

for the student | by the student

Schooled

Magazine



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How To Deal With A Car Accident

By Deborah Barlow-Taylor

Did you know that State Street in Orem is the busiest street in the city, carrying over 60,000 cars per day? Also did you know that the craziest stretch of road in Provo is on University Avenue between 940 N. and 1230 N., where Provo Police Department reports one or two accidents per week? Because so many drivers in Utah are from other states, there is a unique driving atmosphere

around BYU and UVSC. Here are some tips to help you in any type of car accident situation.

Be prepared. Keep these just-in-case items in your car at all times: your insurance info, registration, traffic cones or flares, a first-aid kit, pen and paper, your emergency-contact info and doctor's info/medical conditions. And always carry a cell phone—

preferably with a camera, to document any damage.

For a fender-bender. Even if an accident is so minor that you don't call the police, exchange this info with the other driver:

- name, address & phone number
- driver's license number
- license-plate number & state
- registration info
- insurance company & policy number
- vehicle make, model, color & year

For a major collision. Immediately check to make sure you and your passengers are unharmed. Do not move injured people unless you see an immediate danger, like a gasoline spill. If possible, pull over to the side of the road, then turn on your hazard lights and set out flares or cones. Always turn off the ignition. Call 911 to report any injuries—it's best to call even if no one is hurt, so police can file an accident report.

Try to avoid a confrontation with the other driver. Don't place blame or accept it, don't exchange any money—just say you have called the police and will give them all your info when they arrive. Meanwhile, document the event: take pictures, sketch the positions of each car, note any injuries or damage. When the police arrive, relate exactly what happened. They will interview both drivers and file a report, which you can give to your insurance company.



Let the music play.

Research shows that playing 20 minutes of upbeat music every morning may be the best way to jump-start a good day. Why? Your favorite tunes have a positive effect on your mind and body--making you happy and reducing anxiety by triggering endorphins (those feel good chemicals) in your brain.

*Source: Woman's Day Magazine, September 2007 issue.

“If you don't get out of the box you've been raised in, you won't understand how much bigger the world is.”—Angelina Jolie

Love Your Life in 30 Seconds

Give yourself an instant mood lift by trying some of the following:

- Tell a good joke. Hearing someone else laugh triggers a response in areas of your brain related to smiling, according to research.
- Pull out a photo album. Looking back on a fun trip or photos with friends will give you a noticeable mood lift.
- Hug a friend. Lower your stress levels by giving a hug!
- Ask a classmate how he's doing. Studies show that educational support--including a good relationship with classmates-- will help in making your classroom experience far more satisfying and absorbing.



Want to know what's happening tonight? Visit schooledmagazine.com to schedule your week and weekends. Submit your parties or events online! We know what's happening around town!

Get Involved With Schooled Magazine

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

News

Send your news releases to info@schooledmagazine.com. Deadlines for issues are the first week of each month, for the following month's issue.

Work For Us

Our editorial and photography staff are always looking for fresh ideas and people to work for the magazine. All work is done part-time. We are also looking for models. Send a sample of your work and your resume to info@schooledmagazine.com.

Story Idea

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

Calendar

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

Advertise

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

Letters To The Editor

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Be A Movie Connoisseur

By Scotty Spjut

6 Schooled

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College is a time to show off. After all, there are people to impress. When I can't win people over with my sense of humor or my beard, I turn to the one thing about me that makes everyone swoon – my seemingly endless movie knowledge. Even just whispering the word “cinematography” makes most people want me to be the Yoda to their Luke Skywalker.

Sure, I've studied film academically and worked as a screenwriter. Sure, I've seen and analyzed hundreds of movies and written movie reviews. Sure, I've worked with directors and producers and been on set for shoots. But I'm no better than you. I used to be just like you. I used to stare blankly at the movie screen and mold slowly into my couch as my eyes glazed, my brain slowed and drool formed at the corners of my mouth.

But you don't have to have done all of those things I narcissistically – and unabashedly – bragged about in order to have an enhanced movie-watching experience. There's an easier way to become a movie connoisseur without spending years in film school or hours in text books.

