

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

TWO

MORE THAN
650
DATE IDEAS
REVISED AND REORGANIZED

MAXIMIZE
TINDER
P. 12

SPICE UP YOUR LEMONADE
P. 6

**GET BACK IN
THE GAME**
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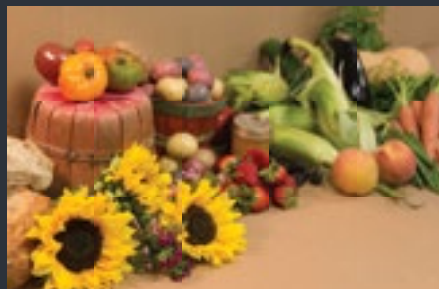
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SPICE UP YOUR LEMONADE

By Carley Porter

Nothing quite says summer like lemonade. Put a new spin on lemonade with these mix-ins and keep things sweet throughout the summer.

Basic Lemonade (not pictured)

1½ cups lemon juice

¾ cup sugar

6 cups water

Adjust sweetness and tartness to taste.

Berry Exciting

Blend 1½ cups of blueberries, blackberries, strawberries or raspberries with lemon juice before adding the water and sugar.

Add ¾ cup of two different berries for a new blend.

Keep It Green

Blend one peeled and sliced cucumber with water and lemon juice. Strain out the pulp before adding sugar to the lemonade.

MADDI DAYTON, MATT FITZGERALD

PLANNING THE PERFECT PICNIC

When well-planned, picnics make a romantic and easy date. They give couples a relaxed setting to get to know one another. However, a poorly-planned picnic can end in spilled food, itching skin and no hope for another date. Follow these tips to avoid classic pitfalls and mistakes.

Pick a Great Location

Check out the list of parks on page 49. Factor in the walking distance from the car to the picnic spot.

Decide on a Time

When you go determines the type of food you bring. Breakfast might be yogurt, fruit and granola, while dinner could include hot dogs for grilling.

Bring a Blanket

Even if the picnic is just for two people, bring a blanket where two people can comfortably sit, with extra space for the food. Large woven blankets or old tablecloths work well.

Have a Container for Food

Picnic baskets are fun but unnecessary. A cooler is the best option if food needs to be kept cool. However, grocery sacks or tote bags will do in a pinch. If there will be a small hike, a backpack might be the best option. Food is heavy.

Choose Picnic-friendly Food

Finger foods are generally the safest option. Think of foods that can be eaten easily without a table. Sandwiches, cookies, sliced fruit or vegetables are all ideal, as are drinks with screw-on lids.

Take Out the Trash

Bring a plastic bag for garbage in case there isn't a trash can nearby. Other items to consider bringing are hand sanitizer, baby wipes, insect repellent and sunscreen.

Have Adequate Utensils

Bring plenty of napkins, as well as any knives, forks or spoons you might need.

Herbalicious

Add $\frac{1}{2}$ cup of either chopped basil or mint to completed lemonade.

Add chopped herbs to berry lemonade for a fresh and fruity flavor.

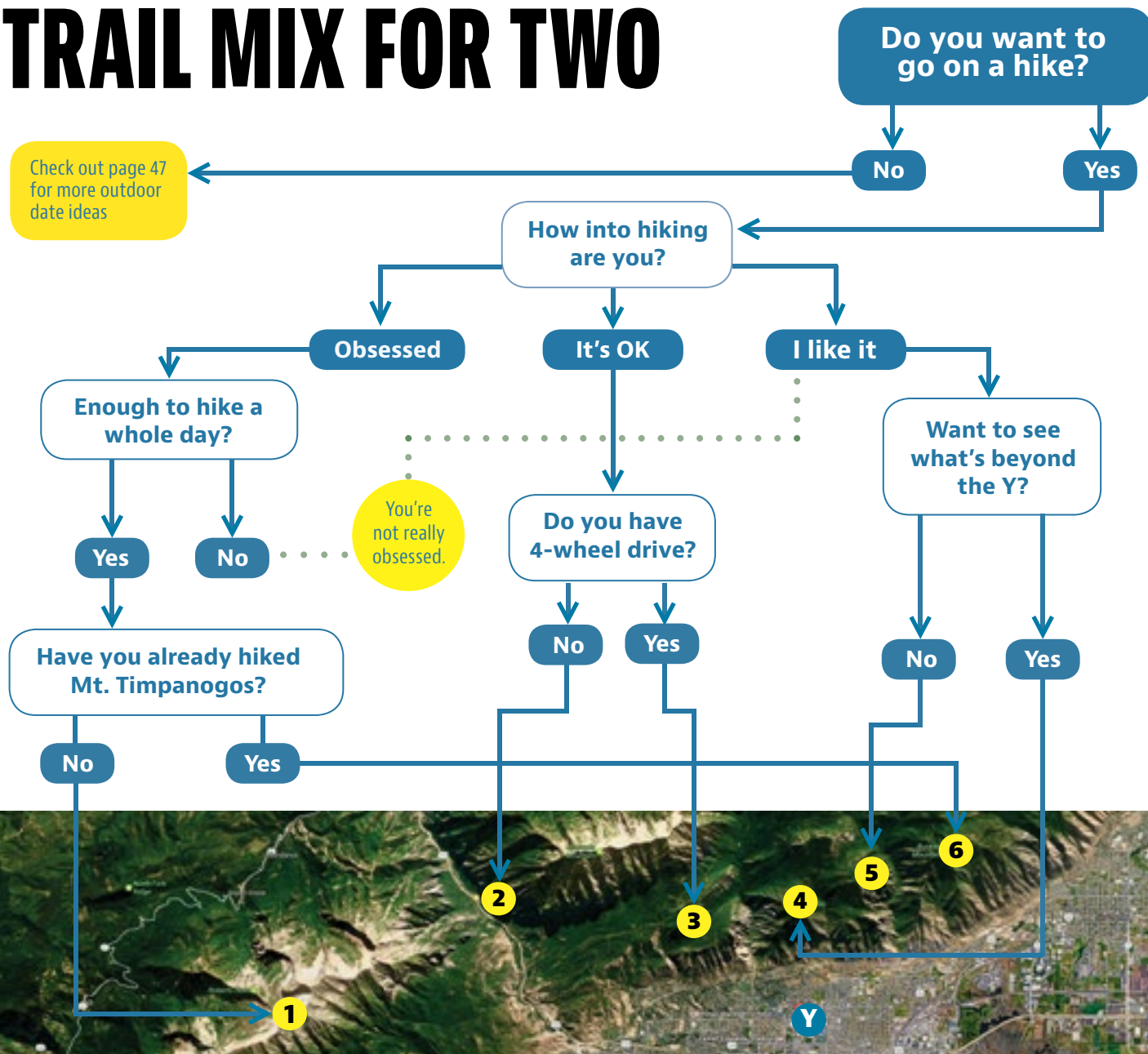
Melon-choly

To basic lemonade recipe, add: 5 cups either watermelon, cantaloupe or honeydew juice.

Thrills and Grills

Grilled lemons create a more intense, deep flavor. Dip rims of glasses in lemon juice and then sea salt for an extra burst of flavor.

