

volume 1 - april 2008

Rertainment

Proving false the age-old saying, "There's nothing to do in Rexburg."

Volcanoes

Idaho wasn't always this cold

pg. 10

A stark contrast of activities:

Outdoors pg. 28

Indoors pg. 32

Best Date Ever

Investigate a murder

pg. 21

Local Outdoor

Attractions

pg. 18

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Feature



- 10** **Rediscovering Idaho's Geothermal History**
Few know of Idaho's ancient history, even though it is still visible all around us. Learn about Idaho's volcanoes and how a world of history lies only hours away.

Idaho Attractions



- 14** **"I Wonder Why They Call it Chicken-out Ridge..."**
Plan for a crazy and thrilling day trip and head for Mount Borah.
- 18** **Oh, the Places You'll Go (near Rexburg)**
Mesa Falls, Warm River Train Tunnel, Bear Gulch, oh my!

More than Dinner and a Movie



- 21** **A Night of Murder**
The key to an ultimate date night lies in this fun-filled murder mystery game.
- 24** **The Best Date Ideas Ever**
There's unique and fun ideas here!
- 26** **Living Room Camping**
Braving the wilds of the living room, one night at a time.

BYU-Idaho



- 28 **The Great Outdoors**
The gateway to outdoor activities lies with the Outdoor Resource Center.

Fun Without the Sun



- 32 **The Great Indoors**
Who says being indoors is boring? Find things to do in your very apartment.
- 34 **Avoid Cabin Fever—Go to the List**
Contrary to popular belief, there are a lot of things you can find to do both indoors and outdoors that are cheap and fun.

Snow!



- 36 **Not Your Usual Outdoor Activities**
Snow angels are a thing of the past.

Thinking Outside the Box



- 38 **Advice and Stories**
Pointers and reminiscing always help in getting the creative juices flowing. Read these personal accounts for information and unique activity ideas.

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Is your wardrobe ready?



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*A special thanks to those who participated and made Rextainment possible.
Thank you for this opportunity, Brother Keller.*

Summer is when Snow really tastes good...



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Letter from the Editor

Welcome to our readers!

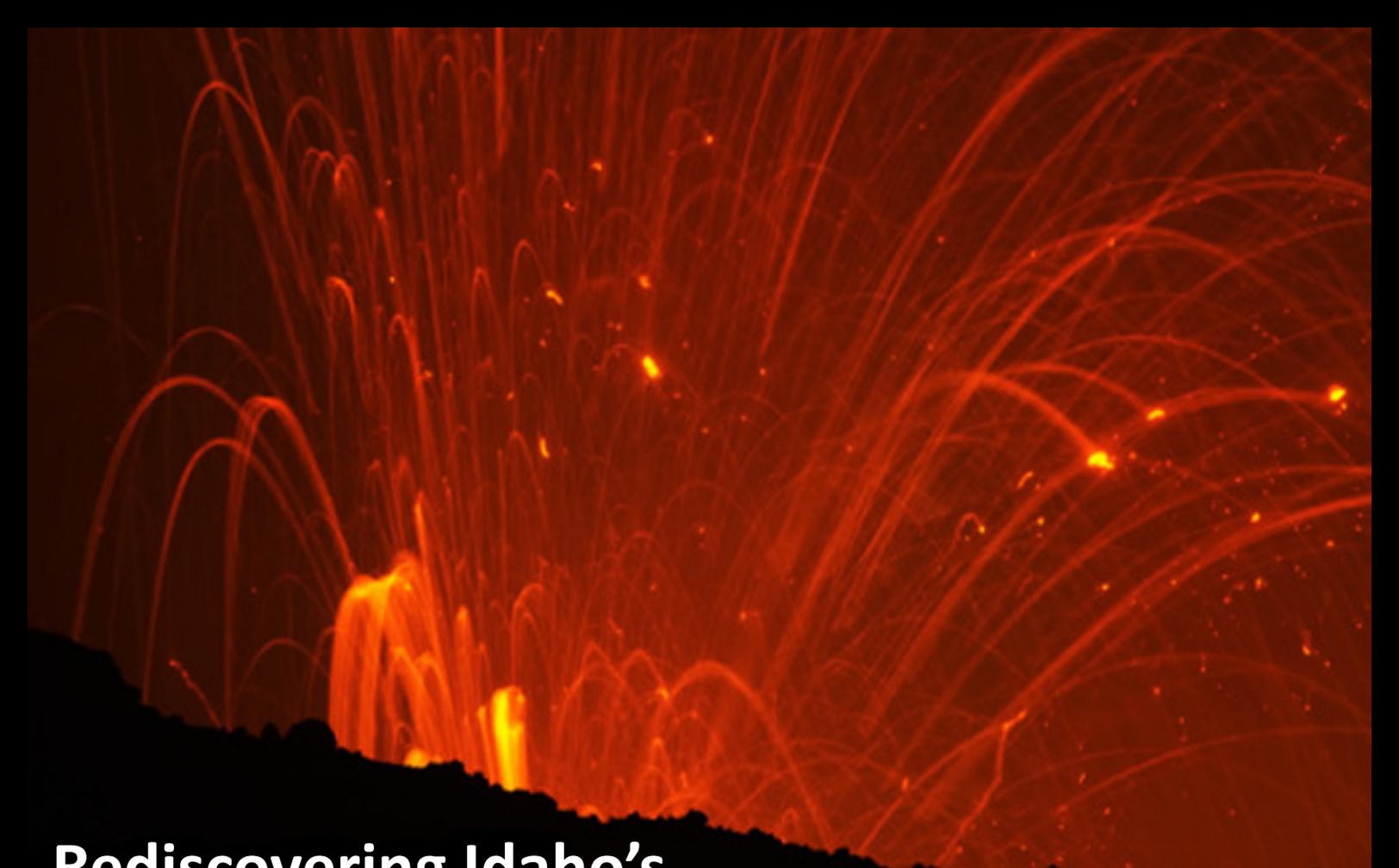


As Editor-in-Chief of Rextainment, it is my hope that you will find our articles both insightful and applicable in your everyday lives. The goal of Rextainment is to delve into Rexburg life and explore this town as something more than a confining location. There is a thriving community full of potential for activities and fun, just waiting for those of us with an adventurous mind. We look for anything and everything that is not your typical activity to be found in Rexburg, and we want you to know about it. This cozy town is not restricted to dinner-and-a-movie dates; all one needs to do is take into account the many resources offered locally.

With the placement of BYU-Idaho, Rexburg is something more than a backwater town; it is full of even more activities to be done. I encourage you as you read the thoughts of our writers to keep an open mind. If there is an idea that catches your eye that you think would work better in a different way, do not hesitate to adapt the suggestions contained herein.

Rextainment is meant as another way to empower the local residents of Rexburg into rediscovering why people live here.

*Have fun,
Ryan Goodrich*



Rediscovering Idaho's

GEOHERMAL HISTORY

By Nauvoo Publishing

As the weekend hits, books are dropped, homework is ditched, and students start getting ready for a little prime time fun. Then the cries start echoing across campus: "what are we going to do this weekend?" Any ideas? It often seems that the most common complaint for BYU-I students is that there's nothing to do in Rexburg. Students don't have much money, so a lot of effort is spent looking for inexpensive, yet amazingly fun activities for a Friday night. Rather than looking to your local movie rental place for that coveted activity, why not look out the window and realize the amazing natural wonders that Idaho has to offer?

Millions of years ago, Idaho was covered in volcanoes. This state sat on a hot bed of molten rock and super-heated gases. So what, you may say. Who cares about volcanoes that went extinct millions of years ago? Anyone searching for a little adventure and a new way to spend a Friday night will care. Idaho's volcanoes left behind scores of geological wonders to explore that are both inexpensive and exciting. So, rather than letting out that familiar cry next Friday night, get in your car and drive a few minutes to see one of Idaho's geological wonders.

Hot Springs Haven

Although it may seem that water is more appropriate for summer fun, hot water provides fantastic fun during the cold winter months as well.

Hot springs are formed when rain and other surface water seeps into cracks in the earth's crust. It is then heated by underground rock and magma—the deeper the crack, the higher the temperature of the water. The water eventually finds its way back to the surface and spouts out as a hot spring. This process allows hot springs to often pick up a variety of minerals such as sulfur, silica, calcium, lithium, potassium, ammonia, phosphate and even radium.

Because of the vast array of minerals in the water, many people visit hot springs singularly for their therapeutic properties. Many believe that regularly soaking will help alleviate arthritis, while drinking the water will be beneficial in rejuvenating bodily functions. Not only are hot springs enjoyable to chase away the cold, they're good for your health!

Three main hot springs operate around Rexburg. All three are inexpensive and easy to find. The first is Green Canyon Hot Springs. Green Canyon was opened in 1903 and offers two pools—one indoor at a constant

96 degrees and one outdoor at around 105 degrees Fahrenheit. Green Canyon has the reputation of being fun for families of all ages.

Another local hot spring is Heise Hot Springs. Heise is a year-round resort located just 20 minutes away from Rexburg in Ririe, Idaho. The fresh water pool sits at a heavenly 92 degrees, and the natural mineral pool reaches temperatures around 105 degrees. The facility has golfing and fishing, as well as a wall dedicated to the history of the area for those who are interested.

