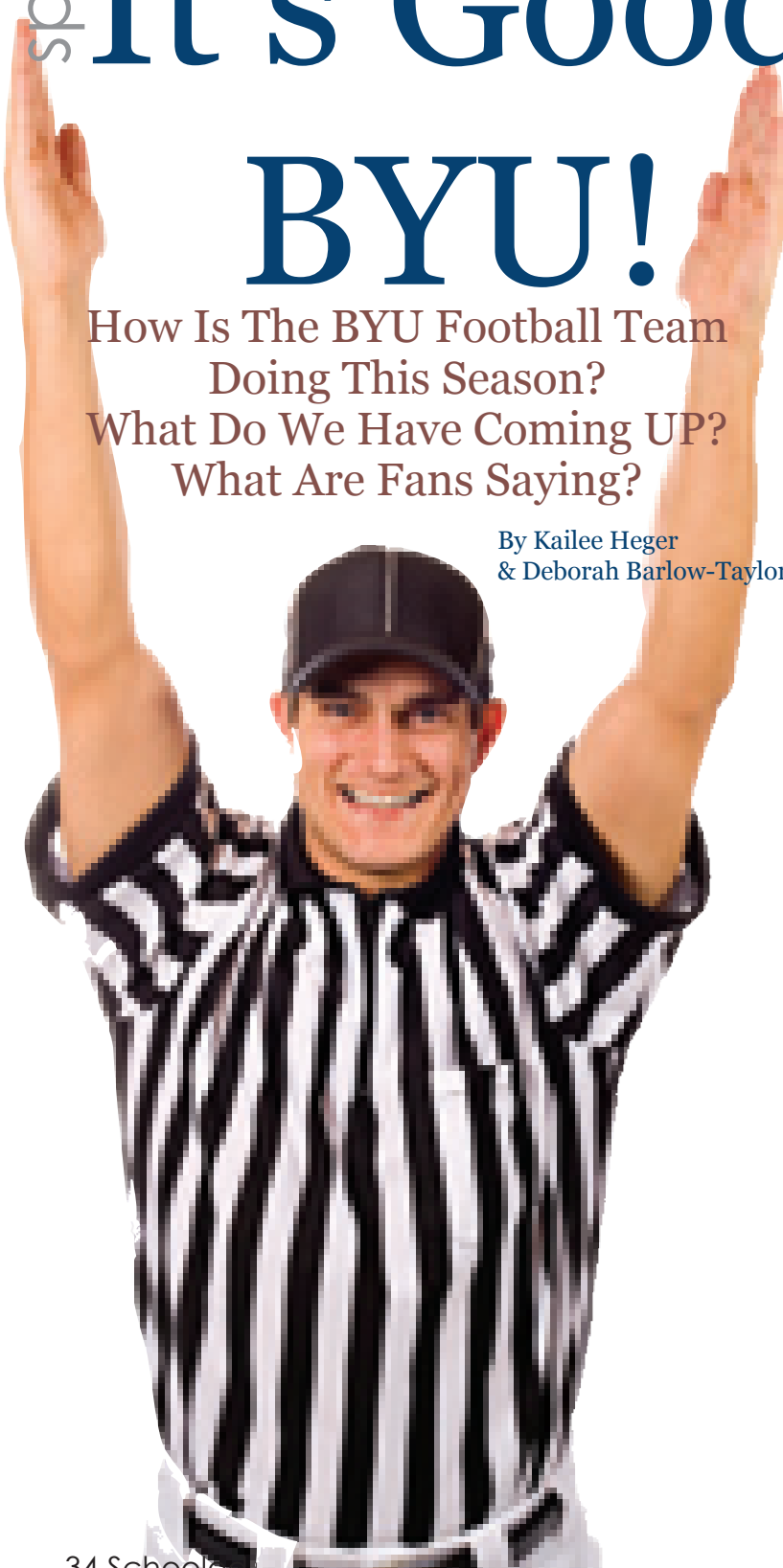
Monday - Thursday open until 10PM
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It's Good BYU!

How Is The BYU Football Team
Doing This Season?
What Do We Have Coming UP?
What Are Fans Saying?

By Kailee Heger
& Deborah Barlow-Taylor



It's that time of year again when fans young and old come together with one thing in common - a love for football.

