

for the student | by the student

Schooled

Magazine

**Why Am I
Still Single?**

*The Summer
Fun Guide*

25 Simple
Calorie
Swaps

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Cliché Ways
To Propose

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The Summer Fun Guide

At Schooled Magazine, we believe that if you're bored, you're boring! Don't waste your free time! While you're here at BYU or UVU for the spring/summer terms, make the best of it (make lemonade!). Here are some great ideas for you to try on your own, meet some new people, go with friends, or make it a date! There are plenty of things to do in Utah Valley and we know this fifth annual Summer Fun Guide will keep you busy! *By Deborah Barlow-Taylor*

1 Float Down The Provo River

You can't have a summer in Provo without floating down the Provo River at least once. The water may be a little chilly, but the warm sun, company of other floaters, and the slow moving river will make an experience of a lifetime. www.Highcountryrafting.com (224-2500) rents tubes, rafts, and kayaks. You can rent them for two hours starting at \$10.

2 Amusement Parks

Spend the day in an amusement park. Check out **Lagoon** (www.lagoonpark.com), or if you want to get wet, try **Seven Peaks Water Park** in Provo (www.sevenpeaks.com).

3 Hiking

Head for the mountains and do some hiking! **Mount Timpanogos** has a 12.9 mile hike, **American Fork Twin Peaks** from Silver Flat is 11 miles, **Bridal Veil Falls** is 1/2 mile, and **Emerald Lake** is 9 miles. Or check out the 99-mile long **Bonneville Shoreline Trail** that takes you across the Wasatch Range.

4 Billiards

Play billiards at the local pool hall, **Ozz** on 490 N. Freedom Blvd. The cost is \$3.50 per hour per person. Also try **Fat Cats** (on University Ave., 373-1863) the cost is \$5 per hour for a table.

5 Tennis

Play it Single or Double.... Hit the public tennis courts at **Provo High School Courts** (in the back), **Westridge Elementary** (1720 W 1460 N, Provo) the **BYU Courts** (down on 800 N), or **Wasatch Elementary Courts** (1080 N 900 E Provo).



6 Outdoor Summer Movies

Watch a movie under the stars. Make sure to check out all the outdoor summer movies. **SCERA** (scera.org/shell.html) has outdoor movies as well as **Tahitian Noni** (www.tahitiannoni.com). Better yet, watch a movie under the stars and in the wave pool at **Seven Peaks** (www.sevenpeaks.com).

7 Concert Venues

What hot national and local bands are playing in Utah this summer? For all of your concert needs, check out the following venues.

Velour

www.velour-live.com
135 N University Ave, Provo

Muse Music

www.musemusiconline.com
151 N University Ave, Provo

Usana Amphitheater

www.usana-amp.com
5150 S 6055 W, West Valley City
Journey 7/11, John Mayer 7/21, Jack Johnson 8/18, Sheryl Crow 8/25

EnergySolutions Arena

www.energysolutionsarena.com
301 West South Temple, SLC

The E Center

www.theecenter.com
3200 S Decker Lake Dr, West Valley City
Nine Inch Nails 9/3





8 Rodeo

Check out a Rodeo! It's an experience you have to try at least one time in your life!

Strawberry Day's Rodeo

June 18-21, Pleasant Grove
www.plgrove.org

Lehi Round-Up Rodeo

June 26-28, Lehi
www.lehicity.com/roundup



9 Best Ice Cream In Town

Need to cool down? Get a scoop of something cold and sweet at these top local ice cream places.

Cold Stone

University Mall, Orem

Smart Cookie

840 N 700 E, Provo

BYU Creamery

900 E 1209 N, Provo

Coneys Frozen Custard

242 E Univ. Pkwy, Orem

Provo Froyo

2255 N Univ. Pkwy # 37, Provo

Hogi Yogi

1235 Univ. Ave, Provo

Leatherby's

1151 N Canyon Rd, Provo

Malt Shoppe

1290 N Univ. Ave, Provo



10 Comedy Clubs

Want to get a good laugh this summer? Try some of these excellent local comedy clubs with some friends, roommates, or for a date that you'll never forget!

ComedySportz

36 W. Center St., Provo 377-9700

WiseGuys Comedy Cafe

1350 W. 1140 S. Suite 110, Orem

Thrillionaires

Velour- 135 N. University Ave., Provo



11 Provo River Trail

Tired of running around in circles on the track? Try running or biking on the beautiful **Provo River Trail**. The Provo River Parkway is about 14 miles of trail from the Provo Canyon to Utah Lake. Find maps and more info at www.utahmountainbiking.com/trails/provorvr.htm



12 Sundance

Mountain bike, fly fish, hike, and horseback ride on some of the best trails in the WASATCH mountains. You can also take a lift to have a picnic lunch with an awesome view—visit www.sundanceresort.com for more information.



The Ultimate HOT TUB!

Check out the **Homestead Crater** in Midway (about 20 minutes from Provo) and experience the 96-degree hot springs. They are open to the public to sit and enjoy, snorkel, or scuba dive (www.homesteadresort.com/the_crater/the_crater.cfm).



14 River Rafting

For those of you that are a little more adventurous, try river rafting. Here are the top five spots around the state for rafting. For deals on trips, visit www.utah.com.