Regardless of whether you're trying to impress your friends, or just get more out of your movies, the key is to pay attention.

This may not be possible every time you watch a movie. People may be distracting you by mulling around in your tiny apartment doing other things. The girl you're with may keep asking questions about the movie, even though she knows you've never seen it before. Maybe your brain is fried from working all day and you're not about to put forth the effort. But if you're in the mood and have the chance, try looking at, listening to and thinking about what's going on.

Pay attention to the production design – the sets, the props, the costumes. Production designers are responsible for the overall look of the film. They work closely with the director to help tell the story visually. Movies like “Moulin Rouge!” (2001), “Big Fish” (2003) and “Finding Neverland” (2004) have a very strong visual component. But every movie will have some distinct visual aspects of its production design. In “The

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Notebook" (2004), the color red is used to identify the main female character, Allie, as the film switches between the past and the present. Sometimes, production design is something as simple as all of the Xs seen in each of the movies in the X-Men trilogy.

Pay attention to how short or long the scenes are, and also how short or long the cuts are within each scene. This is all done in the editing process. The pace and rhythm of a movie is important for a film, and the edits will help portray that pace. Editors will vary the length of cuts, depending on the part of the movie. "The Boondock Saints" (1999) is about twin-brother vigilantes. The movie has the action of a gangster film and the sentiment of a drama. At times of high emotion between the brothers or other characters, there is more time between cuts. When they're off saving the city of Boston from evil with their shooting and their acrobatics in fast-paced, high-action sequences, there are short, quick cuts.

Pay attention to the music and the sound. The music is used to add to the tone of a scene, whether it is majestic music for grandiose moments, or tender music for more subdued moments. This technique is common, so it's especially interesting to notice times when those expectations are broken. During a sword fight in "The Count of Monte Cristo" (2002), one would expect it to be like most fight scenes – coupled with intense music. However, in this case, there is no music at all, just the clashing of swords.

Pay attention to the cinematography. Cinematography has everything to do with how the camera is used when the movie is shot. The shot can be close or far away. It can be from above or from below. In "The Bourne Ultimatum" (2007), it looks like they decided to get a guy with Parkinson's to hold the camera during the whole movie.


Pay attention to the director. For some reason, being able to name a director and then list other films he also directed, is impressive. Perhaps the reason is most people don't pay attention

to those details – and by details I mean the big, bold lettering during the opening credits with the director's name. But more than just being able to say who directed a film is noticing similarities between films with the same director. Many directors have a distinct style, which can be seen throughout all of their movies – Wes Anderson, Tim Burton, Quentin Tarantino, M. Night Shyamalan are a few. And by referencing a director, people automatically assume you know what you're talking about.

But even paying attention to all of these details is not enough. The most important thing, in order to really up your movie experience, is to constantly ask questions. Why did they use that costume? Why are they using long cuts? What are they trying to accomplish by using that music? How does using that kind of shot add to or take away from the film? Why did the director do that?

When dealing with a film, even the smallest decisions are carefully considered. There is always a purpose for every color, every cut and every angle. So you should focus on nuances, any recurring themes and overall tone. Good movies are going to have an overall message or a central moral. Get into the movie mindset and think about how you would have done it differently. And like most art, you don't have to be educated to have an opinion. As long as you can mildly defend that opinion with fancy words – like edits, production design, etc. – you're golden.

Now, don't get me wrong, there is a time and a place for the cinematic utopia consisting of minimal excitement to cranial synapses and ending with scrolling credits. It's fine to vegetate from time to time. But the great thing about learning how to pay attention during a movie is, when you don't want to, you don't have to. If you so desire, you can still have those grand, comatose moments when you so choose. Passive movie watching is a wonderful experience, but it's also easy to turn a typical movie night into one that is emotionally, intellectually or spiritually fulfilling.

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By Jamie Littlefield

As if BYU's "Soapbox" and "Free Speech Zones" weren't enough (wink, nudge), many students have designed their own platforms on the web. Web logs (or "blogs" as they're commonly called) are frequently-updated, diary-style websites written to a public audience. Many see blogs as a simple way to connect with loved ones, share information, or rant about the guy who cut them off on the freeway.

