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Schooled

Magazine

7 Ways To Be A
Better Kisser

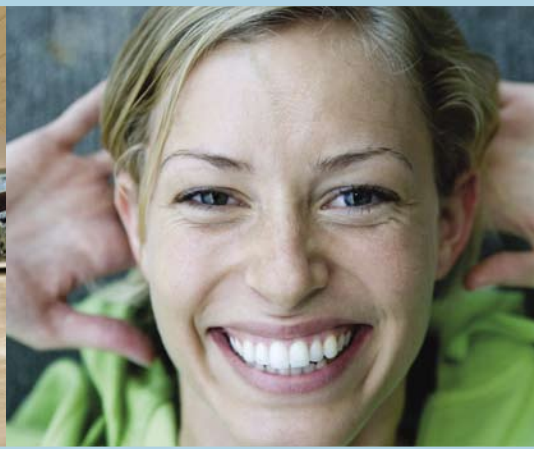
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Snow Facts

]The **world's tallest snowman** was completed on February 19, 1999, in Bethel, ME. He was **113 feet 7 inches tall**. They named him "Angus, King of the Mountain," and he didn't melt until June 10th!

] **12 percent** of the Earth's surface is covered with year-round ice and snow (for now, anyway).

] January 19, 1977 is the date of the first and only snow flurries in **Miami, FL**.

] **15 inches** is the width of the **largest snowflake** ever measured (Fort Keogh, MO, in 1887). I don't think you could catch that one on your tongue!

Sorry!

Did you know that married folks apologize twice as often as those who are single, divorced, or separated - even if they feel they are not to blame? Maybe love really does mean ALWAYS saying you're sorry.

(According to a recent Zogby poll of 7590 adults.)



Mark Your Calendars!

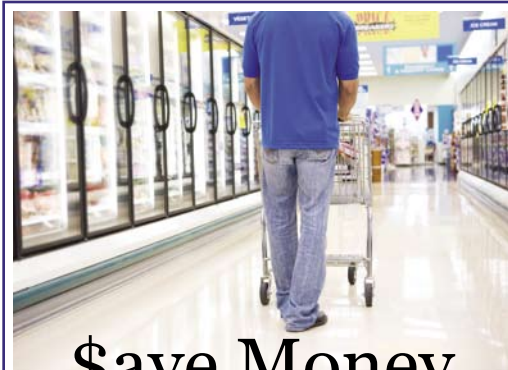
Superbowl Sunday is February 3rd!

Stay Well!

If you want to find out if a cold or flu is hitting your community, check out WhoIsSick.org. The site maps symptoms by ZIP code, and users can log in their ailments. Now that's viral!



Did you know that the average American spends more than 160 hours a year surfing the Internet? For an instant karma boost, make a New Year's resolution to spend less time online and more time doing charity, or something good for someone else.



\$ave Money \$hopping \$marts

Attention shoppers! By knowing which days of the week to get the best deals, you can save tons of money this new year!

Monday: fill up on gas

Gas stations increase their prices on the weekends (because they know more travelers will be on the road). It's best to fill up on Monday afternoon, once the prices have come down again.

Wednesday: dine out

Don't trash the flyers that fall out of your mailbox or are delivered to your door. Restaurants face slow sales midweek too--so you'll find coupons in Wednesday's mailers.

Thursday: load up on fruit

By week's end, grocers are looking to move produce before it goes bad and new shipments come in. You'll find perfectly ripe fruit for reduced prices.



3 Must Do's For 2008

Getting organized for the new year? Here are three things you should definitely cross off your to-do list.

1. Update your voter registration.

If you've recently moved (if you won't be in your home state to vote) or want to switch parties, you'll need to modify your registration. Print the National Mail Voter Registration Form at declareyourself.com, then mail to your local election official. If you're a resident of the town you live in (have a lease, utility bill in your name, etc.), you can register and

vote where you currently live. If you live in on-campus housing, you most likely still have residency in your home state (the address on your driver's license or ID card), and you can vote absentee. See below for more information on absentee voting. It's easy!

A little about voting and living on campus:

If you live in a dorm with a school mailbox address or get your mail at a post office box address, you need to do things a little differently. If you receive mail in a post office box, you can sign an affidavit or get a letter from your college's Residential Life office asserting that you live at your dorm address.

If you have a post office box as your permanent address, your voter registration form will not be processed. There is a section on the voter registration form to put your mailing address, in addition to your physical address.

In both cases you can also register to vote absentee using your home state address. It's easy to vote absentee!

Absentee voting:

If you can't make it to the polls on Election Day, you may be qualified to vote absentee. Many college or university students temporarily living away from home also need to vote absentee. To request that an absentee ballot be

sent to the address where you are physically planning to be on Election Day, you must fill out an absentee ballot request application for your home state. Visit declareyourself.com to check your individual state's Secretary of State to be sure what to do for YOUR state. If you are going to request an absentee ballot, make sure you register to vote FIRST! Go to declareyourself.com to download an absentee ballot request application. Follow the directions on the form.