TRAIL MIX FOR TWO



1 Mount Timpanogos* There is a \$6 fee to access the trail head. Start early in the morning – 6 a.m. or earlier. Hike from either the Timpooneke or Aspen Grove trailhead. The Timpooneke trailhead is a 15-mile-hike round trip beginning in American Fork Canyon. Aspen Grove is roughly 13.5 miles and shares a trailhead with Stewart Falls.

2 Bridal Veil Falls Drive toward Provo Canyon. Turn at the “Bridal Veil Adventure Park” sign to walk right up to the falls. Or, drive a little further up the Provo Canyon Road for the “Bridal Veil Falls Scenic Viewpoint” and hike to the top of the falls.

3 Buffalo Peak Follow Squaw Peak road for 3.4 miles to an area with a break in the fence. Take the trail all the way up Buffalo Peak. Be careful. The last part is very steep and covered in loose rocks.

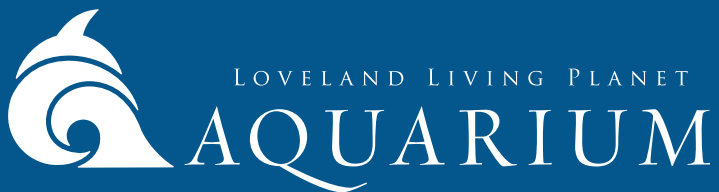
4 Y-Mountain This is not just “the Y.” This is the mountain. Once you hike the Y, look for a little trail that starts from the top right corner of the Y. Follow this trail. After passing through Slide Canyon, there is a small meadow, and a trail which veers left. The trail is marked by a carving in an aspen tree. When this trail ends, go left up the hill for a view of Utah Valley, or right to the official summit of Y mountain.

5 Maple Mountain Begin at the Slate Canyon trailhead, off of Slate Canyon Drive in Provo. After roughly three miles, there will be a fork in the road. Go left. After cresting a hill, there is a wide path cut through the woods on the left. Follow it to the end, then scramble up the hillside to the summit.

6 Buckley Mountain* The trail begins in Slate Canyon. After three miles, turn left at the fork. There will be a sign at the top of the hill. Turn right and follow the narrow path until it connects with a road. The final destination is a parking lot, but the views along the way and at the top are amazing.

* These hikes are extremely strenuous. Be sure to bring lots of water and snacks, and wear good hiking boots.

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FRAMING THE CO

*Tips for
constructing
a great first
date dialogue*

“So what’s your major?” they ask. You stop in your tracks . You rack your brain for the right answer, knowing this isn’t that hard of a question but unable to form a reply. “Spaghetti.” you reply. They stare at you confused, and the pit in your stomach grows until it swallows you whole. That wasn’t the right answer.

If this situation sounds familiar, try these tips to improve your conversational style and win points with your date.

LISTEN

Good conversation requires good listening. As public health major Evan Hawes said, “if you feel like the other person isn’t listening, you don’t want to keep talking.” After attentively listening to your date, sum up what was said and ask an informed question. More often than not, an informed question begins with a “why.” Why did you decide to switch apartments? Why do you think that your professor secretly has a street racing side hustle?

BE REAL

“Just be yourself,” advises statistics major Nathan Jones. “If you fake something, you’ll have to fake it your whole relationship. If they don’t

DIY PICK UP & GRIN

A cheesy pickup line can break the ice and make even amateurs seem witty. Create your own using the formula below, and see if sparks fly.

OPENER	+	PET NAME	+	ZINGER
“Wassup”		“Buttercup”		“You’re pretty, I’m pretty, what do you say we go and stare at each other for a while.”
“Heeeeey”		“Dime Piece”		“You should talk to your bishop about the Word of Wisdom because you’re smokin’”
“Throw me a bone”		“Shuga”		“Are you into introverts? Because...” (walk away nervously)
“I must’ve died and gone to heaven”		“Baybay”		“Um, you look nice.”
“What’s cookin’”		“Princess” or “Prince Charming”		“I just got off my mission and I’m looking for my next companion.”
“Tickle me pink”		“Honey Bunches”		Drop wallet and contents go everywhere.

—Matt Fitzgerald

CONVERSATION

like you, then just don't waste any more time." Conversation is easiest when taking about your real passions and interests. If a partner is not interested in what his or her date has to say, talking will not be easy.

HELP THE FLOW

Giving your date conversational ammo can help conversation flow more easily. Good dates are dialogues rather than monologues, and even the best question askers must answer something occasionally. Exercise science major Abbie Banton recommends "bringing up something that's interesting about yourself, but not fully explaining it." If the date properly receives the conversational ammo, this allows for whole new avenue of conversation to open up.

TALK AND DO

Choosing an interesting activity to do gives you at least one interesting topic to talk about, even if your date is the most boring person you've ever met. Engaging activities also allow you to learn more about the person you're with, such as how they feel about certain situations or activities. Asking follow-up questions to these feelings will fuel conversation.

2πr PREP FOR THE RING

There are many parts to planning a proposal, from choosing the right time and place to knowing what words to say. However, one of the most important elements of an engagement is the ring. While some know exactly what their significant other is looking for in a ring, including color, setting and band size, for others it is a little more complicated. If unsure how to proceed, here are some options for finding her ring size and getting the ring of her dreams.

First, ask directly. It's likely that if a couple is close to getting engaged, they've talked about marriage previously and a proposal won't come as a huge shock. Ask directly what size ring she is, or go to a jewelry store together for her to be sized if she doesn't know; the actual ring, the timing of the proposal and the way the proposal happens can still be a surprise.

"Rings aren't cheap, so we decided we might as well get it right the first time," said Tyler Byron, from Bremerton, Washington. "We went in together for her to choose the ring and get sized, she just didn't know when I would actually buy the ring or officially propose."

However, if it is essential to keep the proposal under wraps, here are some stealthy ways to find out her ring size.

Try enlisting the help of her friends or family. Chances are, they've probably talked about proposals, engagement rings and ring sizes at some point, or she might have tried on one of their rings. They might already know what she'll need, and if not, they can ask for her ring size in a casual and non-suspicious manner. They can go try rings on "for fun," or say something along the lines of "we both know that at some point (significant other's name here) is going to propose, and he'll need to

know your ring size. Let's figure it out in case he comes to me needing to know." This method doesn't give her any clear hints about the timing of the proposal, but will likely result in a reliable ring size. Asking a future mother-in-law is likely to win some extra brownie points as well.

Another method is to borrow a ring she wears regularly, making sure to note which finger she wears it on. Although most girls don't wear a ring on the ring finger of their left hand, if she has a ring she wears on the same finger of the right hand, most jewelers can make a rough estimate of the ring size needed. However, fingers on the dominant hand are slightly larger, so keep this in mind when talking to the jeweler.

—Shaye Mullen



SHE'S DA BALM

Lip balm brands and flavors can reveal a lot about a person's personality. Do you match your lip balm stereotype or break the trend?

Burt's Bees This group is generally considered to be trendy, even "hipster." They enjoy going hammocking or rock climbing on weekends, but only when they're not out by the King Henry pool.

