

Schooled

Magazine

for the student | by the student
September 2005

Don Osmond
tells all

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Welcome back students!

It's just not the same without the thousands of students here!

If you are a returning student, then I'm sure you are excited to see Schooled Magazine on your doorstep again. Good News!! To keep up with demand, Schooled will now be a monthly magazine!! We've had so many students going nuts in between issues, we've decided not to make them wait anymore and we will be at your door the first week of every month.

If this is your first year at UVSC or BYU, you are in for an adventure! You are holding your guide for fun, entertainment, advice, tips and information. Our magazine is the hippest and coolest way to help you through your college years. This issue alone gives you tips on the best places to rock climb in the valley, how NOT to gain the Freshman 15 and even where to find a great job in the area!

To kick off the school year, we are sponsoring the hilarious and fun event called Schooled Extreme Challenge (SXC)! It will take place on Saturday, September 17th at Seven Peaks Water Park in Provo. The event will bring over 100+ teams of four college students face to face in various extreme competitive events. Similar to the popular MXC TV show on "Spike TV," these obstacle course events include: the Lily Pad Race, Final Fall, Velcro Fly, Roller Horse Derby, Knock, Knock-Who's There and the SXC Relay Race.

There will be an awards show and most painful eliminations will be the Schooled Extreme After-Party. Schooled Magazine estimates 4,000 students in attendance. The after-party will include a DJ and inflatable games. Mark this on your calendar - you don't want to miss it. If you want to sign up for the event go to www.schooledmagazine.com! See you there!

Photo by Amelia Nielson-Stowell



Traci D. Marinós
Editor in Chief

Schooled Magazine

Managing Editor
deborah BARLOW-TAYLOR

Marketing Director
russ TAYLOR

Editor in Chief
traci d. MARINOS

Layout & Design Director
erin DELFOE

Design
Design Assistants
luis CASTRO, loren PETERSON

Photography
Photographers
dan LUND, amelia NIELSON-STOWELL

Features
Senior Writers
keri ADAMS, patricia AUXIER,
erin DELFOE, stephanie FOWERS,
jeremy HOLM, don OSMOND, amy WEST

Entertainment & Culture
Senior Writers
patricia AUXIER, bonnie BOYD,
stephanie FOWERS,
Entertainment & Culture Writers
j.r. BOYCE, bonn TURKINGTON

Sports & Health
Senior Writers
rae HARRIS, jeremy HOLM, amy WEST
Sports & Health Writers
esther HARRIS, seth KELLEY

Career & Finance
Senior Writers
bonnie BOYD
Career & Finance Writers
carolynn DUNCAN, rebekah JAKEMAN

Marketing
Account Representatives
christian MARINOS, richard OTO

Promotion Director
matthew FISCHER

Promotions
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Technology & Website
mike DODGE

Publisher



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How to reach us:

To e-mail us please contact us at schooledmagazine@fusionofideas.com. Website: www.schooledmagazine.com. Phone: 801.356.5715. Sales Rep: 801.358.5132.

schooled

September 2005



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Above photos by:
L) Jeremy Hall
C) Amelia Nielson-Stowell
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10% of college students have credit card debts of more than \$7,000, said Steve Albrecht, associate dean of the Marriott School of Management at Brigham Young University.

The average American family has ten credit cards.

Schooled Magazine is going to sponsor intramural teams at BYU & UVSC!

If you are interested in participating, or want us to sponsor your team, give us a call at 356.5715.



Schooled Podcast

www.SchooledMagazine.com



- listen to the local bands
- find the weekend hotspots
- have something to do in class

Download this months Schooled Podcast Sept. 2 and 16 at www.SchooledMagazine.com

Schooled Magazine's Top FIVE Restaurant Picks

You can't live in Provo without trying these restaurants!

- 1. Smokehouse BBQ** (Provo, University Ave. & Center St.) Like to get your fingers dirty? Pizza & BBQ galore and a classy hangout! **Schooled's Favorite: Pulled Beef Brisket**
- 2. Guru's** (Provo, E. Center Street). Fresh, Healthy, Delicious, and Creative food... you'll think you went to a European restaurant! **Schooled's Favorite: Tropical Shrimp Rice Bowl**
- 3. Ernie's Sports Deli** (Provo, University Pkwy- next to Movies 8). Delicious sandwiches with a fun sports environment. **Schooled's Favorite: The Slider**
- 4. Black Jack Pizza** (Provo, Freedom Blvd.- next to Taylor's Bike Shop). High Quality Pizza for a great price! **Schooled's Favorite: \$4.99 Large Pepperoni Pizza**
- 5. Costa Azul** (Provo, University Avenue- in Fat Cats). This Mexican Restaurant beats Café Rio & Los Hermanos any day! **Schooled's Favorite: Pork Burrito Enchilada Style**





So you're back for school and you need to find your favorite radio stations again... here's the Schooled FM list!

POP/TOP

97.1
101.9
102.7
103.5
107.5

RAP & HIP HOP

92.1

ALTERNATIVE

96.3
105.1
99.5

CLASSICAL

89.1

ROCK

94.9
105.7
93.3
104.3

**EASY LISTENING/
CONTEMPORARY**

97.9
98.7
100.3
106.5

Want to speak your mind? Want to know what's going on in Provo? The following four websites are excellent places for you to get more involved.

1. www.schooledmagazine.com Yep, of course we have to mention our fantastic website! On this website you can submit & post articles, read Schooled, pick up some incredible hook ups from local retailers, submit your events & find out what's going on every night!

2. www.provopulse.com

Provo Pulse is a hub for discussion for BYU/Provo students. Your able to talk about what you want- you can submit your articles, talk on a blog, and read all about what's happening!

3. www.whatareyoudoingthisweekend.com

What are you doing this weekend is a great way to check what's happening with local vendors who sponsor the website. They also have some fun date ideas and other ways to plan your weekend nights!

4. www.utahcalendar.com

Utah Calendar has a great list of events ranging from city plays to golf tournaments, to parades. This calendar focuses on city sections more than it does on students, but is a great way to find fantastic events all over the state!

5. www.somethinglocal.com

Want to see what local bands are hot? This website not only keeps you up-to-date on the local party scene, but they also feature local concerts, parties and different events in the area.

Brigham Young University is ranked 71st in U.S. News & World Report's annual survey, "America's Best Colleges."



"The show is awesome, I don't think I've ever laughed so hard before! The show is hilarious and fun to listen to while working out or in between class (or during class)." -Lynsey Cortan, a marketing student at UVSC.

Get your iPods plugged in!

Starting September 2nd, Schooled Magazine will broadcast its first Podcast. The Podcast will include music from local bands, talk about student issues, poke fun at everything going on in Happy Valley, and keep you up-to-date on what's happening at BYU & UVSC! Look for the Podcast link on www.schooledmagazine.com.

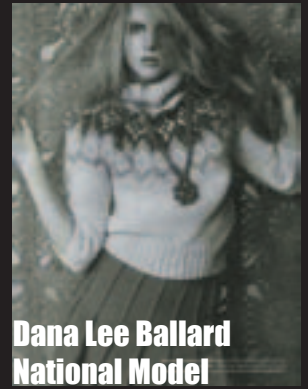
Christina Aguilera's parents met while attending college at

BYU

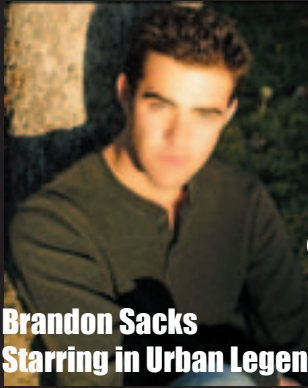


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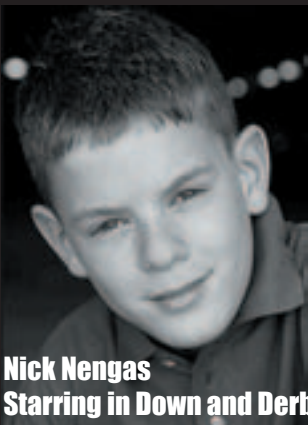
Dana Lee Ballard
National Model



Brandon Sacks
Starring in Urban Legend 3

Magazines:

Salt Lake City, Schooled, Utah Valley, Baby Talk, Parenting Parents, Vogue, Marie Claire, Maxim, Utah Uncovered, Teen Magazine, Men's Health, Salt Lake Bride, Utah Bride



Nick Nengas
Starring in Down and Derby

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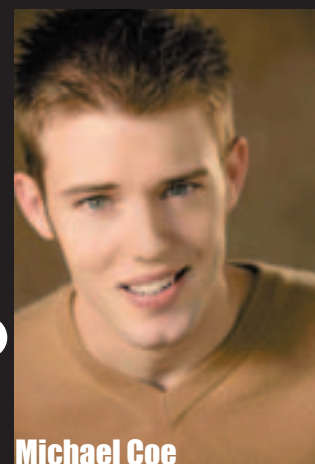
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Michael Coe
Starring in Urban Legend 3

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Girls **VS.** Guys

**Skipped?
or
Jipped**

By Keri Adams



Last year, I noticed my brakes were making a funny noise. So naturally, I took my car into a local mechanic for inspection only to leave the place \$450 poorer. Although this loss of money hurt, it doesn't even compare to the betrayal I felt after discovering the price (or at least half of it) was most likely unnecessary.

