

for the student | by the student

Schooled

Magazine

How to
Find the
Perfect Gift
& How to Get Rid
of that Not-So-Perfect Gift.

**Celebrate
Unique Holiday
Traditions**

Holiday Guide

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Are You Ready For Final Exams?

"Final Exam." I always hated and loved those words. I hated them because it meant a few days of total stress and unhappiness. I loved them because it meant that it was over and I could move on from the class and enjoy whatever break I was about to receive.

This year we get an amazing 16 days to relax and rejuvenate from final exams. We hope that you will take this issue with you during your holiday celebrations and long break.

For our final exam at Schooled, (this December issue) we got an A++! I know you'll enjoy these articles that we've put together for you.

Our gift guide will help you find the perfect present for your roommate, significant other, friend or family member. We also have some great short articles about how you can celebrate the holiday season here in Utah. If you're interested in learning about how other cultures celebrate this holiday season, you'll have to check out our Holidays Celebrated Around the World story on page 24.

We also have some great tips about staying fit during the holidays, and for those of you who get some crappy gifts this year, we've got a great article that will give you ideas on how to re-gift them!

So from all of us from Schooled Magazine, good luck on those final exams, and happy holidays!

Deborah Barlow-Taylor

Managing Editor

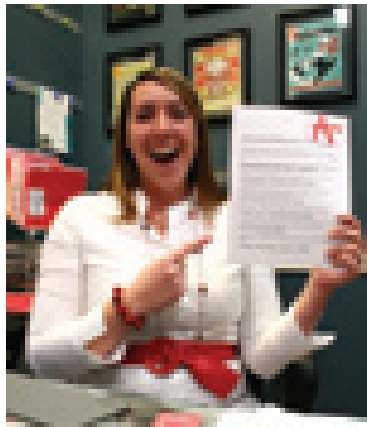


Photo By Mark Hansen

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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

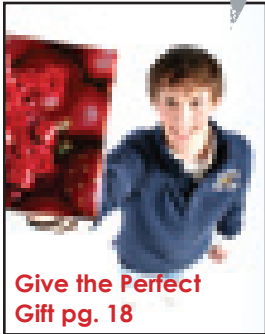
Our All-Inclusive Calendar includes events from all over Utah! If you have any events that you would like to invite our readers to, e-mail your information by the first week of the month, to get your event in the next month's issue. All submissions will be put on our online calendar. E-mail your event 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.



Give the Perfect Gift pg. 18



Traditions Around the World. pg. 22

Cover Story pg. 14-16

The Holiday Guide.

Features

- 9 Winter Film Festivals.
- 10 Best & Worst Christmas Movies.
- 12 The Gift Guide.
- 13 What To Do With Your Crappy Gifts.
- 14 The Holiday Guide.
- 17 Stay In Shape This Holiday Season.
- 17 Celebrate New Years.
- 18 Giving The Perfect Gift.
- 20 How To Battle Christmas Shopping.
- 22 Holiday Traditions Around The World.

Departments

- 6 What's the Buzz?
- 7 Charity Involvement.
- 8 Ask Don Dating Advice.

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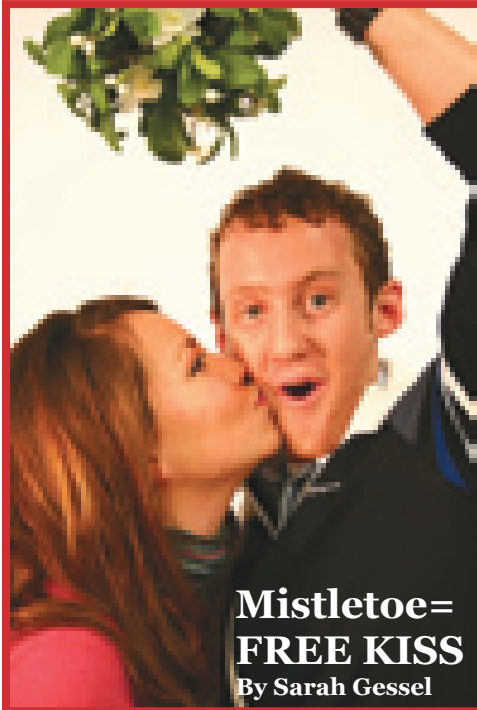
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Mistletoe = FREE KISS
By Sarah Gessel

Mistletoe is a glorious thing. It gives you an excuse for a free kiss... whether it's someone you've liked for a while, or someone you just met...isn't mistletoe a wonderful thing? Here are some interesting facts about mistletoe.

- Mistletoe is a parasitic plant that grows on other trees. Its smooth-edged leaves that are pointy on the end and white or red berries make it easy to recognize. The leaves and twigs have been used as herbal remedies for centuries in Europe to treat circulatory and respiratory problems and tumors. It has also become known as the "vampire plant" because it can suck minerals and water from its host tree.
- French tradition said that mistletoe is poisonous because it was growing on the tree that Christ was crucified on and was then cursed to live on the tops of trees forever as a parasite.
- In Celtic mythology mistletoe was considered an antidote for poison and illness, although some people thought it was poi-

sonous because they got a rash after handling the berries. Celts also used mistletoe in fertility rites and charms making kissing under it popular. It was also hung over the doors of houses and barns to ward the inhabitants from evil spirits.

- The custom of kissing under mistletoe comes from Norse mythology where the god Baldur was killed by a weapon made of mistletoe. His mother, the goddess of love removed the poison with her tears and kissed everyone when they passed under the mistletoe out of happiness that her son came back to life. We now continue the tradition of kissing under the mistletoe thanks to a British revival of the custom in the 18th and 19th centuries.
- The correct procedure was to take a berry off the plant each time someone was kissed under the mistletoe. When all the berries were gone, there was no more kissing under that plant. Single women were also doomed to another year without marriage if they weren't kissed under the mistletoe that year.

Last Minute Travel Deals

Have you changed your mind and want to fly instead of drive home? Here are some great last minute travel websites that have deals that won't break the bank. Make sure to check for their holiday deals. These are also awesome websites if you want to start planning you upcoming spring break!

The Big Four

orbitz.com, expedia.com, priceline.com & travelocity.com

Always try these popular sites so you can compare with what costs are out there. Another suggestion, find a flight on one of their sites, and then check out the actual airlines website and see if you can get it a few dollars cheaper with better cancellation fees.

www.StudentUniverse.com

This website is a travel service that has negotiated with

major airlines to provide students with exclusive and significantly discounted airfares. You'll definitely have to check them out!

www.site59.com

They are the one stop shop for last minute weekend getaways. They boast that you can save up to 70 percent on their site.

www.11thhourvacations.com

This website has lots of different options for last minute flights. Their slogan is that they're "travel priced to go!"

www.travelzoo.com

This website is famous for their top 20 newsletter of handpicked amazing deals. If you're looking to get away from the family or take them with you during the holidays, check out their special deals all around the world.



Want An Easy Way To Get Up To The Slopes?

Ride The

Q Bus

By Sarah Gessel

Ride The Q Bus. Want an easy way to get up to the slopes? The Q Bus is a safe, inexpensive way to get up to the slopes and make new friends on the way! Lake Shore Motor Coaches provide shuttles up to Park City Mountain and The Canyons Resorts that include TV's, stereos, the works. Q Bus has 13 scheduled trips so far and more can be scheduled. Members of the UVSC Board Club get discounts, so you might want to check the club out so you don't have to pay full price. Q Bus can also get you discounted day passes through-

out the season. First time skiers and snowboarders are welcome. Through Q Bus you can get discount rentals at Milo Sport and lunch at Magleby's Fresh. Lessons are also available to all age and skill levels of riders. Q Bus representatives are also available to show you the secret spots where the best runs are on the mountain. Seating is limited to first come first serve.