Lip Smackers While fun and spontaneous, these people are still mentally stuck in their elementary and middle school glory days. They are often overcome with nostalgia about games of hopscotch on the playground, listening to Britney Spears on their Discman.

Smith's Rosebud Salve Elegant, stylish and classy are words that are often used to describe users of Smith's Rosebud Salve. These people value quality and tradition, and are used to the finer things in life. They're not afraid to spend more to get what they think they deserve.



RYAN TURNER

Carmex Family focused, this group grew up with their mothers telling them Carmex was the best, and never questioned why. They're focused on getting the most bang for their buck in all aspects of life.

Eos Trendy and fashionable, this group is always looking for the next big thing, and isn't bothered by the occasional inconvenience of making it fit into their life. Whether it's the latest Provo hot spot or the coolest new show on Netflix, these people have already heard and instagrammed it.

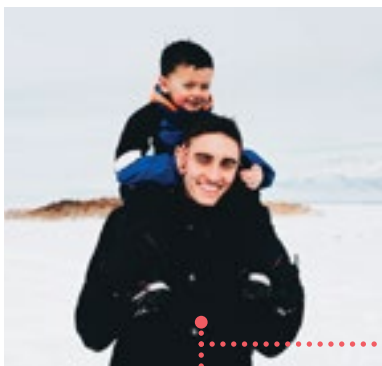
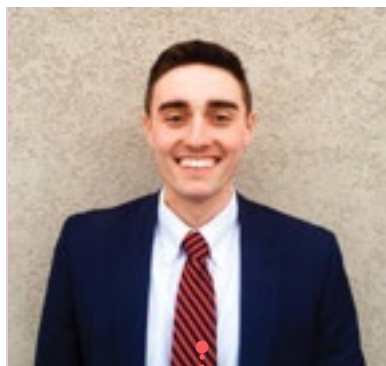
Chapstick The most traditional group uses the brand synonymous with lip care. Users find what works and stick with it. They are resistant to change, and can be fairly stubborn when they set their mind on something.

Blistex This group is most comfortable when out hiking or otherwise communing with nature. Unlike those who use Burt's Bees, these people don't care about being "on-trend."

Vaseline These are the people who forget they need lip balm until it becomes a physical need. Absent minded but sweet-natured these people will make do with whatever is at hand.

—Shaye Mullen

MAXIMIZE YOUR TINDER PROFILE



"A Dixie Chicks fan and business student, in that order. Looking to date a fellow ice cream connoisseur."

CLAIM YOUR SHARE OF TINDER'S 26 MILLION DAILY MATCHES

1. PROFILE PICTURE

Tinder allows you to upload six photos of yourself, with one as your profile picture. First impressions matter, so make sure your profile pic is (A) of you and (B) of your face. Many users will give your profile a quick swipe left if they can't what you look like. Avoid the photo of you standing on a mountain, sitting on a bench at a subway station or at a wedding with four other groomsmen. Choose a clear portrait of your face that represents who you are.

2. OTHER PICTURES

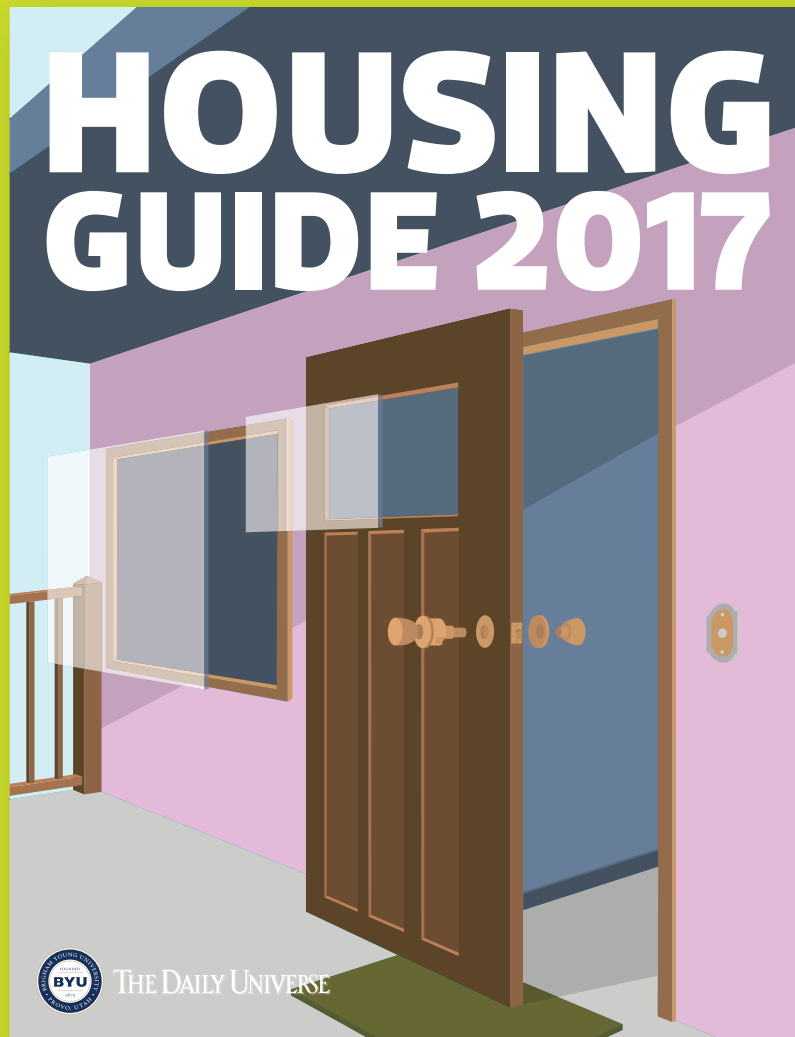
Upload more than one photo. Statistics from Tinder show that people with at least three photos get a majority of the matches. While you should keep your first photo straightforward, use the other photos to display your hobbies or recent vacations. Not only will this show off your personality, it will give your matches a topic for conversation. Your photos are about more than just how attractive you are; your clothes, the pucker of your lips, even your posture tells the story of who you are. Other swipers want to connect with that.

3. BIO

Keep it simple, but don't overlook it. One of Tinder's cofounders revealed that people are 99 percent less likely to swipe right if you skip the bio section. Make it short, but share a little about yourself and what you're looking for. Even something simple like "looking for a tall boy to be my bowling partner" will do. If you have no idea where to start, make them laugh, include where you're from, or share a cool place you've traveled. Other users want to connect with that.

—Katy Bready

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MODERN ETIQUETTE

When you're used to eating ramen straight out of the pot, it can be easy to forget basic table manners. However, eating in a horrible, messy manner is unlikely to impress your date or win any brownie points with their mother when you come for Sunday dinner. Instead of eating like an animal, abide by these rules and wow the masses.

—Carley Porter

IMPRESS YOUR DATE

- Grab napkins to spare. Everyone should put a napkin in their lap.
- No double dipping!
- Elbows off the table.
- If food is going to be shared, get extra plates and put a trial-size portion of food on them before beginning to eat.
- Use a knife and a fork to cut food into small, manageable bites.
- Eat quietly, making sure to chew and swallow before taking another bite.

Don't slurp your drink. Take small sips, and refill your drink before you get too close to the bottom.

