

for the student | by the student

Schooled Magazine

THE
EXTREME
ISSUE

• What NOT
To Say At Work

• Does He Have
Tight Pants
Syndrome?

The Snow Guide



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Calling All Snow Bunnies

Our goal each issue is to inspire you on every single page of Schooled Magazine, and this time I think we might have outdone ourselves in getting you ready for the slopes.

If Utah has one amazing thing to offer during the winter above everything else, it's the ski resorts all around us. Whether you're already an expert snowboarder, or like me, a true beginner, you'll love this issue! This month, we've prepared this issue for all of you snow bunnies out there! We have amazing stories on famous snowboarders, extreme winter sports, and a guide to the slopes.

One of the most satirical and funny stories we have in this issue is about the comeback fashion of guys wearing tight pants. If you're anything like me, you'll definitely laugh out loud with this story and its photos. We also have some fantastic articles on health & fitness, charity, music, and winter dating ideas. You also won't want to miss the he said, she said article about restaurants.

I hope that you'll love this issue and refer back to it for all of your winter activity needs!

Deborah Barlow-Taylor
Managing Editor



Photo By Amelia Nielson-Stowell

Get Involved With Schooled Magazine

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

News

Send your news releases to info@schooledmagazine.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 are 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 info@schooledmagazine.com.

Story Idea

If you have a story idea for us, or would like to submit your freelance work, e-mail it to info@schooledmagazine.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 info@schooledmagazine.com.

Advertise

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

Letters To The Editor

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

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8 Tips To Get Your Car Ready For Winter

Get Ready For Winter!

Winter is right around the corner. And that means icy roads, snowdrifts, and overall bad road conditions. If you're new to Utah Valley or have been here for past winters, here's some great advice to help you get your car ready for the snow!

1. Replace the windshield wiper blades.
2. Fill up your windshield washer fluid.
3. Use a tire gauge to check the tire pressure. Air contracts with cold, and the tires may become low as the temperature drops.

4. Check your lights, heater, and defrosters to make sure they are working properly.
5. Make sure there is air in the spare tire and that all the proper tire-changing equipment is in the trunk.
6. Keep the gas tank as full as possible to prevent moisture from freezing in the gas lines.
7. Get a brake check if you haven't had one in the last six months.
8. Put together an emergency kit for the trunk that includes a blanket, gloves, ice scraper, small snow shovel, flashlight and kitty litter (for traction when stuck in the snow).

Did You Know?

4,500

Is the average amount of calories consumed by the average person on Thanksgiving Day.

11%

Of Americans who admit to unbuttoning their pants after the feast.

16.8

Billion dollars was spent last year over Thanksgiving weekend, the unofficial kick off to holiday shopping.

11

Percentage of Americans who eat Thanksgiving dinner at a restaurant.

It's Bonfire Time

By Sarah Gessel



The time is right to put on a sweater and drive up the canyon; it's bonfire season. Schooled Magazine has put together a list of favorite local places to have bonfires. So grab a blanket and call up your friends and head off to one of our favorite spots.

Don't forget the s'mores!!

Vivian Park

6828 N. South Fork Road
Turn right approximately 5.8 miles up Provo Canyon. Can't get a spot? Try South Fork Park which is just above Vivian Park.

Nunn's Park

3.3 miles up Provo Canyon.

Canyon Glen Park

Provo Canyon left-hand side of Provo Canyon Road.

Utah Lake

Drive down to the beach and pile on some wood.

Quick Cash for Christmas!

Christmas is just around the corner. I know that it isn't just about the gifts, and it's a wonderful time for service opportunities, but it's still nice to give gifts to those close to you. But you're a starving student, where are you going to get the money you need? Well, I've got a few ideas for you:

1. Seasonal work

The Christmas season is a season of giving, consequently, it is also a season of buying. Over 25 percent of total annual retail sales take place during the holidays and retail employers usually increase their workforce by about 4 percent just for the holiday gift-buying rush. After you wrap up finals week this can be a good time to pick up a temp job for some holiday cash. They typically have everyone hired by the end of November, so the sooner you start looking, the better. Try getting in touch with major department stores such as Macy's, Target, ToysRUs, Borders, Kelly's Services for temp jobs, moonlight as Santa or his elves, cut Christmas trees, hang Christmas lights, or work at your favorite ski resort. If you're looking for permanent work, many retail stores hire their regular employees from the best of their seasonal staff, so if you want, you may find yourself in a permanent job.



2. eBay

You've got to have a bunch of stuff lying around your place that you don't really need anymore right? eBay.com (or other "sell your stuff online" sites) is a great way to make some quick cash. Maybe you've got some books that the university wouldn't buy back last semester? eBay could work for that, but there are also websites founded specifically for textbooks, like <http://www.textbook.com/>

3. Your Camera

You'd be surprised at how much money you can make with your camera. Websites like Shutterpoint (<http://www.shutterpoint.com/>) allow you to upload your photos, and set a price, whoever wants to purchase them can, and you make money.

By McKay Salisbury

Caught Dirty Handed!

At Schooled, we've been listening to the buzz around town about students who don't wash their hands after using a public restroom. Yes you heard me right, it could be you, it could be your roommate, it could be the guy you just met outside your apartment that you shook hands with. The reason? You're either just lazy or totally disgusting.

A recent survey sponsored by the American Society for Microbiology and the Soap and Detergent Association, found that 91 percent of adults say they always wash their hands after using public restrooms;



however just 83 percent were observed doing so. The study also found that women also wash their hands more than men (90 percent vs. 75 percent).

Think of all of the germs that are being spread around by people who don't wash their hands. Be clean and wash your hands!

How to Wash Your Hands... As Easy As 1, 2, 3!

1. Lather hands with soap and rub hands vigorously for 20 seconds under warm water.
2. Rinse hands thoroughly.
3. Dry with a towel. If in a public restroom, use a paper towel to turn off faucet and open restroom door.

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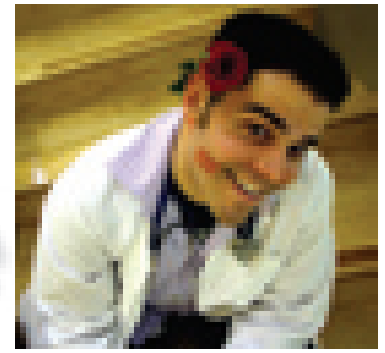
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The Date Doctor



By Don Osmond

The thought of dating my best friend has been on my mind since I was a teenager. Mark and I met while attending high school in Provo, and we have been friends for years. We've seen each other at our best of times and our worst of times. We even wrote faithfully to each other during our missions.

There's just one problem: we've never dated. The only intimacy we've shared has been a friendly "side-hug." Oh, how I have wished that he would just hold me in his arms forever. But then, there is that nagging thought, "What if he doesn't like me the way I like him?"

I would lose a very close friend, someone who I've confided in. What do I do?

No one ever said dating is easy. No one ever said it is painless. But, I've been told it is worth it in the end.

I am of the opinion that dating requires risks. Dating challenges every aspect of you: your commitment, your beliefs, your morals, even your very being. Every time you go on a date you're asking yourself thousands of questions. Gauging the person you're out with and yourself. Could this work out? What is he really like? Sure she's cute, but is she smart? (If I may, relate this to an experience I'm going through right now.) It's no more than an evening-long job interview for both of you.

So, what would I do if I had a close friend and wanted more than a mere friendship? If I were asked this question a few years ago, my response may have been different. But, because of some of my dating experiences, I see things a little differently – I've dated a close friend of mine of nine years. I'm still single, so there is no need to go into the details, but the result is rather interesting. I've learned that dating

your best friend has you living in either end of the extremes: it can be great, or less than stellar. We've all been told this before: "Marry your best friend." And I completely agree with the philosophy. When you start thinking about all the stresses that come from being a responsible

adult, you can only imagine how much easier it will be to have a friend

by your side. Besides, I doubt your youthful intimacy will last through your octogenarian years.

So, my best friend and I took a chance and started dating. We figured things would just continue on the same as it had in the past – we were wrong. The gist of it all is that we haven't really spoken to each other since we broke up. (Aside from randomly meeting in the BYU Quad.) I've lost a close friend. The memories and experiences I have pushed aside. (I'm sure that's not entirely what you had expected. But, there is a moral to this story that I'll explain later.)

Did it hurt to lose such a confidant? Yes! Will I ever find another? Of course! It took me a long time to get over the pain and the hurt. And I'm sure it took her the same. That experience broke my heart, and cut me to

the very center of my being, but I now have room for a new "best friend."

The thing that I have come to realize is that you should marry your best friend. That means you're going to have to take risks. Risks you might not want to take at first.

Look at it this way. (And forgive me if it's a little black and white.) If you've got a really close friend, I'd take the risk. Weigh out the outcomes. If things work out, great! If they don't, then reevaluate the situation. You took a chance. You made the jump. You now know that things wouldn't have worked out between the two of you anyway. Besides, how can you marry one person, yet have a deep intimate friendship with another. You can't! You'll be split between the two. And, that is no way to build a lasting marriage relationship.

Like I've mentioned before, dating requires risks. Take the jump. It doesn't matter how many times you fall, just how many times you get back up.

Dating your best friend will put you at the either end of the spectrum in the extremes, but it may be worth it to take a risk.

SM

Have A Question for Don, the Date Doctor?

To submit questions, visit schooledmagazine.com

Chasing "Cars"

Start your engines everyone. "Cars," Pixar and Disney's latest computer-animated film, is coming out on DVD on Nov. 7, and with Thanksgiving around the corner, it's one you'll definitely want to watch.

I saw this movie in the theater, and it was awesome. Packed with tons of hilarious scenes, it also has a good moral to the story. It's about an at-first cocky, self-centered racecar champion, "Lightning McQueen" who soon finds himself down the road to humility after damaging the once-thriving-but-now-sleepy town of Radiator Springs, Carburetor County. Through the other cars there, he is given a new perspective on life, and realizes the beauty of things he's never seen before, especially through "Sally,"

the beautiful Porsche, and "Mater," the old beat-up junk car. Once he pays his dues, he heads off to compete in the Piston Cup Championship, with a load of true friends trailing right behind him.

If you like the other Pixar animation studio films, this is definitely one you'll want to add to your collection. Voices include Owen Wilson, Paul Newman, Cheech Marin, and Larry the Cable Guy. I highly recommend you "drive," this newly released DVD into your DVD player and enjoy a good laugh. (Warning: it will help you burn off the extra calories you just ate from all that turkey.)

- By Julian Cavazos



Dirge of Cerberus: Final Fantasy VII

Did you play Final Fantasy VII years ago? Well, Square-Enix, has decided to revitalize the story with several new ventures: a computer graphics movie, an anime movie, a couple cell phone games, some books, and Dirge of Cerberus.

This game isn't a typical role-playing game like its predecessor FF: VII was. This is an action-adventure. It has similar gameplay to Metroid Prime. The game will automatically lock on to enemies (if you want). It's pretty fast paced, so even if you do have amazing aim, the auto-targeting is rather essential.