Football season is in full swing and fans can witness the city of Provo radically transform into what is known as "Cougartown." So buy your tickets and get ready to cheer with nearly 65,000 people who go to each game: the Brigham Young University football team is here.

How's This Season Going?

Head Coach Bronco Mendenhall is in high spirits about the season results so far. In a press release Sept. 26 he said, "I think our team is carrying themselves with a different confidence regardless of where we play. We are 2-0 at LaVell Edwards Stadium and we scraped and clawed to the last minute of the other two games. I think this team will do that wherever we go. Now we need to have better execution in those moments to win. I expect this week to be a hard-fought game and I expect it to go right down to the wire. The team that executes at the end and capitalizes on opportunity will be the winner."

Furthermore, the team continues to overcome opposition including player injuries and setbacks. Yet through each obstacle, Mendenhall views every game as a new opportunity to win. In the same press release, Mendenhall said, "To me each game is a 'must-win' game. Each 'next game' is the biggest game to me. That is really how I feel."

BYU had not beaten a Top 25 team since 1999. That changed on Thursday, September 28 when John Beck's three touchdown passes carried the Cougars to a 31-17 win over No. 17 TCU and ended the Horned Frogs' 13-game winning streak.

Whats coming up?

BYU fans will have a chance to watch both game six and seven live at the LaVell Edwards Stadium. Game six, held on October 7, at 12:00 p.m. will be against the fierce SDSU Aztecs who last year forced the Cougars into perhaps their worse game of the year (BYU lost 10 to 31). Last year, San Diego State effectively worked hard to stop BYU's vertical passing plays. If the Cougars are going to win this season, BYU will need to have longer sustained drives of running the ball. Also important will be shorter passes.

Game seven, will not only be the homecoming game for the Cougars on October 21, but will also be against the UNLV Rebels. Last season, BYU won 55 to 14, but this year UNLV has added new key position players that could change the feel of their team. If the Cougars are going to win again, BYU will need to put pressure on their quarterback as well as rely on a bal-

anced offensive attack. Both teams should be pretty well matched up, and the cougars should find another win if they run crisp routes and the receivers will need to catch excellent passes.

Other games this season include BYU at Air Force Falcons on October 28th (BYU won last year 62 to 41), BYU at Colorado State Rams on November 4 (BYU won 24 to 14). Upcoming November home games include November 9, BYU vs. Wyoming Cowboys (last year BYU won 35 to 21), November 18, BYU vs. New Mexico Lobos (last year BYU won 27 to 24).

The big rivalry game against the Utah Utes will be held November 25 at their stadium. Last year, BYU lost 34 to 41. "I love the BYU versus the U of U games!" said Chris Williamson a junior in aviation at UVSC. "I think this year we'll have to look to John Beck to lead the team effectively in the game, if the Cougars are going to win."

Fans Speak Out

While family and friends gather for the games, many students arrive for the occasion dressed in BYU attire, possibly adding some face paint and hair dye as well.

Ta'Mera Fuller, a sophomore from Provo said, "I'm a big fan and if I could, I would travel with the team." Although she didn't live in Provo last year, she has support-

ed the team since childhood. "BYU football is something my family has watched for years, and I'm not going to stop watching it just because my future husband goes to the U," Fuller said.

Scott Murff, a sophomore economics major from Orem, also grew up a BYU fan. Murff said he is "a lifelong fan," but thinks the team could also improve. "They need to win close games in order to take it to the next level."



In addition, Emily Aldrich, a senior advertising major from Holladay, said she thinks "[the team] will go far." "They are a blast to watch regardless of whether they win or not," she said.

But as the season progresses, many hope to see the team reach their full potential. Natalie Nielson, a sophomore public relations major from Henderson, Nevada, thinks their hard work and solid coaching staff will help bring success. "I think Coach Mendenhall is doing a good job of improving our team," she said.

And no matter the season results, Colby Green, a junior political science major from Orem, will stay a fan. He said, "Even if I do graduate studies at another university, I will always be a Cougar."

For more information about the BYU football team, visit byucougars.com.