Share the chips. Make sure any shared items are easily within reach for both you and your date, and give them access to the salsa and guacamole.

Grab a knife, a fork, and a spoon, even if you're not sure you'll use all of them. Pick them up for your date as well.

IMPRESS THE MOM

- Again, napkins go on laps.
- When serving oneself, take modest portions of everything. Don't ask for second helpings. The host will offer leftover food if there is any.



- Pass food around the table counterclockwise.
- Always say "please" and "thank you."
- Don't reach over people to get something. Politely ask someone to pass it to you.
- Don't pour salt, pepper, ketchup or anything else all over food. It is an insult to the cook.
- Cut one piece of meat at a time, instead of all at once.
- If a roll or piece of bread accompanies the meal, don't butter it all at once. Tear off pieces and butter them individually.
- It's OK to use a roll to mop up any remaining sauce, but spear it on a fork to prevent a mess.
- If served something undesirable, don't make a fuss. Move it around the plate a little, and if asked, simply respond "I'm not that hungry."

IMPRESS EVERYONE ELSE

- Use the previous suggestions.
- For multiple courses there are multiple utensils. Use utensils from the outside in. Utensils placed above the plate are for dessert.
- To refuse wine, simply say "No, thank you" to the waiter or place fingertips at the rim of the glass to signal the same.

You'll probably only need the water glass ... the other two are for wine and the cup is for coffee.



PREPARING FOR A (BLANK) DATE

Fill in each of the blanks below with the type of word indicated. Then turn the page and discover your dating story.

social media site

restaurant

day of the week

time of day

color

article of clothing

motion verb ending in -ed

emotion

guy/girl name

color

article of clothing

greeting

plural animal

verb ending in -ing

superhero

type of room

celebrity name

adjective

alternative mode of transportation

emotion

SEEING STARS

BY SHAYE MULLEN



Cassiopeia. Orion. Gemini. Andromeda. Regulus. Sirius. Bellatrix. These are only a few of the many constellations visible in the Western Hemisphere. Consider shaking up the tired standby of dinner and a movie with a romantic and unique stargazing date. They are remarkably easy to pull off, all that is required is a clear sky, a comfortable place to sit and a relatively open area. Pairing it with a light snack or dessert and playing some music to set the mood can enhance time spent together.

When planning the date, review many possible stargazing sites. The ideal location is far from the bright lights and loud noises

found in the city, but close enough that precious time isn't lost driving unnecessarily far. See below for a list of great locations nearby. The location can greatly influence the tone and overall success of the date, so choose carefully.

Before heading out, be sure to check the weather to ensure a cloudless sky, and consider downloading an app to help guide efforts to make sense of the sky. Applications such as Star Chart or SkyView can help identify constellations and other heavenly bodies, and often give additional history and general information.



PLACES TO STARGAZE

Alpine Loop In Provo Canyon, turn onto UT-92.

Antelope Island State Park I-15 north exit 332, then to W. Antelope Dr.

Big Springs Park In Provo Canyon follow S. Fork Rd. to Spring Hollow Rd.

Orson Pratt Observatory ESC, BYU

South Fork Park In Provo Canyon follow S. Fork Rd.

Vivian Park In Provo Canyon, turn after S. Fork Rd.

As part of the date, have a contest and see who can spot these heavenly objects:

- Shooting star
- Orion
- North Star
- Mars
- Venus
- Uranus
- Big Dipper
- Little Dipper
- Cassiopeia
- Andromeda
- Regulus
- Sirius
- Bellatrix



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A (BLANK) DATE

After completing the list of words on page 16, insert your words into the story below. Try playing with friends for extra laughs.

I met this guy/girl on _____
social media site

and we started chatting. Finally, we decided to

meet. We picked _____ on
restaurant

_____ at _____
day of the week time of day

I agreed to wear a _____
color article of clothing

so that he/she would recognize me. When

I _____ there, I sat
motion verb ending in -ed

down, feeling _____. Suddenly, I
emotion

heard my name. I turned around and saw

_____ wearing _____
guy/girl name color

_____. I said _____
article of clothing greeting

and we began to talk. Everything was

fine, until he/she asked if I knew much

about _____. When I said no,
plural animal

he/she launched into a long speech about

the _____ habits of
verb ending in -ing

_____. I thought I would
plural animal

never escape, but suddenly, _____
superhero

broke through the window. I used the

opportunity to sneak to the _____
type of room

and call _____ to pick me up.
celebrity name

We drove away in his/her _____
adjective

_____, laughing
alternative mode of transportation

with _____.
emotion

Why Did It Go Well?

BY SHAYE MULLEN

First, and even second dates can be overwhelming and frustrating as you and your date attempt to figure out not only how you feel about the date but also how the other person is responding. While there are obvious factors, such as physical attraction, having a “good time” and finding shared interests and values, there are other tells that can indicate a date is going well.



Comfort

Although you might not know each other very well or at all, you find it easy to relax around your date and be yourself. The nervousness and anxiety you felt before leaving on the date melts away. You become more willing to share who you really are and what is important to you. Your body language opens up, and you find yourself moving closer to your date, laughing easily and making eye contact.

Easy Conversation

There might have been moments of awkward, stilted conversation and nervous smiles at the beginning of the date, but you quickly relax around each other. You find you haven't been able to finish your meal because you've been so busy talking and laughing. You have interests in common, a similar outlook on life or a shared curiosity about the world around you. Time just flies by when you're together. You quickly find an easy conversational style and the sense that you can talk about almost anything.



Desire to Continue

Even though you have homework waiting or need to wake up early the next morning, you both find yourselves wanting to stretch the date out to spend more time together. Be cautious, however, to make sure this is felt by *both* parties, before stretching a two-hour date into a day-long adventure. You find yourself talking about things you could do together on future dates, and the other person responds positively and animatedly.

General Feeling of Optimism

After ending the date, you are eager to see the other person again and to get to know them better. Your plans for a second date are almost set, and it is obvious you're both looking forward to spending more time together and seeing where this could go.



HALEY MOSHER



CAN I SEE THE RING?

HOW DID HE ASK?

Have you set a date?

HOW DID YOU MEET?

ARE YOU REGISTERED?

WHAT ARE YOUR COLORS?

WHERE WILL YOU
HONEYMOON?

MET THE INLAWS?

Do you have your dress?

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SHOE SOLE SEARCH

BY CARLEY PORTER

You can't judge a book by its cover. But, according to a study in 2012 from the University of Kansas and Wellesley College, you can judge a person by their shoes.



High Heels/Pointed Toes

High heels and pointed toes, indicators of formal and uncomfortable shoes, are associated with emotional instability. Additionally, pointy-toed shoes can indicate a disagreeable person – or high-maintenance.

High Tops

High tops can indicate a person who is disagreeable.

Brand New/Well Kept

Brand new or extremely well kept shoes tend to be worn by people who are very conscious of their appearance. They worry about what others think of them and fear rejection.

CROWDSOURCING THE DATE

First dates are notorious for being awkward experiences. Think about it: you're with someone you barely know, you're worried something is stuck in your teeth, you think they might be forcing a laugh at that joke you just told and you're running out of "get-to-know-you" questions to ask.