One thing Square-Enix does well is tell stories. Dirge of Cerberus is no exception. This game takes place a few years after the game, with a new enemy faction, "Deepground". The story doesn't feel contrived in the slightest. In fact, it seems as if they have to make excuses for the action. In fact, my biggest complaint with the game is that sometimes, there is too much story. One day, I sat down wanting to get into the game, but there was half an hour of story before I got to pull the trigger. All in all the game is great!

-By McKay Salisbury



Wait Until Dark

"Wait Until Dark," the current production running in the Hale Centre Theatre in Orem, lives up to its Halloween season, thrilling and chilling audiences. The intimate venue ensures that every seat is the best seat in the house, drawing in every viewer into the drama. Based on the Audrey Hepburn film, the play traces the intricate plot of three con artists' attempt to take advantage of a blind woman, Susy Hendrix. The intricate plot and action drives to an intense climax played in pitch dark. The setup of the theatre puts the action right into the middle of the crowd, the characters brushing past patrons.

Stephanie Breinholt, playing Susy, develops her character exquisitely and executes her blind persona convincingly. Mitch Hall, playing con artist Mike Talman, escapes the one-dimensionality typical of villains, expressing a complex character that the audience both hates and loves. His evil counterpart, the real villain, Harry Roat, played by Oliver Gaag, leaves the audience with an eerie feeling from his first entrance onto the stage. The entire cast worked well together, producing an excellent performance inciting a standing ovation on opening night.

The play runs through November 18th, so call the Box Office at 801.226.8600 for the rapidly disappearing tickets. Also, visit their website at www.haletheater.com for upcoming shows, ticket prices, and acting lessons.

-By Patricia Auxier

Schooled 9



Find Over 200 Dating Ideas on SlickDates.com

Tired of taking your date to dinner and a movie? Try SlickDates.com. This new student-created website has over 200 dating ideas from the romantic to the wacky. Take your date paragliding, have a color-coded water fight, play urban hopscotch, or ride the train. Each dating idea lists a phone number, an address, a website, the hours of operation, and the approximate cost of the date.

What's Next?

SlickDates.com already offers a few suggestions for how to save money on your dates. But according to creators KC Kern and Ryan French, they are working to arrange dating discounts.

User Reviews

Users can also rate the dates they try. Read their comments to discover which dates are duds and which dates will have your partner raving about a fantastic evening. Then, leave your own feedback.

Dating Submissions

If you have a unique dating idea that isn't already listed on the site, you can submit it for review. Share the love and let your fellow daters know the inside scoop on how to turn your idea into a great date.

The Dating Wizard

You can search dates by cost, the type of activity, and the number of people involved (single, double or group). Or, try the Dating Wizard to discover the best date for your situation.

-By Jamie Littlefield



FORGOTTEN CHARITY

Jared Palick, Joseph Woit, Patrick Kintz, & Devin Abe are four guys you need to know.

By Rae Harris
Photos By Mark Hansen

Whether you're enjoying the awesome sound of their band, Forgotten Charity, or just listening to their humorous conversation, they're sure to make you smile. With Palick on lead vocals and guitar, Woit on lead guitar, Kintz on bass and vocals, and Abe specializing in "drums/hotness," this is definitely a band you won't want to miss.

SM: How would you describe your musical style?

Palick: Our goal is to feature the acoustic guitar as if it were an electric guitar on fire from the bowels of the depths. In laymen's terms, we are rockin' acoustic indie rock music.

SM: What inspires your song writing?

Palick: My influences are both spiritual, and physical. I take a lot from my life experience and put it into words. I like to sing and write about things that happen

to people, as opposed to girls and parties. I want to inspire people to be better in a world that sucks. I also get rhythms from a little heartache that happens from time to time. OK, all the time.

Woit: The Lord. Weather. Emotion. People.

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

Palick: THE BEST THING EVER is stepping on to the stage, and seeing people's faces light up when they hear your songs

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start to play, and then stepping off stage and realizing that all the grueling work you put into taking down your gear is well worth it.

SM: How do you feel about the music scene in Utah County?

Palick: The local scene here rocks. It's good to see musicians working together rather than competing against one another. Bands like The New Nervous and Joshua James help to emphasize the importance of "helping to be helped".

SM: What CDs have you released?

Palick: Well we have a not so shabby acoustic EP that is already out, but we just finished recording a BRAND NEW EP last month entitled "Don't Forget." The CD release show for this is toward the end of November.

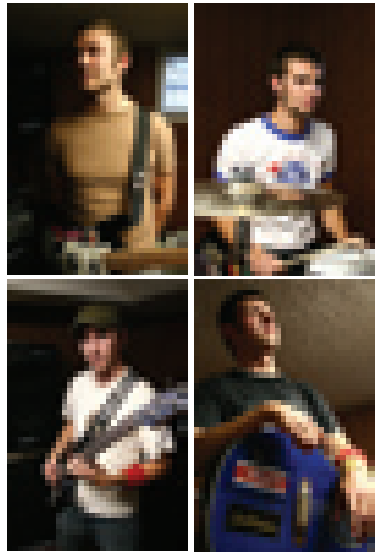
SM: What's your most embarrassing moment while performing?

Woit: I had to stop playing because I sneezed three times in a row.

Palick: I was spinning my guitar around my neck, and it knocked over the microphone. That was embarrassing.

Abe: I dove through my drum set at the end of a show, and I pierced my bum bum.

Kintz: I live for these moments.



SM: What are your plans for the future?

Palick: We will be touring all next year. And of course, it's all about the sponsorship of the ol' record label. There is no stopping. We are all in for life!!!

SM: Any upcoming shows you want mentioned?

Palick: We are playing a benefit show at BYU on November 3rd at 7 p.m. We're also playing at Bleachers in Provo on November 10th and December 11th at 7 p.m. We'll also have an upcoming CD release show.

For information on CD releases, upcoming shows, or to listen to their music, check out: www.myspace.com/forgottencharity and www.purevolume.com/forgottencharity



Big Name CD's Out This Month

Looking for some new music? Here are some artists with new CD's out this month! **By Sarah Gessel**

| | |
|--|--------------------------------------|
| Out November 7 | Jump- Madonna |
| Love, Pain & The Whole Crazy Thing- Keith Urban | Awake- Josh Groban |
| Maximum Killers- The Killers | Skin and Bones- Foo Fighters |
| Last Impressions of Hell- The Strokes | You Don't Know- Eminem |
| A Fever You Can't Sweat Out- PANIC! AT THE DISCO | Colour Collection- Cranberries |
| OH NO- OK GO | Under the Desert Sky- Andrea Bocelli |
| Right Where You Want Me- Jesse McCartney | Decembunderground- AFI |
| | TranceFusion-Frank Zappa |

Out November 14 Albums By:

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Dixie Chicks

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Extreme State Stereotypes

Who are you Compatible With?

By Rae and Esther Harris

Do you represent your state stereotype? Will other people from certain states be your best friends or archenemies?

Whether it's finding new friends, deciding if you're compatible with a significant other, or just to see who you do and don't get along with... this will help you!

Alabama

True Southerners... go Crimson, go Tide!
Friends: Georgia, South Carolina
Opposites: New York, Vermont

Alaska

Snow Bunnies & Eskimo Kisses. Picks you up for your date in their dog sled.
Friends: Montana
Opposites: Arizona, Hawaii

Arizona

The weather's hot and so are they!
Friends: California, Nevada
Opposites: North Dakota, Michigan

Arkansas

Clinton lovers... enough said.
Friends: Louisiana, Missouri
Opposites: California, New York

California

Surf's Up! These guys know how to kick it. Ain't no party like a West Coast Party!
Friends: Florida, Arizona
Opposites: Ohio, Kansas

Colorado

Loves the outdoors. Their skis are nicer than their cars.
Friends: New Mexico, Washington
Opposites: Nebraska, Oklahoma

Connecticut

Dependable, they're the heart of the nation.
Friends: Massachusetts, Maryland
Opposites: Tennessee, Georgia

Florida

Carefree... just wanna have fun!
Friends: California, Arizona
Opposites: Alaska, New York

Georgia

The real peaches. Southern Belles and true Gentlemen.
Friends: North Carolina, Florida
Opposites: Maine, South Dakota

Hawaii

Fun, friendly, and always laid back.
Friends: Florida, California
Opposites: New York, Alaska

Idaho

Utah Junior. When I grow up, all I want to be is a Utahn.
Friends: Utah, Montana
Opposites: California, New York

Illinois

The Metropolitan Midwest, they perfectly balance their fast-paced schedules with their down-to-earth personalities.
Friends: Colorado, Michigan
Opposites: Oregon, Arizona

Indiana

True basketball fans. Go Hoosiers!
Friends: Ohio, Wisconsin
Opposites: Nevada, Texas

Iowa

Love their farmland roots, but willing to make sacrifices. If you build it, he will come.
Friends: Missouri, Minnesota

Delaware

True Blue... USA through and through!
Friends: Connecticut, Rhode Island
Opposites: Mississippi, Alabama

Opposites: Arizona, Nevada

Kansas

Can be comfortable anywhere but knows there's no place like home.
Friends: Nebraska, Oklahoma
Opposites: New York, California

Kentucky

Always up for a barbecue... love their fried chicken.
Friends: Tennessee, Mississippi
Opposites: Pennsylvania, New Hampshire

Louisiana

Always ready for a good time. Can add spice to any party!
Friends: Mississippi, Arkansas
Opposites: Minnesota, South Dakota

Maryland

Political Melting Pot... a little bit of everything.
Friends: Virginia, Delaware
Opposites: Oklahoma, California

Massachusetts

The scholars of the nation characterized by their intellect and wit.
Friends: Pennsylvania, West Virginia
Opposites: Alabama, Mississippi

Michigan

Destined to be hand models. Just ask them where they're from and they'll show you.
Friends: Wisconsin, Illinois
Opposites: Arizona, Alaska

Minnesota

The American Canadians.
Friends: North Dakota, Wisconsin
Opposites: Louisiana, Nevada

Maine

Friendly, down to earth, they radiate like their scenic lighthouses.
Friends: Washington, Oregon
Opposites: Georgia, Arizona

Mississippi

They may have red necks but they also have big hearts. Friends: Arkansas, Alabama

Opposites: Connecticut, Pennsylvania

Montana

Always value a friendship...because where they're from you meet more cows than people. Friends: Wyoming, Idaho

Opposites: Texas, California

Missouri

America's heartland... Always warm and welcoming. Friends: Illinois, Kansas

Opposites: Florida, New York

Nebraska

Love their farms almost as much as they love their football. Friends: Iowa, Wyoming

Nevada

Risk-takers. Love to take a chance on anything. Friends: California, Arizona

New Hampshire

Here to serve you... since they most likely grew up in a bed and breakfast. Friends: Vermont, Maryland

Opposites: South Carolina, Kansas

New Jersey

Well-rounded... works like a New Yorker, but plays like a Floridian. Friends: New York, Connecticut

Opposites: Oregon, Alabama

New Mexico

Fiery, what do you expect with all those chili peppers? Friends: Arizona, Hawaii

New York

Always on the go... busy, bustling, and boisterous. Friends: New Jersey, Massachusetts

Opposites: Texas, California

North Carolina

Indecisive...always on the border. Friends: Virginia, South Carolina

Opposites: California, New York

North Dakota

Creative...no one knows more ways to play in the snow. Friends: Minnesota, South Dakota

Opposites: Florida, Arizona

Ohio

Those crazy accents... it's hard to notice anything else. Friends: Michigan, Illinois

Opposites: Tennessee, California

Oregon

Nature lovers... Tree huggers and whale watchers. Friends: Washington, Colorado

Opposites: Iowa, New Mexico

Oklahoma

Open field and open hearts. Everything is OK to them. Friends: Kansas, Wyoming

Opposites: New York, Michigan

Pennsylvania

Sweet... just like their chocolate!