S

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M E A L S

By Esther Harris

Now that it's a month into the semester, I'm sure the business of school and the billion other things you have to do are consuming the majority of your time, barely giving you a second to spare. With your hectic schedule, it's easy to try to take the shortcut when it comes to eating. Unfortunately, McDonald's drive-thru menu does not offer the best nutrition nor does ramen provide a complete balanced meal. I understand that since you had to spend \$100 on your Economics book, which you probably won't even be able to return at the end of the semester, and with that huge test coming up in Calculus, money and time are valuable commodities that you can't waste. But because you are so busy, it is even more important that you are taking good care of your body and giving it the proper nutrition it needs to excel at everything you take on. So here are some healthy meal ideas that will fit into your schedule and your budget.

Salad- Here is a healthy alternative to fast food and it is quick and easy. All you have to do the next time that you're at the store is pick up some lettuce, tomatoes, olives, or anything else you want to add. It can be as simple or extravagant as you want depending on how much you want to spend. You can throw in some meat like chicken or turkey and even a little cheese. The less dressing you use, the healthier the meal. Salad is a delicious meal; you can customize it exactly how you want and it is done in a matter of minutes.

Stir Fry- All you need is vegetables and maybe some chicken, and rice. I prefer minute rice because it's quick and easy. You can pick up a bag of frozen vegetables at the store for about a dollar, or if you want to be even healthier, buy fresh vegetables. Either way, stir fry is packed with vitamins and minerals that your body craves. Not to mention, it is a tasty, easy meal anyone can make.

Sandwiches- Another quick and easy meal. All you need is some bread, and then you can add meat, cheese, lettuce or a tomato. A sandwich will have much less calories and grease than a Big Mac and fries, and it can taste just as good. You can also add some fruits or vegetables on the side for even more nutrition.

Spaghetti Squash- Spaghetti is a classic meal, and here is even a healthier and faster rendition of the meal. Instead of using noodles, buy spaghetti squash. It is that big yellow thing you see in the produce aisle that kind of resembles a baby yellow watermelon. When you cut the spaghetti squash open, take a fork and you can just peel the squash apart, which forms your own little noodles. Cook after topping the squash with sauce. You can also throw in a little chicken or hamburger and enjoy!

Tuna Fish Casserole- Tuna fish is cheap and healthy. You can use it on sandwiches or make a delicious casserole by combining it with cooked elbow noodles, a little miracle whip, cucumbers, and tomatoes.

Pasta Salad- You can buy a big bag of noodles for a buck. Then you just add some Italian dressing, olives, broccoli, or whatever else you want. The effort is minimal and the taste is phenomenal, not to mention a wonderful healthy meal for you to devour. **S**

Biggest Exercise Blunders

By Jed D. Hanson



Pitfall #1 You consume more calories than you burn.

Your regular workout probably burns far fewer calories than you might think. The key to maximize your calorie burn is to keep your heart rate in your target zone. If you're exercising to lose weight, you have to use more calories than you take in to see a difference on the scale.

Pitfall #2 It's ok to stretch before you workout.

You want to warm up your core body temperature with a warm up exercise such as walking on the treadmill at the speed of 3.5 for 5-15 minutes to warm up your muscles. If you stretch too hard before your workout, you could cause micro tears in your muscles. The proper time to stretch is after your cardio at the end of your workout.

Pitfall #3 I don't need to drink water during my workout.

The most important thing to do while working out is to keep your body hydrated. It is recommended that during physical activity you should drink six ounces of water every 15 minutes. If you get a muscle cramp, the first thing you should do is get some water. It is important to keep your body hydrated at all times.

Pitfall #4 I don't need a fitness plan.

It is not enough to simply show up at the gym. Set and map out specific goals for yourself. How are you supposed to know if you're winning or losing if you don't measure your body and see how you are doing? It takes 18-21 days to form a habit. If you are not constant, the habit fails. Measure your arms, waist, and legs to see where you are. Keep track of your progression every two weeks or monthly. If you're measuring, it'll keep you going when you see results or realize you need to work harder. Make sure to include the areas you need to be working on in your weight training.

Pitfall #5 It's all about how much weight you can lose.