1. **Colorado River:** Moab to Hite Marina
2. **Green River:** Flaming Gorge dam to Swallow Canyon Boat Ramp (Red Canyon)
3. **Green River:** Town of Green River to Colorado River Confluence
4. **Green River:** Ouray to Green River
5. **The Yampa River**



15 Skydive In Utah!

Have you always wanted to, but never had the guts? Maybe this summer is your chance. **SkyDive Utah** is located 20 miles west of the SLC airport. It costs about \$175 per person for the thrill of a lifetime. Find out more at www.skydiveutah.com/. You can also check out www.1800skyride.com/Skydiving/Utah/ in Provo and www.utahskydiving.com for more locations and information.



16 Provo's Farmers Market

Want to eat some of Utah's freshest produce? Check out the **Provo Farmers Market** every Saturday from July to October at 500 W 100 S in Provo.



17 Utah Valley Art Museums & Galleries

Get cultured this summer. Check out some of Schooled's favorite museums.

BYU Museum of Art

Provo, 422-8287

Springville Museum of Art

Springville, 489-2727

UVSC Woodbury Art Museum

Orem, 426-6199

Pioneer Memorial Museum and Village at North Park

Provo, 852-6609

American Museum of Ancient Life

Thanksgiving Point, 768-2300



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18 **Roller Skating**
Great for friends or a fun date, roller skating not only is a good workout, but is fun to do! If you're looking for something outdoors, try the **Provo River Parkway** (check out a map at www.utahmountainbiking.com). If an air-conditioned rink is more your style, check out **Classic Skating & Fun Center** at 250 S. State St. in Orem (224-4197).

19 **Batter's Up! Orem Owlz!**
Check out the **Orem Owlz** (www.oremowlz.com) in the months of June, July and August. There is a game almost every night. Also check out **The Salt Lake Bee's** at www.slbees.com.



20 **Outlet Shopping**
You don't want to miss out on the outlet shopping in Park City. **Tanger Outlet Center** (6699 N. Landmark Drive) has over 60 shops including Tommy Hilfiger, Nike, Polo Ralf Lauren, Banana Republic, Gap and Old Navy.



21 **Disc Golf**
Disc What? **Disc Golf** is a sport that has been around since the 1970s and is played much like traditional golf but instead of a ball and club, you have a Frisbee. The object is to complete each hole in the fewest number of throws. The "hole" can be a number of different things but typically it's a metal basket. Bicentennial Rotary Park and Rock Canyon Park both have disc golf courses. This activity is great for a small group of roommates, or a large group of friends! You can find out more on how to play at www.disclife.com.

22 **Laser Tag**
Go Laser Tagging on a two-floor laser tagging course with black lights, fog, and obstacles at **Laser Assault**, 264 N 100 W in Provo.

23 **Dance Clubs**
Get your groove on, go clubbing in SLC:
Area 51 (area51slc.com)
Circle Lounge (circleloungeslc.com)
The Vortex (vortexslc.com)
Club Sound (soundslc.com)
The Depot (depotslc.com)

24 **Drive-In Theater**
Pull up, tune in, and relax. Watch a new-release movie the old fashioned way at the **Redwood Drive-In Theater** at 3688 South Redwood Road in Salt Lake City.

25 **Paintball**
Grab some camouflage and go paintball! **Peg-Leg Paintball** (www.peglegpaintball.com) is located at 580 University Pkwy in Orem (764-0919). Also try **Pink Eye Paintball** located at 414 S Main in Spanish Fork (794-1631). You can also play for free on the **Pick-Up Paintball** field in Provo. Find out times and info at www.pickuppaintball.tk.

26 **Pick Your Fruit**
There's nothing to compare to eating fresh fruit that you've picked with your bare hands. Visit www.pickyourown.org to find local farms you can go to and pick your own berries, apples, or cherries.

27 **Mount Timpanogos Caves**
Explore the **Mount Timpanogos Caves** and hike up to find three of the most spectacularly decorated caverns in the state (www.nps.gov/tica).



28 **Scuba Diving**
Get certified in scuba diving. **Scuba Ted's** in Springville (491-DIVE) offers a great scuba class that not only is fun, inexpensive (\$189, the cheapest price in Utah), but exhilarating. Take trips with Scuba Ted's around to Utah lakes and craters, or travel with them to exotic places around the world (www.ScubaTeds.com).



29 **Heber Valley Railroad**
Take an afternoon or evening and take a train ride and view the beautiful scenic backdrops Utah has to offer. The **Heber Valley Railroad** is a historic adventure. You can have the benefit of a funny performance with the Comedy Murder Mystery or enjoy the outdoors and live music with the Sunset BBQ Special. Find schedules and additional excursions that the Heber Valley Railroad can take you on at www.hebervalleyrr.org.

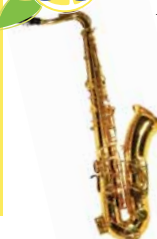
30 **Bowling**
Challenge a couple of friends to a championship game of bowling! Hit the lanes at **Fat Cats** (on University Ave., 373-1863), **Miracle Bowl** (on State Street in Orem, 225-6038), or cosmic bowling at the **BYU Games Center** (at the WILK, 422-4370).