Who Blogs?

If you haven't already explored the "blogosphere" (or the "bloggernacle" as the collection of LDS-related blogs is called), you're in for a treat. Anyone can create a blog, and there are sites on just about any topic imaginable. From local sports fans (www.provopride.com) to food lovers (www.devinandbrittany.com), there's something for everyone.

"Many students create personal blogs to share stories and photos with loved ones."

Why Blog?

Many students create personal blogs to share stories and photos with loved ones. These blogs are often written like a journal (minus the really embarrassing parts). Each entry shares the writer's thoughts and tells about an event in his life. The comments section allows readers to join the conversation and add their two cents. BYU student Jacob Peargrove writes a personal blog (jacob.peargrove.com/blog) that talks about everything from student-housing homelessness to the campus-wide YouTube ban. "This is my personal blog," he writes. "I put here anything I want to, even though some of it might be strange."

Other student bloggers have a more direct purpose. BYU graduate student Joe Vogel, 26,

blogs about politics on his site Free Speech 101 (freespeech101joevogel.blogspot.com). "I started the blog a couple of years ago," he says. "Blogging was a medium that interested me because it not only offered a platform to speak to people and release information, but to speak with people, to communicate, and share ideas." The blog gives updates on Vogel's current political publications and shares his thoughts on local politics. (He dedicated several posts to this year's alternative commencement debates.) He finds that blogging has a lot of intangible rewards. "Probably the greatest benefit for me has been discovering new people, new ideas, groups, movements," he says. "There's no filter as with the mainstream media. You can get a pretty good sense of what's going on at the grassroots."

Some writers blog as a way to make money while sharing their passion. Sam Garfield's do-it-yourself blog (www.diyhappy.com) pulls in revenue from on-site ads. Garfield, 26, gets a kick out of sharing project instructions that anyone can do. "I find communicating to be therapeutic. I like to write...getting my opinions out there makes me feel like people care about what I think," he says. "For DIY: happy, I just enjoy when people do projects because I know it makes them feel good about themselves - they've accomplished something. I also enjoy the 'fame,' not that there is much of it, but we've gone to a few events out in California, and people come up to us and say 'We love your site, it's our favorite!'"

Blogs of Note

Interested in reading some of Utah Valley's best blogs? Check out these unique sites:

Provo Pulse (www.provopulse.com) – A group-oriented student blog allowing anyone to submit posts.

Provo Pride (www.provopride.com) – An unofficial BYU Cougars blog with game updates.

True Cougars (www.truecougars.com) – Photos and commentary about the BYU Cougars.

Devin and Brittany (www.devinandbrittany.com) – Two students review local dining hot spots.

UVSC Pipeline (www.uvscpipeline.blogspot.com) – News and opinion about UVSC.

"In fact, some local students make over two thousand dollars a month writing blog entries."

How to Start a Blog

Starting a blog is easy. If you're creating a personal, non-commercial blog, using a blogging host site such as Blogger (www.blogger.com) or LiveJournal (www.livejournal.com) is a good choice. These sites will help you set up your blog in less than five minutes. Simply personalize, post, and tell your friends.

