

for the student | by the student

Schooled

Magazine

Back To School Issue

Local Laughs
Comedy Shows
in Utah Valley

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Love Quiz**

**Famous
College
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5 Year Anniversary Issue

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Happy Birthday Schooled Magazine!

Schooled Magazine is entering its 5th year of publication and we've come a long way!

Driving down the streets of Provo, with the wind gently blowing my hair, students are everywhere, breathing life back into the annual summer ghost town when the students disappear for the break. I smile as I think of all of the exciting things I have planned for this year, and I look back on the last four years and all of the amazing things this magazine has accomplished. As we celebrate five awesome volumes, I'd love to give you a brief history of Schooled Magazine.

Schooled Magazine was born in 2002. Brad and Melissa Palmer from Springville, had an amazing idea. There were magazines for permanent residents of Utah Valley, but nothing for students. They decided to bring something to the students that would help them build their resumes, let them express their opinions to the community, and be a voice of the students, by students. They didn't want something square and boring, they wanted something vibrant with unique opinions and features. The idea soon developed into a reality as they published their first volume in September 2003. It was truly a magazine for the student, by the student.

Students loved the magazine and it thrived. In 2004, the Palmers had a new baby and couldn't handle the extra work. They decided to sell the magazine to Russ Taylor, who had been their advertising director. With his wife (me, the managing editor), Traci D. Marinos (editor in chief), and Erin Delfoe (layout director), the four put their heads together and gave the issue a new look, some fresh editorial, revamped the magazine, and turned it into what it is today.

While looking over the covers of the magazines, and reflecting over the past four years, I realized that Schooled Magazine is more than just for the college students in the valley, it's who the students are.

Schooled has slowly changed it's look, it's editorial, and has evolved into who you are. We've talked with lots of you and have enjoyed all of your insights and thoughts about student life. We have seen beautiful and amazing things from you and know that Provo isn't the stereotype that it is always put out to be. There are so many interesting things out here that don't have just one voice. We all have opinions, have different reactions to the hot topics of things happening around us and we are here for more than "just school."

This made us at Schooled realize that if we are going to continue to entertain, challenge, and stimulate the minds of amazing students like you, we need to be more than just a magazine. We need to be a open-minded, energetic, living, breathing, and culturally relevant experience that touches you each month.

So for the next five, 10, even 20 years, be on the look out for Schooled Magazine. Be prepared to laugh with us, think with us, dine with us, shop with us, volunteer with us, protest with us, party with us, explore with us, write with us, and grow with us.

Simply because we are more than stereotypical Utah. And so are you.

Deborah Barlow-Taylor
Managing Editor

P.S. We'd also like to say a special goodbye to Traci Marinos, who has been our Editor In Chief for the last three years. She's moving on to bigger things, and we're really going to miss her and her amazing skills and friendship. All of us at Schooled would like to wish her the best in all of her endeavors!

Schooled Magazine

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Get Involved

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 949-500-7934 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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How many BYU students speak a foreign language?

More than 75 percent speak a language other than their native tongue.



Animal Attraction

Some of us find that special someone during our college career, some of us find them afterward, and some just keep on looking. We're not the only ones! Here are some interesting facts about animal attraction.

Deer Hunt: While the big-antlered stag fights fellow bucks to show off who is stronger, the doe, unimpressed, sometimes sneaks off to mate with a weaker, though more mellow, male.

Man-Eaters: The female praying mantis often bites her partner's head off during sex. Some female crickets have appetites, too: To up their offspring's genetic diversity, they'll mate with anyone!

Faithful Fliers: Over 90 percent of birds pair up exclusively to rear chicks together, and each parent often helps provide food. That's the kind of teamwork that flies in any relationship. Source: Redbook Magazine May 2007 Issue

716

calories

The amount people consume when music plays during a meal. Listening to tunes when you sit down to eat may widen your waistline, according to a study from Georgia State University in Atlanta. The study subjects took in about 100 fewer calories and six fewer grams of fat when they dined in silence. Music seems to encourage you to linger at the table longer—for an extra 11 minutes, on average—and eat more. So whether your tastes run to Bach or Beck, make sure you turn off your CD player or iPod before chowing down and you'll save thousands of calories a year.

Source: Shape Magazine April 2007 Issue

Fridge Facts

Refrigerate hot foods as soon as possible and within two hours after cooking. Don't worry about putting hot foods in the fridge—they chill faster there. If you cooked in a large pot, put food into smaller, shallow containers for faster cooling.

Keep the refrigerator at 40° F or lower. If you're not sure what the temperature is, get a refrigerator thermometer. If needed, adjust the thermostat.

Date leftovers so they can be used within a safe time. Usually they're safe if eaten within three to five days of being refrigerated, depending on the type of food.

Don't overload the refrigerator. You need enough space between food containers to ensure that air can circulate freely.

Source: Woman's Day Magazine May 2007 Issue

Hey Skipper: How Much Money Are You Wasting By Skipping Class?

Every time a class is skipped money is being lost. Even though that the money per skipped class is not very great, continually skipping classes can really add up. The chart below shows how much it costs you every time you skip a class, assuming that a normal college student would take four to five 3-credit courses per semester and that these classes are held two to three times per week. **By Kristen Barlow**

	BYU (LDS)	BYU (Non-LDS)	UVSC (Resident)	UVSC (Non-Resident)
Tuition and Fees Per Semester	\$1920	\$3840	\$1500	\$5250
Cost of College Course (4-5 courses per semester)	\$427	\$854	\$334	\$1167
How Many Times A Semester A Student Will Attend A Class (2 to 3 times a week)	35	35	37	37
Cost of Skipping One Class	\$12.19	\$24.38	\$9.01	\$31.53
Cost of Skipping 5 classes	\$60.95	\$121.90	\$45.05	\$157.65

Do Girls Like Nice Guys?

*Can Jacqueline Childs prove they do with the wager of a lifetime—
you know, the kind you get in Chick Flicks and Shakespeare,
except this could happen in your life . . .*

Meex

our

Match

a novel

Stephanie
Fowers

The New Nervous Local Band Review

By **Rae Harris**

The New Nervous describe their musical style as, “The music Steven Hawking would make if he had eight hands and a synthesizer.” With Scott Shepard on vocals and guitar, Kellen Holgate on guitar and keys, Ryan Hone on “drums, percussion, and love”, and Josh Dunn on bass and percussion, these self-described, “fun loving gentlemen” bring a unique sound and mood to their songs, blending high energy music with smooth vocals.

The band formed in 2005 after several years of experience with different bands. Each member brings a wide variety of musical influences, which contributes to their diverse sound. In March 2007, the band released their first EP, “Frantic is the New Nervous.” The inspiration for their songwriting is found in, “the sensationalism that is our society,” says Dunn.

TNN are passionate about putting their heart into their music and love the opportunity to become part of people’s lives as they reach out to them through their music. “There is nothing better than playing music for people who love music,” says Dunn, “There are a handful of people who really understand what we are doing and the satisfaction of playing for those people is worth every bit of energy and time we put into our song writing. It makes us extremely happy when someone tells us about an experience they had while listening to our music or when we hear them singing along during a show.” For more information, be sure to check these guys out at www.myspace.com/thenewnervous.



Photo By Mark Hansen



“The Place” On YouTube.com

By **Sean Mosman**

In the past few years there has been an explosion of reality TV shows centered on the lives of real people, filmed in their natural element—usually somewhere tropical with an abundance of scantily-clad coeds. Like many Utah residents, I’ve been left to wonder, “Why can’t someone make a reality show about the lives of typical BYU and UVSC students?” The answer, of course, is that no one outside of Happy Valley would understand a word of it. Frickin’ Fetch! Luckily for us, a group of students has taken the initiative to fill that void. It’s called “The Place,” and it’s an online TV series (with weekly installments) featuring 13 local students and their eerily familiar lives. It starts a little bit slow, but once you get to know the main characters it’s surprisingly entertaining. If you’re looking for a new series that you can really identify with, I know just The Place for you! (pun intended). Look it up www.theplace-tv.com.

Surf The Web: ProvoPulse.com

By **Jennie Nicholls**

Feeling frustrated about things going on in Provo? The website provopulse.com is a site for bloggers to say whatever is on their minds about the great city in which we live. From stories on the infamous problem of parking/booting to longboarding laws, this website is for people that need to vent about things going on in Provo and secretly love the drama.

For The Cause: LongboardersUnite.com

By **Mitch Mallory**

Longboarding, a popular sport for many Utah Valley residents, was banned this summer from Provo canyon after several accidents involving longboarders.

The ban was lifted after just a few days, however, not everyone is convinced that the ban was necessary. A pro-boarding group, Longboarders Unite, has been formed by 23-year-old college students Sean Egli and Howard Hansen.

“We are having good, clean fun and felt like this was something worth fighting for,” said Egli. “We need to maintain some rules. Utah County doesn’t need to take responsibility for our mistakes and riders need to know their limits.”

“We need to try and fix the problem by teaching people how to ride smart,” Hansen said.

Recently, members of Longboarders Unite met with members of the Utah County Commission to discuss a compromise to the ban. Although negotiations are still in progress, the group has hope.

“We actually got some of the commissioners on longboards this week,” said Egli. “One of them looked at us and said, ‘My wife’s going to kill me for saying this, but I can see why you think this is fun.’”

“The commissioners have been really encouraging to us, letting us know we are doing this in the right way,” Hansen said.



Photo By Mark Hansen

Interpol, "Our Love to Admire" CD Review

By Mitch Mallory

In 2001, Interpol wooed rock fans and critics alike with its debut release, "Turn on the Bright Lights." Drawing on brooding melodies and infectious guitar hooks, many were quick to proclaim Interpol as the saviors of music. Now, six years later, Interpol has released another stunning record entitled "Our Love to Admire."

From the first notes of the opener, "Pioneer to the Falls," it becomes clear that Interpol has not strayed far from its Joy Division-inspired roots. Their trademark eerie, reverb soaked guitars remain stable throughout the album.

"Our Love..." is a seamless effort, each song packed with pounding single-note bass lines, heavy guitar riffs, and dark, catchy choruses.

