

D A T I N G & R E L A T I O N S H I P S

TWO

LOOKING BETTER

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**MOVING ON
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**500 IDEAS
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**THE NEED FOR
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THE OLE MAN'S FISHING METAPHORS

BY VICTORIA WILKINS

Think of dating as a metaphor for fishing. Some prefer fishing with a pole, they cast in hopes for that one special fish. Others prefer to use a net and catch as many fish to choose from as possible. The end goal for each method is the same: find a great catch. But which technique is better?

Hyesuhn Lee, a special education major from San Diego, has tried both methods. She found that it is important to first try fishing with a net, as it leads to the action of pole fishing.

"For me, it's important to have a decision (of who

to date) and dating multiple people at once lets you make that decision because you've done the research and know what you want," Lee said.

Jack Fuller, a chemistry major from Mesa, agrees that dating around is important in getting to know a wide range of people. He found that when he finds a girl he is interested in, he should go for her only.

Each fishing technique has benefits. The best option is to date with a net until that special someone causes you to drop the net and pick up a pole.



MASTER YOUR LURE

Many people believe "big fish" rule the dating pond, meaning only the guys and girls who are very physically attractive go on dates. That doesn't have to be true. With effort, realistic goals and a bit of courage, you can become the best version of yourself and swim confidently in the dating waters.

First, identify your best physical quality. Whether it's your eyes, your smile, your hair or even your ankles, choose something you feel confident about and emphasize it. Intentionally drawing attention to your best feature will help it be the first thing people notice about you in terms of appearance.

Second, identify your best personality trait. Are you good at making people feel included in a group? Do people say you should try out for Divine Comedy? Choose a positive personality trait you already have and refine it. People like to be around people who make others feel good. So, if you can learn to do that, dates will come your way.

Finally, accept and embrace who you are. You may not always be the prettiest girl in your ward or the funniest guy in chemistry, but that doesn't make you less dateable. Odds are, if you're happy with yourself, someone else will be too.

BY MIRANDA FACER
ILLUSTRATION BY SETH PRESTWICH

DO THESE THOUGHTS SOUND FAMILIAR?

"Yeah, we do get along, but ...what if there's someone better?"

"I really like being with him and we've been together a year, but I'm pretty sure there's that one guy out there who just really gets me."

"She's pretty nice, but I don't really get constant butterflies around her."

If they do, chances are you've got buffet syndrome: an inability to commit out of fear of missed opportunities.

Hannah Miller, from Denver, sees buffet syndrome as a common mentality among her peers. "People are picky because they think they can afford to pick and choose," Miller said.

"Once I was dumped by a guy because he said he didn't feel the way he always imagined he would feel," Miller said. "That was somewhat valid; if he didn't feel it then he didn't feel it, but what was he expecting?"

Miller's biggest frustration comes with people who make extensive lists on what they want in a partner. Some of those lists get so long it's not likely a single person will meet all requirements. "Even if there is someone out there like

that, who's to say they will like you back?"

Zane Hales, from Salem, Utah, admitted to previously thinking this way himself. "I was interested in this girl, but she was in a relationship with someone else. When they broke up, I was dating another girl." But when the first girl had her break up, all he could think was "what if?"

When Hales ended his relationship, he pursued the girl he was first interested in. "It didn't work out," Hales said. "I ended up missing out on both of the girls."

"I feel like having that thought, 'what if' in your mind is not good for the relationship," Hales said. He could have had a good relationship, but because he was so preoccupied with the other girl it didn't help anybody out. "It was just wishful thinking. I missed out on a lot of opportunities."

Having so many people to date can be a blessing, but beware of giving up on a real relationship in pursuit of the next best thing. You may return to the buffet only to find yourself alone and out of choices.

BUFFET SYNDROME

BY LIESL HAMMER



Proposals

Take a deep breath. Look her in the eye. Get on one knee. Pop the question.

Proposals seem easy enough, until you actually have to do it. How do you ask the love of your life to marry you? What if she says no? Can you ensure she says yes?

Here are some things to consider when proposing:

RING PHOTO COURTESY
SIERRA-WEST JEWELERS

Discuss the Future

"I'm way more old fashioned. And while I want to talk with my boyfriend about getting engaged, I don't want to know when and I want my boyfriend to pick out the ring," said Camille Baird, a junior studying chemical engineering.

Private vs. Public

"Personally I'd rather have a private proposal without people hiding in the bushes ready to take pictures to post on Facebook. We can take pictures together afterwards," said Camille Hauglid, a sophomore with an undeclared major.

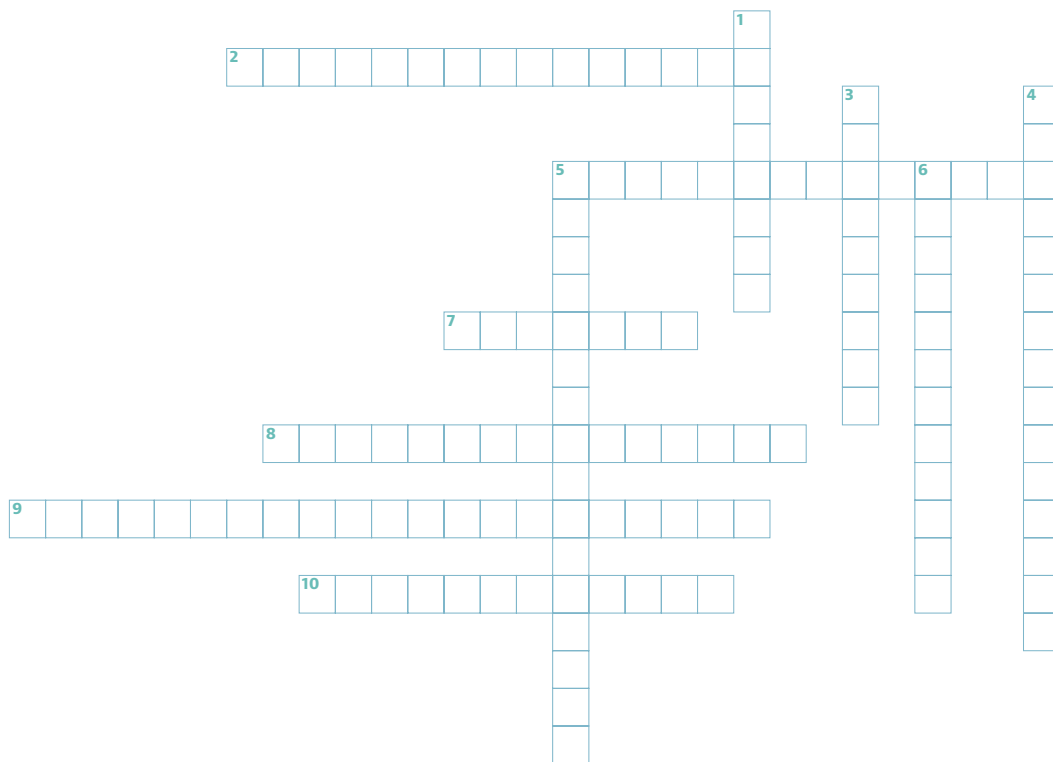
Simplicity

"When it's simple it's more about the marriage rather than focusing on all the aspects of the proposal," said Makenna North, a freshman studying French. "Keeping it simple keeps the focus on the meaning of the proposal."

Get on One Knee

"I think it's necessary for him to get down on one knee, I like the old school," said Hannah Schaap, a junior studying English teaching.

Every girl is different and has a different idea of the way she wants to be proposed to. The best thing you can do is get to know her well enough so you can know what she wants.



PROVO DATING LINGO

Across

2 An uncomfortable post-date parting that signals you will not go out again.

5 An inability to commit out of fear of missed opportunities.

7 When a person is too aggressive in their pursuit of you.

8 Inviting someone over to watch a movie or a TV show with the intent to cuddle and kiss.

9 A conversation between two people when they discuss the official title of their association.

10 After the conclusion of a date, one party sends the other party a "thanks for the date :-)" message.

Down

1 Fading out on a person you've been seeing without any explanation.

3 The act of sneakily checking a person's finger on their left hand before flirting with them.

4 A person who has returned from their mission, but still has not adjusted back to post-mission reality and says things that make people uncomfortable.

5 A favorite Instagram hashtag and pet name for a significant other.

6 The first Sunday in a new ward when you scan options for potential suitors.

Across 1 Ghosting, 2 Ringcheck, 3 Ringcheck, 4 Fresh off the mission, 5 Before anyone else (BAE), 6 Runway Sunday
Down 1 Ghosting, 2 Ringcheck, 3 Ringcheck, 4 Fresh off the mission, 5 Before anyone else (BAE), 6 Runway Sunday



Social media stalking can pose a threat for some awkward situations. For example, when scrolling through an Instagram feed, make sure you do not accidentally like any pictures.

There's no coming back from double tapping a 127-week-old photo.

ARE YOU A SOCIAL MEDIA STALKER?

When you find yourself 10 Instagram accounts deep in an hour-long session of social media stalking, it may be time to ask a real question: Do you go too far in your social media stalking?

"She knew where he served his mission so she looked up the mission, found the mission president on Facebook and found the guy through the mission president's photos," Allison Bullock said about a friend who has perfected her stalking ability.

Social media stalking can cause us to know too much about a person before we even go on the first date.

"I made a fake Instagram account so I could follow and look at private Instagrams without them knowing it's me," said Stephanie Smith, a sophomore studying anatomy. "I post pictures on it occasionally so it looks like a real person."

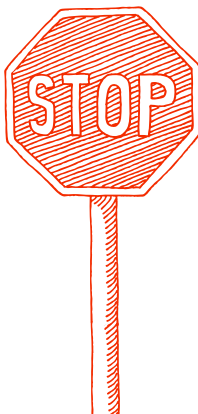
If you already know they have a cat named Ginger or that they did a humanitarian project in Africa five years ago, then you will feel really creepy when they tell you about it later. The casual stalking on social media takes the fun out of getting to know someone.

— VICTORIA WILKINS



DON'T BE ANNOYING ON SOCIAL MEDIA

It is easy to get caught up in the excitement of being in a relationship. Although one probably wants to shout from the rooftops (or from a Facebook page) how happy they are, the result of sharing this newfound happiness on social media often comes off as annoying. At the very least, one should try to be creative with captions, poses and hashtags. Avoid:



- Posting more than one photo of the same event
- Using the caption "This guy"
- Throwing it back to last week
- Kissing photos
- Using #luckygirl
- Saying anything about being in love with "my best friend"
- Countdown to the wedding
- MCM or WCW

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HOW TO IMPRESS

HIM

"A girl who looks for the good in things. She can see the good in a bad situation."

Michael Skidmore, a junior studying music performance

"If the girl has good style you can tell their personality from that. Music taste is a big thing too; if they like the same kind of music as me, you can tell a lot about a person by what they like to listen to."

Nate Brown, a junior studying public relations

"If she makes the first move every once in awhile."

Dylan Grant, a sophomore studying advertising

"With my wife, the thing I liked was a lot of things. I like to tease people and the fact that my wife could take it and also give it back was really impressive. She's smart and funny."

Johnathon Rhoton, a junior studying public health

"Intelligence, being whoever you are."

Tyson Fillmore, a senior studying economics

"It impresses me when a girl is really selfless and puts the needs of others before her self."

Mckay Blatter, a sophomore studying neuroscience

"Confidence and the ability to make a decision, like where she wants to eat. Being outgoing, friendly and involve lots of people and make them feel good about themselves."

Kenneth Hermansen, a freshman studying pre-advertising



her

"When he's dedicated to something important."

Chelsea Kaiser, a sophomore studying elementary education

"Good hair and glasses are like my thing. When a guy has good style and doesn't just wear T-shirts and basketball shorts. When a guy is intelligent and can carry on a good conversation. It's not confidence, it's openness and willingness to make an effort to connect."

Elena Hirst, a senior studying linguistics

"If they stop to help someone out and they're willing to stop and help a person, that's really impressive. Their smile is always something I notice."

Shaina Machaeo, a senior studying English

"Confidence in who he is. Someone who loves himself exactly as he is but respects himself enough to make goals so he can progress. Also height, also clothing, dresses well and also beatboxing abilities."

Kaitlyn Turner, a senior studying communication disorders

"Good sense of humor and will accept me for my weirdness."

Erin Christiansen, a sophomore studying psychology

"The desire to serve people impresses me. If they're athletic, if they're doing the little things in the gospel that they should be like reading their scriptures and going to church, and if they can make me laugh. A good sense of style, they know how to dress."

Kaila Harris, a sophomore studying elementary education

PHOTOS BY MIRANDA FACER

I NEED MORE SPACE



LOST IN TRANSLATION?

Strong communication is a fundamental principle when building a relationship. Yet finding the right words to express feelings and intentions is not always easier said than done. Sometimes people don't say what they mean, and this practice can leave partners confused about the meaning of their words. Here are some common phrases people use and what they really mean:

"It's not you, it's me."

"When somebody says, 'it's not you, it's me,' it means they're trying to say 'I want to move on,'" said Preston Tiges, a junior studying business. "They want you to know you're still great; you're not ugly or a terrible person, I'm just not interested."

"You don't have to get me a gift!"

"If he or she says 'you don't have to get

me anything for my birthday, Christmas, an anniversary...' it means you do need to get me something but I don't want to say anything," said James Voss, a senior studying art education.

"We could do ____ ... if you want?"

"Anytime someone says 'if you want' after suggesting an idea, they're really saying they want to do that and want you to agree but don't want you to feel pressured," said Spencer Schmutz, a junior studying biology.

Even when it may be hard or uncomfortable, tell the truth.

"Communication is one of the foundational principles of a relationship and if you can be open about things it will help you build trust and show respect," said Rachael Ockey, a junior studying vocal performance.

DON'T TAKE RELATIONSHIP ADVICE FROM ANIMATED CHARACTERS

Growing up watching animated movies meant falling in love with stories and characters from faraway lands. While those films were great for entertainment, they may not have the best role models for romantic relationships in the real world.



Anna and Hans moved too fast: These young lovers met, fell in love and got engaged within a two-minute musical number. Rushing into marriage before building a solid foundation in a relationship can lead to problems when the fairytale feelings inevitably wear off. Give yourself enough time to discover your significant other's true character, lest you agree to spend eternity with a Hans.



Ariel changed herself for Eric: Ariel deserves credit for going after what she wanted, but at what cost? She gave up her voice for a chance to win over Prince Eric, which left her with nothing but "body language" to express her feelings to him. Compromises are a natural and necessary aspect of every relationship, but they should not involve one person changing their identity to suit another's needs.



Beast controlled Belle: The Beast terrorized Belle's father, kidnapped her and subjected her to his grumpy demeanor for days before opening up and showing her his softer side. Relationships should strive for equal partnership, not an uneven dynamic where one person controls or intimidates the other.



Megara distracted Hercules: At the beginning of their courtship, Megara used her weak ankles and witty comebacks to distract "Wonderboy" from his role as a hero and distance him from his friends. While it's normal to want to spend lots of time with your significant other, if he or she begins to overly-consume your life, that may be a sign you need to establish balance. Healthy relationships bring couples together, but don't erase the interests and responsibilities they had before they got together.



Aladdin deceived Jasmine: This street rat disguised himself as a wealthy prince to woo Princess Jasmine, relying on magic carpets and multi-continent tour dates to keep up his charade. Jasmine appreciated his efforts, but Aladdin's true self is what won her heart in the end. Putting on a front to attract someone may appear to work in the beginning, but can lead to serious trust issues later that could have been avoided by being your best self from the start.

—MIRANDA FACER

DOORSTEP DRAMA

Avoid drama at the doorstep when you say goodbye to a date by having a game plan beforehand



You like him/her but are not ready to kiss

When you arrive at the doorstep, tell your date that you had a great time and thank him or her for the date. A brief kiss on the cheek is non-threatening because it expresses interest without putting pressure on the other person to reciprocate.



You like him/her and are ready for the kiss

After you've thanked him or her for the date, go in for the hug and linger for a moment. If your date lingers too and your eyes meet, lean in for the kiss.



You do not like him/her and do not want to kiss

If you know walking up to the doorstep that you are not romantically interested in your date, be clear but respectful in the way you say goodbye. Do not say you want to go out again. If he or she goes in for the kiss, do not feel obligated to kiss.