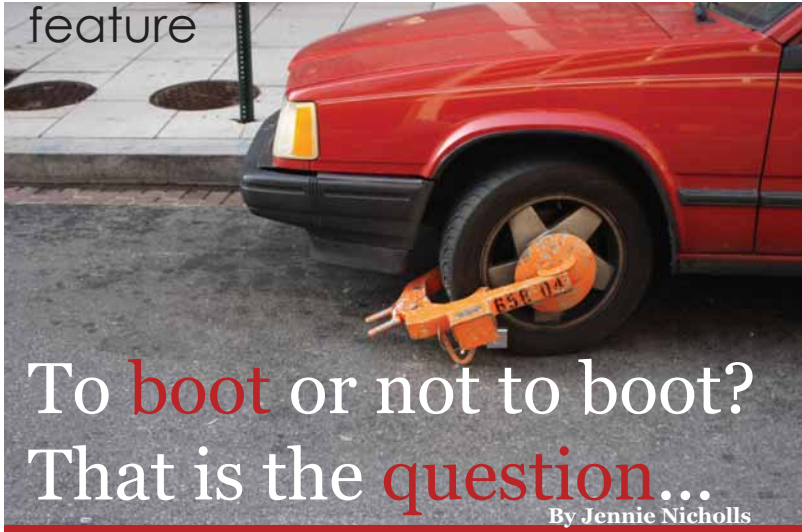
Blogging for Dollars

Blogging can be a fun way to bring in a little extra cash or even make a living. In fact, some local students make over two thousand dollars a month writing blog entries. If you're interested in creating your own revenue-generating blog, check out these helpful sites for professional bloggers: www.problogger.net, www.copyblogger.com.

Writing for a blog network is one of the easiest ways to get paid as a blogger. You won't get to keep all the money your blog generates, but you will have access to free advertising and a network of support. B5media.com and Creative-Weblogging.com both pay bloggers in the range of \$250 a month. (Topics include everything from photography to reality TV.) To find more blogging opportunities, check out the most popular blogging job board: jobs.problogger.net.

www.schooledmagazine.com

feature



To boot or not to boot? That is the question...

By Jennie Nicholls

Only in the Orem/Provo area do you come upon plenty of parking, but never have anywhere to park. College students all around this fine valley have landed themselves with tickets, boots, and tows for simply parking their vehicles. University Parking Enforcement is the biggest company of its kind in the area, serving approximately 300 businesses and apartment complexes as far north as Lindon and as far south as Springville. Their customers are very happy with the services provided, and their website boasts their clients' praises and testimonials on the professional, stand-out way in which University Parking conducts business. Because parking enforcement is just that - a business.

University Parking Enforcement is contracted out by local businesses and complexes to manage their parking needs. This includes patrolling parking lots to make sure those parking their cars have the right to do so. In all reality it is for the protection of those lawfully entitled to a spot on that property that can unlawfully be taken up by visitors.


The truth is, the businesses that University Parking works for are the ones that decide on the regulations for their parking lots. The property decides when a boot should be put on or when it is necessary to tow vehicles. Something the property also decides is how often the site will be patrolled, with some being patrolled 24 hours a day.

Provo office manager of University Parking, Marshall, said that the biggest complaint that they have of booted-vehicle owners is the excuse is always they simply did not know the policies. Marshall recommends knowing the parking policy where you park and always being aware of the posted signs. These signs are the law of that particular lot and when you park there, you are going to be subject to those laws.

Being a parking enforcement officer is probably one of the hardest jobs in the valley. People automatically hate you just for doing your job. But University Parking said they have no problem finding employees. Kelsie Rowley, a resident of Orem and familiar with University Parking from having been booted said, "I definitely feel for the employees because it has got to be hard dealing with angry students that don't have the money to pay. But it's just their job."

How hard is it to get out of a boot? According to Marshall, it's nearly impossible. "If it was a mistake on our part or the management's, we will take it off, but otherwise we are bound by law and cannot be biased," he said. University Parking is under contracts with the companies they serve, but do not receive direct payment from these companies. University Parking makes money by following through on their contracts and tracking down parking violators.

It is always better to take precautions than to end up in a situation where you may get booted. No one likes to get booted, and the best way to prevent it is to follow the rules and signs. If you do get booted, remember to breathe and also remember that the parking officer taking the boot off of your car is just doing his job.

Schooled Magazine would love to hear your thoughts about the parking enforcement and booting situation in Utah Valley. Please email us at info@schooledmagazine.com with your stories, comments and suggestions. 

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feature

44 Things That Changed College Life

With a little help from the Internet and Wikipedia.com 44 things that changed college life forever. Can you

1. The Cinder Block

Construction meets the bedroom. These little blocks help college students around the world lift their beds, so they can get more of their stuff underneath for storage.