2. Get your tax info in order.

The deadline may not be until April, but forms are already in the mail. Employers are required to send out W-2's by January 31. Designate a proper place for the incoming info, so you don't lose it.

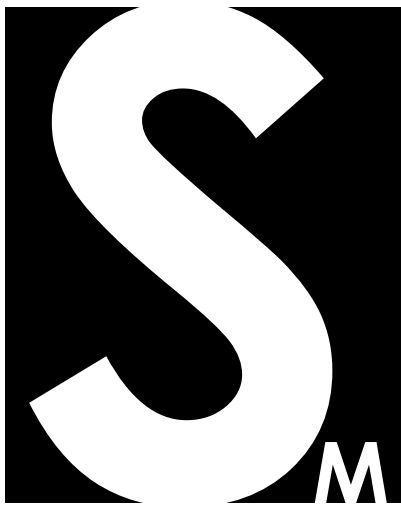
3. Keep your number private.

If you are one of the 63 million Americans who joined The National Do Not Call Registry when it launched in 2003, you'll need to sign up again--registration is only valid for five years. Go to donotcall.gov to update or create a membership.



What's Happening In January?

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.

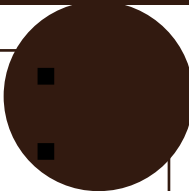
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Letters To The Editor

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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The Provo City Library: Not Just For Stuffy Librarians Anymore

By Elisabeth Shorten

The Provo City Library is a great resource for students. Located close to BYU and UVSC on 550 North University Avenue in Provo, the best thing about the library is everything is free! There are books, DVDs, VHS tapes, books on tape and CD, magazines, newspapers, and CD ROMS. They all check out for three weeks.

There is Internet access, so bring your laptop or use the desktops at the library. A computer lab, computer classes, and study rooms are also available.

Every week the library hosts free activities including entertainment on Monday night, movies on Friday night (starting at 6:30 pm), storytelling times on weekday mornings, and an art gallery. Other activities are Whodunnit games and scavenger hunts, along with summer reading programs for all ages.

Online at www.provocitylibrary.com you can access many resources to help you study, such as research articles, eAudiobooks through Net Library, and a test-practice database called Learning Library Express.

Open Curtain

Go on a date, or grab a few roommates and get cultured! Check out some of these local theater shows.

Don't Drink the Water
Hale Center Theater Orem
Through February 9

A Midsummer Night's Dream
BYU Pardoe Theater
January 23- February 9



Counterfeit Digits began in February 2007 in Matt Critchfield's apartment with four members; TJ Probst at vocal/guitar, Miranda Buell at keyboard, Matt Critchfield at songwriter/vocal/guitar, and Tommy Smith on drums. Since that time they have added Jeremy Webster on bass.

It all started with Matt and TJ playing songs for fun, but with the addition of the other members one by one, the group was a full-fledged band before they knew it. They started off playing with Footlights, the BYU perfor-

mance club, and have moved on to record their first album entitled "Numbers and Fingers."

Besides completing their first album, they are currently working on new songs. Fans are loving their alternative style with hit songs such as "European Man," "Reach You," and "Handle with Care." Their influences include *The Killers*, *Third Eye Blind*, and *Death Cab for Cutie*. Check their myspace page for upcoming concerts and album release date: www.myspace.com/counterfeit-digits.

By Rachael Cutler



FENCING

Have you ever had an irresistible urge to stab someone? With a spring-loaded sword, that is. College students all over the valley are getting addicted to the one of the world's best-kept secrets—fencing. BYU and UVSC have beginning fencing classes available for PE credits, but those students who have caught the bug are turning to Utah Valley Sport Fencing, an award-winning studio on South State Street in Orem. Bethany Andrews, a national champion and teacher at the studio, says she has taught students from age 5 to

75. The studio holds competitions at least once a month, and three teenage students have won collegiate fencing scholarships so far.

So what kind of a person likes to fence? "Mostly people who aren't interested in team sports, and they're usually perfectionists," Bethany laughs. From beginning fencing to the Olympic level, there seems to be an appeal that is undeniable. "And don't worry," says Bethany. "It is as fun as it looks." Touché.

By Rebecca Rhode

The Robber Bridegroom
SCERA Center For The Arts
January 25- February 4

The Jungle Book
BYU Nelke Theater
February 6- February 16

She Loves Me
Hale Center Theater Orem
February 14- April 5

Joseph and the Amazing Technicolor Dream Coat
Center Street Musical
February 22- March 22



Seven Ways To Be A Better Kisser

By Kristen Barlow

1. Lean to the Right

People naturally lean to the right when kissing, so don't make kissing uncomfortable by leaning in to the left at first—otherwise there will be unnecessary bumps.

