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...to the new and improved SCHOOLED MAGAZINE!!!

Everyone else is getting an extreme makeover and so are we! You will see big changes in our quality of writing, photography and overall look. This is a magazine for you, our readers. We want you to look forward to each issue and tell your friends about it.

SCHOOLED is a magazine for college students in the valley and our stories are written to inform you and help you through your college experience. Guys, we have what you are looking for, lots of sports, cars and even skincare tips for men. Ladies, we have a style section, dating tips and even health insights for you.

Also, check out our event calendar that has something for everyone. If you know of any upcoming events or if there is something you would like to see in our upcoming issues, just e-mail me with your ideas.

We also have great plans for our upcoming issues. Some of the stories to look forward to are: preparing for graduation, spring break tips, cover bands, unique wedding ideas and much more. Get excited for our next issue in March!!

The one thing that we haven't changed is our motto: For the student by the student. Most of our staff is made up of UVSC and BYU students. This is a great format for them to gain experience and pack their portfolios with impressive, professional work that they have done. This is also an excellent opportunity for you to be able to contribute some of your

work. Send in your best work and if we use it you could actually make some cash! Don't college students always need cash?

We are so proud of this issue and plan on making our future issues even better. We would love to hear from you. Please send us your suggestions or comments to senioreditor@schooled.com.

Traci D. Marinos
Senior Editor



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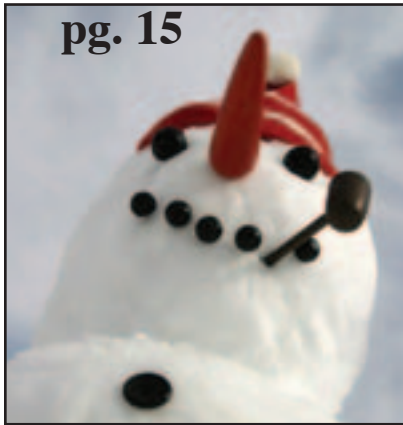
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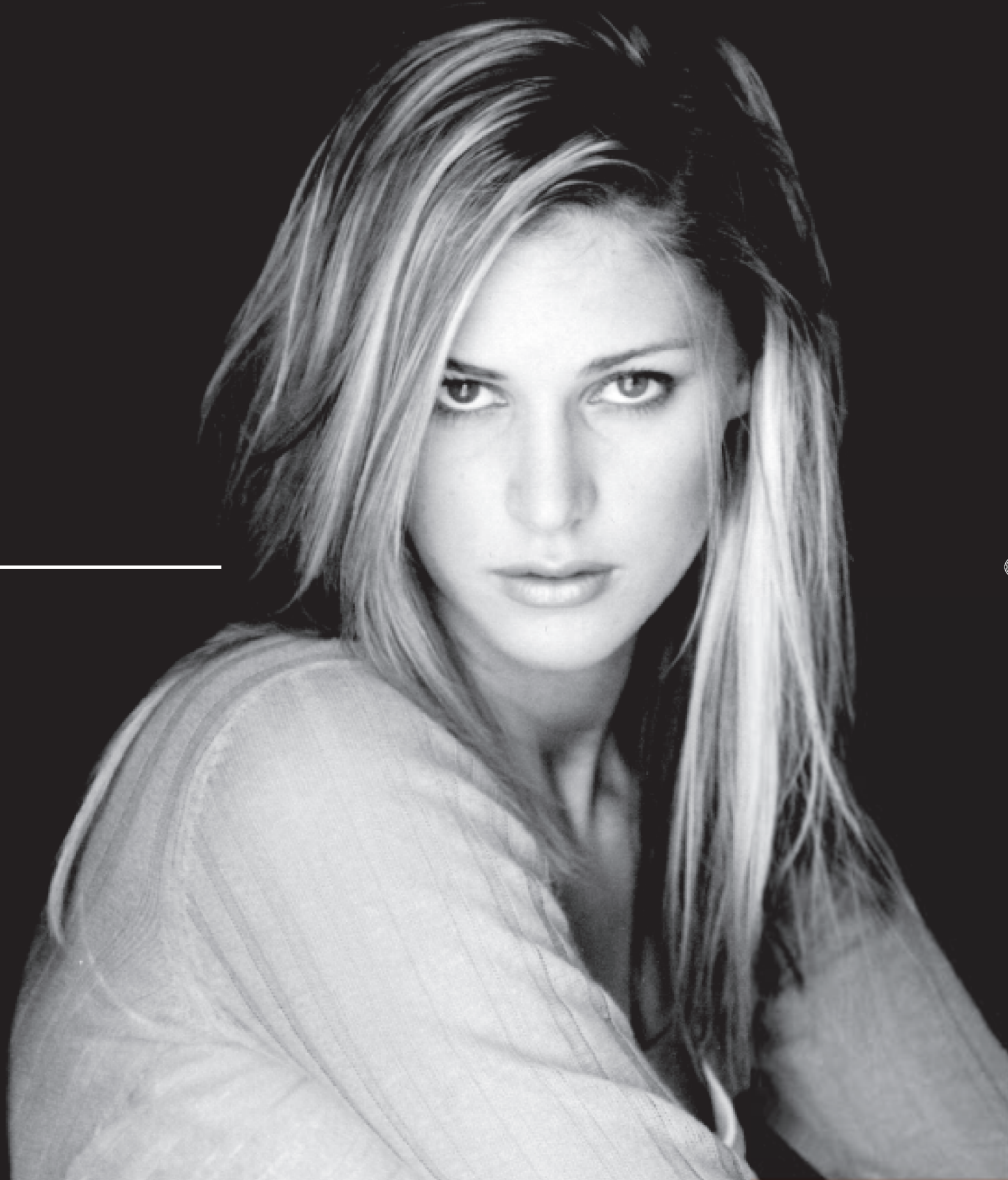
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THE NEW YEAR'S RESOLUTIONS

Ah, a new year: a new chapter of life, a clean slate, a fresh start, a chance to reinvent ourselves...just like last year. And the year before that, and certainly the year before that. If you fall into the mass majority of people, you'll agree that your last year's resolutions list has just become a disregarded "wish list". By Amy Pearce

Well, I propose a revolution! A New Year's resolutions revolution! Who's with me?

Completing your New Year's resolutions is a step by step process. You can't merely leap to the top of a staircase from the bottom. It must be climbed, one step at a time.

So the question now stands ... what are the steps?

STEP 1: WRITE IT DOWN

Experts say that a serious goal setter must write their goals down in order to become committed. After all, what good would the "Proclamation of Independence" have been if no one had written it down? It would have merely been a nice idea.

I agree that writing down our goals is an important step, but this one step is not sufficient enough to get them to the top of the staircase. This is only the beginning.

Let us not underestimate each step. Though each step may be small, each one is essential to completing our goals.

STEP 2: EDIT WHERE NECESSARY

Edit your list of resolutions, carefully analyzing each one to make sure that the power to succeed in each individual goal lies in your hands and does not depend upon someone else.

For instance, thousands of young people lined up to audition for the all famous "American Idol". Many of those who tried out were determined to win, but only one could

be the winner.

What's the problem with wanting to win? Nothing. Wanting to win is ok. The danger lies in basing your success, value and self-worth upon winning. If your goal is to win, then if you don't win, you'll feel that you have failed.

Therefore, what is important is coming out confident that you have done your best, and given it your all, regardless if you win or not. So rather than setting your ultimate goal to win, set a goal that you will do your personal best!



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REVOLUTION

STEP 3: PLAN A SYSTEM FOR SUCCESS



This is the step that sets most people back in fulfilling their resolutions. For example, I'll discuss the #1 goal most people have: LOSING WEIGHT!

I have to admit that this is my #1 goal. Unfortunately however, rather than being able to check it off upon completion, it seems instead that the number of pounds I wish to lose increases year by year.

What is my problem? I never made a plan. I never set limits for myself, and when it boiled down to it, when faced with an invitation from one friend to go eat deliciously fattening "Panda Express" and a different friend to

go to the gym, I'll tell you- I opted for Chinese!

My old roommate and I used to claim every night before we slumbered that we would start our diets the next day. We'd wake up with good intentions, but never thought to get rid of the Reese's Peanut Butter Cup ice cream, which relentlessly tempted its way into our bellies night after night. This became quite ritual for us; start out the day with a bowl of bran cereal, then end it with a large bowl of ice cream and a promise for a better tomorrow.

What we needed was a plan. A good plan would have been to first, get rid of all the junk food and then restock our fridge and cupboard with healthy food that we enjoy. After all, would you keep booze within easy reach of a recovering alcoholic? Ice cream was our alcohol. Temptation is too risky, especially when you've established the probable impossibility of resisting it.

Next, we should commit to exercise at least three times a week. Set the exact days and times and mark them on our calendar.

Finally, it's important to have rewards, such as allowing ourselves to blow a big wad of dough after we've dropped a size or two.

STEP 4: TAKE ACTION

After you've written down all of your resolutions, and carefully planned out how to complete them, put them into action! Hang it up somewhere you can frequently refer to and start immediately! Don't wait to start tomorrow. It'll never happen. Chuck that half-eaten Twinkie in the trash and hop on a treadmill. You can do it! Be a part of "The New Year's Resolutions Revolution!"



What's your New Year's Resolution?

"I haven't really thought about them. Probably your typical ones- keep up on schoolwork, keep fit, you know, stuff like that. At least for the first half of the year, I'm pretty good about keeping up with them."

Alyssa Summer, 20, Utah

"Getting used to Provo. I guess I need to get used to the way Provo runs. I just need to work on organizing myself to this lifestyle as opposed to my old lifestyle - making changes, which is what New Year's resolutions are all about."

Krista Judson, 20, California

"I'm just working on finishing school right now."

Monica Knighton, 24, Romania

"To stop biting my fingernails because I've had that habit my whole life. And every year I make it again and it never happens. I've tried the nasty tasting fingernail polish; I've tried regular fingernail polish. I've tried just about everything but I haven't figured it out yet."

Kimberly Baum, 21, Utah

"Just the usual - work hard in school, be successful in my academic endeavors. I think life is pretty basic. I usually follow up with them."

Kaleo Runnells, 25, Hawaii



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It happened to ME

The first Sunday in my new ward happened to fall on a Fast Sunday, and I decided I wanted to bear my testimony. As I approached the makeshift stage, I noticed there were no stairs on my side. Not wanting to make a scene and go around, I attempted to step up only to find my little legs and high heels shoes wouldn't allow it. So that left me with no other option than to get on my knees and climb up the three foot platform. But as I climbed, my short skirt unexpectedly climbed also, giving my new ward a show they'll never forget.

The worst part is that I had decided to wear some little biker shorts underneath my skirt that morning, which could easily have been mistaken as a girdle. And finally to end the ordeal, I had to stand up and stumble through my testimony.
Mary, 19, UT

I was so excited for my first day of college. So excited, in fact, I spent hours picking out my outfit -- a cute knee-length dress, sweater and platform sandals.

After visiting the bookstore, I headed to my first class holding my new books. As I was walking down the crowded carpeted hallway, I stepped down wrong on my platforms and rolled my ankle. As it rolled, my books flew from my arms and across the hall. My body came next, as I skidded across the carpet on my knees and came to a stop flat on the ground. All I could do is stand up and yell, "Yes!!!!" which brought much applause from several observers.

I picked up my books and headed to class. But when I sat down, a girl next to me asked if I was OK. Not recognizing her from the hallway, I said yes and asked her why she was asking. She pointed to my legs, which were all cut up and bleeding. I immediately ran out of class and headed straight to the bathroom to clean myself up. I ended up dropping the class because I was too embarrassed to go back.
- Debbie, 22, CA

Last year I went out on a blind date with a really cute guy. He dropped me off and waited to make sure I got into my apartment. As I walked to my front door, I was thinking about what a great time we had. I looked back to wave goodbye and then turned back around face first into a tree!