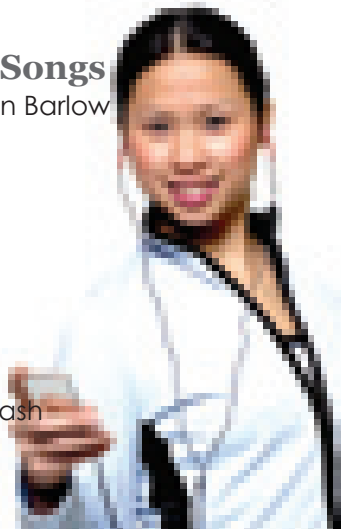
Your goal shouldn't be trying to lose weight, but to lose inches and body fat. A person can weigh more and be less. Let me explain. Muscle weighs more than fat and takes up less space. You can gain five pounds of muscle, but at the same time look much trimmer. You should always be looking at your body fat and your measurements, not your weight. **S**

Jed D. 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. Jed is a Post-Rehab Conditioning Specialist (P.R.C.S.), Certified Personal Trainer (C.P.T.), Certified Reboundologist (C.R.), and a Larry Scott Certified Trainer (L.S.C.T.). Jed has been in the fitness business for 25 years.

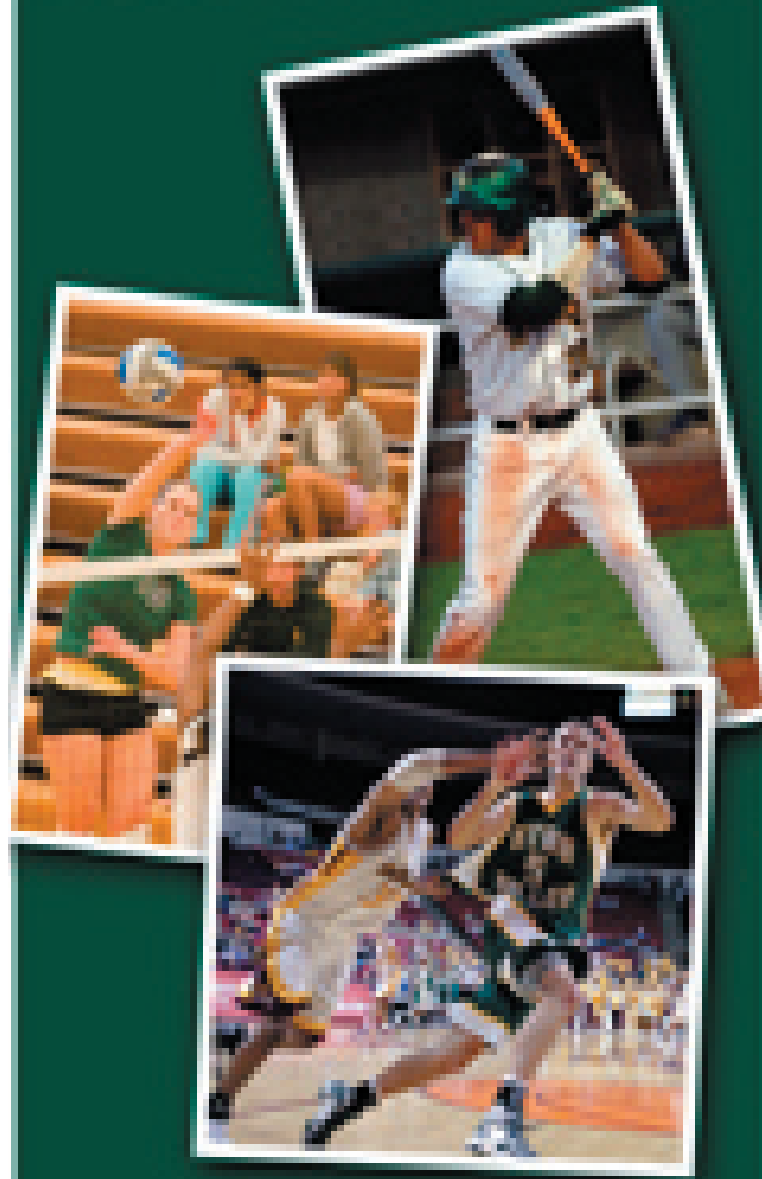
OCTOBER'S 10 Top Workout Songs

By Kristen Barlow

1. "Get Up," by C-I-A-R-A
2. "Money Maker," by Ludacris
3. "Bring Em Out," by T.I.
4. "Pump It Up," by Joe Budden
5. "Turn It Up," by Chamillionare
6. "London Bridge," by Fergie
7. "Lose Yourself," by Eminem
8. "Buttons," by Pussy Cat Dolls
9. "Rock the Casbah," by The Clash
10. "Can't Touch This," by MC Hammer