2. Close Your Eyes

Close your eyes when making out. It is just way too disconcerting and awkward to your partner if you have your eyes open.

3. Get Rid of the Gum

Sometimes gum can get sloppy and take away some of the moves you can do and have done to you.

4. Don't Overdo It On The First Kiss

For first kisses, keep it standard. Having a great first kiss opens the door to more kissing, so make sure you don't overdo it.

5. Cheek Kissing and Forehead Kissing

These types of kisses show that you really like the person and always make her feel special. Make sure you give her plenty of these special kisses!

6. Pause Before You Kiss

A well-timed pause can make your kiss more sensual- maybe add a giggle or a smirk and then kiss the person.

7. Compliment Each Other

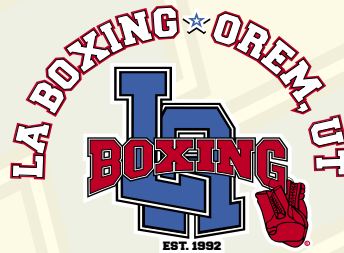
Say things like "I really enjoyed that." By complimenting your partner, you are helping him to do things you like and also boosting his self-esteem.

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Miss Utah

Reality Check

By Jeremy Holm

Some days I just love my job. As a writer I find myself interviewing amazing people of all sorts. From world-class athletes to BYU cheerleaders, business owners to movie stars, I've done it all. That said, I admit I was a little overwhelmed by the opportunity to interview Miss Utah 2007 Jill Stevens.

Stevens has Princess Diana's poise mixed with the approachability of The-Girl-Next-Door. She's gracious and polite with an All-American girl persona. In a word, she's genuine.

Some people view a Miss Anything as 'pretty, plastic, and clueless.' Jill shatters the stereotype. She's served as a combat medic for the National Guard, including a tour in Afghanistan, and she gets up to run several miles before most of us have breakfast. Jill studies world events, speaks at schools, visits wounded vets, and works to enact new laws and programs on a daily basis. From combat boots to high heels, she's all about service.

Despite her busy Miss America pageant preparation, I was able to speak with the recent college grad (SUU, Bachelor of Science in Nursing) about her own campus experience and ask what advice she would give to current students.

SM: How did you choose your major?

Jill: I've always been fascinated with the human body. At first it was Athletic Training and then Sports Medicine. When I discovered Nursing, I realized I could do so much with that. I loved the service I was able to give, the variety of positions available to work in, and also the challenge of being a nurse.

8 Schooled Magazine

SM: What was your favorite study-break snack?

Jill: I'm addicted to Wheat Thins! I can't get off them.

SM: Why do you feel that education is so important?

Jill: Everyone needs a strong foundation to build from, and it can only be done right through education. It's the core of our future.



"He explained to me that "beauty queens" don't just prance around in heels and look pretty (that's all I thought they did), but that they get out there and make a difference by passing bills and moving people to action."

SM: What was the one class you disliked from college?

Jill: I never "disliked" a class. There were some I liked more than others, but my personality has always been to find the good in what I am doing, a purpose. That's easy to do when you're learning.

SM: What do you miss most about college life?

Jill: Whenever I would have a "downer" day, all I would have to do is get on campus and I would find people everywhere that would give me a boost. The campus was always a positive place for me, where I knew people cared about me.

SM: What are some tips you would give to new freshmen?

Jill: GET INVOLVED! That is the best thing I could have done to help my college life be so successful. Once you feel that sense of belonging, it helps you push harder and want to succeed in other aspects of life. So many think that if you get involved, you take away from study time and focus on school. That's so not true! It helps balance out your life and you actually do better in school because you learn to use your time wisely.

SM: What led up to your becoming Miss Utah?

Jill: A year ago this month, Miss Southern Utah University's pageant director approached me and said, "Hey, I think you should go for Miss SUU this year. You will do great!"

www.schooledmagazine.com

I just laughed and said, "Sorry, I wear running shoes and combat boots, I don't do heels."

He never let go and explained to me that "beauty queens" don't just prance around in heels and look pretty (that's all I thought they did), but that they get out there and make a difference by passing bills and moving people to action.

I became intrigued. If only I knew what I was getting myself into! There were a few times that I almost backed out, but I luckily had a few encouraging friends to keep me at it.

When I was named in the top five at Miss SUU, I was like, "Holy cow, I just made 4th runner up, how cool!" Then another girl was named, and then the 3rd and the 2nd and it just hit me that I might win. I turned around and said to the girls behind me, "What the HECK is going on?"

I was announced as the new Miss SUU and it looked like I just won a basketball game! Instead of cradling the bouquet of flowers, I was shouting with my fist in the air (not waving graciously like you should).