I was so mortified that even when he stopped his truck to ask if I was OK, I could only wave him off and run inside. I hit the tree so hard that I cut my eyelids and they were bruised and bleeding when I got home. My poor eyes didn't recover for weeks later, leaving me with no other option than to pile on the makeup.
Keri, 23, CA

It was my first day of high school, and I was dressed all cute in new clothes. While I was away on vacation over the summer, my grandma registered me for my classes. I went to my English class and as I walked in, I couldn't help but notice that I was a little different from the other kids. I was holding my new J. Crew bag, while they were holding helmets. But I sat down and waited for class to start anyway. I wasn't sitting for more than a few minutes when the teacher came over to me and asked me to follow her out into the hall. "Have you ever been in a special ed class before?" she asked. Sheepishly I said no. Apparently, my grandma didn't think the "R" (for resource) next to the class name meant anything. My first day in high school was ruined!

- Amy, 19, UT



One day as I was late to class and I knew we were having a quiz at the beginning. I started to run as fast as I could with a heavy backpack, a long jean skirt, and sandals. As I was running, I started to feel a weird draft. A few more steps and I figured out what was happening. The fly on the back of my Old Navy jean skirt (there was no button) had unzipped and my skirt was falling off of me! I stopped just in time to grab it before it hit my ankles. The worse part was it was laundry day and I had a pair of my granny panties on to show passing students!

Jeni, 19, ID

Capture the Flag. There's nothing like it. Emotions ride high, the atmosphere is tense. The excitement is contagious. And this time, the other team was good, so naturally I was determined to win.

I hid behind a tree and waited for the first intruder to come into our territory. It wasn't long until I heard loud footsteps approaching at double speed. I smiled, knowing that this soon-to-be victim wasn't going to allude me. I waited for just the right moment then jumped out from behind the tree, only to LEAP OUT AT A JOGGER!

Fortunately, I realized my mistake and pulled back just in time before she could poke my eyes out. She screamed and got into a karate stance, forcing me to apologize profusely. After a torrent of harsh words, which I very much deserved, she left. I felt horrible. Needless to say, my heart wasn't in the game and when the ROTC kid finally slipped past, I made sure that I knew exactly who he was before I pounced.
-Stephanie, 24, WA





SKIING VS SNOWBOARDING

...The debate continues

To ski, or not to ski? That's the question. Whether 'tis nobler in the mind to suffer one's feet to be strapped to skis when descending snowy mountain terrain, or to a snowboard . . . Okay, never mind. The point is, at this critical time of year when the ski-bus and carpools start heading up the mountain in droves, which is better—skis or a snowboard?

By **JOEL GILLESPIE**

Proficient at neither (to put it kindly), I desired outside-help to determine the best mode of downhill transportation after ascending snow-capped mountains. Luckily, we have some fabulous sources right here in Utah County; in fact, both UVSC and BYU have ski clubs. I spoke with the heads of these clubs, and here are the results.

First, let me introduce you to Eric Dance and Clark Cannon, co-presidents of the Snow Riders, the ski/snowboarding club at BYU. Both are accounting majors and were pleasant to speak to, but there is a deep metaphorical gorge, which separates these two. You see, Eric is a skier, and Clark is a snowboarder.

Each makes a strong case for his craft; let me outline a few. Eric opened by saying that he is "morally opposed to snowboarding." Apparently, snowboarders trash the snow and scrape up the mountain. Not only that, Eric says, "The sound (of snowboards) makes me cringe!" Strong words.

Clark was not shy in the defense of snowboarders. "Ignorant," is what he called skiers who are, to pick a phrase out of thin air (pun intended), "morally opposed to snowboarding." According to Clark, it is not the board or skis that scrape up a mountain, but the operator of the skis/snowboard. He said that beginning skiers trash the snow as much as beginning snowboarders.

CAN'T WE ALL JUST GET ALONG?????



There is a happy ending to the story. Actually, it's the same as the beginning. Like I said, Eric and Clark are co-presidents of BYU's Snow Riders, which means that they have found a way to peacefully co-exist as skier and snowboarder, and students who co-drive-up-Big-Cottonwood-Canyon and co-ski/snowboard-down-the-mountain. Who knows, they might even share a chairlift.

But the good feelings don't stop there. Let me present Jeremy Jones, president of the UVSC Ski Club, called "The Ski Team." Jeremy is both a skier and a snowboarder. Jeremy does not embrace the viewpoint of the Alta and Deer Creek Ski Resorts, which do not allow snowboarders (rumors say that they are the only two resorts in the nation with a current ban on snowboarders.) He is an open-minded, accepting person, who enjoys the occasional "face-shot" (achieved when skiing through deep powder) but does not scorn the opportunity to glide easily over the powder on a snowboard. May we all be so tolerant.

This winter, perhaps the question is not whether to ski or snowboard, but which to do this time. Let the skiers cast aside their prejudice born of accidental collisions with beginning snowboarders, and let the snowboarders lay down their hatred for the country-club-going, cappuccino-drinking skiers. The mountains are huge. Let's share them.

Snowboarding or skiing?

"Snowboarding scares me – I guess maybe because of the thought of my feet being connected."

Melissa Ward, 18, Utah

"I ski and snowboard. I prefer snowboarding. You're able to do a little bit more. You're just not as confined as you are in skiing."

Mike Forsgren, 24, Arizona

"With Snowboarding, it's harder to get up."

J. Todd Rawlings, 23, Washington

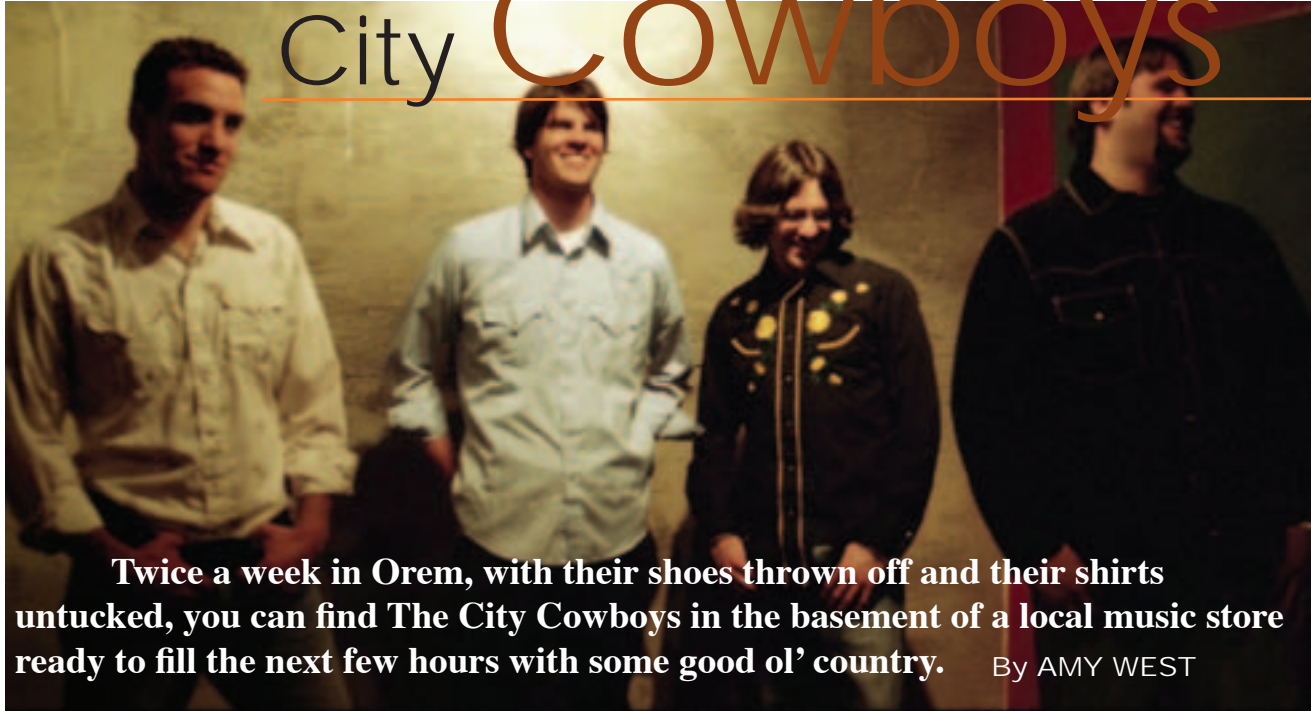
"I like snowboarding 'cause I like going fast and the fact that you can just fly down the mountain."

Pat Lenhart, 22, Nevada

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City Cowboys



Twice a week in Orem, with their shoes thrown off and their shirts untucked, you can find The City Cowboys in the basement of a local music store ready to fill the next few hours with some good ol' country. By AMY WEST

Well, almost ... lead singer Jared Moore, 26, says he originally wanted that conventional country twang, complete with cowboy outfits and all, but it just didn't happen that way.

"We all like different elements of dressing country and that makes us cool you know," lead guitarist Doug Collins said. "David [Hancock-Taylor], likes the snap shirts... Doug [Osmond] has a pretty awesome hat that he wears, and I'm into the shoes, there's probably one cowboy outfit there between us all."

That mingling of tastes and backgrounds into the creation of a quasi-country feel gives The City Cowboys a unique, underpinning staunch sound backed by a blues feel and boy-band harmony.

Although still moving within the country field, the blues/rock background is particularly evident in one of their more recent songs, "Everyone Wants to be a Cowboy." But, for those listeners looking for something really country, their classic song, "Falling," hits the spot.

Moore decided to start a country band about two years ago, "I just got dumped by a girl... and I felt a song coming on," he said. "I wanted to put a guitar part to a song I wrote so I called Doug [Collins] up and said 'do you want to start a country band?'" Collins' reply, "yep, cool - whatever ..." and The City Cowboys made their start.

The definitive sound created, works because of the amazing level of individual talent each member has devoted to the band - Moore's voice, Doug Osmond, 27, on drums, bassist Dave Hancock-Taylor, 29, guitarist Mike Child, 25, and particularly that of lead guitarist Collins, 25, also-known-as Bronco.

"Whether the City Cowboy's go all the way or not - Bronco will." Osmond said nodding at Collins. "We seriously suspect he has perfect pitch." In fact, so many have spotted Bronco's talent that The City Cowboys is not the only band he plays with.

"I am a band whore, truly," Collins said when put on the spot, "but I haven't had the audacity to count [how many bands he plays with]."

But it's with the cowboy round-up that national pastures have tested well: the 2002 Colgate Country Showdown sent the gang away as the Southwest Regional winners, and then Wyoming and Colorado State winners. They later went on to compete well in Florida at the national finals. They've played shows in Tooele, Las Vegas, and of course, right here in local Utah Valley. But, just because they won, or it was a good show, doesn't make it the most memorable.

"We've played some rough gigs," Hancock-Taylor related. "I think the worse was a veterinarians office party in a back yard and it was raining ... it wasn't even a stage, it was like a patio."

While competing in the middle of Wyoming front-man Moore thought it would be fun to mess with the locals and share some red neck jokes. "Not a good idea when you're in red-neck country," Osmond said. So when the competition was over Osmond was saying "dude let's pack our gear and go."

What can we expect to see from the cowboys next? Well, it depends who you ask. Newly married base player, Child, is moving soon to Phoenix. But, that doesn't necessarily mean that he won't be in the band, "It would be worth it to me to fly up," he said reassuringly. It would be worth it to fans as well. Child backs up the band with rhythm and his angelic personality. In the words of Collins, "Mikie is to mankind what fiber is to a colon." That's something we don't want to do without.