Now I'll be the first to admit I don't know the most about automobiles. But I also don't expect to be taken advantage of every time I take my car in. Unfortunately, there come times in my life when I am forced to trust others to help me out with my vehicle issues.

I'm not saying all mechanics are dishonest, because I have dealt with some who truly have been genuine, but I've also seen enough people get ripped off to make me more cautious

After doing a little searching I found that KOVR 13, a news station based in Sacramento, CA, did an investigation on this very topic just a few years ago. They took a car, previously inspected to be in perfect condition, loaded it with hidden cameras and then sent it to several different shops in the area to be looked over. They sent a male staff member and a female staff member on different days to the same repair shops with the same car (with different license plates) to observe if mechanics would treat them differently.

Out of the eight repair shops, only one tried to sell the male staff member on repairs he didn't need, but seven out of the eight shops attempted to sell the female on unnecessary repairs.

Now if this doesn't make you livid, I don't know what would. So naturally I decided to do an investigation of my own in our area.

It just so happens I had recently taken my car to another local mechanic to have my tires rotated and was told I would need yet another thing replaced on my car. So I decided to put this to the test and I called around to 10 different mechanics in Utah County to get a price quote for the total cost of repair and labor. I then had a male friend of mine call the same places for the same quote, both giving the exact same information.

(continued)



Who gets a better deal?

	Quote given to Female	Quote given to Male
Mechanic #1	\$ 350	\$350
Mechanic #2	\$300	\$100-120
Mechanic #3	\$500	\$310
Mechanic #4	\$209-\$219	\$229
Mechanic #5	\$300	\$240
Mechanic #6	\$300	\$219
Mechanic #7	\$500	\$500
Mechanic #8	\$500	\$210
Mechanic #9	\$240	\$300
Mechanic #10	\$300	\$300

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As you can see, even in Happy Valley, dishonesty prevails. But the most interesting part about my whole study was the fact that it wasn't until the 10th mechanic I called, that I found out the suggested repair on my car was not only unnecessary, but also unheard of. That blessed mechanic informed me he had never heard of such a repair being done on a car as new as mine and suggested I was probably being lied to. When my male friend called him later, he also was informed of the same thing and the mechanic said he had even done further checking around after I had called about the same problem. Of course no one else had ever heard of this problem happening.

So tell me how not one of those earlier nine mechanics felt it important to share this bit of information with either of us? Had I unknowingly gone ahead and had the repairs done, I would have paid hundreds for something that DIDN'T EVEN NEED TO BE DONE.



Students need to be extra careful when choosing a mechanic.

I have learned from this whole experience that as vulnerable consumers we all would do good to use a little precaution. According to the Better Business Bureau, there are several tips to follow when dealing with auto repair and services, which should help consumers to avoid being ripped off.

None of these tips are an absolute guarantee of good or honest work, but they will bring you a lot closer. I definitely sleep better now knowing I don't have to be a helpless consumer anymore and hopefully these tips will help me save my precious money for more important things...like shopping, for example. **S**



The suggestions pertaining to choosing a shop include:

- ✓ Looking for a qualified, independent repair shop (if the car is no longer under warranty).
- ✓ Asking family and friends for recommendations.
- ✓ Checking with your local Better Business Bureau about a shop's reliability.
- ✓ Looking for shops that display certification, such as an Automotive Service Excellence Seal and checking that those certified were recently obtained.

When it comes to the actual work, The Better Business Bureau recommends consumers should:

- ✓ Always get an estimate for parts and labor in writing before any work is done.
- ✓ Make sure the estimate states the shop will contact you for approval before performing any additional work.
- ✓ Have the mechanic or service manager explain all the work completed on pick up.
- ✓ For major repairs, always get a second (or even third) opinion before authorization.



Let's Just Be Friends:

Can You Make It Work?

By Jeremy Holm

While sitting in church not too long ago, I noticed an elderly couple sitting off to my left. Despite being in their 70s, the two were holding hands, whispering into each other's ears and smiling at each other like newlyweds. I also had to smile after watching them because - confession time here: I myself am looking for something like that.

In fact, I would venture to say that all of us here in Singlesville are. Hence the titanic amount of dating that goes on in our area. But what happens when your dating situation goes down like the Titanic itself?

Here's the situation: You have this friend. See you think they are totally cool and you hang out a lot, talk on the phone, have a good time, etc. There is just one tiny little problem. Your friend worships the ground you walk on, but you see them purely for what they are: a good friend. Nothing more. So what do you do?

Continued



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1. Be Honest

Who doesn't prefer honesty? Time and time I've heard the line "I don't want to tell him/her because I'm afraid it will hurt them and ruin our friendship." A valid concern but truth be told, the longer you wait to tell your friend, the more it will hurt them in the end. Be truthful as soon as you realize what your feelings are and save your friend the added pain.

3. Be Thoughtful

Be careful what you say or do. Simply stated, your words and actions could be misunderstood and possibly through no fault of your own. For example, sending her a bouquet of flowers or inviting him over to a dinner for two just might send the wrong signal. Similarly, cuddling, holding hands and other physical contact will have the same effect. But sometimes simply saying, "You're a really good friend and I like hanging out with you," may be taken as, "I like you a lot and I think we should try dating again." Not your fault, but just think before you speak and act.

Also, if they still try to win you over per se, be considerate of their feelings. Be grateful but also feel free to let them know when they're stepping over your "just friends" limit.

2. Be Mature

I know it might be hard but, be understanding if they need some time away to figure things out. What really goes on during this time? Egos are picked up off of the floor and the strong feelings they had for you, well they have to put them aside. For a lot of people this takes time, so be sensitive to that. And under no circumstances should you ever call this friend up because you need a make-out buddy! This is just wrong! So be compassionate to the other's needs and act like an adult.

4. Lastly, BE friends!

Take the fact that they like you as a compliment! Again, be sensitive to their feelings, but don't let it weird things out. And if you're on the receiving end, don't disappear from the person's life. I know it may be awkward at first for both parties, but you were good friends before and you can still be friends after. Some of my best female friends are girls I've had this discussion with.

Go out and have fun together. Don't sulk and hate the other person for being honest. Talk things over, deal with it and move on. Actually being friends is the best way to smooth things over.

Besides, there's always that hot roommate of theirs... S

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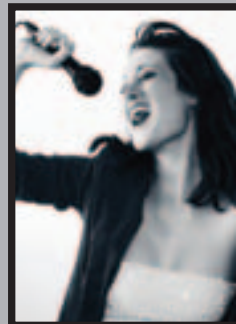
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Editor's pick Pinko

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Guest Author | Chris Sorenson

I consider myself a patriot. I love my country. "I'm proud to be an American, where at least I know I'm free," as the hillbilly national anthem goes. With that said, I hate baseball. I really don't want to be tried for treason, so I'll change that to I have severe reservations against the playing and viewing of the popularly conceived American pastime. I mean really, is baseball the American pastime? How many of you say "I've got 15 minutes to kill, let's go play baseball? Television is the American pastime. Or eating cereal. Or playing solitaire. On the computer of course, not using real cards; that takes too long, involves remembering the correct setup, and tempts you to cheat.