For registration or more information call 494.9718 or log on to www.qlife00.googlepages.com



charity



Photo By Mark Hansen

Sub for Santa

By Julian Cavazos

With three children and only a few gifts under the tree, Tasi Alexanderson was a little discouraged about Christmas for her children last year. That's when she decided to turn to Sub for Santa, where a family sponsored them, and brought smiles to her children's faces Christmas morning.

"My kids really didn't have anything. We didn't have any money. It was very helpful when you don't have stuff and people are willing to go and help you out," Alexanderson said.

Volunteer sponsors contacted the Alexandersons for a time convenient for them to go pick up their gifts. Alexanderson said she and her husband were surprised to find the presents nicely wrapped, and placed them under their family tree. They did not know what was in them.

Christmas morning came, with her children all excited to open up their gifts, addressed to each of them by name, from "Santa." Anxiously tearing open their gifts, four-year-old Eric got exactly what he wanted, Alexanderson said.

"My other son got "Harry Potter" clothes and a book, and that's what he did all day. We'd go to family for dinners," the mother said, "and he'd take his "Harry Potter" book with him and tell you every detail of what happened in that chapter."

Sub for Santa is run by volunteers under United Way

of America, said Utah County Director Jenn Kilstrom. Along with being sponsored for gifts, less-fortunate families are also educated on community resources and programs to help them become more self-sufficient. The Alexandersons are just a few of the 2,000 families and 5,000 children helped last year.

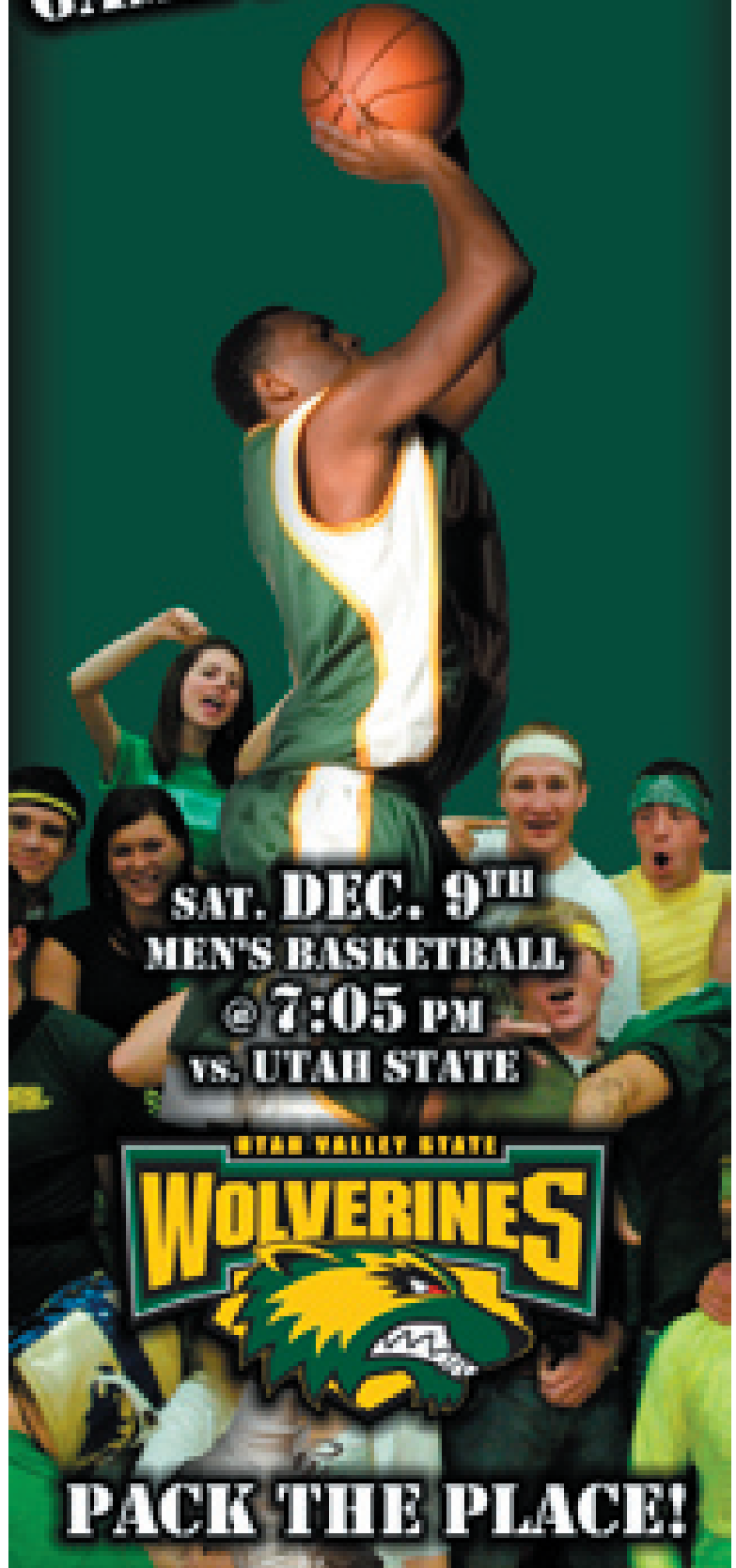
"Our volunteers were totally behind it, and without them, we wouldn't exist...I don't think you could get more involved with Christmas than with a Christmas charity. Most people feel a responsibility to help others out in the community. We're all being little substitutes for Santa," Kilstrom said.

For more information on sponsoring a family, call 801-356-6300, or 801-356-6200 to apply for help. More information can be found at www.unitedwayuc.org. United Way is open to donations from 8:30-5:30 Monday through Friday, located at 148 N. 100 West in Provo.

Other ways to get involved: Food & Care Coalition: You can serve hot meals, conduct a food drive, sing during mealtimes and more. For more information contact Nancy at 801-373-1825. Community Action Services: You can donate food, volunteer as a youth mentor, donate clothes for families in need. For more information, visit www.CommunityActionProvo.org



DON'T MISS THE BIGGEST GAME OF THE YEAR!



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PACK THE PLACE!

The Date Doctor



Solve your biggest dating problems with his expert advice.

By Don Osmond

Have A Question for Don, the Date Doctor?

To submit questions, visit schooledmagazine.com

“How do I survive being home for the holidays with family and friends asking me about my dating life if it's not going anywhere? Do you have any suggestions on how to avoid the question or change the subject?”

A:

That's the blessing and curse of going to school in Utah.

You go to BYU because the communications department is ranked in the top five. Your family thinks you're there because it is the land of "milk and 'hunnie's." (Your brother met his wife there, your parents met there, even your grandparents met there!)

So, it's inevitable that the "dating" question will pop up in conversation. And unfortunately, everyone who is married will have some type of advice to give you, because they are experts.

I don't think there is a way to avoid the topic. The best thing to do is to have a positive attitude. Easier said than done? True, but if you fight against everyone, it will just give them more ammunition.