2. Text Messaging

Communicating without text messaging wouldn't be communicating. The best part? You can communicate with the world while in class, church, or even in the bathroom! No one knows where you send that message from! Texting has also been blamed as a society evil for ruining person-to-person communication, dating and relationships.



3. Pizza Delivery

What would we do without Papa John's, Blackjack, and 5 Buck Pizza's nightly deliveries? Duh... probably starve to death.

4. The Solo Cup

This prominent red plastic cup can be seen at BYU parties filled with Sprite, Diet Coke, and the occasional Hawaiian Punch.

5. Ramen Noodles

Have dinner for only 19 cents! Open one of these tasty little packages for a noodle, soup, or casserole surprise.

6. The Foam Finger

Every ultimate sports fan has one of these pointers.



7. Wikipedia

Since its creation in 2001, Wikipedia.com has grown to be one of the largest reference websites on the Internet. Try Wikipedia.com and see what comes up for Schooled Magazine!

8. The Microwave

Without the microwave, we wouldn't be able to enjoy popcorn, frozen burritos, hot chocolate, Easy Mac, Hot Pockets, TV dinners, and leftovers!



9. George Foreman Grill

The George Foreman gives you an easy indoor method to grill meats, sandwiches, vegetables, and anything else you want to experiment with. Since its introduction in 1995, over 80 million grills have been sold.

10. Red Bull

Need some extra energy to study for that test? Need a jolt in the morning? With over 80 mg of caffeine, this purple and silver can will give you power to make it through any day.

11. Facebook.com

You're not "in" the college scene without being "in" Facebook. Where else can you give a gift, poke, and check out your friend's wall?

12. Myspace.com

This online community that lets you meet your friends' friends has rocked the world. Now you have one thing in common with everyone—Tom! Myspace is currently the sixth most popular English-language website in the world, and the third most popular website in the United States.



13. The Frisbee

This disc-shaped object has college beginnings. It is said that the Frisbie Pie Company (1871-1958) of Bridgeport, Connecticut, made pies that were sold to many New England colleges. Hungry college students soon discovered that the empty pie tins could be tossed and caught, providing endless hours of sport. Yale College claims that in 1820, an undergraduate named Elihu Frisbie grabbed a passing collection tray from the chapel and flung it out into the campus, thereby becoming the true inventor of the Frisbee. Who knows? All we know is that it's a fun game to play in the park with any size group!

14. The iPod

Songs in your pocket! Now you can cross campus playing your theme song in one ear. You can finally tune out your teachers, roommates, family members, or anyone who doesn't deserve your full attention.



15. Cell Phone

Remember when Zack Morris carried the bulky cell phone to get himself out of sticky situations? We thought they were cool back

then—and we think they're even cooler now. With new types coming out everyday, cell phones not only connect you on the phone, they connect you to the Internet, to your email, to text messages, and to life. Where would we be without the cell phone?

16. Mononucleosis (Mono)

Also known as the kissing disease, this lovely virus is seen on college and high school campuses everywhere. And when you have it, it often lasts 1-2 months. It's one way to drop out of a semester.

17. Carmex

This famous yellow-capped lip balm claims to reduce cold sores and dry, chapped lips.

18. The Internet

It wasn't long ago when people met each other in a bookstore or through friends. Then came the Internet. With hundreds of dating services, the Internet is a social network which also offers an online MRS. degree.

19. ATMs

Money, Money, Money! What would we do without a machine that hands us cold hard cash?



What Changed Life Forever

Wikipedia.com, Schooled Magazine came up with
. Can you imagine college without these? By Deborah Barlow-Taylor

20. Diet Coke

Introduced in 1982, Diet Coke has continued to be a favorite soda. Its' currently celebrating its 25th Anniversary.

21. CliffsNotes

What would we do without these highly informational little yellow-and-black guides? Without these amazing literary works that help us "short-cut" the reading, we would never be able to get out on the weekends!

22. Amazon.com

Why go broke at the bookstore when you can buy your books used and new at Amazon.com for a fraction of the price? Amazon.com taught us all that the best deals aren't always right before your eyes.