Is She Hangry?

You are never required to feed a girl on a date, but you should always let her know if she should eat beforehand.

HUNGRY

You hiked Stewart Falls this morning and it took you three hours round trip. You packed a protein bar for yourself and gave her a bite, but other than that she hasn't eaten anything in your presence. Odds are she had a light breakfast because she was nervous and would respond positively to an inexpensive lunch outing.

HANGRY

You picked her up at 4:30 p.m., drove to Salt Lake, watched the Bees game, stayed for the post-game fireworks show and now you're driving back to Provo. She's not laughing at your jokes anymore and you notice a subtle rumble every few minutes that doesn't sound like your car. ... Newsflash, she's hangry! With a little food and affirmation that you care about her needs, she will start acting like the person you picked up six hours earlier.



David Cheney, a pre-med sophomore, said, "If you're taking someone out on a date between noon and 3 p.m. or after 5 p.m., you need to feed them something."



"Sometimes when you go on a date around dinner time and don't eat or you do an activity without getting food first, the girl may end up feeling really uncomfortable," said Briana Hedquist, a sophomore studying dance education.



"I plan my day around food," said Alisha Jensen, a freshman with an undeclared major. "I need to know if I should eat before or if we're eating while we're out together."

POISON

It's 10:30 p.m. and your phone buzzes. You don't have to check the screen to know who it is and what he wants. You know you shouldn't go. You know you will.

Hazardous relationships don't always seem toxic when you're in them. You convince yourself that a guy who treats you badly is everything you want. Part of what makes him so alluring is you can never quite have him. A poisonous man claims he is not ready for a real relationship because he's recovering from a breakup, looking to keep his options open or suffering from fear of commitment. In reality, he wants the perks of a relationship without the work.

His last minute invitations in the name of spontaneity keep you on your toes, but he's never around when you need something. You eventually break it off because he's unwilling to actually date you, but a few weeks later he apologizes and lures you back in.

This exhausting cycle traps you in an unhealthy pseudo-relationship. You've been poisoned, and it's time to cure yourself and get out.

"BUT HE APOLOGIZED! AREN'T WE COUNSELED TO PRACTICE FORGIVENESS?"

We are counseled to practice forgiveness, not masochism. Second chances can be a good thing, but if you're past round two of trying to make it work, rethink the relationship.

"You do not need to practice the seventy-times-seven principle in your dating life," said Alissa Voss, a BYU graduate who studied linguistics. "You have to have your eyes wide open when you're dating."

"HE SAID THIS TIME WILL BE DIFFERENT."

Of course he did; he will say anything he thinks will get you back. You have to look at his actions, not his words, and see if the trust he broke by treating you badly before can be rebuilt.

"You should be able to trust the person you're dating, and if you've already given him enough chances to change his behavior and he doesn't, he doesn't care enough about you and the relationship won't work," said Dakota Whitney, a sophomore studying psychology.



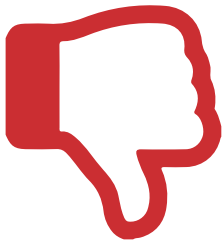
"I DON'T HAVE ANYBODY ELSE."

You don't have anybody else right now. When you find the courage to let him go, you'll have room for someone better.

"If you're living your life right, good things (and people) will happen to you," said Alisa Buchanan, a freshman studying genetics and biotechnology.

Part of living right means getting rid of what's wrong. Tell him you are done and be done. Cutting him off will hurt, but it will hurt less than letting his poison continue to spread in your heart.

— MIRANDA FACER



BAD DATING ADVICE

Not all advice given is good advice. Specifically, dating advice should be taken with a grain of salt. Each person is an individual and what works for one, may not work for another.

"My cousin one time told me to always kiss on the first date," Alex Payne from El Paso said. Although his cousin is now married, kissing on the first date can be off putting for some. "I don't like the advice because it's going after passion rather than a sign of affection."

"I was told not to eat in front of your date."

"I was told not to eat in front of your date," said Josalin Dunn, a nursing major from Florida. "I used to try to never eat or only eat a little and now I feel stupid for trying to be proper instead of being real."

"My mom told me if I lost 10 pounds I would get asked on more dates," said Renee Phillips from Idaho Falls.

Although advice may come with love and concern, rationally analyze the validity of the advice.

— Victoria Wilkins



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LIFE AFTER LOVE



STRATEGIES TO HEAL A BROKEN HEART (OR DISTRACT YOU FROM IT, AT LEAST)

Eats

It's tempting to hunker down in your apartment with your favorite unhealthy foods and your high school sweatpants when you're grieving the loss of a relationship. A change of scenery (and real pants) can also be helpful. Try one of these binge-worthy eats to treat yourself when you're out of the house.

Swig Sugar Cookies



Cold Stone Ice Cream



Shows

A breakup means you suddenly have a lot more alone time. Fill some of that time with uplifting and productive activities, but when you just need to chill, these shows won't let you down.

Gilmore Girls



"People are particularly stupid today. I can't talk to any more of them."

House M.D.



"I'm not using drugs anymore. I am, however, still hooked on phonics."

SEVEN BEST THINGS ABOUT BEING IN A RELATIONSHIP:

You Have More Friends

You Have a Best Friend

You Have an Excuse to—



Cafe Rio Chips and Guac

Songs

Music is a powerful healing agent and can greatly influence how you are feeling. Including positive and empowering music alongside some more emotional ballads can help you work through the variety of breakup emotions.

"Stronger" by Kelly Clarkson

"Straight Jacket Feeling" by All American Rejects

"Wake Me Up" by Avicii

"Half of My Heart" by John Mayer

Any Taylor Swift song

HOW TO NOT BE AWKWARD AFTER BREAKUPS

When a breakup hits, it feels like the world is ending. Here are three tips to help you navigate life post-relationship.

Don't Try to Be Friends

"When you break up there's a mourning period that you both need to go through, and it makes it hard when you try to stay in contact and do the whole friends thing," said Lane Leishman, a senior studying manufacturing engineering.

Don't Be a Jerk

"When you break up with someone you do need to move on, but you should still show them respect like any other person," said Gable Clark, a sophomore studying biology. "You'll still see them around and may need to talk to them and don't need to pretend they aren't there."

Don't Talk About Your Dating Lives

"Don't ask if they are dating someone new," said Emily Jung, a senior studying exercise science. "And if you have someone new, don't bring that up because you might seem like you're boasting."

Meltyway Grilled Cheese



Hot Potato Tater Tots



The Office



"Occasionally, I'll hit someone with my car. So sue me."

Friends



"I just shouldn't be allowed to make decisions anymore."

Parks and Rec



"We have to remember what's important in life: friends, waffles, and work."

Get Out of Things

You Are Never a Third Wheel

You Have a Cuddle Buddy

You Have Someone to Cheer You Up

You Have an Adventure Buddy

BREAKING UP

SOMETIMES IT JUST HAS TO END.

Dating someone leads to marriage — or a breakup. For the latter, there are many different emotions to feel. Some are relieving, some heartbreaking and others that leave the feeling of confusion. No matter the immediate feeling, breakups are generally better in the long run.

“My worst heartbreak ended up being the best thing for me,” said Alyssa Hill a junior studying business. “It took some time to see it, but it definitely worked out to be better for me.”

Breakups can be really hard, depending on the relationship. When one has spent all of his or her time with another person, a huge part of their life is lost. “Breaking up is kinda like you lost a best friend, you almost go through withdrawal from that person,” said Julie McKee, a Salt Lake City native.

Not all breakups leave sad feelings. “It can definitely be a relief sometimes,” said Laurel Peacock, a neuroscience major from Orem. The relief is often from the persistent feeling that the relationship was never right to begin with.

End it without your ex wanting to end it all

Four tips for a clean breakup

Tell them promptly

As soon as you realize things are not working out with someone, tell them.

Speak in person

Calling or texting your girlfriend or boyfriend to break up with them does not spare their feelings.

Be clear

If you want to break up, break up. Do not give the other person hope the relationship will continue.

Give a clean break

After you break up, leave your ex alone. Each time you contact them will hinder the healing process.

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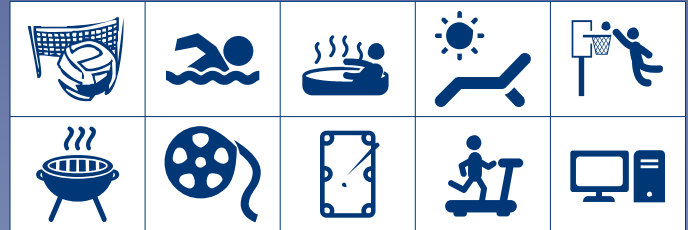


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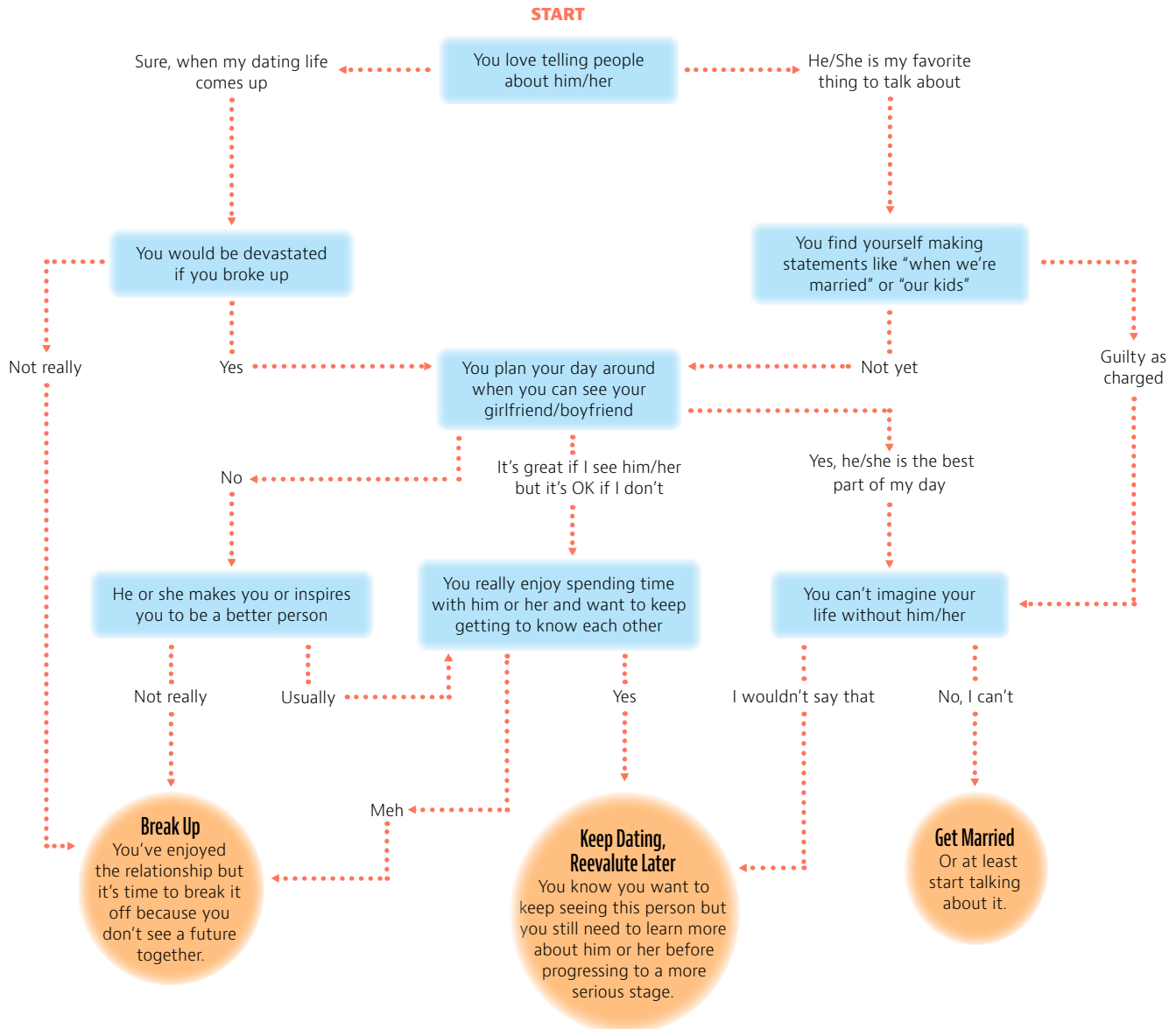
SUITES



EITHER/OR

BY MIRANDA FACER

▶ You've been seeing your boyfriend/girlfriend for some time now and you're trying to decide where you want your relationship to go. Making that decision can be scary, but it doesn't have to be. Here is a flowchart to help you start thinking about what you want and where you and your significant other are right now.



Three Cs for Fun First Dates

COURTEOUS

Chivalry is not dead, nor is it optional.

"Courtesy is very important so the girl knows how important she is," said Jack Heaton, a senior studying medicinal laboratory science. "It's the guy's duty to be a gentleman."

CONCISE

Shorter dates mean less pressure for both of you.

"If the date is short and ends up being awkward, you get out fast," said Sam Schriver, a sophomore studying microbiology. "And if it's good, you both end up wanting more!"

COMFORTABLE

Keep the focus on getting to know each other in the present.

"Just get to know me, don't ask me about my favorite baby names," said Kiana Lindmeir, a junior studying communications.

—Liesl Hammer

.....WHAT IS YOUR ROMANTIC SPIRIT ANIMAL?



ILLUSTRATION BY REBECA ALVAREZ

RAPTOR

Never separated from its wing men/ women, the raptor hunts in a pack and responds well to an aggressive dating style.

MOUSE

Shy and conflict-averse, the mouse does not like a lot of attention and will sacrifice its own needs to avoid a fight.

SLOTH

Known for its lazy nature, the sloth is slow to commit to anything, especially a romantic partner.

LION

Genetically conditioned to let its partner do most of the work, the lion has to fight its selfish nature to make sure it practices equal partnership in a relationship.

BUTTERFLY

Excessively social, the butterfly has so

many demands on its time that it may not have time for a relationship.

DOG

Loyal and always happy to see its partner, the dog needs closeness and does not hold back the kisses.

DUCK

The duck loves a good selfie (emphasis on the lips), always has something to quack about and is known to disappear before a relationship turns cold.

BOA

This normally solitary creature struggles to see situations as they really are and may suffocate its love interest when it feels threatened.

DOLPHIN

Full of laughter and very intelligent, the dolphin's warm personality attracts potential mates with ease.

Topics for a First Date

Conversations on a first date can be tricky. You may have a date filled with nonstop conversation or with lots of awkward silences. According to senior Emily Maxfield, "some first dates are like 'courtesy dates' where you aren't really into them, but others you're so into the person you want to find out real things about them." Depending on the type of date, you can change how you phrase your questions.

For a Courtesy Date

1. What is your major?
2. Where are you from?
3. What do you do for fun?

For People You're Interested In

1. What inspired you to choose your major and why?
2. What is your favorite thing about the place you grew up?
3. What is the most fun thing you've ever done?

The slight differences in these questions will yield big differences in conversation.





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ENGAGE WITH US

FOUR SEASONS & A ROAD TRIP

By Allie Hamilton

When it comes knowing how long to date before the engagement, everyone seems to have an arbitrary checklist. Four seasons and a road trip. Meet the family. Couples should determine together which relationship principles are most important to them when deciding whether or not to get engaged. Here are a few components to consider when having that discussion.

School of Family Life professor Alan Hawkins said maturity is the most important trait each partner should have before getting engaged.

"A good sign of maturity is somebody who recognizes the couple needs to learn some things, improve their skills and build a stronger foundation — rather than somebody who thinks love conquers all," Hawkins said. "Find somebody who can engage the brain as well as the heart."

Hawkins also said it is important for a couple to be able to agree on core values, such as moral codes and world views. He pointed out that agreeing on values doesn't

necessarily equate to having compatible personalities.

Hawkins said one of the biggest warning signs that a relationship should not lead to marriage is it follows an on-again-off-again pattern. "Relationships that are more stable are a much better sign of what's ahead."

Partners also need to learn to effectively deal with differences, and resolve them before getting engaged.

As far as how long a courtship should be, there is no easy answer.