Overall, "Our Love..." may sound familiar, given its similarities to Interpol's first two albums. However, considering the band's critical and commercial success thus far, it's hard to blame them for repeating themselves, especially when it sounds so epic.



Barbecue Restaurants Review

By McKay Salisbury

So, you're looking for some good barbecue? You're in luck; Orem and Provo have some awesome barbecue restaurants. Here are some of our favorites:

Smoke House Pizza & BBQ

19 N University Ave, Provo (801) 344-8700

Their prices are good, and so is the meat. Their sauces are amazing, probably some of the best sauces around. The sides are good too, but I was a little unimpressed with the portion sizes of the bread. Two slices of wonder bread shouldn't be an alternative to a nice creamy cup of macaroni, or a bowl of sweet coleslaw.

Goodwood Barbecue Company

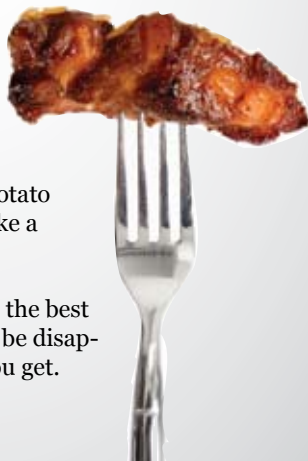
777 University Pkwy, Orem (801) 224-1962

Goodwood is a little more expensive than the other mentioned restaurants, but they also provide a full-service atmosphere. It feels more like you're at a nice steakhouse, rather than some backwoods BBQ joint. The meat, sauces, and sides are all good, but their appetizers are amazing. To name one, the buffalo wings are some of the best around. I've had a lot of buffalo wings, and these are clearly my favorite.

Papa's Southern BBQ

2235 N University Pkwy, Provo
(801) 377-0564

Papa's Southern BBQ is a relatively new restaurant on University Parkway (near Cafe Rio). Their prices are good, their meats are good, but their sides are amazing, particularly their potato salad. Check them out. It feels more like a hometown BBQ: rather quaint.



So, no matter what you pick, you'll get the best of something, and you probably won't be disappointed with much of anything that you get. Happy eating!

A promotional poster for the "Rock the Block" event. The background is a light green and yellow geometric pattern. The text is in various fonts and colors, including green, black, and white. At the top right, it says "FREE 100% OF DONATIONS GO TO THE WHEELCHAIR FOUNDATION". The main title "ROCK THE BLOCK" is in large, bold, green letters. Below it, the date and time "SEPT. 28 7-12:30 AM" are written in black. The location "NEW LOCATION: ALPINE VILLAGE 1340 N. FREEDOM BLVD" is in a green banner. Below that, it says "FEATURING: GOOD MORNING MAXFIELD AND IVY LEAGUE FREE FOOD FROM 7-9". At the bottom, it lists sponsors: "SPONSORED BY: ALPINE VILLAGE, SCHOOLED MAGAZINE***, THE SPIN***, BLACK JACK PIZZA, SMART COOKIE** COSTA VIDA." and provides contact information: "FOR INFORMATION AND TO PURCHASE T-SHIRTS CALL 801 427-7747".

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Need A Good Laugh?

Look No Further! Here are some of the best places in town for a good laugh.

By Jamie Littlefield

There's no better way to recover from a week of deadlines and drama than to catch a show at a local comedy club. Utah Valley is home to some surprisingly talented comedic troupes, many of which are both funny and in good taste. So show up with your stuffy new roommate or that hottie in your Chem class – these shows will have you smiling in no time.

ComedySportz

36 West Center Street, Provo
(801) 377-9700

The Spin: ComedySportz is Provo's hot spot for hilarious improv shows. They offer "Clean, fun, and fast, improve comedy," according to assistant manager and comedy performer Scott Champion. "A lot of people think we tell jokes about football or something. We don't tell jokes about sports - comedy is the sport."

The Shows: ComedySportz namesake show is performed live every Friday and Saturday night at 8:00 and 10:15. You'll be on the edge of your seat as two teams of performers compete in hilarious improv games, creating skits from audience selections and bursting into off-the-cuff songs. Performers choose from a repertoire of over a hundred games and no two shows are ever alike.

A weekday performance, "Yellow #2" is featured every Thursday at 7:30 p.m. Come back to see ComedySportz star performers act in longer improv skits. "It's one of the best kept secrets in local comedy," boasts Champion. If you feel like singing and/or making a fool of yourself, check out their newest show - "Big Shot Karaoke." Between September 20th and November 15th, audience members can strut their stuff on stage or kick back and watch the performers and singers interact. It's "Whose Line is it Anyway meets American Idol meets The Price is Right," says Champion. Show time is Thursday at 9 p.m.

For Tickets: Tickets for the main show can be reserved over the phone with a credit card for \$8. They can also be purchased at the door for \$10.

Discounts: Use your Starving Student card to receive a 2-for-1 discount or sign up for their online newsletter and have savings delivered to your inbox.

On the Web: www.comedysportzutah.com

The Thrillionaires

Velour Music Lounge
135 North University Avenue, Provo
801-818-BAND

The Spin: Don't expect to sit quietly while attending a performance by The Thrillion-

aires. This improv group's weekly performances interact with audiences through completely improvised plays and musicals. Their website invites everyone to join in the fun – "Be a part of the show: bring objects, costumes and set pieces from home, then tell the person at the door and we will use them in our show."

The Shows: Show up at Velour Music Lounge to check out a new show every Monday at 8 p.m. One show a month is devoted to a specific genre and features genre-specific props, costumes, and music. Check the group's MySpace page for show details.

For Tickets: Buy tickets for \$5 at the door.

Discounts: Reduced price tickets are often available for groups. Take a look at their MySpace page for updated group discount details.

On the Web: www.thethrillionaires.com,
www.myspace.com/thrillionaires

Wiseguys Comedy Café

1350 W. 1140 S. Suite 110, Orem
801-377-6910

The Spin: Wiseguys Comedy Café has a brand new location in Orem's Parkway Crossing. Check out their weekend shows for both stand-up and hypnotist comedy performanc-

www.schooledmagazine.com

es. "It's no fluke that Wiseguys has been voted Utah's best comedy club," claims their website. "Some of the funniest nationally touring comedians 'stand-up' on our stage every week.

The Shows: Wiseguys features live performances every Friday and Saturday at 9 p.m. They occasionally offer special shows – check their website or call their hotline number for details.

For Tickets: Tickets are \$10 each and can be purchased by phone or at the door.

Discounts: Visit the Wiseguys website for special discounts including a 2-for-1 printable coupon. Join their email "Insider List" for even more deals.

On the Web: www.wiseguyscomedy.com

Divine Comedy

BYU Varsity Theater
801-422-4313

The Spin: BYU's Divine Comedy troop is the only sketch comedy group in the area. Every semester they put on a handful of shows for students and non-students alike. "It's like Saturday Night Live," says Divine Comedy co-president Laurel Armstrong. "We write all of our own material. We throw out glow sticks by the hundreds."

The Shows: This semester, check out performances on October 19th and 20th, November 16th and 17th, and December 7th and 8th. The December performances will be held in the Joseph Smith Building. All other performances will be held in the Varsity Theater.

For Tickets: Tickets are \$8 each and can be purchased by phone or at the Wilkinson Student Center Information Desk. They will be available beginning two weeks prior to each performance. Buy your tickets early, suggests Armstrong, as this year's shows are likely to sell out.

Discounts: If you're a student of any school (not just BYU), you qualify to purchase a ticket at the \$5 student rate.

On the Web: www.divinecomedy.net 

Think You're Funny?

Do classmates break out in laughter at the sight of you entering the room? Do your jokes make grandfathers slap their knees and cause young children to roll to the floor in giggles? If your family and friends think you're a hoot, consider trying out for a local comedy show.

ComedySportz offers a five-week beginner improv workshop starting October 2nd. Successful performers will be invited to attend an intermediate workshop and may later be asked to join the comedy troupe. The beginner's workshop is \$90.

BYU students can try out for Divine Comedy this month. Five performer spots will be filled with candidates from the tryouts. Hint: Avoid stand-up routines and go for something a little different. Current co-president Laurel Armstrong made the cut last year with a dead-pan Britney Spears monologue and an improv act involving a pen. See their website for details: www.divinecomedy.net.



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Create the Group

Can four girls from Utah make it big in the music industry? By Chelsesa Pyle

For those of you ready to vomit from all the reality TV schemes there are proliferating our tube every night, here's something new that just may pique your interest. Sam Schultz of Brown Brothers Catering is making his dream come true in a big way, and he's taking the local talent of four Utah girls with him.

Create the Group is a new reality series being featured on KJZZ beginning September 16 in the vein of "American Idol" and "Making the Band." Over 300 girls auditioned to become a member of the newest Pop/R&B group to hit the market. Madi Murdock, age 14, from Sandy; Shanae, 17, and sister Taylor Vaifanua, age 15, from Hurricane; and Danja Bean, age 16, from North Salt Lake City were the four lucky girls crowned victorious after auditions.

The show will run for eight weeks following the girls' journey as they try to coalesce as a team. These four teenagers must now spend countless hours rehearsing together dancing, singing, and performing. Add to that your everyday hormonal angst and the pressure of being the best and you've got a whole lot of drama on your hands.

The man at the helm, Sam Schultz, has always dreamed of becoming a music producer, but instead of trying to promote the next big thing, Schultz wanted to focus on the burgeoning talent surrounding him in his own state. "There are many vocal groups in Utah trying to make their way, few of them hit the mark," as quoted from a press release from earlier this spring. The girls

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in this group are from Utah, training in Utah, and recording in Utah. Far from the horror that is "Who Wants to Be the Next Pussycat Doll?" these girls are homegrown taking, as Schultz says, "the underdog grassroots approach" to reality entertainment.

Judges for the audition process included, David Loeffler, a Los Angeles based record producer best known for his current management of Lionel Richie, Jenny Jordan Frogley, a local recording artist of LDS/EFY music fame, and Rudy Wolfram, best known as the drummer for multi-platinum pop group sensation The Jets.