Why do I dislike baseball so much? What did it ever do to me? Let me tell you. Baseball discriminates against nonathletes more than any other sport. I suppose I can't say any sport with much certainty since I've only played three sports, but it discriminates more than basketball and poker. And poker is a sport; it's on ESPN. Of course by nonathletes I mean those that stink at sports, either through a lack of practice or natural inability to move in any coordinated manner. That is to say, me. I suck at sports, all sports, including poker. If I learned anything from "physical education" in elementary school, it's this: the most important thing at sports isn't whether you're good or bad, but whether people can tell if you're good or bad. When you're playing basketball you can get lucky and make some shots when you have absolutely no skill. Getting the large ball in the large hoop which is relatively close to you happens a lot more often by chance than hitting that tiny ball flying past you with a piece of wood. When you stink at basketball your teammates can compensate. They can ignore you for most of the game then only pass you the ball when they're winning by several dozen points. They can even ignore you for the entire game, call you handicap and leave you behind at the church when they go out for victory Slurpies. Or so I've heard. If your second baseman sucks you can't just ignore him. You can't just say "Just pass it to third, we'll just pretend there is no second base." Well you can, but the other team is going to get the hint, start running straight from first to third and the pitcher is going to get run over in the cross traffic. When you suck at football, it doesn't really matter, because there are a billion other players on the field and no one will ever notice. When you suck at volleyball it doesn't matter because so does everyone else and no one really knows the rules anyway.

The baseball is the smallest ball of any sport. I'm not considering the golf ball because it ruins my point, and because while poker is a sport, golf isn't. Funny pants, golf carts, and being popular among old and rich people, don't get me started. It's not as bad as figure skating, but doesn't have the scantily-clad women to redeem it. So this tiny ball is thrown as fast as possible in my direction. It's traveling much faster than any other object I regularly have to deal with. Usually things traveling at pitching speeds, such as freeway traffic, trains, the space shuttle etc, are to be avoided. They have big signs saying "Stay away from this area, or you'll probably die." But not in baseball. You need to stand right there next to the bullet-like object. You need to try to connect with the bullet-shaped object. It goes

against all the bullet-dodging instincts action movies have installed in me.

Well I suppose most of you think I'm a Communist Pinko now. But I say you can love America and not it's pastime. And baseball's not that bad; there are worse things. I've mentioned golfing and figure skating. There's also Dungeons and Dragons. How about the Bubonic Plague, that's certainly worse. Baseball's just not for me. When we're all in the Celestial Kingdom and have perfect bodies, I'll give baseball another try. That is unless baseball tryouts are part of entrance into the Celestial Kingdom, in which case I'm screwed. But I'll really be happier playing poker in the Terrestrial Kingdom than solitaire in the Celestial. Hope to see you there.

S

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I love technology!

The TECHNOLOGY BUZZ

By Deborah Barlow-Taylor



Finding the perfect computer

Every fall, thousands of computers are purchased by college students. Schooled Magazine called our technology expert Jeff Barlow, a BYU student getting his masters in computer science. He gives the following tips when shopping for a new computer.

Laptop vs. Desktop

One of the biggest factors for college students is price. If you compared a desktop to a laptop with the same memory and features, you'd find that a desktop is usually about half of the cost of a laptop. So, if you don't need the mobility of bringing your computer with you to school, a desktop is the best bet for a price-conscious student. Since a computer is a big purchase, you'll want it to last for four years. When purchasing either a laptop or desktop, you'll want to get 384 MB of RAM or 512 MB of RAM. Why? Windows XP operating system takes about 256 MB of RAM and would leave you with a slow computer and very little space for all of your documents for any computer with less than 384. At the same time, more than 512

MB of RAM may be more than what you need (unless you are a design student or have a major that requires several different computer programs for you to work on).

When looking for laptops, you'll want to find something that is light-weight, less than 4 pounds. You'll also want to find a laptop that has a battery life of three hours or more. When shopping around for laptops: the bigger the screen, the heavier the laptop. Look into buying a 14" screen vs. a 15" screen, your back will thank you later!

Places to Go

Dell online offers the best computers for your money and they usually ship their products to you for free. Other recommendations include Hewlett Packard and IBM (if money isn't a factor).

Circuit City and Best Buy are nearby stores (both located on University Parkway), that carry several different types of computers. Make sure you check out the Sunday ads if you are going to one of these stores. They are more expensive, but they occasionally have some awesome package deals. You can also find some great deals at Costco. Always make sure to price compare before shopping!

Purchasing & Renting Used Computers

When getting an older computer, finding one with sufficient performance is becoming less of an issue. Most older computers are still powerful enough to do all of your student related tasks. Watch out for little things though — for example, if you have or plan to use a USB 2.0 thumb drive, make sure the used computer has USB 2.0 ports (not just 1.0) so it doesn't take forever to transfer your files. Buying a computer on eBay is risky. The deal might seem to be there, but you never know what you're going to get and the cost of shipping is usually pretty outrageous. Also, if you don't get what you want, returning an eBay item can be a huge hassle. You can often find some really great used technology deals at the WILK Board on the first floor at BYU. If you need computer parts, the best place to go is PC Club (behind University Mall) or EBC Computers (across the street from University Mall). If purchasing is too much of a hassle and something you don't want to deal with, the BYU Office of Technology also rents out computers to students for a low monthly fee (422-4000).

Academic Computer Software

Make sure to take advantage of student academic versions of software. In some instances, it can be 85 percent lower than at a regular retail outlet. Both UVSC and BYU Bookstores carry academic computer software and you will be required to show your student I.D. with purchase. Some of the academic software programs include: Window XP, Office (for PC and MAC), Adobe Creative Suite, Photoshop, Macromedia Studio MX, Microsoft Publisher, and many more.

Want to know the hot buys for students?

Tristan from Best Buy helped us find the top products for students!

Linksys Speed Booster- Wireless G Network.

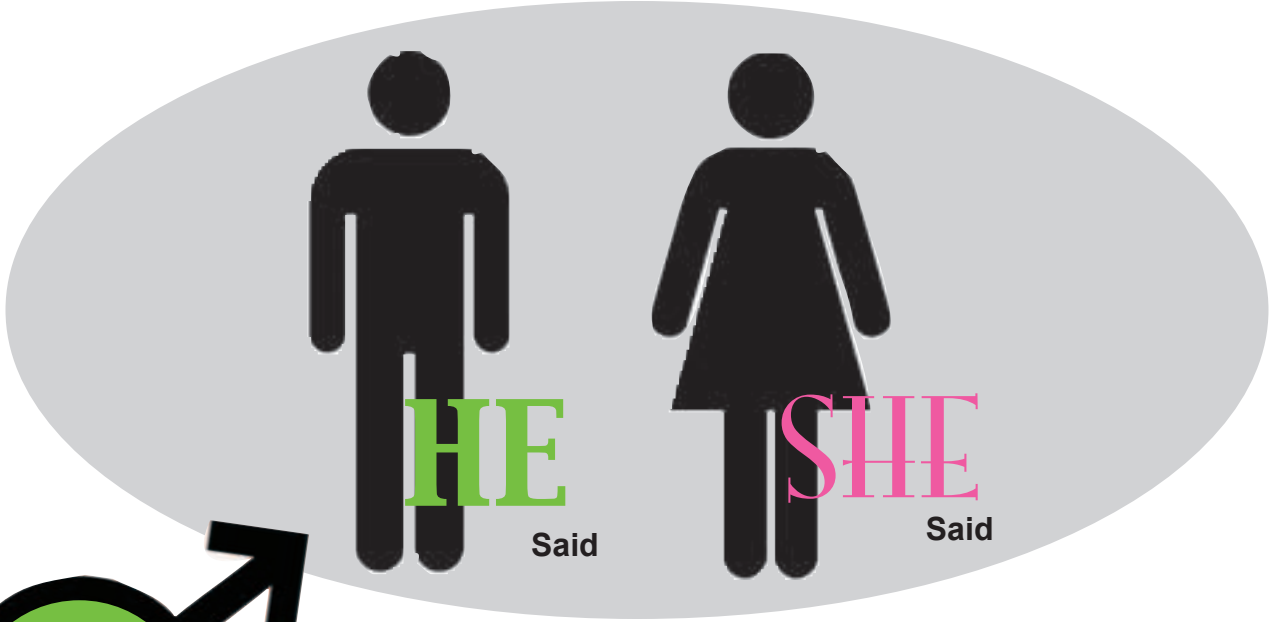


If you want to get a better range, quicker download, and better security, a G router is the most up-to-date product out there. When searching, the higher the Mbps, the faster the download! This product allows up to 200 connections and has a four-point router.

iTalk & iTrip.



iTalk is a voice recorder for 3rd generation ipods. This device makes it easy for you to tape your teacher's lectures onto your ipod. iTrip allows you to play your favorite tunes through an FM frequency on your stereo. This product is fantastic for driving around!



Topic: SHOPPING

It's that age old debate... Are women really that different from men? We pick the topic and hear both sides of the story. Then you decide, will we ever see eye to eye?



Stifling a yawn, I glance over at the clock hanging on the wall of my office. Five o'clock! Yes! It's time to punch out and head to the mall. You see, I have to buy a new pair of running shoes. The ones I have just aren't cutting it anymore. In fact, they are barely staying on my feet. And a girl who was running behind me one morning commented on their appearance...and their smell. Yeah, at that point guys, it's time to suck it up and toss them out. I don't care how many miles you've jogged in them. You need new shoes, dude.