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10

Ways To Make A Difference In 15 Minutes Or Less

By Jamie Littlefield

1. **Give a gift certificate to someone who needs a meal.** Buy a couple gift certificates at a fast food restaurant such as McDonalds or Taco Bell. Then, hand them out to people who look like they could use a meal or two. Consider putting one under the door of a hungry freshman or mailing a few to a big family. Fast food certificates can be purchased in small denominations - it doesn't take much to buy a hamburger and some fries.
2. **Write a thank you note.** A word of thanks can make a world of difference. Think of someone who doesn't get enough credit. Perhaps your church organist, a crossing guard, a public librarian, or a teacher could use a little kindness.
3. **Give a genuine compliment.** A kind word can stay with a recipient for hours, days, or even weeks. Small, sincere compliments are better than generalized, hasty praise. Consider making a positive statement about someone's outfit, a project they are working on, or a personality trait you admire.
4. **Send a care package to a soldier.** A note of thanks and a few treats can make military service a lot more bearable. Don't mail anything that could melt or might go bad. Instead, send small treats such as hard candy, current magazines, books, or CDs. If the soldier is regularly interacting with children, consider including small toys he can distribute to the kids. For soldier addresses see: www.AnySoldier.com
5. **Bring a candy bar to someone having a bad day.** Snickers and Butterfinger bars work wonders at cheering people up after a poor grade or a breakup. After your tasty delivery, stick around and offer a listening ear.
6. **Make a card for a critically ill child.** A handwritten note can bring a smile to the face of a very sick kid. Include stickers and an uplifting, happy message. For a list of P.O. Boxes you can mail cards to see: HugsAndHope.org or MakeAChildSmile.org.
7. **Set a book free.** Send your favorite book into the wild with BookCrossing.com. Print off a label and register it on the site. Then, leave your book for a stranger to find. So far, books have been left at The Brick Oven, The Provo Library, Deseret Towers and dozens of other locations around the valley. Your book may make someone's day. Plus, you'll have the fun of tracking your novel's adventures online.
8. **Make a "cuddle kit" for a newborn.** Help a new family start off right by putting together a small kit of newborn supplies. Basic supplies (many of which can be found at your local dollar store) can help a needy family take care of their new addition. For a list of organizations that accept newborn supply kits see: CharityGuide.org/volunteer/fewhours/baby-supply-kits.htm
9. **Take over one of your roommate's responsibilities.** Give your roommate, spouse, or friend an afternoon off by taking over one of their chores. Do the dishes, mow the lawn, clean out the fridge, or mop the floor.
10. **Fill out a comment card for an exceptional employee.** Make an employee's 9 to 5 world a little better by praising him to his boss. When you get helpful service at a store, restaurant, or other business, take a second to remember the employee's name. After you return home, write a letter to the supervisor, congratulating him for having such a stellar employee. Who knows? You may inspire a raise, a promotion, or at least better treatment on the job.

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More Ways to Make a Difference

- ***Charity Guide** (Charityguide.org) - Lists dozens of ways you can help make the world a better place in 15 minutes or less.
- ***Volunteer Match** (Volunteermatch.org) - Shows volunteer opportunities according to zip code.
- ***United Way of Utah County** (Unitedwayuc.org) - Offers a directory of local volunteer opportunities.
- ***Idea List** (Idealist.org) - Provides information about nonprofit organizations and resources for volunteers.

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october

fri. 06
 BYU Women's Volleyball vs. TCU, 7pm
 Twelfth Night (Theater) -BYU- 7:30pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Muse, The Hypercubes 8 pm
 Orem Institute Dance, 9 pm
 BYUSA Battle of the Bands
Collide Concert by Infinitie Group, location TBA
Schooled Magazine on Your Doorstep!