One solution to ending bad first dates is to stop dating altogether,

another option is to grab some friends and turn it into a group date. That way, the date is less formal and there are more people to keep awkward silences from happening.

While the group date route might seem fool-proof, it's important to keep the following rules in mind to ensure everyone has a good time.

KEEP THE GROUP SMALL

Inviting too many friends along can turn the outing from a simple group date into a huge hang out session. Depending on the activity, 2 to 3 other couples can be appropriate.

CHOOSE A GROUP ACTIVITY

A candle-lit dinner may seem romantic, but it probably won't seem that way when surrounded by six other people. Visiting an art museum makes a great one-on-one date, but can quickly turn chaotic when accompanied by other couples. Make sure the activity allows for movement and easy conversation between everyone involved.



DERREK LEWIS

Well-Worn ●

Well-worn shoes can indicate that a person is extroverted and emotionally stable. If the shoes are well kept, it may indicate that the person is careful, organized and self disciplined.

Boring ●

Shoes that are boring suggest that a person doesn't care what people think about them. These people can have trouble forming relationships.

Ultimately, the study concluded people choose their shoes in order to convey their personality, making shoes a reliable source of information about a person. Remember, however, that people are more than what they choose to wear.

AVOID INSIDE JOKES

While half the group was at the scout camp where someone got attacked by a bunch of rabid squirrels, half was not. Tell stories that can be understood by everyone in the group. If a story absolutely must be told, be sure to fill in all the details someone will need to laugh and cry along with the rest of the group.

DON'T GO WITH ONLY MARRIED COUPLES

Even though all of your best friends may be married, being the only single people on a date can add unnecessary pressure to the situation, and can make your date uncomfortable. When including married or engaged couples, try to include another couple who is early on in their relationship.

REMEMBER YOUR DATE

It can be easy to start joking around with your friends while out on a group date, as you feel very comfortable around them. However, be cautious about putting all your focus on them, and leaving your date feeling neglected and left out. Be courteous and do your best to include them in conversation throughout the date. Remember, they're why you're there in the first place.

DATING DIARIES

"I went on a first date with a super cute girl, and we went to Salt Lake to go ice skating for my sister's birthday. It was supposed to be a two-hour event, but a bunch of things happened, and people were late, so **it ended up lasting eight hours**. I kept asking her if she wanted to go but she was really polite and said 'oh no, it's fine' so it just continued on. I felt horrible and she never answered my calls again after that."

— **Gabe**

"We did a progressive dinner in a bunch of different restaurants, but he also brought along a 'get-to-know-you' set of Jenga, where each piece had a different question. We were in all these quiet, fancy restaurants and I was so

embarrassed.

We were in a Thai restaurant **when it finally fell** and I felt like they were going to kick us out. It was just too much for a first date."

— **Sophie**

"We went to Nickle City on a date, but decided we wanted to add a 'punishment' if you lost a game. We went to Smith's to pick something out together and ended up choosing a bottle of lemon juice. Every time you lost a game, you had to chug a little. I lost the first five in a row and the lemon juice started **making my jaw clench up** and my stomach feel a little sick. I finally beat her by one in the basketball toss."

— **Brian**

"We were set up on a double date by mutual friends and went with these girls to the outlet mall in Park City. Although we wanted it to be this awesome date, things just weren't working out so we ended up in a furniture store just killing time. We were just sitting on a couch when one of the

girls came over and said, 'I think it's time for us to leave.' We asked her why and she replied that she had been over looking at the candles and thought one smelled super good, so she decided to take a bite out of it. The people at the counter were looking over and pointing at us, so we took off running.

The date was mostly normal from there until we dropped them off. They got out of the car and turned around to say goodbye, **handing us locks of their hair** that they had just cut off for us to remember them by. It was super weird."

— **James and Brigham**

"I was on a first date with this girl, and we were with a few other couples playing games. About an hour into the date she just stood up and said **she was going home**, and walked out. She never responded to me after that."

— **Logan**

"We went to a basketball game with a big group of friends and then country dancing. Before the game there was free pizza, and I ate a lot because I love pizza. After we got to the country dancing place I started to feel really sick, and it just got worse with all the dips and turns. I finally sat down feeling totally sick and helpless. My date came over and asked me to dance again, and my stomach told me no, but my heart told me yes. We were just dancing slowly and he was trying to be all cute, but I was feeling so bad. I just had

to tell him **I was about to throw up**. I had to run over to the trash can, and I just kind of pulled him over with me because we were holding hands. He didn't really know what to do and was torn between comforting me and giving me my space, so it was super uncomfortable. We did end up dating for a while after that though."

— **Shayla**

"This guy dropped me off after a double date, and he didn't know if he should walk me to the door or not. I just got out of the car, and the other guy in the back seat was like 'are you going to walk her to the door or not?' He got out of the car saying 'well, I guess I have to walk you to the door,' and then he couldn't decide whether he should hug me or not. We ended up doing an **awkward side hug** and never talked again."

— **Sara**

"I had this Tinder date, and we were really hitting things off on the app so I was really excited to meet her based on our conversations and everything. When I went to pick her up she opened the door and she was only like 4 feet 10 inches tall, no offense to short people. I'm 6 feet 4 inches tall, so **the height difference was huge**. It just kept getting more and more awkward. She would only give one word answers to everything I asked her, and other than that wouldn't say anything. When I finally dropped her off, I gave her a hug and it felt super uncomfortable because of the height difference. I felt like I would end up having back problems if we ever dated. I never talked to her again after that, and she never talked to me. It was a mutual thing."

— **Jonathon**

"We went kayaking on a double date. Turns out he was a total pro, and I had never been before so I wasn't very good. **I kept flipping my kayak** over, and he would just keep going and leave me to fend for myself, even on the rapids. Occasionally he would yell from way up ahead, 'You OK?' but that was as much attention as he gave me the whole time. Needless to say, we never went out again."