The key player in all of this is David Loeffler. He took an interest in this project right from the beginning. Now he's one of the partners managing these girls' birth to stardom helping them through his years of experience in the music industry as they prepare to embark on their big tour.

To learn more about "Create the Group" visit createthegroup.net, and be sure to watch September 16th at 6pm on KJZZ to watch Madi, Taylor, Shanae, and Danja take off into stardom.

S
M



Making Friends 101

Be Friendly and Outgoing

It's one thing to be nice. Nice people are the ones who don't get upset often, are generally kind and don't make a lot of waves. That's nice. It's important to be nice. However, if you want to make friends, it's also important to go a little outside of your shell and be outgoing. This means introducing yourself to strangers at parties or gatherings, meeting people, being social and being lively. Flash a smile every now and then, even when there's no apparent reason to smile, and be sure to give sincere, specific compliments.

Be Yourself

While there is often a temptation to follow the crowd in order to fit in, there is nothing worse than a phony. Eventually your true side will come out (or at least it should!), so why waste time wearing a mask as a cover-up? By showing your personality and your feelings, you are bound to attract friends who think and act like you do.

Anyone who deserves your respect will respect others who are simply themselves, rather than putting up a front. Be sure to find those who have similar ideals as you. You don't need to have exactly the same hobbies or interests, but it is crucial to find common personality traits in your potential best buddies.

Don't discriminate

You know the kind. They take one look at you and decide you're not good enough to be in their unofficial socializing club. You wish you could be accepted, but you feel as though you're an outsider. These are the people who act like they are better than you. They're not, so don't be one of them.

In your efforts to accept others, remember it's not always the first impression that counts, or the way someone appears on the outside—it's about giving your friendship to that person and appreciating their reciprocation.

Be a good listener

Talking is good, but you know the saying, "talk is cheap." To be a friend, you have to listen. I once heard a speaker at a leadership seminar say that maybe God gave us two ears and one mouth because we're supposed to listen twice as much as we talk. While that statement may not be entirely correct—or mathematically sound—it teaches an important lesson: a good friend is a good listener. Making subtle comments about the topic of conversation will let your friend know you are paying attention. When you show someone you really are connected to what they say and feel, they are much more likely to see you as someone who cares—someone who is a true friend.

By Sam Scorup

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YELLOW #

2

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Don't Be Boring Get Involved!

By Kailee Heger

It's back to the grind of school after a long summer break and what is a college student to do?! No one wants to give up on all the fun just yet! It's still warm outside and the energy of fall semester is just beginning. With thousands of students returning to Utah County, it's time to reunite with old friends, pick up some new ones, and get playing!

No, I'm not promoting for you to fail out of your classes,

but it's always good to have a balance of school and play. So here's a list of cool "things to do" while surviving this semester:

Play an intramural sport.

Whether at UVSC or BYU, intramurals is a sure way to get your adrenaline pumping while meeting new people and staying active. Visit intramurals.byu.edu/ or uvsc.edu/intramurals/ for a list of sports and schedules.

Get outdoors. Now this suggestion runs deep. We are surrounded by a variety of recreational opportunities - rock climbing, biking, hiking, and repelling (to name a few). First, scope out what is available. Take a scenic drive up the canyon of your choice

- Provo, Spanish Fork, Hobbie Creek, or American Fork. Then pick your activity. Don't have the equipment necessary? Visiting Outdoors Unlimited (outdoors.byu.edu) is a good place to start.

Don't want to go outdoors? Here's an idea. Act in a school or community play. You don't have to be a music and drama major to enjoy this one. Audition with SCERA or Center Street Musical Theatre. Look to scera.org or csmtc.com for upcoming tryouts.

Join a club. BYU and UVSC both have more than 50 clubs each. You are doomed to find a club that fits your fancy. And don't forget, you can create your own. Go to byusa.byu.edu or uvsc.edu/students/gettinginvolved/. These websites will lead you to a list of clubs plus a schedule of university student events. Simply attending these events and getting involved can solve mounds of problems in your social life.

Be active. Start up jogging or cycling. Not appealing to do on your own? No worries. Look to the previous suggestion. (Hint: joining a club will land you many people with your same hobby.)

Become a mentor. In other words, become a friend to a boy or girl who is waiting to be paired with an adult mentor. The local Safety Net Mentor Program needs your help. Go to safetynetmentor.org to get signed up.

Go to the games. We all know fall semester equals football season. Buy a BYU All-Sport Pass. Be a fan. Paint yourself blue. Use your pass to support the football team and women's volleyball team who both play throughout this semester. Keep in mind an All-Sport Pass will get you into other sporting events throughout the upcoming year too including basketball and men's volleyball.

Do volunteer work. Begin by visiting your school's Center for Service and Learning. There you can find great service opportunities near you. United Way of Utah County (unitedwayuc.org/volunteer) can give you an additional listing of volunteer work in your area.

Want to find a new hobby? Consider classes offered through Provo city. Take up pottery, dance, art, or aerobics. Visit provo.org.

Overall, find something! Get out and have a good time! Your textbooks will be waiting for you right where you left them. As Phyllis McGinley said, "A hobby a day keeps the doldrums away."

 www.schooledmagazine.com

Special Date Night Feature

Trafalga

By Spencer Pettit
Photos By Mark Hansen



Dating 101	Trafalga Date Night \$20 Solution
Select an activity in which you may freely interact	Miniature Golf
Participate in a competitive activity to see your date's "true colors"	Go-Karts
Strategically plan an opportunity to show your skill and buffness	Batting Cages
Show thorough planning techniques by providing dessert	Large Dippin' Dots
Win your date a stuffed animal – or Chinese finger trap	Arcade Tokens


School is back in session. We welcome the dawning of our next educational milestone with all sorts of rituals. You can join the hunt for paper and pencils amid the mulletted herd of Wal-Mart superstars, or try reenacting the Lewis and Clark expedition as you orienteer your campus searching for classes in buildings that have full names on all the signs instead of the acronyms that are on your schedule. Not to mention the hours you have already spent planning outfits for the next two weeks. To top it off, that pile of homework waiting in your room is sounding about as much fun as that third degree sunburn you earned while selling pest control this summer.

All the woes of your academic experience in Happy Valley can be soothed by one redeeming part of college life: Dating. That's right boys and girls – one on one interaction with someone who makes you giggle unstoppa-

bly. Dating not your cup of non-caffeinated beverage? Don't fret. You're in the majority. That's why "hanging out" has been tagged as the new dating. Well, I hate to break it to you, but if you plan to spend the majority of your life in monogamous bliss, you better give this dating thing a try. And, I have the perfect solution for you – at least for this weekend (insert drum roll) – Trafalga. What the flip is a Trafalga?

Trafalga Fun Center is a long-lasting, often-overlooked, local landmark nestled right next to the freeway off of the Orem Center Street exit on 1200 West, just a stones throw (even if you throw like me) from UVU. Trafalga has been operating for almost 30 years and—surprisingly—is the quintessential definition of "what's fun to do around here." The folks at Trafalga have put together a Date Night Special that takes all of the work out of planning

a rad outing with your significant someone. For just \$20, Trafalga gives you access to their mini golf, go-karts, and batting cages. Then, just to sweeten the deal, they throw in two large Dippin' Dots ice cream (not small people— large!) and six tokens so you can take on your date at Dance Dance Revolution in their unexpectedly extensive arcade. Look at the explanations in the chart above to comprehend just how amazing this bundle of not-boring is.

Now that Trafalga has taken the planning portion out of your dating life, you'll have more time to practice that yawn-and-stretch-while-putting-your-arm-around-your-date maneuver. And when your date asks you what Trafalga really means, you can let them know that it is German or Russian or Romanian for "dating awesomeness." They'll be sure to agree. 

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OCT 19	FRI	VS	@ BYU (at Peaks Ice Arena)
OCT 20	SAT	VS	LOYOLA MARYMOUNT
OCT 26	FRI	VS	METRO STATE
OCT 27	SAT	VS	BYU - Idaho
NOV 8	THU	VS	DENVER UNIVERSITY
NOV 9	FRI	VS	UNLV
NOV 10	SAT	VS	UNLV
NOV 16	FRI	VS	UNIVERSITY OF UTAH
NOV 17	SAT	VS	WALLA WALLA COLLEGE
DEC 8	SAT	VS	WEBER STATE UNIV - DIV 1
JAN 18	FRI	VS	UNIVERSITY OF UTAH
JAN 19	SAT	VS	UNIVERSITY OF UTAH
JAN 26	SAT	VS	MONTANA STATE UNIVERSITY
JAN 31*	THU	VS	COLORADO STATE UNIV
FEB 15	FRI	VS	UNIVERSITY OF WYOMING
FEB 16	SAT	VS	UNIVERSITY OF WYOMING
FEB 29	FRI	VS	BRIGHAM YOUNG UNIVERSITY
MAR 1	SAT	VS	ALUMNI INVITATIONAL
MAR 6	THU	VS	METRO STATE (DENVER)

PLEASE VISIT WEBSITE FOR FULL SCHEDULE, GAME TIMES AND MORE INFORMATION
ALL HOME GAMES PLAYED AT THE PEAKS ICE ARENA, 1000 E. CENTER ST, PROVO
* DENOTES GAME PLAYED IN PARK CITY, UVU season passes will not work for game played against BYU

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an inconvenient text

A GLOBAL **WARNING**

By Scotty Spjut



Text messaging is destroying America.

That's right. Texting is right up there with Al Gore, reality television and bears.

Text messaging, or texting (an example of how we've managed to turn another noun into a verb) is when one uses their mobile device to send a short written message to someone else's mobile device.

Textiquette (another completely made-up word) are the rules to be observed in social texting interactions.

There are two issues at hand. One is the texting pandemic sweeping our culture – destroying traditional interpersonal communication – and the eminent fall of our society because of it. The other are the rules of textiquette – the general regulations to be followed – designed to keep texting from turning into some sort of structureless, new-age, feel-goodery medium of expression.

Why Text

Texting has replaced phone calls in a number of ways, most of which are unacceptable. People send them out in droves and all too frequently. Maybe there's some new "Save Your Ears – Text" campaign I don't know about.