31 **Volunteer**
Sure, you could spend your summer vacation sitting in class or taking a road trip. But, why not have a real adventure and do a little good while you're at it? Visit www.charityguide.org for some great ideas on how to serve. Also check out local charity events at utah.uscity.net/charity and you'll find Utah as a much more rewarding place!

32 **Country Western Dancing**
Country Western dancing at **The Center** includes country swing, two-step, west coast swing, country waltz, the cowboy cha cha, and line dances. Lessons are from 9-9:30 p.m. and dancing goes until midnight on Wednesdays and Saturdays. Check out the website www.Utah-CountyDance.com for more information.

33 **Free Jazz Concerts In The Park**
Listen to a free jazz concert in Pioneer Park on 500 W in Provo. Concerts are held every Monday night in June and July from 7-8:15 p.m. www.provo.org.



34

Miniature Golf
Need a fun group activity or a date night! Try miniature golfing at **Trafalga Miniature Golf** in Orem (224-6000). **Cascade Golf Course** in Orem also has mini golf (225-6677).



35

Provo Parks
Enjoy the summer weather! Have a picnic, play some outdoor sports, or sunbathe at some beautiful local parks. Here's what each park has to offer.

Bicentennial Rotary Park (1400 S 1600 E) includes pavilions, picnic tables, playground equipment, restrooms, duck pond, large trees, and sand volleyball.

Bridal Veil Park (Provo Canyon) includes picnic areas, BBQ grills, trails, fishing, and a waterfall!

Canyon Glen Park (Provo Canyon) includes pavilions, picnic tables, BBQ grills, playground, restrooms, fishing, river trail, volleyball areas, and Great Western Trail access!

Fort Utah Park (200 N Geneva Rd) includes pavilions, picnic tables, restrooms, fort replica, rugby field, sand volleyball, skate court, softball field.

Kiwanis Park (820 N 1100 E) includes pavilions, picnic tables, playground equipment, restrooms, tennis court, baseball field, volleyball, and large turf open space.

Maeser Park (451 E 600 S) includes pavilions, picnic tables, water taps, BBQ grill, playground equipment, walking path, basketball, restrooms, power and lights.

Riverside Park (1260 W 600 N) includes pavilions, picnic tables, playground equipment, restrooms, fishing access, and the Provo River Trail.

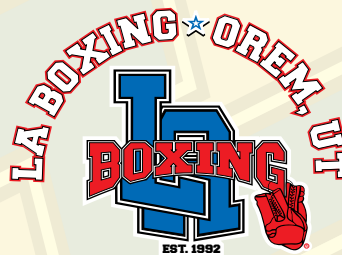
Riverview Park (4620 N 300 W) includes pavilions, picnic tables, water taps, BBQ grills, playground equipment, restrooms, trail access, sand volleyball, lights, drinking fountain, stream, tennis courts.

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36 **Fishing**
The lakes are packed this year! Grab a fishing pole and catch your dinner on this years **free fishing day** on June 7. For more information, visit www.wildlife.utah.gov.



37 **Bicycling**
Go bicycling or rent a bicycle built for two along the 14 mile **Provo River Trail** that starts in Utah Lake and takes you to Vivian Park at the mouth of Provo Canyon. You can rent a mountain or a road bike from **Mad Dog Cycles** (222-9577) for a nominal fee.

38 **Real Salt Lake**
Check out a **Real Salt Lake soccer game**. Visit web.mlsnet.com/t121 for schedules, rosters, and other team news.

39 **Downtown SLC**
Head to downtown SLC and enjoy **Temple Square**, listen to the street musicians or watch the street performers.



40 **Lake Powell**
Have a fun weekend away at Lake Powell. You don't have to rent a houseboat to have a good time, try going camping! Find more information on www.lakepowell.com.



41 **Skate Parks**
Check out the local skate parks and learn how to do some tricks. **Orem Skate Park**, 1200 W 300 N, hours: 7:30 a.m. to dark and **Provo Skate Park**, 208 N 2050 W, hours: 8 a.m. to dark are great places to see some sweet jumps.

42 **Kayak**
Rent a kayak at **Outdoors Unlimited** (422-2708) for anywhere from \$21-\$24 and paddle around Provo Lake by traveling west on Center Street until you hit the entrance to the lake.

43 **BYU Summer Intramurals**
Have some fun this summer and participate in **BYU intramurals!** You don't have to be a BYU student to play! Visit www.intramurals.byu.edu for more information.



Classic Cars Int'l
Are you into cars? Check out **Classic Cars Int'l** where you'll see over 100 classic cars from the '20s, '30s, '40s and '50s. The admission for adults is \$6 and all proceeds go to the Utah Homeless Boys Ranch. The museum is located at 355 W 700 S in Salt Lake City.

45 **Hike The Y**
It's a shame if you've been at BYU for more than a year and haven't hiked the Y! It's a short hike, but don't be fooled, it's a great workout and not to mention a beautiful view. If you've hiked the Y many times try changing things up a bit, hike at night with some friends or try hiking to the summit of Y mountain.