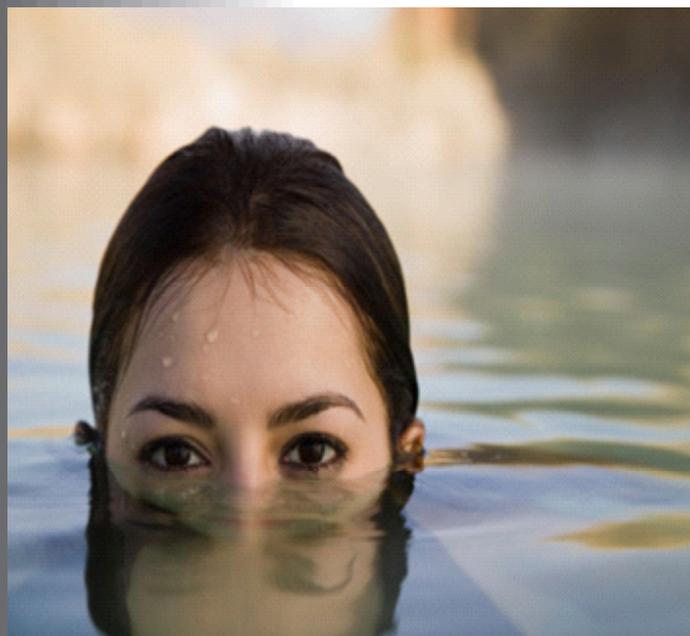
The last of the three locations, Lava Hot Springs, gives weary travelers a chance to kick their feet up and enjoy the warmth. Although Lava Hot Springs is the furthest from Rexburg (located just south of Pocatello) it has, by far, the nicest facility. Lava has 5 hot pools ranging from approximately 102-112 degrees Fahrenheit. Over 3 million gallons of water a day course through the

springs and are diverted into the Portneuf River, keeping the springs ever changing and clean. Lava also features a licensed massage therapist for an exceptionally relaxing experience.

Hot Springs are just one great way to appreciate natural phenomenon that are readily available in Idaho's southeast quarter. All three hot springs mentioned have excellent facilities, and are both accessible and affordable.

“This is heaven, or as close to it as you can get on Earth. I’ve been to every hot springs from Mexico to Canada... It sort of recharges your batteries.”

—James Ahola, hot springs enthusiast



Winter Hours & Rates		
Hot Spring	Rates	Hours
Lava	Adult: \$5.50 Child: Varies	S-Th: 9AM-10PM Fr-Sa: 9AM-11PM
Green Canyon	Adult: \$4.75 Infant: \$2.00	Fri: 6-9 PM Sat: 12-9 PM
Heise	Adult: \$8.00 Child: \$4.50	M-F: 2PM-10PM Sa-S: 10AM-10PM

Yellowstone

Yellowstone National Park is one of the best ways for people today to witness the untamed wilderness that America once was. Yellowstone is the oldest park in the United States. It is located primarily in the northwest corner of Wyoming, but also overlaps onto both Montana and Idaho. The park is comprised mostly of forested, volcanic upland that has gradually eroded for thousands of years by glaciations and stream flow. Flanking the park on the north, east, and



Yellowstone offers park passes from \$10-\$50

south are mountain ranges such as the Gallatins, the Tetons, and the Absarokas. The Continental Divide passes through the park from the southeastern corner to its western boundary line. The elevation of the park averages 8,000 feet, ranging from 5,282 feet in the north to 11,358 on the mountains of the east side.

The principle appeal of this park is the plethora of geological wonders; Yellowstone is one of the most geologically active lands on the planet. The park's restless geology has created numerous geysers, hot springs, Fumaroles (also called steam vents), and mud pots for visitors to view and enjoy.

Fumaroles, or steam vents hiss rather than spit water into the air. Steam vents are created when magma heated water turns to steam underground

and rushes for the surface with enough pressure to create a hissing sound from its depths. Mud pots are pits of geothermally heated mud that may bubble or even spit into the air like a geyser. Mud pots have a distinct smell that comes from sulfur gas. The presence of sulfur distinguishes mud pits from hot springs.

Of all its geological wonders, however, Yellowstone is most famous for its geysers. Although impressive, geysers are only hot springs that uniquely spurt water into the air. While hot springs release their heat constantly, geysers do not. Geothermal heat turns the water to steam, and pressure builds underground. The magma heated water and steam repeatedly rush to the surface through any available cracks and fissures and explodes out through a narrow gap. Many times, minerals rise with the water and leave a white, sometimes multi-colored, residue on the surrounding ground.

Each of these geothermal creations has shaped Yellowstone's grounds with minerals from earth's crust. The land is in a constant state of change as hundreds of minor earthquakes monthly shake the many pipes that fuel the geyser activity on the surface. Some features become active whereas others become inactive as pipes cave in or become open. Sites such as Mammoth Hot Springs, once heavily active, are now dried and quiet. Others however, like Norris Geyser Basin, have become even more active than usual. Yellowstone changes with every passing month, making it an attraction that provides a new and different experience with each visit.

Mesa Falls

Near Island Park, Idaho sits a very unique waterfall: Mesa Falls. Two million years ago, the Yellowstone Hot Spot beneath the Island Park area shifted, creating huge volcanic eruptions. Over one million years ago,



one of these events spewed ash into the air, creating a layer of ash many hundreds of feet deep. This ash compressed into the Mesa Falls tuff. This tuff (rock made from volcanic ash) is the precipice over which the 114 foot Mesa Falls cascades. Between 200,000 and 600,000 years ago, the river eroded a wide canyon which was subsequently partly filled with basalt lava flows. The Henry's Fork River then carved a channel through the basalt. Columns of this ancient basalt rock still remain, however. They create a huge stone bench that can be seen on the side of the river.

Craters of the Moon

In the back country of Idaho around the small town of Arco lies an ancient volcanic site. Craters of the Moon was first created over 2,000 years ago with the eruption of a volcano. Though it was not established as a national monument until 1924, it has catered to hundreds of thousands of explorers and now tourists. In 1969, the monument was used by NASA as a training site for their future trip to the moon. Presently, Craters of the Moon caters to tourists and geologists alike at \$8 a vehicle, all of whom are brought to this national monument because of its unique geological features that have shaped the landscape.

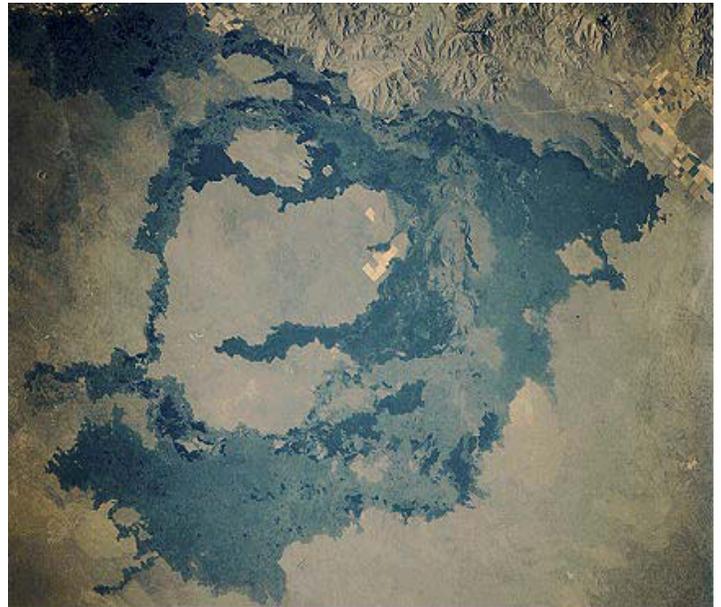
Across the monument is what is known as the Great Rift, a 13 mile stretch of cones and lava vents created by a fissure, or crack in the earth's surface. From this fissure came lava flows and volcanic activity. The deepest fissure crack in the world was discovered in the Great Rift at over 800 feet in depth.

Peppering the surface of the Great Rift are what have come to be called cinder cones, or large buildups of ash that accumulated downwind of volcanic vents. Inferno Cone, best known for its sheer size, is one such cinder cone that those of reasonable endurance can hike to the top of. One notices as they make the trek that the very slopes are made of basalt. These shards give an almost-gold glint, making one think that large gold deposits could be found in the very hills. The moment the ash entered the atmosphere upon eruption, the molten materials cooled rapidly, earning them a slightly glassy appearance. Even with thousands upon thousands of people traveling its slopes, Inferno Cone's history can be found all along its slopes.

The main attraction found at Craters of the Moon involve its many lava tubes. As lava erupted onto the surface, the top layers of lava flows cooled quickly, while the inner lava remained hot and continued to

move. Eventually, the interior lava emptied, leaving a hard shell of cooled rock which is called a lava tube. Many of these tubes are recorded to stretch for miles, though only several of them are open to the public. One of the more noteworthy tubes is called Boy Scout Cave, obviously discovered by the Boy Scouts of America.