The whole experience was quite hysterical when I look back at it (it's on DVD if you ever need a laugh). I also biffed it while walking up to accept the Miss Congeniality award. I then went on to win Miss Utah, and here I am getting ready for Miss America.

SM: Miss Utah, serving in the Guard, graduating college, and preparing for the Miss America Pageant. How have these experiences come together to affect your outlook on life?

Jill: I am proud of who I have become. I have always been reluctant to be feminine in life because I wasn't good at it and it made me uncomfortable. I decided to challenge myself and do something feminine in my life for once and because of that, I have discovered that the person I thought I was is no match for the one I really am.

SM: If you had to decide on a personal motto, what would it be?

Jill: "Lock and load!" In the military it means to always be ready for anything. We only get one life to live so we should live it to the fullest!



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Experience Sundance Like A Celebrity!

By Erin Allred

Photo By Mark Hansen

Have you made the long treacherous trip up to Park City in hopes of catching a glimpse of Jennifer Aniston or Paris Hilton only to find yourself trudging through the snow on Main Street, with not a star in sight? Have you slipped on your knee-high fur boots and dark knock-off Gucci sunglasses and figured, "I look like a star, surely I'll get into an exclusive party?" WRONG! Well, here's your chance to experience The Sundance Film Festival like a celebrity!

During the weekend of January 17, tens of thousands of people flock to Park City and pack the small town. Unfortunately, unless you are George Clooney's personal assistant, you can't even get a cup of coffee. Lucky for you, Park

City is not the only place to go to see stars at the Sundance Film Festival.

What many people don't know is that the city of Ogden is also an official site for the Sundance Film Festival. Films are shown at the Historic Egyptian Theater on 24th Street, and the same "stars" that attend premieres in Park City head down to Ogden to promote their movies there. Unfortunately, there has never been a venue for these stars to have their after-parties and swag giveaways- until now!

This year the historic Ben Lomond Hotel is opening its marble doors and hosting all the Sundance after-parties and events in Ogden. Owner Shane Dunn is welcoming producers, directors,

actors, celebrities and socialites alike to the biggest event Ogden has ever seen.

Normally, the general public (aka normal, not famous, people-like you) would have absolutely no hope of ever getting into an event like this. But local celebrity and actor Michael B and his co-producer Erin Allred (myself) are going to change that forever. You (that nobody) are personally invited to the Killer B Gift Suite at The Ben Lomond Hotel on Historic 25th Street in Ogden.

If you've never been to a celebrity gift suite (and you haven't because you're not famous), it is a once-in-a-lifetime experience filled with free gifts, live entertainment, movie after-parties, and let's not forget beautiful famous people. You'll also get to experience Utah's most famous Sundance icon, Skippy, who will be corresponding live from Park City. You might have the chance to get on national TV with Mitch English and The Daily Buzz, E News, Entertainment Tonight, VH1, US Weekly, or one of the many shows covering the event.

So, instead of waiting in line to get into a movie in Park City that you'll never get into, buy your Sundance tickets for films showing in Ogden, then head over to the Ben Lomond Hotel and meet the stars. Even though Michael B and Erin are personally inviting you, there is limited space available for the events, so you need to RSVP and get on the guest lists.

How do you get on the guest list, you ask? MYSPACE!!! How else!?! Go to www.myspace.com/killerbent and leave a comment with your name. You'll receive a confirmation back from us. Once it's full, it's full. There are events all day and all night, and even though the night events will go fast, you won't want to miss any of the day parties either.

STARS YOU'LL SEE AT THE OGDEN PARTIES AND EVENTS

(They've already RSVP'd!)

- I Jack Osborne, MTV's "The Osbornes"
- I Judah Friedlander, "30 Rock"
- I Curt Dousett, Discovery Channel's "Hazard Pay"
- I Eliza Dushku, "Bring It On"
- I Chunga, Cort, and Chelsea from 101.9 The End
- I Larry Bagby, "Walk The Line"
- I Mitch English, "The Daily Buzz"
- I Big Budah, Fox 13 News
- I Emily Tyndall, "Napoleon Dynamite"
- I Bart Johnson with the entire basketball team from "High School Musical"
- I UFC Pro Fighters
- I Maxim and Stuff Models
- I Connie Young, "The Singles Ward"
- I Mick and Allen, KBER
- I Head Snowboards Pro Riders
- I Salomon Ski Pro Riders
- I Bob O. Swenson, "Singles 2nd Ward"
- I Dustin Chafin, HBO's "White Trash Comedy Tour"
- I Ally Mckay, NBC News, New York
- I Jared Gold, Black Chandelier
- I Erin Chambers, The Hanes Girl



Skippy with Keira Knightley, Kevin Bacon, Nicole Richie, & Paul Walker. Check out Skippy at www.myspace.com/iamskippy

Ogden Events Calendar

At The Ben Lomond Hotel
Killer B Gift Suite
Open daily from 10am-6pm
2510 Washington Blvd., Ogden

Jan. 19th

6pm-midnight "The Red Carpet" exclusive lingerie fashion show, celebrity guest Jack Osborne.