46 **Five Best Camping Spots In Utah**
Find out more information on reservations, directions, and amenities each of these campgrounds has to offer at www.utah.com/database/campgrounds.

1. **Bryce Canyon National Park Area Campgrounds**-Cannonville
2. **Uinta Mountains**-North Campgrounds-Kamas
3. **Zion National Park Area Campgrounds**-Kanab
4. **Salt Lake City Area Campgrounds**-Salt Lake City
5. **Canyonlands and Arches National Parks Area campgrounds**-Moab

47 **Race Your Remote Control Car**
Find locations on www.utahrc.com.



48 **Rent Llamas**
Yes you heard us right! You can rent and hike with llamas! **Utah Valley Llamas** (798-3559) will let you take two llamas in the back of your van or trailer and keep them up to 24 hours for only \$30. They will also deliver and pick up from the trailhead for a fee (utahvalleyllamas.com).



49 **Fencing**
Try a different sport this summer and take up fencing. If you don't have a clue where you start, beginning fencing classes run weekly and start at \$50. Find out more information and how to play at www.utahfencing.org.

50 **Hogle Zoo**
Lions, Tigers and Bears- Oh My! Utah's famous **Hogle Zoo** (801-582-1631) and check out the snow leopard, green tree python, and African lion. Admission is \$8 for adults.



51 **Yard Sales**
Want to spend your Saturday mornings finding treasures for your apartment or to make some extra cash on eBay? Check for yard sale listings. Deseret News at new.nowutah.com, or Craigslist at provo.craigslist.org/gms/.

52 **Golf**
Head to the **Cascade Driving Range** in Orem (225-6677) and see how far you can whack a golf ball. Also try the **East Bay Golf Course** in Provo (373-6262).



53 **Provo Softball Tournaments**
Pick up a softball game or join a team to play in a tournament. You will find a listing of softball tournaments at www.provo.org. Download the parks and recreation guide to find dates and times.

More Ideas and Great Deals
Utah Valley Convention and Visitors Bureau (www.utahvalley.org) offers free passports with coupons and ideas of great places to go in Utah Valley. You can pick up a free passport at the Visitors Bureau at 111 S. University Ave. in Provo. Check out **CityDeals.com** for 25 to 75 percent off gift certificates to local restaurants, entertainment events, and businesses.

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Fresh Take

By Chelsea A Pyle

Ever wonder what it takes to open a new restaurant in the Valley? I sat down with Colton Soelberg (CS) of Orem's new Pizzeria Seven Twelve and Alex Stefansciew (AS) of Maestro's Café on Center Street (both reviewed in last month's issue) to talk about the birth of these new and trendy places. As I interviewed these two gentlemen, I couldn't help but notice the similarities between their business ethics. Both establishments place heavy importance on using fresh ingredients, and it pays off in a big way in terms of flavor and quality. (Alex suggested that the similarity stems from the fact that the owners of Pizzeria Seven Twelve frequented Maestro's while their place was being constructed.)

"When you have the best and tastiest ingredients you can cook very simply and the food will be extraordinary because it tastes like what it is." Alice Waters

SM: Colton, what made you want to start Pizzeria 712?

CS: Most chefs eventually want to start their own place, to express their own vision. This was our way of doing that.

SM: Why pizza?

CS: We wanted to use a familiar form with new flavors, a different take on something recognizable.

SM: What does the name mean?

CS: 712 degrees is the temperature we cook the pizza at in our wood-fired oven.

SM: Was Orem your desired locale?

CS: Yeah, we knew this area needed a place like this. And being in Midtown Village, once this place was completed, we knew we'd have built-in business.

SM: What was the hardest part of opening up this business?

CS: The construction process; it was hard because we didn't have as much control as far as scheduling. We didn't know what to expect as far as that was concerned.

SM: Looking back, is there anything you would change about how you got started?

CS: Not really because we took the time to do things the way we wanted.

SM: What do you hope people will say after their first experience at Pizzeria 712?

CS: We hope they'll be pleasantly surprised, that it's unlike anything else around. A place that offers something unique and inviting.

SM: Do you have any advice to people interested in starting their own business?

JR (This is where Josef McRae, co-owner interjects): Find a good partner! But ultimately stick with it. If you have a good idea, have patience in seeing it come through. Set weekly goals and take care of the little things. You know, just one step at a time.

"Making it fresh makes the difference." Alex Stanfisciew

SM: Alex, what made you want to start Maestro's Café?

AS: I wanted to offer something new to the area, something distinctly European. As far as offering crepes though, we wanted to do paninis to get the lunch crowd at first, but after talking to a bunch of people they sounded more excited about crepes.

SM: Why gelato?

AS: Why not? It's so good! The exceptional European dessert.

SM: What does the name mean?

AS: It means master teacher. We wanted something Italian, something very artisan-sounding.

SM: Was Center Street in Provo your desired location?

AS: Yeah, you know, people tend to overlook downtown Provo. We wanted to keep with the European feel as far as being in a plaza type feeling, trafficked by pedestrians. We definitely did not want to go with a strip mall, we wanted something unique. Plus there's really no dessert place in downtown.

SM: What was the hardest part of opening up this business?