Texting is not an acceptable way to set up dates, break up with people, deliver bad news or find out how someone's day was. Those kinds of things should be done over the talky part of your phone. And this is why texting is destroying America. It has turned relationships more uncommitted than ever.

There's something about hearing someone's voice, the simple intimacy and the immediate interaction that connects people. Calling instead of texting shows you don't

want to be doing anything else at that moment, you're willing to possibly say something you might regret since you can't proofread what you're about to say, and you want vocal inflection to be a part of your relationship. And we all know it's a big step in a relationship when vocal inflection gets involved.

A relationship, romantic or otherwise, based primarily on text messages is sad.

Who to Text

It's becoming more acceptable to text whoever you'd like: coworkers, bosses, religious leaders, professors, etc.

However, do not text people who do not have cell phones. Landlines have a hard time displaying those little messages.

Do not text people whose cell phones do not or can not receive texts. Some plans charge extra for text messages, and some people tell their providers to not allow their phones to send or receive texts.

Do not text people who have told you not to text them. I know that may be hard for you to believe, but there are actually people out there who would rather hear the sound of your voice than see how well you can type.

Do not text people who wouldn't know what to do with a text, like anyone over 50 years old.

What to Text

You can text information that doesn't require a response. Texting phone numbers, addresses and friendly reminders is good because people will have that information stored in their phone to access later.

Texts should be less than 160 characters. There's a reason text messages have a limit. Anything longer than that is an e-mail, not a text message. Nobody wants to read your life story on a one-inch screen.

Do not use B4, cya, U2, ppl, L8R, ur, and 2nite. They are not words. They are an egregious combination of letters and/or numbers that deserve to die. Again, if you have to abbreviate in order to fit your whole text into the 160 character limit, then you're saying too much and should probably use the other half of your phone. You know...the phone half.

Don't text if the need is extremely pressing. Sometimes it takes hours or even days for a text message to make it through outer space – or wherever it goes, maybe Mongolia – before it gets to the other phone. So if something needs to be resolved now, just call.

When/Where to Text

It's definitely rude to an instructor to text during class. However, I'll admit I've done it before, but we should all resist the temptation. If you're paying all this money to take these classes, and you've managed to get out of bed that day, there's no point in wasting money and time having a pointless conversation via texting – especially since you shouldn't be having any conversations via texting.

I doubt God is very happy when you text in church. I know talks and lessons can be boring at times, but be strong. It'll all be over soon enough. However, I think God is happy at the cacophony and hilarity resulting from a mass text sent in the middle of church to see who forgot to silence their phone.

It's never okay to text on a date. Next time you go on a date, you might even want to try leaving your phone at home. I

know you probably feel naked/discombobulated/awkward without your phone, but hopefully your date is more important than your phone anyway.

And keep this in mind: Just because you are awake at 2 in the morning, doesn't mean that I am. So no middle-of-the-night texting, whether it's alcohol induced or not.

And don't text while driving.

There are already enough idiots on the road.

“And keep this in mind: Just because you are awake at 2 in the morning, doesn't mean that I am.”

In conclusion, texting should not replace good, old-fashioned talking. If someone texts you wanting to have a conversation, don't respond with a text. Respond with a phone call.

And the next time you're about to text someone, think to yourself, “Is there any reason for me to not just call?” I bet most of the time there won't be. **S**

M

How To Get... A Ring By Spring

By Scotty Spjut



A lot of people choose to come to Happy Valley for an education, either at Utah Valley State College or Brigham Young University. Some want to gain practical experience and finish with a degree that will help them in the real world. Some are attracted by the opportunity to couple skiing or snowboarding with their college experience. Some come because they've been convinced since a young age they actually bleed blue and gold and Satan will eat their babies if they go to college anywhere else.

But some come to get married. I can only imagine what fantasy world these women have created in their minds

School was worth it, I finally got my "MRS" degree!

The effort paid off!



– with pretty flowers everywhere and beautiful music playing in the background, no doubt – when they are motivated to attend an institution of higher learning solely to get their “MRS” degree.

And while they daydream of white steeds and of scenes from “The Notebook,” the cerebral narrator of this muse says, “Four years of books: \$5,000. Four years of tuition: \$15,000. Four years of room and board: \$20,000. Meeting your eternal companion: It’s like \$40,000! Just add it up!”

It turns out their narrator isn’t a hopeless romantic. He’s a pragmatist. He’s not going to say, “Priceless.” Not only would that have been lacking in originality – and possibly plagiaristic – it wouldn’t have been true. That ring on your finger may have cost a lot of money, but getting that ring on your finger cost much, much more.

So, is this a good investment? Should men and women – let’s be honest, it’s not just the ladies who come here to get married – feel the thousands of dollars they spend on schooling is worth it if they’re just looking to find a spouse?

The majority of single people in the greater Provo/Orem area want to get married. The high concentration of people with similar beliefs, morals and standards is an added bonus to living in Provo/Orem. So it should work out. But it doesn’t. Why not? As always, the problem lies with the men.

A woman arrives reciting “Ring by spring or your money back” in her mind, but finds the guys in Provo/Orem to be substandard. Realizing the pickings are

slim, she becomes a wonderfully ambitious woman, working toward a degree. This – for some reason I have yet to understand – dissolves any remaining desire for said guys to date her. I guess there’s something unappealing about a woman with drive. After four years of a few lame dates and a lot of lame guys, she ends up doing the exact opposite of what she intended, graduating with a degree and no husband.

After four years of a few lame dates and a lot of lame guys, she ends up doing the exact opposite of what she intended, graduating with a degree and no husband.

Having graduated with no spousal prospects and no job prospects since she majored in Marriage, Family and Human Development or Dance or something (seriously, you might as well major in Waiting In Soup Kitchen Lines because that’s what you’ll be doing the rest of your life with a degree like that) her only option

is to pursue more education.

And who’s going to marry a girl working on her master’s or a PhD.?

I will. The only reason I came here was to get married, and if she can be the one who brings home the bacon instead of me, even better.

Men, if you’re really here to get married, put forth the effort. If you meet a girl and she’s just here for her “MRS” degree, then you can be that special someone to end her formal education. If you meet a girl and she’s here for an academic degree, then support her in that. There’s nothing wrong with a woman wanting to leave Provo/Orem with a degree and a husband.

But women, if you don’t want a formal education, couldn’t care less about a degree, and hate the college experience, don’t go to college. If you do, you will have the most expensive wedding announcements ever.





He Said, She Said Love Quiz

What's Your Personality

His Quiz

By Scotty Spjut

Hey guys! Listen up. These next few minutes might be hard for you, but they could be the most important minutes of your lives. In order for this to work, I have to be blunt and you have to be honest.

Answer these questions as best you can, really looking deep within yourself. The answers may seem extreme and I may have taken stereotypes to the very edge of reality, but it had to be done.

Which answer best fits you?

1. Dating:

- A. Is too hard. You've given up on it because you've had a few (or several) bad experiences.
- B. Should always be an all-day ordeal. The more activities you can cram into one date, the better.
- C. Is an inefficient way to get action.
- D. Should be – at least at first – brief, unassuming, low-key, inexpensive and interactive.

2. Your ideal girl:

- A. Will find you with limited or no effort on your part. Things will just work out.
- B. Will enjoy talking about you almost as much as you do.
- C. Is blonde, wears big sunglasses and bigger belts, doesn't know how many states are in the U.S.
- D. Is ambitious, smart, pretty, interested in you, and doesn't know the whereabouts of Lindsay Lohan at any given time.

3. When you see a cute girl, you:

- A. Talk to her and hit it off pretty well, but probably won't ask her out.
- B. Ask her out right then and there – regardless of whether you connected with each other – and just assume she'll enjoy whatever date you have planned.
- C. Search through your mental notebook of pickup lines, and go with, "Are you a natural blonde?" because you think that's a good one.
- D. Strike up a conversation, try to find out more about her, try not to talk too much about yourself, and hopefully end the evening with a phone number.

4. When getting ready for a date:

- A. You do so grudgingly, since the only reason you're going is because your roommates insisted you get out of the house.
- B. You are very confident the date will go well – unjustifiably so, since you really don't know anything about her.

- C. The only dilemma you have is whether you should try to make out with her during the movie, or make your move after.
- D. You're a little nervous and really excited, but calm yourself down. I mean, you're just getting ice cream, right? No big deal.

5. When you want more romance in your life you:

- A. Watch a chick flick, and for some reason think real life is like that.
- B. Chalk up the awkwardness and utter failure of your last date to bad luck and ask her out again.
- C. Call random girls to hang out, assuming they're so in love with you they'll drop whatever else they're doing.
- D. Go out and earn it. Dating isn't easy.

6. When it comes to your social life, you would rather:

- A. Hang out with your roommates and make them listen to your love-life woes.
- B. Keep calling that girl because you can't think of any good reason she hasn't returned your other calls.
- C. Hang out with a bunch of hot chicks and your "bros".
- D. Be on a date. Maybe a double date, where you all know each other and can have fun together.

7. Your last relationship:

- A. Is something you don't want to talk about. It was a long time ago and it ended with your heart being broken.
- B. Consisted of one 12-hour date, a goodnight hug and about 3,000 text messages – most of her messages “apologizing” for being so “busy”.
- C. Was in high school. Committing to a serious relationship is pointless.
- D. Was difficult to end, since you were – and continue to be – such good friends.

8. When talking about girls you:

- A. Do so with spite, resentment and hopelessness, even though your romance struggles haven't been any harder than anyone else's.
- B. Wonder why you haven't found your true love – someone you can have deep conversations about Harry Potter with.
- C. Somehow can't seem to talk about anything other than their physical appearance.
- D. Talk happily, almost giddily, about how well your last date went.

9. You get mad at other guys – or writers of certain quizzes – when they don't understand how:

- A. Hard it is for you to ask out girls.

- B. Nervous you get on dates.
- C. Much you'd like to have a real relationship.
- D. Concerned you are you'll blow your chance with this girl.

10. What would you do for your girl?

- A. I'd do anything. I just hope she'll realize I'm not good at this whole dating thing.
- B. I'd do anything. I just hope she'll realize my being over the top isn't on purpose.
- C. I'd do anything. I just hope she'll realize the tough-guy persona is just an act.
- D. I'd do anything. Period.