Friends: Maine, Maryland

Rhode Island

Ambitious... small state, but big ideas. Friends: Delaware, Connecticut

South Carolina

Enchanting... they know how to turn on that Southern charm. Friends: Georgia, Virginia

Opposites: Maryland, Massachusetts

South Dakota

History lovers... where else can you find presidents carved in a mountain? Friends: Massachusetts, Minnesota

Opposites: Hawaii, Florida

Tennessee

Down-home and old-fashioned. They love their country music. Friends: Kentucky, North Carolina

Opposites: New Jersey, Kansas

Texas

Life of the party. Everything's bigger in Texas, including the personalities.

Friends: Texas, andTexas

Opposites: Anything but Texas

Utah

Home of the Mormons, be it "Molly" or "Jack". Friends: Idaho, Colorado

Opposites: California, New York

Vermont

Love is in the air if there's a Virginian there. Friends: Pennsylvania, North Carolina

Opposites: Massachusetts, Montana

Morning people. Love their pancakes and syrup. Friends: Maine, Delaware

Opposites: Nevada, New Mexico

Washington

The ultimate optimists...they can see the rainbow through the rain. Friends: Colorado, Oregon

Opposites: Florida, Arkansas

West Virginia

Wild and wonderful, or so we hear. Come on, have you ever met a West Virginian? Friends: Kentucky, Tennessee

Opposites: Virginia, Texas

Wisconsin

Cheesy cheese heads. But we still love them. Friends: Illinois, Michigan

Wyoming

Hard-core cowboys. They'll lasso your heart. Friends: Montana, Nebraska

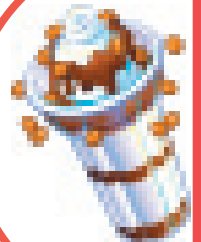
Opposites: New York, Washington



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She Said...

By Courtney Humiston

What does the restaurant HE picks say to the girl? As I found out on the following dates, it can say a lot!

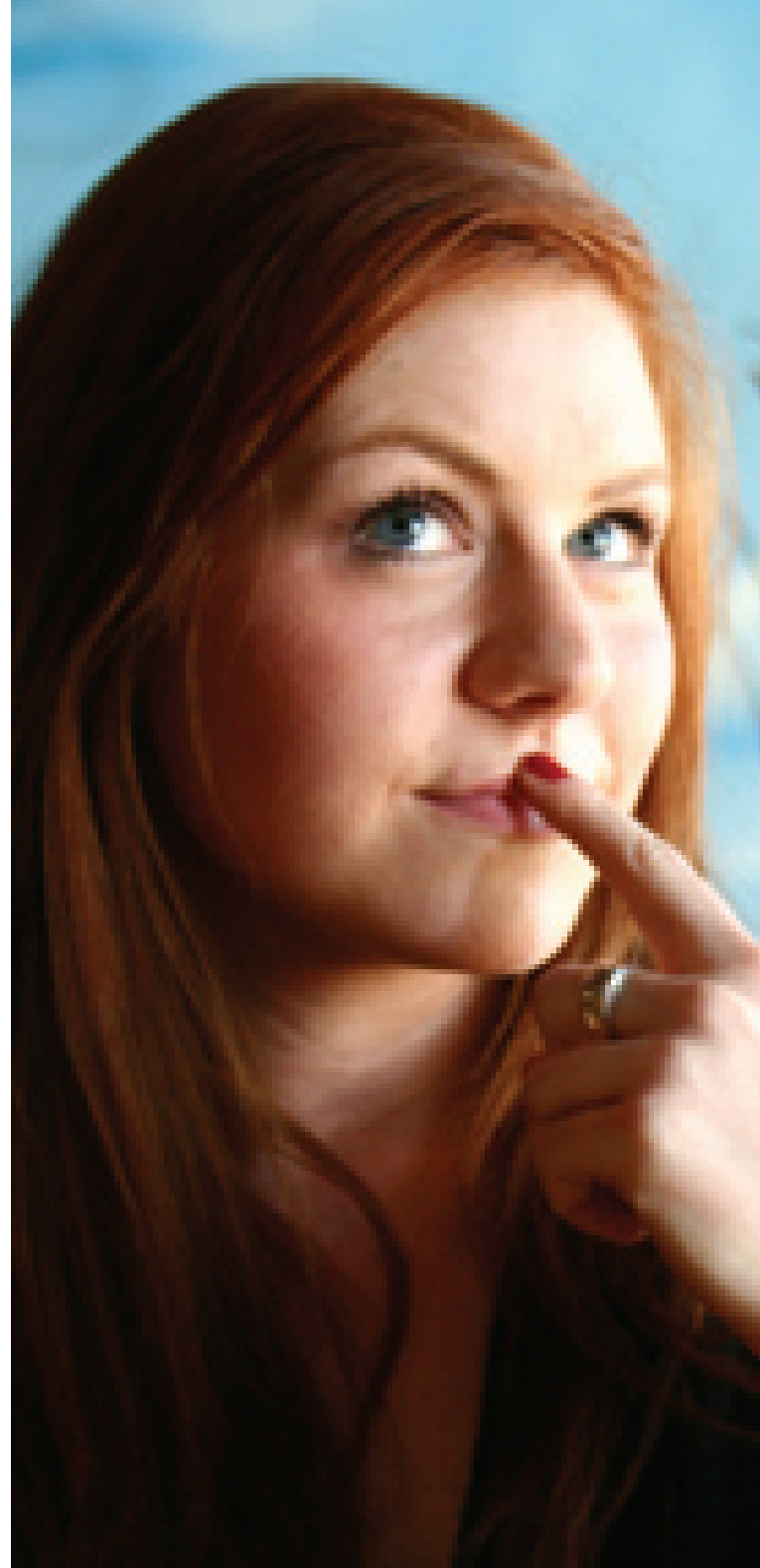
Date number 1: The Olive Garden. As we pull into the parking lot, I think, you don't get out much do you? Lesson learned: Large chain restaurants communicate a lack of creativity and personality. Opt instead for something local, authentic, and unique. Hot tip: Give your date a few options (but don't leave it wide open) and let her choose.

Date number 2: He begins raving about his favorite restaurant, Tucanos, before we even get in the car. Not wanting to break his heart, I choose not to tell him that I am a vegetarian until it is too late. He apologizes profusely between mouthfuls as I sit horrified...and hungry. The lesson: Find out ahead of time what your date likes/dislikes or if she has a special diet. Feeling comfortable is key to a successful date.

Date number 3: He has made reservations, he tells me on the way, at Chef's Table. I had never been to this restaurant but heard it was pretty fancy. Several things go through my mind: 1. He is really interested in me, 2. He is trying to impress me, and 3. I'm wearing sneakers. Lesson here: If you are going somewhere formal, prepare your date so she can dress accordingly. And since she may think that you are trying too hard, be confident and keep the conversation casual.

Date number 4: He tells me ahead of time that he is going to make me dinner. A nice gesture, I think, and one that could go horribly wrong. This ended up being my favorite date however, because it was both fun and intimate. Don't do this though if you 1. Don't know how to cook or are 2. Just being cheap.

S
M



Eating Out Etiquette

By Courtney Humiston

Eating-out Etiquette: Advice and grievances from servers.

Sure, leaving a nice tip is the easiest way to win a server's heart, but there are lots of other things you can do, or avoid doing, to be a good guest at a restaurant.

10. If you make a reservation, be sure to be on time. If you have to cancel or are going to be late, call ahead.
9. Avoid being rude, demanding, or demeaning; ignoring the server or trying to embarrass him or her.
8. If you are a guy, allow your date to order first and don't interrupt or speak for her.
7. If it is a busy night, don't monopolize your server's time.
6. When you go to a sit-down restaurant you are



Photo By Mark Hansen

He Said...

By Seth Kelley

Have you ever wondered what your choice of restaurants says to your date? If not, you should. It is, after all, the most common dating activity. Even if you go to a movie, or a play, or do anything else, you usually go out to eat as well.

So do you go cheap, or expensive? Do you want a fun atmosphere, or a more romantic ambience? What's good for a first date?

First of all, let's acknowledge that there aren't any hard and fast 'rules' and that if a girl really likes you, she'll probably be OK if you occasionally do something a little dumb or classless. Having said that, there are some definite faux pas you want to avoid. The most important thing to realize is that it's a bad thing to come across as cheap -- this is especially important on a first date! Unfortunately, this means that McDonald's is out. For a first date, you should usually aim for a fun, comfortable place in the \$8-\$12 a plate range.

Now what about the opposite end of the spectrum? What is a girl going to think if you take her to someplace really nice? I recently took an amazing girl to a really fancy restaurant, and spent 80 bones on dinner for two. We had only been dating for a short time, although we had been friends for a year, so maybe this was a little too much. Here's the thing, I spent the whole time trying to put her at ease, because she was really uncomfortable with the fact that I was spending that much on her. The danger here is that a girl might think you're shallowly trying to impress her, or she'll really like it (I ain't saying she a gold digger...).

The truth about this situation was that I just thought she genuinely deserved it. I used the excuse that I'd known her for a year and never gotten to spend any money on her, so I was making up for it. And that's the key, if you want to take a girl somewhere nice, you should wait for a special occasion, and make it clear that you're not trying to impress her, but that you sincerely just think that she's worth it. If you do take a girl to a really nice place, consider taking her somewhere more relaxed for dessert (those aforementioned parfaits are like 99 cents each).

One last thing, when you go out to eat on a date, remember that the primary reason is not to eat, it's to talk and get to know the girl, and you can accomplish that with \$20 just as well as you could for \$80! **S**
M

essentially paying for your seat. So if you are not going to eat, don't go out!

5. It is not your server's fault if you don't like your food, so don't be afraid to ask for help if you are unfamiliar with the menu.

4. Remember you are a guest, and don't be loud or obnoxious. Save the dares for later.

3. Generally, eating out with more than eight or 10 people ends up taking a long time and may not be that enjoyable. Consider hosting a dinner party at your house instead.

2. If you leave the table before you are finished eating, don't be surprised or upset if the busser comes to clear it while you are gone.

1. Tipping your server well will ensure that you are taken care of the next time you eat there. Consider the standard 20 percent when choosing a restaurant, and if you can't afford to tip, then eat somewhere else. You should also tip more if you linger for a long time after eating; stay after the restaurant is closed; or have a lot of special requests. **S**
M



The Tight Pants Syndrome

By Scotty Spjut

Cycles are dangerous things. Not bicycles, necessarily, although those seats can be pretty perilous for a guy's anatomy. I'm talking more about things that happen over and over again.