"Take as much time as you need," said Jon Hogge, a senior studying biophysics. "Dating for multiple years might be good for some people, but if you're still trying it out a couple of years down the road, maybe it's not right for you."

Although there are many opinions out there, there is no set amount of time to date for before getting engaged because the circumstances are different for every couple. As long as both partners put in the necessary preparation, they can feel peace about taking the next step.

Dating Diaries

Some dates are just like your high school dreams. And then there are other dates. A few students shared their memories about when a date did and didn't go according to their wishes.

"My birthday was during the time when my boyfriend and I were broken up. When we got back together he insisted that we celebrate my birthday. For my birthday, he made me Indian food (which is my favorite) and gave me a picture of us and a bunch of outdoor gear. He was so cute for wanting to celebrate my birthday three months late."

—Denise

"When we sat down to dinner and after we received our food he said, 'let's say a prayer.' I thought it would be a short prayer, but no. He bowed his head and folded his arms and stayed like that for a minute without saying anything. He finally finished the prayer and we ate dinner. After dinner we went square dancing. We were the only ones there who were under the age of 65."

—Shelly

"The day of the first date I shoveled the driveway so he would be able to pull in; however I forgot to put ice melt down. When we were walking to his car, I slipped on the ice and slid about three feet down the driveway."

—Shannon

"The day of the date I had a cough so I took cough medicine, but it ended up being the drowsy kind. I was really sleepy throughout the night. On our way back home, my date asked me what I would do if he kissed me. I replied, 'I don't know Zach (the boy I liked, who was not the guy I was on a date with).' I almost died."

—Terri

"I went to a drive-in movie and as soon as we got there it started pouring rain so we were drenched by the end of "Jurassic World," which added some authenticity to the movie. On our way home there was a divot in the road and we hydroplaned between a semi truck and a divider and we almost crashed and died."

—David



“I went on a date with this boy to see a show in the HFAC and he fell asleep almost immediately. He slept through the entire show, like I had to wake him up when it was over.”

— **Stacey**

“I went to see Humor U with my date and parked by the tennis courts. During the show, my twin brother who I share a car with moved the car from the Maeser parking lot to the Marriott Center as a joke. My date, who didn’t have a jacket, and I had to walk in the cold to get it.

— **Dexter**

“We went for ice cream and I started choking on a sprinkle. Not a big sprinkle or anything, it was a really small sprinkle. For some reason my larynx thought that little sprinkle was a huge brick. So she ran out of the car and gave me the Heimlich right in the middle of a parking lot.”

— **Arnold**





As a professor in the School of Family Life, David Dollahite sometimes has students come to him with questions about dating. Teaching classes like “Strengthening Marriage and Family” allows him to study relationships and talking with students about their personal experiences keeps him in the loop with the Provo dating scene.

Dollahite also fielded questions about dating when he served as a bishop in a Provo young single adult ward. Sometimes ward members came to him with questions about what couples can and cannot do physically before marriage.

“Some people wanted a clinical diagram with what parts of the body could and couldn’t be touched and specific

rules,” he said.

Physical affection in dating and courtship is not always discussed openly, despite curiosity about the topic. Many people have questions, but do not ask them because they fear the judgment of their peers or church leaders.

Laura Brotherson is a Latter-day Saint wife and mother who lives in Boise. She is a certified sex therapist and author of “And They Were Not Ashamed: Strengthening Marriage through Sexual Fulfillment.” She believes this lack of discussion about physical affection in the dating stages can be detrimental both in courtship and later on in marriage.

“Not being willing to talk about physical affection sends the message that it is shameful, wrong and dirty; that there’s not something positive to talk about with it,” Brotherson said.

This lack of cultural discussion

BY MIRANDA FACER

PHOTOS BY ARI DAVIS

may contribute to Good Girl/Good Boy Syndrome, a condition that leaves women and men feeling like physical connection of any kind is inherently bad, Brotherson said. Even when a couple is married, the spouse who is affected is unable to enjoy (or to even have, in extreme cases) sexual relations with their spouse because they feel doing so is wrong.

Brotherson said the best way to avoid the spread of Good Girl/Good Boy Syndrome is to talk about physicality openly and in a positive light. The following sections aim to encourage that discussion and to explore relevant talking points regarding physical affection's role in courtship.



UNDERSTAND THE ROLE OF PHYSICAL AFFECTION IN DATING

Physical affection is a natural component of romantic relationships. It can be used to express attraction, to provide comfort and to promote bonding.

"The most important function physical affection serves in dating is to help bring unity to a couple that is intending to potentially become one," Dollahite said.

Connecting on a physical (but not sexual) level during courtship helps couples prepare for marriage by exploring and solidifying their attraction for one another.

"When we marry someone, we become one flesh, one heart and one mind," Dollahite said. "You can begin that process of becoming one in dating by getting to know each other, learning about each other's interests and finding out (through physical affection) if you are attracted to one another."

While physical affection does strengthen dating relationships when used appropriately, Dollahite said it is not necessary for a couple to see if they are physically attracted to one another before marriage if they do not want to.

"It is certainly possible to have a healthy, intimate sexual relationship in



"The most important function physical affection serves in dating is to help bring unity to a couple that is intending to potentially become one."

PROFESSOR DAVID DOLLAHITE

marriage with someone who you didn't even touch while you were dating," Dollahite said.

Expectations and desires for physical affection in courtship will differ from person to person. Because of this variance, Dollahite counsels young adults to discuss and set boundaries at the beginning of their relationships to avoid confusion and problems later on.

"I don't think anyone is ever planning on breaking the law of chastity," said Andrea Cutler, a junior studying chemical engineering. "Physical affection is really, really powerful and if you don't establish boundaries, things can get carried away."



SET BOUNDARIES FOR PHYSICAL AFFECTION

Being able to communicate openly about what a couple is comfortable with in terms of physical affection is a sign of maturity and mutual respect. The process of establishing boundaries is one that involves both members of

the couple.

"It's really important for both young men and young women to understand they should have boundaries and to create them together as a couple," Brotherson said. "Deciding what is OK shouldn't just be on the woman or on the person who is less quickly aroused."

This process of setting boundaries should also involve the guidance of the Holy Ghost, Brotherson said. She said the Spirit will help couples to know what is right.

The Lord has expressed the standards he expects his children to follow in the Sexual Purity section of "For the Strength of Youth." Couples should follow these standards when establishing boundaries for physical affection in their relationships.

"Boundaries have to be very personal because we're different," Brotherson said. "But it goes without saying that we should each plan on being pure and staying away from things that we feel and know to be wrong."

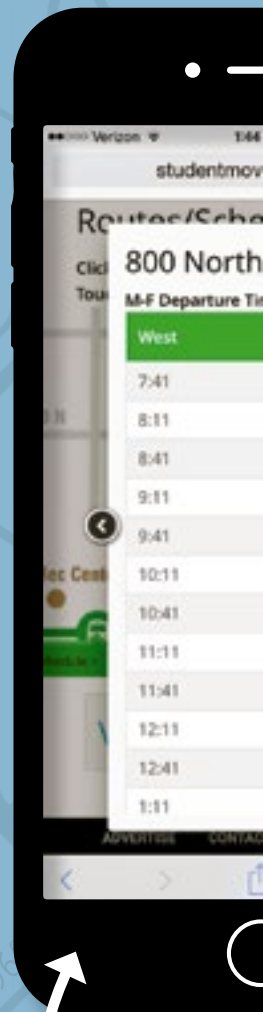
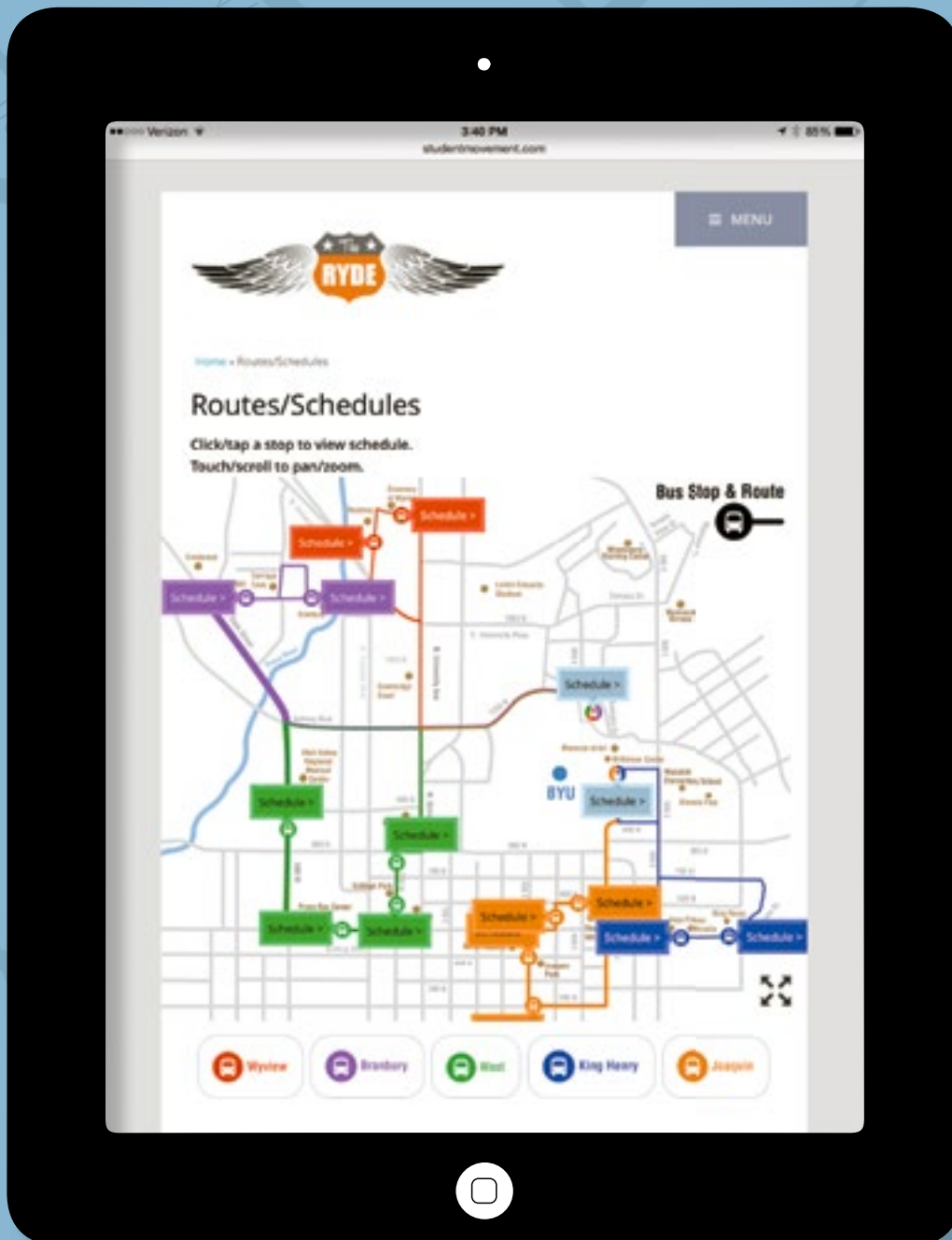
Once a couple decides what they are and are not comfortable with in terms of physical affection, they may want to decide how much time they will spend expressing affection in their relationship.

"Having someone's hand to hold, someone to put your arm around and someone to cuddle and to kiss is very pleasant and a sweet thing," Dollahite said. "But too much of that can be harmful to a relationship."

Continued on page 62

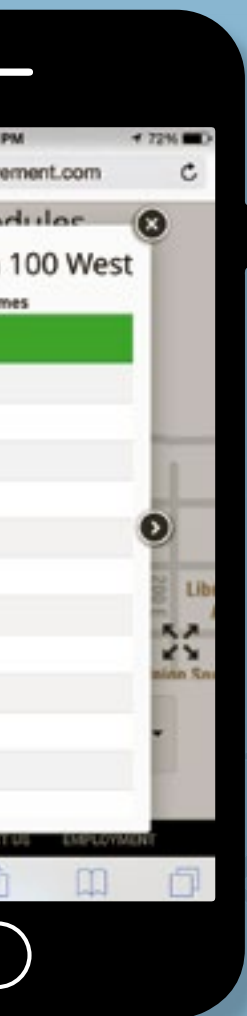
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The Dating Makeover



Shortening the sides of Lennox's hair helps him go from the classic missionary cut to a refined, mature style.



Creating a part in Lennox's hair gives him different styling options depending on what kind of look he wants.



Waxing eyebrows isn't just for girls; grooming Lennox's eyebrows shows he pays attention to the details of his appearance.

The majority of confidence comes from who you are on the inside, it never hurts to feel good about how you look on the outside.

Lennox Jacobson and Brianna Jones entered a TWO contest to win a free makeover. They were looking to upgrade their appearances for the new fall semester. With some help from the BYU Store, Studio 1030 and TWO, Jacobsen and Jones made a few small changes to their looks that made a big difference in how they felt.

Lennox Jacobson JUNIOR, SPANISH MAJOR

Why did you enter the contest?

"I was curious to see how the new outfit and look would compare to my past sense of style and see how I could improve my look. I also thought it would be fun to be a model."



Before



After

“I’m definitely going to maintain the haircut and go back to Alena (at Studio 1030). I’m excited to wear the clothes again.”



“The makeover increases my self-esteem because it made me realize I can wear more diverse clothes than I previously thought. Now I’m more willing to try out different styles because I learned I can look good in a variety of clothes.”

Brianna Jones

SOPHOMORE, MATH EDUCATION

Why did you enter the contest?

"Just for a change. I've always just done the same thing with my look because it works but I thought it would be good to let someone else help me get a new look."

NAILS



Shaping nails in a uniform manner creates a polished and put together look.

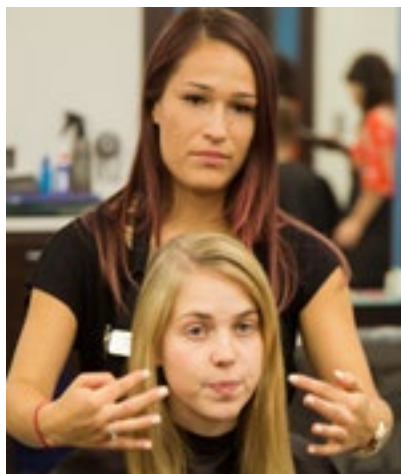


Choosing a neutral polish color gives Brianna a nail look that will match any outfit.



Incorporating two statement nails on each hand adds personality to the neutral polish.

HAIR



Adding side bangs and face-framing layers draws attention to Brianna's face.



Bleaching subtle highlights along the front of Brianna's crown brightens her face and helps her hair look neat yet natural.



Creating layers throughout Brianna's long hair gives it movement and volume.

Studio 1030 and stylists Julia Barrow, Alena Lopez and Sydney Muse provided their expertise in makeup, hair and nails for the makeovers.

BYU Store provided the clothing, shoes and accessories.

MAKEUP



Highlighting Brianna's cheekbones gives her face structure.



Top right: Darkening and thickening Briana's lashes with mascara makes her eyes pop.




Blending a natural foundation on her cheeks gives Brianna's skin an even tone.



Before



After



“Overall I think I’ll keep the confidence the makeover gave me. The outside makeover reminded me that I can be confident in who I am regardless of how cute my shoes are, even though killer shoes do help!”




“Getting a makeover made me feel more confident and when you feel confident good things happen.”





Waiting



*M*ore LDS women are serving missions than ever before because of the 2012 age change. A previous cultural practice was for a woman to wait for her boyfriend while he served, but the age change now means some men are waiting for their girlfriends to serve too.

The truth of the matter is that waiting for anything can be difficult. Whether one is waiting to be seated at a restaurant, receive test results or meet the love of their life, waiting can be wildly inconvenient.

Waiting does not have to be a bad thing, however. There are good, noble and productive ways to wait, just as there are bad, pathetic and life-wasting ways to wait.

Here are some guidelines to follow when waiting for a potential “one and only” to return from her mission:

Waiting is not a passive verb

While the girlfriend is serving, she is progressing spiritually and as a person. It is important for her boyfriend to improve himself as well, rather than spending all of the time apart stagnant.

“Regardless of whether he’s waiting for a girl or not, he needs to be pursuing his education, working and moving on with his life,” said Joseph Scott, a freshman studying political science. “He should also be active in the church, serve in his calling and find ways to be involved in the community.”