When asked concerning the band in the next few years Moore said, "The vision would be the Delta Center slammed packed rocking the house." But, in the short term, "write some music, make it good, have some good times."

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By STEPHANIE FOWERS

Start from the Beginning: Laid back, Low Impact Dates

- 1—Finger Painting: Any activity for incidental contact will work. Puzzles are also ideal for this, but let's do our fellow ADHD friends a favor and never buy over a hundred pieces...unless you're in for the long haul.
- 2—Homework Together: Do fun homework like psychology where you can perform experiments on your date and ultimately the world. This also brings us to personality tests. They're great for getting to know your date...and if you want to continue dating them.
- 3—Random Games at Home: Have completely ridiculous competitions like who can knock the princess figurine off the table with Prince Charming slung from a plastic fork (use whatever you have around the house). Throw in a friendly wager. The loser cooks dinner, that way you get two dates out of the deal.
- 4—Build a Fort in your Living Room: Watch a movie afterward on your fort. Pretend to be kids and serve peanut butter sandwiches. If things get dull, siege the fort with squirt guns and fortify your relationship.

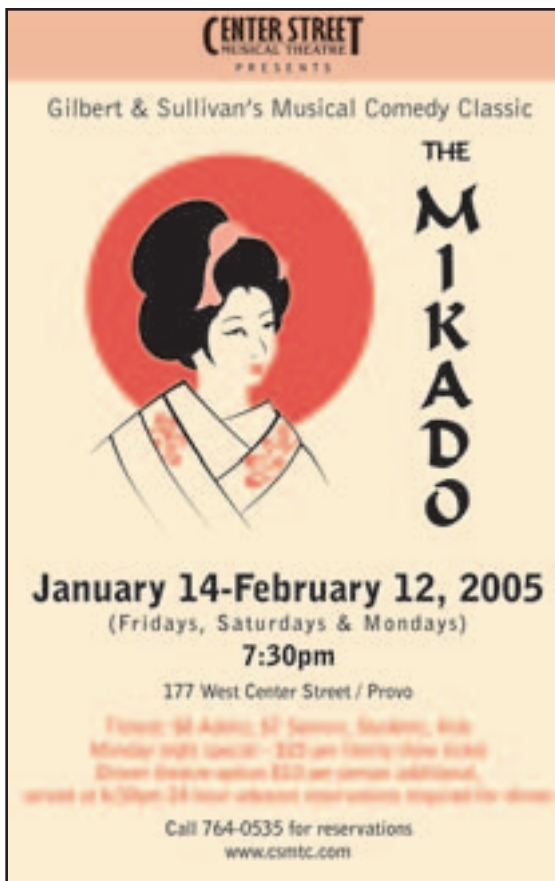
Moving up on the Energy Level: Crazy, Medium Impact Dates

- 5—Carving Contests: Use soap, ice cream, apples, it doesn't matter. The important thing is to have a contest afterward with random prizes found around the house and lots of award ceremony clapping. Remember if you cut yourself, your date can tend to your wounds.
- 6—Progressive Lunch: Have peanut butter sandwiches, Kool-Aid, apples and cookies. Indoor picnics are perfect for winter. You can even throw a food fight. But remember, the secret is to be spontaneous. So if you plan a food fight, don't tell, and just throw marshmallows. The mess is easier on your heart.
- 7—Theme Night: Have a Duck Night. Go to the duck pond, feed the ducks and write duck poetry. Cook German food and dance the polka or have Italian Sodas and watch The Italian Job. Whatever the theme, make it a night to remember.

Scaling the Top of Your Energy Level: High Spirits, High Impact Dates

- 8—Buy some chalk: Be a vandal without the guilt. Nothing creates closer bonds like playing James Bond and writing sneaky anonymous things on your friends' doorsteps like: "You rock," "Smile," or "for a good time, call..." And don't forget the chalk outline. When chalk is involved, you can chalk it all up to good times.
- 9—Service: Want to know her better? Lose yourself in service and show you have a heart of gold. Leave nice notes on cars or volunteer to mop an especially dirty kitchen floor. She'll be impressed with your domestic skills...or not, but at least she'll be impressed with you.
- 10—Rent an Island: If you need a break from the routine, sit on an island in the middle of the road and have a picnic (nowhere dangerous of course). If honking horns aren't your style, deck yourself up for a nerd date at Wal-Mart. Sometimes you just want to make a fool of yourself—it's a rare condition of the heart.

Remember that no matter the activity, if your date likes you, you can get away with just about anything. She'll want the night to last forever even if it's a walk in the freezing cold, an evening of cow tipping, or a long talk in a smelly paper factory. The company is everything, not the bigwig corporation. So don't blow your dough. Bring the fun back into dating and keep cheapskat'n.



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Entertainment

By JOEL GILLESPIE

SLEDDING

As I careened freely through the winter air head-long toward the hard-packed snow below with nothing to break my fall but my thick head, I thought of my tube resting peacefully a few yards up the mountain where it had decided to stop short of the three-foot drop-off I was headed for. When I finally came to a stop after skidding along the snow for a good distance, I promptly ran back up the hillside for another run. Here's a guide for all you tubers and sledders out there.

If you're looking for proper parks that supply equipment and everything you need, take a look at Gorgoza Park, part of the Park City Mountain Resort. Gorgoza was the first resort to feature tubing with lifts and equipment provided. It has three lifts that run from 1pm to 8pm until March 27. Prices for kids like you and me 7-years-old and up are \$8 for one ride, \$19 for two hours and \$27 for four hours. Group rates for 20 or more are \$16 per person for two hours. Go to gorgozapark.com for location and other information. A newer and closer park is found near Midway through Provo Canyon. It's called Soldier Hollow. Featuring two lifts, Soldier Hollow offers two hours for \$15 and group rates of \$9 per person for two hours (groups of 25 or more). Its website is <http://soldierhollow.com>.

Of course, you could always use your own tube or sled, and set off to find your own runs. If this is your choice, try Rock Canyon Park just north of the Provo Temple. Another popular spot is the point of the mountain across the freeway from Thanksgiving point. Check out <http://www.utahoutdooractivities.com/sledding.html> for some locations up Big Cottonwood and Parley's Canyons.



Fun in the ~~sun~~ SNOW

Other activities in the snow include: Tree burning (go to www.couchburning.com), Alpine slide, Park City tow rope, biathlon offered at soldier hollow, cross country skiing, snowshoeing, snowmobiling (go to <http://www.utah.com/snowmobile>, and click on Guides/Rentals), and making snow angels with your sweetheart. And don't forget the joys of a good, old-fashioned tackle football game in the snow with some buddies.

Schooled **15**



style

WINTER fashion

WOMEN

By DEBORAH BARLOW-TAYLOR

MEN

1.



4.



3.



2.



1. Goes with jeans or slacks. **Double-Breasted Peacoat**, Burlington Coat Factory, \$79.98, located on University Parkway. 2. Relaxed, but sharp. **Trestles Vintage 5 Pocket**, Hollister Co., \$39.50, located in the Provo Town Center Mall. 3. Looks great with jeans and a hot date. **JWN Stripe Shirt**, Nordstrom's, \$49.50, located in the University Mall. 4. Alarm didn't go off? Throw on a T and go! **Lucky Brand Long-Sleeve T-Shirt**, Nordstrom's, \$44, located in the University Mall. 5. Perfect shoes. **Merrell® Sprint Blast Luxe**, Eddie Bauer, \$100, located at The Shops at Riverwoods.

1. Time to bundle up, and stay in fashion. **Boucle Wrap Coat**, Gap, \$128, located in the Provo Town Center. 2. Relaxed, comfortable and well put together. **Boot Cut Stretch Jeans**, Eddie Bauer, \$49, located at The Shops at Riverwoods. 3. Got the blues? **Classiest Cable Knit**, Anthropology, \$98, located in SLC. 4. Take confident strides. **Indigo by Clarks 'Penelope' Boot**, Nordstrom's, \$99.95, located at University Mall. 5. Pin down an updated style and dress up a shirt, sweater, or jacket. **Vintage Crystal Pin**, Target, \$19.99, located on Center Street in Orem. 6. Top it off. **Angora crusher**, Gap, \$19.50, located at the Provo Town Center.

1.



5.



6.



4.



3.



2.



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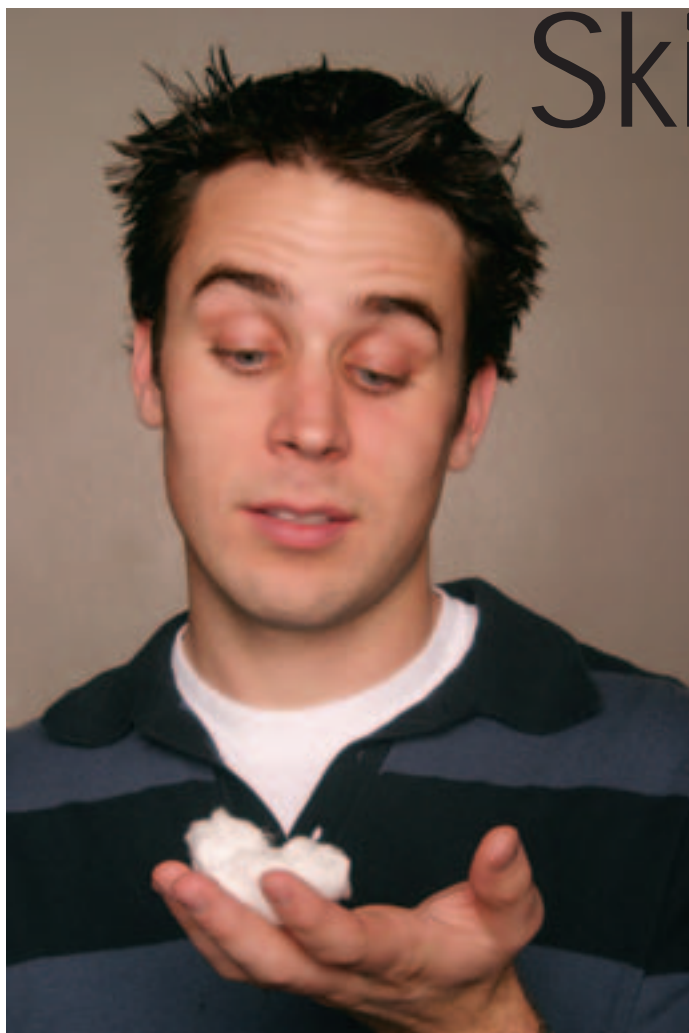
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style

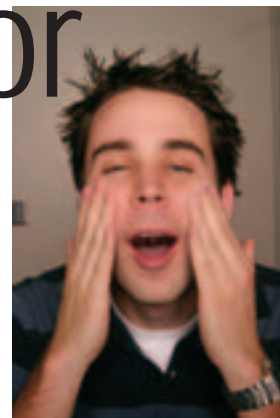


Skin care for Men

(Yes, you heard us)

When it comes to men and skin care, reading a woman's guide never helped a man's face or ego. Not only is your skin chemically different from a woman's, making it more prone to acne, but it is unique in that every few days a sharp razor is scraped across it. Often neglected and forgotten, a man's face is one of the first things a person notices. Whether you're trying to get that great job, get her attention, or just tired of fighting what feels like a losing battle, here are a few helpful reminders, beyond your mothers basic "remember to wash your face!"

By BONNIE BOYD



Photos by ALISHA BRISSON

Taken from men who understand and know their own skin, here are some no-hassle suggestions for any man who might suffer from acne or is at a loss of what to do. Chemically, men have significantly larger pores and approximately 20% oilier skin than women. That means that no matter what skin type you have, how you clean your face might just mean the difference between a face that is free or filled with acne.