Trust me, this happens to me every family get-together: (Comments are made in jest.)

Family member: "Don, why aren't you married yet?"

Don: "I'm waiting for her to graduate from high school."

Family member: "Are you dating anyone seriously?"

Don: "No, I'm just seriously dating."

Family member: "What happened to 'so-and-so'? You two were perfect for each other."

Don: "She felt her career was more important than marriage. I died the day she told me she was moving to Alaska to be a penguin trainer." (Don't forget to cry!)

On a more serious note, family members are only concerned for you. Just be honest with them. Let them know how you feel about dating. If you're frustrated, tell them. The married ones have been there before. The single ones are going through it. Everyone needs a little support. Dating is brutal: lean upon your family. You'll find they truly care about you and want you to be happy.

Enjoy this holiday season!! 

“How do I stay in touch with someone I just started dating during the holidays without seeming too overbearing? Will they freak out if I call everyday?”

A:

For all intents and purposes in this column, let's assume you have been dating for about two months now. Meaning, you are dating seriously, you spend more time together than apart, and your grades are dropping because study time has become steady time.

Now, on with the play-by-play...

It's the first day of winter break, and you are driving her to the airport. When you get there, you unload her luggage; you embrace, kiss and even cry a little since you are not going to see each other for about a week. Then, she leaves.

Hours pass by, and she finally calls to let you know she made it home safely. (That's a good thing, she was thinking about you on the plane.)

The next day is the first full day you will not see her, and you think to yourself, "I hope she

is having a good time with her family." You want to call her, but you don't know what to say.

It is at this exact moment when you realize your relationship has gone from no distance to long distance. Oh, the agony! What do you talk about when you haven't seen each other for 24 hours? (That's for you to figure out.)

However, now that you are in a long-distance relationship, avoid talking like: "I miss you so much." And... "It's so hard to get through the day without you." Or... "I want to be cuddling up next to you under a blanket, in front of a fire, with cup of hot chocolate, while the snow is falling outside." (You're laughing... It's because we've all said it before.)

These are what I like to call draining statements. They don't promote a positive attitude. In fact, they do just the opposite; you begin thinking about everything you don't have. And when you focus on that, you only become depressed.

Instead, talk about what you are doing rather than what you are not doing. No one wants a needy person. Sure it's nice to be loved, and yes, you'd rather be cuddling with your special someone. But, save that for later.

I'll tell you this. I'm willing to bet that during this holiday season, if you were to have positive conversations, you could call nearly everyday without being overbearing.

And when she comes back for the next semester, you'll be waiting at the airport to greet her with a hug and a kiss, and another kiss. Well... maybe one more kiss.

Local Film Festivals...

By Jamie Littlefield

How Can You Get Involved?

In just a couple months, filmmakers and actors from around the world will descend upon Utah -- all hoping to make it big at one of our four film festivals. Each January, formerly quiet towns are turned upside down in a blitz of media attention, world premieres and all-night parties. Don't miss out on the excitement -- find out how you can get involved in some of the hottest local events:

Sundance Film Festival

Just an hour out of Provo, the Sundance Film Festival is the most famous cinema event in America. Independent filmmakers often get their big break during this 10-day movie extravaganza. The streets of the snow resort town are cold, but the parties are hot and star-spotters won't be disappointed. Movie directors and actors often watch the premiere of their films sitting side by side with festival-goers.

When: January 18-28

Where: Park City

Website: festival.sundance.org/2007

Buy Tickets: The pricy passes are sold out, but you can purchase individual screening tickets at \$15 a piece. Between now and January 4, you may register online for a randomly assigned time slot to purchase individual tickets during the second week of January. In order to register, you will be charged a \$5 fee. If you can prove that you are a Utah resident with a Utah driver's license or a utility bill and an out-of-state ID, you can "cut in line" and get your individual tickets before everyone else. Register online between December 11 and 29. There is no registration fee, but you must pick up your tickets in person on January 6 or 7.

Get Involved: Want to make a difference and get free tickets? Volunteer. Chauffeur directors, man the Filmmakers Lodge, or help publicize events. Utah locals can sign up for four hour shifts in return for film tickets. Apply online: www2.sundance.org/volunteer.

Slamdance Film Festival

This "guerilla film festival" offers an indie alternative to the Sundance event with less commercialism and more alternative voices. The 2007 festival includes an online short film competition, a video game developer competition, and a television pilot competition.

When: January 18-27

Where: Park City

Website: slamdance.com/2007/festival

Buy Tickets: Festival passes are currently on sale at: virtuous.com/events/slamdance. You may order individual tickets for \$11 starting December 10. Tickets will also be available in Park City during the event. Utah residents can get a \$2.50 discount by purchasing tickets in person.

Get Involved: Keep checking the Slamdance general website for updated information.

Tromadance Film Festival

A conversation between founder Lloyd Kaufman and South Park co-creator Trey Parker led to the creation of Tromadance. Believing that the Sundance festival was too "Hollywood," this relatively new festival seeks to provide entertainment "for the people." Tromadance offers free screenings of indie films on a first come, first serve basis and does not charge directors a submission fee. It's known for showing B-list movies with gore, graphic scenes, and a cult following.

When: January 22-25

Where: Salt Lake City and Park City

Website: 2007.tromadance.com

Get Involved: If you're very brave, a little wild, and don't mind being filmed, consider volunteering with the Tromadance group. Apply online: 2007.tromadance.com/support/volunteer.

LDS Film Festival

If you're looking for good, clean entertainment, join thousands of Mormon film fans at the fifth annual LDS Film Festival. Watch the premieres of upcoming LDS movies, meet local filmmakers, and mingle with the crowd.

When: January 17-22, 2007

Where: SCERA Center for the Arts, Orem

Website: ldsfilmmfestival.org

Buy Tickets: Tickets will be available near the end of December at scera.org or by

calling (801) 225-ARTS.

Get Involved: The 24 Hour Filmmaker Marathon is open to everyone and can be an exciting (albeit exhausting) way to join in the fun. Sign up with a group of five or fewer friends on the morning of the competition. Pay the entry fee of \$40 and you will be given the competition theme. You will have exactly 24 hours to write, shoot, and edit a three minute film. All films are premiered on the big screen in front of a live audience and are eligible for one of three grand prize cash awards.



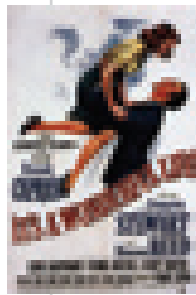
Film Festival Survival Kit

Camera	MP3 player
Warm coat	Walking shoes
Thick socks	Hand warmers
Extra cash	Autograph book
Party tickets	Bus schedule

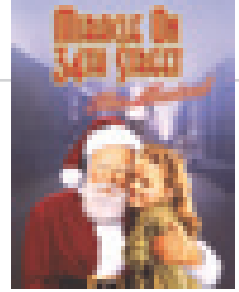
5 Best Christmas Movies



1 A Christmas Story
 "I want an Official Red Ryder Carbine-Action Two-Hundred-Shot Range Model Air Rifle!" Need I say more? Of course I do. "You'll shoot your eye out!" OK, I'm done.

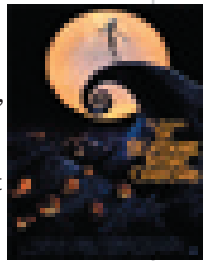


2 It's a Wonderful Life
 Not number one!?!? Nope, not number one. And I can do that, because I'm writing this, not you. So there. But I'm sure we all agree that Christmas actually won't even happen unless this movie is shown at least a dozen times. It's some sort of yuletide prerequisite.