I'm sure we've all heard about the evil "Pride Cycle." Then there's the "Water Cycle," or not to be confused with some sort of aquatic exercise equipment you fold up and put under your bed when you're done, "The Cycle of Water." These cycles have their dangers, just ask any cloud, but a cycle that has potential for more harm than any other, and this is especially true for the aforementioned male's anatomy, is "The Cycle of Fashion."

Those of us who watched the last Super Bowl Halftime show may have had our gag reflexes tested when we saw Mick Jagger. Watching it was disturbing, not necessarily because it was Mick Jagger or because it was a 60-year-old Mick Jagger, but because it was a 60-year-old Mick Jagger wearing tight leather pants.

This idea of tight pants is a cycle of fashion that we could do without, but it seems as though it is upon us once again. Greasers did it in the '50s, hippies did it in the '70s, and now emo-ers are doing it. And I finally understand why they call themselves "emo," because I can imagine that it is a very traumatic and emotional experience getting oneself in and out of those pants everyday.

People often accuse me of being very unemotional. I have even been called an "emotionless lump." So I thought to myself, "Self, what better way to become more emotional than to be 'emo'?" So, in my John Howard Griffin-esque sort of way, I spent a day in the life of an emo kid.

Unfortunately, I ended up spending a day in the life of an emergency room patient instead. I tried to get on those tight pants, lost circulation to the bottom half of my body, fell over, cracked my head open, got stitches, cried all day long, and then wrote a song about it. So, maybe I did spend a day in the life of an emo kid. But all in all, tight pants restrict movement, restrict circulation, and accent parts of a man's body that really shouldn't be accented. There's really nothing appealing about them.

But there are more fashion oddities that I see than just guys wearing tight pants. And by no means am I a fashion expert. I do most of my shopping at D.I. So the only way I'm in style, is if the stuff leftover from that old guy's estate sale are in style. My fashion may be a little outdated, but that doesn't keep me from poking fun at others. And what better group to poke fun at than women?

There are women now that wear pointy shoes. High heels are

uncomfortable enough, or so I've heard, but now women are cramming their toes into an even smaller space. You might as well just make the shoes out of Satan. Maybe they're just leftover from their witch costume from Halloween. Perhaps they buy those pointy shoes because they lost their rape whistle. You could easily impale a man with shoes like that. But my guess is that the real reason they buy those shoes is because they think men actually look at their shoes. In reality, 72 percent of men don't even know that women have feet.

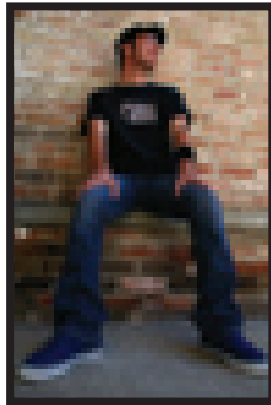
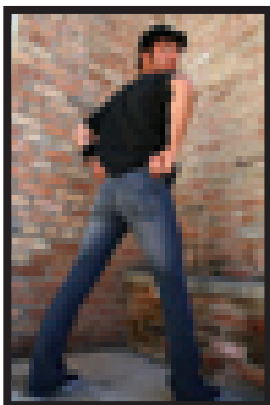
Then there are women's fashion accessories that really serve no purpose, like snow boots when it's not snowing, huge sunglasses (with or without sun), and belts that don't hold anything up. What's next? Purses that are too small to hold anything and jackets that are too skimpy to keep you warm? Oh, wait.

Speaking of things that don't make sense, pre-ripped jeans? There used to be a time when you could buy your jeans un-ripped. This gave you the opportunity to break them in yourself, which was the best part. You were the one who got to wear in the knees. You were the one who got to break the belt buckles. You were the one who got to reach into your pocket for your wallet and rip a huge hole. There was a time when having ripped jeans was a sign to buy new jeans, but not anymore. This is genius by the clothing companies. Now they're selling jeans that are already worn out, and so they need to be replaced sooner, which means you have to buy more jeans sooner. But who cares? I mean, you see how cool they look?

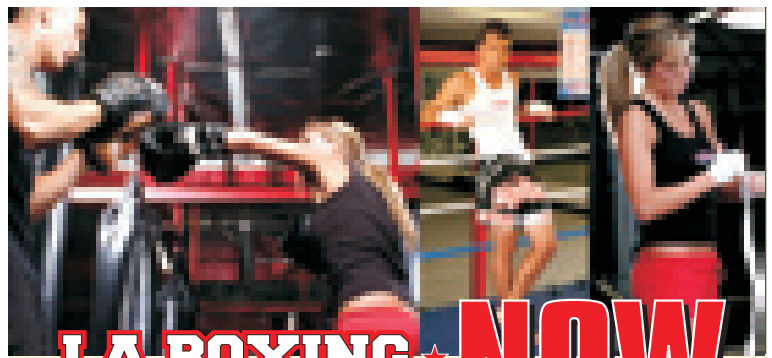
Speaking of things that some people think look really cool, and back to making fun of guys, let's hear it for popped collars. Now, I have to admit, there was a time in my life when I popped my collar, but it was way before the fad even started. I was O.P.C.G., Original Popped Collar Gangster. Then there came a point in my life when I saw others beginning to pop their collars. And it wasn't the cool kids that were popping their collars, it was the Zack Morrises and Carlton Bankses. It was the guys that wear polo shirts, but don't play polo. I cried when I had to stop popping my collar. And then I wrote a song about it.

I tried to get on those tight pants, lost circulation to the bottom half of my body, fell over, cracked my head open, got stitches, cried all day long, and then wrote a song about it.

SM



Photos By Mark Hansen



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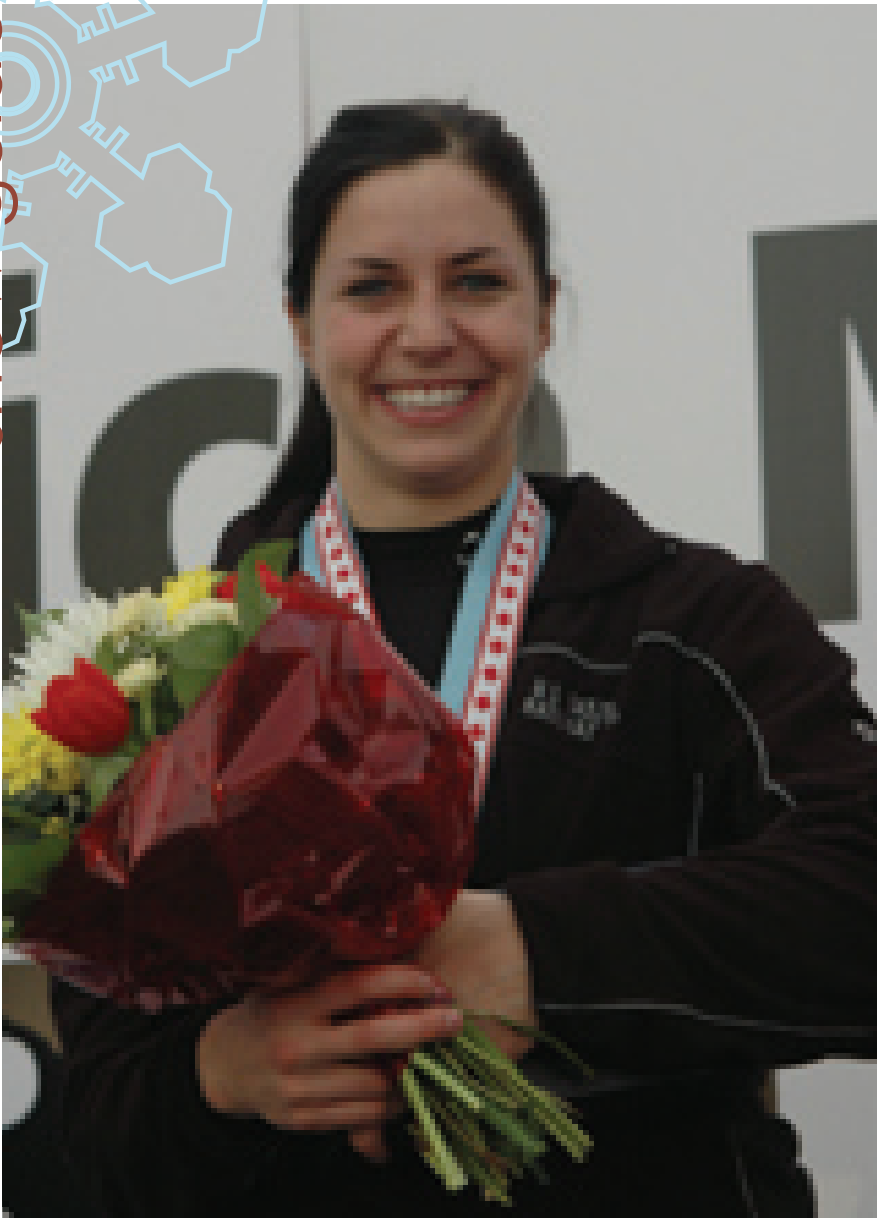
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Photos courtesy of the USBSF and taken by John Nielsen

Tragedy & Triumph: Noelle Pikus-Pace Fights to Come Back

By Jeremy Holm

Every athlete has a dream to make it big: sink the winning shot, set a world record, become the champion, etc. But for Orem-native Noelle Pikus-Pace, it wasn't just a dream. It was reality.

With an unbelievably successful high school and collegiate athletic career, Pace began racing for the U.S. in the sport of skeleton in 2001. She finished fourth in the 2002-2003 Junior World Championships, and won six World Cup medals in the 2004-2005 season. To add fortune to glory, Pace became the first American female athlete to ever win the overall World Cup Skeleton title in 2005.

Prior to the 2006 Olympic Games held in Turino, Italy, the skeleton world and

the media predicted Pace would become Olympic champion by bringing home the gold medal.

But on October 19, 2005, tragedy struck. During a trip to Canada's Calgary Olympic Park an American four-man bobsled crashed into Pace and her teammates, shattering her lower right leg and, she thought, her Olympic dreams. At the hospital doctors performed emergency surgery, inserting a titanium rod into her leg.

Preliminary prognosis was that she would be unable to put pressure on the leg for four weeks. However, with the world eagerly watching, Noelle returned to her home in Orem on October 23. One week after the surgery the injured athlete fought

her way through her first session of physical therapy.

Thus began the race of her life: heal sufficiently to compete in the Turino Games only 114 days away. Matt Fultz of Rival Films documented her incredible struggle in his film "114 Days: The Race to Save a Dream" which is available at www.rivalfilms.com.

As a fellow U.S. athlete, I watched Pace's recovery with hope. When she was back racing six weeks after surgery, I placed a picture of her on crutches up on my wall. Whenever I didn't want to go to the gym, I looked at the photo to remind myself that if this athlete could make it back from the hell she was in, I could work harder for my goals.

It's been a little over a year since the accident. I was able to interview Pace before she flew out to Lake Placid, NY for the U.S. National Skeleton Team trials held this month (her results will be available at www.usbsf.com) to ask her about her experiences over the past year. Truly, her story is one of tragedy...and the triumph of the human spirit.