Filling time with meaningful activities will make the time apart easier to bear. He will also be prepared as an equal partner to move forward in life with his girlfriend when she returns.

Keep her mission minded

When writing his missionary girlfriend, a guy may want to keep the focus of his emails and letters on her mission,



for Her

BY KATHRYN JONES

not on their relationship.

Cameron Van Tassel, a freshman with an undecided major, recommended guys ask their girlfriends about the spiritual experiences they're having.

"If serving is what she wanted to do, you need to try to help her," Van Tassel said.

Guys can help their girlfriends serve better by taking an interest in her investigators, sending spiritually uplifting resources and keeping mushy content to a minimum.

Optimism makes everything easier

Kate Sweeny, an associate professor at the University of California Riverside, performed an extensive study on 50 law school graduates who were waiting for their California bar exam. After analyzing those who waited more successfully than others, she noticed that those who were optimistic experienced a more enjoyable and less stress-ridden waiting period. Men waiting for girlfriends to return from missions can practice optimism to have a better waiting period.

Karen Paulsen, a sophomore and pre-dietetics major, waited for her boyfriend on his mission and understands why optimism is key when waiting for

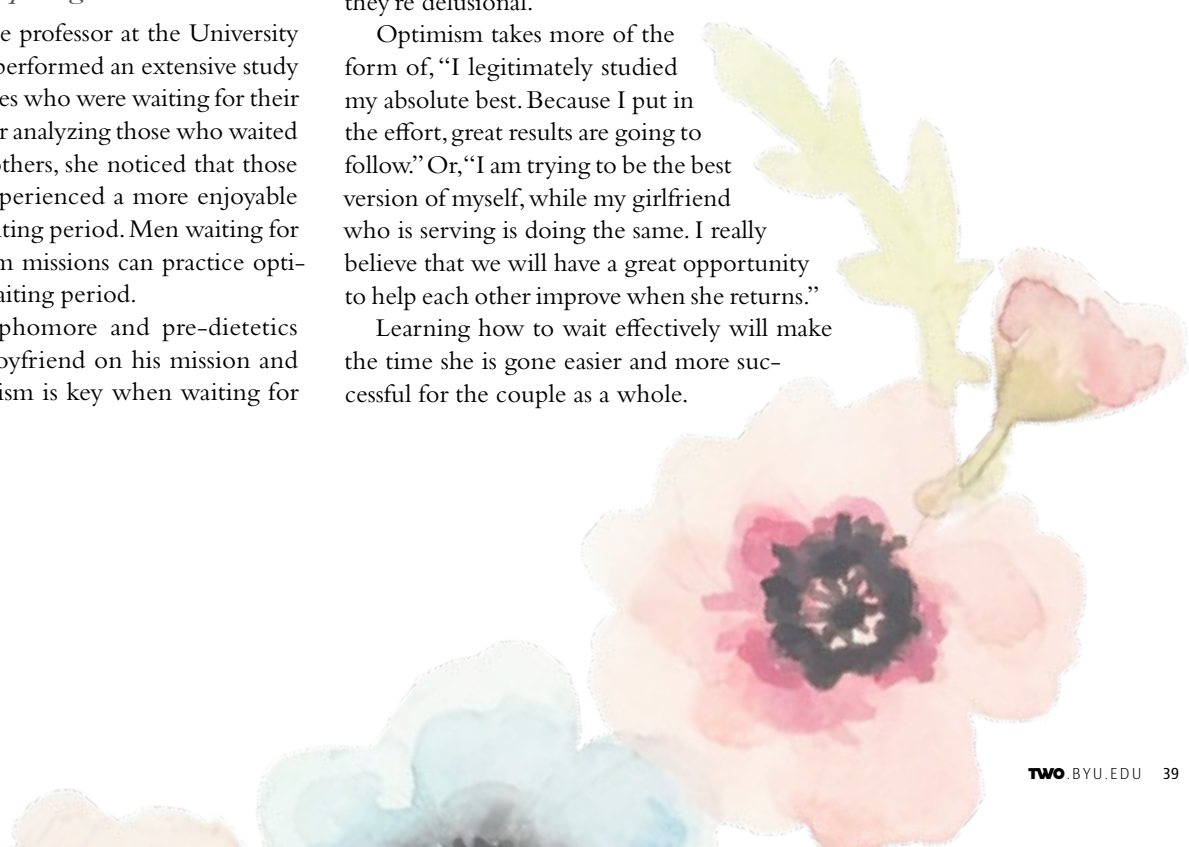
a missionary.

"I feel like when you're waiting for someone and the future is unclear you need to be optimistic that it will work out," Paulsen said. "If you become pessimistic and focus on being lonely, that won't be attractive to your missionary."

For optimism to succeed, it must be rooted in reality. Thoughts like, "I didn't study for the exam, but I'm totally going to get an A," or "The missionary I'm writing hasn't responded to me for a year, but we're most definitely getting married," are not optimistic; they're delusional.

Optimism takes more of the form of, "I legitimately studied my absolute best. Because I put in the effort, great results are going to follow." Or, "I am trying to be the best version of myself, while my girlfriend who is serving is doing the same. I really believe that we will have a great opportunity to help each other improve when she returns."

Learning how to wait effectively will make the time she is gone easier and more successful for the couple as a whole.



DIVORCE

By Victoria Wilkins

"I never wanted divorce to happen; it just did and you have to move on."

The dating game in Provo is hard enough for a single person. Those students who have already been married, divorced and are coming back in the dating scene are playing an all-new ball game.

"There's a lot of worry about feeling broken or feeling like damaged goods," said Michael Buxton, associate clinical professor of counseling psychology. "It's pretty idealistic at BYU so when you're not the ideal, people deal with a lot of shame."

Sara (not her real name) is a woman who has been divorced for five months. Sara often feels defined by her past experience. When dating a person who has been married previously, it is important to always define them by who they are as a person, rather than their past experiences.

"Don't look at us as a different person, we're just trying to get back to normal and find ourselves and be happy again," Sara said. "It's hard going from we to just me again, be patient with the person."

Being patient when dating a divorced person includes waiting until they feel ready to open up to you. Asking to hear about their divorce story is probably not an appropriate first date question. When they do feel ready to tell you that story, be open and really listen to understand their story.

"It is very important to be non-judgmental, the reasons for divorce are so personal and individual,"

Buxton said. "Actually listen and hear somebody's story and try to understand their story without judging the situation."

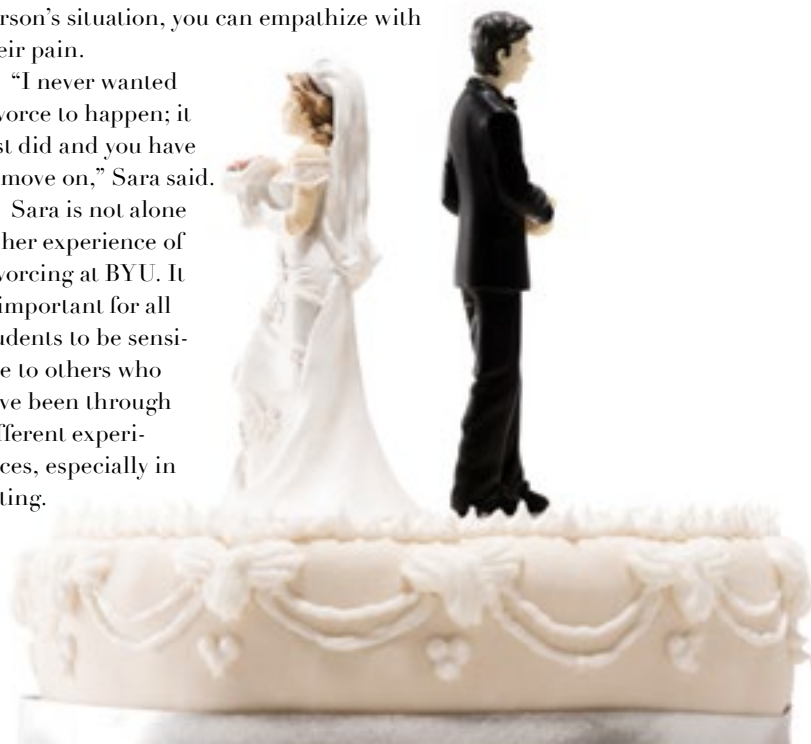
One way to practice being non-judgmental is to empathize with the person.

"Divorce is in many ways the most painful thing because not only did you have a commitment, you made it public and you built this whole life together and it's catastrophic in a way that you can't really understand unless you've experienced it," said David Dollahite, a professor in the School of Family Life.

While you may not be able to understand the person's situation, you can empathize with their pain.

"I never wanted divorce to happen; it just did and you have to move on," Sara said.

Sara is not alone in her experience of divorcing at BYU. It is important for all students to be sensitive to others who have been through different experiences, especially in dating.



great food dates

PHILLY CHEESESTEAK SANDWICHES

Yields 6 sandwiches

- 1 pound roast beef
- 1 green bell pepper
- 1 white onion
- 1 package sliced provolone cheese
- 1 package hoagie rolls
- 2 tablespoons olive oil
- Salt and pepper to taste

1. Cut roast beef into thin strips.
2. Slice pepper and onion.
3. Heat olive oil in pan and add onions for one minute.
4. Once onions are fragrant, add pepper slices.
5. Sear the vegetables for four minutes or until they reach desired consistency (avoid cooking them too long or they'll become soft).
6. Add sliced roast beef and heat through.
7. Season with salt and pepper.
8. Melt provolone on top of meat and vegetables.
9. Toast bread on skillet and scoop meat and toppings into hoagie rolls.
10. Serve with chips and raw vegetables.



You don't need to be the best chef on campus to create the best dinner date. These tasty dishes can be prepared by almost anyone. Your food may make you look like the great catch you are.



DATE-WORTHY PASTA AND TOMATO SAUCE

Yields 8 plates of pasta and sauce

- 1 24 oz. can favorite tomato sauce
 - 1 can crushed tomatoes
 - 2 tablespoons basil
 - 2 tablespoons oregano leaves
 - 1 teaspoon baking soda
 - 1 tablespoon sugar
 - 1 tablespoon salt
 - 1 teaspoon pepper
 - 1 package pasta (we recommend bowtie or cavatappi to avoid spaghetti twirling blunders)
 - 2 tablespoons olive oil (optional)
1. Combine sauce, crushed tomatoes, spices, baking soda and sugar.
 2. Let simmer on low until pasta is ready.
 3. In separate pot, boil salted water for pasta on stove in large pot; follow pasta package directions for exact amount of water.
 4. Once water boils, add pasta and cook to al dente.
 5. Strain and pour back into pot.
 6. Toss with olive oil to avoid pasta clumping together.
 7. Serve with meatballs, fresh Parmesan and basil.

ELLEN'S MEATBALLS

Yields 24 small meatballs

- 1 pound ground beef or turkey
 - $\frac{3}{4}$ cup Italian breadcrumbs
 - $\frac{1}{2}$ cup Parmesan cheese
 - 1 egg
 - $\frac{1}{4}$ cup diced onion
 - 1 teaspoon garlic salt
 - $\frac{1}{2}$ teaspoon black pepper
 - 2 tablespoons dried parsley
1. Preheat oven to 400 degrees.
 2. Dice onion.
 3. Spread aluminum foil on a cookie sheet.
 4. Mix all ingredients together.
 5. Form small meatballs.
 6. Bake for 10 minutes.





VICTORIA'S PINK PASSION SPRITZER

Yields 6 glasses of spritzer

- 2 liters of lemon-lime soda
- 1 package mixed berry juice concentrate
- Ice (optional)
- Strawberries (optional)

Mix Sprite with juice concentrate. Serve with sliced strawberries and ice.

LAST MINUTE GARLIC BREAD

Yields 12 slices of bread

- 1 fresh loaf of ciabatta (bakery section of grocery store)
- 2 tablespoons minced garlic
- 1 stick butter
- 2 teaspoons parsley
- 1 egg white

1. Preheat oven to 350 degrees.
2. Slice butter into thin slices.
3. Cut bread across the top in intersecting lines.
4. Stick butter slices and garlic into crevices created by the cuts.
5. Coat bread with egg white and sprinkle with parsley.
6. Cook for 10 minutes or until slightly browned.



URBANA GREENS SALAD

Yields 4 small salads

- 1 bag fresh spinach
- 1 cup crumbled feta
- 1 15 oz. can mandarin oranges
- 1 cup walnuts
- 1 bottle Italian dressing

Toss spinach in the dressing and top with feta, oranges and walnuts.

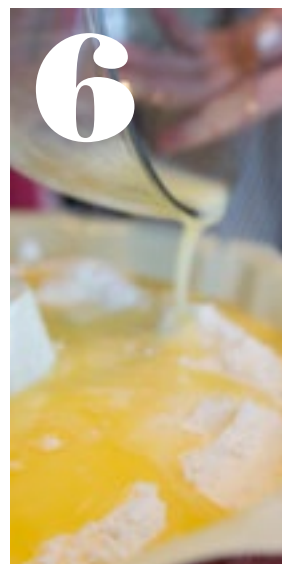




PUMPKIN CRUNCH CAKE

Yields 12 slices

- 1 yellow cake mix
 - 4 eggs
 - 2 sticks butter
 - 1 29 oz. can pumpkin
 - 1 teaspoon cinnamon
 - 1 teaspoon pumpkin pie spice
 - 1 can baking spray
1. Preheat oven to 350 degrees.
 2. Spray cake pan with baking spray.
 3. Combine pumpkin, eggs, pumpkin pie spice and cinnamon.
 4. Pour into prepared pan.
 5. Pour cake mix on top of pumpkin mixture until all orange liquid is covered (should be about ½ inch thick of white powder).
 6. Melt butter and pour on top of cake mix.
 7. Place in oven and bake for 60 to 80 minutes or until fork comes out clean.
 8. Serve warm with ice cream or whipped cream.





PROVO HOT COCOA

Yields 2 generous mugs of cocoa

- 2 ½ cups milk
 - 4 tablespoons baking cocoa
 - 4 tablespoons sugar
 - 2 teaspoons vanilla
 - 1 small chocolate bar (optional)
 - Grandma Jane's whipped cream (optional)
1. Heat milk in a pot on the stove.
 2. Once milk is warm, whisk until it foams and reaches desired drinking temperature.
 3. Add cocoa and sugar and continue whisking.
 4. Add vanilla.
 5. Give liquid a final whisk and pour into mugs.
 6. Serve with Grandma Jane's whipped cream.



7. For extra garnish, create chocolate shavings by peeling a chocolate bar with a potato peeler.

Grandma Jane's Whipped Cream

Yields 10 servings

- 1 pint heavy whipping cream
 - 2 cups powdered sugar
 - 1 teaspoon vanilla
8. Pour entire carton of whipping cream into mixing bowl and beat with hand mixer.
 9. When liquid starts to have a solid texture (usually three or four minutes in, depending on the mixer), add one cup of powdered sugar and continue mixing.
 10. Once sugar dissolves, add next cup of sugar and vanilla and beat mixture until it reaches desired consistency.



GRINGO CHICKEN FAJITAS

Yields meat and vegetables for ten tortillas

- 1 pound chicken cut against the grain into strips
 - 1 teaspoon minced garlic
 - 1 medium white onion
 - 2 bell peppers
 - 2 tablespoons vegetable oil
 - ¼ cup water
 - 10 flour tortillas
 - 1 small package sour cream (optional)
 - 1 bunch of cilantro (optional)
 - 1 bag Mexican cheese (optional)
 - 1 24 oz. jar salsa (optional)
1. Heat cast iron pan on stove with vegetable oil.
 2. Pan must be very hot for meat to sear (do not make this recipe in kitchens without proper ventilation because of the smoke that may arise).
 3. Slice onions and peppers.
 4. Cut chicken against the grain into strips.
 5. Add chicken to the hot pan and cook until meat is only slightly pink.
 6. Pour in seasoning packet with water and saute until juices evaporate.
 7. Add onions and then the peppers after the onions begin to sear.
 8. Scoop meat and vegetable mixture into tortillas and serve with cheese, sour cream, cilantro and salsa.



WHAT IS DATE NIGHT AT THE QUARRY?