Well, the clocking out thing puts a smile on my face. But the shopping? Ugh. I can think of a million things I'd rather be doing. Like, um... standing in line at the DMV. A few minutes later, I'm on the freeway heading north toward Gateway. At least it's open air and Gateway has a huge sporting goods store. Just what I need!

I walk into the front doors, and nod at one of the clerks, noticing the huge scoreboard clock on the wall. No, I know what I'm looking for. Yes, I know where to find it, thanks. I make a beeline for the shoe department, quickly scanning the walls for the running shoes. Finding the section I want, I look over the selection. Something mostly white, with black and blue on it...or red even. Ah! There it is. An Adidas running shoe, perfect. I grab my size, not even bothering to try them on. They are just what I was looking for!

Sliding my credit card and driver's license out of my pocket, I make my way to the checkout counter. I glance up at that big clock on the wall that I had noticed on the way in. Wow, eight minutes in and out.

And they call shopping a sport. **by Jeremy Holm**



I take a long deep breath! What a day! I deserve a shopping trip. I get on the phone and call four of my friends who all say they need to relax too, so I pick them up and we head off.

We decide to start on the Nordstrom's side of University Mall and plan to go down toward Mervyn's, around and then back down to Meyer & Frank, and then walk back toward Nordstrom. We stop at every small store that carries anything that has to do with the five of us, and we look for the new products and rummage through a couple of sales.

Every time I go to the mall, I come in making a pact that I won't spend anything this time, because I've already got everything I need. But, when I get a cute shirt in my hands I think about the five new outfits I can make with the addition of this one top - totally worth it!

But by the time we get back up to Nordstrom I have four bags in hand. Inside? A new pair of shoes from Journey's, an Express skirt that I couldn't pass up, cute hair bands from Charlotte Russe, and the shirt I picked out from Banana Republic. I promise next time I won't spend anything, but now I just need one more pair of jeans!

exposure: Local Bands break out

foolish pete

Get more info at
foolishpete.com
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the Schooled Podcast at
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Photo by Amelia Nielson-Stowell



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Even though they call their music punk, Foolish Pete does more than shout between power chords. Taylor Cameron, Jordan Cameron (brothers) Jay Deher, Francis Rode and Leybas bring a new, refreshing twist to the punk genre. Since their creation three years ago, Foolish Pete has created in the words of Deher, "more than your typical three chord punk band." Everything from their melodic and often inspiring lyrics, to dynamic bass lines and limb flailing drum shows, set the band a step above what punk is typically considered.

Since their initial formation, the band roster has remained unchanged which is credited to their unique bond. "We're like a big family," Taylor said. "We practice well together, and we play well together."

It is with this lighthearted approach to their music that, no matter if a show is a crowd jumping success, or something less than they had hoped, their attitudes never get stuck in a rut.

"I think it is everyone's dream to become a professional musician," Deher said, but they understand that it is tough to make it, especially being based in Utah.

Unlike most bands though, they realize that they need to have more than just music going for them. That is why each one is either going to school or working professionally in great careers.

After a year of difficult but rewarding work, Foolish Pete released their first, self-titled album.

Understanding that success isn't based solely on a world-wide record label, their style shows that they enjoy each show as much as the crowd; anyone whose experienced one of their concerts knows, the crowd is always wild and the band is always jumping, displaying unique on-stage flare.

What are students talking about?

ATTACK

By Erin Delfoe

of the laundry snatchers!



LAUNDRY! It is a word that can evoke terror in millions of college students, especially those who have spent years throwing dirty clothes on the floor, only to find them clean and folded the next morning by the laundry fairy.

Even though it's probably something you don't think much about, that is until it's the end of the week and you're wearing your swimsuit because you ran out of underwear, laundry is very important, and there are some rules to follow to insure your laundry is clean and safe.

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Yea, you heard me, I said safe. Believe it or not, college students have to pay special attention to their laundry. If you don't keep close watch, someone could walk away with your brand new Juicy Couture sweat suit!

In fact, this very thing happened to me my sophomore year. I had just received some new, rather expensive clothes for my birthday, wore them, and took them to the laundry room in my apartment complex. Soon after my clothes started spinning, I left to study. Later, when I returned to put them in the dryer, I discovered about half my clothes were missing. I couldn't believe it!

My first thoughts were, "Ew, who would take someone's dirty clothes?" and then I wondered what would happen if they weren't my same size.

Later, after the initial shock wore-off I got mad, and thought, "What can I do so that this doesn't happen to me again?"

I realized I couldn't leave my clothes unattended in the laundry room, but I didn't have time to sit there and wait for them to finish.

So, to help all you busy students keep your clothes, here are some laundry safety tips. **S**



1. Treat the laundry room like the library.

Schedule time there as homework time.



2. Take turns.

Get all your roommates to do their laundry at the same time and then only one of you has to be there.

3. Meet your significant other.

There are always people going in and out of the laundry room. Use the time to meet new people.

4. Send it out.

Many laundry services come to your home, pick up your clothes and wash them for you. It costs a little extra, but saves you a lot of time and worry.

5. Do it at someone's house.

If you have family nearby, ask if you can do your laundry there. If not, make a friend with a washer and dryer.

What the Police have to say about laundry theft

Captain Michael Harroun of the University Police Dept. said that laundry nappers are seldom caught unless someone sees them in the act.

The best way to catch these criminals is to be aware. Keep your eyes peeled for anyone hanging around your laundry mat who looks suspicious and report them immediately.



after



I have a confession: My name is **Carolynn Duncan**, I'm 24, and the really shady news is that occasionally I pick up a fashion mag and think, hmmm.... Could I be a model? So, when I got the assignment from my editor at Schooled to undergo a makeover, secretly, you know that I was excited.

after



When I was asked to participate in a makeover I was a little apprehensive. The whole idea just seemed a little too feminine for me, and the fact that I didn't really know what a makeover involved didn't help. In the end, I was really happy with the results, and it wasn't as difficult as I thought.



I went to the New Leaf Day Spa and had my eyebrows waxed, had my makeup done and then had my hair cut and colored at the Renaissance Academie. The whole process took about seven hours, including taking photos — which was the hardest part. I may have looked like a supermodel (thanks to all who helped me!), but I hadn't had my supermodel lessons yet... It was a really fun experience to become glamorous for the day, and now I have lots of new secret hair and makeup tricks to pull out for those special occasions!

makeup



Tayva at the New Leaf Day Spa hooked me up with a much needed eyebrow wax. The whole process only took about five minutes, and the anticipation was much more unpleasant than the actual waxing- it really doesn't hurt that bad. My hair was colored, cut, and styled at the Renaissance Hair Salon. They gave me some mild, sunny highlights and a new do without making me look like a Backstreet Boys reject. After adding some new clothes, my transformation was complete. You can judge for yourself, but I'm definitely satisfied. From start to finish it only took about an hour and a half.

hair



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Avoiding the Fres

By Esther Harris



Photos by Dan Lund

The odds are like gambling in Las Vegas; every freshman plays the game. They see if they have what it takes, if they can beat the odds. Thousands have gone before them proving unsuccessful. It is like a curse that haunts the dorms. Run and hide guys and girls! You know what I'm talking about...it's the Freshman 15!!!

It seems inevitable that nearly every freshman is going to put on a little weight when they come to college. It's a combination of being away from home, irregular eating habits, and two big words: Dining Plus. Students have their choice of eating at Subway, Teriyaki Stix, Taco Bell, Jamba Juice, and the list goes on and on, not to even mention the college cafeteria, where many of our mindsets are to get your money's worth and eat all you can. There are so many options, yet so little room in your pants.

Having been a victim myself and having watched most of my roommates and friends fall into the habit and gain the Freshman 15, let me pass on a little advice. The biggest thing a freshman must realize in order to avoid the Freshman 15 is that the Cannon Center, Morris Center, or other college cafeterias, are not buffets. Of course, eat until you are full, but avoid overeating and filling up on the billions of dessert options. If you do want to try a lot of different food items, then take smaller portions. Remember to eat your vegetables and fruits, even though your mom is not around to watch you. What I miss the most about eating at the dorms (besides never having to cook for myself or having to wash dishes) is not the main courses but all of the sides, like the salad and fruit bars. Take advantage of it! When you move out on your own, you will hardly ever have selection like that. Cut back on the pop; drink milk, water, and juice instead. Also, be mindful of constant snacking. Sure it is easy to load up on candy bars and chips, but they are not going to fill you up and they will just be adding to the cushion in your seat.