AS: Nothing comes immediately to mind. We did a lot of the work ourselves, so that was time consuming. Plus, I had no design experience so I had learn from scratch. I watched a lot of HGTV.

SM: Looking back, is there anything you would change about how you got started?

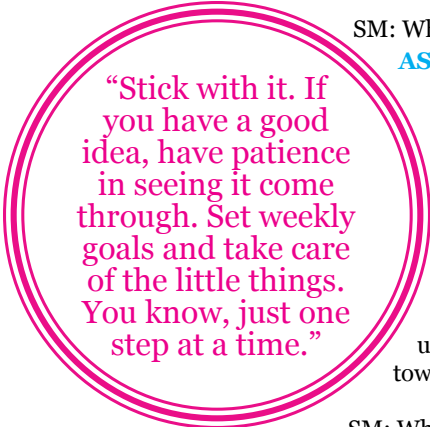
AS: I probably would have started adding food options a little bit sooner.

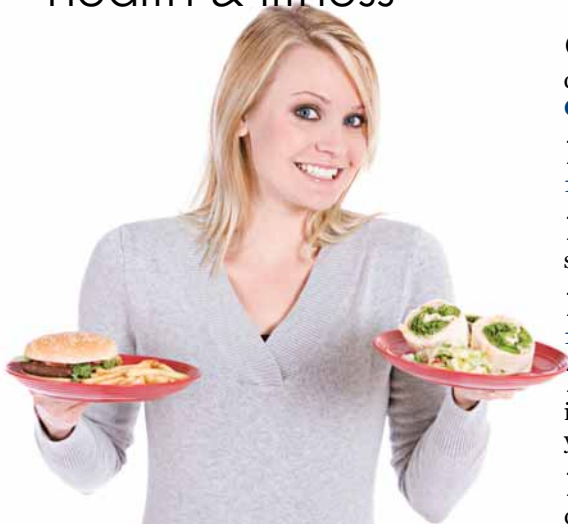
SM: What do you hope people will say after their first experience at Maestro's?

AS: I hope they'll come back, you know, multiple times. I want them to leave remembering the gelato, feel like they traveled back to Italy for a time. A very nostalgic experience.

SM: Do you have any advice to people interested in starting their own business?

AS: People often have a good idea and they just don't follow through with it. Do the research. Have a plan of execution and do it. Don't be afraid to try.





Simple 25 Swaps

Small changes can make a huge difference. Making these simple calorie swaps will help make a big impact on your health.

1. Replace two chocolate chip cookies with 11 Nilla wafers. **140 Calories Saved**
2. Hold the cheese on your sandwich. **100 Calories Saved**
3. Instead of a candy bar, have a 100-calorie pudding cup. **180 Calories Saved**
4. Choose 1 1/2 cup fresh grapes instead of 1/2 cup raisins. **125 Calories Saved**
5. Grill a sandwich with nonstick spray instead of butter. **100 Calories Saved**
6. Put veggies in your omelet instead of meat. **100 Calories Saved**
7. At the ballpark, go for a hot dog instead of a hamburger. **200 Calories Saved**
8. Dilute your juice with water. **100 Calories Saved**

9. When eating guacamole, skip the tortilla chips and dunk baby carrots instead. **110 Calories Saved**
10. Choose roasted instead of fried chicken. **120 Calories Saved**
11. At the movies, skip the butter on your small popcorn. **180 Calories Saved**
12. Drink nonfat milk instead of whole. **140 Calories Saved**
13. Order fat-free cream cheese on the side instead of having regular cream cheese on your bagel. **105 Calories Saved**
14. When you go to the vending machine, choose a cereal bar instead of a packaged apple pie. **100-300 Calories Saved**
15. Skip the egg yolks and have two egg whites instead. **115 Calories Saved**
16. Split a Snickers bar with a friend. **140 Calories Saved**
17. Eat your sandwich open-faced (with just one slice of wheat bread). **100 Calories Saved**
18. Try a Kudos M&M snack bar instead of a pack of M&M's. **140 Calories Saved**
19. Use 1 Tbsp of mustard instead of 1 Tbsp of mayo. **100 Calories Saved**
20. Eat a Mexican taco salad without a shell. **200 or more Calories Saved**
21. Top your pancakes with 1 cup of strawberries instead of 3 Tbsp of syrup. **100 Calories Saved**
22. Cover our pasta with 1/2 cup marinara sauce instead of a 1/2 cup Alfredo sauce. **170 Calories Saved**
23. Cool down with 1/2 cup sorbet instead of 1/2 cup ice cream. **130 Calories Saved**
24. Try a white-meat turkey burger instead of a hamburger. **115 Calories Saved**
25. Switch a 12-oz can of regular soda for a diet. **145 Calories Saved**

By Deborah Barlow-Taylor

Abs

One of the biggest abs questions is how often should you work them out? Well the answer is that

abs are no different than the rest of your muscles. Your body needs recovery time in order to grow stronger and change--so you shouldn't work them every day. You should work your abs 2-3 non-consecutive days a week. Here are the 10 top ab workouts:

1. Plank on Elbows and Toes
2. Bicycle Exercise
3. Reverse Crunch
4. Captain's Chair

5. Exercise Ball Crunch
6. Vertical Leg Crunch
7. Hanging Leg Raises
8. Torso Track
9. Ab Rocker
10. Full Vertical Crunch

With each ab workout, make sure you stay between 10-16 reps of each exercise for 2-3 sets. Always check your form (you don't want to be using other body parts such as your neck or hip flexors to help you), make sure you take it slow (the slower you go, the more your muscles will work), and challenge yourself with different exercises. In no time, you'll start to feel and see the results.