YOUR
CHANCE TO
DANCE
AND TAKE A STEP UP,
HOLD ON
TO MORE THAN EACH OTHER
& TIE A KNOT
THE SAME EVENING FOR HALF-PRICE!



2494 N. UNIVERSITY PKWY PROVO NEXT TO MOVIES 8
801 418 0266 QUARRYCLIMBING.COM

Day or Night
It's Always Fun
Bring a date
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Climb 2-FOR-1

{ COUPON }



THE QUARRY
INDOOR CLIMBING CENTER

Enjoy Family
Nights too!
Bring the tribe
to The Quarry
Climb 2-FOR-1

{ COUPON }

Local Parks

Bicentennial Park

1440 S. 1600 East

Bonneville Park

1450 N. 800 West

Joaquin Park

400 N. 400 East

Kiwanis Park

820 N. 1100 East

Memorial Park

800 E. Center St.

Paul Ream Wilderness Park

1600 W. 500 North

Pioneer Park

500 W. Center St.

Rock Canyon Park

2620 N. 1200 East

SCERA Park

600 S. State St., Orem

Vivian Park

Provo Canyon

Outdoors

Drive the Alpine Loop

Take the scenic route with your special someone and watch the changing leaves in a beautiful mountain setting.

♥♥\$ ✂ 🚗

Plan a bike ride

Grab your bikes or rent them from BYU Outdoors Unlimited. Take a ride down to the Provo docks or south Provo.

♥free ✂

Go geocaching

Download the app and discover the geocache. You never know what you'll find.

♥free ✂

Play catch

Throw a ball back and forth. Take turns pitching while the other bats. Take it to the next level by getting two teams together.

♥free ✂

Service

Join Horses for Healing

With a date, join the group through Y-Serve and help children with disabilities ride horses.

♥♥free ✂ 🚗

Put motivational post-it notes in textbooks

"You can do it!" might just be what someone needs to hear when studying for a chemistry final.

♥\$ ✂

Donate blood together

Talk each other through the ordeal. Then go chill and watch a movie.

♥♥free ✂

Write letters to missionaries

Have a friend or family member on a mission? Write him/her a letter.

♥free ✂

Volunteer for Y-serve

Ask Y-Serve if they have anything fun planned for the weekend, and serve with your date.

yserve.byu.edu

♥free ✂

Give away flowers

Know someone who has had a bad day? Leave a flower at her doorstep with a sweet note to cheer her up.

♥\$ ✂

Bake cookies for friends

Ask your mom for her secret recipe and make delicious cookies to give away (and eat some for yourself).

♥\$ ✂

Explore

Play tourist

Visit all the places tourists go to when visiting Provo. Go down streets you've never visited and discover a new side to where you live. Be sure to take touristy pictures!

♥free ✂ 🚗

Go to the Diwali

Festival of Lights

See live music, food and fireworks. Oct 25, 6 PM, SLC Krishna Temple, 965 E 3370 South, Salt Lake City

utahkrishnas.org

♥♥\$ \$ ✂ 🚗

Explore "Ken Sander's

Rare Books"

Located in Salt Lake City, discover why this antiquarian bookshop's motto is "Creating chaos out of anarchy for a better tomorrow." Leave with a rare book in hand to remember the experience.

kensandersbooks.com

♥\$ ✂ 🚗

Experience a real life

"Secret Garden"

The Gilgal Sculpture Garden in Salt Lake City features gorgeous stone sculptures created throughout one man's life.

♥♥free ✂ 🚗

Visit AAA storage facility

...and no, we are not saying buy a storage unit (but you can do that too). Check out their museum of leftover storage items collected over the years.

♥free ✂ 🚗

Hike

Battlecreek Falls

1.8 miles

40-minute hike

♥free ✂ 🚗

Rock canyon Trail

5.3 miles

3-hour hike

♥free ✂ 🚗

Big Springs Hollow Cave

5 miles

1.5-hour hike

♥free ✂ 🚗

Stewart Falls

4 miles

2-hour hike

♥free ✂ 🚗

Bonneville Shoreline Trail

6.8 miles

3-hour hike

♥♥free ✂ 🚗

Squaw Peak Trail

7 miles. 5-hour hike

♥♥♥free ✂ 🚗

Bridal Veil Falls

0.2 miles

30-minute walk

♥free ✂ 🚗

Slate Canyon Trailhead

3.7 miles

2-hour hike

♥♥free ✂ 🚗

Mt. Timpanogos

12.7 miles

8-hour hike

♥♥♥free ✂ 🚗

Timpanogos Cave

3 miles

2-hour hike

♥free ✂ 🚗

Red Pine Lake Trail

7.3 miles

4-hour hike

♥♥free ✂ 🚗

Y-Mountain

2.4 miles

1-hour hike

♥free ✂ 🚗

Haunted Houses

Castle of Chaos

5600 S. Redwood Rd., Salt Lake City

♥♥♥\$ \$ ✂ 🚗

Nightmare on 13th Street

300 W. 1300 South, Salt Lake City

♥♥\$ \$ \$ ✂ 🚗

Fear Factory

800 S. 666 West, Salt Lake City

♥♥\$ \$ \$ ✂ 🚗

The Haunted Forest

1015 S. 500 East, American Fork

♥\$ \$ \$ ✂ 🚗

Anguish Asylum

1200 Towne Centre Blvd., Provo

♥\$ \$ \$ ✂ 🚗

Museums

Museum of Ancient Life

Visit the world's largest display of mounted dinosaurs.

thanksgivingpoint.org/visit/museumofancientlife

♥\$ \$ \$ ✂ 🚗

Historical Pioneer Relic Hall

Let early pioneer life inspire you and your date.

♥\$ ✂ 🚗

BYU Museum of Art

Check out the latest exhibit BYU has to offer. Open Monday through Saturday.

moa.byu.edu

♥free ✂

Monte L. Bean Museum

Go see a stuffed liger, the creature you just realized actually existed.

♥free ✂

Springville Museum of Art

With your date, discover why this museum was rated "Best of State" for 2015.

smofa.org

♥free ✂ 🚗

Woodbury Art Museum

Check up on UVU's art museum just around the corner.

https://www.uvu.edu/museum/

♥free ✂ 🚗

Free Dates

Skip rocks

Teach her your technique.

♥♥ free ↗

Have an indoor picnic

Don't let the cold stop you from enjoying a good old-fashioned picnic. Lay out a blanket in your living room and turn on some background nature sounds.

♥ free ↗

Binge-listen to Serial

Listen to a real-life murder mystery, like Serial, or any other podcast. Couple it with cooking or some other activity.

♥ free ☒

Join a book club together

Pick a book you and your date will enjoy and meet once every couple of weeks to discuss it with each other or in a book club.

♥♥ free ☒

Throw a paper airplane contest

See who can make the best paper airplane.

♥ free ↗

Cook together

With items already in your fridge or pantry, try to create a 5-star meal. See how creative you can get.

♥ free ↗

Host a YouTube video marathon

See what's popular or check out your favorite YouTuber's recent video posts.

♥ free ☒

Play video games from your childhood

Dust off your old childhood favorites and play Mario Kart and Donkey Kong.

♥ free ↗

Go to a high rooftop and enjoy the view

Consider the JFSB rooftop and bring a camera and even a selfie stick to capture the moment.

♥ free ☒

Work on a puzzle together

Do you start with the edges or the middle? How your date makes a puzzle can say a lot.

♥ free ☒

Turn a film on silent and improvise lines

Another option is to rent a foreign film and (without using subtitles) guess the storyline. See how creative you can get.

♥ free ☒

Have a wood/soap carving contest

Carve out your favorite animal or your date's face and give each other the final product.

♥ free ☒



Winter Dates

Stroll through Knoll Park

Listen to Christmas music and watch Christmas lights reflect off the pond.

♥ \$ ↗

Go cross-country skiing

Borrow or rent cross-country skis and enjoy the wintry wonderland Utah becomes.

♥♥ \$\$\$ ☒

Attend a hand-bell choir

See when Temple Square is having its hand-bell performances held in the Tabernacle. Other local entities in Provo put on performances.

♥ \$ 🚗 ↗

Visit a Festival of Trees

Judge who decorated the best Christmas tree and enjoy small holiday performances at a Festival of Trees.

♥ \$ ↗ 🚗

Ice-skate

It's a perfect set-up: you're both a little clumsy at first, so you hold hands to keep it together, and by the end you're holding hands because you want to be together.

♥ \$\$\$ ↗ 🚗

See the lights on Temple Square

Yes, everyone does it, but it doesn't detract from how fun it always is. Spend the evening admiring Christmas lights and the temple.

♥♥ free ☒ 🚗

Visit the Festival of Lights

Located in Spanish Fork, pay a small fee to drive through lit wintry wonderland. spanishfork.org/newsevents/events/festivaloflights

♥ \$ ↗ 🚗

Christmas Cruise

Enjoy lights reflecting off the water, Christmas music, hot chocolate and snuggling up to your date on this Provo River cruise offered through CLAS Ropes. December 1-23.

clasropes.com

♥ \$ ↗

Construct a snow cave

Play in the snow during the winter months.

♥ free ↗

Build a snowman

For more creativity, look to the Calvin and Hobbes snowman comics for inspiration.

♥ free ↗

Go sledding

Race your date down the hill!

♥ free ↗

Have a snowball fight

See each other's competitive side. Build fortresses to hide behind and create snowmen decoys. Just don't do it on campus.

♥ free ↗ 🚶🚶🚶🚶

Watch a hockey game

Local teams include the Utah Grizzlies and the BYU Hockey team.

♥ \$\$\$ ☒ 🚗

Hold a white elephant gift exchange

A white elephant gift exchange is a fun idea for a group date that will guarantee lots of laughs. Cap the price around \$5 and see who has the most creative present.

♥ \$ ↗ 🚶🚶🚶🚶

Ski Resorts

Alta Ski Area

Highway 210, Little Cottonwood Canyon, Alta, 84092. (801) 359-1078. alta.com

Brighton Ski Resort

8302 S Brighton Loop Rd., Brighton, 84121. (801) 532-4731. brightonresort.com

Deer Valley

2250 Deer Valley Drive South, Park City, 84060. (435) 649-1000. deervalley.com

Park City Mountain

1345 Lowell Ave, Park City, 84060. (435) 649-8111. parkcitymountain.com

Snowbird Ski and Summer Resort

9385 S. Snowbird Center Dr., Snowbird, 84092. 800-232-9542. snowbird.com

Solitude Mountain Resort

12000 Big Cottonwood Canyon Rd., Solitude, 84121. (801) 534-1400. skisolitude.com

Sundance Mountain Resort

8841 N. Alpine Loop Rd., Sundance, 84604. (866) 259-7468. sundanceresort.com

Active

Visit a batting cage

Show off your swing by visiting the batting cages at Trafalga Fun Center. sevenpeaks.com/FunCenterOrem

♥ \$ ⚡ 🚗

Race Segways

Go to Thanksgiving Point Gardens in Lehi and rent a Segway to cruise through 15 themed gardens.

thanksgivingpoint.org/visit/thanksgivingpointgardens

♥♥ \$\$\$ ⚡ 🚗

Try indoor archery

Get in touch with your inner Katniss by renting bows and arrows for only \$10 or even less if you are with a group.

jakesarchery.com

♥♥ \$\$\$ 🏹 ⚡ 🚗

Exercise together

Make him try yoga and make her try weights. Go running together or visit one of BYU's gym classes at the RB.

♥♥ 🧘 ⚡

Sign up for a race together

Around holidays several organizations put on themed races. Train together and participate in one.

♥♥♥ \$ 🏃

Play Annie Oakley at a shooting range

Take that city boy or girl to the shooting range and show off your shooting skills. They offer activities from trap doubles to sporting clays.

♥♥♥ \$\$\$ ⚡ 🚗

Go rock climbing

The Quarry is a popular indoor rock climbing facility in Provo. Make sure your date is not too afraid of heights! quarryclimbing.com

♥\$\$\$ ⚡ 🚗

Go horseback riding

Ride next to your date through Sundance Ski Resort meadows and mountains.

sundaceresort.com

♥♥ \$\$\$ 🐾 🚗

Walk the boardwalk at Bicentennial Park

In south Provo, this park features a duck pond with a natural spring and wetlands area. It is also a favorite for disc golfers, sporting a seven-hole disc golf course.

♥ free ⚡ 🚗

Go to a Jump On It gym

Do you and your date have lots of energy you want to get out? Head to a trampoline gym and get your jump on.

jumpontiparty.com

♥\$ ⚡ 🚗



Play

Play "Calvin-Ball"

Play the sport often portrayed in "Calvin and Hobbes." All you need is a ball (or a few balls), a few other couples and some open space. Just kick the ball around (or throw it) and make up rules as you go along.

♥ free ⚡ 🏃

Play Apples to Apples while eating apples

Take the game to the next level and eat caramel apples or sour apple suckers.

♥ free ⚡ 🏃

Play life-sized battleship

Set up a sheet to separate the two groups, so no one can see each side, and launch foam balls at each other in this life-sized version of a classic game.

♥ free ⚡ 🏃

Play three-legged bowling

Tie your legs together. The girl bowls first, and then the guy bowls second left-handed.

♥ \$\$\$ ⚡ 🏃

Learn to play a new board game

We tend to stick with what we know. This time, learn a new board game or card game together.

♥ free ⚡ 🏃

Try three-legged soccer

Tie the opposite legs together and try playing soccer. Work together with your date to win.

♥ free ⚡ 🏃

Cup-fence design

Using plastic cups, design a picture or message in a fence.

♥ \$ ⚡

Pop the paint balloon

Create art by filling balloons with paint and throwing darts at them. Hang up your masterpiece in the apartment.

♥ \$ ⚡

Have a Nerf Gun war

Play couples vs. couples and see which couple is champion.

♥ \$ ⚡ 🏃

Get a disposable camera

See who can take the best pictures. Once printed, maybe even cut them out and make a collage together.

♥ \$ ⚡

Participate in "Whodunnit Murder Mystery Game"

Call to schedule a date you will never forget.

(801) 852-6661, Provo City Library
550 N. University Ave.

♥ \$ 🏠 🏃

Play rocket scientist or expert egg saver

Create a parachute for an egg and compete to see which egg is least damaged. Reminisce on old 9th grade science projects.

♥ \$ ⚡

Add a new twist to Twister

Put corresponding colors of paint on the twister and play away. Unless you are extremely confident about your

mad skills, remember to wear clothes you won't mind getting painted.

♥ \$ ⚡

Play with legos while watching The Lego Movie

Create your own jumbled kingdom.

♥ free ⚡ 🏃

Set up a relay race

Go to a local park and set up relay games for you and your friends' dates.

♥ free ⚡ 🏃

Make marshmallow guns and have a marshmallow war

Make a marshmallow gun from PVC pipes — or just throw marshmallows at each other.

♥ \$ ⚡

Local

Go to an event at the Covey Center for Fine Arts

Check the website for upcoming performances.

coveycenter.org

♥ \$\$\$ 🏠 🚗

Attend any Echo Theatre performance

Check out their latest performances at theechotheatre.com

♥ \$\$\$ 🏠 🚗

Go to a concert at Muse or Velour

Provo has many concert venues.

♥ \$ 🏠 🚗



HANG TIME

eXtreme trampolines



Dodge Ball
5 vs 5 \$6/person
Every **Thursday 9 pm**
(Call or email us to sign up,
max 8 per team)

College Students
\$6 for 2 hours Open
Jump ANYTIME!
(Show Student ID)



College Night
Saturdays
10 pm-midnight

Located in Orem South of UVU, across from Walmart
www.GetAirHangTime.com

Upcoming Movies

These movies may not yet be rated.