3 Miracle on 34th Street
 This movie just goes to show that Santa really does exist. The U.S. Post Office even says so! And we all know that government institutions never lie.

4 The Nightmare Before Christmas
 It's visually outstanding, funny, and has some great songs to sing along with. Plus, it goes to show that it's not really what you give for Christmas, but how you give. So for me, I'm giving shrunken heads, bats, and severed appendages to all of my closest friends.



5 Elf
 While this isn't necessarily the most moving, touching, intense, deep, philosophical, meaningful, poignant, spiritual, uplifting, realistic, sentimental, educational, arousing, dynamic, stunning, stimulating, emotional, passionate Christmas movie, it's funny. Does any of that other stuff even matter?

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Teleperformance, a worldwide leader in Customer Contact & CRM Solutions, has recently launched a new Technical Support project for Dell, one of the foremost manufacturers of personal computers. If you have a preferred 1-3 years experience in the high-tech industry – including call center, help desk environment, or hands-on hardware repair; Teleperformance would like to speak with you today.

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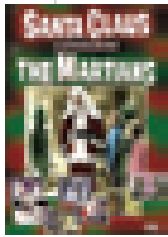
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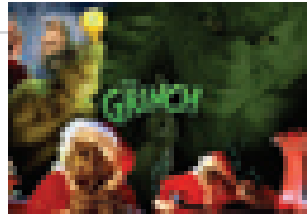
& 5 Worst Christmas Movies

By Scotty Spjut



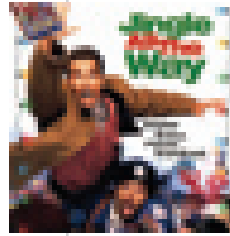
1 Santa Claus Conquers the Martians

I've actually never seen it, but it was made in the '60s. Nothing good came out of the '60s.



2 The Grinch

I'm not talking about the cartoon one. That one's great. I'm talking about the Jim Carrey one. I'm sure Theodor Geisel was rolling over in his grave at the destruction of his masterpiece.

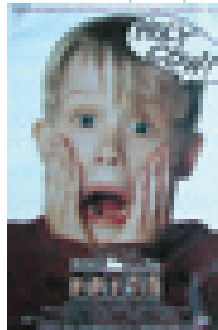


3 Jingle All the Way

This is pre-governating Arnold Schwarzenegger at his worst. Sinbad isn't even good in this, and that's unheard of. There's no greater tragedy than that. I can only recommend this movie if you're into attractive wives of Tom Hanks.

4 Any of the "Home Alone" movies

I've lost count of how many of these they've made. If we're not careful, we could end up with more sequels to this than "The Land Before Time." And who wants to see a 25-year-old Macaulay Culkin pulling pranks anymore anyway? I know I don't. Actually, I don't think I want to see a 25-year-old Macaulay Culkin doing anything.



5 Any of "The Santa Clause" movies

The first one was alright, I guess. The second one wasn't really worth anyone's time. But now there's a third. I know there's a certain amount of closure that comes from a trilogy, but I doubt there were many people camping out the night before to catch the first showing. Even worse, they've drug the spotless reputation of Martin Short into it! I fear Tim Allen is taking over the world. **S**
M



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This **8000 Volcom Waterproof Jacket** zips to the matching **Savanna Pants** to completely protect your snowgirl from snow down the back. She'll love this stylin' slope outfit. (Jacket- \$190, Pants \$189, DP Board Shop, Provo Towne Centre)



Big Surprises in Little Boxes.

This amazing **Hur Jewelers Pearl Set** is great for someone special at a reasonable price. This set includes a necklace, bracelet, & earrings. (\$79, www.HURjewelers.com, 1170 S. State Street, Orem)



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The Schooled Magazine 2006 Gift Guide

Let us help you find the perfect gift!

By Deborah Barlow-Taylor
Photos By Mark Hansen

Strap Yourself In.

This **Rome Targa Binding Convertible Toe Strap** increases heel to toe response! This is the must have binder set of the year! (\$229, DP Board Shop, Provo Towne Centre)



Hit The Slopes.

This **Roman Artifact Snowboard** has revolutionized park riding by incorporating bronze edges into the board. You'll feel comfortable on any slope. (\$350, DP Board Shop, Provo Towne Centre)



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Photo By Mark Hansen

Not Lovin' That Sweater Grandma Gave You?

By Scotty Spjut

It seems like every Christmas it's the same thing. There's a lousy hand-knit sweater from Grandma, a fruitcake from the Relief Society President, and a nose hair trimmer from that tactless friend.

So what do you do? Well, after you take the hint that you may need to trim the nostrils from time to time, you should ditch the friend, move wards, and find a new Grandma.

Or...

- **Re-Gift It:** Nothing says "I love you" like a gift you're just trying to get rid of. You obviously need to be careful. Do some research before you give that gift away. You don't want someone down the road saying to the recipient of your re-gifting, "I gave a lava lamp just like that one to a friend of mine for Christmas last year!"

- **eBay It:** Nothing says, "I want to get rid of this crap," like putting it up for auction on eBay. You're almost guaranteed that there's someone out there

who can appreciate that "Best of the Rosie O'Donnell Show" DVD. And as long as the person is willing to pay more than it costs to ship, you'll make a little bit of a profit. Perhaps you'll make enough money to afford to buy that one friend the "What Not To Buy People For Christmas" book you saw up for auction on eBay.

- **Destroy It:** Nothing says, "Your gift was so worthless that I can't just throw it away because someone else might find it in some dumpster somewhere and use it, so now I have to make sure it can never be a burden to society," like lighting something on fire. If death by fire isn't efficient enough, consider dropping it off of a very large building. Be sure to get as much of the destructive process on videotape for future generations.

- **Return It:** Nothing says, "I'm going to pretend like I bought this here, even though I don't have a receipt, and hopefully get store credit," like returning a gift. It may be difficult. You may have to lie, put your foot down, talk to the manager, and/or do something that merits having security called on you, but it will be worth it when you come off the victor.

- **Refuse It:** Nothing says, "I'm making a statement here," like declining a gift. It's definitely not easy to do, but it's the most productive. How else is this person supposed to realize that they need to put a little more thought and effort into their gifting? If you don't feel comfortable refusing the gift, you could always just give it back a short time later. Then they'll know what it's like to get a padded toilet seat as a gift. **S**

M

watch

Christmas Plays

By Seth Kelley

There are several theatrical and artistic events during the Christmas season each year that offer an alternative to the standards of caroling and repetitive viewing of "A Christmas Story." Why not make this the year to start a new Christmas tradition by going to a play or concert?