By Kristen Plumb



Best Jeans For Your Body Type

By Chelsea A Pyle

Nothing says America like apple pie, fast food, and blue jeans. What follows is hopefully a helpful guide to the kind of jean you should be buying for your body type and brands/stores where you can sink your hips into denim dreams.



Tall Women/Short Women

Many jean brands these days come in short, regular, and tall inseams to accommodate all sizes and heights. Still, if your favorite jean doesn't come in petite or tall, don't be afraid to hem or to let the hem out. Tall women be warned: always make sure the length of your jean falls to the bottom of your heel to avoid the high-water look. Petite women should steer clear of boot cuts and cuffed jeans. Straight legs are best.



Battle of the Bulge

If you've got a little bit of a belly, there are ways to camouflage those problem areas. Stacy London of TLC's *What Not to Wear* asserts, "Women with a tummy typically have thinner limbs, so a boot-cut jean can help balance out a heavier mid section." Always go for a mid-rise jean that hits right across the belly. Trouser jeans are particularly flattering by balancing the bodyline.



Women with Large Hips

Stacy says women with wide hips should "stick with a mid-rise jean that is slightly on the lower side in order to fit around the widest part without creating love handles." Also, look for a straight leg which falls down from the hips to create a longer-looking leg line.



Women with Big Butts

Bootylicious backsides should stay away from flap pockets or heavy embellishments. There's no reason to draw any more attention to a posterior that is already pronounced. Believe me, I should know. Smaller or angled pockets help to mask and flatter the fanny.



Top-Heavy Women

The main tip for top-heavy women is to pick a jean with a distressed look: a little whiskering or fading helps create some volume on the lower half of the body without adding actual bulk.

Best brands for all your jean needs:

Banana Republic, Gap, Levi's, Lucky, and CK.



Jump In!

Celebrate the swim suit season and check out the best local hot tubs and pools

By Kristen Plumb

Are you too sexy for your shirt? Are you too hot for this Utah summer weather? Do you love to be in your bathing suit? Do you love to watch others in their bathing suits? If you answered yes to any of these four questions, then your free time should be filled with swimming and making friends at the pool. The following list includes popular pools that college students go to in the area. So pull out your little black book and find which friends you know who live in these places, get invited over, and jump in!

1. Parkway Crossing

Amenities: Hot Tub, No Dress Code
1270 W 1130 S, Orem

2. Carriage Cove

Amenities: Hot Tub
606 W 1720 N, Provo

3. Raintree

Amenities: Hot Tub
1849 N Freedom Blvd, Provo

4. King Henry

Amenities: Hot Tub, Basketball Hoop, Dress Code
1130 E 450 N, Provo

5. Belmont

Amenities: Hot Tub, Dress Code
532 N Seven Peaks Blvd, Provo

6. The Elms

Amenities: Basketball Hoop, Dress Code
745 N 100 E, Provo

7. The Omni

Amenities: Only Hot Tub, No Pool, No Dress Code
701 N 500 W, Provo

8. Liberty Square

Amenities: Indoor Hot Tub, Volleyball Net
556 N 400 E, Provo

9. The Avenues

Amenities: Hot Tub, Volleyball Net
836 N University Ave, Provo

10. Seven Peaks

Amenities: Water Slides, Lazy River, Wave Pool, Hot Tubs
Day Pass: \$20
Season Pass: \$70-\$110
1330 E 300 N, Provo

Website Freebies

We may be a little bias about loving our own website, www.schooled-magazine.com, but this stellar local website has got some funk. Visit www.freecycle.org/group/US/Utah/Provo.

This website has over 4000 active Provo members with over 5 million members across the globe. Membership is free and allows you to give or get stuff for free from local people—you'll find a lot of moving boxes, bonfire wood, old sofas, etc. It's great for people who want to keep things out of landfills and share with others! Remember one mans junk may be another mans treasure.

Out of the Bubble

Schooled Magazine sent some of our readers to check out these hot summer events. Read about what they experienced, check out their websites and see when you can take part in the next event!



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The series takes place in ten cities worldwide. Learn more at www.redbullairrace.com.



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Drifting is a high-skill, high-powered motorsport that calls for drivers to control a car while it slides sideways at high speed through a marked course. The race is judged on execution and style rather than who finishes the course fastest.

Formula DRIFT offers premier drifting competition that features aggressive side-by-side action as finalists burn up the course two-at-a-time often only inches apart. Drifting pros finesse their cars into spectacular powerslides around a series of corners of a set course as powerful engines roar and the tires bellow smoke. The next closest event for us here in Utah is going to be held at the Las Vegas Motor Speedway July 12. Get more information and upcoming races at www.formulad.com.