Tally up your score!

___ A ___ B ___ C ___ D

Her Quiz

By Stephanie Fowers

Girls!?! You're attractive, talented, and kind, sooooo why won't he look at you? In fact, none of the guys you're interested in seem to like you back. And even worse, the stalkers are piling up and you find yourself getting bitter. All of these might be signs that you are stuck in a dating rut, my friend. Before you give up on dating altogether, try identifying the problem with our 'Meet Your Match' survey. It's based on a book about a girl stuck in the same dating rut. So, remember, the more honest you are, the more honest our feedback:

1. Dating is:

- A. Fun. You like the attention and crave the excitement.
- B. Horrible. The guy is never who you thought he was.
- C. Heavenly, much better than being alone.
- D. Frustrating. The guy never seems to notice you're a girl.

2. Your ideal guy is:

- A. Hot, sometimes a player, usually a challenge.
- B. Nice...if that even exists.
- C. It's hard to say. They're everywhere.
- D. Your best guy friend.

3. When you see a cute boy, you:

- A. Flirt back.
- B. Do nothing, he's probably a jerk.
- C. Pretend to twist your ankle, so he'll come and rescue you.
- D. Keep walking, there's only one guy you're interested in.

4. When getting ready for a date, you:

- A. Look glamorous, it comes naturally.
- B. Doesn't matter. He's the one on trial, not you.
- C. Try on everything in your closet and your roommates' closets.
- D. Wear what you normally wear. You're just hanging out anyway.

5. When you want more romance in your life, you:

- A. Show up at a party and let the guys take it from there.
- B. Get a chick flick and make comments about how unreal it is.
- C. Make cookies for your latest crush and invite him to hang out with you.
- D. Listen to your guy friends talk about the girls they like.

6. You would rather:

- A. Hang out with the guys...and be the only girl.
- B. Hang out with your girlfriends and talk smack about guys.
- C. Be on a date.
- D. Hang out with both guys and girls. You're practically the same to them anyway.

7. Your last relationship:

- A. Didn't last very long and you ended it.
- B. Ended brutally, left your heart on the floor in a million pieces.
- C. He doesn't even know that you're in a relationship together, so how can it end?
- D. Ended amicably, in fact, you're still friends.

8. When talking about guys, you:

- A. Don't talk about guys...you're surrounded by them.
- B. Are full of bitterness and tales of woe.
- C. Just can't stop. Everything he does is magic.
- D. Know you're best buds, so you're guarded.

9. You get mad at other girls when:

- A. They're carbon copies of you.
- B. They make fools of themselves around guys.
- C. They flirt with the guy you like.
- D. They play your best guy friends.

10. What would you do for your guy?

- A. You mean what would he do for me?
- B. Nothing, guys are trouble.
- C. Make him cookies, dinner, serenade him on the balcony. He's worth it.
- D. Help him win another girl.

Tally up your score!

___ A ___ B ___ C ___ D

Her Quiz Answers

Mostly A's: Squirrely Girl

You like the game and you're the best player, but you'll dump the prize at DI once a new game begins, i.e.: you're a shameless flirt, girl. Sure, you might not be ready for commitment, but stop playing with guy's hearts. Your stalkers will crowd you out, and the guys will be too bitter to make a move when you're actually ready for a relationship.

Mostly B's: Burnt Girl

Somehow, somewhere, you've been crossed in love and you didn't like it. Unfortunately, you will never find a guy who is nice because you're just too scared to get to know him. It's time to stop judging guys by what he did and move on.

Mostly C's: Claim-Staker

You picture what your kids look like before you even speak to the guy. And then you take over the courtship and leave him nothing to do but run away. Remember, aggressiveness isn't the same as being proactive. Stop proclaiming your love before he makes a move. You'll scare him off.

Mostly D's: Best Gal Pal

You're a shoulder to cry on, a back-up date, a hang-out partner, all the time hoping that you mean something more to him. But if he hasn't asked you out yet, he's just not interested. Stop hanging out! Stop breaking your own heart, and give other guys a chance.

Stephanie Fowers is the author of "Meet Your Match," a laugh-out-loud, romantic story about college life and liking nice guys. To try out another love quiz, or to learn more about her books, please visit stephaniefowers.com.



His Quiz Answers

Mostly A's: Mr. Sourpuss

You've had some struggles in the past with the ladies, for whatever reasons, but you shouldn't let that stop you. Realize that everyone – statistically speaking – will have more unsuccessful relationships than successful ones. So don't give up, take some initiative and be bold!

Mostly B's: Mr. Weirdo

You're very well-intentioned, but you try way too hard. Plan some more conservative dates, like just ice cream or just dinner or just mini-golf. I when I say "just" I mean just. And try to do a better job of knowing when a girl isn't interested and leave her alone.

Mostly C's: Mr. Player

You love the ladies and you're quite the stud. You don't really want a relationship, because you just want to have some fun. But, if you answered C to #9 and #10, you should probably think about it a little bit. Maybe it's time to quit bouncing around from girl to girl and just focus on one. It'll probably be worth it.

Mostly D's: Mr. Perfect

You're practical when it comes to dating. You're not going to invest a lot of time and money into a date when you barely know the girl. You're going to focus on relationships that are fulfilling mentally, socially, spiritually and physically (but probably not economically because girls are expensive). You'll realize when a girl is not interested in you and move on.



DROPOUT HIGH SCHOOL YEARBOOK 2007

By Chelsea Pyle



Queen Elizabeth II



Andrew Lloyd Webber



Simon Cowell



Johnny Depp



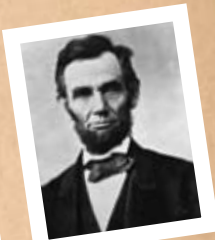
Ray Romano



Michael Dell



Tom Cruise



Abraham Lincoln



Matt Damon



Bill Gates



Russell Crowe

Matt Damon

He began Harvard University in the fall of 1988 and could have graduated with the class of 1992, but kept leaving classes to pursue acting projects. I think "Ocean's 11" should be renamed to Ocean's Dropouts since none of the main cast graduated from university. No wonder they became thieves.

Andrew Lloyd Webber

The "music of the night" told Andrew Lloyd Webber he could do better than studying history at Oxford. He dropped out to pursue his musical theatre interests giving us popular musicals such as "The Phantom of the Opera," "Evita," and "Joseph and the Amazing Technicolor Dreamcoat." Still, why "Cats?" This is when degrees come in handy.

Johnny Depp

Everybody's favorite pirate, dropped out of high school to pursue a music career. That's when he met Nicholas Cage who advised him to go into acting. You know I've never been a big fan, but Nicholas Cage, THANK YOU!!

Bill Gates

Who could forget the penultimate college dropout success stories? Mr. Microsoft himself dropped out of Harvard to pioneer his computer company and become one of the richest men in the world. Raise your hand if you're not envious. That's what I thought.

Harry Potter

If you haven't read "Harry Potter and the Deathly Hallows" yet, don't read the rest of this paragraph, but please pick up the book and join the rest of the human race. You're not fooling anyone. Constituting my new favorite dropout, The Boy Who Lived dropped out of the wizarding school Hogwarts to pursue his ultimate destiny of saving the world from his arch nemesis Voldemort. Harry is my hero!

Other famous faces from The College Dropout Alumni Association include:

Russell Crowe

This talented actor decided battling tigers sporting a toga was preferable to going to a Toga Party at any university.

Tom Cruise

Cruise slid right out of high school and into his movie career, making it big going pantsless in "Risky Business."

Simon Cowell

So, my question is: how did this guy become an expert on vocal talent?

www.schooledmagazine.com

ah, back to school. What better time to revisit the issue of college dropouts? We all hate to hear about those college dropout success stories. Especially when finals roll around and students everywhere are buried underneath piles of text books and we all feel like dropping out to pursue our life long dream of playing the nose flute (don't tell me you haven't thought about it). The truth is, without severe ambition and a little help from Lady Luck, dropping out before completing your education is hardly advisable.

The percentages are all over the board with most elite schools graduating a good

80 percent of students, but some such as the University of Minnesota graduates barely half according to a study done in 2005. Graduation rates are even worse among those who drop out then try to come back a few years down the line whether in a four-year program or a two-year community college. According to the 2002 Census Bureau, over an adult's working life, high school graduates earn approximately \$1 million; and bachelor's degree holders earn about \$2.1 million.

Still we can't help but marvel at those famous members of the College Dropout Alumni Association (there really is one). Here are my top five college dropouts:

Queen Elizabeth II

By the age most of us are penning entrance essays, Her Majesty was ascending the throne.

Abraham Lincoln

He barely finished a year of formal schooling. Here's a new ad campaign for colleges low on admissions: Come for a year and you could be the next Honest Abe.

Ray Romano

He went to college for seven years without graduating. Quote: "I would get my student loans, get money, register and never really go. It was a system I thought would somehow pan out."

Michael Dell

He founded his company, Dell Computers, out of his college dorm room then dropped out of the University of Texas to run the company. He is now a billionaire.

Despite those exceptions, there are still celebrities out there that feel the need to complete their college degree. If not for a feeling of accomplishment, then it's a cushion to fall back on in case their career goes belly-up (I'm talking to you Lindsey Lohan). Here are my top five celebrities who stuck with it:

Natalie Portman

Portman enrolled at Harvard University graduating with a bachelor's degree in psychology. In 2005, Portman pursued graduate studies at Hebrew University in Jerusalem. This "Star Wars" star can speak five languages and has been published in professional scientific journals including a psychological study on memory called "Frontal Lobe Activation During Object Permanence"—whatever that means.

Sean Astin

After starring in "The Goonies" at age 12, Astin's acting career was promising, but he still graduated with honors from UCLA with B.A.s in history and English (American literature and culture). Since doffing his hobbit feet from the "Lord of the Rings" movie series, Astin has added producer and director to his list of accomplishments.