The presence and availability of these lava tubes attract many tourists and cave explorers, though they are not large by any means; many of the caves stretch for several hundred feet before ending abruptly. What makes these caves so attractive to tourists is what can be found in them. During the hot summer, ice can be found in large quantities. Popular lava tubes such as Indian Tunnel, Boy Scout Cave, and Buffalo Cave are frequented by travelers because of both their popularity and that it's just plain fun. All one needs is a flashlight to enjoy these landmarks in Craters of the Moon.



Conclusion

So, millions of years ago, Idaho was a hotspot for volcanic activity. That's not much consolation for students at BYU-I who have to trudge through the cold, but Idaho's geological history did provide some really cool sights to see and activities to do. So, next time boredom hits why not go see a magma heated geyser or swim in a pool heated by molten rock. To bust out of those doldrums visit NASA's astronaut training site and plan your next trip to the moon; go spelunking where the lava used to run. There's a profusion of activities and sights to see in and around Rexburg, and we owe them all to Idaho's volcanoes. So go ahead and climb, swim, hike, and explore the rich heritage of Idaho's volcanoes.



"I wonder why they call it Chicken-out Ridge..."

By Tyler Haynes

There are not many places in the world that offer outdoor enthusiasts, especially inexperienced and beginning outdoor enthusiasts, the opportunity to climb a 12,662 ft. mountain in one day. The state of Idaho, however, is the home to one of these opportunities—Borah Peak.

Borah Peak, located in the Lost River Mountain Range, 21 miles north of Mackay, is an ideal outdoor adventure for BYU-Idaho students who are looking to do something different from the regular movie watching or game playing. Borah Peak, also known as Mount Borah, is an invigorating and exciting hike that offers "impressive rock formations" and many breathtaking views of "the spacious scenery" (Dilworth). However, in order to enjoy the benefits of Borah Peak, the highest point in Idaho, one needs to be prepared for an exciting, yet intensive, hike.

Preparation

One way to prepare for this hike is by having knowledge of the hike itself. Mount Borah is one of the few mountains that can be climbed all year round; however, even though early "season and winter ascents are possible," they "are much more technically

demanding" ("Borah Peak"). For most hikers, especially beginning hikers, the "most popular time to climb Borah Peak is late summer" ("Borah Peak"). This is because there is not any snow and the trail is more defined. The hike on Mount Borah is classified as being a "third class scramble" ("Borah Peak"), meaning that in some areas of the climb, individuals will have to use both hands and feet to scale the steep incline.

Chicken-out Ridge

This steep incline of Borah Peak is one of the more exhilarating aspects of the hike. The route climbs "more than 5,400 feet in less than 4.5 miles" (www.idahoacimbingguide.com), including a ridge called "Chicken-out Ridge." Even though this steep hike may

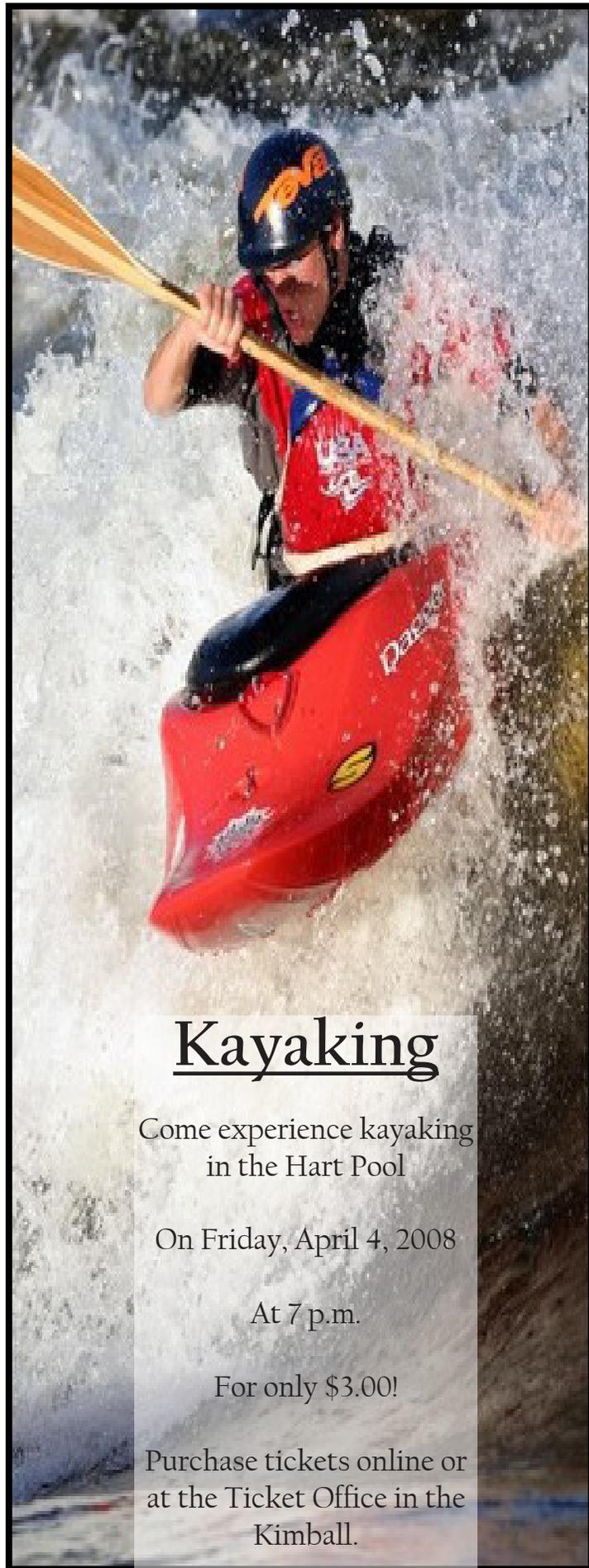
"... climb a 12,662 ft. mountain in one day."

seem intimidating, it is important to remember that “many inexperienced people climb this route each year” (www.idahoacimbingguide.com), and that hikers “with no fondness for vertical exposure can get far enough up the mountain to gain a tremendous view and a sense of accomplishment” (www.trails.com). However, this is no reason to not try to get to the top. Even though “Chicken-out Ridge” isn’t the most appealing name, it is a ridge that many hikers can traverse. The trail on the ridge is narrow, yet well-defined. Many hikers, when they first see “Chicken-out Ridge,” feel that they can more easily go up the mountain by going around the trail. However, as www.idahosummits.com states, most “people get in trouble by trying to bypass the ridge on one side or the other,” due to how there is not a defined trail and plenty of room to fall. Even though “Chicken-out Ridge” on the surface may not seem the best option, it really is the safest decision for crossing this part of the mountain.

However, even though many people do ascend this last section of Borah Peak, it is still important to seriously prepare for the challenges that may be present. As stated before, the last part of the climb is



very steep and physically demanding. In order to meet these challenges, Russell Dilworth, a recent climber of Mount Borah, explains that it is important to have “some good hiking shoes and a backpack to carry food and water,” in order to have good footing on the trail as well as to have energy to help during the more physically demanding stages of the climb. Climbers need to be aware that the changing altitude will make it harder to breath. Hikers will need to take occasional breaks to rest and get ready for the next challenge Mount Borah may offer.



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Allotting Time

To fully enjoy the challenge of Borah Peak, most hikers from BYU-Idaho will need to plan for an all-day outing. According to an Idaho tourism site, www.visitidaho.org and Calvin Cotten, another recent climber of Mount Borah, the average hike to the peak and back down to the parking lot takes about 8-10 hours. This time span may vary depending on the number of people in a hiking party, as well as on the climbing experience and physical fitness hikers possess. Some hikers may take less than the average time to ascend Borah; others more time.

Finding Your Way

The time spent hiking does not include the 2-3 hours of travel from Rexburg to Mount Borah. First, travel south on the US-20 highway until you reach Idaho Falls. From there, US-20 will turn into Grandview Dr., where you will then need to turn left on N. Skyline Dr. Following this, turn right on US-20, traveling west to Arco. While passing through Arco, US-20 will turn into US-93, and this will take the you to Mackay. From Mackay, take "U.S. Highway 93 21 miles north of Mackay to the Borah Peak Access Road" (Birch Springs Road); this is between mileposts 129 and 130. Follow this road east for 3 miles to the trailhead ("Borah Peak"). Both the parking lot and trailhead are obvious to spot from the road. A good tentative schedule to climb Mount Borah for BYU-Idahostudents would be to leave Rexburg at 7:00a.m., arrive at Mount Borah and begin climbing around 10:00a.m., and then finish the hike between 6:00-8:00p.m. This will then give you plenty of time to get home before curfew.

Price

Cost is a major benefit for traveling to Mount Borah. The only expenses are for gas and food, which may include food during and after the hike. There are no fees to pay to climb Borah Peak, to park in the parking lot, or to even camp in the few camping spots by the trailhead. Mount Borah is an ideal large group activity due to how many people can participate as well as help contribute to the cost of gas and food.