— **Sarah**

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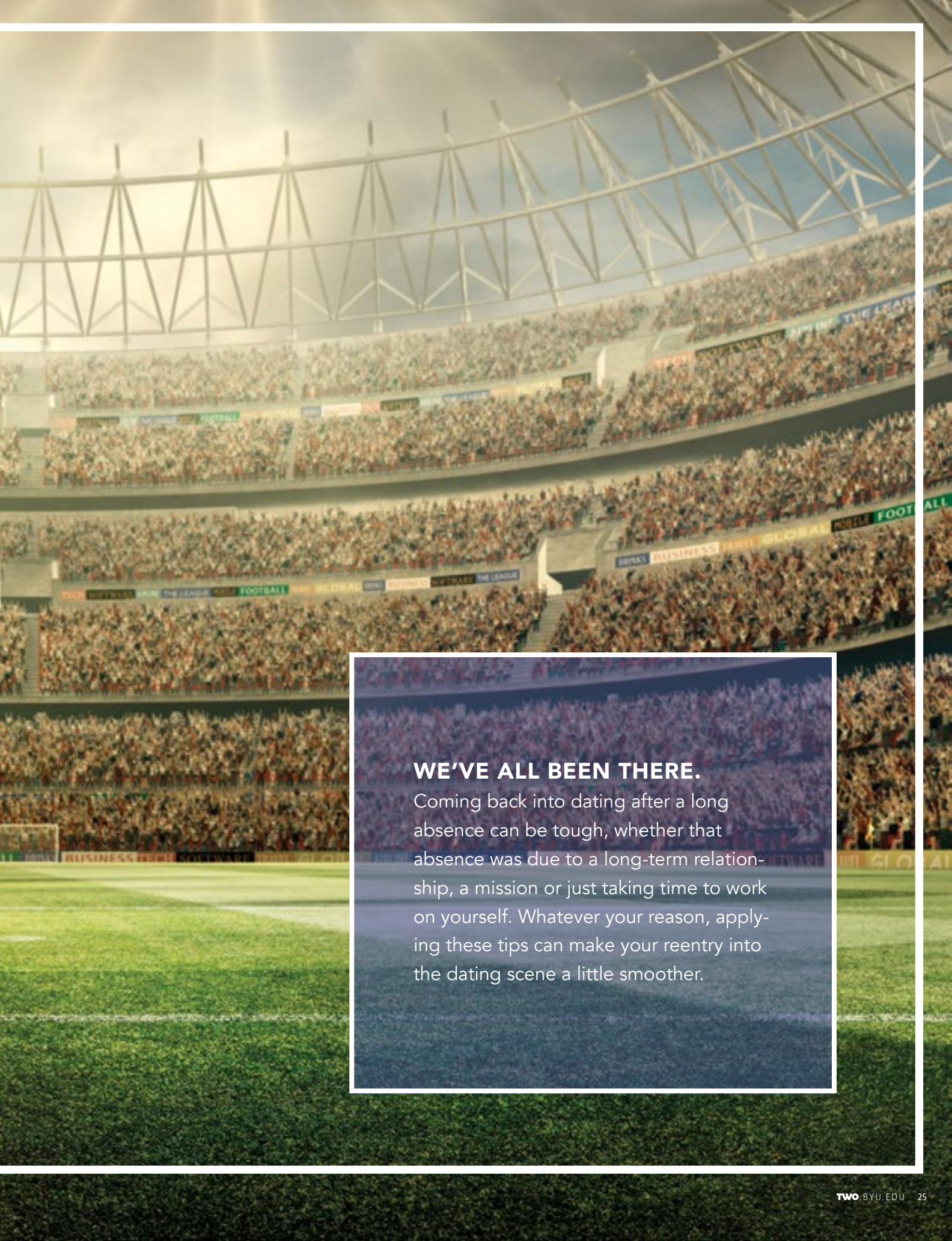


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GET BACK IN THE GAME

By Shaye Mullen



WE'VE ALL BEEN THERE.

Coming back into dating after a long absence can be tough, whether that absence was due to a long-term relationship, a mission or just taking time to work on yourself. Whatever your reason, applying these tips can make your reentry into the dating scene a little smoother.

POST-BREAKUP

Even when a split was amicable, just thinking about moving on can tempt you to fall into a pit of despair and soggy tissues, hatching a fail-proof plot to win them back. However, once the crazy fades, it's time to find a way to move forward.

WORK ON YOURSELF

Take time to reflect on areas where you can improve. Think about behaviors and habits you have that might have been detrimental to past relationships. How can you become a better partner going forward? Could you be a better listener, better at supporting your partner's interests, kinder to their friends? Think about who you want to become and make a plan to get there.

"Every past relationship can teach you a lesson," said Katelyn Whiteley, from Saratoga Springs, Utah. "It's super important to appreciate and learn from those lessons, instead of just being bitter that a relationship didn't work out."

DON'T RUSH IT

After a breakup, the idea of finding someone new and jumping right back into a relationship can seem attractive, without taking any time to process what contributed to the end of the relationship. However, it's important to take time to find closure. Jumping into a relationship too fast can backfire if

the other person thinks they're just a rebound, or if you're not ready to be in a relationship. Take some time to refocus, and just enjoy being single.

CULTIVATE MEANINGFUL RELATIONSHIPS

When in a serious relationship, it's common for other connections, such as those with friends and roommates, to take a back seat. Now that you're unattached, focus on strengthening those connections and catching up on what you missed while off in la-la land. These relationships can keep you grounded, and will be a strength to you in your weak "what if they want me to call them" moments. However, when you get back into a relationship, don't just throw your friends to the side again.

MAKE A CHANGE

Whether it's trying a new hairstyle, buying a new pair of shoes or starting to actually work out, change something in your daily routine that will make you happier and more moti-

vated. With a fresh start comes a fresh perspective that can help lift you out of the post-breakup blues.

CLEAR THE CLUTTER

Those notebooks where you doodled your initials next to theirs? Toss them. The teddy bear they won for you at the carnival? Donate it to the D.I. Photos from a special date? Move them to that dusty box of mementos in the top of your closet. Getting rid of these daily reminders can help you find closure and be more prepared to eventually start a new, healthy relationship.

WRITE A WISH LIST

After you've gotten to a stage where you can look back on the relationship without bursting into tears, consider the things you liked or disliked about it. Was your ex supportive of your interests? Did they get along with your family? Did your friends think they were weird? Compile a list of things you would like to continue having in future relationships, as well as things you want to avoid.

Re-entering the dating scene can be frightening and a little overwhelming after a breakup. It can seem like the “cream of the crop” is already taken, and that the perfect relationship will always be out of reach. However, here are some numbers to keep breakups in perspective and to see how many fish there truly are in the sea.

As of Fall 2016, only 23.2 percent of BYU students were married, leaving 76.6 percent single and ready to mingle. That means that at any given time, roughly 23,310 people on the BYU campus are looking for their eternal companion. Granted, a portion of these individuals are either in a relationship or engaged, but as the saying goes, “no ring, no thing.”

For those worried about all the single people being of their own gender, these 23,310 people are fairly evenly split – 49.88 percent men and 50.12 percent women.

HERE'S THE BREAKDOWN BY CLASS FOR FALL 2016

GIRLS	MARRIED	SINGLE
FRESHMEN	1.1%	98.9%
SOPHOMORES	11.8%	88.2%
JUNIORS	23.3%	76.7%
SENIORS	33.8%	66.2%

GUYS	MARRIED	SINGLE
FRESHMEN	2.6%	97.4%
SOPHOMORES	14.4%	85.6%
JUNIORS	24.9%	75.1%
SENIORS	41.6%	58.3%

If these numbers are not enough to soothe the worried soul, keep in mind the number of YSA members worldwide. As of February 2017, there were 1,211 YSA units worldwide, with 551 in Utah. The majority of these units are in the United States and Canada, with eight units outside these two countries.

Although it might feel as though the only available options left are maintaining a large herd of cats or remaining alone forever, stay positive. While it could take a little longer than desired, a positive attitude and a willingness to give everyone a fair chance could result in finding the love of a lifetime.

CLEAR YOUR PHONE

The application of this principle really depends on the nature of the breakup. Still going to be friends? Try changing your ex's name in your phone from the cutesy nickname with a heart to their actual name. Bad breakup? Delete it altogether, or change it to something along the lines of “Do Not Answer.” While it might seem tempting to keep old messages to remember better days gone by, keep yourself from falling into that trap by deleting them from your phone. Reading and rereading them won't change anything, and won't do anything but make you miserable.