Hugh Laurie

The actor best known for playing everyone's favorite acerbic physician Gregory House, Laurie attended one of England's most elite private schools Eton and then to Cambridge, where he achieved a Third-Class Honours degree in archaeology & anthropology. He used to be a championship rower, but when a lengthy illness sidelined him, he turned to acting.

Chris Martin

Also known as Coldplay frontman, Martin attended University College London where he graduated in ancient world studies. Since jumping over the pond with the hit single "Yellow," Coldplay is now compared to rock legend U2. Family life with wife Gwyneth Paltrow, kids Apple and Moses, has not stopped this British crooner as he continues promoting fair trade and collaborating with big names such as Kanye West.

Prince William

Being a prince kind of affords its own education, so few royals have ever felt the need to attend college. Still, Prince William attended the University of St Andrews in Fife, Scotland from 2001 to 2005 under the name William Wales. He began majoring in art history, but later changed his to geography. William earned a Scottish Master of Arts degree with upper-second class honors, the highest academic achievement of any heir to the British and other Commonwealth Realm thrones.

Other famous degree holders include:

Julia Stiles

She graduated from Columbia University with her bachelor's in English in May of 2005.

Stephen King

King received a Bachelor of Arts in English from the University of Maine. Now he's one of the most widely read authors in the world with many movie versions of his novels.

JK Rowling

Rowling graduated in French and Classics at the University of Exeter. Now she's the richest woman in Britain. Once again, Harry is my hero!

Denzel Washington

Washington went on to college, attaining a B.A. in drama and journalism from Fordham University in 1977. He is the first African American to have received a Best Leading Actor Oscar.

David Duchovny

Fox Mulder found the truth at Princeton University. He also holds a Master's degree in English literature from Yale University.

Jodi Foster

She graduated valedictorian before going to Yale University where she earned a B.A. in literature and graduated magna cum laude. Smart and good, this actress has two Academy Awards one for her work in "Silence of the Lambs."

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"Over an adult's working life, high school graduates earn approximately \$1 million; and bachelor's degree holders earn about \$2.1 million."



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time management

By Rae Harris

Every student needs more time in a day, right? But you're stuck with just 24 hours, so you might as well learn to live with it. Rather than complaining about having too little time, why not learn to get more done in the time you have? By learning to manage your time and become more efficient with your daily activities, you'll find that 24 hours is a lot longer than you thought it was.

1. Keep a Log. So you can't figure out where all your time is going? You swear you work all the time and things still don't get done? The first step is to realize what you do with your time. So many people lose time on little interruptions that they don't even think about. Keep a log of your daily activities and include all the little things. Five minutes checking your email? Fifteen minutes talking to your roommate? Write it down. If you understand what activities are competing for your attention, you'll be better able to figure out where you're losing time. Then you can figure out what activities are most important to you, and what ones you can give up.

2. Remove Distractions. Don't let a chance at real productivity be spoiled by your surroundings. You know you're not going to get anything done at home when your roommates are there or your neighbors are stopping by. Study in a place where you can concentrate and won't be interrupted. Avoid distractions like texting or IM. If you really need to concentrate on something, turn off your phone! You might think that you are a great multi-tasker, but think of how much faster you could get things done if you just focus on your assignment.

3. Prioritize. Start your day with a list of what you need to accomplish that day. Priori-

tize your activities and stick to them. Focus on what is most important to you. Don't just do the easy tasks first. You may feel like this will give you a greater sense of accomplishment, but the truth is, you will only increase your stress level as the day progresses and you have yet to start on that time-consuming, but urgent task. Your best sense of accomplishment will come when you cross off that all-important task and feel the stress float away as you concentrate on less essential tasks.

4. Group Similar Activities. Pick one day a week when you will run errands, instead of doing one or two each day. By consolidating your errands to a single outing each week, you will save travel time and avoid driving to the same places day after day for one more thing. You can do this with more localized tasks as well. If you're going on campus to study, think of any errands you need done while you're up there. You'll save a lot of time when you stop going back and forth to get things done.

5. Get Organized. Keeping your life organized will definitely help save time. How much time do you waste looking for your keys or your homework assignment? If you keep your living space neat and clean, you will be less likely to lose things and spend time searching for them. You can also organize by making lists. You'll spend a lot less time in the grocery store if you have a specific list of what you need.

6. Set Time Limits. Set time limits for your non-essential activities. Whatever it is—watching TV, talking on the phone, surfing the Internet, playing video games—set a time limit for yourself so that these things won't control your life.

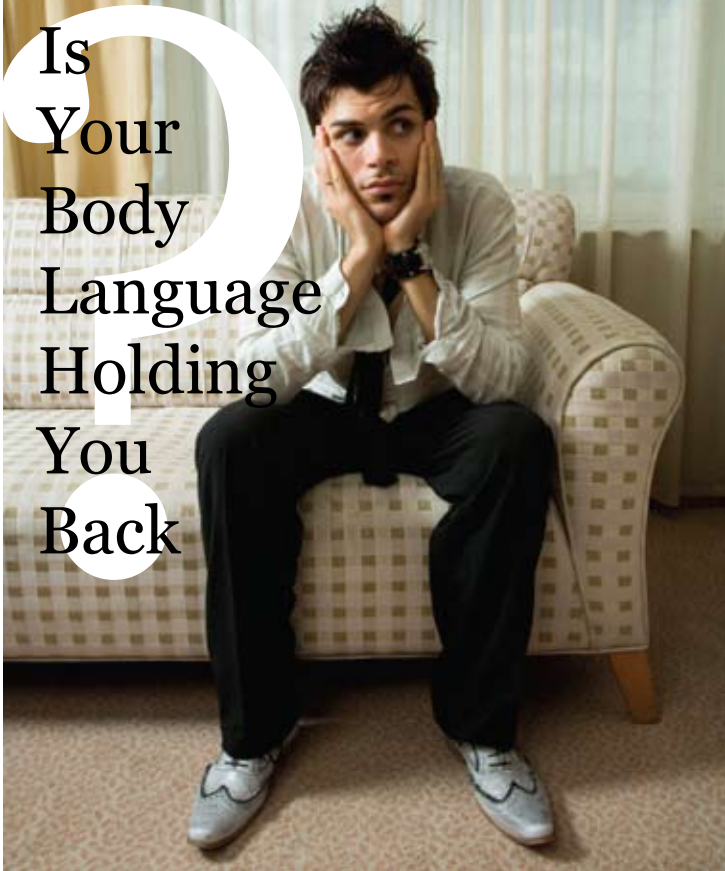
7. Sleep! So many people try to save time by sleeping less, but this just doesn't work. When you're tired you are much less efficient and it takes you longer to accomplish your daily tasks. Research shows that sleep deprivation causes higher levels of stress, anxiety and depression. Lack of sleep also results in a decreased ability to concentrate and retain information, which makes your study time much less effective. On the other hand, studies have indicated that sleep promotes memory consolidation, and improves mental processes and insights. The bottom line is that sleep is essential to peak performance. So make sleep a priority. You'll be refreshed and ready to tackle your day. You'll have a clearer head to sort out what needs done and be able to get things done more quickly.

8. Eat Right and Exercise. Here are two more essentials for good health and good productivity. Take care of yourself by eating good foods and getting exercise. You'll be healthier and you'll feel better, both of which are critical to making the best use of your time. When you're sick or just not taking proper care of yourself, you'll feel sluggish and unmotivated. Staying healthy helps you feel fresh and rejuvenated every day.

9. Goals and Rewards. Give yourself a task to complete and reward yourself when you do it. Tell yourself you have to read that one chapter or do that one assignment before you can get online or go out with your friends. When you finish your tasks, enjoy yourself! Go out and have fun! Then when it's time to work again, you will be able to focus, knowing that there will always be a reward at the end. And the greatest reward might just be how much stress you avoid by learning to manage your time a little better.

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Is Your Body Language Holding You Back



Imagine this: You go to your girlfriend's house 20 minutes late for your date. When she opens the door, she is standing very stiffly with her hands on her hips, tapping her foot. Her lips are clenched tightly together and she is breathing heavily through her nose as her head slightly twitches back and forth. She doesn't even have to say anything and you get the picture. She is fuming!

Most of the time, whether we like it or not, body language speaks louder than words. It gives clearer meaning to our words, or sometimes, unintentionally, sends the wrong message. For example, if a girl is with a boy, but she is sitting on the couch in her own little bubble, arms tightly folded, legs crossed in the opposite direction of the boy, and eyes wandering off, what is the boy going to think? Now maybe this girl is shy or a little insecure, but her body language is saying **DO NOT APPROACH ME!!!**

Have you ever taken an extra second to think about what messages your body language is sending? Well you definitely should since many experts have reported that communication is 10 percent verbal, and 90 percent non-verbal. So here are some do's and don'ts concerning body language, to help you avoid sending the wrong signal.

Don't cross your arms. This makes you look closed off or even gives the impression that you're holding back. Instead put your arms in your lap or down at your side. Avoid putting your hands in your pockets though since that can send the signal that you are nervous or hiding something.

Maintain good eye contact. I had this friend who was adored by so many girls because of the way he looked into a your eyes. You just felt that he was truly listening because he was always maintaining eye contact. When you let your eyes start scanning the room or you constantly look down, that can be interpreted as being disinterested, conceited, insecure, or even being dishonest. Good eye contact, however, shows confidence and warmth.

Avoid fidgeting - playing with rings, hair, keys, etc. It sends a big message that you're nervous, which even if you are, don't advertise it. Find something else to keep your hands occupied.

Sit up straight. Poor posture can be interpreted as sloppy, lazy or depressed. Not exactly the best signal to be sending on a first date or a job interview.

 By Esther Palmer

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Avoid the Freshman 15

By Kristen Barlow

When ditching home for college life for the first time, many freshies are faced with the dreaded Freshman 15. The closest they'll get to eating a vegetable is an order of fries with ketchup. However, the best way to avoid putting on the pounds is simply "being aware." With any unwanted weight gain, it is much easier to prevent the gain than to try to take the weight off later.

What Is The Freshman 15?

"Freshman 15" is a term used to describe the AVERAGE weight gain that college students experience, which usually ranges between 5 and 25 pounds. Usually the weight gain occurs during the first semester of the freshman year, but can also occur later on during the time spent while at college.