September 25

Before I Wake

Hotel Transylvania 2

The Intern

The Walk

October 2

The Martian

He Named Me Malala

October 9

Pan

October 16

Bridge of Spies

Goosebumps

October 23

Jem and the Holograms

Secret in Their Eyes

Suffragette

November 6

The Peanuts Movie

Spectre

Brooklyn

November 13

The 33

Lady in The Van

November 20

The Hunger Games:

Mockingjay Part 2

November 25

The Good Dinosaur

Midnight Special

Victor Frankenstein

December 11

In the Heart of the Sea

December 18

Star Wars: The Force Awakens

December 23

Alvin and the Chipmunks:

The Road Chip

December 25

Concussion

January 15

The 5th Wave

January 22

The Nut Job 2

January 29

The Finest Hours

Kung Fu Panda 3

February 12

Deadpool

Zoolander 2



February 26

Ben-Hur

March 4

**Miss Peregrine's Home
for Peculiar Children**

Zootopia

March 18

Allegiant: Part 1

March 25

**Batman v Superman:
Dawn of Justice**

L. Tom Perry Special Collections Archive Film Series

September 25

Warlock

October 9

20th Century

October 23

The Uninvited

November 6

The Glenn Miller Story

November 20

Reap the Wild Wind

December 4

The Bishop's Wife

January 15

**Journey to the Center
of the Earth**

January 29

**The Strange Love of
Martha Ivers**

February 12

Sunrise

March 11

The Long Voyage Home

March 25

One Foot in Heaven

April 8

A Chump at Oxford

May 20

Winged Victory

International Cinema

September 22–26

The Color of Paradise
Almanya
Don't Think I've Forgotten

September 29–October 3

Kagemusha
Anina

October 6–10

Ordet
Castaway on the Moon
Fallen City

October 13–17

Il Postino
1001 Grams
Timbuktu

October 20–14

Late Spring
Leviathan
Playing

October 27–31

Koyaanisqatsi
Chungking Express
Pan's Labyrinth

November 10–14

Nostalgia
Ashes of Time (Redux)
Siddharth

November 17–21

Blow Up
Rear Window
The Lives of Others

December 1–5

Letters to Father Jacob
A Christmas Carol
When Marine Was There

Covey Fine Arts

ImprovBroadway

Oct.-Nov., 8 p.m.

♥ \$ /

The Legend of Sleepy Hollow

October, 7:30 p.m.

♥ \$ /

Hypno Hick

Oct.-Nov., 8 p.m.

♥ \$ /

A Midsummer's Night Dream

Oct. 9-10, 7:30 p.m.

♥♥ \$ \$ /

Utah Valley Symphony

Oct. 21-22, 7:30 p.m.

♥ \$ \$ /

The Nutcracker by the Barlow Ballet

Nov. 20-21, 7:30 p.m.

♥ \$ /

Utah Valley Symphony

Dec. 2-3, 7:30 p.m.

♥ \$ \$ /

Vocal Point

Dec. 5, 2, 7:30 p.m.

♥ \$ /

Local Theaters

Carmike Wynnsong 12

4925 N. Edgewood Dr.

Cinemark 16

1200 Towne Centre Blvd.

Cinemark American Fork

715 W. 180 North, American Fork

Cinemark Draper and XD

12129 S. State St., Draper

Cinemark Movie 9

9539 S. 700 East, Sandy

Cinemark Movie 8

2424 N. University Pkwy.

Cinemark University Mall

1010 S. 800 East, Orem

Mammoth Screen Theater

2929 N. Thanksgiving Way, Lehi

Megaplex Theatres Lehi

2935 N Thanksgiving Way, Lehi

Megaplex 17 Jordan Commons

9400 S. State St., Sandy

Megaplex Vineyard

600 N. Mill Rd. (off Geneva Rd.), Vineyard

Stadium Cinemas

633 S. 950 West, Payson

Towne Cinema

120 W. Main St., American Fork

Water Gardens Pleasant Grove 6

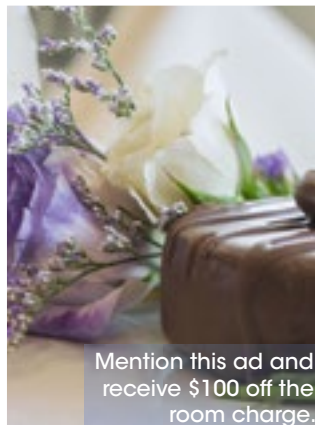
912 W. Garden Dr., Pleasant Grove

Water Gardens Spanish Fork 8

790 Expressway Ln., Spanish Fork



Looking for the perfect venue to host your wedding dinner or reception?



Mention this ad and receive \$100 off the room charge.

Call to reserve your date

801-472-7041

Blue Lemon (Highland Location) is the perfect choice. We offer unbeatable prices and a deliciously fresh menu.

Already have your venue?

No problem, Blue Lemon also caters.

Call 801-874-7419 for more details.



"Homemade Boston Italian Style"

2295 N University Pkwy, Provo, UT
www.nicolitaliapizzeria.com
801-356-7900

Bring a friend, bring a date; have a slice!

Cut this punch card out to get three deals for each visit.

<p>15%</p> <p>off first visit.</p>	<p>10%</p> <p>off second visit.</p>	<p>5%</p> <p>off third visit.</p>
○	○	○

Restaurants

\$ \$1–9 per person
 \$\$ \$10–19
 \$\$\$ \$20+

Baked
 Sandwiches
 2304 N. University Pkwy.
 801-377-2129
 bakedbakerycafe.com
 \$

Bajio
 Mexican Grill
 4801 N. University Ave., Suite 760
 801-224-6668
 shopsatriverwoods.com/dining/bajio.html
 \$

Black Sheep Café
 Southwestern Modern American
 19 N. University Ave.
 801-607-2485
 \$\$

Bombay House
 Indian, Vegetarian
 463 N. University Ave.
 801-373-6677
 bombayhouse.com
 \$\$

Burger Supreme
 Burgers
 1796 N. University Pkwy.
 801-373-5713
 burgerssupreme.com
 \$

Brassas Mexican Grill
 Mexican
 238 W. 100 South
 801-375-0240
 brassas.weebly.com
 \$

Brick Oven
 Pizza
 111 E. 800 North
 801-374-8800
 brickovenrestaurants.com
 \$\$

Cafe Rio
 Mexican
 2250 N. University Pkwy.
 801-375-5133
 caferio.com
 \$

Café 300
 Breakfast/brunch, American, Diner
 465 S. University Ave.
 801-691-0218
 cafeon300.com
 \$

California Pizza Kitchen
 Pizza/Italian
 575 E. University Pkwy., B28, Orem
 801-765-1777
 cpk.com
 \$\$

Carrabba's
 Italian Grill
 683 E University Pkwy., Orem

801-765-1222
 carrabbas.com
 \$\$\$

China Garden
 Chinese
 225 W. Center St.
 801-373-7203
 chinagardenprovo.wix.com/chinagardenprovo
 \$

Communal
 European, American
 102 N. University Ave.
 801-373-8000
 communalrestaurant.com/lunch-menu
 \$\$\$

Cubby's Chicago Beef
 Sandwiches/Subs, Vegetarian,
 Barbecue
 1258 N. State St.
 801-919-3023
 cubbyschicagobeef.blogspot.com
 \$

Dave & Crankys
 American
 746 E. 820 North
 435-625-1328
 crankyprovo.com
 \$\$

DP Cheesesteaks
 Cheesestakes, Sandwiches/Subs
 1774 N. University Pkwy.
 801-709-2996
 www.dpcheesesteaks.com
 \$

Emanuel's Fresh Grill
 Mexican
 520 N. 900 East
 801-960-9343
 emanuelsfreshgrill.com
 \$

Firehouse Subs
 Sandwiches/Subs
 64 W. Bulldog Blvd.
 801-224-5800
 firehousesubs.com
 \$

Five Guys
 Burgers and Fries
 1051 S. 750 East, Orem
 801-765-7556
 fiveguys.com
 \$

Four Seasons Hot Pot and Dumpling
 Chinese
 236 N. University Ave.
 801-375-6888
 yelp.com/biz/four-seasons-hot-pot-and-dumpling-provo
 \$\$

Golden Corral
 Steakhouse
 225 W. University Pkwy.
 801-225-6299
 goldenccorral.com
 \$\$

Gloria's Little Italy
 Italian
 1 E. Center St.
 801-805-4913
 gloriaslittleitaly.com
 \$\$

Great Harvest Bread
 Bakery, Sandwiches/Subs
 1774 N. University Pkwy.
 801-373-9816
 greatharvestutah.com/provo
 \$

Green Panda Café
 Vegetarian, Asian, Smoothies
 3220 N. University Ave.
 801-377-3466
 yelp.com/biz/green-panda-cafe-provo
 \$

Guru's
 Breakfast and brunch
 45 E. Center St.
 (801) 375-4878
 guruscafe.com
 \$

Happy Sumo Sushi Bar
 Sushi, Japanese, Seafood
 4801 N. University Ave.
 801-225-9100
 happysumosushi.com
 \$\$\$

Hruska's Kolaches
 Breakfast/Brunch
 434 W. Center St.
 713-962-9364
 hruskaskolaches.com
 \$

Iggy's
 Grill
 1087 S. 750 East, Orem
 801-434-7800
 iggyssportsg grill.com
 \$\$

JCW's The Burger Boys
 Burgers, Sandwiches/Subs Greek
 2230 N. 369 West
 801-374-5297
 jcws.com
 \$

J-Dawgs
 Hot dogs
 858 N. 700 East
 801-373-3294
 jdawgs.com
 \$

Joe's
 Burgers
 490 N. Freedom Blvd.
 801-377-5637
 yelp.com/biz/joes-provo-2
 \$

Kneaders Bakery and Cafe
 Sandwiches, Bakeries
 295 W. 1230 North
 801-812-2200
 kneaders.com
 \$

La Jolla Groves
 American, French, Steakhouse
 4801 N. University Ave., Suite 610
 801-224-5111
 lajollagroves.com
 \$\$\$

Laura's Kitchen Restaurant
 Mexican
 664 N. Freedom Blvd.
 801-377-0880
 \$

Macaroni Grill
 Italian Mediterranean
 4801 N. University Ave., Suite 50
 801-765-1688
 macaronigrill.com
 \$\$

Malawi's Pizza
 Pizza
 4801 N. University Ave., Suite 110
 801-225-2800
 malawispizza.com
 \$\$

Marley's Gourment Sliders
 American, Grilled
 4801 N. University Ave., Suite 860
 801-225-2720
 marleys.com
 \$

Molly's
 Barbecue
 735 W. Columbia Lane
 801-3740879
 marvellouscatering.com
 \$\$

Nicolitalia Pizzeria
 Pizza
 2295 N. University Pkwy.
 801-356-7900
 nicolitaliapizzeria.com
 \$

Noodles & Company
 Noodles
 62 W. Bulldog Blvd
 801-373-9670
 noodles.com/locations/716
 \$

Olive Garden
 Italian
 504 W. 2230 North
 801-377-0062
 olivegarden.com
 \$\$

Old Spaghetti Factory
 Italian
 575 E. University Pkwy., Orem
 801-224-6199
 osf.com
 \$\$

Pantrucas Chilean Restaurant
 Sandwiches, International, Latin
 American
 3161 N. Canyon Rd.
 801-373-9712
 pantrucas.com
 \$\$

Ice Cream, Yogurt, Dessert, Soda

\$ \$1–4 per person
 \$\$ \$5–8
 \$\$\$ \$9+

Baked

Bakery
 2304 N. University Pkwy.
 801-377-2129
 bakedbakerycafe.com
 \$

Baskin Robbins

Ice Cream
 29 E. 1230 North
 801-377-0031
 baskinrobbins.com
 \$

Baobing

Taiwanese shaved ice
 1796 N. 950 West
 801-687-4699
 baobingshack.com
 \$

Bruges Waffles and Frites

Waffles
 42 W. Center St.
 801-377-3214
 brugeswaffles.com
 \$\$\$

BYU Creamery

Ice Cream
 1209 N. 900 East
 801-422-2663
 dining.byu.edu/creamery
 \$

The Chocolate

Bakery
 212 S. State St.
 801-224-7334
 thechocolatedc.com
 \$\$\$

Cocoa Bean Cupcake Cafe

Bakery
 1774 N. University Pkwy.
 801-356-9493
 thecocoabean.net
 \$

Cold Stone Creamery

Ice Cream
 2302 N. University Pkwy.
 801-373-4703
 coldstonecreamery.com
 \$

Dolce Amelia

Frozen Yogurt
 800 N. 824 East, Orem

dolceamelia.com

\$

Eliane French Bakery

Bakery
 1750 S. State St., Orem
 801-764-9800
 \$\$\$

Gloria's Little Italy

Italian Desserts
 1 E. Center St.
 801-805-4913
 gloriaslittleitaly.com
 \$\$\$

Hokulia Shave Ice

Shave Ice
 1445 N. Canyon Rd.
 801-602-6683
 hokuliashaveice.com
 \$

Malt Shoppe

Ice Cream
 1290 N. University Ave.
 801-373-5295
 \$

Provo Bakery

Bakery
 190 E. 100 North
 801-375-8330

theprovobakery.com

\$

Rita's Italian Ice

Shave Ice
 1283 N. University Ave.
 801-980-5475
 ritasice.com
 \$\$\$

Roll Up Cafe

Crepes
 1605 S. State St.
 801-882-7373
 rollupmycrepe.com
 \$\$\$

Rowley's Red Barn

Ice Cream
 901 S. 300 West, Santaquin
 801-754-5511
 rowleysredbarn.com
 \$

Rocky Mountain Chocolate Factory

Chocolate
 4801 N. University Ave., Suite 740
 801-224-0511
 rockymountainchocolatefactory.com
 \$

Continues on next page

P.F. Chang's

Chinese
 575 E. University Pkwy., A-20, Orem
 801-426-0900
 pfchang.com
 \$\$\$

Pier 49 Pizza

Pizza
 3210 N. University Ave.
 801-377-4499
 pier49.com
 \$\$\$

Pita Pit

Sandwiches
 1240 N. University Ave.
 801-356-7482
 pitapit.com
 \$

The Pizza Factory

Italian
 2230 N. University Pkwy.
 801-812-0200
 breadtwist.com
 \$\$\$

Pho Plus

Vietnamese
 68 W. Center St.
 801-377-8808
 yelp.com/biz/pho-plus-provo
 \$

Red Lobster

Seafood
 1261 S. 800 East, Orem
 801-724-3500
 redlobster.com
 \$\$\$

Rocco's

American, Mexican
 18 N. University Ave., Suite 90
 435-669-4252
 yelp.com/biz/roccos-big-city-deli-provo
 \$

Romano's Macaroni Grill

Italian
 4801 N. University Ave., Suite 50
 801-765-1688
 macaronigrill.com
 \$\$\$

Rice King

Chinese
 275 W. Center St.
 801-818-2278
 yelp.com/biz/rice-king-provo
 \$

Rumbi Island Grill

Island Fresh Grilled
 62 W. Bulldog Blvd.
 801-607-1120
 rumbi.com
 \$

Saigon Café

Chinese
 440 W. 300 South
 801-812-1173
 saigoncafeprovo.biz
 \$

Sam Hawk Korean Restaurant

Korean
 660 N. Freedom Blvd.
 801-377-7766
 \$\$\$

Se Llama Peru

Peruvian

368 W. Center St.

801-377-4792

\$\$\$

Sensuous Sandwich

Sandwiches
 163 W. Center St.
 801-377-9244
 sensuoussandwich.com
 \$

Shoots

Chinese
 4801 N. University Ave., Suite 840
 801-225-0445
 shootsrestaurant.com
 \$\$\$

Slab Pizza

Pizza
 671 E. 800 North
 801-377-3883
 slabpizza.com
 \$

Station 22 Café

American
 22 W. Center St.
 801-607-1803
 station22cafe.com
 \$\$\$

Taqueria El Vaquero

Mexican
 286 N. 100 West
 801-607-2149
 taqueriaelvaquero.com
 \$

Texas Roadhouse

Steakhouse
 1265 S. State St., Orem
 801-226-2742

texasroadhouse.com

\$\$\$

The Awful Waffle

Breakfast
 602 E. 600 North
 801-655-4110
 theawfulwaffleshop.blogspot.com
 \$\$\$

The Pizza Factory

Pizza
 2230 N. University Pkwy.
 801-812-0200
 breadtwist.com
 \$\$\$

Tucanos Brazilian Grill

Brazilian
 4801 N. University Ave., Suite 790
 801-224-4774
 tucanos.com
 \$\$\$

Which Wich

Sandwiches
 1077 S. 750 East, Orem
 801-224-9424
 whichwich.com
 \$

Cafe Zupas

Sandwiches
 408 W. 2230 North
 801-377-7687
 cafezupas.com
 \$

180 Tacos

Mexican
 3368 N. University Ave.
 801-356-8226
 180tacos.com
 \$

Ice Cream, Yogurt, Dessert, Soda (continued)

Savory and Sweet

Crepes
182 W. Center St.
801-802-6000
savoryandsweetonline.com
\$\$

Sodalicious

Soda
602 E. 600 North
801-960-2680
sodaliciousutah.com
\$

Spoon It Up

Frozen Yogurt
800 N. 700 East
801-373-0028
spoon-it-up.com
\$

Sub Zero Ice Cream and Yogurt

Ice Cream
1774 N. University Pkwy.
801-375-0104
subzeroicecream.com
\$

Sweet Tooth Fairy

Bakery
1227 S. University Ave.
801-375-3484
thesweettoothfairy.com
\$

Tokyo Sweets

Japanese Desserts
1200 Towne Centre Blvd.
801-557-2392
tokyosweetsutah.com
\$

Waffle Love

Waffles
1796 N. 950 West
801-923-3588
wafflufv.com
\$\$

Yogurtland

Frozen Yogurt
534 E. University Pkwy.
801-225-5440
yogurt-land.com
\$

Food Trucks

Find the current location on their web site/social media page.