The greatest benefits in climbing Mount Borah are the scenic view and the feeling of accomplishment that one receives on top of the peak. From Mount Borah, hikers can see clearly to the Lemhi Mountain Range in

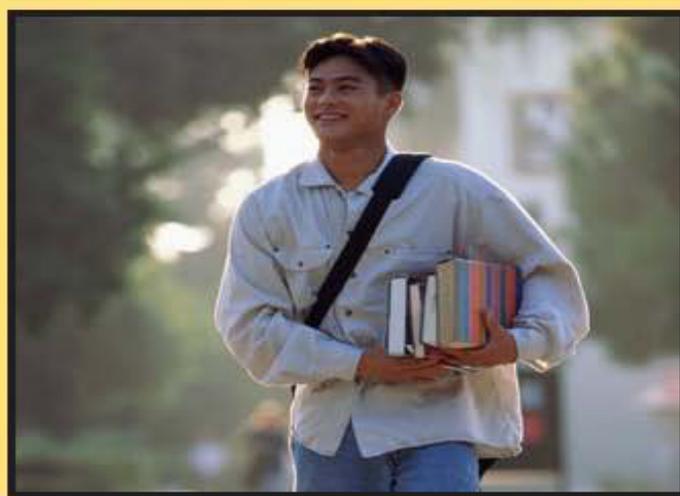
"There's a feeling of accomplishment from being up that high..."

the northeast, as well as to the Sawtooth and White Cloud ranges in the west. Stunning views of the Big Lost River and Little Lost River valleys can also be seen. As Russell Dilworth states, "There's a feeling

of accomplishment from being up that high; a feeling of power and greatness from knowing you're higher than anyone else in the entire state."



early Morning Class never felt so good



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By Katie Isaacson

Sick of Rexburg? Ready to get out, but don't have time to go far? Ready to see something beautiful? Not too far from Rexburg is a beautiful retreat—Mesa Falls, Bear Gulch, and the old abandoned train tunnel overlooking a beautiful river. All within about four miles you can hike, mountain bike, ride horses (if you have access to them), go sledding, cross country ski, cut down your very own Christmas tree, go snowmobiling, or even watch a scary movie.

Mesa Falls

Located about 44 miles north of Rexburg, Mesa Falls is a beautiful scenic area consisting of two waterfalls on the North Fork of the Snake River—the last two major waterfalls in Idaho that have not been used for irrigation or hydroelectric projects (“Mesa Falls Scenic Byway”). In 1946 the Paramount film “The Unconquered” with Paulette Goddard and Gary Cooper was filmed here

(Lyon 77). The upper falls have a boarded trail that takes you right out over the top of the falls, and creates many beautiful picture opportunities. Taking a trail from here you can walk about one mile to the lower falls. Here is a great place to spread out a blanket and enjoy a picnic, afternoon nap, or just the beauty of southeastern Idaho. If opposed to hiking, or limited by time, just hop back in the car and drive the 1.5 miles to the stunning overlook to see the lower falls. At the Upper Falls there is a \$3 fee for parking.

Bear Gulch

Just four miles to the south of Mesa Falls, on highway 47, there are the remains of an old ski resort. Bear Gulch was open from 1939 until 1985. In 1989 it was burned by the Forest Service because it was unsafe and there had been numerous break-ins (Lyon 83). While it was open, a train stopped nearby, making it convenient

Places You'll Go (Near Rexburg)



Image provided by MapQuest.

for people from all over to come and play. Since the closing of Bear Gulch, it remains a great recreational asset to the area. The old ski trails make great sledding hills in the winter. There are also trailheads that are snowmobile-approved, including one that goes up to Mesa Falls (the only way to get there during the long winter months). Although the chairlifts don't work anymore, it is still a great place to snowboard and ski a few short runs—just be ready to walk back up the hill when you're done. During the summer, all those ski trails make the starts of great hiking trails. The old lift house at the top of the hill is pretty creepy for those looking for a scare. Just beware of the badgers, they can be fierce. There are a few picnic tables, so be sure to bring some food. With a large parking space, Bear Gulch is a great place to have a huge get-together with everyone you know and their roommates, or it can be a beautiful getaway for you and that special someone.

Warm River Train Tunnel

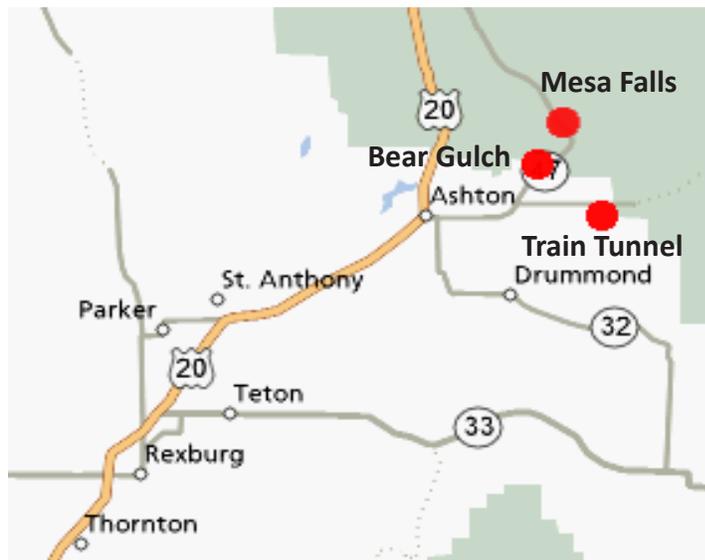
Built by the Oregon Short Line Railroad and the Union Pacific Railroad in 1907, this railroad connected West Yellowstone to the rest of Idaho, and quickly became the most popular tourist train ride in Idaho (Howell). The Warm River Tunnel was built in 1909 to protect against the dangerous rock slides. Today the rail lines are gone, leaving a wide, flat trail with a beautiful scenic trail looking down on Warm River (Gross). The tunnel, only ½ mile from the Bear Gulch parking lot, is 445 feet long; and although you can see light through the whole thing during the day, it is quite an adventure—even more so at night. The locals have been known to take a generator up to the tunnel, along with good blankets and chairs, to watch scary movies, and tell scary stories. Around Christmastime the old rail line makes a great cross-country ski trail, and a perfect Christmas tree hunting ground (a \$5 permit is required for a tree, and

can be purchased at Lenz Electronics on main street Ashton on your way).

Directions

Whether looking for a scenic get away, the perfect outside party scene, or a recreational playground, Mesa Falls, Bear Gulch, and the Train Tunnel have it all. To get to Bear Gulch go north on highway 20 about 26 miles from the middle Rexburg exit. When you reach Ashton, (you'll know it by the slow speed limit) turn right at the huge root beer mug on top of the Frostop diner onto Main Street, which will become Highway 47. Follow 47 about 12 miles until you come to a big parking lot. You've reached Bear Gulch. From here the train tunnel is easy to find. Go to the north end of the parking lot, and walk under the road through the huge pipe. You've found the trail; now follow it all the way to the tunnel. Mesa Falls is also pretty easy to get to from Bear Gulch. Get back in your car and drive up 47 until you see the signs saying you've reached Mesa Falls.

The first falls you come to is the Lower Falls, and it is only the lookout, so keep driving until you get to the Upper Mesa Falls sign, and follow the curvy road until you reach the parking lot.