White Christmas
Nov. 24th-Dec. 30th
Egyptian Theatre, Park City
435-649-9371
egyptiantheatrecompany.org

A Christmas Carol
Nov. 24th-Dec. 23rd
Hale Center Theatre- Orem
801-226-8600
haletheatre.com

Christmas Show
Tuesday, Dec. 12
Pardoe Theatre, BYU
801-422-7664
artstix.byu.edu

It's a Wonderful Life
Nov. 25-Dec. 22
Alpine Playhouse
1-800-838-3006
alpineplayhouse.com

A Christmas Carol
Dec. 2nd-Dec. 23rd
Hale Center Theatre-
West Valley City
801-984-9000
halecentertheatre.com

Forever Scrooge
Dec. 1st-Dec. 29th
Off Broadway Theatre- SLC
801-355-4628

The Nutcracker performed by Ballet West
December 8th-30th
Capitol Theatre, SLC
801-355-ARTS
arttix.org



A Baroque Christmas performed by the Aulos Ensemble
Saturday, Dec. 2
De Jong Concert Hall, BYU
801-422-7664
artstix.byu.edu

A Wonderful Life
Dec. 8-23
Art City Playhouse,
Springville
801-735-4543
artcityplayhouse.com

Jack Frosty
Nov. 16-Jan. 6
Desert Star Playhouse,
Murray
801-266-2600
desertstar.biz

The Snow Queen
Dec. 1-23
Academy Theatre, SLC
801-486-2728
academyofpa.org

Christmas Concerts

By Jeremy Holm

Event:

1. The Forgotten Carols
2. Twelfth Night
3. UVSC Winter Concerts
4. Kurt Bestor's Christmas Show
5. BYU Men's Choir 'Celebration of Christmas'
6. A Jon Schmidt Christmas
7. Trans Siberian Orchestra
8. A Family Christmas Concert
9. Mormon Tabernacle Choir Christmas Concert
10. Timpanogos Chorale & Utah Children's Choir

Date:

- Dec. 2, 7:30 p.m.
- Dec. 5-9, 6 p.m.
- Dec. 5-8, 7:30 p.m.
- Dec. 5-9, 8 p.m.
- Dec. 8-9, 7:30 p.m.
- Dec. 8-9, 7:30 p.m.
- Dec. 9, 3 & 8 p.m.
- Dec. 13-14, 7:30 p.m.
- Dec. 14-16, 7 & 8 p.m.
- Dec. 16-17, 7 p.m.

Location:

- McKay Events Center
- Nelke Theater, BYU Campus
- Ragan Theatre, UVSC Campus
- Abbravanel Hall
- deJong Concert Hall, BYU Campus
- Kingsbury Hall, U of U Campus
- E Center
- Provo L.D.S. Tabernacle
- LDS Conference Center
- American Fork Junior High

Cost:

- \$13-\$20
- \$6-\$10
- \$15
- \$17-\$35
- \$6-\$9
- \$12-\$18
- \$30-40
- \$10
- Free Admission
- Free Admission

attend

see

Christmas at Temple Square

By Rae Harris

Looking for a fun-filled evening of classic Christmas festivities? There is no better place to go than Temple Square in Salt Lake. Your Christmas season is just not complete without a walk through the Square's amazing Christmas light display. And the Christmas merriment doesn't end there. There are plenty of other activities to get you in the holiday spirit. Sit in on one of the many concerts held in the Assembly Hall or South Visitor's Center each Tuesday through

Saturday at various times. You can also venture over to the Conference Center to see the musical production, "Savior of the World." This popular musical returns for it's 11th season at Temple Square, playing Tuesday through Saturday nights at 7:30 p.m., with matinee showings on Saturdays at 2 p.m.

So no matter where you go on Temple Square, you are sure to find the perfect fit for a traditional Christmas evening.

Christmas Lights

By Esther Harris

Don't miss out on these delightful places this Christmas Season.

Thanksgiving Point:

Thanksgiving Point has over a million lights! Not only will you see your share of beautiful scenery, but they also have music and displays to ensure that you have a Merry Christmas! Admission is \$7 per carload

Temple Square:

Temple Square is one of the most beautiful displays of Christmas lights you'll ever see and plus it's free! Bundle up as you walk around Temple Square and see a ton of gorgeous lights, a life-size nativity scene, and you can also stop in the visitor's center to see different presentations that are going on.

Spanish Fork/ Festival of Lights:

The Festival of Lights has quite the variety of lighted figurines and some stand over 20 feet tall! You can see dinosaurs, penguins, and even a waving Santa Claus towering at 15 feet. Admission is \$5 per carload.

Here are some other bright spots in the valley:

- Locust Avenue, Lindon
- Cherrapple Drive, Orem
- Palisade Drive, Orem
- The Shops at Riverwoods, Provo
- Osmond Lane, Provo
- Piute Drive, Provo
- Rolling Knolls Drive, Provo



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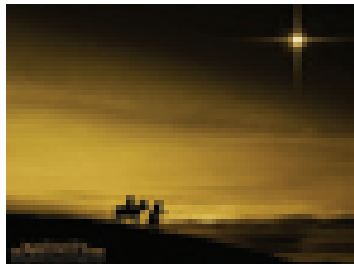
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watch



“The Nativity Story” Film

By Mark Hansen

The question everyone was asking about “The Passion of the Christ” – because of its graphic and controversial telling of the crucifixion was, “Should I see it?” You might have heard, or seen previews, about another Christ-oriented film in theatres Dec. 1st, entitled “The Nativity Story.” And you might be wondering if you should see it; the answer: Yes, it’s worth your time. I went to an advanced screening and there won’t be any controversy over this film. It’s a simple and straightforward telling of the iconic “Christmas story,” following the lives of Mary (Keisha Castle-Hughes - Whale Rider) and Joseph (Oscar Isaac - Guerrilla). With high production value and a number of humanistic moments “The Nativity Story” is a good film to see with friends or family when you need a break from madness of the mall to remind yourself why this time of year is so special.

Top Three Video Games to Play During the Break

By McKay Salisbury

- 1. Final Fantasy XIII**
With the 13th installment of the ever popular Final Fantasy series released, it’s a must play for all gamers who love RPGs. Some have criticized the changes made to the battle system, but all the Final Fantasy battle systems are different. The depth of story and the amazing graphics are what keep us coming back to Final Fantasy.
- 2. Battlefield 2142**
Set in the future (2142 to be precise), this tactical first-person shooter has a similar feel to its predecessors Battlefield 2. With a persistent ranking system; tanks, mechs and other vehicles to control, and down-

loadable weapons and several character classes, this game has much to do and to learn.

3. The Legend of Zelda: Twilight Princess

Being released for both the Nintendo GameCube, and Nintendo’s new console, “Wii,” Twilight Princess promises a slightly darker story, and better graphics than previous incarnations of Link. Using the Wii version will enable players to mimic Link’s actions with similar movements (ie. slicing sword, aiming hookshot, and reeling in fish).

play

critique

Art In Provo

By Patricia Auxier

The Utah School of Young Artists presents, “Light Cleaveth Unto Light: A Dialogue Between Artists and Poets,” an art show that focuses on a collaborative effort between local artists and poets around the motif of light.

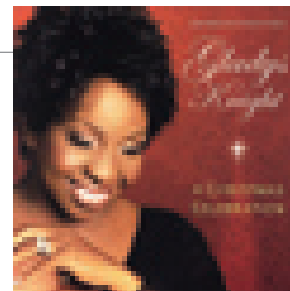
With an exhibition opening on December 1st 6-9 p.m. with live performance, the show runs through December 16th.