Jan 21st

4-7pm High School Musical Party with cast members, featuring Bart Johnson
7pm-2am Head Snowboards Bash!

Jan 22nd

Kings of Utah Comedy night: stand-up comedy with Michael B, Mitch English, and Big Budah

Jan 23rd

Fashion Show-Black Chandelier

Jan 24th

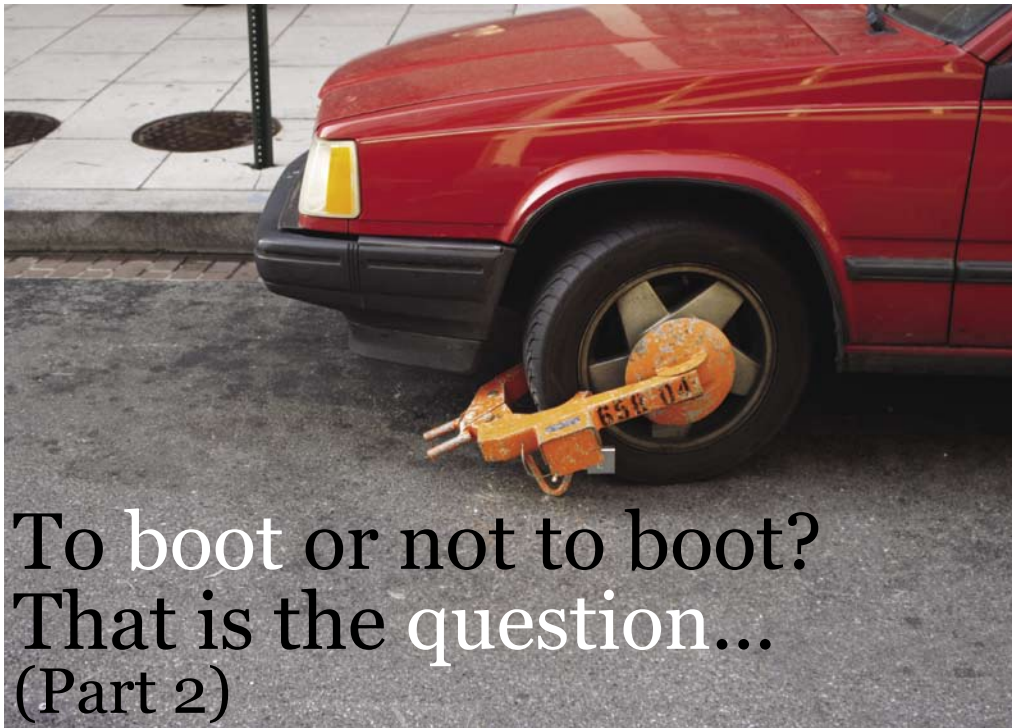
ComedySportz Improv

Jan 25th

Malcolm McDowell and Ray Bradbury film party

Jan 26th

Official UFC Fight and after-party



To boot or not to boot? That is the question... (Part 2)

In the November '07 issue of *Schooled Magazine*, we asked you what you thought about the article written by Jennie Nicholls and the booting situation in Provo. We received a huge response back. Here is what some of you had to say....

Booting Polices Are Twisted

Thanksgiving day my parents let me use their car. I was on my way home from Thanksgiving dinner and I decided to pick up my laundry at my apartment on my way back to my parents' house (where I was staying for the holiday break). It was just after 12 o'clock. More than half the parking stalls were empty at my apartment complex, so I parked at the one closest to my apartment door. I passed an officer that was checking parking permits, and I was going to go talk to the guy and ask him if he would let me park really quickly just to grab my laundry, but he started to drive away. I thought he was done, and I just had to grab my laundry anyway. I jogged in and came back out within one minute to find a boot on my car and an officer taking down my information.

After explaining the situation to the officer that I was a resident and I was just getting my laundry, he told me that he wasn't listening to me, which on top of booting my car made me mad. Then he called me a prick before driving off. Very unprofessional in my opinion. I called the dispatcher at the company and asked him to send the officer back to take the boot off my car. I reluctantly paid the booting fee and found out that the officers make money off of every boot they put on and take off, which

sickened me and made me second-guess his judgment.

The next day I went in to go talk to his manager about the whole situation. His manager blew me off and deferred me to the owner. The manager was also unprofessional.

Then the manager told me that if I would have parked on the red curb at my apartment complex and put my flashers on, they wouldn't have booted me. Are you kidding me?!? Which sounds more illegal? Parking in a designated stall for literally 60 seconds at my own apartment complex, or parking at the opposite side of the apartment complex on a red curb creating a fire hazard and potentially blocking traffic?