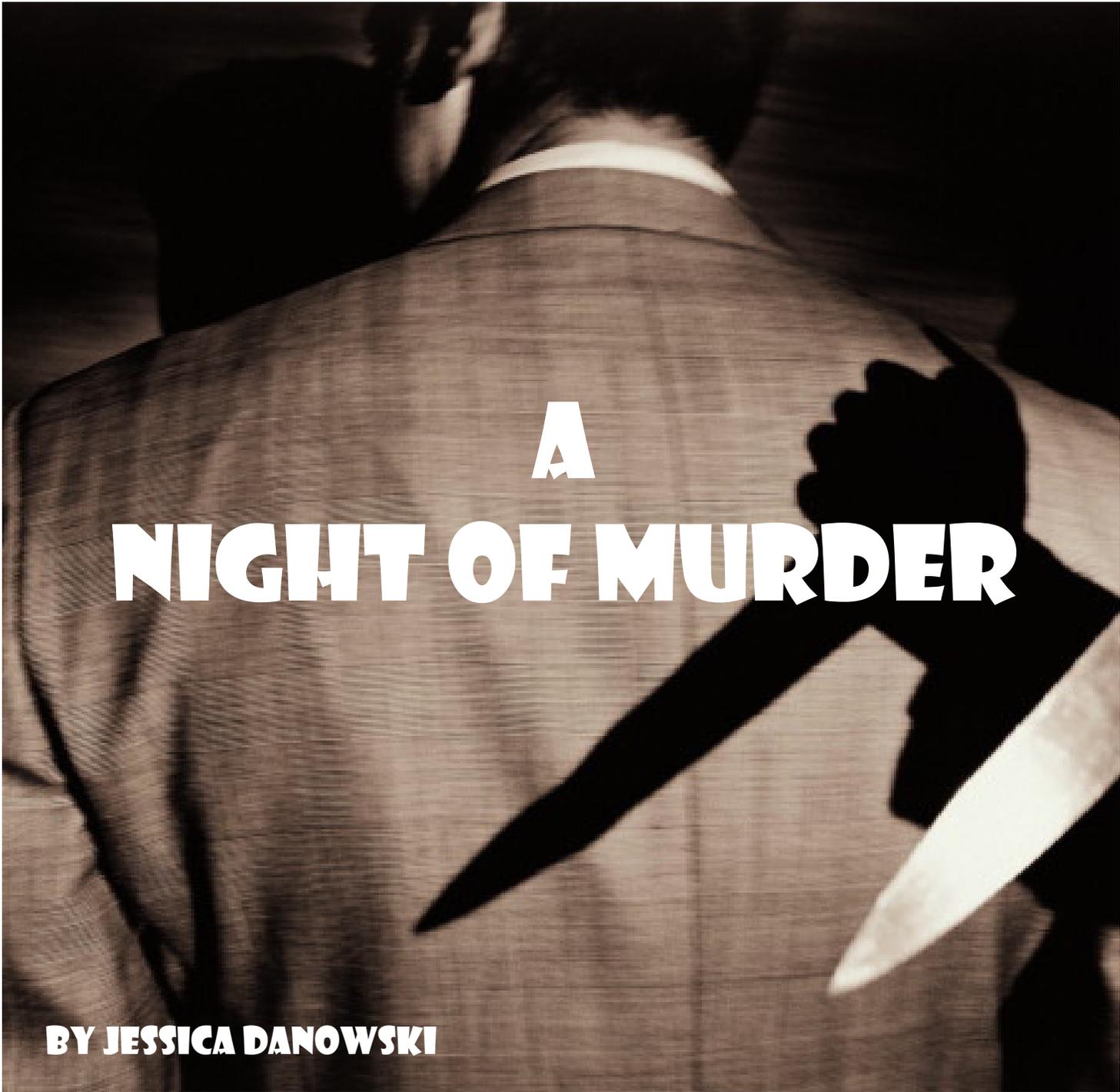


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A NIGHT OF MURDER

BY JESSICA DANOWSKI

The weekend is coming soon. You have this amazing girl that you want to ask out, but one question remains... what do you do for a date? Last time you two went out, dinner and a movie was the highlighted activity. The night was fun, but you simply cannot do the same activity two weekends in a row—that would be way outside the dating protocol.

You need something...think, think, think. You want it to be interactive, creative, and entertaining for those involved. YOU want to be in the action. No more sitting around staring hazy-eyed at a television screen. Forget the usual end-of-date saying “Thanks John, I had a really

nice time watching a movie.” You want adventure! You want laughter! You want thrills! You want MURDER!

How about a night where “you and your guests assume the roles of humorous suspects—each with a motive and opportunity to commit the crime—in a light-hearted murder mystery”? *How To Host A Murder®* is the world’s best-selling mystery dinner party game in which you and your guests participate in an evening of detective work to discover who among you committed the crime. The game “provides everything you need to bring a murder mystery to life—from detailed player guides, maps, and secret clues to costume suggestions

More than Dinner and a Movie

and recipes tailored to the era featured in each episode.”

Games to Choose From:

You and your guests could transform your apartment into a 1928 Chicago Caper where Harold “Hal” Coppone, a notorious gangster, has disappeared, and your group must uncover his whereabouts and accomplices. Or perhaps you would be more interested in attending a sumptuous dinner on July 2, 1881 in a little Wyoming Territory. In “The Good, the Bad, and the Guilty” your party will witness the hanging of the infamous, formerly elusive, Malevolent Seven—a villainous gang of criminals rumored to have secretly victimized your fair territory for many years. Although no one knows the identity of the Malevolent Seven, everyone will find out tonight.”

If 1928 flappers and country westerns are not your style, how about a night from the 50’s in the murder mystery game “The Class of ‘54”? You have received an invitation to a special private party as the guest of Rock N. Roley, famous rock star and former fellow classmate from Roley High, Class of ‘54. Your apartment will be transformed into a 1950’s malt shop filled with poodle skirts, white socks, and slicked back hair galore as you discover deceit, larceny, and murder.

How to Host a Party:

Now that you are sold on murder, how do you plan your party? Here are a few logistics when planning the evening:

- The game lasts (including dinner) around 5 hours. Be sure to plan enough time for the murder to be solved.
- You will need 4 couples for this activity (4 men and 4 women).
- You will need to make character assignments prior to dinner so that each guest arrives in their suggested costume at the start of the party. Or, if you are looking to spend extra time with your significant other, plan a trip to Deseret Industries to select costumes for one another. Be outrageous in costume selection. The more creative, the more memorable the night will be.
- Each game includes thematic food suggestions that will go along with your entertaining evening. Choose and prepare your menu prior to your guest’s arrival, or prepare the meal together before you start the game.
- Decorate your apartment! You want your murder night to be as memorable as possible. Be creative in turning your apartment into an exciting atmosphere where murder is nearby.



More than Dinner and a Movie

Costs:

Probably the most expensive part of the evening will be the game itself which costs around \$30. However, the same murder kit can be used several times with several groups of people, so do not think this is only a one time ordeal. The game can be purchased online at:
<http://howtohost.fanhq.com>.

Envelop Yourself in Murder

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The Best Date Ideas Ever

By Toby Ricks

“What do you think we should do for our date tonight?” I asked my friend.

“How about we go see *The Testaments* at the temple visitor’s center and then we could go out to dinner at The Olive Garden afterwards?” He replied.

“Nah! That’s what we did last time and Margaret was with us last time. She’ll think we’re the biggest lamos in the world.”

“Well, we could go to Johnny Carino’s and then to Edward’s theatre.”

“What’s playing tonight?”

“I dunno.”

“No, I don’t think I have enough money to eat out and go to the theatre.”

“How about we go to Johnny Carino’s and then go rent a movie?”

Does this sound like a conversation that you have had with one of your friends while you were trying to plan a date? I’m sure that you have probably had this kind of conversation at least once in your lifetime. What is so cool about movies and food? Well, I guess I can understand the food part, but why is it so hard

to think of something to do besides watch a movie?

It doesn’t have to be. It just takes some extra time, effort, and creativity. I would like to shed some light on the matter and hopefully help anyone out there who is having a hard time coming up with creative date ideas. To help you all out I will suggest some creative date ideas I have tried that vary in price and in group size.

Group Dates

To start off, let’s talk about group dates. What if, instead of going out to dinner, you made your own dinner? It will probably be more fun if you make it into a competition between the different couples in the group. See which of the groups can buy and prepare the most nutritious, delicious dinner for \$7.00 or less. You can make up your own rules for the shopping (i.e. are you going to count items such as cooking oil and salt as part of the \$7.00, etc). I have found in my experience that most young women are impressed when a young man knows how to shop and cook.

Now, let’s try something that might require a little more brain power. Let’s go beyond watching a movie.

More than Dinner and a Movie

I think that the most enjoyable way to do this is to select, as a group, a specific part of a movie and then give each person in the group an opportunity to act out that part of the movie. The group will then decide who did the best job. You could give out awards for best actor, funniest actor, most embarrassed actor, etc.

Couple Dates

Couple dates generally require more creativity because there are only two of you, but don't let this limit your options. Be more creative. Service is a great way to learn about both yourself and your date. One

“Couple dates generally require more creativity because there are only two of you.”

of the most enjoyable dates I have ever been on was when my date and I walked down a random street, stopped at each house, and asked if they needed any service to be done. We loaded a dishwasher, attempted to find the leak in a basement water pipe, and dusted a chandelier and replaced its burned out light-bulbs. This date was great because it allowed my date and I to become better acquainted with each other while we were helping those in need.

Fishing is another date idea. Fishing is a great sport. To spice it up you could try speed fishing. That is where

you can't just let your bait sit out there until a fish bites, you have to cast out and reel in until one of you gets a bite or catches a fish. If no fish are biting then you should try to find a better spot. You could also try having a contest to see who can cast the farthest, who has the most graceful cast, or who can get snagged the most, etc. Fishing requires fishing poles, tackle, and



bait. Costs will vary depending on the equipment and bait you choose to use. It also requires fishing licenses which cost \$25.75. Equipment and licenses can be bought at basically any of the department stores in Rexburg. Bait can be purchased at the Thornton Mini Mart (Shell Station) located 4 miles south of Rexburg on Highway 20.



I hope that you have been able to find some ideas that you find interesting and that you want to try the next time you go on a date. If nothing else, hopefully this article has turned on your imagination so that you can come up with some ideas of your own. Try something creative and that special someone just might say “yes” the next time you ask him or her out.

Living Room Camping

By Kelsey Jones

The joys of camping are endless—burnt marshmallows, ashy hot dogs, and rocky sleeping arrangements. Rexburg’s prime camping season is the summer; however, camping is feasible regardless of temperature or time. Now, you may ask how one camps in the frigid cold of Rexburg’s winter without being stricken with frostbite or hypothermia. My simple yet profound answer is living room camping! Living room camping incorporates all the traditional meals, materials, and arrangements of camping—just indoors.

My husband and I love camping and spending time with one another around a campfire cooking a traditional hot dog meal. One night, we were sitting around deciding what we were going to do that was cheap, simple, and creative. The traditional “dinner and a movie” date was out of our budget and honestly, overdone. We began reminiscing about summer camping and realized that our love of camping could continue—just in the living room. These simple steps will allow you and your date to create a memorable night of indoor camping. This date can be adapted for any type of couple—single or married.