Art City Donuts

Mini donuts
artcitydonuts.com
\$

Boba Shack

Boba smoothies
518-400-2622
facebook.com/bobashack
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Bom Acai

Acai bowls
208-670-5593
facebook.com/bomacaiutah
\$

Boudreaux's Bistro

Cajun, Creole
801-404-4602
facebook.com/pages/Boudreauxs-Bistro/266520546694063
\$

Brassas

Mexican
801-375-0240
facebook.com/brassasmexican
\$

Casa De Soul

Southern, Latin
845-359-4689
facebook.com/pages/Casa-De-Soul/545773525544981?ref=photo
\$

Charlie Boys Pit BBQ

Barbecue
801-427-0600
charlieboysbbq.com
\$

CheddaTruck

Gourmet burgers
602-865-9797
cheddawasted.com
\$

Concuelitos Tamales

Tamales
\$

Corndog Commander

Corndogs
801-210-0213
facebook.com/pages/Corndog-Commander
\$

Cravings Bistro

Gourmet grilled cheese
801-785-2439
cravingstwincompanies.com
\$

Cupbop - Korean BBQ

Korean
801-916-8968
facebook.com/Cupbop
\$

Dawgs & More

Hot dogs
801-874-4842
thehawtdawg.blogspot.com
\$

Eggrollin'

Filipino
801-921-2377
yelp.com/biz/eggrollin-provo
\$

Fiore Wood Fired Pizza

Pizza
fiorepizza.co
\$

Genki Asian Street Food

Ramen
801-362-8446
facebook.com/genkiasianstreetfood
\$

Greek N Go

Greek
208-697-1188

facebook.com/GreeknGo
\$

Green Me

Smoothies
801-830-3097
greenmetruck.com
\$

The Grill Sergeant

American, Burgers and Sandwiches
801-995-8723
facebook.com/pages/The-Grill-Sergeant-Food-Truck
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Happy Bowls Bus

Acai bowls
801-717-7191
facebook.com/happybowlsut
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Kona Ice

Shaved Ice
801-228-0058
kona-ice.com
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La Table Crepes

Crepes
801-471-5612
latablecrepes.com
\$

Macarollin'

Mac and cheese
585-797-7916
macarollin.com
\$

Mad Mac

Gourmet Mac and Cheese
801-900-3868
facebook.com/madmactruck
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Malicious

Country boil
435-612-0633
facebook.com/eatmalicious
\$

Mama Z's

Gourmet calzones
facebook.com/pages/Mama-Zs-Food-Truck
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Gourmet french toast
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The Mouse Trap

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Mexican
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Pizza
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facebook.com/pages/Pizza-Cone-Zone
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Turkish, Pitas
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facebook.com/pages/Pound-It-Kebabs
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Pound It Pitas

Greek
\$

Pyromaniacs Pizza

Pizza
pyromaniacspizza.com/
\$



Concerts

October 8, 9

David Archuleta at Marriott Center

October 10

Charli at The Complex

October 14

Of Monsters and Men at Saltair

October 20

Owl City at The Complex

October 23

Tech N9ne at The Complex

October 24

Janet Jackson at Energy Solutions Arena

Rocco's Wing Wagon

Wings

801-375-3354

\$

Rita's Ice Utah

Dessert

801-569-2324

facebook.com/RitasIceUtah

\$

Special Courses

801-427-1624

facebook.com/specialcoursesfoodtruck

\$

Stooks BBQ

Barbeque

801-362-7592

\$

Sweeto Buritto

Burritos

801-980-1020

facebook.com/SweetoBurritoProvo

\$

Savour Foods

New American

801-368-4477

facebook.com/Savourtruck

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Tacos Y Mariscos Nayarit

Mexican

\$

Uncle Bobby's Hawaiian Style

Hawaiian

801-494-7222

unclebobbysfoodtruck.com/

\$

Waffle Love

Waffles

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facebook.com/waffleloveutah

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Performing Arts

BYU Choir Showcase

Sept. 25, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Instrumental Showcase

Sept. 30, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Spectacular with

David Archuleta

Oct. 8-9, Marriott Center, 7:30 p.m.
♥\$\$\$ ✂

Orpheus Winds

Oct. 20, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Manon (Opera)

Oct. 21-24, de Jong Concert Hall,
7:30 p.m.
2 \$\$ (Long)

Annual Halloween Concert: The Spectral Hand

Oct. 21, Madsen Recital Hall, 7:30 p.m.
♥\$ ✂

Carillon Music from BYU

Oct. 22, BYU Centennial Bell Tower,
6 p.m.
♥free ✂

Octubafest

Oct. 22-24, Madsen Recital Hall,
7:30 p.m.
♥free ✂

BYU Final Cut Film Festival

Oct. 22-23, Pardoe Theatre, 7 & 9 p.m.
♥\$ ✂

BYU Symphonic Band

Oct. 27, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Wind Symphony

Oct. 29, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Halloween at the Bells

Oct. 30, BYU Centennial Bell Tower,
4 p.m.
♥free ✂

This is the Moment: The Musicals of Frank Wildhorn

Oct. 30, de Jong Concert Hall, 7:30 p.m.
♥\$\$\$ ✂

BYU Baroque Ensemble

Nov. 3, Madsen Recital Hall, 7:30 p.m.
♥free ✂

BYU Folk Music Ensemble

Nov. 4, Madsen Recital Hall, 7:30 p.m.
♥\$ ✂

Jazz Legacy Dixieland Band

Nov. 5, Madsen Recital Hall, 7:30 p.m.
1 Free (Short)

BYU Men's Chorus and Women's Chorus

Nov. 5, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Misalliance: Class Comedy

Nov. 5-7, 11-14, 17-21, 7:30 p.m., Nov 7, 14,
2 p.m., Margetts Theatre
♥\$ ✂

Chris Thile

Nov. 6, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Ballet Showcase

Nov. 6, 7:30 p.m., Nov 7, 2 p.m. &
7:30 p.m., Dance Studio Theatre
♥\$ ✂

Noteworthy

Nov. 12, de Jong Concert Hall, 7:30 p.m.
1 \$\$ (Short)

Vienna Boys Choir

Nov. 10, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Jazz Combo Night

Nov. 11, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Group for New Music

Nov. 12, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Saxophone Chamber Night

Nov. 12, University Parkway Center,
7:30 p.m.
♥free ✂

BYU Jazz Ensemble

Nov. 13, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Dancensemble

Nov 13, 7:30 p.m., Nov 14, 2 p.m. &
7:30 p.m. Dance Studio Theatre
♥\$ ✂

BYU Chamber Orchestra

Nov. 14, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Brass Chamber Night

Nov. 17, University Parkway Center,
7:30 p.m.
♥free ✂

Lydian String Quartet

Nov. 17, Madsen Recital Hall, 7:30 p.m.
♥free ✂

BYU Singers and Concert Choir

Nov. 17, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Philharmonic

Nov. 18, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Jazz Voices

Nov. 18, Madsen Recital Hall, 7:30 p.m.
♥\$ ✂

Utah Symphony

Nov. 19, de Jong Concert Hall, 7:30 p.m.
1 \$\$ (Short)

American Piano Quartet

Nov. 20, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Group for Experimental Music

Nov. 20, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Woodwind Chamber Night

Nov. 20, University Parkway Center,
7:30 p.m.
♥free ✂

Disney's Beauty and the Beast

Nov 19-21, 27-28, 7:30 p.m.
Dec. 1-5, 8-10, 7:30 p.m.
Nov 21, 28, 2 p.m., Dec. 5, 2 p.m.
Pardoe Theatre
♥\$\$\$ ✂

University Orchestra and Orchestra Strings

Dec. 1, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

String Chamber Night

Dec. 1, University Parkway Center,
7:30 p.m.
1 Free (Short)

Synthesis: Big Band Jazz

Dec. 2, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Flute Choir

Dec. 2, University Parkway Center,
7:30 p.m.
♥free ✂

Jazz Lab Bands

Dec. 3, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Christmas Around the World

Dec. 4-5, Marriott Center, 2, 7:30 p.m.
♥\$ ✂

Songwriter Showcase

Dec. 4, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Celebration of Christmas

Dec. 4, 7:30 p.m., Dec. 5, 3 p.m.,
7:30 p.m., de Jong Concert Hall
♥\$ \$ (Long)

Harp Solo and Ensemble

Dec. 5, Madsen Recital Hall, 7 p.m.
♥free ✂

BYU Symphony Orchestra

Dec. 8, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

An evening with the Opera chorus

Dec. 9, Madsen Recital Hall, 7 p.m.
♥free ✂

BYU Wind Symphony and Symphonic Band

Dec. 9, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

University Chorale

Dec. 10, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Vocal Point

Jan. 9, 7:30 p.m., de Jong Concert Hall
♥\$\$\$ ✂

Microburst: Short Plays

Jan. 13-16, 7:30 p.m., Jan. 16, 2 p.m.,
Nelke Theatre
♥\$ ✂

Off the Map: Next Door

Jan 21-23, Nelke Theatre, 8:40 p.m.
♥\$ ✂

Off the Map: Lep

Jan 21-23, Pardoe Theatre, 7 p.m.
♥\$ ✂

BYU Young Ambassadors:

Heartstrings

Jan 14-16, 7:30 p.m., Jan 16, 2:00 p.m., de
Jong Concert Hall
♥♥\$\$\$ ✂

Salzburg Marionette Theatre:

The Sound of Music

Jan 26-27, 7 p.m., Jan 28-29, 7:30 p.m.,
Jan 30, 2 p.m. & 7:30 p.m., Pardoe
Theatre
♥\$ ✂

Orpheus Winds

Feb. 3, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Twelfth Night

Feb. 3-5, 10-12, 7 p.m., Feb 6, 13, 2 p.m. &
4 p.m., Nelke Theatre
♥\$ ✂

Living Legends: Seasons

Feb. 5-6, March 24, de Jong Concert
Hall, 7:30 p.m.
♥\$ ✂

American Piano Duo

Feb. 6, Madsen Recital Hall, 7:30 p.m.
♥free ✂

Winter Choirfest

Feb. 9, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

Fictionist: The Bridge

Feb. 10, de Jong Concert Hall, 7:30 p.m.
1 \$ (Short)

Deseret Piano Trio

Feb. 10, Madsen Recital Hall, 7:30 p.m.
♥free ✂

BYU Contemporary Dance Theatre in Concert

Feb 11-13, 7:30 p.m., Feb 13, 2 p.m.,
Pardoe Theatre
1 \$ (Short)

BYU Symphonic Band

Feb. 11, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Philharmonic

Feb. 12, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

BYU Wind Symphony

Feb. 13, de Jong Concert Hall, 7:30 p.m.
♥\$ ✂

The King's Singers

Feb. 17-18, de Jong Concert Hall,
7:30 p.m.
♥\$ ✂

Opera Scenes

Feb. 17-20, Madsen Recital Hall,
7:30 p.m.
♥\$ ✂

Broadway Revue

Feb. 18, 7:30 p.m., Feb. 19 7 & 9 p.m.,
Pardoe Theatre

♥\$ /

Synthesis- BYU Jazz Festival

Feb. 19, de Jong Concert Hall, 7:30 p.m.

♥\$ /

BYU Symphony Orchestra

Feb. 23, de Jong Concert Hall, 7:30 p.m.

♥\$ /

Jazz Legacy Dixieland Band

Feb. 24, Madsen Recital Hall, 7:30 p.m.

1 Free (Short)

Faculty Dance Works

Feb. 26-27, Dance Studio Theatre,
7:30 p.m.

♥\$ /

The World Percussion Group

Feb. 27, Madsen Recital Hall, 7:30 p.m.

♥\$ /

Sundance Trio

March 1, Madsen Recital Hall, 7:30 p.m.

♥\$ /

Complexions

Contemporary Ballet

March 4, de Jong Concert Hall, 7:30 p.m.

♥\$ /

BYU Folk Music Ensemble

March 9, Madsen Recital Hall, 7:30 p.m.

♥\$ /

BYU Philharmonic

March 9, de Jong Concert Hall, 7:30 p.m.

♥\$ /

The Taste of Sunrise:

Contemporary Drama

March 10-12, 16-19, 22-25, 7:30 p.m.,
March 19, 26, 2 p.m., Margetts Theatre

♥\$\$\$ /

BYU Jazz Ensemble

March 11, de Jong Concert Hall,
7:30 p.m.

♥\$ /

BYU Baroque Ensemble

March 16, Madsen Recital Hall, 7:30 p.m.

♥\$ /

Wu Man

March 17, Madsen Recital Hall, 7:30 p.m.

♥\$ /

Mother Courage and Her children

March 17-19, 22-25, 28 7:30 p.m., March
19 2 p.m., April 1, 7:30 p.m., Pardoe
theatre

♥\$ /

BYU Men's Chorus

March 18, 22, de Jong Concert Hall,
7:30 p.m.

♥\$ /

Danceensemble

March 18-19 7:30 p.m., March 19 2 p.m.,
Dance Studio Theatre

♥\$ /

Flute Choir

March 22, Madsen Recital Hall, 7:30 p.m.

♥free /

Trombone Choir

March 22, Madsen Recital Hall, 7:30 p.m.

♥free /

Jazz Combo Night

March 23, Madsen Recital Hall, 7:30 p.m.

♥free /

Saxophone Chamber Night

March 24, University Parkway Center,
7:30 p.m.

♥free /

BYU Women's Chorus

March 25, de Jong Concert Hall,
7:30 p.m.

♥\$ /

Woodwind Chamber Night

March 25, University Parkway Center,
7:30 p.m.

♥free /

University Orchestra and University Strings

March 26, de Jong Concert Hall, 2 p.m.

♥\$ /

BYU Harp Solo and Ensemble Concert

March 26, Madsen Recital Hall, 3 p.m.

♥\$ /

BYU Symphonic Band

March 29, de Jong Concert Hall,
7:30 p.m.

♥\$ /

BYU Symphony Orchestra

March 30, de Jong Concert Hall,
7:30 p.m.

♥\$ /

Songwriter Showcase

March 30, Madsen Recital Hall, 7:30 p.m.

♥free /

BYU Chamber Orchestra

March 31, de Jong Concert Hall,
7:30 p.m.

♥\$ /

BYU Jazz Voices

March 31, Madsen Recital Hall, 7:30 p.m.

♥\$ /

BYU International Folk

Dance Ensemble

March 31, Covey Center for the Arts,
7:30 p.m.

♥\$\$\$ /

BYU Singers

April 1, de Jong Concert Hall, 7:30 p.m.

♥\$ /

Brass Chamber Night

April 1, University Parkway Center,
7:30 p.m.

♥\$ /

BYU Concert Choir

April 6, St. Francis of Assisi Catholic
Church, 7:30 p.m.

♥free /

Synthesis

April 6, de Jong Concert Hall, 7:30 p.m.

♥\$ /

BYU Wind Symphony

April 7, de Jong Concert Hall, 7:30 p.m.

♥\$ /

BYU Philharmonic

April 8, de Jong Concert Hall, 7:30 p.m.