Don't think that not eating will help you avoid gaining weight; it is terrible for your body and is not going to help as much as smart eating habits will. One way to start is by simply planning ahead. If you are going to be on campus all day, you are probably going to get hungry eventually. Instead of eating fast food everyday, pack lunches and snacks. These will provide energy, not to mention that packing a lunch will most likely be healthier and cheaper. If you are going to buy food on campus, buy some fruit or a bagel -- foods that are not loaded with grease.

Beware of vending machines! Sure they are convenient, fast, and everywhere, but they do not have the healthiest selection. If the vending machine is your only option, then try selecting food items that are healthier and more filling. Chips and cookies are delicious,



hman 15



but they are not going to get you through the day, nor will they be good weapons to fight against the Freshman 15. Of course, you should reward yourself every now and then, but do not let the time lapsing between now and then be merely a few minutes.

Another great tool to fight against gaining extra weight is to exercise. There are intramural teams to join and great gyms to work out in all over the Provo-Orem area. UVSC has an indoor track, dance rooms, indoor basketball, volleyball, racquetball, and a weight room. The Smith Fieldhouse has an indoor track that is open the majority of the day, as well as a weight room that is available to all BYU students with a valid ID. Take advantage of these resources and be active. Meet new people, eat your fruits and vegetables, and have a great freshman year!

ARE YOU AT RISK FOR THE "FRESHMAN 15"? (ANSWER YES/NO)

1. Do you regularly enjoy eating fried foods?
2. Is a meal incomplete without dessert?
3. Do you get "stressed out" easily?
4. Would you rather drive than walk to class?
5. Is your ideal meal pizza and soda?

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Utah R



Unless you are already into the sport, you may not know that Utah is home to some world-class rock climbing. If you take a hike through Maple, Little Cottonwood, or American Fork canyons on a sunny day, chances are you'll meet climbers from around the country and the world. If you take a trip to southern Utah, you're sure to run into a wide variety of characters coming to enjoy the sticky sandstone.

By Seth Kelley

Let me warn you right now: I'm trying to get you to try something that will very likely become addictive. Everyone that has come climbing with me once has wanted to come again, and many have invested in their own gear. OK, enough with the disclaimers, let's talk about climbing.

Climbing can be divided into several different categories, which include sport, trad (short for traditional), aid and spelunking. Ice climbing and more generalized forms of mountaineering also exist, but I've only got one page. Sport climbing is the most common type of climbing, and it's the way virtually all beginners learn. In sport climbing you are secured in a harness and attached to a rope that is secured at the top of the climb. There's a little more to it than that, but suffice it to say that when your forearms give out on you, you won't so much fall down as you will just swing out away from the wall. Don't worry, as soon as you're 30 feet up, your mind promptly forgets that you can't fall, and you get to experience that scared, panicky feeling.

All you really need to get started in climbing is an experienced friend -- climbing is not a solo sport! Those of you who don't know any climbers, don't despair. Go to the Quarry indoor climbing gym in Provo. For about \$15 and a signed waiver, you can rent the equipment, get an orientation and climb for a few hours. This

OCKS!

will give you the chance to find out how much fun it is to climb. When you realize that you're hooked, you'll be able to get the basic equipment needed for about \$150.

After you've gotten your feet wet, and your fingers bloody, you can try things like lead climbing, rappelling, and spelunking (climbing in caves). We all know Utah is great for winter sports, now it is time to get out and discover why it's world-class for rock. And whether you want to stick to the bunny hills or try the black diamonds, there is something to climb for everyone.

S

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Return to Glory

The New and Improved Cougars

By Seth Kelley

Whether you go to BYU or UVSC, there's a good chance you're a Cougar football fan (no disrespect to you Utes out there), and that you're looking forward to the upcoming season. It's been a tough road for BYU fans over the last few years. Offensive weakness has led to consecutive losing seasons, and who can forget the Cougars' first scoreless showing in decades, which came in the game against Utah two seasons ago.

For those who lament what seems like the lost greatness of a storied program, there is hope; after all, even the biggest programs go through a few lean seasons every now and then (cough, cough, Notre Dame ...). Some big changes have been made in the offseason that will have great impact on the upcoming season, and it's safe to say that this season will mark the beginning of a return to glory for the Cougars.

Let's start with the most visible change: the uniforms. Blue and gold is out, blue and white is in. The blue will remain dark, as opposed to the circa 1984 lighter blue we grew to love. The helmet will sport the traditional Y logo and vertical side stripes will adorn both jerseys and pants. The idea behind the change centers on the return to past glory and respect for the tradition of a great program. The new uniform is designed to galvanize the fans as well as the players themselves.

The biggest change is the new head coach, Bronco Mendenhall. The former defensive coordinator has done everything possible to create a new environment in which to build his team, from changing uniforms to making the players clean out their lockers. When asked what coach Mendenhall has changed, one player simply said, "Everything!" All coaches say that they require excellence from their players both on and off the field, but with Mendenhall -- it's the truth. He is a perfectionist that accepts nothing less than the absolute best from his players, and more importantly, he knows how to bring it out in them. Even before his team's first game the increased personal commitment of the players is evident: This is a team that wants to win.

Fans should expect a better record than last season's 5-6 finish, but don't hold your breath for a conference championship quite yet. We can plan to see the solid passing game continued, led by receiver Todd Watkins and quarterback John Beck. The real question will be whether a consistent fix for the running game will be able to strengthen what has been a one-dimensional offense. Another key change to watch is the addition of offensive coordinator Robert



Photo by Mark Philbrick/BYU

TOP: BYU practices for their upcoming season.
 BOTTOM: Get a sneak peek at BYU'S new (old) uniforms. Those of you who've been watching BYU football for a long time may recognize them.



Check out the calendar (p. 47) to find out when the Cougars play

Anae, whose leadership helped put Texas Tech at the top in yardage and scoring.

The Mountain West Conference offers some stiff competition this season. The Cougars will have to watch out for Wyoming, New Mexico, and probably TCU as well. Utah is slated to take the conference again this year, but we all know that doesn't mean much for the outcome of a rivalry game. Non conference play will be tough as well, home field will hopefully give the Cougars an edge in the game against Boston College, and Notre Dame will no doubt be the toughest test on the road.

Regardless of what the numbers say in December, this is certainly going to be an exciting season for BYU football. It has taken some time to get the program moving in the right direction since the retirement of Lavell Edwards, but with Bronco at the helm starting this season, it's easy to envision the rebirth of a top seeded program. And when that happens, Bo Diddleys beware. **S**



TOP: The Cougars new coach, Bronco Mendenhall gives some pointers during practice.

BOTTOM: The biggest change this season is the new head coach, Bronco Mendenhall.



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Celebrity

What's it like being the son of someone famous?

By Traci D. Marinos

What is it about seeing someone famous that gets everyone so excited? Even here in Happy Valley there are reports of celebrity sightings -- well, maybe pseudo celebrity sightings.

Schooled Magazine has been lucky enough to have Don Osmond, son of Donny Osmond, on our staff. We used our connections to find out what the real life of a celebrity family is truly like.

Don just graduated from BYU last month and attended UVSC as well. He is amazingly normal and well-rounded. There seems to be no hint of him being tainted by the fame. We asked him about it anyway.

TOP: Don Osmond plays the drums in a family tour last year in London.

BOTTOM: L) Don
C) Donny and
R) Jeremy Osmond play during the concert.



Kids



Top: L) Jeremy C) Donny and R) Don do sound checks before the concert.

BOTTOM: Don and Donny messing around during rehearsal.



SM: Did you ever wish you didn't look so much like your dad?

Don: No, he's a good-looking guy. It is difficult to be a clone because certain people expect me to perform like he does.

SM: Do you perform?

Don: Actually, I play back-up percussion for my dad sometimes. We just ended a tour in England.

SM: Do you go on tour with your dad a lot?

Don: We used to when we were younger. Our whole family would go. It is harder to do now that we are getting older. There are only two boys left at home.

SM: How many Osmond boys are there?

Don: There are five of us. I'm 25. The others are 23, 20, 14 and seven.

SM: Wow, that's a basketball team!

Don: The funny thing is that none of us play basketball. We are all more interested in arts, skateboarding and four-wheeling.

SM: So tell me what a typical Saturday would be like at the Osmond home.

Don: We do what everyone else does. Mom's in the garden, dad is usually in the studio working on music. The boys are hanging out with our cousins and I'm usually on the phone trying to get a date.

SM: Is that tough for you? Are you picky?