23. Soft Contacts

This amazing product changed the lives of guys and gals traumatized by being called "four eyes" or "nerd."



24. Teeth Whitener

Giving us brighter pearly whites, Crest Whitestrips have given us all something to smile about.

25. The Swiffer Duster

The ultimate duster on a purple stick. Great for a quick clean to make your room sparkle.

26. 9/11

9/11 opened our eyes to things we didn't even know existed, and as the next generation we're ready to fight together to keep the world from the fanatics who want only to destroy. Each of us remembers exactly where we were when we heard about the terror that occurred on this day.

27. The Slurpee

Brain freeze! Need I say more?



28. Baseball Cap

The baseball cap is always in style. It's great for a bad hair day, to protect your head, or to spice up an outfit. Wear it backwards, forward, sideways, whatever you want!

29. Halo For Xbox

The easiest way to get kicked off the Dean's List is to get addicted to Halo.

30. Spring Break

Even though BYU students are deprived of this fabulous five-day weekend, UVSC students get to enjoy!

31. Television on DVD

College students boast pulling all-nighters to watch an entire season of the TV show *24*. What would we do without our beloved TV shows such as *Lost*, *Ugly Betty* and *House*? Probably die of boredom.

32. Laptops

Laptops took note-taking to a whole new level. Now you can't go into a classroom without several people typing away during class.



33. The Meal Card

This easy-to-use piece of plastic not only gets you food, but once you store up enough, you can buy Christmas presents from The BYU Creamery.

34. The Surge-protector

Giving you more than two options at the plug.



35. Used Textbooks

Those bright orange stickers save a lot of green.

35. NoDoz

For all of you procrastinators, NoDoz has kept many of you up for those late night study crams.



36. Pell Grants

For those on a tight budget and a low income (definition—a student) these nifty grants can award you up to \$4,310 in the 2007-2008 school year.

37. MTV

We will all miss the constant music videos, but what would college life be without *The Hills*, *My Super Sweet 16*, and *Pimp My Ride*?

38. The Mini Refrigerator

For those of us dorm bound, the mini refrigerator was a lifesaver for late-night snacks and fast Sundays.

39. Schooled Magazine

What would BYU and UVSC students do without Schooled Magazine? This monthly publication rocks 10,000 student doorsteps and local businesses each month in the Utah Valley!

40. Online Syllabus

I guess teachers realized that it was easier to put it online than make us responsible for a piece of paper. And voila! Now we can get our assignments anytime!



41. Bottled Water

Keeping us from getting dehydrated in class, these bottles are one of the only "no food and drink" exceptions allowed in all school buildings.

42. All-Sport Pass

This special card gives BYU students inexpensive seats and even the possibility to sit front row!

43. Rainbow Sandals

What would we do without these comfortable, form-to-your-feet shoes? Rainbow sandals can be seen around campus, even in the winter from diehard California home based students.

44. The Breath Mint

Halitosis no more. The breath mint opened the door to many opportunities, socially and romantically.

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TMI

When Is Too Much Information, Just Too Much Information?

By Scotty Spjut

According to Merriam-Webster, (which is it dictionary? Merriam or Webster? Pick a side. We're at war!) something is newsworthy if it is interesting enough to the general public to warrant reporting.

Unfortunately, what the general public considers interesting is usually sensationalized and useless, but they still seem to just eat it up. This creates a market devoted entirely to celebrity news, gossip, rumor and other useless crap.

Now if the general public wants to get their news from tabloids, that's their business. If they think stories about fluctuating dress sizes, on-again off-again relationships or UFO sightings are news, that's fine. But the real tragedy is the fact that this misconception of what is newsworthy has trickled down into everyday life. People think personal information is news and should, therefore, be shared. It's this mindset which results in Too Much Information, or TMI.

TMI is when people share more information than is necessary. There are two main

kinds of information which shouldn't be shared. One is personal information. The other is pointless information. In other words, don't tell me if it's not my business or if I won't care.

I'm not a physician. I don't want to you hear about your menstrual cycle, any gastrointestinal problems you have or the rash that suddenly appeared.