♥\$ /

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Take a class from each other's major

Audit or attend your significant
other's major classes. It will help you
understand one another better and
give you more to talk about.

♥♥♥ free /

Take an elective together

Whether it be ballroom dance, yoga or
drawing, taking a class together can
bring you closer and give you some
new hobbies to do together.

♥♥♥ free /

Make a blog together

There are plenty of free services such
as Blogger or Tumblr. Post all of your
adventures together!

♥♥♥ free /

Decorate a Christmas tree

It can even be a tree outside. Your
decorations can be homemade or from
the dollar store.

♥♥\$ /

Go to Lagoon's Frightmares

It's a spooky but thrilling experience
at Lagoon when the park becomes
haunted. Sept. 19-Oct. 30.

lagoonpark.com

♥♥♥ \$\$\$ /

Write cheesy poems to each other

Whether you make it comedic or
romantic, your significant other is sure
to cherish your poetry.

♥♥♥ free /

Make love letters out of a book

Choose a page in a book and blot out
words and sentences to create a love
letter with the remaining words.

♥♥♥ free /

Help one another achieve a bucket list item

Do what you've always wanted to,
right alongside your significant other.

♥♥♥\$ /

Recreate the first date you ever had together

Relive early memories of getting to
know each other.

♥♥♥\$ /

Learn

Learn to juggle

Try to learn some "America's Got
Talent" like juggling tricks such as
switching off to one another or maybe
even adding fire. Do not attempt on
campus.

♥free /

Knit a scarf

Buy some yarn and needles and learn
together how to knit a simple scarf.
Turn on some music or a movie while
you do so.

♥♥\$ /

Make an origami bouquet

Buy some colorful paper and learn how
to create flowers. Another option is to
create Christmas ornaments.

♥\$ /

Make greeting cards

Create thank-you cards, get-well cards,
and even romantic love notes together.

♥\$ /

Teach each other a card trick

Or learn one together. Then show off
to roommates.

♥free /

Learn calligraphy and write letters to each other

Visit a local craft store and pick up a
calligraphy pen and ink. Then go onto
YouTube and find a tutorial on how to
write in calligraphy.

♥\$ /

Try a Pinterest craft

Search up crafts or recipes on pinterest
and see who can come closest to the
ideal.

♥free /

Learn or teach a foreign language

If one of you knows a language or
if you have always wanted to learn
a language, take the time to go on
YouTube or have a one-on-one lesson.

♥♥free /

Attend a lecture

See what lectures are being offered
through BYU's various departments
like the Kennedy Center or Business
school.

♥free /

On Campus

Sing karaoke at The Wall

Check their calendar of events for lip-sync karaoke and bust out your most dramatic facial expressions and dance moves.

♥♥ free ✂

Visit the Planetarium

Showings are every Friday night. planetarium.byu.edu

♥\$ ✂

Stroll around the duck pond

Walk, talk, and enjoy nature's beauty.

♥ free ✂

Do family history at the library

Find some family names and look at Relative Finder to see how closely related you are.... Proceed with caution.

♥ free ✂

Try augmented reality, BYU style

Download an augmented reality app and play games around campus with your date.

♥ free ✂

Record a song at the HBLL booth

Visit the Media Center on the 4th floor, and try out the equipment. mediaviewrooms.lib.byu.edu

♥ free ✂

Attend Art After Dark at the MOA

On select Fridays students can come to the MOA and enjoy refreshments, entertainment and artist meet-and-greets.

♥\$ ✂

Go to Open Mic Night at the Wall

Play an instrument or like to sing? The Wall provides an open stage every Tuesday night.

thewall.byu.edu

♥ free ✂

See a Student Show at the HFAC

New shows are constantly being displayed at the HFAC. Enjoy the student artwork on all three floors and find your inner art critic.

♥ free ✂

Attend BYU International Cinema

Watch an international cinema. Films are shown in 250 SWKT.

ic.byu.edu

♥ free ✂

Visit the LaVell Edwards Stadium Farmers Market

3-7pm, South parking lot, LaVell Edwards Stadium
Fresh and baked goods and arts and crafts booths are available to everyone. Every Thursday until October 29.

♥ free ✂

Go tunnel singing

Gather with students every Sunday evening to sing hymns in the tunnel just south of the Marriott Center. Bring a hymnbook or download the LDS Music app.

♥ free ✂

Join a club

Join a club together and attend a meeting. It could be something you're both interested in or that neither of you had considered before.

♥♥♥ free ✂

Play the table at the wall

Beat the aliens on the game table at the Wall. Enjoy an Italian Soda as you destroy invading spaceships.

♥ free ✂

BYU's Got Talent

Watch the talent compete in a battle for a finale on April 1. It will begin at 7 p.m. in the Varsity Theater.

♥ free ✂

Laser Wars

On April 1 in the BYU Wilkinson Student Center Ballroom from 4-6 p.m. test out your skills at the giant laser war competition in the ballroom. All equipment is provided.

♥♥♥ free ✂

FHE stories behind

popular Church hymns

An Education in Zion exhibit on April 6. Fun stories, hymn sing and refreshments. Programs at 7 and 8 p.m., Call 801-422-6519 for reservations.

♥ free ✂

Passover Seder Service

Held in 3228 WSC at 6:30 p.m. on April 10. Participants will reflect on Christ's Passover in Jerusalem: the Last Supper. It will include biblical unleavened bread, bitter herbs and other Passover meal traditions.

♥\$\$\$ ✂

BYU planetarium at the Eyring Science Center

Learn more about the stars and the planets in a film projected on the ceiling. planetarium.byu.edu

♥\$ ✂

Visit the Museum of Art

Look at multiple exhibits and critique the art that is there. Talk about your favorite piece. If you go during lunchtime, visit the MOA Cafe located upstairs. moa.byu.edu

♥ free ✂

BYU service dates

Bring a date or spouse to monthly on-campus service activities. Each project benefits community agencies. yserve.byu.edu/programs/Service-Dates

♥ free ✂

Watch a live animal show at the Bean Museum

These shows are free of charge, for groups in Provo. These are reptile shows and must have between 15-100 people attending. They are available on a first come, serve basis. mlbean.byu.edu

♥ free ✂

On-campus Events

October 2

BYU football vs. Connecticut, 8:15 p.m., LaVell Edwards Stadium

October 8

Shaun Parry: Alumni Lecture, 11a.m., Franklin S. Harris Fine Arts Center

October 9

Rap Battle, The Wall

October 9

BYU Women's Soccer vs. San Diego, 7 p.m., South Field

October 10

Homecoming Parade

October 10

Football vs. East Carolina, LaVell Edwards Stadium

October 15

Women's volleyball vs. Gonzaga, 7 p.m., Smith Fieldhouse

October 16

Football vs. Cincinnati, 6 p.m., LaVell Edwards Stadium

October 17

Date night with Westward The Tide, The Wall

October 17

Women's volleyball vs. Portland, 1 p.m., Smith Fieldhouse

October 17

Women's soccer vs. Pacific, 7 p.m., South Field

October 19

Ball Pit Social, 11a.m., Wilkinson Student Center Terrace

October 23, 24, 30

Varsity Theatre Dollar Movie

October 23

Fork Night, The Wall

October 24

Football vs. Wagner, 1 p.m., LaVell Edwards Stadium

October 24

Murder Mystery, The Wall

October 29

Women's Soccer vs. Pepperdine, 7 p.m., South Field

October 30

Women's volleyball vs. San Diego, 7 p.m., Smith Fieldhouse

October 31

Halloween Disney, The Wall

October 31

Women's Soccer vs. Loyola Marymount, 7 p.m., South Field

November 5

Women's volleyball vs. Saint Mary's, 7 p.m., Smith Fieldhouse

November 7

Women's volleyball vs. Pacific, 1 p.m., Smith Fieldhouse

November 7

Women's Soccer vs. Saint Mary's, 5 p.m., South Field

November 10-14

Battle of the Bands, The Wall

November 18

BYUSA Makers Market, WSC Ballroom

November 19

Women's volleyball vs. Santa Clara, 7 p.m., Smith Fieldhouse

November 20

No Shave November, The Wall

November 21

Women's volleyball vs. San Francisco, 1 p.m., Smith Fieldhouse

November 21

Football vs. Fresno, LaVell Edwards Stadium

November 23

Ball Pit Social, 11a.m., Wilkinson Student Center Terrace

November 24

Women's volleyball vs. Pepperdine, 7 p.m., Smith Fieldhouse

December 4

Food Drive Concert, The Wall

December 4

Varsity Theatre Dollar Movie

December 4, 5

Christmas Around the World, 7:30 p.m., Marriott Center

December 5

BYUSA President's Family Christmas

December 5

Christmas Party date night, The Wall

Attend a student recital at the Madsen Recital Hall

In the evenings the School of Music holds student and faculty recitals including solos, small ensembles and chamber music. At noon, other small groups perform in the main gallery space of the HFAC.

♥\$✓

Divine Comedy

Statistics and facts: 15 percent of dates to Divine Comedy lead to eternal marriage. Laughter makes you more attractive. A girl is 52 percent more likely to say yes to a date if you take her to a Divine Comedy show. byudivinecomedy.com

♥\$✓

Attend a choral concert

Go to a concert and listen to the beautiful voices of BYU Singers, Concert Choir, Men's Chorus and Women's Chorus.

choirs.byu.edu

♥\$\$✓

Attend International Cinema

The world's largest and longest running university foreign film program. Check the schedule online for the films that are playing. ic.byu.edu

♥free✓

Play pool at the Wilk

Get access to the pool table through the Games Center. Perfect for dates, FHE, birthday parties or any other type of gathering. bowling.byu.edu

♥free✓

First Dates

Go to Comedy Sportz

Battle of the comedians! Every Thursday, Friday and Saturday nights.

comedysportzutah.com

♥\$✓

Play blacklight miniature golf

This is the premier miniature golf experience in the valley, with nine holes of intense creatures and adventures.

laserassault.net

♥\$✓

Paint your own ceramics at Color Me Mine

Paint a ceramic, from a plate to a bowl to a figurine. You can take it home a few days later after it is fired.

colormemine.com

♥♥\$✓

Visit a pet store

Talk about childhood pets and reminisce while looking at hamsters and birds.

♥\$✓

Be a kid again

Go to the park and swing, slide and chase after each other in a game of tag, just like you did at recess.

♥free✓

Make gourmet hot chocolate

Go all out with hot chocolate; then snuggle up to a holiday movie.

♥\$✓

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“Having someone’s hand to hold, someone to put your arm around and someone to cuddle and to kiss is very pleasant and a sweet thing.”

PROFESSOR DAVID DOLLAHITE

Continued from page 31

Dollahite likened physical affection to watching television. Watching television is a good practice, he said, when the content is uplifting and viewed in moderation. The same can be said for expressing physical affection in courtship. Including it in the relationship without letting it consume the relationship helps a couple grow closer in a healthy way.

If physical affection becomes a couple’s main form of connecting in their relationship, however, Dollahite said they may need to spend less time being affectionate and more time communicating.

A couple can know if they are going too far physically in their relationship if they reach the point in their arousal cycles when they begin to lose control.

“You know when you’re getting aroused and when you start to desire the physical connection more than the emotional,” Brotherson said. “When you put the responsibility on yourself to recognize that moment and to practice self-discipline, you accept responsibility for your own actions and can make wise decisions.”

Part of accepting personal responsibility can include being aware of temporal situations that affect a couple.

“When people are tired, things can be dangerous,” Dollahite said. “Cuddling on the couch at one in the afternoon when the blinds are open and roommates are around is very different than cuddling on the couch at midnight or one in the morning when people are tired.”

Opening up to a boyfriend or girlfriend about these various situations and talking points may seem uncomfortable at first, but setting boundaries

early will enhance the relationship in the long run, Brotherson said.



RECOVER IF PHYSICAL AFFECTION GOES TOO FAR

If things go too far with physical affection during courtship, there are steps couples can take to recover and to preserve their relationship.

One of the first steps is admitting what happened. Taking responsibility can seem difficult, especially when it comes to sexual sin or transgression, but seeking counsel from a bishop will help couples begin the repentance process.

In the October 2013 edition of the New Era, Elder C. Scott Grow of the Seventy explained the bishop’s role in helping a couple receive forgiveness.

“I promise you he will not condemn you,” Elder Grow said. “As a servant of the Lord, he will be kind and understanding as he listens to you. He will then help you through the repentance process. He is the Lord’s messenger of mercy to help you become clean through the Atonement of Jesus Christ.”

Sometimes couples are unsure whether they need to see their bishop.

“If you have feelings of guilt but are not sure if you need to confess to your bishop, go see him,” Elder Grow said.

Even if a couple has not committed a sexual sin or transgression, the bishop can still help them strengthen their relationship and counsel them as they prepare for marriage.



OPEN THE DISCUSSION

Expressing physical affection is a private, personal matter that should be treated with great care and consideration. The goal of this article is not to tell people how to act in their private lives; rather to spark a discussion that will help couples develop healthy practices in their relationships and to positively shift the perception of physical affection.



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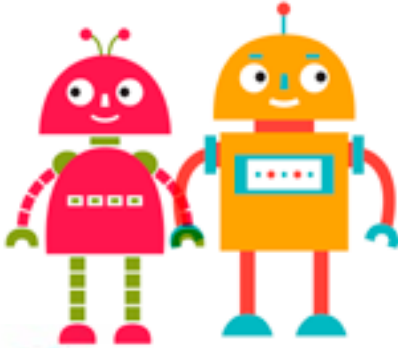
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DATING IN THE FUTURE



Dating today is dramatically different than for our parents, so it's safe to say the same will probably true for our children. Here's what some BYU students think dating could be like in 2035:

Transportation

"I bet as transportation improves, dates won't be so confined to the Provo area and people will be able to go farther geographically on a date," Matty Gay, a senior studying advertising.

Dating Length

"I feel like right now people want to date for longer periods of time before getting married to avoid divorce, so I could see that continuing in the future," said Katelyn Sorenson, a junior studying art education.

Confusion

"I have a feeling in the future things may get more and more confusing," said Chelsea Nielsen, a freshman studying international relations.

Cash Flow

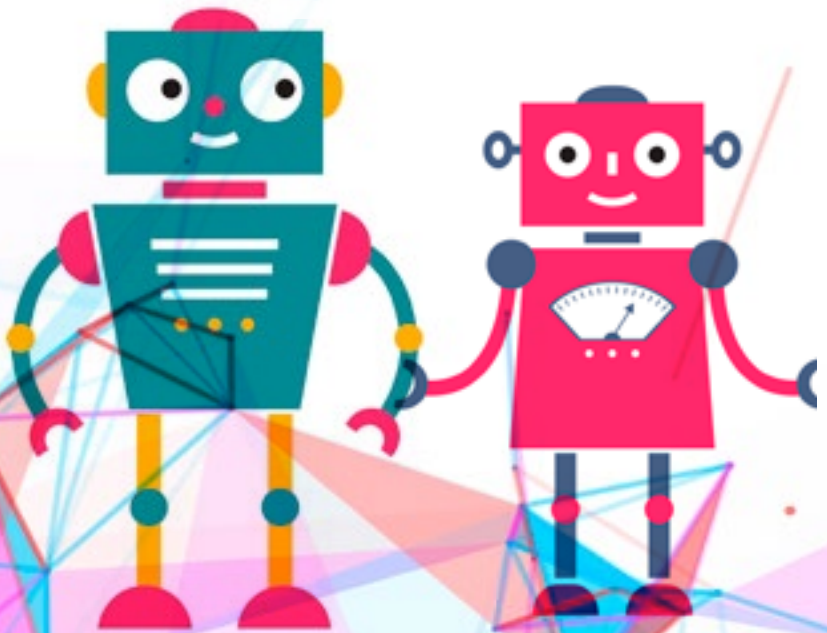
"I feel like people will have to spend more and more money to go on a date because they want to compete," said Ryan Welch, a senior studying accounting. "A date may need to be extravagant to be seen as a date."

Homebodies

"I think dates will be less of going out and doing things and more of staying in and doing something more electronic and social media based," said Madison Dunne, a sophomore majoring in anthropology.

Virtual Reality Dates

"I think that in the future you'll go on virtual reality dates," said Landon Parker, a senior studying accounting. "You'll put on glasses and go on adventures together, maybe to space. The future has a lot of opportunities."



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