EXERCISE

Like Elle Woods said in the movie “Legally Blonde,” “exercise gives you endorphins. Endorphins make you happy. Happy people just don't shoot their husbands, they just don't.” But really, use this as an opportunity to get out any negative emotions, and to get out of the house. Channeling your energy and emotions into something productive can help change your perspective and change your outlook.

AFTER A MISSION

Being alone with someone of the opposite gender can feel weird or awkward after coming home from a mission. Keep these tips in mind to avoid being the stereotypical “recently returned awkward missionary.”

REDEFINE COOL

Just because you're home now doesn't mean you should go back to the cool kid you were before you left. While you're not still a missionary, you can still use the positive traits you acquired on your mission, such as patience, diligence and the ability to relate to others.

APPLY MISSION LESSONS

Planning, asking for references, street contacts and companionship inventories surprisingly all have their place in dating. Plan dates in advance, ask your friends and other people around you for set-ups, talk to strangers in class or on the bus, and have open and honest communication once you find someone you think you could enjoy dating more seriously.

“Treat it like the mission,” said Bryant Black from Gilbert, Arizona. “Use Preach My Gospel because seriously, it teaches you everything. You have your

objective, to invite others to come unto you to partake of your goodness. You have to talk to everybody and ask for references, contact in the street if you have to. That's literally how I started when I got home.”

TALK ABOUT SOMETHING ELSE

While your mom might be eager to hear hours and hours of mission stories, your date might not be so keen. While a few well-placed accounts could serve to show them how dedicated, spiritual and sensitive you are, asking them to tell you about their lives is more likely to make them feel important and valued.

LET GO

As much as it hurt to get that Dear John/Dear Jane on the mission, it can be just as painful, if not more, to see that person happily dating or married to someone else.

“It was horrible,” said Sarah Armstrong, from Denver, Colorado. “Just thinking ‘that could have been me.’” However, it's important to remember that there is always a reason things don't work out, and to find a way to get past it.

“I just kept reminding myself that it was for the best,” Armstrong said. “I made sure to go on lots of dates and have fun and just not focus too much on it. The longer I've been home, the more convinced I've become that it wouldn't have worked between us anyways.”

PUT YOURSELF OUT THERE

Fresh off the mission, it can be difficult to reintegrate yourself into the young single adult life. However, as strange as it might feel, just go for it.

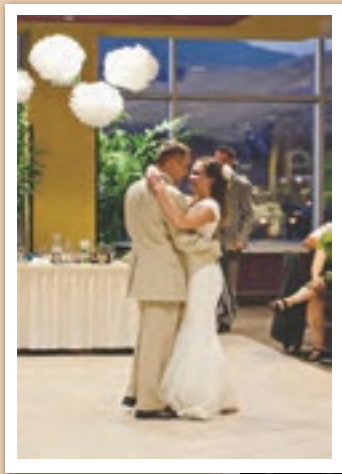
“I told myself, I've just gotta go for it,” said Black. “Don't be awkward, don't be that awkward returned missionary. You're back, you're allowed to date. Be yourself, just do you.”

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DATING GRADU

BY SHAYE

D

ating and marriage occupy an inescapable part of BYU culture: classes discuss improving marriage and family relationships, the cliché “ring by spring,” and refrigerator doors plastered with wedding announcements. However, this focus on marriage can weigh heavily on those who continue to hope for an eternal companion to materialize, especially as graduation nears and then passes.

“At first, graduating single, I thought I was a failure,” said Blair Francis, who graduated in 2016. “I thought that I hadn’t done something right or that I wasn’t good enough since I didn’t find an eternal companion among all of these Mormon students.”

However, Francis’ situation isn’t as uncommon as stereotypes would lead people to believe. Roughly one quarter of BYU students are married, although that percentage increases the further along stu-

dents are in their education. Among BYU seniors, 38.3 percent of students are married, leaving 61.7 percent single. At BYU’s December 2016 graduation ceremonies, 44.6 percent of all graduates were single. Individuals need to keep this in perspective both before and after graduation. Marriage isn’t the only measure of success.

“I realized,” said Francis, “that even though the majority of my friends are married, ... that doesn’t mean that I have failed. I’m realizing that graduating single gives me a lot of freedom. Also, even if I had dated seriously or gotten married during my education, I probably wouldn’t have done as well academically. I know that God knows me because I am not married, as odd as that may sound. He knows how I am when I am in a relationship and that I would have had my priorities mixed up. So, now that I have graduated I feel fine about being single. I have faith and confidence in the Lord’s timing and I’m

grateful He has blessed me to exercise my agency.”

There are many ways to stay positive and keep things in perspective as graduation nears.

Work towards goals and interests, but don’t choose hobbies or interests just based on improving chances of dating or marriage. “Do what you can to better yourself, and put yourself in places where you can meet new people,” says Kristin Hardester, who graduated with a degree in elementary education. “Don’t worry about what you can’t control. You can’t control who will be interested in you, but you can control where you are, and the kinds of people you are meeting.”

Don’t date someone out of a fear of ending up alone. It is easy to become nervous about marriage and dating the closer graduation gets, and this nervousness can bring an urge to settle with the first person who shows any interest. Francis cautions against this, and reminds students



POST GRADUATION

MULLEN

there are life lessons they can gain by living life to the fullest, single or not. “You are young,” she says. “Live your life. Meet new people, meet lots of people. It’s wonderful that some people find their spouses so early, but I have learned to appreciate dating so much, because it has helped me figure out what I like or dislike, and what works or doesn’t work for me. Going on so many dates has helped me to shape what I am looking for, and most of all, what I deserve. Dating is a time of self-discovery: take advantage of it and don’t rush it.”

Dating and marriage do not define a person’s self worth. Everyone should feel needed and valued for who they are. “Dating is such a big part of BYU culture, and if you aren’t dating you start thinking about what you’re missing or what’s wrong with you if you’re not dating, and there’s more of a focus on that,” said Kate Fruehan, who graduated with a degree in history. “Now I’m a lot more comfortable with myself so

the way I look at dating is different. I don’t put as much pressure on myself or the other person for it to be something amazing. I see it more as a chance to get to know them and for them to get to know me.”

Accept that everyone will have an opinion. It can be frustrating to be struggling to find “the one,” and be constantly reminded by friends, neighbors, family members, church leaders and complete strangers that “the one” has yet to arrive. According to Francis, the trick is to keep perspective and remember everyone has their own path to walk. “I was just at the temple last week and a temple worker who was performing confirmations was getting to know me,” she said. “I told him I graduated from BYU and that my roommate is going on a mission. He asked me if I was going as well and I said no, and then he asked me if I was taking the marriage route. I confidently held up my left hand to show him my empty ring finger and said

‘working on it, but for now I’m taking the grad school route.’ It was an interesting experience, and it continues to be, as people ask me about my relationship status after college.”