Their policies are twisted. Their judgment is clouded by their compensation being based on how many boots or tows they give out. But most of all, their attitudes are very unprofessional and very offensive.

I realize that towing/booting is a necessary evil, but after speaking with roommates and friends, this isn't an isolated experience. Everyone that I've spoken with at their company so far has blown me off, but I'm trying to get in touch with the owner. My goal is to let the company know they can't treat people like scum and get away with it just because they have a business license to tow.

--Brandon

Responsibility For Your Actions

I would just like to thank Jennie Nicholls for having the courage to actually write a positive article about University Parking Enforce-

ment. It is so easy to find negative things to write about, but I think that it was a very eye-catching article considering it's the first of its kind (that I am aware of). Students (and others) who are booted or towed rarely take responsibility for their actions. The signs are posted, and the people they are visiting should ask them immediately "where did you park?" upon arrival at their apartment. I just wanted to again say to Jennie thank you so much for setting the record straight about University Parking Enforcement!

--Mitch

Easy Money... For The Booters

I have had several experiences with the parking situation in Utah Valley, and none of them have been good. For starters, I am from the five-college area in Massachusetts. There are no worries about getting towed or booted. It is very student-friendly. What I have found in Utah Valley is that it is very student-unfriendly.

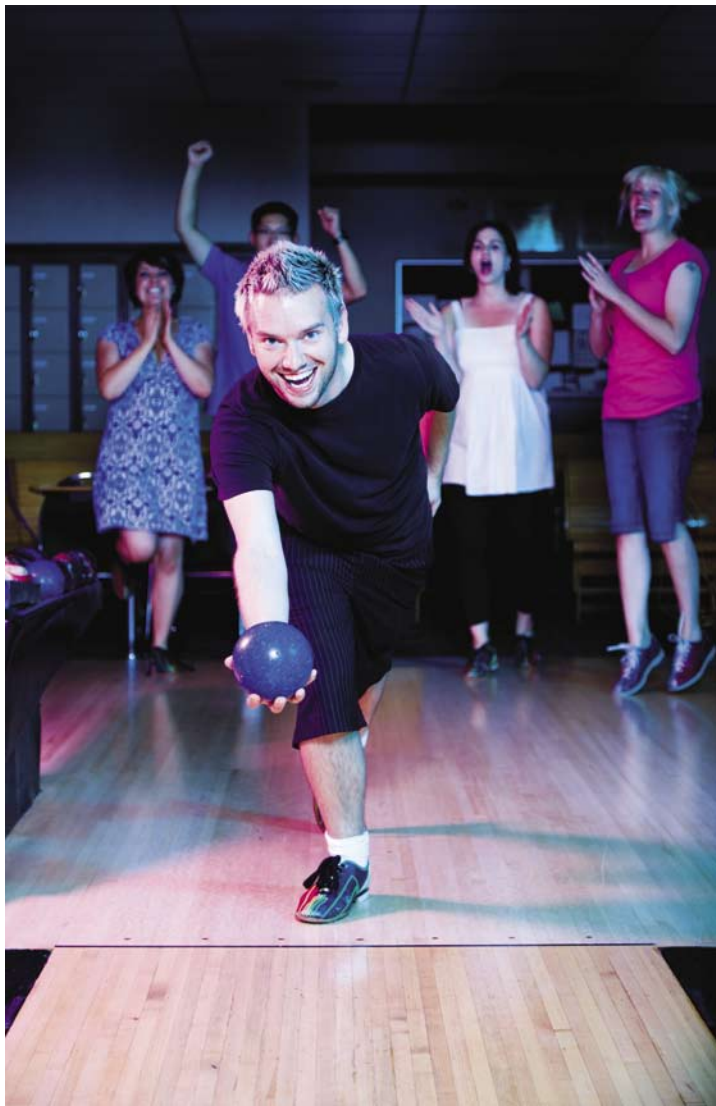
My first experience with the parking in Utah was with a friend of mine. He was over at my apartment. The parking area had a rule that if any unregistered cars are parked past twelve you get booted. So at 11:45 p.m. we went out to move his car to the street, and it was already booted along with three others. When the company that did the booting was contacted, instead of admitting the mistake, they refused to take off the boot until they got their fifty dollars.

While at the same complex, I had bought a new car. When I arrived with the new car the office was closed, so I could not get a parking pass. I was told that I just needed to leave a note explaining that my car was new and not to boot. This was told to me by management. So I left a note explaining just that. I even left my phone number. The next day my car was booted. When I called the company up, I told the agent about my car being new. His reaction was defensive and frankly rude. It was clear that, no matter what, the boot was not coming off until they got paid - even if they were in the wrong.

I would love to see this area let up on us poor college students when it comes to parking. Most parking lots I see at complexes are never full no matter what time of day. Booting students just seems like easy money.