14 sat

 BYU Women's Soccer vs. Air Force 7pm
 Scarecrow Festival: Sun River Gardens, 1248 N State St. Orem
 ComedySportz-Center St.- Shows at 8pm & 10:15pm

mon. 16
 Thrillionaires at Velour 8pm
 The Foreigner, BYU Pardoe Theatre, 7:30 pm

tues. 17
 BYU Hike and Light the "Y" 6:30 pm
 Velour Open Mic Night

wed. 18
80's Night Dance- 116 W. Center St. Provo-9PM-1AM
 New Found Glory Concert, The Venue in Salt Lake, 7 pm

thurs. 19
 Jazz vs. Blazers 7 pm (pre-season)
 BYU Women's Soccer vs. Wyoming 7 pm
International Language Program meeting at Pudding On The Rice. Get A Free Pudding! 7-8pm

fri. 20
BYU Homecoming Dance 8:30 pm
 BYU Women's Volleyball vs. UNLV 7 pm
 UVSC Women's Soccer vs. South Dakota State 3 pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Wait Until Dark, Hale Center Theater Orem 7:30 pm through Nov. 18

21 sat

 Cougar Run 2006 5k. Homecoming Parade 10am
 BYU Football Homecoming Game vs. UNLV 1 pm
 BYU Women's Volleyball game vs. San Diego State, 7 pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Velour Palamino w/ the John Whites, Andy Martin

23 mon.
 Dashboard Confes-sional Concert Mckay Events Center
 Thrillionaires at Velour 8 pm

tues. 24
 Velour Open Mic Night
 BYU Women's Volleyball vs. Weber State, 7 pm

wed. 25
 '80s Night Dance- 116 W. Center St. Provo-9PM-1AM
 Evanescence, The Venue (579 W. 200 S. Salt Lake) 7 pm

thurs. 26
 UVSC Women's Volleyball vs. South Dakota State 7 pm
 Halloween Carnival, The Center (222 W. 500 N.) 7-9pm
 Jazz vs. Pacers 7 pm (pre-season)
 BYU Men's Volleyball vs. Pepperdine, 7 pm

fri. 27
 Wait Until Dark-Hale Center Theater through Nov. 18th 7:30 pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Utah Grizzlies vs. Las Vegas Wranglers The ECenter 7 pm
 BYU Men's Volleyball vs. Pepperdine, 7 pm

sat. 28
 BYU football @ TCU, 5 pm
 BYU Women's Soccer vs. UNLV 7pm
 UVSC Halloween Dance Mckay Events Center
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Utah Grizzlies vs. Las Vegas Wranglers The ECenter 7 pm

mon. 30
 Velour Thrillionaires "Horror Theme" 8 pm
 Blue Man Group, Delta Center 7pm
 Nunsense @ UVSC Ragan Theatre 7:30 pm

tues. 31
Halloween Jock Rock Halloween Party! 800 N. & University Avenue. 9pm-12:30am check out the DJ, prizes, a red carpet, costumes, food, and spook alley. Better still, it only costs \$2, the proceeds go to the Utah Special Olympics, and the first 50 people there get a gift certificate to to Ernie's Sports Deli...

7 sat.

Provopalooza
 Live Bands 4pm Dance @ 24 Hour Fitness Starts at 9pm!

Other Saturday Events:
 BYU Football vs. San Diego State-12pm
 UVSC Women's Soccer 11am
 UVSC Hockey-Peaks Ice Arena-8:30pm
 BYU Women's Volleyball vs. New Mexico, 7pm
 Wedding Show-UVSC McKay Events Center 9am-5pm
 Seve vs. Evan- Velour- 8pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
 Moonlight Masquerade Ball Thanksgiving Point, Lehi 7pm
 St. George Marathon 6:45 am
 Utah County Fun Run/Walk (1600 W. 500 N. Provo) 9 am
 American Fork Halloween 5K Fun Run (454 N. Center American Fork) 7 pm

mon. 09
 Thrillionaires at Velour 8 pm
Schooled Magazine on Your Doorstep!

tues. 10
 Velour Open Mic Night
Schooled Magazine on Your Doorstep!

wed. 11
80's Night Dance- 116 W. Center St. Provo-9PM-1AM

thurs. 12
 Muse, Thousand Yard Stare 8pm
 BYU Women's Soccer vs. San Diego State, 7 pm

fri. 13
 Medieval Festival UVSC Mckay Events Center Field
 BYUSA Friday Night Live, 7 pm
 ComedySportz-Center St.- Shows at 8pm & 10:15pm
Friday the 13th!

Schooled Magazine brings you the best calendar in the valley for college students!
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