By Russ Taylor

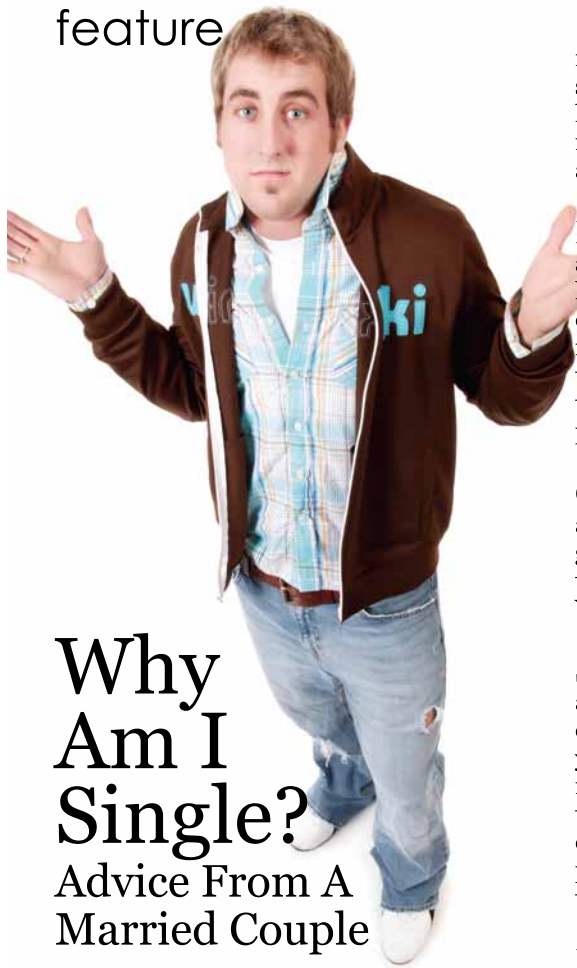
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feature



Why Am I Single?

Advice From A Married Couple

By Brady and Rachael Cutler

We don't claim to know everything about relationships, but we are in a very healthy and successful one - we're married. So my friends, here is a little hint for you: if you're wondering why you're still single and what you can do about it, read on.

Be yourself. This is the biggest piece of advice that we can give. How do you expect to have a relationship with someone when they don't really know who you are? You say, "But if I'm myself they won't like me." Well maybe that should be a clue. Either he or she isn't the person of your dreams, or you aren't the person of your dreams.

Go on dates. Hanging out is fun, but try and go on a few real dates once in awhile. And girls, say yes! If a guy asks you out and you think you'll have a good time, go out with him. You never know what could happen.

Stop going on dates. As contradictory as this sounds, if you are interested in a guy or girl, show it. When your crush calls to ask you out and you say you "have plans," that isn't encouraging. He or she may lose interest, thinking you aren't interested. So stop going out with other people and focus just on one person until you have a better idea of where the relationship is heading.

He's just not that into you. Do not, however, turn down dates if the person you

are interested in isn't asking you out. Don't wait around for that someone if it's been weeks since he's called - realize that if he's not calling he's probably not that into you. Sad as it is, just move on.

Single dating. One of the biggest problems in dating is that you don't go out and show interest in one person. Guys, pick a girl and pursue. The best preparation for marriage is getting to know someone on a personal level and not just a social level.

Stop just hanging out with your roommates. If someone asks you out, you should be willing to go out with him or her even if you and your buddies or roommates have plans. Don't worry, they will understand.

Be flexible. I have known girls who have such high expectations that they'll never find the guy of their dreams because he's just not real. Obviously don't give in on the most important things, but his favorite color and sporting event aren't really that important.

Try something new. Broaden your horizons and try new things. If you've been doing the same activities and going to the same places for a while now, you probably have a small circle of friends and acquaintances. Try meeting people in new places - go to the gym, attend sporting events, go see concerts and plays. Try something new.



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Are You Too Crazy In Love?

By Kristen Plumb

Love doesn't make only your heart dance. When you've got it bad, your brain also goes into hip-hop boogie. To be scientifically correct, it produces the stimulant dopamine, which prompts an exhilarated high that makes you want nothing else but to be with the object of your affection.

All those brain chemicals can govern your rationale. Homework is forgotten, friends slowly move out of the picture, and class time is full of doodling your sweetheart's name on your paper. It is okay to be crazy in love, but have you gone too far? Ask yourself these four questions to see if your relationship is at a healthy or destructive level. Then read the advice to see if you need to repair a few areas of your love life.

1. Are You Making Bad Decisions?

When you are in love, the activity in the part of the brain associated with fear decreases. This means you are more likely to jump into bad situations without thinking about the consequences. That is why it seems perfectly fine to stay up till all hours of the night cuddling – even when you have a class at 8 am the next day.

Advice: Set sensible rules and boundaries during the day (when your brain is the most

alert) about how late you are going to stay up each night, how often you are going to hang out, and what activities you are going to participate in. The respect that will come from this will earn you better grades and many brownie points.

2. Can You Not Focus?

Your brain produces more norepinephrine, a neurotransmitter associated with increased memory, when you are in love. In other words, most of your brain power is spent thinking about your crush instead of doing your homework, finishing your timed tests, or even eating.