Deep cleansing is especially important for men. The best products are those that are nearly chemically free because deodorant soaps leave a type of film behind that may irritate your skin and clog your pores. The second part to deep cleansing is using something other than your hands to wash your face. A face scrub is ideal, but using a clean washcloth every morning and every night will make a huge difference over a short time.

Shaving creams are another culprit of producing acne. The best are those that don't contain alcohol, menthol, mint, camphor, or high levels of potassium. These ingredients irritate skin and hair follicles. They might enable a close shave but usually leave hairs behind to swell the skin, eventually resulting in acne. Foam, cream

or gel shaving cream is best when used with warm, not hot water. Ideal aftershave is aspirin-based, which is an anti-inflammatory agent.

If you think moisturizing is an option, you will regret it in 15 years when your associates who moisturized look much younger than you. A simple face lotion with sunblock and hardly any chemical additives is best. Using suntan lotion helps to protect skin from rapid aging or wrinkles. If your skin is peeling, vitamin E or aloe vera oil works miracles. Pollutants from outside and environmental debris affect your skin and it will need a shield in order to prevent acne.

Toners actually can reduce pore size and help avoid ingrown hairs. The best part is they are aggressive and have quick results. Also, frequently replacing shaving blades or cleaning an electric razor head often to kill bacteria is important. Acne begins with hair or dead cells clogging pores and then filling with bacteria.

Guys, open up your drawers, look at the ingredients of your products and see if you are falling victim to unnecessary acne or skin irritations. An expansive collection of expensive products isn't always the answer to skin care. Simply by being aware of your products and how to use them is often enough to do the trick.

Top Left: Use cotton balls to apply toner

Top Right: Make sure to deep clean

Middle: Shaving helps exfoliate

Bottom: Always moisturize





BALANCING



When things get hectic and the stress of school starts to settle in, fitness and exercise are always the first to go. People seem to feel that they can only have one or the other; being in good shape or brains. By AMY WEST

The first step is to realize that it's possible to have the best of both worlds. Here are five helpful ways for students to achieve balance between a healthy body and healthy grades.

1 Find a schedule and stick to it. The time you need to go to the gym is not going to suddenly fall into your lap. Make working-out an important appointment that you can't miss. Planning ahead to clear a certain time for exercise is the first step to actually doing it. Many students have found that when they plan to exercise the next day, they treat their bodies better the day before by eating right and going to bed at a decent hour.

Find a personalized schedule that fits your habits. If you're not an early riser set your workout time for later during the day. If you have trouble sleeping, don't exercise late at night. Find a schedule that fits your habits so you'll feel energized instead of worn out.

2 Find a friend. It's true: misery loves company. If you're going to be icing down your legs after an hour run and bandaging oozing blisters with Neosporin and patches of Moleskin it's nice to know someone else is right there with you to pass the bottle of aspirin. With a friend working by your side, you're less likely to hit the snooze button for an hour if you know someone is outside waiting for you.

3 Have a goal. As a student, you are in the mindset of dealing with deadlines and making them work. This mentality can be used to your advantage and motivate you toward your workout goals with results you can see and feel. You don't have to start out with big goals. At first you can have a goal to lift 40 lbs., then 60 lbs., then 80 lbs.

Eventually, you may set long-term goals such as preparing your body for a marathon or triathlon. The purpose is to have something to aim for—so when you're putting on your workout clothes, you're not wondering, "What's the point?"

Tie health and school together. Your physical well-being is a huge asset to doing well in school. A couple push-ups or a quick trip to the gym can get your blood moving and help you find the strength to go back to studying or homework. If you don't have time for a gym break—try bringing a textbook to read while doing your cardio.

4 You can also make it a class. Take a basketball, weightlifting, or some sort of active class at school. This way your fitness is a necessity to your grade. Can't get into a class? Participate in an intramural sport.

5 Be picky about what you eat during study breaks. It's easy to grab a bag of M&M's and a Coke for a quick sugar rush in desperate times. But in the long run, the affects of healthy eating habits enhance your mentality and ability to stay alert during late night cramming. Instead of junk food, grab a glass of orange juice, an apple, or a slice of peanut butter toast when you need a late-night snack.

The most important thing to remember when trying to balance fitness and school is to make sure it works for you. Get ideas from friends and magazines, but don't be afraid to try something new. Perhaps a swim right before lunch helps you concentrate for the rest of the day—that's great! As long as it helps you achieve the healthy living you deserve as a hard working student.





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Housing

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S/S \$90 F/W \$230



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featured listings pg. 1-9



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Alpine Apartments - 801.377.1666

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Alpine Apartments are closer to BYU campus than 90% of student housing properties. Mention this ad for group discounts.

	Shared	Private
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Spr./Sum.	\$110	\$220

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Spacious, Walk to BYU campus, On-site Laundry Facility, Off-street parking, Cable, Common Area, Monthly tenant activities.

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Fall/Winter	\$199	call
Spr./Sum.	\$90	call

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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altaapartments@msn.com

Alta Apartments - 801.373.9848

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Within walking distance of BYU and minutes from UVSC. Newly finished pool. B-ball and v-ball courts. Free parking!

	Shared	Private
Fall/Winter	\$220	call
Spr./Sum.	\$99	call

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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www.bcprovo.com

Bountiful Court - 801.374.5533

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2 person and 3 person bedrooms. The entire complex is one ward and the guy to girl ratio is 1 to 1. Cov. Parking, fun pool.

	Shared	Private
Fall/Winter	\$245	
Spr./Sum.	\$98	

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 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
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www.branburypark.com

Branbury Park - 801.373.6300

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	Shared	Private
Fall/Winter	\$255	\$275
Spr./Sum.	call	\$155

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.brittanyapts.net

Brittany Apartments - 801.374.9788

243 E. 500 N. Provo

Only a few blocks to BYU. High Speed Internet. Fun pool and Rec-room. We strive to maintain a positive environment.

	Shared	Private
Fall/Winter	\$249	N/A
Spr./Sum.	\$110	N/A

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
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www.cambridgecourapt.com

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GETTING MARRIED? The Honeymoon Never Ends At Cambridge Court! BBQ, Jacuzzi, Cov. parking, walk-in closets.

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Campus Villa - 801.434.8840

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Very Spacious, Walking distance to BYU campus, Cable, On-site Laundry, DSL internet, monthly tenant activities.

	Shared
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Spr./Sum.	\$90

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www.carriagecove.com

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Huge clubhouse with piano, big-screen TV, exercise/game room, pool table and Lounge. Big pool and year round jacuzzi.

	All Private Rooms
Fall/Winter	\$282
Spr./Sum.	\$155

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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	6 person	4 person
Fall/Winter	\$220	\$245
Spr./Sum.	\$99	\$115

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
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College Park - 801.434.8840

615-657 N. 100 W. Provo

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Spr./Sum.	\$525-\$550

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www.thecolonybyu.com

(The) Colony - 801.374.5446

401 N. 750 E. Provo

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	6 person	4 person
Fall/Winter	\$260	\$280
Spr./Sum.	call	call

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	Private Rooms
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Spr./Sum.	\$155-\$170

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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Enclave Condos are within walking distance from BYU and feature a pool and and spa.

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www.foxwoodrentals.com

Foxwood Apartments - 801.374.1919

830-840 N. 100 W. Provo

Just 2 blocks from campus. Featuring picnic tables with BBQ stands, Pool and Jacuzzi. Oak/maple furniture.

	Shared	Private
Fall/Winter	\$265	\$310
Spr./Sum.	\$99	\$130

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Amenities: Microwave Pool Rec. Room V-Ball Ct. Internet
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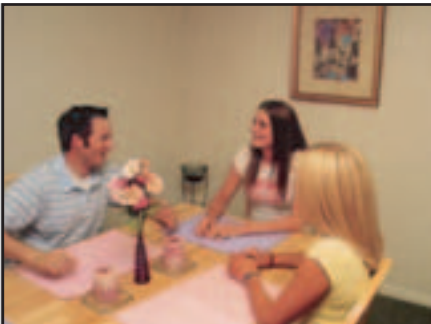
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25 & 51 W. 880 N. Provo

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Fall/Winter	\$325	\$350	
Spr./Sum.	\$170	\$190	

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Amenities: Microwave Pool Rec. Room V-Ball Ct. Internet
 Garbage Water Amenities: Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



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Fall/Winter	\$250	\$330
Spr./Sum.	\$119	\$169

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www.chooseliberty.com

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An entire city block of friendly people! See what everyone is talking about! Phone included. Visit web site to see all options.

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Spr./Sum.	call	\$450

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 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.manavu.com

Manavu Condos - 801.434.8840

585 N. 400 E. Provo

Very spacious condos for men. Easy walk to BYU campus.

	Shared	Family
Fall/Winter	\$295	N/A
Spr./Sum.	\$125	\$420

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.monacocourtapartments.com

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For young couples. 1 bedroom, roomy, loads of storage, low utility costs, cable TV, BBQ picnic area, all appliances

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Spr./Sum.	\$515

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 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



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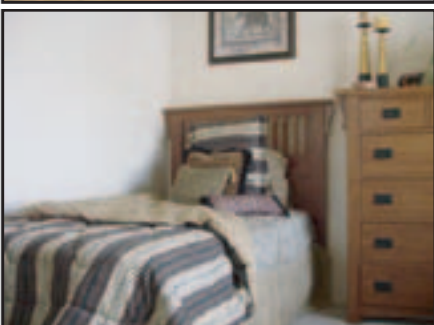
Monticello Apts. - 801.375.5274

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	Shared/Private
Fall/Winter	\$210-250
Spr./Sum.	\$145-190

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.brecanyonview.com

Pinnacle Canyon View - 801.224.6100

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Comfortable luxury apartment living minutes from UVSC and Univ. Mall. Breathtaking views of Mtns. & Lake! Pet friendly.

1 bedr.	2 bedr.	3 bedr.
\$630	\$710	\$915
& up	& up	& up

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
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www.raintreeapt.com

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 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.rivieraapt.com

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Bright and spacious apartments allow you room to study, relax, or chill with friends. Private rooms also avail. Spr./Sum: \$179

	Shared	6 person	4 person
Fall/Winter	\$250	\$275	
Spr./Sum.	\$129	\$145	

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
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www.sparksapts.com

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999 E. 450 N. Provo

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 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.squirecondos.com

Squire Condos - 801.377.1666

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Only 2 blks from BYU. W/D in each unit. Free DSL internet in each bedroom. Free cable. Tons of extra storage. 2-3 bath/unit.