These following preparations and requirements will make your date a success:

1. You are unable to use electricity. This includes microwaves, lights, and ovens. To compensate, you are able to use as many flashlights and lanterns as you want.
2. There is to be no running water or use of the refrigerator. “Pack in” your water and food by using a cooler and water jug.
3. Finally, be creative with living room camping. Find ways to incorporate outdoor camping experiences indoors.

To embark on the adventure of living room camping, you need to ask your significant other to take a nature walk to your indoor campground. Make sure you clear space in the living room in order to have an open camping spot.

The ambience of nature can artificially be brought indoors with Yankee Candle’s Sparkling Pine. You can find a sample size for only \$1.99. This candle will engulf you and your date in the fragrances of nature.

To begin the night, work together to set up your tent. The Outdoor Resource Center rents two person tents for only \$9 per night. However, why not get super creative and create your own tent out of sheets and

More than Dinner and a Movie



blankets?

After setting up your tent, get your camping grill out. Be cautious when using this because after all, you are indoors. It may even be wise to have a fire extinguisher on hand. Let the grill warm up while setting out your

necessary condiments. Cook the dogs to your liking. To really get the camping experience, immerse your dog in the flames—getting it nice and crispy. Boil up some water that you packed in to make some hot chocolate.

Begin preparations for dessert by taking two wire hangers and make marshmallow roasters. Use your stove to cook your marshmallows. Have a contest who can toast the best marshmallow. This is tricky! Create some s'mores and enjoy this cheap dessert!

After a night of fun, break down the tent and say goodnight after a memorable night of living room camping. If you are married, cuddle up in your tent and enjoy "roughing it" for the night.

Approximate Price Breakdown

*Rented Camping stove	\$5.00-\$10.00
*Rented Cooler	\$3.00
*Rented 5 gallon water jug	\$1
*Rented Headlamps/ Lanterns	\$2.00 each
Hot dogs, hot chocolate, and s'mores meal	\$10
* Note: Items can be rented from the ORC (Outdoor Resource Center)	





The Great Outdoors

By
Dave
Johnson

Many students at BYU-Idaho get restless over the hot summers and long winters, so they need a way to let off all the stresses of school. What many of these students do not realize is that BYU-Idaho offers a wide variety of outdoors activities throughout the year. Other than just passing the time, the outdoors program helps beginners find new hobbies and interests. From skiing to rafting it is impossible to get bored if you know what opportunities await you.

The summers are loaded with excursions like hiking, trail riding, white water rafting, and climbing. Southeastern Idaho is full of trails, rivers, and lakes. Sign up for a four-day trip down the Snake River or a hike to Waterfall Canyon. Because of Idaho's past volcanic activity, there are caves and lava tube explorations, which can be a good way to cool down in the summer. And if the heat is still getting to you, try a ducky trip, similar to kayaking, down the Snake or Salmon Rivers.

When that first snow lands it does not mean that the fun has ended; it means that the time is right for a new variety of activities. Through BYU-Idaho you can go skiing at Kelly Canyon or Grand Targhee resorts; the transportation is provided in the fee. Kelly Canyon even offers exciting night skiing in case you do not have time during the day. A step up from sledding, airboarding will give any speed demon quite a rush. In place of a normal sled, an air filled sled provides much more speed and for \$10 an afternoon you actually have something to look forward to in the winter. At the Outdoor Resource Center you can rent snowshoes and go hike some trails in the beautiful white snow, or you can sign up to do some moonlight snowshoeing with a date.

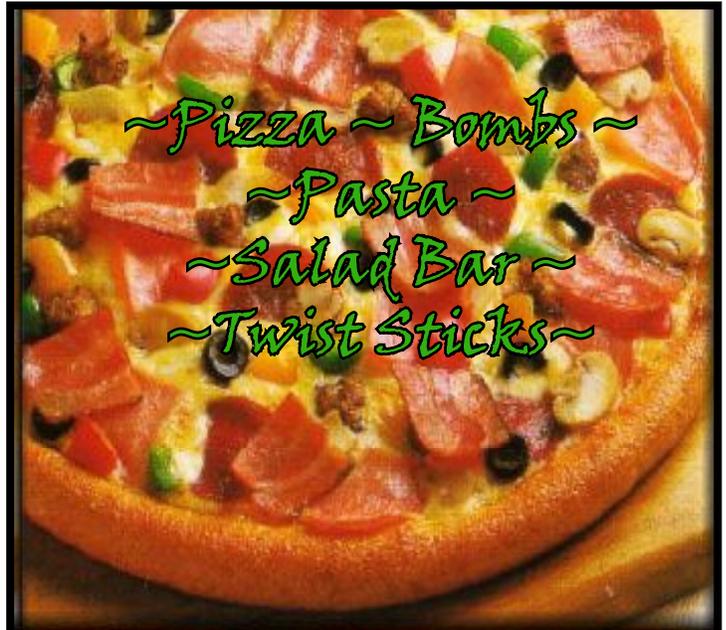
A summer date night (and a good way to win over that hopeful significant other) is the Canoe and Dinner Night. On this activity you canoe out to an island where other students will be preparing a nice dinner for you. Then you get to enjoy the summer night. If you decide to try this activity, get your tickets as soon as they go on sale because they sell fast.

The nice thing about going on these activities through the school is that you don't have to figure out which trails or rivers have the most to offer. All you do is purchase a ticket, and go with the crew; they will show you the best areas. Another advantage that the school provides is equipment rental. If you do not have a kayak or a mountain bike, just rent one. Equipment rental is not limited to the university's activities. If you want to go camping with roommates, the ORC will provide tents and sleeping bags for a reasonable price, and you



can ask for advice on good campgrounds.

For those of you who have never participated in these types of activities, going through the university is a safe way to learn. Also, there are even a few classes offered to teach the basics of mountain biking, fly fishing, Dutch oven cooking and more. This way, you can develop more confidence and start life-long hobbies. To sign up, or for more information on activities, go to <http://activities.byui.edu/outdoor/>.



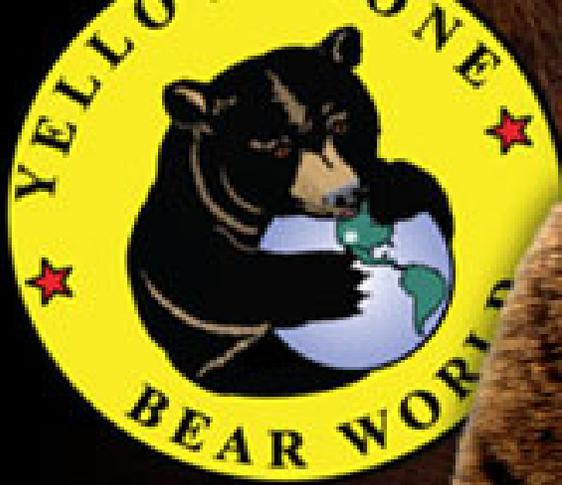
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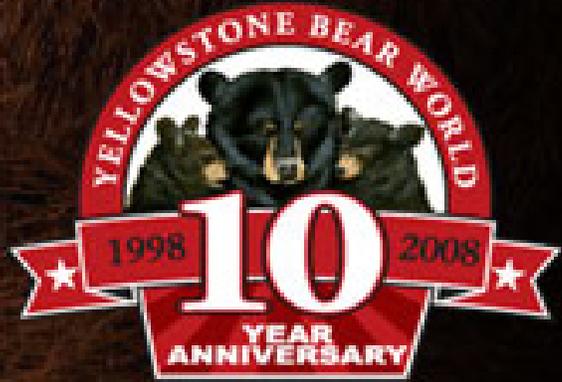
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The Great Indoors



By
Eliza
Sanders

Living in Rexburg, Idaho I have heard many complaints that the cold winter weather has significantly limited the choice of activities one can use to amuse him/herself. Taking a deeper look, I think that these opinions are based in ignorance and not in actual experience. Looking back on my own experiences I have found that there was not a limited amount of options, but a limited amount of evenings where I was not enjoying myself. How, you ask? I shall tell you.

I asked many of my acquaintances what they had discovered to be exciting indoor activities when the weather and temperature turned against them. Quite a list has been generated and I shall briefly describe each one, as some seem quite bleak upon a first glance.

First, there have been great times of enjoyment in the buildings where we normally find ourselves studying. The Romney, for instance, is a structure of vast, intricate hallways and hidden nooks and crannies for such games as sardines and hide-and-seek. Some of my favorite evenings were spent shoving myself into dark places, hearing the pitter-patter of feet on the tile and the quiet whispers of anxious seekers as they drew nearer.

Also, they provide quite the spice and new obstacles for the beloved game of spoons. Have the spoons at the top of a relatively medium flight of stairs and play the cards at the bottom. It is hilarious to see people crawling all over each other to get up those stairs and to those spoons. This particular game was done in Ricks, but you'll find that any stairs will do and most buildings are empty around 9p.m.

My personal favorite is sock wars. Clean socks and teams are all you need. Then it's dodging behind desks and crawling through isles to get at or away from your opponents, because if they get you before you get them, then you're dead.