Don: I just want someone like my mom. Someone who is driven, motivated, passionate about things they do, can carry on a deep conversation, has a strong testimony and can feel

comfortable just hanging out with me. Is that picky?

SM: So your mom is pretty great?

Don: She's amazing. She's been able to raise five boys basically by herself. She's the rock of our family.

SM: What is the greatest lesson you've learned from your dad?

Don: To be a hard worker. He never stops.

SM: What advice does your dad give you?

Don: To be true to my standards and myself. And to be a hard worker.

SM: What is the funniest thing that has happened to you due to your dad's fame?

Don: It would probably have to be when the Today Show came early one morning to interview my dad. I just woke up and went to the kitchen to get a bowl of cereal in my T-shirt and shorts. I just walked in the middle of the interview.

SM: What is the one thing about your dad's fame you could do without?

Don: The purple socks we could do without, everyone needs to forget about that phase.

(continued)

The purple socks were only a brief phase in a very long career for Donny Osmond. Donny has been performing in public since he was about six years old. He has just completed his 54th album, the first that he has written and produced himself. He visited with Schooled from his studio at his home in Provo.

SM: We have all been so impressed with your son. If it weren't for his Osmond looks, you would never know who his dad was.

Donny: Thanks, we kinda like him too.

SM: How have you and your wife been able to keep your kids so grounded?



TOP: Donny and Don right before going on stage.



BOTTOM: Don and Donny in their tour bus.

Donny:

Church has a lot to do with it – and my wife. She is the stabilizing factor in our lives. We've been married for over 27 years and she's kept it together.

SM: So do you try to go to church even when you are on the road?

Donny: We've tried to over the years. We sneak in right after it starts and try to slip out before it is over. We just hope the front row isn't the only pew open; it's a little intimidating for the speakers.

SM: Don told me that your family has tried to stay pretty much like other families here in Utah, like holding church callings. What are some of the callings that you've had in your home ward?

Donny: When I attended BYU years ago, I was actually in the bishopric. I've done everything from being a primary

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teacher to a gospel doctrine teacher. Right now, I'm a substitute in primary.

SM: So you've stayed connected with the younger children. I know your second oldest son is having a baby soon. How do you feel about being a grandfather at 47?

Donny: Fantastic! I'm glad they live close enough where I can spoil the grandbaby. Toys, toys and more toys.

SM: Is that the same philosophy you use with your own kids?

Donny: Actually, our philosophy in raising our boys has been to teach them correct principles and let them govern themselves. There are three things that are important in raising children: Make sure they know they are loved. Make sure there are guidelines and rules. Then the parents have to allow their children to own those principles and leave them alone. This is a key element in trust.

SM: Has it been a challenge to raise your family in the public eye?

Donny: We've tried to keep them isolated from the public eye. We decided to never have our children photographed. I don't want to exploit my children for the sake of publicity. We've been fortunate not to have to deal with the paparazzi.

SM: Do you worry about your children being bothered?

Donny: We just make sure we are always connected. Cell phones are a great way for parents to always be in touch with their kids.

SM: Do your fans stay connected with you through your website (DONNY.COM)?

Donny: I get about a million hits a year. It's amazing. From my website, I get thousands of e-mails every month asking questions about the LDS faith.

SM: Thanks for answering all of our questions. One last one, what is your greatest hope and desire for your boys?

Donny: Temple marriage.

S

BOTTOM: The band takes a bow at the end of the show.



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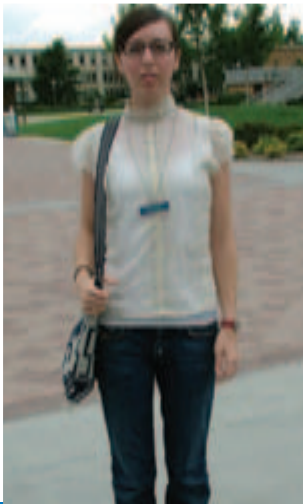
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RUMORED

CELEBRITY sightings

We know for sure the Osmonds are in the valley, but there are always rumors floating around of other "celebrity sightings." Some are:

Gary Coleman from "Different Strokes" is said to be residing in Utah County.

Austin Ainge, Danny Ainge's son, goes to BYU.

The Marriott sisters, Marriott as in the hotel, attend BYU.

Ashlee Ashby, she was just on (and booted off) the last season of Survivor, attends BYU.

Jon Peter Lewis, former American Idol contestant (season 3), just starred in BYU's musical, "The Music Man."

Morgan from Laguna Beach. MTV is doing a second season and Morgan will be on it (again). She lives in Provo and works at a salon.

Miss Utah also goes to BYU. Her name is **Marin Poole**.

Someone else that is a BYU alumni, is **Shawn Nelson**. He is the founder of Love Sac and won Richard Branson's (Virgin Records) reality TV show "Rebel Billionaire".

Carmen Rasmusen goes to BYU.

Craig Edward Romney, the youngest son of Governor Mitt Romney is at BYU.

Robert Redford lives in Sundance.

Julie's (from the real world) brother **Alan Stoffer** goes to BYU.

Chelsea Hertford from "Major Dad" in the 80's goes to BYU.

Aulani Rodgers, daughter of Doug Rodgers who played for the 49ers attends BYU.



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Ways to be

5 Fashionably Frugal

By Erin Delfoe

Attending college is expensive with a capital “E”! Many of us work nonstop and still have to take out loans to make it work. Add food, housing and utilities on top of that, and there isn’t much money left over for anything else; let alone a new wardrobe. Doesn’t it kind of make you wish you were still living at home, where mom bought you new school clothes every year?



You’re in luck; I’m here to help. In order to keep you from going through “new school clothes withdrawals,” I have put together some tips to keep you hip and stylish without taking out another student loan. So, if your parents cut you off when you left home, read on.

1 *Borrow, Borrow, Borrow*

One great and sometimes terrible thing you get when you go to college is roommates. Even if yours are CRAZY, they come with a little perk called clothes. So, try to overlook the strange smelling food and messy room so you can keep an open closet policy in your apartment.



If all else fails, check your friend's closet!

2 *Reinvent*

If you are unfortunate enough to have a crazy and unstylish roommate, I am truly sorry, but you do have a few other options to improve your wardrobe. Try embellishing or altering clothes you already have. For example, create new jeans by sewing on sequins, ironing on creative patches, or my favorite -- cut a slit up the bottom of each leg and sew some colorful fabric underneath. This way when you walk, it will peek through.

You can also embellish shirts with iron-on decals or sew a scarf along the bottom and tie it on the side (this also helps if your shirt isn't long enough). The main thing is, BE CREATIVE. Many things you see in fashion magazines can be recreated with a little imagination.

3 *Trade*

If your clothes are just too far gone to reinvent, or you don't have a creative bone in your body, try trading them in. There are many stores, especially close to college towns, that will take old clothes and either give you cash, or in-store credit. Just be forewarned that most stores won't take just anything.

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4 *Accessorize*

It's amazing how a necklace, a bag, or some cool shoes can totally transform a ho-hum outfit. You can find great costume jewelry at secondhand stores like DI, or inexpensive stores like Claire's. Bags can be expensive, but you can find designer look-a-likes at stores like Target or TJ Max. If even Target is out of your budget, try sewing your own. Simply find a funky fabric, cut out a rectangle the size of the bag you want, fold it in half, and sew up two sides. You can buy a handle at any craft store to attach; then embellish, and you are good to go.

5 *Buy something new*

If you just really need something new, SHOP THE SALE RACKS! You can find lots of great stuff for half the price.

Just remember, you don't have to have your dad's credit card to afford great clothes, but if he offers it, I wouldn't turn it down!

S

I'm so excited about putting my life in order and getting fit! As you can see by my horrific before picture (you don't know what it took for me to put it on there), I haven't been taking care of myself at all. Over the last two years, I stopped my daily workout and gained 25 pounds. I got good grades and made lots of money at my job, but looking back, it wouldn't have killed me to take more time for myself to workout and stay healthy.

Before



Deborah Taylor

Current stats

Height: 5,10
Weight: 180.5lb
Body Fat: 32%

Goals

Weight: 150 lb
Body Fat: 17%

Last week, I met with Jed Hanson from Fitness Pros who is one of the best fitness trainers in Utah. He hooked me up to a couple of machines to figure out where my body is at this point. We did an Electrolipogram Analysis (a.k.a. Lean Body Mass Analyzer, ELGR) which told me what my body composition is.