	Shared	Private
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Spr./Sum.	\$110	\$150+

Utilities: Electricity Sewer Amenities: Furnished Disposal Coin-op B-Ball Ct. A/C
 Phone Gas Microwave Pool Rec. Room V-Ball Ct. Internet
 Garbage Water Dishwasher W/D Spa/Jacuzzi Weight Rm. Cable



www.stprovo.com

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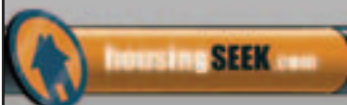
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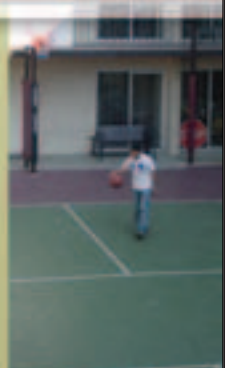
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Allred Apartments	150 E. 700 N. Provo	801.377.5266	W	\$220.00	---	\$100.00	---
Alta Apartments*	1850 N. Univ. Ave.	801.373.9848	M,W	\$220.00	call	\$99.00	call
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Bambridge Square	584 N. 300 E. Provo	801.224.4846	W	\$290.00	---	\$200.00	---
Baywood Condos	72 W. 300 N. Provo	801.375.6719	W	---	\$295.00	---	\$195.00
Belmont	195 E. 600 N. Provo	801.375.6212	M,W	\$250.00	---	\$100.00	\$150.00
Berkshire	41 E. 400 N. Provo	801.375.3325	M,F	\$225.00	\$285.00	\$120.00	\$185.00
Bountiful Court*	185 E. 300 N. Provo	801.374.5533	M,W	\$245.00	---	\$98.00	---
Branbury Park*	449 W. 1720 N. Provo	801.373.6300	M,W,F	\$228.00	\$275.00	\$128.00	---
Brittany Apartments*	243 E. 500 N. Provo	801.374.9788	M,W	\$249.00	call	\$110.00	call
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Campus Villa	182 W. 960 N.	801.434.8840	M,W	\$230.00	---	\$90.00	---
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Crestwood Apartments*	1800 N. State St. Provo	801.377.0038	M,W	All private	\$280.00	All Private	\$155.00
Crown Apartments	455 E. 600 N. Provo	801.375.3325	W	\$225.00	\$285.00	\$125.00	\$185.00
DeVere Court	650 N. 100 W. Provo	801.224.4846	W	\$225.00	\$275.00	\$125.00	\$135.00
(The) Elms	745 N. 100 E. Provo	801.375.2549	M,W	\$260.00	---	\$99.00	\$175.00
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Roman Gardens	1060 E. 450 N. Provo	801.371.6600	M,W	\$240.00	---	\$125.00	\$165.00
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From geek to

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Napoleon, is that you?

Photo by SARAH ALLER



What is Napoleon up to now?

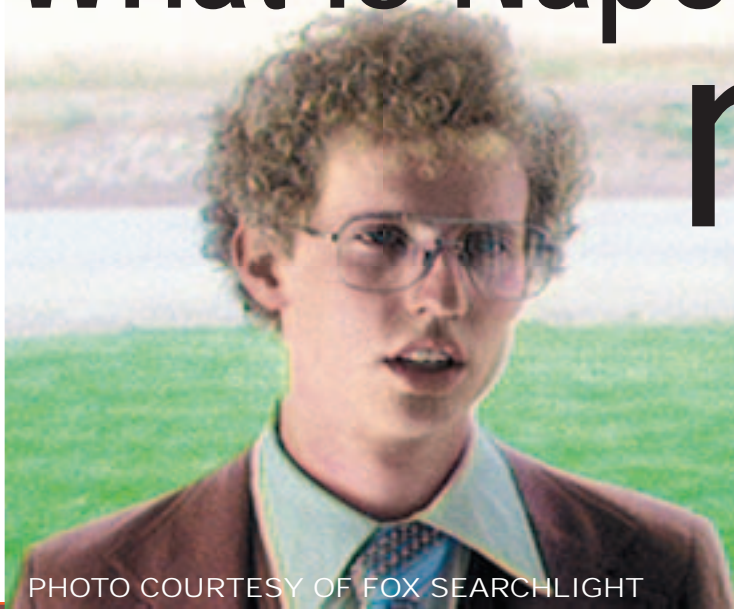


PHOTO COURTESY OF FOX SEARCHLIGHT

For those of you who missed out on the “Napoleon Dynamite” craze that began this summer (and is still continuing), it’s not too late to get informed. “Napoleon Dynamite” is a quirky comedic film about an oddball teenager, Napoleon (Jon Heder) who is struggling to find his place at home and school. Based on director Jared Hess’s upbringing in rural Idaho, this film charmed audiences at its premiere at the 2004 Sundance Film Festival. From there the film was purchased by Fox Searchlight Pictures and was soon in theaters.

By SARAH ALLER

Since “Napoleon Dynamite’s” limited release in June of 2004, it has made an astonishing \$43 million dollars at the box office, and those numbers are still climbing. The film has continually sold out in major theaters for the past five months, indicating that getting a hold of the “Napoleon Dynamite” DVD on its release date (Dec. 21 – get ready!) will be a difficult feat.

How was Napoleon Discovered?

The success of “Napoleon Dynamite” was undoubtedly a pleasant surprise for the cast and crew. “We hoped that people would like it,” said the star of “Napoleon Dynamite,” Jon Heder. Originally in the BYU Film Studies program (he later switched to an animation major), Jon began taking acting classes. He had an interest in acting in high school, and took classes at BYU simply because it was something he enjoyed. Soon he began auditioning for roles in student films, and that is where Jared saw Jon’s work. Jared recruited Jon to make the short film “Peluca,” which featured Napoleon and his best friend Pedro on a mission to buy a fanny pack. “Peluca” became an award-winning short and was featured at the 2003 Slamdance Film Festival, and eventually led to the making of “Napoleon Dynamite.”

“Napoleon Dynamite just sort of fell into my lap,” says Jon who never had serious aspirations to be an actor, it was just something he liked to do. “Growing up, I made videos and then when I got into the film program, I started taking acting classes and auditioning for roles.”

“I think the film was successful because it was fresh and genuinely entertaining. It’s a good comedy that has quotable lines and memorable characters in which an audience can connect with.” The film has indeed become a hit, to such extremes as to drive up the demand of moon-boots across the nation!

What has Napoleon been up to?

As the success of “Napoleon Dynamite” got the attention of Hollywood, Jon suddenly found himself in the limelight. He has appeared in numerous newspaper and magazine articles, not to mention had tons of interviews. But those are just the fillers in between a large array of talk shows, award shows and premieres. Since the release of “Napoleon Dynamite,” Heder has appeared on “CNN,” “The Late Show with David Letterman,” “The View,” “Good Day L.A.” and “Mad TV.” Jon also appeared on “MTV’s Total Request Live” as a host and presented at “Nickelodeon’s Teen Choice Awards”. Jon also recently returned from the London Film Festival where “Napoleon Dynamite” premiered.

But these are just a few of the events that Jon has been busy with during “Napoleon Dynamite’s” run in the theaters. He is also working in Hollywood as an actor.

What to watch for:

Looking for work is not an option for Jon because the scripts come to him. “Right now I’m in the position of having people approach me and want to work with me. I don’t audition and I like it that way. It’s great to meet with different writers and directors.”

Jon recently finished voicing the character of Skull for an upcoming animation feature “Monster House”. Produced by Steven Spielberg and Robert Zemeckis, this film centers on three children that discover their neighbor’s house is really a “living breathing monster” (imdb.com) and will be released in theaters in 2005.

Heder also landed a role in “If Only it Were True”, which is still currently in production. This romantic comedy stars Reese Witherspoon and Mark Ruffalo and is directed by Mark Waters (“Mean Girls”) and also has a theatrical release scheduled for 2005.

Where is Napoleon Now?

To accommodate his newly found fame, Jon and his wife Kirsten recently moved to Los Angeles “mainly because this is where all the action is,” says Heder, “not only because of the film industry, but there’s also animation, entertainment, acting, and I have family here as well”.

A new Los Angeles acting lifestyle can be quite different from a BYU college lifestyle. But Jon seems to be doing alright. “I loved Provo. It was fun because of the BYU college atmosphere and my friends. Plus, Provo is pretty secluded and actually has seasons. L.A. is kind of a hot cement island, with lots of people...and traffic.”

Jon will always be fond of his years at BYU but for now, “L.A. has a lot of prospects, I feel that I haven’t tasted the real L.A. yet, but I’m moving here on good terms and like it so far.”

With the DVD release of “Napoleon Dynamite” just around the corner, Jon’s fans will be appeased for awhile. With a few projects already under his belt, it looks like Napoleon has a lot of opportunity ahead of him, especially now that he is settled in Los Angeles. All we can do now is wait for more of Jon’s skills, so it’s lucky for us that he keeps very busy with reviewing scripts. Heder is always on the lookout for “a quirky comedy, or drama, or sci-fi film, anything really, as long as it has substance to it and something to offer.”

For the time being, Jon will be actively pursuing a career in acting. “I would definitely love to write and direct someday, and there’s always animation, that’s something I would be happy doing.” But as long as Hollywood is asking for Napoleon, he will be there. And although “fame is still overwhelming right now, I’m becoming more comfortable talking with people.” What makes Jon happy is that people liked the movie.

Jon Heder has definitely made his mark not only locally, but in the entertainment industry as a whole. This breakout star is here to stay, so get ready for some more “killer dance moves” by Jon Heder.





PHOTO COURTESY OF FOX SEARCHLIGHT

What do you think about Napoleon Dynamite?

"I think he's sexy and hot. He's basically the best actor I've ever seen in the theaters because he's funny and he doesn't even have to try."

Rebekah Tyler, 18, California

"I thought he was great. I think there's a little bit of Napoleon in all of us and he portrayed that very well."

Drew White, 21, Washington

"I feel like he really absorbed his role and really became a nerd. I think every high school student can relate to Napoleon Dynamite. Like there are days where you want to throw a He-man out the school bus window or you want to wear moon boots to school. Honestly, I think everybody can relate to him in some way because there are days when you feel like you're the nerd with the moon-boots and ugly hair."

Jessica Gainer, 23, Utah



Photo by SARAH ALLER

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An *EXTREME* Lifestyle

By JEREMY HOLM

So, you think you're into extreme sports? First you tried snowboarding. Loved it. Then you went on to bungee jumping. A blast. Then came sky diving, ice climbing, freestyle skiing and even extreme dating down in Provo. Wondering what to try next? Perhaps I can help.

How does 80 miles an hour down a mile-long icy chute sound? Let me add the fact that you will be pulling up to five G's, riding in a fiberglass and metal sled that weighs about 700 pounds, and only milli-seconds away from crashing.

Welcome to my world. The world of bobsled.

Some call it 'The Champagne of Thrills.' Others call it insanity. Either way, bobsledding is one of the fastest and most incredible sports in the world! It is an event where medals are won or lost by a mere one-hundredth of a second. Athletes are pushed to the physical limit by the demanding forces of physics and the driver's skills are tested where even the slightest steering correction can get you down safely...or flip you on your head. Okay, so maybe it is a little crazy to think that you're hurtling down the track at those speeds and your life is in the hands of the driver who is controlling the sled using two tiny D-shaped metal rings connected by ropes to the front axle.

So, why do I do it? It's the rush, the thrill of it all. Oh, there are plenty of challenges that come with the territory. Have I had days/weeks where I've wanted to quit? Sure. Late nights working on the sled, long hours of training, bitter cold, injuries, politics, dealing with the coaches, and sponsors etc. Bobsledding has been considered the second most expensive sport in the Olympics, behind Equestrian.

But to accomplish great things with our lives requires a great amount of effort.

I've been bobsledding now for about six years, mostly at the Olympic track in Park City, Utah, which is actually the fastest track in the world. The track in Park City is so high, elevation-wise, that the air is thinner. There are only 16 tracks in the world and the cool thing about these tracks is that they are mostly refrigerated which allows us to train longer and adds a greater element of safety. Competitions are held every year with a World Cup circuit, a Europa Cup circuit, the World Championships and Nationals. So you can watch the event outside of the Olympics...or that one Disney movie.