Advice: For many, it is an almost impossible task to stop thinking about the person you are in love with. However for quick focus advice, study in places where you can't see a picture of your love interest or check her Facebook. Hologing up in a corner in the library with just your book can do wonders for your dedicated studying time.

3. Are You Sacrificing Too Much Just to Be With This Person?

Your love interest can be as addicting as any other drug because of how love stimulates dopamine. The more attention and affection

Cliché Ways to Propose

With the sun shining and summer spirits high; love is definitely in the air. There are bound to be some engagements taking place. If you think you may be getting serious enough to look for a ring, and if you want her to say yes, please avoid these cliché proposal ideas.

Temple Square: The reflecting pool is bursting with couples waiting in line for a spot so that the guy can pop the question. Then there is a horrifying public display of affection in possibly the most public spot on Temple Square. So men, this place is highly overdone and equally uninventive.

Holidays: No girl wants to get proposed to in front of your entire family, not to mention your second cousins and twice-removed aunts. Save your proposal for 'eves' of holidays. It will make it a little more of a surprise. NEVER EVER propose on Valentine's Day. I don't think anything could ever be more cliché than to get proposed to on the designated day for love invented by card companies. Any girl that gets proposed to on Valentine's Day should say no on principle simply because of the fact that it is Valentine's Day.

Don't make it a high school

dance: It may be tempting to put confetti all over her room or send her on a scavenger hunt, but a proposal is not the prom. Refrain from this cliché, because this will be a memory that will last you the rest of your lives, and you don't want to risk the possibility of confusing it with her junior year of high school.

The most important thing to remember when you are getting ready to propose is that you should make it meaningful, because after all, this is pretty big moment in your lives. Use your creativity and put some thought into it.

By Jennie Nicholls

you get, the more you crave and feel moody without them.

Advice: Resist the urge to ditch your friends and family. You need them to realign yourself. Make sure to participate in different activities and discussions.

4. Are You Obsessive-Compulsive?

When you are in love, levels of serotonin – the brain chemical that keeps us calm and happy – can drop as much as 40%. These low levels can make you feel obsessive-compulsive, and you'll find yourself checking your voicemail for your love interest's call over and over again or spend hours analyzing a two-sentence note he gave you.

Advice: Try to "cancel out" your thoughts by thinking about something completely different. Try working out, or talking to your roommates/friends about what they did that day.

hot topic

The Vicious Cycle

Lindsay Lohan, Britney Spears, Reality TV... Are You Caught?
By Scotty Spjut

There's this thing out there that social scientists call a "para-social relationship." It's the kind of relationship where Bob knows a lot about Joe, but Joe doesn't know squat about Bob.

Of course, "Joe" is some A-list celebrity whose face is plastered all over magazines and TV. And "Bob" is a girl in her late teens or early twenties who needs to realize that people.com is not the best source to find out world news.

Now, I've never been one to believe these sociologists – I hear the jury is still out on science – but I think they may be on to something. More and more people seem to be obsessed with break-ups and baby bumps and Dr. Martens. And more and more media outlets are feeding that obsession.

It's a vicious cycle, really. A few IQ-lacking people seek out the latest in entertainment news and celebrity gossip, which makes media organizations think that the public cares about

this stuff. So they produce a week long series on Anna Nicole Smith or something equally ridiculous. The general populous notices this extensive coverage, and so they think it's something important, something worth following. Under the guise of real news, more and more people watch it. When the number of viewers goes up, the news stations think it's of serious interest to people, so they keep covering it. This repeats over and over again until pictures of emaciated children in Africa have been replaced with pictures of anorexic starlets in Hollywood.

And even though I'm a member of the media, and it's the very industry I plan to someday sell my soul to, I really think they're the ones to blame. The media moguls are more concerned about ratings than serving the general public. Ethics, morals and fundamental journalistic principles are pushed aside as stories are aired and published. The line between fiction

and non-fiction becomes blurry, and stories are sensationalized and biased as writers, publishers and producers convince themselves that omitting facts is not the same as lying.

And people just eat it up.

But I do understand where these executives are coming from. Wouldn't you do the same thing? Tabloids are flying off the shelf faster than Lindsay Lohan goes back to rehab (zing!). But seriously folks, the general public has proven time and time again they can't be trusted to make decisions for themselves. When it comes to deciding what is important and worthwhile, their judgment is



"More and more people seem to be obsessed with break-ups and baby bumps and Dr. Martens. And more and more media outlets are feeding that obsession."

usually impaired

It's bad enough that American Idol is the highest rated show on television, but then to have someone like Sanjaya Malaker stay on for weeks?

Come on people. As fun as it is to watch the "reality" that is Laguna Beach, you cannot replace real reality – you know, like, real life – with someone else's reality. It's time to stop living your life through celebrities. Sure you may not be as smart, good-looking or talented as they, and your life is probably a lot more boring, but it's time to realize anything involving Britney Spears is NOT news.

So think about your para-social relationships. How much are you getting out of them? Are those celebrities there for you when you need them? Will they let you cry on their shoulder if need be? Do they ever call, just to say hi?

If not, it may be time to break it off. They obviously don't care about you at all.

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