We also did full body measurements, and he hooked me up to a breathalyzer that tests your resting metabolic rate- or the number of calories you burn while you're at rest. I only had 1510 -which means that I won't be able to eat any high calorie foods anymore- because I would spend it all in one shot! After doing these tests and a flexibility test, I also got back a 25 page book that told me exactly how my body works- which I'll use to decide what exercises I need to be doing, and what I need to be eating.

One really important thing that I learned from Jed is that it takes 18 days to develop a habit and it takes three days of not doing that habit to lose the effectiveness of it. I need to keep myself going- no matter how bad it sucks the first little while so I can get myself fit! I'm excited for my after picture and to work with you as part of the Schooled Team in the next five months. I have a long way to go from this point, but I'm ready! Look for me at the gym, I'll be working hard!



Ingredients for a successful fitness program

There are three components, or ingredients of a balanced fitness program.

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3. Flexibility

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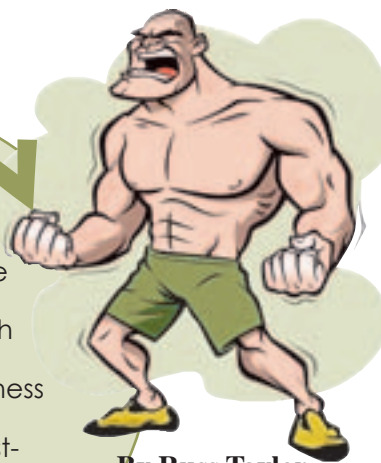
So, join our fitness challenge. We can help you develop a plan specific to your needs and give you support along the way!

Jed D. Hanson
Personal Trainer

Work out like a

MAN

If you're like me, you played sports in high school, and when you started college the excuse for working out was too much homework, a job and of course dating. I have given myself enough excuses... that is why I am going through a five-month transition with the Schooled Team and Fitness Pros. I'm pumped about losing weight, building more muscle and getting fit. I'm going to be posting the workout Fitness Pros gives me online weekly at www.schooledmagazine.com. You can use my workouts, or enhance them for your own body and schedule. Just remember- fight the excuses!



By Russ Taylor

Join the "Get Schooled with Fitness Pros" team and get in the best shape of your life!

Make sure and pick up next month's issue of Schooled Magazine to find out how you can join Deborah and Erin in their fitness makeovers.

I have always been active. In high school I played every sport and took pride in the fact that I could beat all my guy friends in any food eating contest. Unfortunately, after I left for college, my activity level slowed down considerably, but my appetite did not. I gained about 20 pounds my freshman year of college and felt miserable. I got a gym membership, and started exercising, but I wasn't getting any results. I would sometimes exercise two hours a day, and still nothing. Finally, I did some research and learned a little about nutrition. I started eating healthier, and slowly started noticing some of my weight coming off. Now I'm stuck, and I've been stuck for about a year. I have lost 10 pounds, but just can't seem to get that last 15 off. That's where Jed comes in. He is going to help me break my plateau, and I promise to share all his little secrets with all of you!

I have already met with him where he performed a fitness evaluation on me (everyone needs to get this done) and part of that was assessing my strength. It was bleek, but I managed to crank out 20 pushups in a minute! (OK they were girl ones) and I learned that I really need to strengthen my back so I have better posture. In fact, I learned so many cool things that I don't have room to write them all. So, make sure you check out our website to get more info from me, Deborah and Jed and you can make your body over right along with us!

Jed Hanson, the owner of Fitness Pros is one of the best fitness trainers in Utah. Currently he is the Head Strength & Conditioning Coach for the UVSC Hockey Team and he's the Corporate Trainer for Tahitian Noni. Jed is a Post-Rehab Conditioning Specialist (P.R.C.S.), Certified Personal Trainer (C.P.T.), Certified Reboundologist (C.R.), and a Larry Scott Certified Trainer (L.S.C.T.). Over the past few years, Jed has trained several Mrs. & Ms. Utah's, been the Head Strength & Conditioning Coach for the BYU Ice Cats, and has worked with Nu Skin and Nature Sunshine. Jed has been in the fitness business for 25 years and specializes in Women's Fitness

Before



Erin Delfoe

Current stats
Height: 5,6
Weight: 132 lb
Body Fat: 22%

Goals
Weight: 117
Body Fat: 12%

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HOW TO FIND A JOB THAT **PAYS GREAT**

Finding a great job, like dating, is about salesmanship, volume and persistence. It has nothing to do with brainpower, skills or opportunities — it's all about the numbers! By Carolynn Duncan

For example, there are tons of minimum wage jobs in Provo. But there aren't as many students who are willing and excited to do these jobs. So, you can always find a fast food job, no matter when you look, because let's face it, it's a job nobody wants.

In your quest for more-than-\$5.50/hour employment, you need to consider that you are going to be looking for that perfect opportunity! Looking in the classified ads in the BYU Daily Universe is not the kind of effort that is going to present you with that kind of fabulous job, just waiting for you. So you need to go out and find it.

How do you find a job that may or may not exist? And, more than that, which will pay you more than you may be worth?

First, figure out what you want to do. And be specific! "Seeking a job that pays more than \$5.50/hour," although a great financial goal, is not the kind of occupational objective that you want to list on a resume. "Seeking a copy editing job at a small fiction publishing house," makes you sound more like a motivated, career-savvy candidate. When you are competing with potentially every BYU student on campus for that one fabulous job, you need all the advantages you can get!

S

Second, get online or get a phonebook and make a list of 20 or 30 companies that do business in the area you want to work. For example, if you are looking for an editing job, list fiction publishers, newspapers, magazines, student publications, educational groups, etc. Get their contact information and make sure to find their website.

Third, begin to research each company. Get a copy of the company mission statement and write a cover letter that says, "I will fulfill your company's mission in every way possible..."

Fourth, take that snazzy cover letter, and your souped-up resume that boasts your amazing qualities (don't lie, but brag shamelessly), and visit every company on your list **IN PERSON**. Put those documents into the hands of the actual person who has the ability to hire you, flatter them and then call them every week until they give you an opportunity. After you've visited 15 companies, feel free to sit back and watch the magic begin.

It's a foolproof system. You **WILL** get a job that you like and that pays great!

Before you can't take it anymore, here's where to go to get help finding a great job:

1. Utah Department of Workforce Services website: jobs.utah.gov (has a daily updated list of jobs), Provo office: 1550 N. 200 West, 342-2600.

2. BYU Student employment website: <http://jobs.byu.edu/> 422-3561, Room 2024 of the Wilkinson Student Center.

3. UVSC Student employment info website: <http://www.uvsc.edu/csse/>, 863-8395, Room AD 113.

4. UVSC Student Job Board website: <https://myinterfase.com/uvsc/student/>

5. LDS Employment Provo Office: Phone 818-6161 702 West Columbia Ln. (in the same building as D.I.).

6. Daily Herald Employment classified-jobs website: http://www.heraldextra.com/classifieds_jobs.php



The summer rush to make and save money for the up and coming school year is now officially over. However, if you find yourself coming up short because the minimum wage is too optimistic about your spending habits, remember there are loans and grants. It can be intimidating and tricky to know where to go to apply for grants and loans. Here is a short list of just a few easy and nonthreatening places to go and learn more:

www.students.gov (Go under scholarships and grants)
www.govloans.gov
www.firstgov.gov
www.keys-2-knowledge.com/funding.htm
saas.byu.edu/depts/finaid/loans.aspx



A Day in the life of:

By Bonnie Boyd

Fashion Designer Amber Pratt

SM: What do you do?

AP: I am 23 and work as the assistant designer for junior dresses at a company called Volume One. We are centered in Los Angeles. We sell to big retailers like Nordstrom, Charlotte Russe, Urban Outfitters, JC Penny, Mervyn's and Target. I love my career; it has afforded me a fun, fashionable life meeting famous people in L.A.

SM: How did you get started and eventually end up where you are today?

AP: I have always loved fashion; you know you are going to make it if you have the passion for it. After high school, I went to a fashion school where I did an internship. I did a lot of networking at trade shows where I met friends. I started at the bottom of the totem pole and am working my way up.

SM: How much does a career like this pay?

AP: Income depends on position and the company but an average assistant makes about \$2,500 a month here in L.A. A designer with five years of experience usually makes anywhere from \$52,000 a year and up.

SM: There are obvious perks but what are your favorites?

AP: I love how a real part of my job is to shop and look at magazines. I go

out to Los Feliz or Eco Park where all the hip boutiques are and take pictures and sketch clothing notes. I actually once got in trouble for sketching. Designers can be very paranoid about their designs, but everyone copies off of everyone else.

SM: What advice would you give someone who has thought about a career in fashion design?