SM: What was your biggest fear after the accident?

NP: First it was just the fear of not being able to walk. I was praying that everything had gone well in surgery. Then it was, obviously, not making it to the Olympics.

SM: What was it like to watch the Turino Games?

NP: I actually was in Italy with my family. I was an alternate for the team and still had possible hopes of getting a waiver to compete. I never even went to Torino itself, though. I watched it from our hotel room. I couldn't get up the guts to go. It was the hardest time of my life.

SM: What was rehabilitation like?

NP: Long and sometimes painful but I had the best physical therapist in the world.

SM: How long did the rehab take?

NP: I would do rehab about six to eight hours a day, inside and outside of physical therapy. I did it everyday except Sunday for six weeks at which point I began competing again. I would go back here and there throughout the season. However, after any serious injury, I don't think rehab ever really ends.

SM: Tell us what you have been doing over the summer to get ready for this season.

NP: I spent my summer at Lake Powell, Palm Springs, Jackson Hole, and various other places. After the past season, I really just needed a break from anything to do



“Whenever I didn’t want to go to the gym, I looked at the photo to remind myself that if this athlete could make it back from the hell she was in, I could work harder for my goals.”

with skeleton. I lifted and ran here and there but kept it light.

SM: What’s your average non-season day like?

NP: Usually, I’ll be in the gym for two to three hours a day, then at a track and field track for about an hour doing sprints. Aside from that, it’s like anybody else’s day.

SM: What’s your average race day like?

NP: Stressful. I prepare my equipment the night before. The morning of I just eat a good breakfast, say a prayer to do my best, and head to the track. The emotions are always high for everyone on race day and you can feel it in the room where we gather before the race. After the competition is over, we all take in a deep sigh of relief, and go back to the hotel to eat lots of chocolate.

SM: What are your plans for the 2006-2007 season?

NP: I’m competing again. I hope to make the World Cup Team again and just relax and have fun this season. I don’t want to worry about results.

SM: Which is your favorite track?

NP: Sigulda, Latvia. It is supposedly the hardest track in the world and the last time I won a gold medal was there. It’s a crazy, fun track.

SM: What is your favorite skeleton-related memory?

NP: Winning my first gold medal in Winterberg, Germany. Now that was fun.

SM: A lot of student athletes will be reading this article, some with goals of furthering their athletic careers. What advice would you give to them?

NP: I would say to work on your mental toughness as much as your physical. Figure out what makes you doubt and replace it with the things that give you confidence. Aside from that, just have fun. I compete way better when I just have fun.

SM: What non-sport goals have you set for your life?

NP: Right now, I am currently working toward my master’s in business administration. Education has always been a high priority for me. Aside from education, having a family is definitely a priority as well.

SM: So will we see you in Vancouver?

NP: That’s the ultimate goal. If I make the Olympic Team I better see every one of you there!

I don’t think it’s a question of if Noelle Pikus-Pace will make it to the Olympics. It just a matter of when.

Noelle currently resides in Orem with her husband, Janson Pace. **S**
M



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SCHOOLED'S SKI AND SNOWBOARD GUIDE

By Sarah Gessel
& Jamie Littlefield

Utah boasts the greatest snow on earth. So take advantage of the slopes and make the winter sports part of your weekly exercise regimen. Take a university ski course, buy a season pass at your favorite resort or for those of us restricted by funds, go night skiing. Just because you go to a resort doesn't mean you have to ski. Check out these websites to learn about dogsledding, bobsledding, and cross-country skiing. Don't forget the resort lodges and

restaurants that offer hot meals to keep you going. For Winter Event listings, please visit the resort's website for more details.

The Canyons (www.thecanyons.com)

This season, The Canyons introduces the DreamCatcher lift. This all-new quad opens an additional 200+ acres of pristine glades and natural trails and increased the skiable terrain to 3,700 acres. The Tombstone

Express has also been upgraded to reduce lift time. The Canyons offers eight separate mountains with over 140 runs and is one of the five biggest resorts in the nation. Their award-winning terrain park is a favorite among locals and offers challenges for all levels of riders. Beginners and advanced skiers can cruise at their own pace as the park offers slopes for every skill level.

Winter Events: 1. On December 16th only, the first 50 guests that wear Santa Claus costumes will ski or ride for free. 2. On March 3rd, The Canyons will host its annual Rail Jam, a wild event that will test the abilities of both skiers and

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riders. 3. The Quiksilver Canis Lupus Challenge on March 10th takes place in the mile-long natural halfpipe. 4. The Slopestyle Competition will be held on March 17th. Contestants will be judged on style, execution, and creativity utilizing features of the slopestyle course. 6. On March 24th, The Pond Skimming & Reggae Festival is The Canyons' most popular party and contestants must dress in costume and attempt to cross a 100-foot pond on skis or a snowboard.

Park City

(www.parkcitymountain.com)

Not only was this resort a host of the 2002 Olympic snowboard events, the Park City Mountain Resort claims an impressive 3,300 acres. Dedicated skiers and snowboarders enjoy access to more than 100 runs, seven peaks, and nine bowls. For beginners, Park City offers lessons from professional ski and snowboard instructors. For seasoned snowboarders, the mountain provides a super pipe and four award-winning terrain parks. When you're ready for a break, ride their town lift straight into Park City's old town and check out the quaint shops and restaurants. Tubing and mini snowmobiles are also available in a lighted area with access to a lift.

Winter Events:

1. On November 24, The Historic Main Street Business Alliance of Park City has planned a huge shopping event with over 50 merchants and restaurants are providing thousands of dollars in cash and prizes. The event will also include

a Park City Style party on December 16th at the Town Lift Plaza. 2. Music on the Mountain, January 20 will include a free concert in the plaza.

Sundance Resort

(www.sundanceresort.com)

The Sundance Resort is a hip hangout for snow sport enthusiasts. Only 20 minutes away from BYU, and with 450 skiable acres and 41 runs, Sundance skiers and snowboarders can enjoy the snow without the long lines. Take a BYU or UVSC skiing or snowboarding class and make winter fun part of your university education.

Winter Events: 1. On November 11 at noon former Secretary of State, Madaleine Albright, will be speaking at the Sundance Resort.

Alta

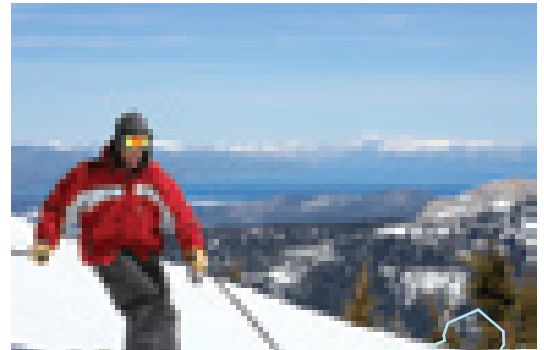
(www.alta.com)

Ski free after 3 p.m. on Alta's Sunnyside lift. Or, check out their 54 more advanced runs on 2,200 acres of terrain. Alta resort has been rated best ski area in the US five years running. Beginners can get a trial run with discounted lift passes and improve their skills through Alta's top-rated ski school. Alta is a ski-only resort, so leave those boards behind. For those with a more adventurous spirit check out their Nordic and cross country skiing runs which start at around \$10.

Winter Events: 1. Utah Snow Jam 2006 on

November 11 from 4-10 p.m. will be held at the Gallivan Center in SLC. This FREE party is for all ages and will feature live music by '80s cover band, the Metal Gods and music spun by DJ Knucklz. Other events at this party will include the ski and snowboard videos, gear demos, giveaways from all Utah resorts, local celebrity pro athlete poster signings, and more. Party-goers are encouraged to bring their current and past season passes to win prizes.

(continued on page 24)



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Deer Valley Resort (www.deervalley.com)

Freestyle competitors are coming from around the world to the 2007 Chevrolet Freestyle International World Cup. This year's event will include aerial, dual mogul and mogul competitions on Deer Valley's 2002 Olympic runs. Deer Valley sells the most expensive lift tickets in Utah. But, with their 90 professionally-designed runs on 1,750 acres of sparkling snow, the experience may be worth the price tag. Advanced patrons can try out black diamonds, while beginners stick to the small slopes and ski school.

Winter Events: 1. Hitting the slopes on December 3 will be an invitational ski race involving teams of ski legends, celebrities and former Olympians.

Snowbird (www.snowbird.com)

With the longest ski and snowboard season in Utah, enjoy 2,500 skiable acres and more than 89 runs in this winter wonderland. This fall the new Peruvian airlift and tunnel are set to open. The tunnel, which is the first of its kind in North America, is 600 feet long and connects Peruvian Gulch with Mineral Basin. Snowbird's board park is a favorite


among local snowboarding enthusiasts.

Winter Events: 1. An ongoing winter deal is FREE night skiing on Chickadee hill every Wednesday, Friday and Saturday nights until 8:30 p.m. (conditions permitting). This usually starts in mid to late December. 2. Bring some friends to Snowbird's New Year's Eve Torchlight Parade and Fireworks. 3. "Access the Goods" Movie Tour held January 19 will be playing in the Tram Club.



Brighton (www.brightonresort.com)

Brighton offers 66 runs and 1050 acres of snow sport landscape. Beginners can purchase workshop packages while more advanced sportsmen give their "Endless Winter" run a try. Night skiing is another favorite of Brighton patrons. With 200 lighted acres and 22 runs, Brighton offers the most night terrain in the state.

Winter Events: The Utah Winter Games/Jeep Terrain Park Challenge will be held on Jan 21. 2. The 4th annual Wasatch Powderkeg is slated for Saturday March 19th. The 5,000 vertical backcountry ski race starts at Alta and finishes at Brighton. This event is not for the weak of heart. 

Snow Rentals

Wondering where to rent your snow gear this winter? Here is a chart to compare what's close to you and fits your budget. Board rentals include board and boots, Ski rentals include skis, boots, and poles. **By Sarah Gessel**

| AROUND TOWN | Board | Ski |
|---|-------|------|
| DP Sports (New Equip.) 375-8989, PROVO | \$29 | N/A |
| Outdoors Unlimited 422-2708, PROVO | \$21 | \$10 |
| Parks Sportsman 225-0227, OREM | \$21 | \$15 |
| The Sports Authority 225-9500, OREM | \$25 | \$14 |
| Milo Sport 426-4300, OREM | \$20 | N/A |
| ON THE SLOPES | | |
| Snowbird Resort 1-877-754-7627 | \$31 | \$30 |
| Sundance Resort 801-223-4120 | \$35 | \$28 |

School Clubs

Here are some websites to get involved with snowboarding & ski clubs on campus.
SnowRiderz Club (Anyone ages 18-25)
www.snowboarderz.com/byu/
UVSC Board Club For more information, email them at uvscboardclub@gmail.com

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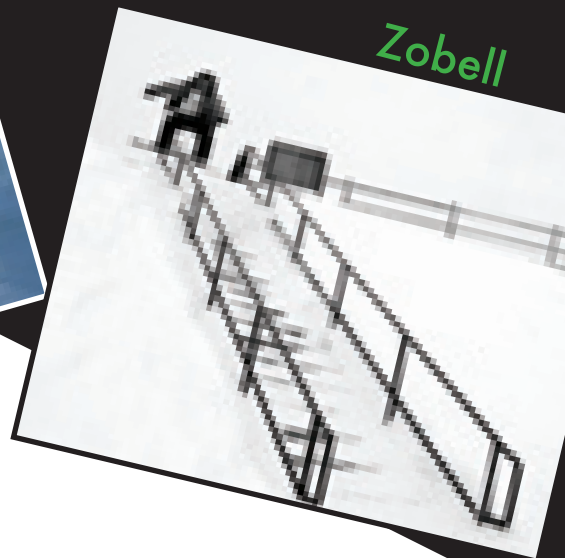
EXTREME STUDENTS

Ex-treme: of a character or kind farthest removed from the ordinary or average. **By Jeremy Holm**

Revelli



Zobell



Every student has ways of spending their free time. But SCHOOLED caught up with some students with some pretty extreme hobbies! These student athletes aren't your average bunch. Whether cutting on the street, ripping it up on the slopes, or sliding down a sheet of ice, check out their incredible stories!