Some other less obvious, fun indoor activities lie at home in the apartment with close friends. There have been so many downright side-splitting moments in my kitchen with everyone cooking and singing at the top of their lungs to popular songs and Disney music. Often this develops into mini-dance parties and where's the harm in that? Another related topic of interest is that throwing a party may be on a more "social" level. Usually I pick themes, and yes, this just might be a girl thing. One party we had was a purely peanut-butter and chocolate party where food was aplenty and delicious, and games abounding. A boredom disaster can sometimes be averted when there is just someone



to laugh and eat sugar with.

Now the more typical approaches to this boredom problem. There are movies, a favorite past-time of mine. There is nothing like good visual effects and a great screenplay to chase away the feeling of being lonely or pathetic because you're not out on a date. And there aren't just movies at home; we have a lot of cheap theaters here in town that are in a student's price range and that fulfill the "getting-out-of-the-house" problem. Along these same lines are a huge amount of concerts and plays to be found on campus for amazing prices. There is talent right here at our school that is well within the confines of our wallets and up to standard with what we consider to be fun. Another obvious choice is sports. Lots of people don't like to sit during a movie or at a concert. So, get to the Hart and play some racquetball, volleyball or basketball!

I think that I have well-illustrated many different alternatives one can turn towards to amuse him/herself. Don't ever be caught saying that Rexburg is your typical, boring, small-town again.

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Fun Without the Sun



By Alex Warner

--go to the List

Before the semester had even begun, my roommate and I created a list of things that people had told us were fun to do in Rexburg; the reason for this was that we tend to be indoor people during the winter. We created the list so that we would never have the excuse of saying, "There's nothing to do...let's just watch a movie." Boring, right? The list contains indoor as well as outdoor activities that we could do, and, as each activity is done, we check it off. So, when it's a Friday night, we go to the list.

I think we are all experts at indoor activities by this point. There is always the option of watching a movie, but there are also other indoor and outdoor activities that can be far more exciting and are easily accessible to students.

Indoor

Board Games: Whether playing cards or a board game, getting a group of friends together and playing some games is always a classic way to spend an evening indoors. Some of the games that my friends enjoy are Apples to Apples, Scattergories, and (a

local favorite) Wacky Six.

Dance: Dancing is a great way to exercise, laugh, and dance! Do you think you have the moves? Well, get on the dance floor and show what you've got! This is a great icebreaker and just an overall fun venue to have a good time. With so many types such as country, Latin or ballroom dancing available on campus, pick a night, call your friends, and enjoy dancing to the music!

Bowling: Going bowling is a classic indoor winter activity. Trying to get the highest score is very traditional, but have you bowled the kind of game where you try to lose? Put the bumpers up and intentionally try not to hit the pins. It's funny how high your score can get when you aren't trying to win!

Outdoor

Snowboarding/Skiing: Hit the slopes! Kelly Canyon Ski Resort is only 20 miles away. With cheaper passes and tickets available through the school, lessons offered at the ski resort, and the option of renting equipment from the ski resort or at the Outdoor Resource Center here on campus, this is definitely an activity that everyone

needs to try at least once.

Sledding: Did you know that the ORC rents sledding equipment? Ask around about good places to go sledding. If you're willing to drive a couple of miles, the "Ucon Bowl," as we local people call it, is a great place for sledding. Even the upper playing fields guarantee loads of fun.

Ice Skating: One of our favorite outdoor activities to do is ice skating. A fun and inexpensive activity, this activity allows people the opportunity to try something

new and have fun while doing it. It's a little cold, and sometimes you go home with a few bumps or bruises, but between the laughs and the hot chocolate, it's an overall awesome experience.

Create a list of your own; write down things you've always wanted to do and activities that could be fun. Next time it's Friday night and you turn to your roommates wondering what to do—go to the list.

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NOT YOUR ORDINARY SNOW ACTIVITIES

BY JULIE MILLER

Are you tired of just looking at the snow and not knowing what to do with it? Here are some tweaked, yet familiar ideas to have some fun and make the most of your winter in Rexburg.

When the trees' leaves begin to turn rich colors of red, orange, and gold in Rexburg and the air has grown cold, it is time to put away the summer toys and pull out snow gear. Residents prepare themselves for a long and dreary winter season. Many complain about all of the snow, and how they don't know how to have fun in it because there is so much of it. Really, it only takes some imagination to have fun in Rexburg's snowy months. Here are some suggestions and ideas on how to have fun in the snow.

One idea includes the use of little plastic shovels and sand molds, used in the summer for sand castles. Use these items to create your own *snow* castles. If you like that idea you might try to make an entire village of snow castles; remember not to forget the wicked witch's castle, or she might try to place a curse on you! To color things up, use food coloring as you pack the snow into molds or buckets to create a vibrant

winter scene. This way, instead of having drab and gray days, the colors of the snow castles will help brighten those days and bring smiles to the faces of many people passing by.

Another idea is to build a snow fort. Yes, that is something that has been done before, so why not switch it up a little? Instead of making a fort for your own personal use, if you have a dog, make your outside dog an igloo where he/she can go to escape the biting wind that is ever present in Rexburg. If you don't have an outside pet, then make a snow fort with multiple rooms—or better yet—recreate the apartment or house you are living in now. Make that house or apartment just how you would like it—be conscious of details to increase the challenge and fun. Your imagination is the only limit. There is plenty of snow to be shaped and molded into something useful, even if it only sticks around for a short time.

Most, if not all of us, have heard the classic Christmas story Frosty the Snowman. Those who grew up in areas where it snowed have probably made Frosty the Snowman at some point in their lives. Don't feel bad if you didn't grow up in an area that produced enough

snow for a snowman because now you have your chance to make one. For a fun activity gather a group of friends together, and tell them to get into smaller groups. Each group needs to create a snowman. This snowman can be based on any celebrity or character from a movie or book; it might help if you provide some ideas and props for them to use. Then, once your snowman is built, have the other groups try to guess who your snowman is supposed to be.

Now, take the snowman idea and tweak it a little. Try creating snow-animals. If you're not satisfied with just one snow-animal, create a whole zoo of animals out of snow. Once again, you can get into small groups and, when finished, try to guess what animals you've created.

Lastly, another fun idea is to play Pictionary in the snow. Find a place where there is plenty of untouched or newly fallen snow and have fun drawing pictures with your friends trying to guess what you are drawing. Use themes that have to do with winter or, to make it more challenging, choose themes that have nothing to do with the snow and winter.



So why not take advantages of these precious winter months because before you know it, the trees, once covered with snow, will start to bud; bulbs planted in the fall will begin to poke out of the ground; and the snow will melt away in preparation for the spring and summer months.

Snow!

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Thinking Outside the Box

- Advice -

Laser Parks: Going High-Tech in Ancient Places

J. Golden Fulcher

Living in a place like Rexburg you have probably heard to old saying that you can do everything here in a week. That may be true for some people, but you and I know better. Rexburg has three parks that are begging to be used in any way you can imagine. For me, it's the art of Laser Tag. Laser Tag is perfect for college students because it can be played anywhere, can be enjoyed by anyone, and requires little money after the initial purchase.

Laser Tag has no constraints like paint ball or soft shot. The name is a misnomer as the guns shoot Infrared light, not real lasers, so there is no eye damage hazard. Long story short, there is no pain involved like in the other "tagging" games, so you do not have to worry about children playing.

Since most varieties of Laser Tag are point and shoot, small kids to grownups can pick up a set and play immediately. There are more advanced systems out there, but even they work on a simple level for

beginners. Once you master the system, though, newer technology has made it possible to keep score, play different types of games, or use shields and special ammunition. They even have a Nerf style rocket you can launch at a group of your opponents.

The cost of the gun systems go from ten dollars to eighty dollars per gun or set. Many times you can even get them cheaper on-line or at the D.I. Do not let that price fool you though, because once you have your weapon and batteries (about four to six AAs) you will not pay for anything for a year or so depending on how often you use the batteries. Compare this with paint ball and soft shot: you need to constantly purchase balls and air to keep playing paint ball and there are pellets for soft shot. Oh, and do not forget the fees for playing in arenas or game fields...

In the end, playing Laser Tag in the park is a fun, exciting, and relatively cheap way to spend an afternoon with friends and family. Not only do you get some exercise, but it can be played over and over again without draining your wallet which is the best thing for any college student.



Thinking Outside the Box

- Stories -

With a Camcorder

Matt Ternus

People who find themselves in a smaller city like Rexburg, Idaho may soon be caught up by the temptation to complain that there is nothing to do here. However, should those doubtful youth go to the trouble of locating a camcorder, Deseret Industries, Wal-Mart, and a crew of willing participants, they would happily discover that their entertainment possibilities have just been infinitely expanded by the glory of film-making. And I'm not talking about stuffy, independent, must-submit-to-Sundance film-making; I'm talking about dress up funny, go out and make whatever randomness pops into your bored little minds sort of film-making.