The exhibition runs from December 1st to December 16th with live performances from 6-9 p.m. Monday, Friday, and Saturday. Gallery 110 is at 110 S. 300 W. in Provo . All proceeds from the sale of the pieces will go to UNICEF.

listen

Gladys Knight
A Christmas Celebration

By Deborah Barlow-Taylor



Five words to sum up “A Christmas Celebration” would be “Holiday favorites filled with soul.” This 12-track album showcases classics such as “Silent Night,” and “Winter Wonderland,” and will infuse the Christmas spirit into your holiday celebrations.

read



Top 8
Books to Read
During Christmas
Vacation

By Jamie Littlefield

1. “My Secret: a PostSecret Book”
by Frank Warren, Novelty
This newly released book from the creator of PostSecret.com shows off dozens of anonymous postcard-sized confessions from teens and 20-somethings around the nation.

2. “The Audrey Hepburn Treasures”
by Ellen Erwin and Jessica Z. Diamond, Biography
This dazzling book of letters, pictures, and other treasures gives an intimate look into the life of the princess of charm.

3. “Freakonomics”
by Steven D. Levitt and Stephen J. Dubner, Nonfiction
Forget that stuffy textbook; this down-to-earth volume makes economics actually interesting.

4. “Reading Lolita in Tehran: A Memoir in Books”
by Azar Nafisi, Memoir

An adventurous English teacher daringly shares her love of Western literature with seven female students in revolutionary Iran.

5. “The Complete Calvin and Hobbes”
by Bill Watterson, Comics
For the true comic lover, this new three volume set includes every Calvin and Hobbes strip created during its 10 year run.

6. “My Sister’s Keeper”
by Jodi Picoult, Fiction
Born to be a donor after her older sister is diagnosed with Leukemia, 13-year-old Anna fights for the right to make decisions about her own body.

7. “How to Cook Without a Book”
by Pam Anderson, Nonfiction
Master these basic techniques and you’ll be able to whip up an impressive meal without relying on “The Joy of Cooking” or Hamburger Helper.

8. “Moral Disorder”
by Margaret Atwood, Fiction
This new collection of short stories explores the sometimes turbulent connection between the individual and the family.

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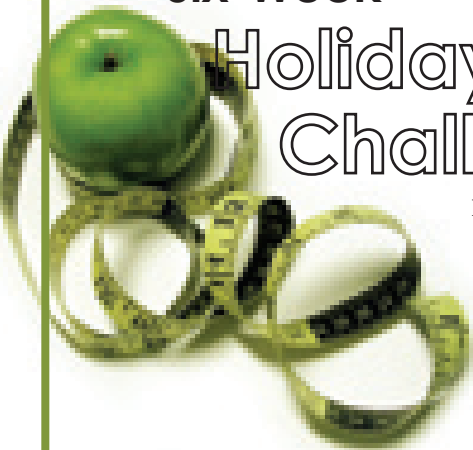


fit tips ■ □ ■

Six-Week

Holiday Challenge

By Jed D. Hanson



Thanksgiving break kicks off a six-week, nonstop season filled with family gatherings, open houses and office parties that are all about celebrating with food! From frosted sugar cookies to calorie-laden eggnog you'll easily weigh more bringing in the New Year than you did carving the Thanksgiving turkey! Here's a six-week plan with weekly food and activity goals to do outside of your normal routine to help you master this holiday season.

WEEK 1

Food Goal: Eat two cups of fruit and two and a half cups of vegetables everyday. Fruits and vegetables are loaded with water and fiber, that when combined make you feel full on fewer calories. Plus, you're feeding your body what it needs!

Activity Goal: Walk for five minutes every day.

WEEK 2

Food Goal: Eat 25 grams of fiber a day. Fiber slows food as it moves from your stomach to your intestines. That keeps you feeling full longer.

Activity Goal: Walk for 10 minutes every day.

WEEK 3

Food Goal: Eat more protein. Protein helps boost your metabolism a little because it takes more energy to digest than carbohydrates or fat.

Activity Goal: Walk for 15 minutes every day.

WEEK 4

Food Goal: Switch to healthy fats. Eating small amounts of healthy fat can make you feel really full and satisfied, which can help curb nonstop stress eating during the holidays.

Activity Goal: Walk for 20 minutes everyday.

WEEK 5

Food Goal: Clean up your carbs. Healthy carbohydrates give you staying power -- just the thing to help you make it through the holidays without eating everything in site. Make healthy choices with your carbs like choosing brown or wild rice instead of white.

Activity Goal: Walk for 25 minutes everyday.

WEEK 6

Food Goal: Add more calcium. Drink skim milk or 1 percent milk to get greatest amount of calcium and avoid extra fat. Or if calcium is hard for you to eat in normal products, take supplements. Aim for 1200mg a day.

Activity Goal: Walk for 30 minutes.

Jed Hanson, the owner of Fitness Pros is one of the best fitness trainers in Utah. Currently he is the Head Strength & Conditioning Coach for the UVSC Hockey Team and the Corporate Trainer for Tahitian Noni. For more information about Jed and his qualifications, please visit www.fitnessprostraining.com.

Utah New Year Celebrations

By Sarah Gessel

There are many different things happening in Utah Valley to bring on the New Year! Let these events get you into the holiday spirit. If you're going home, don't forget to check out local New Year's dances. Whether you like to get together with a ton of friends or spend a quiet night with family, make it a night to remember.

Provo First Night 2007

This year's Provo First Night 2007 celebration will be held indoors at the Provo Towne Center Mall. The event begins at 6 p.m. on December 30th and will include a Star Singing Contest, big band dance, young adult dance, teen battle of the bands, comedy shows, family activities and fireworks. For more information please visit www.provo.org/parks.first_night.html

Salt Lake City Party

Salt Lake City will hold an extensive, New Orleans-themed New Year's Eve celebration Saturday Dec. 31st at the center of town. In addition to the standard fireworks display, the Salt Lake City First Night will feature comedy shows, jugglers, break dancers, fire dancing, comedy shows, hands-on exhibits from the Children's Museum of Utah, a hypnotist, concerts featuring several varieties of music, a Native American pow-wow, a film festival, and a parade. For more information please visit www.downtownslc.org.

The Canyons

New Year's Celebration at The Canyons. Kick off the New Year with a free concert and fireworks starting at 7 p.m. For more information please visit www.thecanyons.com.

How To: Throw An Awesome New Years Party

By Sean Mosman

After a few weeks at home, with most of your friends scattered across the country, the holiday season can start to feel a lot like a glorified family reunion—only with better food, and less interaction with your creepy second cousins. Now, how do you escape the holiday doldrums? We suggest ringing in the New Year with a party of your own! A few things to consider:

ACTIVITES: Have a movie marathon. No one wants to stay up late if there's nothing to do. Throw a movie in, and TADA! Hours of instant entertainment! (Just don't forget to watch the clock...) Or for another suggestion- have a game night. A personal favorite is "Apples to Apples," a game of comparisons that's fun, inexpensive and easy to learn. And most importantly, your guests won't be snoozing when midnight rolls around.

FOOD: Stick to appetizers and desserts; nothing too heavy. Save the entrees for your next dinner party.

REMEMBER: Make sure your clocks are correct! Nobody wants to welcome the New Year 10 minutes late!

DRINKS: If you don't drink champagne, we suggest Martinielli's sparkling cider. It's cheap, it comes in a classy-looking bottle and it tastes like heaven.



The Perfect Gift

For Everyone On Your List!

By Kailee Heger & Courtney Humiston



The holidays should be a time to relax and enjoy good food and the company of your family, but for most of us the stress of Christmas shopping can ruin the mood of the season. However, with a little planning and imagination, finding the perfect gift for your friends, family, and loved ones doesn't have to be an overwhelming task.