How do I describe it? Well, that has always been a tough question to answer. Basically, take your favorite roller coaster, multiply the experience by two. Then throw in an F-16 ride. Okay, now, strap yourself to the front of a cruise missile. Mix all this together and viola! Instant bobsled ride! Or, you can try this at home (with adult supervision of course):

Equipment Needed:

1. LuvSac
2. Four friends



Photo by CANDACE HOLM

Okay, so, all you have to do is drop to the floor. Now, have one of your friends put the LuvSac on top of you. Then let all four friends jump on top. That's about how much pressure you will feel in some turns on our track. My first time down the track was a blur. I didn't see much. Well, let me correct myself. I think the only thing I saw was the bottom of the sled because I couldn't hold my head up. Fifty seconds later...it was all over. And I was hooked. I quit soccer and joined a local learn-to-bobsled program and here I am today, working toward the Olympics. But that's not why I do it. Whether I make it to the Olympics or not, isn't important. That is a fact that I had to face long ago.

I do this because I love this sport! Talk to any extreme athlete out there and ask them about their favorite activity and watch their eyes light up! It's the adrenaline rush, the roar of the crowd, the challenge of finding the courage within your heart to get out there and put your dreams on the line! The medals won and the races lost. It's the laughing when people call you crazy or insane. They just don't understand! But you do. And that is why you are still smiling, surviving on macaroni and cheese, and planning your next outing.

Just remember: insanity is a state of mind...from someone else's perspective.

Keep it real. Go big or go home.



sports

Sports *FAN*atics

You see them at local games, mostly basketball or football, but perhaps at various other sports events. They are proudly sporting their Cougar blue and screaming ferociously for their team and coach, uncaring of those they annoy around them. Some are students or alumni, but others simply have Cougar sports in their blood. By KERI ADAMS

Are you a fan of fanatics?

"I have a roommate who made a watermelon hat before for a football game. He made it out of a real watermelon and put a blue Y on the side. I was all for it. I fully supported him."

Matt Guinn, 23, Washington

"They paint their face. They're always supporting the school colors. They're fanatic about making sure they see the game and stuff like that. That's fine if that's what they like."

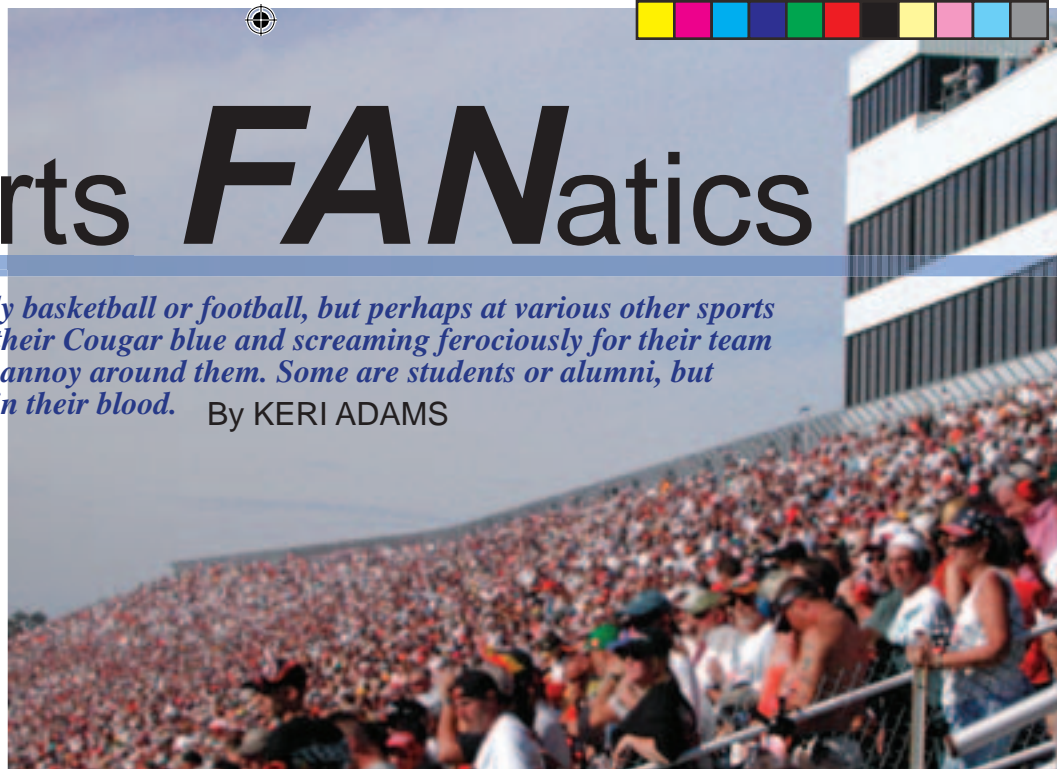
Tony Jimenez, 25, Florida

"I think crazy fans are okay, except for the big hats cause that gets in the way of people that are viewing the game. I think the crazy fans make the game 'cause if everyone was just docile and sitting there, it would be boring."

Dave Pringle, 22, New York

"I actually like crazy fans. I think they add a lot of enthusiasm to the crowd. There is a line between obnoxious and crazy though, but crazy is fun."

Anthony Keliinui, Washington



These are not just any local sports fans – these are extreme fans or what some may call, fanatics. And for them, sporting events are not just games – they're the highlight of their week, their month ... their life.

But what makes them so passionate? What sets them apart from other fans?

Devotion. This one element is the key that explains the hoarse voices, the tears shed and the intense hatred of the color red.

Fan Mentality

Most fans attained their Cougar loyalty as children while others gained their loyalty more recently as students. But, all of them truly believe that fans can make a difference in the hearts of the players and in the spirit of the game.

"The mood of the crowd can really change a game," says Adam Clark, BYU graduate student and former president of the Superfan Club. "When athletes know the fans love them, they're more motivated and confident because they know fans are confident in them."

Diehard Cougar fan Jake Cowan, who has not missed more than three basketball or football games since returning home from a LDS mission six years ago, agrees that fans are not just spectators but are also part of the team.

"You get to the point where you're involved with the team," Cowan says, "and it's like, when the team loses, it hurts. It's like the team didn't just lose, you lost also."

Go Team Go

Although these fanatics share the same love and dedication, the way each prepares for a game and shows their support differs greatly for each individual.

Clark says he used to paint his hair and skin Cougar blue and adorn himself in a homemade "Superfan" outfit, which brought him much TV recognition. But now that the university expressed dislike of the paint, he usually just sticks with traditional Cougar threads.

But, don't worry, Clark doesn't let that hinder his creativity. One of his favorite traditions includes purchasing additional tickets in the U fan section during the BYU verses U of U basketball game, even though he has an all-sports pass.

"I'm a really loud person. I have a gift where my lungs are extremely loud," Clark says. "I sit up there and yell as loud as I can and the U fans hate it because I can equal a group of them and they can't get any momentum going."

As for Cowan's tactics, his game day preparation is a little more complex. In fact, he has a whole routine that

he follows before each game, beginning with a shave and shower because he doesn't believe in going into the stadium grungy.

"The players prepare themselves and I feel it's my duty to also prepare myself," Cowan says.

Next, he tries to fit in a little nap then makes sure to put on his Cougar blue and get something to eat.

"It's very important what you eat before the game because you want to make sure you're going to have energy," Cowan says. "I always try to eat a pork byproduct ... because pork is one of my very favorite things to eat and it puts me in a good mood."

And finally, Cowan makes sure he's at the stadium early to be able to check out the opposing team and possibly

give them a good stare down. But on the way, he listens to the "Rocky" soundtrack to get pumped up.

"My friend and I started listening to "Rocky" before every game one year and then we ended up winning 12 and 2 that season," he says. "So now I've done it ever since. These things are significant."

But for Cowan's roommate, Jeremy Clawson, "The Eye of the Tiger" reminds him of what he calls "Cougar football's magical season of 2001." A time when he believed the team had killer instinct and incredible chemistry and which reminds him of one of his craziest stunts.

"We listened to that song religiously before every game," says 27-year-old Clawson. "And after BYU won the Utah game ...everybody stormed the field."

Most people rushed toward the players, some toward the middle of the field, but not me, I went to the end zone. I dug out the Cougar eye and I took it home."

Rise Oh Loyal Cougars

Are these fans crazy? Maybe. Weird? Sometimes. Obsessed? Definitely. But whether or not you agree with their mentality or actions, we can all give these fans a little more respect for the love and passion they show in supporting something they truly believe in.

And this leaves me with nothing else to say but to echo the favorite phrase of Jake Cowan -- "GO COUGARS!"



What's it like to Win your *DREAM WEDDING* ?

By **DEBORAH BARLOW-TAYLOR**

Do you have a wedding date set? Are you getting engaged soon or even just hoping to get engaged soon? Then you'll want to read this!

Last April, Schooled Magazine put together a "Win Your Wedding" contest. Student couples across the Utah Valley were given the opportunity to win a \$4,500 wedding giveaway from Suggestions Salon, Payne Diamonds, Let Them Eat Cake, Kate Jeppson Photography, Palmer Productions and Gingiss Tuxedo. Contestants were asked to gather clues and stamps from sponsoring businesses to answer a secret message. The first 25 couples to turn in their clues qualified for an essay contest about how they met. Fifteen finalist couples were sent to a pre-Newlywed Game at Johnny B's Comedy Club determine the winner.

BYU students, Nate and Diana Bean won the contest. "We had so much fun with the contest," said Diana Bean. "We are really competitive and we prepared ahead of a time so we were ready to win!"

Nate and Diana were married on October 23, 2004 in Salt Lake City. Schooled Magazine called Nate and Diana up to see what they thought of the prizes they won, and this is what they had to say.

Q: What did you think about Suggestions Salon and the wedding package you received?

Diana: We loved the massages. With all of the wedding stress, the massages really relived both of us. On the day of the wedding, my makeup and hair turned out fantastic. One of the stylists even came in extra early to the salon to do my hair, which was exactly the way I wanted it.

Q: What type of cake did you get from Let Them Eat Cake? What did you think about it?

Diana: We got a square 3-tier cake, with chocolate, vanilla, and carrot layers. We basically gave Alissa our colors, and told her we didn't want a white traditional cake. We had not idea what it would look like, but when it came to the reception, it was perfect. Everyone loved it and couldn't stop complimenting us about it.

Q: How did your pictures turn out?

Diana: Kate Jeppson was one of my favorite people to work with. I'm normally shy, and was nervous about my engagement photos. Kate was wonderful. She really made me comfortable, and nothing was awkward. On our wedding day, she took more than 600 pictures. I loved how she was always smiling and cute and perfect. Her website is great because you can change the photos to the color you want and can pick right from online.

Nate: She was great, nice and enjoyable. She wasn't up in your face the whole time and she really captured the day.

Q: How was Gingiss Tuxedo to work with?

Nate: We got six tuxedos from Gingiss. They were very accommodating and nice. We actually turned in the tuxedos late and they didn't charge us a fee, which I thought was incredible.

Diana: Nate looked great in his black tux and burgundy vest. We were really impressed by the quality of the Tux's they had there.

Q: What did you think about Palmer Productions?

Nate: The video photographer was great. He was in the background most of the time getting every special moment on tape.

"Winning the contest took a big burden off of our shoulders," said Nate Bean. "The day was absolutely flawless and we wouldn't have changed one thing about it."

Don't miss out on your chance to win a wedding! Check out the March/April issue of Schooled Magazine for more details on the next "Win Your Wedding" contest. Or take a sneak peek on our website at www.schooledmagazine.com.



Top:
Photos
by Kate
Jeppson
Photography

Bottom:
Cake by Let
Them Eat
Cake





Win Your Wedding

Spring Is Just Around the Corner! Don't Miss Your Chance To Save Money & Win A Wedding! Check Out The March/April Issue Of Schooled Magazine For More Details! Or Take A Sneak Peek On Our Website At www.schooledmagazine.com.