AP: Like I've said before, if you have the passion you will make it. Even if you're not as creative as everyone else is. If you are willing to work really hard your drive will get you through and you will learn and become successful.



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- \$ L B Bartlow Insurance Inc
- \$ Provo City
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- \$ Macey's Inc
- \$ Nu Skin International Inc
- \$ Orem City
- \$ My Family.Com Inc
- \$ Sento Technical Innovations
- \$ Target (Orem)
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- \$ Mimi's Cafe
- \$ Intermountain Health Care
- \$ Los Hermanos
- \$ Romano's Macaroni Grill
- \$ Ruby River Steak House
- \$ Sizzler

Provo City website: <http://www.provo.org> or <http://provo.areaconnect.com/restaurants/>



SHOW ME YOUR RIDE

By Russ Taylor

1



Before

After

2



2

3



After

4



►► Schooled Magazine has hooked up with Automotive Restyling Associates of Provo (A.R.A.) located on 1380 N. State Street to bring you the ultimate transformation. We have taken a stock black 97' Honda Civic and done more than just put on some hubcap spinners... yeah, people actually put those on their cars. Look and see what we have done to this ride and watch for our next issue as we start Project 3.

- 1) Exterior: For parties and of course class, A.R.A. put on 16 inch wheels, Euro taillights, fog lamps, and a rear spoiler to make sure to arrive in style. Then they dropped the car three inches and added on an aluminum upper strut bar in the front and rear to help with the cornering.
- 2) Audio And Oh Yes, Video: A.R.A. dropped in an audio system with two-10" subs, a 600 watt amp, as well as 6"x9" and 5 1/4" component speakers to make one banging system. But wait, there's more. A.R.A. completely surprised us with the video addition to the Civic. This deluxe video system comes with two 7" headrest monitors for the passengers in the back and they couldn't forget the driver and shotgun so they installed two 5" monitors in the sun visors plus video game inputs and a DVD player. Yeah, this car rocks!
- 3) Interior: Where do we start? A.R.A. took the interior of this Civic to the next level. We were expecting the usual and they went with the extraordinary. They started by changing the boring cloth to sweet two-tone black and charcoal leather seats and added seat warmers for the driver and passenger (It gets freaking cold in Utah.) Then they installed a short shifter and illuminated gauges.
- 4) Engine: Schooled wanted the car to be fast, so A.R.A. installed a cool air intake and exhaust manifold. Once they got the engine performing better they decided to spice up the engine by adding Mugen valve covers and a yellow and chrome dress kit.

Check out this ride!

Owners: Doug Crookston, BYU student, and Ricky Cook, UVSC student.



Specs: '82 Oldsmobile Diesel
Snow Leopard & Red Silk Interior
Dance Pole
12" Rockford Fosgate Tow Package
Gold Trim Dash
Gold Engine
Interior Plush (padded with sofa cushions)

Bought for \$100
Put about \$600 worth of stuff into it- including stereo, new interior, and 16 cans of gold spray paint, and numerous cans of red spray paint



The Cars Website:
www.lostparagon.com
Photos by Amelia Nielsen-Stowell

Watch for Project 3

Watch for the next issue of Schooled when we take a stock 2004 Mazda 3 and let A.R.A. hook up this ride.



Show Me Your Ride

Schooled wants to see your ride!
Submit your car's pictures and specs to:
schooledmagazine@fusionofideas.com.

This ride was restyled by A.R.A. with a special
Schooled thanks to Discount Tire,
Riverside Collision, Katzkin, Gary Meadors,
Clint Barnes, Ron Fox and the man behind
the pimpage, Bill Shields.

Arrive in Style!

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Do you think anyone can tell I'm not Asian?

3

1

2



4



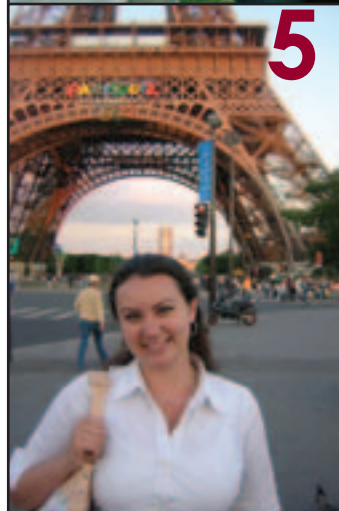
7



8

On location

5



6



10



9



I totally should have been a rock star!

11



12



13



1. Luis Castro, Erin Delfoe, Chelsea Knight, Richard Oto, Russ Taylor at the SXC photo shoot. (see pg. 5)

2. Seth Kelley rock climbing with friend Richard in Rock Canyon. (See Utah Rocks on pg. 28-29)

3. Allayna and friend Jules hanging out at Parkway Crossing.

4. Stephanie Fowers at a book signing in Kennewick, Washington for her book, "Rules of Engagement."

5. Bonnie Boyd doing research for her "fashion show article" at the Eiffel Tower in Paris!

6. Russ and Deborah at their BYU 9th Ward Team Intramural Softball game! Make sure and sign up for the Schooled intramural team at your school.

7. Carolyn Duncan longboarding on Center St.
8. Team "Schooled Magazine" in Provo & Orem's "Relay for Life." Senior Writer, Amy West represented Schooled.

9. Erin Delfoe and Dan Lund at the "Lose the Freshman 15" photo shoot at BYU.

10. McKay Salisbury at the Cyberathlete Professional League World Tour Summer Championships playing against the CPL 3-time champion.

11. Erin trying to be the "model" for our Pizza Doc's ad, the real model didn't show up.

12. Traci Marinos hanging out with Foolish Pete.

13. Amelia Stowell and Debbie Taylor at Something Local Summer Bash at Hollywood Juice Cafe.

September

Sun.	Mon.	Tues.	Wed.	Thurs.	Friday	Saturday
				1 Schooled Magazine On Your Doorstep! BYU Women's Volleyball UVSC Women's Volleyball BYU Free Movie Night	2 BYU Women's Soccer BYU Women's Volleyball BYU Duo Piano Recital "The King & I" Play Comedy Sportz Download Schooled Podcast @ schooledmagazine.com	3 BYU Football Orem Owlz Baseball Tori Amos Concert "The King & I" Play Comedy Sportz
4	5 No School! Labor Day Holiday! BYU Women's Soccer	6	7 Jonny Lang Concert Jesse McCartney Concert	8 BYUGSA Fall Fair BYU Piano Duo Recital	9 BYU Women's Soccer Bells on Temple Square "Annie Get Your Gun" Play Comedy Sportz	10 BYU Football Bells on Temple Square UVSC Women's Soccer "Annie Get Your Gun" Play Comedy Sportz
11 Seether/Crossfade Concert	12 BYU Women's Soccer Interpol Concert	13 Natalie Cole Concert Loggins & Messina Concert	14 Hoobastank Concert	15 BYU Dollar Movie STYX & REO Speedwagon Concert	16 BYU Dollar Movie Keith Urban Concert UVSC Women's Volleyball "Annie Get Your Gun" Play Comedy Sportz Download Schooled Podcast @ schooledmagazine.com	17 The Bridal Fair 6:00 pm Schooled Extreme Challenge (SXC) at Seven Peaks 9:00 pm SXC After Party at Seven Peaks
18 Ultimate Combat Experience		20 BYU Basson Concert UVSC Women's Volleyball	21 "Fuenteovejuna" Play Opening Night "Hamlet" Play World of Dance Green Day & Jimmy Eat World Concert	22 "Hamlet" Play World of Dance	23 BYU Women's Soccer World of Dance BYU Dollar Movie "Hamlet" Play "Annie Get Your Gun" Play Comedy Sportz	24 BYU Football Martial Arts Super Show BYU Dollar Movie LDS General Relief Society Meeting Battle of the Bands BYU Women's Soccer "Hamlet" Play "Annie Get Your Gun" Play Comedy Sportz
25	26 "Iphigenia at Aulis" Play UVSC Women's Soccer	27 Jazz Concert UVSC Women's Volleyball	28 BYU Women's Volleyball Ringling Bros B&B Circus	29 BYU Instrumental Showcase Ringling Bros B&B Circus	30 BYU Women's Volleyball BYU Baritone Recital Ringling Bros B&B Circus "Annie Get Your Gun" Play Comedy Sportz	1 October LDS General Conference LDS General Priesthood Meeting BYU Football Game Ringling Bros B&B Circus "Annie Get Your Gun" Play Comedy Sportz
2 LDS General Conference	3	4	5 Schooled Magazine On Your Doorstep! My Chemical Romance Concert UVSC Women's Soccer	6		

For event locations and times check out schooledmagazine.com
(Submit your event too!)



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