Who knows. You might find yourself getting involved just like they did!

X Skyler "ZOBERnutZ" Zobell Snowboarding

Age: 19

From: Orem, Utah

Studying: My major is the art of shredding, but I will be studying Criminal Justice.

Years in Sport: I think I went for the first time when I was eight but I never took snowboarding "seriously" until I was about 15.

How did you first get involved?

I used to be a little ski punk then I told my parents I wanted to try a snowboard. My cousin had a boyfriend who was an instructor at The Canyons Resort so we had the hookup. I had my lesson with like 15 other kids and I wasn't learning anything so I bailed on the group and pretty much taught myself. I haven't stepped on a pair of ski's more than four times in the last 10 years.

Worst injury from the sport?

I've had so many. Anything that puts you out of the game for more than a few days is the worst injury ever! Collar bones don't feel good. Ankles, wrists, and knees just to name a few.

Best sport-related memory?

Every day that I've had the opportunity to step into my board and ride it. That and the day I landed a huge frontside spin. We'll just say it was big.

What are some of your top achievements?

I landed some pretty big tricks last season that I never thought would be possible for me. Every contest I have ever entered I've placed top five. But the best of all is that I still love every minute I'm doing it.

Sponsors:

Billabong Outerwear, Nitro Snowboards, DC Shoe Co., Dragon Optics, Flux Bindings, and LOHF boarding. My parents have helped me out every single step of the way. My best sponsor would be THE DECLINE Boardshop in Provo and Ryan Blohm. But if it weren't for Ryan Fullmer (Fullmer Snowboards) I wouldn't be where I am today. He's been a HUGE influence on my snowboarding for the last four years. And Kevin William Jackman. This guy has been so good to me.

X Jeremy Holm Bobsled

Age: 25

From: Salt Lake City, UT

Studying: Journalism

Years in Sport: 8

How did you first get involved?

My dad's company was sponsoring the U.S. team, so they gave him a bobsled ride. My mom was supposed to go, but she hates roller coasters so he invited me. I remember putting on the helmet and getting into the sled. They pushed us off and by about the fourth turn I knew I was hooked. I just got into some youth programs and worked my way up the sport from there.

Worst injury from the sport?

Cuts and bruises here and there, but nothing too bad. Longest injury was a torn quad muscle. That took awhile to heal.

Best sport-related memory?

Probably winning the 1999 Empire State Games in New York. My friend Joe and I were invited to participate in a special driver's camp, so we scraped up enough money to fly out. The competition was at the end of the week, so we entered as a team. It was us vs., like, seven New York teams.

After our first run down the track we weren't doing that great in the standings. So I made Joe a deal: if he beat my time I would set him up on a date with a cheerleader back in Utah. So, of course, he beat my time (not by much though). As we put our sled away, Joe told me to look at the scoreboard. '#1 TEAM HOLM, USA.' We came from almost last to win. Joe got his date and we got the gold medal. We even wore it through the airport when we flew home. But standing on top of the medal's podium while the National Anthem was played over the loud speaker... I wouldn't trade that for anything.

How would you describe your sport?

Run fast, push hard, sit down, and don't scream too loud. It's Six Flags on steroids. Imagine your favorite roller coaster with a jet engine on the back. It's so close to flying a jet fighter. We pull up to five times the force of gravity. Astronauts only pull about four G's, by the way. All I can say is hold on tight!

Accomplishments In Sport:

1st in 1998 New York Empire State Games
5th in 1999 U.S. Nationals
2nd in 2006 Season Closing Challenge

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Schooled 27

X Cassie Revelli Skeleton

Age: 20

From: Highland, UT

Studying: Exercise and Sports Science Emphasis in Athletic training

Years in Sport: This is my fifth season

How did you first get involved?

My older brother competed in Bobsled, my younger brother competed in Luge, so naturally Skeleton was the only one left. My younger brother and I are both on the U.S. National Skeleton team now.

Worst injury from the sport?

Many concussions, chipped elbow, ice burns. The usual.

Best sport-related memory?

Being over in Europe for the first time and competing. Not very many people know you over there, but they are your friend the moment you get there. Also being on any new track and representing the USA.

How would you describe your sport?

Living life 52 seconds at a time, going 80 mph inches from a sheet of ice, and having the biggest rush every time you go to the starting line!

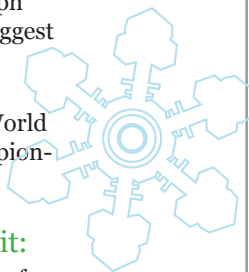
Accomplishments in Sport:

Some recent ones include: 18th 2006 Jr. World Championship, 2nd 2006 Jr. National Championships, 3rd 2006 Western Regional Championships.

For More Skeleton Information, Visit:

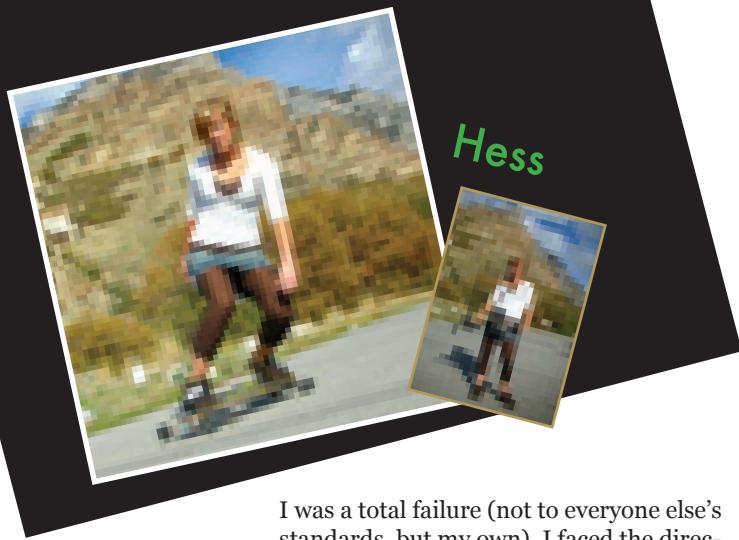
www.utahice.org, www.fibt.com, www.usbsf.com

(continued on page 28)



Holm





Hess

X Jenn Hess Freeboarding

Age: 19
From: San Francisco Bay
Studying: Graphic design
Years in Sport: I started the last weeks of August.

How did you first get involved?

I was riding my longboard last summer with some buddies in California. I was just cruising down a hill when out of nowhere four riders on these crazy boards bombed right past me. They were sliding over the asphalt like ice, spinning in and out of switch, sliding smooth 360's, and doing standing power slides. I couldn't believe my eyes.

It was there that I was introduced to Sica, the legendary 'First Lady' of the sport. She handed me her shortest demo board and I hopped on. I must have only gone three feet when I caught my first edge and fell flat on my face. I looked up at her with a big fat smile. It felt like snowboarding for the first time. I walked away that night with two skinned knees and a new addiction. I bought a board the next day.

Best sport-related memory?

With so many awesome rides, it's hard to pick one moment. It was pretty surreal for the first two weeks. I was lucky enough to be introduced to the sport by the pro team core riders in San Francisco. They really took me under their wing and taught me everything I know. They let me tag along to all their rides even though I was so new. There's just nothing like ripping it up on the San Francisco hills with the ocean in the background, smooth asphalt, and the

X Olivia Roxanne Benson Snowboarding

Age: 18
From: Provo, Utah
Studying: Business Marketing
Years in Sport: Seven

How did you first get involved?

I received snowboarding lessons for Christmas from one year, and I've been hooked ever since.

Worst injury from the sport?

During practice for the Roxy Chicken Jam, I overshot a landing and tore the ligaments in my wrist. It required surgery with three pins and being in a cast for three months, ending my snowboarding season.

Best sport-related memory?

I competed in the Volcom Peanut-Butter and Rail Jam and the ultimate goal was to win in your regional division to attend the championship competition in California.

At the end of the competition, all the competitors were sweaty, tired and anxious to hear who would be going. I thought I did pretty well. The winners from the age groups were read out loud. Pictures were being taken and prizes were given out to all the winners. My name hadn't been called and I thought

I was a total failure (not to everyone else's standards, but my own). I faced the direction of my car, took a deep breath and thought "maybe next year."

Then through a mega phone I heard "top female rider who's going to Mammoth Mountain is OLIVIA BENSON!" I was so excited! I can't even explain how good that made me feel, the one shot at getting the thing I wanted most! Vini, vidi, vicci!

Where can people go to learn more about your sport?

There are tons of snowboarding web sites, and snowboard classes are offered at most resorts.

What are some of your top achievements?

I've never placed lower than third. Some competitions are the Volcom Peanut-Butter and Rail Jam, Forum Young-Blood, Slug Mag Junkyard Jam, events by Smith Optics with their white limo that has a rail on top. I've acquired sponsors such as Roxy, Smith Optics, Drake, and 32.

Zobell



best riders in the sport leading you each step of the way.

Worst injury from the sport?

I've managed to stay (for the most part) intact despite an amnesic concussion a few weeks back and a mild dislocated elbow my first week. I've seen much worse. One thing is for sure: it's so worth it.

How would you describe your sport?

Freebording is snowboarding on pavement. It looks like a longboard only it has bindings, longer trucks, and six wheels (four edge wheels, and two center wheels). This enables you to glide from side to side over your centers to simulate the feeling of carving through fresh snow. With the rotating center wheels you're able to float in and out of switch, bust standing 360's and bomb any hill because you now have the ability to check your speed. You can stop fast by carving in a hard toeside or heelside, just like snowboarding... basically it's the perfect remedy to the summer itch.

Where can people go to learn more about your sport?

Check out www.freebord.com. Provo is lucky to have a local board shop (The Decline) that sells all the boards, accessories, and upgrades. My favorite freeboard info outlet would be www.freebord.com/forum. There's over 250 active riders on there who are great at answering questions, giving advice, sharing footage, organizing rides, etc.