For that Special Someone

Like it or not, there is no gift more significant and more likely to be judged, scrutinized and talked about than the gift you give to your girlfriend or boyfriend. On the bright side, you don't necessarily have to spend a lot of money. The perfect gift is going to be unique, thoughtful and heartfelt rather than expensive. Christmas is a great opportunity to show that person that you really care. Some ideas:

🎁 A framed poster from a concert or event you attended together.

🎁 A scrapbook of photos, ticket stubs, receipts, and anything else you may have saved that commemorates your time together.

🎁 A "treasure box." Start with something as simple as a shoe box or as fancy as a jewelry box and fill it with some of that person's favorite things: A CD of their favorite songs, a small photo album, incense, candy, a heartfelt letter...Be creative! You can spend as much or as little money as you want, just be sure to keep that person in mind and make it special.

For someone you are casually dating, be careful not to scare them away by doing something too mushy. As one of my friends once said, "If you like a guy and he writes you a poem then he is sensitive. But if you don't like him, then he's a weirdo." With that in mind, here are some thoughtful but not freaky ideas for the person you are dating:

🎁 A special edition or leather bound copy of their favorite book.

🎁 A framed print by their favorite artist or photographer.

🎁 A scarf, hat and glove set. Be sure to choose something with their taste in mind.

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❖ Jewelry or clothing: keep it simple and not too expensive. If you're not sure what she would like, ask her friends or roommates to help you out.

For someone you are interested in getting to know better, consider a gift that will guarantee you a date, like tickets to a concert or symphony; something you know the other person would enjoy.

Friends and Roommates

If you want to give something to everyone but don't have the time or money to shop for individual gifts, think mass production. For example:

❖ Give a framed copy of a group photo to each of your friends who are in it.

❖ Make a CD of all of your favorite songs. Blank CDs and cases are inexpensive and can be purchased in bulk. Design or draw a cool cover that can be easily photocopied. You can even write a personal message on the inside of each one to make it more special.

❖ All women and some men like jewelry, so why not make it custom? Craft and bead stores sell everything you need to make bracelets, necklaces, and earrings, and it is not very hard to do.

❖ Make your own "Chicken Soup for the Soul" book by compiling favorite or inspiring poems, quotes and stories and having them copied and bound. You can make it especially unique by quoting your friends or writing about favorite memories from the year. Simple spiral binding costs less than a dollar at most copy centers. For your roommates, consider one gift that the whole apartment can use or enjoy like new dishes or curtains.

Also, don't forget about those friends that you no longer see every day. A simple card is enough to let them know that you are thinking of them.

Family

Christmas morning will most likely be spent around the Christmas tree exchanging gifts with your family, so getting just the right gift for each of them is important.

❖ For your parents: If you are on a strict budget and have other adult siblings, consider pooling your money. Anything for the home; art, furniture, electronics, are sure to be appreciated, but also think about something they can enjoy away from home, like a night at a resort or a couple's massage.

❖ For mom, a gift certificate to a spa accompanied by a letter thanking her for all her hard work is sure to bring tears to her eyes.

❖ For your siblings, think about what they enjoy, their hobbies and interests. What do they spend their time doing? Getting them something personal and practical shows that you care about what is going on in their life and they will be sure to think of you every time they put on that new pair of snowboarding gloves or consult the lonely planet guide you purchased for their upcoming trip to Swahili.

❖ Young siblings are pretty easy to shop for, but to get the perfect gift the same concept applies: Know what they are into. Ballet? Video games? Dolls? Do they collect figurines? Baseball cards? Keep in mind that children's interests change quickly, so if you have been away from home and aren't sure, ask your mom or dad.

❖ Another idea for a family gift is something that you can all enjoy together while you're sitting around the house during the holidays. Board games, cards, movies or the entire season of a family favorite television series on DVD will give you all something to do together.



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How to... Battle Christmas Shopping!

By Kailee Heger
& Courtney Humiston
Photos By Mark Hansen



Hate to break it to you, but thinking of the perfect gift is only the first step in the gift giving process. Yep, you now must go shopping. And just when you thought you could relax. There are crowds to push through and traffic jams to face, but have no fear! There are multiple ways to work the system. Shopping doesn't have to be all that bad.

Let's begin with the basics. You must create a checklist. During this time of year it is easy to forget and you don't want to waste time visiting the same store more than needed. The checklist should consist of not only your gift ideas, but what you will need to complete those gifts – the necessities. Every good gift needs to look the part. Bows, ribbons, wrapping paper, or gift bags with tissue paper can make or break your perfect idea. This is where your thought and time mean more than the price of the present. Be creative! Have fun with it yet make it nice.

Next, grab the wallet (and checklist) and put on your winter coat, it's time to shop! Here you confront a major decision - where to go? Streets are lined with store after store, so picking the right place can be far from easy. Malls can be scary where lots of people are all fighting to get what they want. Pretty much, no matter what time of day you go to a mall, you can guarantee a crowd. Watch out! The upside to a shopping center is the ability to get most everything you need under one roof. University Mall and Provo Towne Centre are both fine choices if that's your fancy.

In addition, consider outlet stores. Take a Saturday and visit Park City. They may be overwhelming at first glance, but outlets offer screamin' deals if you are willing to put in the effort.

Also, if all else fails, go to Target. You can find quality gifts and reasonable prices there. They carry toys, electronics, home décor, camping supplies, kitchenware, bath assortments, and the list goes on. Target gets our vote!

Now, if you don't want to face the bitter cold and rushing crowds, look to the Internet. You can find almost anything and everything on the web. But Internet shopping requires advanced planning. You must calculate the time it takes to order and ship the gift to your destination by Christmas. December is a busy time of year for postal services, so take every hold up into account. Also, if you want an irreplaceable gift, something unique or unusual, the Internet is the place. Check out eBay, overstock.com, or amazon.com. The possibilities are endless.

Remember the bottom line to shopping is to go prepared with a plan in mind. Time is ticking. Wait no longer. Get the perfect gift ready for that special someone. Make this the best Christmas yet!

So, you have your checklist for other people, but what about yourself? What do you have on your secret wish list? Many students find their wish list simply isn't what it used to be. Instead of the latest gadget or gizmo, students fill their list with items they simply can't afford on their own.

Jesse Rich, a sophomore at BYU said, "I ask for something I need, but that I also want. I always have some utility for [the gift], this year I'm asking for a help in purchasing a laptop." Another popular wish item includes winter sports gear..



Be creative with your gifts. Surprise them with a unique twist on what they wanted!

Emma Hasler, a sophomore at BYU, said she would love to be surprised with a snowboard for Christmas. But Hasler said she is not particularly asking for anything specific. "Being in college is my gift right now," she said.

Electronics are a hit as well this year. The latest iPod accessories, a new cell phone, or the upcoming Nintendo Wii are just a few of the latest wants. Others would like money to put toward everyday needs such as groceries, apartment appliances, or new clothes. Furthermore, simple slips of paper are in. Well, let me clarify. As long as the paper is a plane

ticket or gift certificate, then it is sure to be loved. Overall, students agree that there is a wide variety of items they write on the wish list, but never quite get.

This year can be full of surprises and fun! Christmas is around the corner! Get shopping! Get giving! Remember the spirit of the season and try to go out of your way to make it extra special for someone you love.