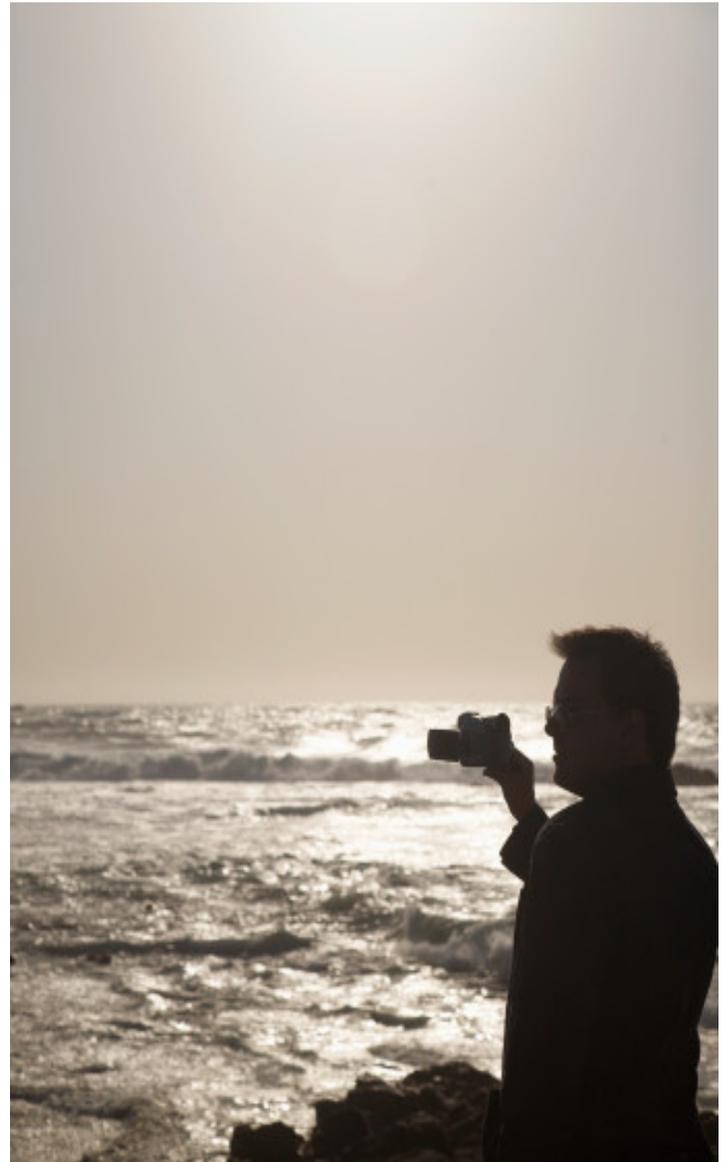
My friends and I were never bored, and every time we tried to pretend that we were, a camcorder, a giant bin of cheap costumes, and our overactive imaginations called us out on the lie. A film was always ready to be made.

One experience stands out in particular. During a certain summer we had decided that a superhero movie needed to be made at any cost of time and effort. So we bought tights from Wal-Mart, cheap capes from a costume store, boots from the D.I., and Mexican wrestling masks from Tijuana. Essentially, we put together the sort of costume that would embarrass even the most out-going of college students. In the name of the film, though, we had to enter out into the public arena as superheroes.

Two of us proudly walked the streets of Rexburg in full superhero attire, and what we discovered was that Rexburg was in desperate need of superheroes, or comedy. As we strutted about the town, spectators were waving; groups of people were actually clapping; other people laughed in embarrassment and shock; one guy insulted us, though we outnumbered him two to one and, we were superheroes, and most interestingly--out of all the cars that were passing by,

honking their horns and waving, one or two of those were police officers on patrol!

We were laughed at and laughed with; we were stared at by the indignant elderly; we were cussed at by teenagers, but most importantly, we were endlessly entertained in Rexburg, Idaho, and we hardly had to spend any money to do it.



Thinking Outside - Stories - the Box

A Carload of Troubles and Fun

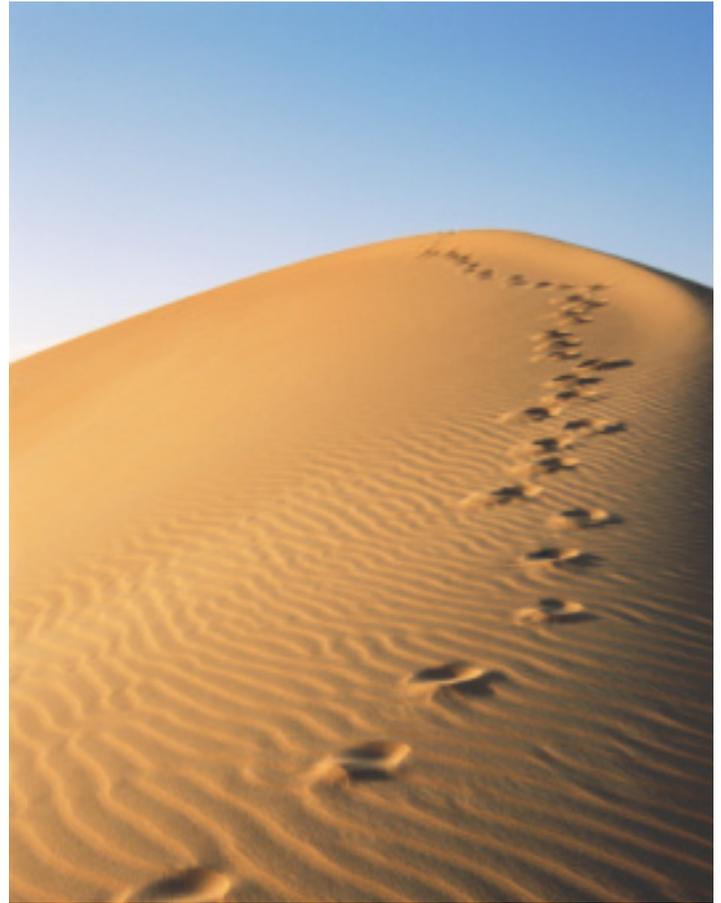
Eliza Sanders

It looked like it was going to be one of those nights. Stretching myself out on the couch I had a feeling that I might be there for a while. Fortunately, we had family home evening brothers who with one telephone call had already begun to spring hope back into the evening.

At first, it seemed a vague idea. The sand dunes? What would we *do* there at night with no snow? Well, it was better than doing nothing.

Some time after, we decided that we had arrived and pulled over to one side. Getting stuck in the sand was of little concern as we set the cars in park and piled on out in the cold, night air. The rest of the evening consisted of bizarre shows of courage, first running uphill with a makeshift torch and then promptly running back down in. Most of these acts ended in a miserable heap at the bottom of the hill, balls of fire rolling down the hillside after their fallen companion. But there were plenty of giggles and even more smiles and laughs. It's funny that despite how cold it can be, you can have quite the amusing time trying to light a fire with nothing but borrowed stacks of Scroll newspapers supplied from various campus buildings. Soon, however, the cold was creeping inside of our coats. We trudged the short distance back to our cars, eager to get them started and back on the road toward warm and soft beds.

Of course, the corolla experienced no problems. It rumbled to life quickly, leaving its occupants bundled up together inside for warmth. Even Dave's old-excuse for a transport device sputtered into existence. Ironically, the boys' sorry little car was stuck. The wheels churned the sand around them to little avail as the vehicle continued its vain forward attacks. Reluctantly, we all piled out, amused at ourselves for having been so careless. Our enthusiasm did us little good however, as the sand proved to be master over our combined strength.

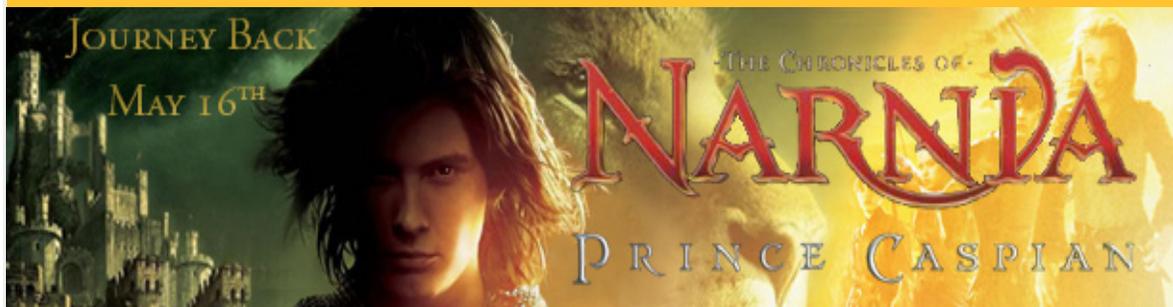


We turned quickly to plan B. We flagged down a passing car. Thankfully, its occupants were predominantly male. They set to the task of helping remove Dave's car from its sorry state. However, to our continuing amusement and sorrow, the truck remained stubborn in its place.

Plan C resembled plan B in that we flagged down another car. A van pulled out over and out came six or seven guys. With their combined efforts they were able to literally lift the car from its place and set it back on the road.

Suddenly, one of the cars that pulled over to help us also found difficulty in its parking situation. Having established the drill we quickly removed and set it back on the road as well. In the end, we were all safely traveling back home having had the most spontaneous night of our lives, but still the most memorable.

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