Jannicke Mikkelsen

Speed Skating

Age: 20

From: Norway

Studying: Mathematics

Years in Sport: Just over a year and a half. I used to be a figure skater and a snowboarder. Then I switched to Long Track speed skating because it combined ice and blades with high speed.

How did you first get involved?

It all started with a bet that I couldn't do speed skating. I got free tickets through my figure skating club to watch the speedskating World Championships in Norway. There I started talking to two American speed skaters, Derek Parra and Chad Hedrick. We started to discuss what was the hardest sport: figure skating or speed skating. They bet I couldn't do speed skating because it was harder than figure skating. Six months later I tried speed skating and

that's when I figured out that it was a lot of fun. After I started speed skating I got in touch with Derek (Parra) and Chad (Hedrick). That's when they invited me to come train with their team here in Utah.

Best sport-related memory?

It has got to be the first time I put my speed skates on. I felt like Bambi from the Walt Disney movie. I was a figure skater and was used to having full control of my skates, but speed skates have no edges. The heel part of the blade is free to "clap" and the boot is so low cut it's on the ankle bone. Not the easiest things to put on your feet and expect to go fast. But it's the best feeling ever when you finally get the hang of things.

How would you describe your sport?

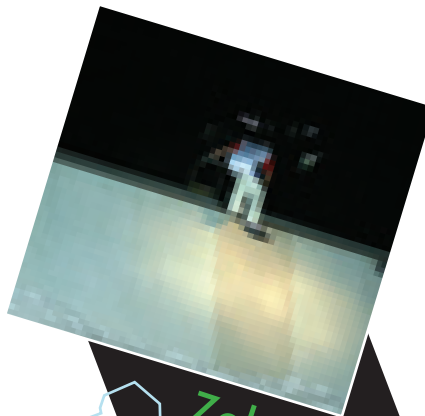
Go fast, turn left. That's all there is to it. The sport takes place on a 400m ice oval track. Just like a running track, but there are only two race lanes. The racers wear skin suits and clap skates. (skates with a blade only attached to the toe of the boot.) The skater with the fastest time wins the race!

Where can people go to learn more about your sport?

Go to www.utaholympicoval.com or call 801.968.OVAL

What are some of your top achievements?:

I haven't been speed skating for too long, so I'm working my hardest to get some really cool results. I have a bronze in the 3km at the Norwegian Championships. A few club and regional speed records and I had the 100m Norwegian National sprint record for a few months. This is a great sport. It's a lot of hard work and good fun.



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Holiday Cheat Sheet

Thanksgiving doesn't have to signal the beginning of a six-week binge-fest. Check these four items off by the end of the day for a healthy start to the holiday season.

- Choose a form-fitting outfit. No baggy jeans or sweats. You will be less likely to gorge yourself on holiday treats, and you'll look your best for family photos.
- Enjoy palm-size, or smaller, amounts of your holiday favorites instead of taking some of everything. Skip out on the second helpings.
- TiVo the football games and get active. Hike, walk, or go for a bike ride once the table has cleared, or play some games with your family before the big dinner.
- Choose pumpkin pie instead of pecan and shave 200 calories off of your meal. Leave the crust and trim off even more calories.



By Rebekah Jakeman

- W**ash your hands. A quick rub under the faucet isn't enough. (For more tips about washing your hands, please see page 7.)
- I**mmunize. Get your flu shot.
- N**utrition. Stick to a schedule for meals. Avoid periods of no food and then overindulging. Consume plenty of folic acids (found in dark green leafy vegs, eggs and whole grains).
- T**ime-out. Do whatever helps you relax. If you're lacking ideas, it has been proven that those who pop bubble gum 10 minutes before a stressful activity are significantly more relaxed.
- E**xercise. You know the drill. Make healthy choices—opt for the stairs over the elevator, jog in place while waiting in line, heft soup cans while waiting for your dinner to cook. Enough said.
- R**est. On average you need eight hours of sleep for every 24 hours. Every hour of sleep before midnight gives you almost twice as much benefit as those after 12 a.m.
- H**erbal remedies. Honeysuckle helps reduce high fevers. Both ginger and peppermint can help settle upset stomachs. Elderberry reduces flu symptoms. Garlic helps fight bacterial and viral infections.
- E**at fish at least once a week. It contains omega oils which help boost the body's immune system.
- A**scorbic Acid (Vitamin C); Be sure to get your daily dosage.
- L**ess fat and sugar intake. According to the recommended diet, the average person should limit his/her in-take to 2000 calories and 18 grams of fat a day.
- T**emperature. Avoid extremes in temperature which are harmful for your body. Don't leave the house with wet hair which will freeze in the winter wind or pump up the heat too high in your apartment.
- H**ydration. Drink six to eight glasses of fluids a day (water, fruit/veg juice, or milk). Make it a goal to get a drink every time you pass a water fountain. Avoid too much hot chocolate. The caffeine actually works against the hydration in your body.

Did You Know

Here are five health and fitness facts to enhance your IQ.

1. The Average American eats about 65 fresh apples every year according to the U.S. Apple Association.
2. The beginning of November is the best time to get a flu shot.
3. Latest studies report that the average sizes of American women are 12 and 14. According to the National Eating Disorders Association, the average American woman is 5'4" tall and weighs 140 pounds. The average American model is 5'11" tall and weighs 117 pounds. What a difference!
4. Fifteen minutes of laughter a day increases blood flow and may lead to better cardiovascular health.
5. You can blast fat with vitamin C! New research suggests that getting 500 milligrams of vitamin C daily will boost your fat burn by about 30 percent.



It's always good to know where to go if you have a medical emergency or need a doctor. Especially with flu season and cold months around the corner. Here is a list of where you can go!

BYU Student Health Center
1750 North Wymount Terrace
Drive, Provo
801.422.2771

Riverwoods Urgent Care Center
280 River Park Dr Ste 100,
Provo
801.229.2011

IHC Health Center
1975 N State Street, Orem
801.714.5500
& 505 W 400 N, Orem
801.714.3450

Timpanogos Regional Hospital
750 W 800 N, Orem
801.714.6000

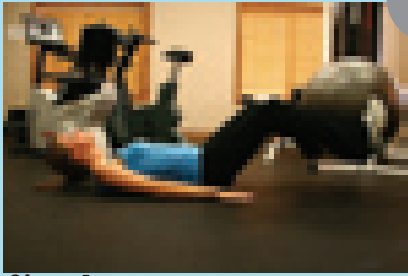
Orem Community Hospital
331 N 400 W
Orem, UT 84057
801.224.4080

University Health Care
145 W University PKWY, Orem
801.234.8600

Utah Valley Regional Medical Center
1034 N 500 W, Provo
801.357.7850

Want to get those abs ready to take on the turkey and Christmas dinners around the corner? We have some top notch tips from Jed D. Hanson, the owner of Fitness Pros (fitnessprostraining.com), on how to work your core abdominals to the max! Here are three exercises to try. Also, make sure to always work out your lower abs first, your side obliques second, and your upper abs last for an effective workout!

Exercise 1: Lower Abs



Step 1: Roll pelvis backward and flatten back against the floor.



Step 2: Keep a neutral spine position. Movement occurs in the hips, not the knees. Hold ball firmly with feet and squeeze ball.

Exercise 2: Side Obliques



Step 1: Sit up straight on ball. Interlock your fingers with slight bend in the elbows.



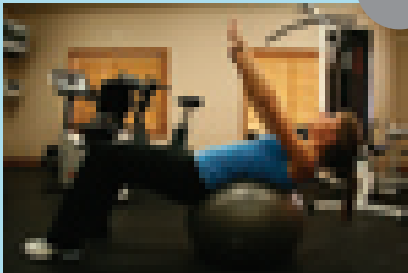
Step 2: Lower to your side. Then back to step one position.



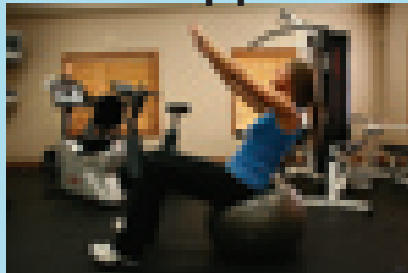
Step 3: Then repeat to opposite side.

Photos By Mark Hansen

Exercise 3: Upper Abs



Step 1: With proper form, lie on ball and keep your head in line with your body



Step 2: Reach up to ceiling and contract your abs holding your chin up.

“Show Me the Money,” by Petey Pablo
 “Get Back,” by Zebrahead
 “Run It,” by Chris Brown
 “Somebody Told Me,” by The Killers
 “Start Something” by Lost Prophets
 “My Humps” by Black Eyed Peas
 “Move Along,” by All American Rejects
 “Ms. New Booty,” by Bubba Sparxxx
 “Don’t Stop Till You Get Enough,” by Michael Jackson
 “Roll Out,” by Ludacris

By Kristen Barlow

November’s
TOP 10
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5 Things You Should Never Say In The Workplace

By Jamie Littlefield

Saying the wrong thing at the office can cost you. Employees who slip up risk their reputation and are often denied promotions. “Employees should avoid talking about anything that keeps them from being portrayed as professional and capable,” says career counselor Sue Stephenson. “Reputation management is an important part of being successful.” If you want to do well in the workplace, avoid these five phrases:

“I’m looking for another job.”

Why it’s bad: It’s only polite to give your boss a reasonable amount of time to prepare for your departure. But, don’t make a general announcement of your intent to quit and then hang around the office for months or even years while casually thumbing through the employment section. Your boss will overlook you for possible promotions and will resent your lack of loyalty to the company.

Damage control: If you’ve already told your employer that you’re searching for new options, take a moment to let him know you still appreciate your current job. Don’t use company time to search for jobs online or in the newspaper. Give your all to your current projects. When the time comes to leave, your employer will be a much better reference.

“Check out my Facebook page.”

Why it’s bad: Sharing personal information can be tempting as you develop friendships with your coworkers. But, think twice before giving away too much. Personal websites, blogs, forums, and social networking pages often contain information that could

damage your reputation at work (or even cause you to lose your job). Do you really want your boss to know that you called in sick because you had a bad breakup or that you’re searching for someone who loves long walks on the beach?

Damage control: If you disclose information online that you wouldn’t want posted on your break room’s bulletin board, take measures to protect your privacy. Create unidentifiable usernames and reset your passwords.

“The boss doesn’t know what he’s talking about.”

Why it’s bad: Even if your boss is a dolt, he has the power to make your office life miserable. Don’t risk getting on his bad side by talking behind his back. Remember that gossip travels quickly – whatever you say is bound to be repeated.

Damage control: You don’t have to be a yes-man (or woman) to get along with your employer. If you think he’s doing something wrong, try gently suggesting alternative ways to handle the situation. If that doesn’t work, bite your tongue until you get home. Then, unload your troubles to an uninvolved and patient friend.

“Everyone else got a promotion!”

Why it’s bad: Whining about your job or pay is the fastest way to annoy your boss. Skip the snide comments and avoid competing with your coworkers. Nagging and

whining in the workplace will only get you branded as a troublemaker.