Gift Wrapping Ideas By Sarah Gessel

Every good gift needs to look the part. Bows, ribbons, wrapping paper, or gift bags with tissue paper can make or break your perfect idea. This is where your thought and time mean more than the price of the present. Be creative! Have fun with it yet make it nice.

- 🎁 Make an origami box to put earrings or small gifts inside.
- 🎁 Buy a Christmas stocking to make your wrapping job easier.
- 🎁 Make cloth Christmas sacks that are fun and reusable. You can buy holiday fabric at local craft stores. This is an easy way to wrap a weird shaped package.
- 🎁 Dollar stores have cheap wrapping paper that any student can afford.
- 🎁 Wrap your gift in that brown paper sack and tie the bow with twine.
- 🎁 To save some money, every time you go shopping, make sure to ask for a box with every thing you buy, even non-gifts.
- 🎁 Place a few of their favorite things in a wicker basket for a crafty look.
- 🎁 Create your own gift-wrap with photos.
- 🎁 Go to a local appliance store and ask for one of their big boxes to throw off the receiver of your gift.
- 🎁 For super short notice, stamp white office paper with rubber stamps and then tape the paper together for a quick wrap.
- 🎁 Don't forget that you can reuse bows, ribbons and paper from other gifts.



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holiday traditions around the world

By Jennifer Borget
Photos By Mark Hansen

With Thanksgiving over and done with, we're all scrambling to celebrate one of our favorite winter holidays. OK, so it's obvious most people around here celebrate Christmas, the Christian holiday which celebrates the birth of Jesus Christ. In America most people celebrate this day on December 25th. But there are several other holidays celebrated during the winter months by people from all different walks of life.

Just looking at how Christmas is celebrated in a different country can be a big difference. Posadas or "Lodging" in English - are some of the most popular festivals celebrated during December in Mexico. They're performed to remember Joseph and Mary as they were looking for a place to stay in Bethlehem.

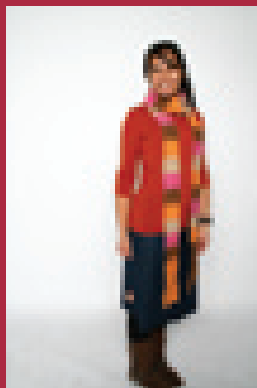
The Lodgings start from the 16th of December until the night of the 24th. The people of the neighborhood celebrate this by going to different houses each night. Two people who carry the statues of Mary, Joseph, and an angel form a procession. They are also accompanied by a donkey. People carry candles, sing prayers, stand by the door of a house and ask for lodging. The people who are already inside, sing songs denying their entry until they see that it is Joseph and Mary asking for lodging.

Toward the end of the celebration, the doors are opened and the people who were standing outside are let in. This is when the fun starts. They make punch from hot fruits and goodies are served.

Another celebration this month is Kwanzaa. It's an African-American holiday celebration held from December 26th through January 1st. It was started in 1966 by Doctor Maulana Karenga, Professor at the California State University, Long Beach, California. Despite many misconceptions, it's not a religious holiday, but instead a cultural one.

Each day a different principle is celebrated: Umoja (unity) to strive for and maintain unity in the family, community, nation and race. Kujichagulia (self-determination) to define ourselves, name ourselves, create for ourselves and speak for ourselves. Ujima (collective work and responsibility) to build and maintain our community together and make our sister's and brother's problems our problems and to solve them together. Ujamaa (cooperative economics) to build and maintain our own stores, shops, and other businesses together. Nia (purpose) to make our collective vocation the building of our community to restore our people to their traditional greatness. Kuumba (creativity) to do as much as we can to leave our community more beautiful and beneficial than we inherited it. Imani (faith) to believe with our hearts in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

Hanukkah is also a popular holiday celebrated during this time of year is Hanukkah. Hanukkah is the annual Jewish festival



celebrated on eight successive days beginning this year from December 15th through the 22nd. It is also known as the Festival of Lights, Feast of Dedication, and Feast of the Maccabees.

The Jewish custom is to light a candle on the menorah each night for eight nights. Hanukkah commemorates the Miracle of the Oil. According to the Talmud, at the re-dedication of the Temple in Jerusalem following the victory of the Maccabees over the Seleucid Empire, there was only enough sacred olive oil to fuel the eternal flame in the Temple for one day. Miraculously, the oil burned for eight days - which was the length of time it took to press, prepare and consecrate new oil.

Another holiday that is celebrated around this time of the year is Ramadan. Ramadan is the ninth month of the Muslim calendar. During this month Muslims observe the Fast of Ramadan. Lasting for the entire month, Muslims fast during the daylight hours and in the evening eat small meals and visit with friends and family. Celebrants of this holiday say it's a time of worship and contemplation.

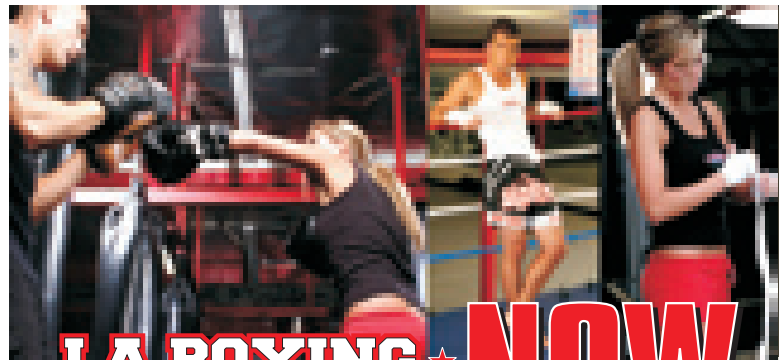
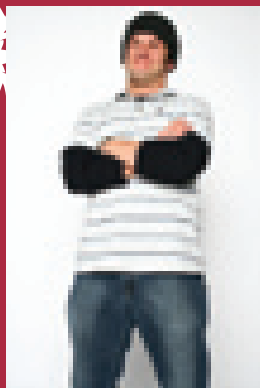
Now let's bring it back to some of the ones we are more familiar with. Coming up on January 1st 2007 is New Years! We all know this holiday as the one with fireworks, kisses, champagne... I mean cider, and resolutions. But the real question is, "Do you know the history behind it?" Well if not, that's OK, most of us don't, and I had to look it up.

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4,000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon. Other traditions of the season include making New Year's resolutions. This tradition also dates back to the early Babylonians. Popular modern resolutions might include the promise to lose weight or go to church. According to wilstar.com the early Babylonian's most popular resolution was to return borrowed farm equipment.

The Chinese New Year is celebrated a little differently. The celebration takes place around February 15th. It's usually recognized as the Spring Festival and the celebration lasts for 15 days. Preparations tend to begin early and people start buying presents, decoration materials, food and clothing. A huge clean up gets underway days before the New Year, when Chinese houses are cleaned from top to bottom, to sweep away any traces of bad luck, and doors and windowpanes are given a new coat of paint, usually red. The doors and windows are then decorated with themes such as happiness, wealth and longevity printed on them. Dinner is usually a feast of seafood and dumplings, signifying different good wishes. After dinner, the family stays up for the night playing cards, board games or watching TV programs dedicated to the occasion.

No matter where you're from or what religion you are, it's always good to know a little something about the cultures around you and fun to try to celebrate some of these holidays. For more information on some of these holidays visit: officialkwanzaaweb-site.org, holidays.net or history.com.

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