Photo By Kate Jeppson Photography

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Creating



There are two kinds of college students in this world, those who are afraid of credit cards and those who are not. No matter where you attend school in Utah, chances are that almost weekly you're mailed an application for a credit card. Before you sign your name on the dotted line or rip it up for the trash, maybe you should take a little advice. You could be getting yourself deep in debt or missing the chance to build valuable credit history.

So how do you go about building great credit history without going into debt?

First, college will not last you your entire life—no matter how it may seem at times. One day you will leave this academic institution and you will buy a car and/or a house. To make such purchases you're going to need good credit history. Start by shopping around for a credit card with low to nonexistent annual fees and low interest rates. It's smart to start off with one credit card; opening several at a time will make you look suspicious. Take your time, compare and contrast.

Once you've found a credit card you're comfortable with, go ahead and sign up. If you're over 18-years-old, most banks will be more than happy to sign a contract with you. Lenders are more willing to take a risk with you before you graduate because they assume mom and dad will bail you out if you run into financial trouble.

If you are unable to receive a credit card, you can apply for the secured version. With these cards, you deposit money with your lender and your credit limit is usually equal to your deposit. One word of caution, however: make sure you screen your card issuer carefully. Often, there are shocking application or annual fees and enormously high interest rates.

When you ultimately go to buy that car or dream house, your credit scores will fall under scrutiny. These scores are made up of three-digits and measure your credit-worthiness. You can check your credit report at three major bureaus: Equifax, Experian and Trans Union. By mid-2005, the reports should be free. Until then, checking your credit report can run between \$8 or \$9 each.

Once you have obtained your credit card, the number one rule is to pay your bills on time. According to a new credit score simulator at MyFico.com, all it takes is one time being late to deduct 50 to 100 points off a good credit score. A tardy or skipped payment one month can take your credit score from a respectable 707 to the unacceptable range of 562 to 632.

Avoiding that pitfall can be as simple as not buying something that you couldn't put real, tangible money down for. If you say you can pay it off, you better mean it. If you can't, you're following 30 million others in the United States who have scores under 620, which is low enough to make obtaining loans difficult, according to a MSN report on credit cards.

The second rule to live by is to never use all the available credit. You do not want to even get close to using all that is on hand, let alone max out the card. The best rule of thumb is to keep your borrowing to less than 30% of your credit limits. This will help you earn the best possible credit score.

By adhering to these two primary rules, your credit card will be your friend, not your enemy. However, if you find yourself having a hard time paying off your monthly bills, don't panic. Consider turning to a nonprofit agency for help. According to a MSN report on credit card debt, about three years ago Fair Isaac, a major financial management business, discovered that people in debt-repayment plans were no more likely to default or go bankrupt than other consumers. Therefore, credit counseling probably won't hurt your credit score.

Remember that knowledge is power. Whoever said ignorance is bliss probably had \$30,000 in credit card debt.



Hostile Makeover

Know someone who needs some style advice? We're looking for a GUY and GIRL who need a HOSTILE MAKEOVER. They'll get a full salon treatment & free clothing! Submit your friends and roommates names to schooledmagazine@fusionofideas.com.

We Need Your Stories!

It Happened To Me- send us your most embarrassing moments!
Perfect Proposals-- have ideas on the perfect way to propose? Did you have the perfect proposal? Let us know!
Show Me Your Ride- Done some work on your car? Submit it!
Email Us! Send your suggestions and stories to schooledmagazine@fusionofideas.com





Common Interview **Q**uestions

And the Best Way to Answer Them

In addition to the rituals of meticulously ironing your clothes, printing out the fresh resume, and trying to keep your palms from sweating before you can manage the firm and professional handshake, here are a few tips that can help you field questions in your next job interview.

By ANGELINA BARLOW

Ideally, job interview questioning should go both ways; you should be inquiring into whether or not you would like to work for the company as much as they are checking out your qualifications and “fit” to the position. However, this article will focus on what questions you can expect—and be prepared for—in your next interview.

“So, tell me about yourself.”

Another common, similar question is “What characteristics describe you?” Be prepared for these open-ended questions with a list of your skills that best match your potential employer’s requirements.

Have the power words ready: organized, people person, focused worker, multi-tasker and experienced. If possible, make sure that you have already sold the interviewer on the skills you claim to possess. Say you work well with others? Make sure you’ve been making eye contact, nodding and refraining from interrupting. And smile—it will help you relax during what is usually the first question off the bat.

Also, be sure to put a positive spin on your answers to specific questions about skills you do not possess. For example, if you do not know a particular software, take this opportunity to tout your ability to learn quickly and back up that claim by recounting an experience when you did.

“What is one of your greatest weaknesses?”

You may have to start your day with a healthy breakfast of humble pie or you may have your list of faults ready at hand. Either way, you should pick one harmless, yet sincere weakness that you can assert to be improving or overcoming. For example, “My leadership skills are not what I’d like them to be, but I am finding that with experience, I am making great improvements.”

Better yet, bring up the weakness in conversation before you are asked. This way, you avoid being put on the spot for a typically uncomfortable topic and you



establish your candor and honesty thereby, setting yourself apart from the typical self-hyping interviewee.

“Why are you interested in working for ABC Company?”

This is your opportunity to show that you have done your homework. It may not take much more than visiting their website, but do not go into an interview without knowing the basic business of the organization. Throwing out tidbits about recent milestones or accomplishments can make you seem like part of the team already.

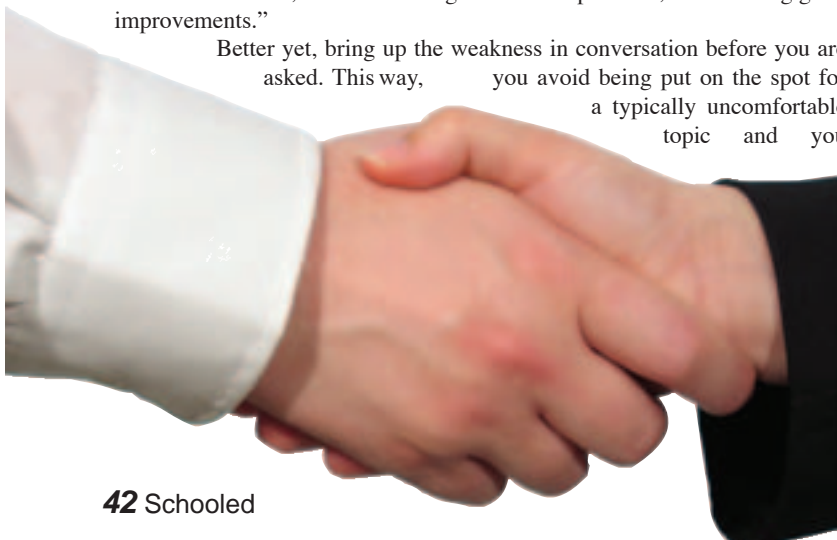
Lacking this information can be deadly. “It is very disappointing to speak with an interviewee who does not seem to be able to differentiate your company from the interview he or she had yesterday,” says Marie, a non-profit marketing manager. “It shows a lack of enthusiasm for our company’s mission and therefore an absolute ‘non-fit’ for the job.”

Silence.

This can be a dangerous tactic for an interviewer to use against the nervous interviewee. Be concise and sincere in your answers, but do not over-talk an answer. Remember that less is more and that rambling on can show a lack of focus. It can also steer you into disclosing more than you should about personal topics.

Also, keep in mind that you should answer each question to the interviewer’s satisfaction. You may gauge that by following your answers with, “Does that answer your question?” Or, “Would you like me to elaborate?” These follow-up questions also demonstrate that you are a good communicator—a valuable skill for almost any job.

Depending on your field, you may encounter a variety of questions in your next job interview. However, being ready to respond to these common questions and tactics can greatly improve your interview performance and give you an edge in landing that job. Because, after all, knowing is half the battle.





UTAH Calendar.com

What's happening in Utah!

The world's most comprehensive listing of what's happening in Utah County!

Event listings provided by UtahCalendar.com. Visit www.utahcalendar.com for more details and up-to-date information.

Nightlife/Comedy

Date Tickets	Times Phone	Event Name	Venue	
Jan 1 Students \$6.40 or \$12	7:30pm, 9:00pm 866-328-3862	Quinn Brothers	Fat, Dumb, & Happy's Comedy Club	
Jan 6, 7, 8, Students \$12	7:30pm, 9:00pm 866-328-3862	Grand Opening Comedy Show	Fat, Dumb, & Happy's Comedy Club	
Jan 13, 14, 15 Students \$6.40 or \$12	7:30pm, 9:00pm 866-328-3862	Mitch English	Fat, Dumb, & Happy's Comedy Club	
Jan 20, 21, 22 Students \$12	7:30pm, 9:00pm 866-328-3862	Sundance Film Comedy Show	Fat, Dumb, & Happy's Comedy Club	
Jan 1 to Feb 26 (Fri/Sat) 801-377-9700	8:00pm, 10:15pm	Red vs. Blue	Comedy Sportz Provo	
Jan 6 to Feb 24 (Thurs. only) 801-377-9700	8:00pm	The Yellow Number 2 Show	Comedy Sportz Provo	
Jan 7 to Feb 26 (Fri/Sat) 801-377-6910	8:00pm, 10:00pm	Guest comedians	Johnny B's Comedy Club	
Jan 12 to Feb 23 (2nd/4th Wed) 801-463-2909	8:00pm	Sausage Night	Wiseguys Comedy Cafe	
Jan 6 to Feb 27 (Thurs-Sun) 801-463-2909	8:00pm, 10:00pm	Guest Comedians	Wiseguys Comedy Cafe	
Jan 1 to Feb 26 (Sat only) 801-577-8323	9:00pm	Quickwits	The Comedy Circuit	
Jan 1 to Feb 26 (Sat only) 801-226-3040	9:00pm - 12:00am	Dancing	Pleasant Grove Community Center	\$5.00
Jan 1 to Feb 26 (Sat only) 801-269-1400	9:00pm - 12:00am	Swing Dancing	Dance Centre	\$6.00
Jan 1 to Feb 26 (Fri/Sat) - \$8.00	10:00pm 801-355-4628	Laughing Stock Improv Troupe	Off Broadway Theatre	\$6.00
Jan 4, 18, 25 801-377-6873	8:00pm	Open-Mic Acoustic Night	Muse Music	
Jan 26 801-377-6873	8:00pm	January Acoustic Night	Muse Music	
Feb 16 801-377-6873	8:00pm	Darci Cash w/ Al Moran	Muse Music	
Jan 1 to Feb 26 (Sat only) 801-297-0233	9:00pm	Latin Dancing	Trolley Square	
Jan 4 to Feb 24 (Tues/Thurs) 801-297-0233	9:00pm	Country Dancing	Trolley Square	

Concerts

Date Tickets	Times Phone	Event Name	Venue	
Jan 7, 8 801-422-3523	7:30pm	Peter Breinholt Concert	BYU Wilkinson Center Ballroom	
Jan 8 Adv/\$10 Day Of	7:00pm	Volante w/ Longarm	Lo-Fi Café	\$8
Jan 8 Adv/\$17 Day Of	7:30pm	Ty Herndon	The Velvet Room	\$15
Jan 21 Adv/\$28 Day Of	9:00pm	Michael Franti	Suede	\$25
Jan 22 Adv/\$10 Day Of	6:00pm	Diecast, Sinai Beach, Winter Solstice, Hatepiece	The Circuit	\$8
Jan 22	8:30pm	The Cyrus Chestnut Trio	Sundance Theatre	\$20
Jan 22 Adv/\$28 Day Of	9:00pm	G Love & Special Sauce	Suede	\$25
Jan 24 Adv/\$25 Day Of	8:00pm	Cake	Suede	\$20

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Event listings provided by UtahCalendar.com. Visit www.utahcalendar.com for more details and up-to-date information.