--Ben

To read Jennie Nicholls' original November 2007 issue story, please visit www.schooled-magazine.com. Let us know what you think of this story or other *Schooled Magazine* hot topics. Email us at info@schooledmagazine.com.



Super Bowling!

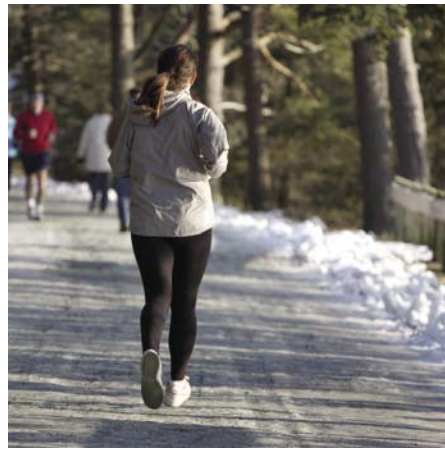
By Mitch Mallory

Let's face it: Utah County is not always the most happening place. In fact, it rarely is. So for all of us who can't think of anything better to do than go bowling, at least now it's going to be an easier decision. Here are your options:

Jack and Jill Lanes: 105 South 700 East in American Fork. Recently remodeled, Jack's is a good place if you're willing to drive to American Fork. Shoe rental is \$2, and weekend bowling is \$4.25 per game. Friday and Saturday night, there is all night bowling (going from 10 pm to 12:30 am) for \$14 per person. Also it has a lunch counter with good food. Overall, it's a great place to go if you're looking for something less crowded.

Fat Cats: 1200 North University Avenue in Provo. Fat Cats is always a fun time, especially if you're into watching guys pretend to be tough and try to dance to rap music. Fat Cats shoes are \$2.99 to rent on weekends, and games cost \$3.99 per person. Fat Cats also has a Costa Vida restaurant inside, which is great Mexican food. It gets very crowded here on weekends, but if you like the Utah Valley poser scene, it's the place to be.

"Cheers to a new year and another chance for us to get it right." - Oprah Winfrey



Cold Weather Walking

By Kristen Barlow

"Baby, its cold outside" should not be your excuse for not exercising outdoors. Being stuck inside all day with hot cocoa and candy is anything but good for your health. Winter can be the perfect time to walk off or keep off some weight – no matter the weather. Walking is always good for you, and walking in the winter can offer you a refreshing change of pace; the invigorating cold air can clean your mind and reduce stress. Best of all, walking is free, and everyone likes that. Even if you have to walk slower because of the weather, you still are burning

calories. Trudging through snow or walking into the wind takes more energy as well. Bundling up for your outdoor exercise also adds more weight for you to carry, which helps build bone strength. Don't forget to wear a scarf or mask loosely over your nose and mouth, since having a bare nose in the cold can be the worst feeling ever. Watch out for black ice and, of course, any ice in general; you'll need to wear shoes with good traction. Now that you have no more excuses, get out there and start walking in your winter wonderland.

"If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you." - Les Brown



How to: Protect Those Precious Lips in Winter

By Kristen Barlow

The cold winter weather has brought many students those dry, cracked and painful lips. Why? The skin of the lips is very thin, and the lips have very few lubricating and moisturizing glands. Many think that the dryness is instantly cured by licking the lips; however, the enzymes and bacteria in the saliva can actually increase the dryness. It is important to break or not begin the lip-licking cycle and apply a moisturizer or lip balm throughout the day.

To prevent and repair chapped lips, use either lip balm or petro-

latum-based ointments such as Vaseline or Aquaphor. The object is to seal in moisture and form a protective barrier. If you are skiing or engaging in outdoor winter activities, it is key to use a lip balm containing sunscreen. Hydrating by drinking plenty of water each day can also prevent chapped lips, though it is hard to remember that you are dehydrated in the cold. Dry lips may also be a sign of disorders like an allergic reaction to a skin care product, toothpaste, or lipstick.

Top 10 Lip Balms:

1. Chapstick
2. Shea Butter Lip Balm
3. Carmex Lip Balm
4. Kiehl's Lip Balm
5. Burt's Beeswax Lip Balm
6. Neutrogena Lip Moisturizer
7. Blistex Lip Balm
8. Neosporin Lip Treatment
9. Lip Smackers
10. Natural Ice Medicated Lip Treatment

Boxing Brief



By Chelsea Pyle
Photo By Mark Hansen

Got a New Year's resolution to get fit? Who doesn't?! Here's something new to the Valley that maybe you should consider, especially if you're tired of the gym and ready for a total-body workout.

LA Boxing began in California as an alternative to your typical gym. Now there are over 90 locations, making it one of the fastest-growing franchises in the country. LA Boxing offers classes in boxing, Muay Thai kickboxing, and Brazilian Jiu-Jitsu.