I'm not a therapist. I don't want to hear about your desire to come out of the closet, your boy or girl problems or the moral struggles you have.

I'm not a journal. I don't want to hear about how much more fun your weekend was than mine, your inebriate escapades or your brand new puppy.

I'm not a teenybopper. I don't want to hear about who's dating who, the band you love that no one has ever heard of or anything having to do with high school.

I'm not a bottomless toilet for you to vomit your awkward information into. I wouldn't know what to do with most of the information anyway. Is this one of those things where you want my advice or you just want me to listen? And am I supposed to remember all of this stuff? Because I'm not going to store your useless babble in my mental archives so I can recall it later. I need to save cerebral room for important things like movie quotes and egregious stereotypes.

Unfortunately, more and more people – with their yellow journalism and their melodramatic blogs – have decided it's alright

to tell anybody anything. And as our culture becomes more obsessed with useless facts and intimate details, we encourage people with nothing to say to keep talking.

Now, I'm all about conversation. If I was Fräulein Maria, I would sing about conversation – because who really cares about bright copper kettles and doorbells? But these conversations I so adore don't include me wondering, "Why are you telling me this?"

So, if you have pointless and soul-divulging information, who do you tell?

No one.

"Why are you telling me this?"

There's nothing wrong with having a secret from the world. It's actually

kind of exciting. For instance, no one knows I used to have a huge romantic infatuation with Janet Reno. Can you imagine the amount of embarrassment I would expose myself to if that information got out? It's better left unsaid.

But, I guess if you must tell something to someone, it better be someone you have a close relationship with. Everyone needs to have someone to whom they could tell anything, even if it's the most inconsequential or private information they are holding deep within their souls. But these are good friends – BFFs if you will – not casual acquaintances.

So unless you and I would feel comfortable sharing a toothbrush, a bed, a disease, a girlfriend or underwear, in the timeless words of Elvis Costello, "Keep that to yourself." SM

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Skis, Boards, and a Whole Lotta Info

By Mitch Mallory

Our license plates claim Utah has the “greatest snow on earth.” Although many Swedes may disagree, there’s no denying the fact that we have some great ski and snowboard resorts close to home around here. But is it possible to have too much of a good thing? With so many resorts to choose from, it can be hard to decide where to spend a day riding. Luckily for you, Schooled has the down-low. Everything you wanted to know about Utah ski resorts (and maybe a few things you didn’t) is now at your fingertips.

Brighton: A snowboarder’s long time favorite, Brighton is one of Utah’s most unique resorts. Brighton is not far from Utah Valley, being only a few miles up Salt Lake’s Big Cottonwood Canyon. One highlight is its 400-foot half pipe, sporting 16-foot walls. With five different terrain parks, Brighton has runs for every type of skier and boarder, from the beginner to the expert. Brighton offers a student or student spouse season pass for \$579. A one-day lift pass, lasting from 9 am-4 pm, is \$53, while a night pass, valid from 4 pm-9 pm, is \$30. More information on Brighton can be found at www.brightonresort.com.

Sundance: Sundance resort is close to home, being only a short drive up Provo Canyon. Boasting 41 runs and over 500 acres of terrain, Sundance offers a student/spouse pass for \$350. Also, a midweek student season pass is available for \$169, which is valid Monday-Friday, excluding December 26th-January 1st or any other holiday. A day pass, valid from 8:30 am to 4:30 pm, is \$45 on a

weekend or a holiday and \$35 if not. Afternoon skiing, from 2:30 pm-4 pm, is \$24 on a weekend/holiday and \$15 otherwise. With rumors of Lindsay Lohan being sighted frequently, it’s bound to be exciting this winter! For more info, visit www.sundanceresort.com.

Alta: Located just one mile under Snowbird in Salt Lake’s Little Cottonwood Canyon, Alta is ever-controversial for its no-snowboard policy. Skiers can enjoy over 2,200 acres and 116 runs, all free from pesky boarders. 25% of Alta’s runs are for beginners, 40% are for the intermediate skill level, and 35% for advanced. Alta’s student/spouse season pass is \$499. A one-day ski pass, lasting from 9:15 am to 4 pm, is \$59; combined with Snowbird, that pass is \$84. For those who simply want afternoon skiing from 1 pm- 4:30 pm, that pass is \$49. For more, go to www.alta.com.