Jan 25 Adv/\$20 Day Of	8:00pm	Scissor Sisters	Suede	\$18
Jan 25 Adv/\$12 Day Of	8:30pm	Tony Furtado	The Velvet Room	\$10
Jan 26	8:30pm	The Bill Charlap Trio	Sundance Theatre	\$20
Jan 28	8:30pm	The Marcus Roberts Trio	Sundance Theatre	\$20
Jan 29	8:30pm	The Judy Carmichael Trio	Sundance Theatre	\$20
Jan 29	9:00pm	Dieselboy, Photek, Dstar and More	Suede	\$20
Jan 31 Adv/\$10 Day Of	7:00pm	The Explosion and Death By Stereo	Lo-Fi Café	\$8
Feb 1	9:00pm	STS9 Laser and Light Show	Suede	\$15
Feb 7 Adv/\$18 Day Of	8:00pm	Suffocation w/ Behemoth	Lo-Fi Café	\$15
Feb 8 \$13.50 Adv/\$15 Day Of	7:00pm	Epitaph Tour w/ Matchbook Romance	Lo-Fi Café	
Feb 10	7:00pm	Social Distortion	In The Venue	\$25
Feb 10	9:00pm	Everton Blendor w/ Reggae Angels	Suede	\$12
Feb 11 Adv/\$17 Day Of	7:00pm	Something Corporate	In The Venue	\$15
Feb 16 Adv/\$15 Day Of	7:00pm	Rise Against and Tsunami Bomb	Lo-Fi Café	\$12
Feb 18, 19 801-422-2981	7:30pm, Sat. 2:00 matinee	Young Ambassadors	BYU de Jong Concert Hall	
Feb 19 435-655-3114	7:30pm	Mark Cohn	Eccles Center	
Feb 22	9:00pm	Derek Trucks Band w/ Special Guest	Suede	\$20

Performing Arts

Date Tickets

Times Phone

Event Name

Venue

Jan 1 801-379-0600	7:30pm	The Forgotten Carols	Provo Theatre Company
Jan 1 to Feb 5 801-226-8600	7:30pm	Ghost of a Chance	Hale Center Theater Orem
Jan 1 to Jan 8 801-266-2600	11:30am, 2:30pm, 5:30pm, 8:30pm	My Big Fat Utah Christmas Wedding	Desert Star Theater
Jan 3 to Feb 5 801-984-9000	7:30pm, a few Sat. 12:30pm matinees	Don't Drink the Water	Hale Center Theatre Salt Lake City
Jan 6 to Mar 14 801-266-2600	12:00pm, 3:00pm, 7:00pm, 9:30pm	Kicking the Hobbit	Desert Star Theater
Jan 7, 8 801-533-NOTE	8:00pm	Masterworks Series: Karen Gomyo, violin	Abravanel Hall
Jan 11 801-533-NOTE	7:00pm	Beethoven: A Life in Music Discovery Series	Abravanel Hall
Jan 12 to Jan 29 801-581-6961	2:00pm, 7:30pm, 8:00pm	Steel Magnolias	Pioneer Theatre Company
Jan 14, 15 801-581-7100	7:30pm	Cirque Eloize "Rain"	Kingsbury Hall
Jan 15 801-422-2981	7:30pm	Guest Artist: Thomas Glenn, tenor	BYU Madsen Recital Hall
Jan 19 to Jan 29 801-422-2981	7:30pm	The Music Man	BYU de Jong Concert Hall
Jan 21 to Feb 11 801-255-ARTS	7:30pm	Miss Nelson is Missing	Scera Theatre
Jan 21, 22 801-533-NOTE	2:00pm, 8:00pm	Lord of the Dance	Kingsbury Hall
Jan 26 801-489-9300	7:30pm	Utah Valley Symphony "Music from America"	Provo Tabernacle
Jan 27, 28, 29 801-422-2981	7:30pm, Sat. 2:00pm matinee	Dance in Concert	BYU Pardoe Theater
Jan 28 801-422-2981	7:30pm	Winter Choirfest	Provo Tabernacle
Jan 28 to February 12 801-957-3322	7:30pm	I Do! I Do!	Grand Theatre
Jan 28 to Mar 5 801-379-0600	7:30pm	Our Town	Provo Theatre Company
Jan 28, 29 801-863-8337	7:30pm	Broadway at the Ragan	UVSC Ragan Theater
Feb 1 801-422-2981	7:30pm	Guest Artist: Angela Cheng, piano	BYU Madsen Recital Hall
Feb 2 to Feb 12 801-422-2981	7:30pm	Lilly's Purple Plastic Purse	BYU Nelke Theater

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Feb 10, 11 801-422-2981	7:00pm	Music Dance Theatre Showcase	BYU Madsen Recital Hall	
Feb 11 to Mar 14 801-355-4629	7:30pm	Kung Fooey	Off Broadway Theatre	
Feb 11 to Mar 15 801-226-8600	7:30pm	Oliver!	Hale Center Theater Orem	
Feb 14 to Mar 15 801-984-9000	12:30pm, 4:00pm, 7:30pm	The Slipper & the Rose	Hale Centre Theatre Salt Lake City	
Feb 16 801-422-2981	7:30pm	Brassworks	BYU Madsen Recital Hall	Free
Feb 17, 18, 19 801-422-2981	7:30pm, Sat. 2:00 matinee	Ballet in Concert	BYU Pardoe Theater	
Feb 22 801-422-2981	7:30pm	Philharmonic Orchestra	BYU de Jong Concert Hall	
Feb 23, 24, 25, 26 801-422-2981	7:30pm	Opera Scenes	BYU Madsen Recital Hall	
Feb 24 801-422-2981	7:30pm	Utah Symphony	BYU de Jong Concert Hall	
Feb 25 to Mar 11 801-225-ARTS	7:30pm	A Funny Thing Happened on the Way to the Forum	Scera Theatre	
Feb 25 to Mar 14 801-572-4144	7:30pm	Joseph and the Amazing Technicolor Dreamcoat	Draper Historic Theatre	

Special Events

Date Tickets

Jan 20 to Jan 30
801-328-3456
Jan 20 to Jan 30
801-359-8111

Times Phone

Event Name

Sundance Film Festival
Park City Film Music Festival

Venue

Various. See UtahCalendar.com for details.
Various. See UtahCalendar.com for details.

Sports

BYU Men's Basketball

BYU Marriott Center

801-422-BYU1

Date	Times	Event Name
Jan 8	vs. SDSU	7:00pm
Jan 11	vs. MSC - Billings	7:00pm
Jan 22	vs. Air Force	7:00pm
Jan 24	vs. New Mexico	8:30pm
Jan 31	vs. UTAH	10:00pm
Feb 12	vs. Wyoming	7:00pm
Feb 14	vs. Colorado State	8:30pm

BYU Women's Basketball

BYU Marriott Center

801-422-BYU1

Date	Times	Event Name
Jan 4	vs. Montana State	7:00pm
Jan 8	vs. Portland State	1:00pm
Jan 13	vs. Wyoming	7:00pm
Jan 15	vs. Colorado State	4:00pm
Jan 29	vs. UTAH	3:00pm
Feb 03	vs. SDSU	7:00pm
Feb 05	vs. UNLV	3:00pm
Feb 17	vs. Air Force	7:00pm
Feb 19	vs. New Mexico	2:00pm

BYU Men's Volleyball

BYU Smith Fieldhouse

801-422-BYU1

Date	Times	Event Name
Jan 14	vs. CA Baptist	7:30pm
Jan 15	vs. CA Baptist	7:30pm
Jan 28	vs. UCLA	7:00pm
Jan 29	vs. UCLA	7:00pm
Feb 25	vs. UC Irvine	7:00pm
Feb 26	vs. UC Irvine	7:00pm

BYU Women's Gymnastics

BYU Smith Fieldhouse

801-422-BYU1

Date	Times	Event Name
Jan 15	vs. Southern Utah	1:00pm
Feb 18	vs. Southern Utah	7:00pm

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Event listings provided by UtahCalendar.com. Visit www.utahcalendar.com for more details and up-to-date information.

Feb 26 vs. Boise State 7:00pm
UVSC Men's Basketball **McKay Events Center** **801-863-8998**

Date	Times	Event Name
Jan 7	vs. Longwood	7:05pm
Jan 11	vs. Texas-Pan American	7:05pm
Jan 20	vs. Texas A& M - Corpus Christi	7:05pm
Jan 22	vs. IPFW	7:05pm
Jan 25	vs. Idaho State	7:05pm
Feb 04	vs. Johnson & Wales - Denver	7:05pm
Feb 26	vs. Northern Colorado	7:05pm

UVSC Women's Basketball **McKay Events Center** **801-863-8998**

Date	Times	Event Name
Jan 06	vs. Montana State	
Jan 10	vs. Eastern Washington	
Feb 26	vs. Northern Colorado	

UVSC Wrestling **UVSC Activity Center** **801-863-8998**

Date	Times	Event Name
Jan 7	vs. Northern Colorado	7:00pm
Jan 13	vs. Portland State	7:00pm
Feb 12	vs. Wyoming	2:00pm

Utah Jazz Basketball **Delta Center** **800-325-SEAT**

Date	Times	Event Name
Jan 5	vs. 76ers	7:00pm
Jan 10	vs. Spurs	7:00pm
Jan 12	vs. Suns	7:00pm
Jan 15	vs. Cavaliers	7:00pm
Jan 22	vs. Grizzlies	7:00pm
Jan 26	vs. Sonics	7:00pm
Jan 29	vs. Nets	7:00pm
Feb 1	vs. Hornets	7:00pm
Feb 7	vs. Knicks	7:00pm
Feb 11	vs. Timberwolves	7:00pm
Feb 25	vs. Celtics	7:00pm
Feb 28	vs. Clippers	7:00pm

Utah Snowbears Basketball **SLCC - Redwood Campus** **801-533-2327**

Date	Times	Event Name
Jan 06	vs. Long Beach	7:00pm
Jan 08	vs. Long Beach	7:00pm
Jan 14	vs. Bellvue	7:00pm
Jan 15	vs. Los Angeles	7:00pm
Jan 21	vs. Calgary	7:00pm
Feb 01	vs. Portland	7:00pm
Feb 03	vs. Portland	7:00pm
Feb 15	vs. Los Angeles	7:00pm

Provo Ice Cats Hockey **Peaks Ice Arena** **801-377-8777**

Date	Times	Event Name
Jan 21	vs. Northern Colorado	8:15pm
Jan 22	vs. Northern Colorado	8:15pm
Jan 27	vs. Denver University	7:30pm
Jan 28	vs. UN-Reno	8:15pm
Jan 29	vs. Denver University	8:15pm
Feb 4	vs. Montana State	9:30pm
Feb 5	vs. Montana State	9:30pm
Feb 11	vs. Utah State	8:15pm
Feb 18	vs. Alumni	8:15pm
Feb 19	vs. Weber State	8:15pm
Feb 25	vs. Utah State	8:15pm

Utah Grizzlies Hockey **E Center** **801-988-PUCK**

Date	Times	Event Name
Jan 21	vs. Cleveland	7:00pm
Jan 22	vs. Cleveland	7:00pm
Jan 26	vs. Chicago	7:00pm
Jan 28	vs. Manitoba	7:00pm
Jan 29	vs. Manitoba	7:00pm
Feb 1	vs. Edmonton	7:00pm
Feb 18	vs. Rampage	7:00pm
Feb 19	vs. Rampage	7:00pm
Feb 21	vs. Aeros	2:00pm
Feb 23	vs. Aeros	7:00pm

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