Are You At Risk?

Answer the following Yes/No questions:

1. Do you regularly enjoy eating fried foods?
2. Do you have a sweet tooth, and your meal is incomplete without a few desserts?
3. Do you get "stressed out" easily, and turn to food for a relief?
4. Would you rather drive than walk to class?
5. Is your ideal meal everything that is possibly served at the cafeteria?

If you answered yes to any of these questions, you could be at risk of the "FRESHMAN 15".

10 Tips to Help Avoid the Freshman 15

1. Throughout our entire lives learning about diets and health, we have always learned that moderation is the key to success, so the number one thing to help avoid weight gain is to decrease the amount of food consumed. Think about the amount of food on your plate, if it is more than you eat at home, leave part of it.

2. Eat well balanced, lower-fat meals and remember to follow the food guide pyramid.
3. Take time to sit down and enjoy the meal. When you are full, stop eating!
4. Drink lots of water especially in the Utah dry environment. You should consume at least eight glasses of water daily. Also, drink water before your meals and you will become full quicker. And when you're hungry later, drink more water.
5. Incorporate fruits and vegetables into every meal. If you need to go for seconds, always go for seconds on vegetables. Choose a fruit for dessert instead of cakes and cookies. However, when eating salads, try using a light salad dressing.
6. Get off the facebook and myspace and move! Exercise is an important part of every healthy person's life. Go for a run, join a class at the gym (which is a great way to meet people), or take a walk.
7. When people are stressed out or bored, they tend to eat a lot more snack foods to provide comfort. Try grabbing a bottled water or some fruit to help fill you up, don't depend on chips or other high-calorie food.
8. Soda = Bad; diet soda or a low-calorie noncarbonated beverage can be a wise choice. The hidden calories in soda add up when you start drinking three to four glasses daily out of the never ending soda dispensers at the dining centers.
9. Avoid eating out of a vending machine every day. Although highly convenient, these foods are typically higher in calories and in fat.
10. When stocking your residence hall room with snack and food, don't make the higher calorie and higher fat food available. Try stocking with fresh fruit, low-fat pretzels, bagels, lightly-buttered popcorn, and bottled water.

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Bad Breath Killing Your Social Life?

By Kristen Barlow

True or False? You can Lose Weight by Donating Blood

By Kristen Barlow

False. One pint of blood a college student donates could potentially save up to four lives. Since a pint is a pound, you lose a pound every time you donate blood. In other words, "Why should people bother with dieting when you can give blood?" First, most donators tend to eat the sweet snacks and sodas offered after giving blood, which negates any dietary effect. Secondly, according to one University of Texas clinician, "All the calories in your body basically get carried from your GI tract to your muscles through your blood stream, so you've got a net deficit of calories after donating blood, but that doesn't mean your 'burning' them. You are just letting them flow out of a needle, with the blood." Thirdly, regulation in the United States allows people only to donate whole blood once every 56 days—a pound loss every 56 days which is probably regained by the next time is not a consistent weight loss program. Therefore, from these three points, in no means is donating blood a good way to lose weight.

Halitosis, commonly known as bad breath, is in most cases caused by the breakdown of sulfur compounds from the food you eat, which get stuck in your teeth and your tongue. It is estimated to be the third frequent reason for seeking dental aid today. However it can be eliminated with just a little effort every day. Besides regular brushing, be sure to gently scrape or brush your tongue. Also, always floss—the most dreaded minuscule task that prevents periodontal disease (chronic swollen, bloody gums) that leaves pockets between your gums and teeth, which commonly fill with smelly bacteria.

If your breath still stinks, and you're running late for a hot date, remember that a dry mouth can be a harbor for (stinky) bacterial buildup. Remember these three suggestions: when chewing gum, chew sugarless gum that can help with the production of saliva, when using mouthwash, use alcohol-free which can neutralize sulfur and keep your mouth moist opposed to mouthwash with alcohol, and drink lots of water which will maintain the saliva levels.

Super Strange-But-True Disorders

By Kristen Barlow

The Disorder: Pica
What it is: An eating disorder that causes people to crave and eat non-food items—like paper, chalk, coal, dirt, even cigarette ashes or dirt.

Who it Affects: It usually occurs with children or the mentally-handicapped, but it can also affect pregnant women.

The Upside: It often disappears as the afflicted person gets older and it is usually harmless, unless the person with pica eats something that is dangerous to ingest such as lead.

The Disorder: Alice and Wonderland Syndrome
What it is: A temporary disorder that distorts a person's vision in which the person views objects as extremely large or small, or objects next to them may look like they're far away or extremely close at the same time.

Who it Affects: It usually occurs in small children and people who have migraines, which can cause visual distortion.

The Upside: It usually lasts only for a few minutes. It can return, but people tend to outgrow it.

The Disorder: Narcolepsy
What it is: A neurological condition that causes a person to have excessive sleepiness during the day and frequent and uncontrollable periods of deep sleep, particularly at inappropriate times.

Who it Affects: 1 in 2,000 Americans and it is greatly under diagnosed.

The Upside: Presently there is no cure, but doctors can effectively treat the symptoms and keeping the afflicted person as alert as possible during the day.

The Disorder: Synesthesia
What it is: A condition that causes a person's senses to overlap in one way or another. For example, hearing a sound induces the visualization of a certain color, or tasting something when seeing certain colors.

Who it Affects: The short answer is that no one really knows. The long answer is anywhere from 1 in 100,000 people to 1 in 5,000 people.

The Upside: People with synesthesia tend to have a great memory because experiencing words and numbers in multiple senses helps her or him remember things.



Shaved Ice

Wolverine Hockey is ready for the new season.

By Rachael Cutler

It's the start of a new school year and an exciting new season for Wolverine Hockey. Schooled Magazine brings you an exclusive one-on-one interview with UVSC Hockey Coach Matt Beaudry. This year expect UVSC Hockey to breach the top 10! Check out game times and other info at www.uvuhokey.com. Come see when the action starts on September 22 against UVSC and on September 29 against U of U!

SM: What was the season like last year?

Coach: It was a great year in a lot of ways! Both as an athletic team and as a club on campus we made tremendous strides. We had a record of 18-12 (W-L). We also gained a stronger fan base. That's a win-win because we really like fans at the games and it was obvious that the fans really enjoyed our brand of hockey.

SM: What are you expecting this year?

Coach: More wins. More fans. More excitement than last year. We've added athletes to our roster from some of the best amateur hockey in North America. So, I'm really anticipating a better team than last season. I predict that our fans can expect more of the same fast-paced and hard-hitting hockey that they got a taste of last year.

SM: Who is your toughest competition?

Coach: Our toughest in-state competition will be Utah State up in Logan. They've been a peren-

nial powerhouse in our league for over 10 years. We're starting our third season so we're not quite where they are.....yet! Weber State is another tough team and so those are going to be great games for our fans!

SM: When does the season start and how can someone find out about game times and places?

Coach: Our schedule is on our website (www.uvuhokey.com) for game times and places. Our first game is an intra squad scrimmage on Sept. 15 (free of charge!) and our season opener is at home versus Utah State on Sept. 22.

SM: What advice would you give someone who has never been to a game?

Coach: Come! Come often! We found that there were a lot of UVSC students that might have heard of hockey but had never actually attended a live game. They came and had a blast! The cool part is that since we're a young team, our fans are relatively new to the game and so just like we are, they're making their own traditions too. Hockey fans are known for their chants and antics in the stands. I'd like to see our fans develop those traditions here at UVSC. I'd like for it to be tasteful though! Chants - the wave - all those kinds of fan antics just make the game more of a total event and that makes it fun for everyone!

"I predict that our fans can expect more of the same fast-paced and hard-hitting hockey that they got a taste of last year."



Everything You Need to Know To

Study Abroad

By Rebecca Rhode

You've heard other students talking about the lush, green fields of Scotland and the bright night life of Paris. You've dreamed of studying history surrounded by the echoing stone streets of Vienna. If this describes you, studying abroad may seem too foreign to be a possibility. But you may be surprised how many students are finding it to be the best experience of their lives.

Why study abroad?

Simply put, you can study history in a textbook and pass your midterm. Or you can see it, drink it in, and let it come alive for you in the very place that such-and-such happened. You can learn Spanish in a classroom, or you can learn Spanish by conversing with a taxi driver in Madrid. Either way, you will have earned the credits. But the experience of living abroad is something students say they will never

forget. And it doesn't hurt your resume when you get back.

Where should I go?

This depends on your academic goals. Most study abroad destinations are open to any major and fulfill language credits or GE's. The Italy program is the most popular for UVSC, whereas at BYU the London program is the most competitive. Consider your goals and interests-what do you want to concentrate on in your major? It's very likely that there is a program that will help you meet your goals.

How can I afford it?

Believe it or not, many programs will only cost you tuition, travel expenses, and a program fee. Sometimes the program fee may even cover living expenses (but be sure to bring along some spending money!). There are also a surprising number of grants or scholarships

UVSC Study Abroad Programs

Spring/Summer 2008

France
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Possible future additions

(see ISP office for details)
England: Literature
England/Scotland: Theater
Brazil
Ireland
Mexico

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France
Spain
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(see ISP office for details)

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available to students interested in studying abroad. Ask your school's International Study Program office or Financial Aid office for more information.

How do I apply?

The application process is probably easier than you think. Get online and complete an application. You may have to submit letters of recommendation, an application fee, and/or transcripts. Much of BYU's selection process depends on prerequisite classes and an interview with the program's director. If you're interested in a UVSC program, however, applying early gives you a good chance of getting in. For more information, check out: uvsc.edu/international/intlstudyprog/ kennedy.byu.edu/isp/ or contact your school's International Study Program office. Good luck and don't forget your passport!



Don't Let Your Papers Go To Waste... Get Them Published

By Cory Stephens

There is an interesting phenomenon on college campuses across America. There are thousands of us attending hundreds of universities. We read, we study, we debate, and, to the chagrin of some, we write. Some people write personal responses to cultural events, some write essays about Edgar Allen Poe, some write research papers and dissertations. All of this is fine. Where the intrigue lies, though, is what happens to the writing after it is graded? Did you really spend all of those hours researching, documenting, writing and revising to prove to one person, even if it was a professor, that you had something worthwhile to say about a topic?