Damage control: If you want a promotion, set up a meeting with your boss. Let her know ahead of time that you want to discuss your contributions to the company. During your meeting, calmly explain what you’ve been doing with your time on the job and why you deserve a raise. Even if your request is denied, your boss will have a greater respect for you and may be more inclined to give you a promotion in the future.

“I can’t believe she’d wear that to the office.”

Why it’s bad: It can be tempting to gossip about fellow coworkers, but it can also cost you your career. Words first intended as harmless water cooler chitchat may end up causing contention among your colleagues. If your employer hears about it or has to interfere, she may think twice about promoting you to leadership positions.

Damage control: Ignore the impulse to speak negatively about your coworkers and find something else to talk about instead. If someone else starts gossiping, try to change the subject or duck out of the conversation due to “urgent business” before it gets ugly. **S M**



club news!

Get involved with some clubs! This month Schooled Magazine is features the snowboarding and ski clubs at local schools!

By Sarah Gessel

SNOW RIDERZ CLUB

Snow Riderz is the BYU snow boarders and skiers connection. They don't have a set meeting schedule, but they do meet to hit the slopes, to watch ski/board videos or meet for a sweet club competition. Anyone between the ages of 18-25 can join (no matter their school). The cost to become a member is only \$15. If you join the club you get discounted season passes, discounts at local shops, compete in all intra- and inter-club competitions, and come on the Club Trip to Steamboat for \$150, discounted from \$500. The club also covers costs to and from resorts.

Snow Riderz president, Lorin Bird said, "I love being able to help people save money on something they love to do and provide an easier avenue for them to enjoy the sport, whether it be the discounts, the car-pool system, club competitions, or a sweet trip. Snow Riderz rocks. People who participate, love it and have a lot of fun. We just had our own video premier with UVSC

board club and it rocked. People have fun and enjoy the company and the relaxed atmosphere."

To join, contact Bird at byusnowrider@gmail.com or sign up at an event.

UVSC BOARD CLUB

"The UVSC Board Club holds events throughout the year like film premiers, rail jams, long board races, Kicker Parties, wakeboarding events, BBQ's, product reviews, and whatever is rad," said club president, Mike Taylor. They also do two service projects a year. The club meets Wednesday nights once a month. There are advantages of being a club member. "First, you get killer deals at our premier sponsors Milo Sport, Blindsight, Park Sportsman, and Revolution to name a few," said Taylor. "The Board Club also can help you get discounted resort passes and you'll also be up in the mix of the board industry with its products, parties, and events."

The UVSC Board Club will be taking trips and doing some back country snowmobile excursions this winter season. They also have a competitive riding team you can join for the annual College Challenge. The cost of being a UVSC Board Club member is only \$15, and with that you get into all the events free, and are part of an awesome rider network, where you can hang out and meet people who like to board!

"We live this lifestyle of, 'what's the next big rush?'" said Taylor. "What I think is dope about the club is creating opportunities to go out and create that next big rush. If someone wants to get involved all they have to do is come by an event and sign-up, send an e-mail to (uvscboardclub@gmail.com) with their info, call us (863-7404), or tackle members in the hall bribing us with \$15 or our lives if they cannot join the club." You can also check out the UVSC Board Club at www.UVSCBC.blogspot.com and you'll receive a sweet sticker collection. Or you can visit them on their myspace.com or facebook.com.



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A Time of Giving



By Sarah Gessel

November is a time of giving. The major holidays are coming up and we start to remember and be grateful for all of our many blessings. The harsh reality of those that are not so fortunate comes to the front of our minds. Giving should not be just a seasonal thing. But while we're thinking about it, let's make some resolutions about helping others in our community. Here are a few suggestions for you to get started or check out our webpage at www.schooled-magazine.com for a more complete list.

Don't forget the annual BYU & U of U alumni food drive running from November 13-25. The schools will be trying to use the friendly rivalry to benefit those in need by collecting cans and other non-perishable items. Last year, the BYU Student Alumni Association raised more than 43,752 pounds of food and nearly \$22,460 to benefit individuals in Utah County! Collection bins will be placed in buildings throughout campus and at all Rocky Mountain Chevrolet dealerships. Support your favorite team by helping them win bragging rights.

Boy Scouts of America
437.6222
748 N 1340 W, Orem
www.utahscouts.org

Boy and Girls Club
370.4615
1060 E 150 N, Provo
www.bgclub.provo.edu

BYU Center for Service and Learning
422.2130
210 WSC, 2230 WSC, Provo
www.centerforservice.byu.edu
centerforservice@byu.edu

Center for Women & Children in Crisis
374.9351
www.cwic.org
cwic@hotmail.com

Food and Care Coalition
373.1825
60 N 300 W, Provo
www.foodandcare.org

Meals on Wheels
229.3802
2545 N Canyon Road, Provo
jrhineer@mountainland.org

Project Read
852.6654
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November

Schooled Magazine brings you the best calendar in the valley for college students! Go to www.schooledmagazine.com for more info. on these events

monday

tuesday

wednesday

thursday

friday

saturday

-Jazz vs. Pistons, 7pm
-Wait Until Dark, Hale Center Theater, 7:30pm
-Huntingtons Disease Benefit Art Show & Auction, Nov. 3- Nov. 18, 110 S. 300 W. Provo, 6-9pm

6

Glory of This, Four Letter Lie, A Heartwell Ending, at Bleachers
-Open-Mic Acoustic Night at Velour, 8pm
-Saxophone Chamber Night, BYU, 7:30pm
-Wait Until Dark, Hale Center Theater, 7:30pm

7

80's Night at Cafe Del Sol 9pm-1am
-BYU Men's Basketball, Marriott Center, 7pm
-Jazz Vocal Ensemble, BYU, 7:30pm
-Constant and Niobion Concert, Muse, 8pm
-Cabaret Velour, Velour, 8pm

8

-UVSC Men's Basketball, 7pm
-Thrillionaires, Velour, 8pm
-The Who Concert, Delta Center, 7:30pm
-Wait Until Dark, Hale Center Theater, 7:30pm
-Huntingtons Disease Benefit Art Show & Auction, 110 S. 300 W. Provo, 6-9pm

13

Maxeen, Neon Trees, at Bleachers
-Battle of the Bands at Muse 7:30pm
-BYU Cougar Marching Band, 7:30pm
-UVSC Women's Basketball, 7pm
-Open-Mic Acoustic Night, Velour, 8pm
-Jazz vs. Clippers, 7 pm

14

-Thrillionaires, Velour, 8pm
-Jazz vs. Raptors, 7 pm

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-Thrillionaires, Velour, 8pm
-Jazz vs. Magic, 7pm
-HOLIDAY LIGHTS at Thanksgiving Point, 5:30-10pm
-Return to Christmas, at Scera Theatre, 7:30pm

27

-BYU Women's Volleyball, 5pm
-BYU Football vs. Wyoming, 6pm
-Rhapsody in Taps, BYU, 7:30pm
-Godsmack, The Ecenter, 6pm
-Disney On Ice, Delta Center, Nov. 8-12, 7pm

9

-Art, Belief, Meaning Symposium, BYU
-UVSC Hockey, Peaks Ice Arena, 9pm
-Starlight Mints w/ Bishop Allen, & Tom Hein, Velour, 7:30pm
-Dart the Turkey Thanksgiving Celebration: The Center, Provo

16

Thanksgiving Day
-International Thanksgiving Day Run/Walk, Orem Fitness Center, 9am

23

Infinity Movie Night at University Mall Cinema. Free Admission and popcorn for first 150 people! 9:30pm
-Philharmonic Orchestra, BYU, 7:30pm
-Cary Judd, Velour, 8pm

30

Forgotten Charity Concert, at Bleachers, 7pm
-DanceSport Championships, BYU, 9pm
-BYU Cougar Tipoff, 7pm
-BYU Women's Basketball, 7pm
-BYU Ballet Showcase, 7:30pm
-BYU Men's & Women's Chorus, 7:30pm
-UVSC Men's Basketball, 7:05 PM
-Rated Hero, Velour, 8pm
-Primary Element, Muse, 8pm
-Utah Grizzlies, The Ecenter, 7pm

10

"You've Got Schooled" After-Game Dance Party at UVSC McKay Events Center, 10pm til late.
UVSC Women's Basketball, 7pm
-Rail Jam, UVSC 11am-4pm
-BYU Singers and Concert Choir 7:30pm
-BYU Dancensemble, 7:30pm
-Mathematics Etc. Velour, 8pm
-Battle of the Bands at Muse, 7:30pm
-Moonrats, Kid Theodore, Elizabeth's Lights, at Bleachers

17

No School!!!
-HOLIDAY LIGHTS opens at Thanksgiving Point, Nov. 24th - Dec. 31st, 5:30-10pm
-Utah Grizzlies, The E Center, 7pm
-BYU Men's Basketball, 7pm
-UVSC Women's Basketball, 7pm
-Return to Christmas, Opens at Scera Theatre: Nov. 24th-Dec 9th, 7:30pm
-Escape the Fate, Victim Effect, at Bleachers

24

-BYU Christmas Around the World, 7:30pm
-Panoramic Steel and Percussion Ensemble, BYU, 7:30pm
-David Hopkins, Velour, 8pm
-Declaration CD Release, Muse, 8pm
-Brad Paisley, The Delta Center, 7:30pm
-The Aquabats, In The Venue, 6pm
-HOLIDAY LIGHTS at Thanksgiving Point, 5:30-10pm

1

-BYU Women's Volleyball, 7pm
-UVSC Women's Basketball, 3pm
-BYU vs. UVSC Ice Hockey, 8:30pm
-The John Whites Concert, Velour, 8pm
-Forgotten Charity Concert, at Bleachers
-Take the Fall Concert, Muse, 8pm
-Orem Institute Dance, 9pm
-Madeline Albright: Stand Alone Author Event, Sundance, 12pm
-Utah Snow Jam, Gallivan Center, SLC, 4-10pm
-BYU Cougar Tipoff, 7pm

11

-BYU Football vs. New Mexico, 2pm
-BYU Men's Basketball, 7pm
-UVSC Men's Basketball, 7pm
-UVSC Hockey, Peaks Ice Arena, 8:30pm
-Cowboys & Indies #2, Velour, 8pm
-Battle of the Bands Finals, Muse, 8 pm
-Jazz vs. Suns, 7 pm
-Hello goodbye, The Venue, 7pm
-BYU Singers and Concert Choir, 7:30pm

18

-BYU Football at U of U, 1:30pm
-UVSC Women's Basketball, 3pm
-A Christmas Carol opens at Hale Center Theater, through Dec. 23rd
-Jazz vs. Lakers, 7 pm
-Ryan Shupe Christmas Concert, Thanksgiving Point, 7:30pm
-Utah Grizzlies, The E Center, 7pm

25

-BYU Christmas Around the World, 2pm & 7:30pm
-A Baroque Christmas, BYU, 7:30pm
-Harp Solo Ensemble Concert, BYU, 7:30pm
-UVSC Hockey, Peaks Ice Arena, 8:30pm
-Jazz vs. SuperSonics, 7pm
-Nutteracker 5K, UVSC, 9am
-Sub for Santa Service Project, UVSC, 8-10am
-Utah Winter Games Learn to ski/ride clinics, at The Canyons Resort

2

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