Though the workouts may seem specified, owner of the Orem franchise, Damon Willis, ensures that the technique is for the masses: "There's a small percentage of members that actually want to fight. We still offer the benefits of a fighter's workout without getting punched."

A typical class is 60 minutes of cardio-boxing or kickboxing with 3-minute intervals. Every class is taught by an expert instructor. Willis explains, "The instructors will warm you up, then show you that day's routine. The movements aren't difficult, but they combine muscle groups so you're working the entire body." While the class progresses, the instructors roam the room giving advice and correction individually to class members. Willis continues, "Most of our instructors are trained in the sport and all of them have won championships, so you're getting professional instruction."

LA Boxing offers classes for kids and adults. Or, if you want to go and bulk up with weights, they have open gym as well.

In a nutshell, LA Boxing combines the benefits of gym hours with the training of a martial arts studio to get a fun and effective workout. Their technique allows you to tone, build muscle, gain confidence, release stress, and learn to defend yourself all at the same time. Still not convinced? Find a member of the BYU baseball team. They used LA Boxing for off-season cross-training. Several members of the BYU football team are also members. Call LA Boxing for a free class and student rates.

Benefits of consistent exercise:

- 1. Exercise makes people happy.** Exercise triggers a release of chemicals in your body known as endorphins. Endorphins act on the brain to give you an overall feeling of well-being and happiness.
- 2. Exercise helps people relax.** Sounds contradictory, but it's true. Leisure activity will be more meaningful since you are feeling better about your body.
- 3. Exercise improves concentration.** Breaking everyday routine with exercise allows you to better focus on the tasks at hand. Increased circulation pumps oxygen to the brain for clearer thinking.
- 4. Exercise makes people confident.** Not only will looking better increase your self-respect, but also exercising will improve your mental outlook. While you're getting a better-looking body, exercise will also change the way you see yourself and everything around you.
- 5. Exercise makes people sleep better.** Exercise can help you sleep better at night. It is recommended that you leave at least a few hours between exercise and bedtime as exercising too close to your bedtime may keep you awake.

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ing on your personality. It is best if you sign up for the job with a friend, so you will have at least one sure-fire person to lean on and to help motivate you. That said, a very tight camaraderie often develops within the groups of salespeople, and the sales companies usually sponsor fun activities for the employees to do together if they meet their sales goals. (Please note that I say “salespeople.” Many of the best summer sales reps are women, even though the field is dominated by men.)

What do summer sales companies look for?

The biggest trait that summer sales companies look for is good communication skills. If you have good non-verbal as well as verbal communication, you have won half the battle. But this isn't as easy as it sounds. Successful salespeople understand that their gestures, the way they phrase their words, and their intonations and inflections can make or break a sale.

Confidence is another big trait that summer sales companies look for in their employees. They want a salesperson who is going to come across as an expert in his subject and as someone who the customer can trust.

If you decide to talk to summer sales companies, be confident in your interview. Look the interviewer in the eyes, give him your best firm handshake and speak in a confident tone. Avoid the high school cheerleader intonations (don't make the intonations go up at the end of your sentences like you're asking questions instead of making statements).

What are the options?

Talk to different companies that offer summer sales programs. There are lots in the area that try to recruit for summer sales (usually they are either pest control or security system companies). Take your time and explore your options. Ask what kind of training they offer, especially if you haven't done sales before. Make sure to ask what the average salesperson made the previous summer, instead of just listening to the glory stories of the few who made astronomical amounts of money, since that is not the case with the majority. Think of yourself realistically as the average, rather than the exception to the rule.

If you decide that summer sales is for you, jump right in, give it your best effort and have fun. The work may be grueling, but if you are the kind of person who can stick to it and work hard over the course of the summer, your work will almost certainly be rewarded.

www.schooledmagazine.com

Is Summer Sales For You?

By Ashley Walton

Everyone in the area has heard summer sales legends—some are rave reviews and others are more like horror stories. There are always students bragging about how they were able to take a semester off and sail around the world because they made hundreds of thousands of dollars in a single summer. Others often describe it as cruel and unusual torture and would rather go into debt than endure it again. With such opposing views, it's time to set the record straight on summer sales programs.

What's the job description?

Summer sales is not a picnic in the park by any stretch of the imagination. Even those

who are really good at it still have to work extremely hard to make the money that they do. The hours are long, and the salespeople spend their days having doors slammed in their faces and walking around in the beating sun. Most routines start early in the morning (we're talking around 7:30 or 8:00—say goodbye to your summer sleep-in sessions) and end late at night (usually around 10—which makes a social life difficult). This usually applies to every day, except Sunday. That's a lot of hours. You do the math. It takes a lot of commitment, hard work and self-discipline to stick to the mundane and stressful schedule.

You are usually shipped off to another state, which can be an adventure or a curse, depend-



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