I respectfully invite you to reconsider the final resting place

of your blood, sweat, and tears. I invite you to publish. Naysayers abound, don't get me wrong. Some people think publishing is for Steven King, Hillary Clinton, and Dr. What'shisname, PhD, M.D., D.Sc. These are they who are convinced that publishing is an elitist endeavor reserved for those who have "earned" it. I hope that you will consider an alternative perspective though. Writing and its publication is nothing more than formally adding your voice to the larger conversations all around you. From that angle, what harm is there in one more perspective, one more voice, and one more opinion?

You may even be surprised at how many people are actually aching for your writing. Case in point, in response to my query for

this article, Deborah Barlow-Taylor, managing editor of Schooled Magazine, wrote, "Our mission is to help students build up their resumes and portfolios before graduation. We are always looking for contributing and freelance writers and stories." If you write, and they want to publish what you write, what's stopping you? After that, it is only a game of matching your audience and your purpose to that of a publisher.

So who am I to prescribe so boldly what you should be doing with your writing? I am the supervising intern over the Brigham Young University Publication Lab. You may not have realized it, but within your very own community lies the only undergraduate publication lab who's sole purpose is to teach students and beginning writers, step-by-step, how to submit their writing for publication. The lab is staffed with experienced tutors who are available to review your manuscripts, help you research markets, prepare cover and query letters, and answer any questions along the way. The lab itself is stocked with market guides, style guides, and how-to guides detailing every step of the

process. We have books catering everything from children's to comedy writing, song lyrics to fantasy novels. And it is all free to students and members of the community. So whether you are the next great American novelist, an avid mountain biker with a few tips to share, or you simply want "published author" to spice up your resume while making a few bucks on the side, we can help.

Publishing is not for someone else. It is for those who have something to say and are willing to put forth the effort to say it. No battle cry ever stirred anyone; no call to arms ever mobilized an army that didn't get past a couple folks muttering to their neighbor. If we are indeed the American future, let's let them know we're here. Let's join the conversations.

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18 Ways To Slash That Grocery Bill!

It's time to go grocery shopping. As if your meager income could get any smaller. Here are some great ways to decrease your bill and increase your wallet size.

By Rachael Cutler

1 Don't go shopping hungry. That means you need to go shopping before you're on your last can of tuna.

2 Don't go without a list. If you go with a list it forces you to plan ahead of time and you won't buy unnecessary items.

4 Food storage. We all are told to have a little bit even if it's not a year. So buy an extra can or two when they are on sale.

5 Choose cheap stores. Consumer reports claims that the best bargains can be found at Aldi, Costco, Market Basket, Slater Bros., Shoppers Food Warehouse, Trader Joe's and Wal-Mart. Costco and Wal-Mart are the only local stores to us, but I have found Macey's and Smiths can have some pretty amazing deals.

3 Don't let yourself be tempted. Avoid the higher priced items at the end of the grocery aisle. Companies put those there for a reason.

6 Don't take the easy way out. If you need face wash or motor oil, a normal grocery store may not be the best place to get it. You'll end up paying much more than you would a mile down the road.

7 Get free cards. Grocery stores like Smiths and Albertsons pass savings on to the consumer if they have a store card. They are super easy to get and very valuable.

9 Read your receipt. Many grocers will print coupons on the back or receipts or give you bonus points to cash in. Be aware of those.

10 Buy seasonal foods. When buying produce: Cherries and asparagus are harvested in the spring and early summer, peaches and nectarines are on in mid to late summer along with melons. Corn is picked late summer as well. Apples are harvested in the fall so get your fill of them when they are cheaper.

8 Coupon happy. Some people don't like to coupon shop but it could save you loads on your grocery bill. You don't have to go to 10 different stores either. Many stores will match competitors' lower prices if you bring the coupon in.

11 Try store brands. Consumer Reports compared different varieties of store products like paper towels, French fries, yogurt and more, and found that store brands were the same or better in quality.

12 Cook more and less often. When you finally get the urge to cook a good meal, double the portion. That way you can have a good lunch for the next couple of days. You can even put them in a Ziploc and freeze it for later.

13 Share the wealth. If you're a true lover of Costco but are only feeding yourself, try splitting some things with roommates and friends. I have found that things like detergent, snacks, deodorant, medicine, breads, canned goods, and bottled water is much cheaper in bulk at Costco if you can use it without it going to waste.

14 Be realistic. You may try to convince yourself that you'll learn to like non-fat ice cream or whole wheat bread but if you don't eat it, you're wasting money.

15 Learn to cook. Cooking from scratch is much more cost-efficient and it tastes better than prepared foods! Macey's offers free cooking classes with great ideas that are easy and delicious. You can pick up a schedule at the Macey's in Provo and Orem.

16 Understand sales. Grocery stores sometimes have "10 for \$10" deals. Usually this means "1 for \$1". Check to make sure you don't have to buy 10 and then only buy what you need.

17 Beware of marketing tricks. Companies spend a ton of money researching where to place their product in grocery stores. One beer company found they sold more beer by putting their product next to the diapers. Don't fall into their trap.

18 Pay attention. Pay attention when you're checking out. Scanner errors do happen and they happen often. In fact according to the National Institute of Standards and Technology, scanner errors in the stores' favor cost consumers nearly \$2.5 billion annually.



schooled magazine

September

monday **tuesday** **wednesday** **thursday** **friday** **saturday**

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

saturday

Hot Autumn Nights Concert w/ John Schmitt at Thanksgiving Point, 7:30PM
 Wedding Expo at Thanksgiving Point, 10AM
 The Highwire Act, Moonwhale and Monochovia Concert at Velour
 Id, Melodramus, and Nothing Beautiful Concert at Muse Music, 8PM
 Country Dancing at The Center, 9PM

15

BYU Women's Soccer vs. Wisconsin, 7PM
 Farmer's Market, Thanksgiving Point, 3-7PM
 Wedding Expo, Thanksgiving Point, 3-8PM
 Rocky Votolato w/ Naite Pyfer Concert at Velour, 7:30PM
 The Aaron Southerland Trio Concert, Muse Music, 8PM

14

Mason Porter, Isaac Russel Concert at Velour

13

Forgotten Charity Concert at BYU Brigham Square, 6PM

12

BYU Men's Tennis Thrillionaires at Velour, 8pm

17

BYU Homecoming
 BYU Football vs. Airforce, 1PM
 UVU Wolverines Hockey vs. Utah State at Peaks Ice Arena, 8:30 PM
 Dew Action Sports Tour at Energy Solutions Arena, 11AM
 Top of Utah Marathon, 7AM
 Bliss, Lorieta Sound and Decima Concert, Muse Music, 8PM
 Country Dancing at The Center, 9PM

21

Dew Action Sports Tour at Energy Solutions Arena
 The Goodlife Experience, Loverunner and Knotty Pine Concert at Velour
 Uba and Nolens Volens Concert at Muse Music, 8PM

Ocom & the JT Empire, Virtual Pandas Concert at Velour
 Dance Party: Sounds of the Underground at Muse Music, 10PM
 Country Dancing at The Center, 9PM
 Guster Concert at McKay Events Center, 7PM

19

1st Annual Green & Gold Scrimmage, Peaks Ice Arena, 8:30PM
 Open-mic Acoustic Night at Velour, 8PM
 Damien Rice Concert at McKay Events Center, 7PM

18

Thrillionaires Improv Theater at Velour
 BYU Women's Soccer vs. Pacific, 8PM

24

UVU Wolverines Hockey vs. University of Utah, Peaks Ice Arena, 8:30PM
 Ringling Bros. & Barnum & Bailey Circus at Energy Solutions Arena, 11AM-3PM, 7PM
 Good Morning and Maxfield Concert at Velour, 8PM
 The Waiting Hurt, Auralee and Duck Duck Goose Concert at Muse Music, 8PM
 Country Dancing at The Center, 9PM

28

Forgotten Charity Concert at Velour, 8PM
 Ringling Bros. & Barnum & Bailey Circus at Energy Solutions Arena, 3:30PM, 7:30PM
 Corn Maze at Thanksgiving Point, 10AM-11PM
 Farmer's Market at Thanksgiving Point, 3-7PM
 Forgotten Charity Concert at Velour
 James Belliston Concert at Muse Music, 8PM

27

Ringling Bros. & Barnum & Bailey Circus at Energy Solutions Arena, 7PM
 30 Grit Slurry, Angelfelt and By All Means Necessary Concert at Velour
 The Elizabethan Report Concert at Muse Music, 8PM

26

Ringling Bros. & Barnum & Bailey Circus at Energy Solutions Arena, 7PM
 Arcade Fire with LCD Sound System (check website) at Thanksgiving Point
 Monthly Acoustic Showcase at Velour, 8PM
 Dance Party: 80s Night at Muse Music, 10PM

25

BYU Women's Soccer vs. Washington, 8PM
 Corn Maze at Thanksgiving Point, 4-10PM
 Thrillionaires Improv Theater at Velour

1

BYU Women's Volleyball vs. New Mexico, 7PM
 Corn Maze at Thanksgiving Point, 10AM-11PM

5

BYU Women's Volleyball vs. TCU, 7PM
 UVU Women's Volleyball vs. Texas-Pan American 7:00 PM
 Corn Maze at Thanksgiving Point, 10AM-11PM
 Farmer's Market at Thanksgiving Point, 3-7PM
 Angelfelt and The Vanishing Act Concert at Muse Music, 8PM

4

BYU Women's Soccer vs. Utah State, 7PM
 Corn Maze at Thanksgiving Point, 4-10PM
 Nevermind, 20 Mule Team and Foolish Pete Concert at Velour

3

UVU Women's Soccer vs. Utah, 4PM
 Corn Maze at Thanksgiving Point, 4-10PM
 Michael Bourne at Velour
 Country Dancing at The Center, 9PM

2

Corn Maze at Thanksgiving Point, 4-10PM
 Thrillionaires Improv Theater at Velour

6



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