The Canyons: Located in scenic Park City, the Canyons has the honor of being Utah’s biggest snow resort and one of the five largest in the nation. With 3,700 acres, 17 lifts and 155 trails, the Canyons hold something for everyone. Before November 5th, students and spouses can get a season pass for \$439, while after the 5th passes will be \$500. Day passes will be around \$76 depending on how much of the mountain is open, and discount passes are available at Costco, making them two for \$100. More information is available at www.thecanyons.com.

Park City: Park City is located near the Canyons and is distinguished as an official venue of the 2002 Winter Olympic Games. Park City offers a student/spouse season pass for \$520. A day pass is \$50 until December 15th and \$75 after. 17% of Park City’s 3,300 acres are for beginner level skiers, while 50% are for intermediates and 33% for advanced. Park City offers 15 lifts. Its website is www.parkcitymountain.com.

Deer Valley: Deer Valley is the smallest of the three resorts located in Park City, sporting 2,026 acres. No snowboarding is allowed here. There is no discount for student season passes, and one day of skiing will cost \$79. Also, Deer Valley was voted the #1 resort in North America by Ski Magazine’s readers. For more information, visit www.deervalley.com.

Snowbird: Located one mile from Alta in Little Cottonwood Canyon, Snowbird has 10 chair lifts and a tram. Snowbird has 2,500 acres and 89 runs. 27% of Snowbird’s terrain is for beginners, 38% for intermediate and 35% for advanced. Student/spouse season passes are \$539 for chair only and \$669 for both chair and tram. Single day passes are \$69 for tram and chair, \$59 for chair only and \$79 for a day pass to both Snowbird and Alta. Snowbird’s website is www.snowbird.com

So there you have it. No more excuses! Now, armed with information, go and enjoy the seven world-class resorts we have within an hour of Utah Valley!

www.schooledmagazine.com

5 Worst Workout Habits

By Kristen Barlow

Bad habits at the gym are very common and waste time.

1. Exercising On An Empty Stomach

Exercising without eating does not give your body enough fuel to work at its greatest potential, especially in the morning. You can even eat a healthy snack while you are at the gym to get an extra boost.

2. Reading While Working Out

The gym is not a library; reading can be very distracting and reduce your effort. If you do need a distraction to make it through, watch television or listen to music with earphones since it uses less attention.

3. Not Asking For Help Because You Are Too Afraid

Speak up for help; there are many trainers available to you at the gym. It is their job to help, and you will not look silly asking them. It is better than looking silly using a machine improperly.

4. Skipping Out On The Weight Room

Cardio is not going to cut it without the benefits of resistance training. Resistance will also strengthen the muscles necessary for every day activities such as climbing stairs and carrying your backpack.

5. Thinking You Can Sweat Off Fat

Some people believe that working out in a hot environment (sweating it off) can help you lose weight. In reality, even though you feel like you are having a more intense workout, the only thing you are sweating is water weight.

Don't Pound on the Holidays

By Kristen Barlow

Every year it seems like the majority of us go away for the holidays and come back with a few regretted extra pounds. I know I sure have. The best way of not letting that happen again is to be prepared and have a battle plan against those little chocolate Santa Clauses and gallons of eggnog. Follow these six simple tips to avoid tipping the scale too far!



1. Eat only when you are hungry. Do not impulse eat and don't be tempted by the non-nutritional seasonal goodies.
2. Keep up on your regular exercise. Try keeping yourself motivated by working out with your relatives when they are in town.
3. Take time to taste your food. It can take up to 20 minutes for your brain to get the message that you are full.
4. Eat only what you really want to eat. Don't eat food just because it is there; don't waste the calories on things you don't really enjoy.
5. Watch your portions. Don't fill your plate every meal.
6. Socialize. When you are talking you are not eating. With the holidays, there are plenty of people to socialize with.

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