Don’t give up. Graduating single does not equal staying single forever. “For me, the end goal has always been the same: eternal marriage,” said Fruehan. “The journey is just different now. I still want to get married, I’ve always wanted to get married. I just put a lot less pressure on myself now than I did in college. I know I don’t want a shallow relationship and now I’m more willing to wait and find someone. I want to enjoy myself.” There is still life after graduation. There are still new things to experience, new people to meet, and new lessons to learn. “If you’re worried because you aren’t dating, do something about it,” said Francis. “If you are worried because you are dating and no one seems to fit, patiently wait.”



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TAKE YOUR

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**WHY YOU'VE GOT TO MAKE LIFE CHOICES
INSTEAD OF PLAYING GAMES**

BY CARLEY PORTER

There is more than one reason to date, but BYU students are often separated into two camps: those who want to get married and need to know if they've found "the one" by the third date, and those who don't want to get married right now, so they just don't date at all.

Professor Larry Nelson from the School of Family Life explains, "We have this mindset that the purpose of dating is to find whom you're going to marry."

However, this is not the sole purpose of dating. Nelson lists five reasons young adults should date:

1. For fun

Yes, dating can eventually lead to marriage. But dating also brings the opportunity to take advantage of two for one night at the Quarry or Color Me Mine. Don't take it too seriously.

2. To help us become the right person

Nelson clarified this means a person needs "to develop skills that will help (them) be a good spouse." He listed examples like learning to budget time and money, and learning to listen to others.

"Even if you have a horrendous date, it can end up being a success because you learned something about yourself. And you can go on a date purely with that in mind – I need to be in a setting where I can learn and grow. It will also help you as far as your identity in figuring out, who do I want to marry."

3. To figure out what kind of person you are wanting to marry

This reason to date is tied to its predecessor. Before you can use the skills you've honed while dating to be a good spouse, you need to discover what

kind of person you want to be your future spouse.

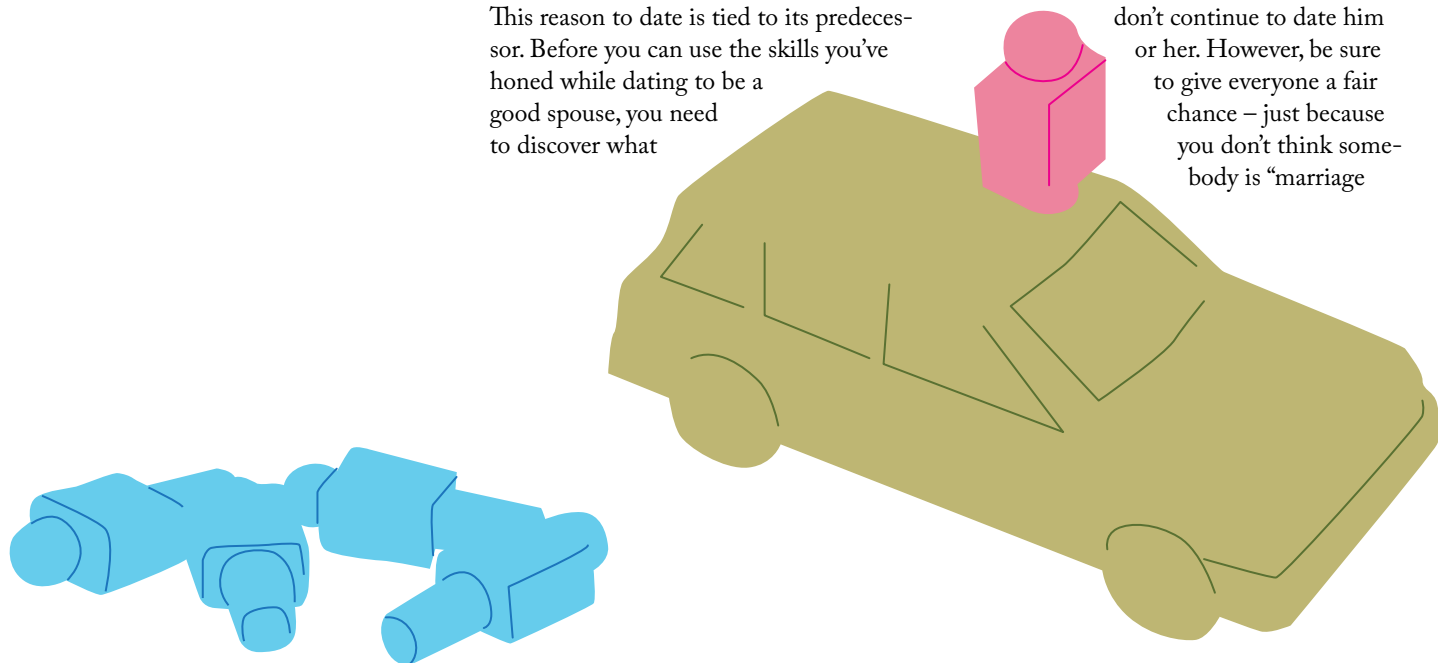
"We don't marry a group of people," Nelson advised. "We marry one person, and there are something things about individuals that you never see in a group setting."

4. To learn to commit

Going on a first, second or even third date does not mean you are ready to commit to a person for life. Like Nelson said, "Dating is a chance to practice." A chance to practice being committed to someone for two hours at a time (any longer is pushing it). Practice this kind of devotion by not texting someone else during the date and being genuinely interested in the person you are with.

5. To find somebody that you want to marry

Notice that finding someone to marry is the last number on the list. Don't feel pressured to fit marriage into a certain timeline set by others, or even yourself. If you don't click with someone, don't continue to date him or her. However, be sure to give everyone a fair chance – just because you don't think somebody is "marriage



material” doesn’t mean that you shouldn’t date.

“What a terrible mindset to think, I’m going to ‘waste time’ by continuing to date someone,” Nelson said.

Don’t let the idea of marriage keep you from dating, Nelson counseled. It’s an opportunity for “skill development, learning about yourself and others.”

Associate professor Brian Willoughby said dating is about goals, and “There’s not necessarily a bad or good way to do it.”

Willoughby said that once you figure out why you want to date, it will change how you date and who you date

MAKING THE CHOICE TO COMMIT

The next step in dating is commitment. Whether it’s the commitment to date exclusively or to marry. Both decisions can be frightening. Here are a few rules to make the choice easier:

Stop looking for your soul mate

In a 1976 BYU devotional address, President Spencer W. Kimball asserted “‘Soul mates’ are fiction and an illusion.” He also said that any good man and any good woman can be happy together if they are willing to work and sacrifice for each other.

Stop waiting for outside forces to decide for you

Waiting to feel fireworks, or for God to tell you that a person is right for you, is waiting to be acted upon.

“We are to study it out in our minds, we’re supposed to be active. We’re supposed to be doing the deciding. Then we make a choice and then we take that choice for confirmation,” Nelson said.

Stop worrying about ‘missing out’

Clinical psychologist Scott Braithwaite observed that sometimes people approach dating and marriage with a “shopping mentality.”

“It’s the idea that when we’re choosing whom to marry (or date), we’re going on a shopping spree and we’re trying to get the best deal for our dollar,” he said, declaring this kind of behavior to be shallow.

Nelson shared a similar thought, but instead used the term “consumer approach.” He said that often people approach marriage and dating like they approach buying products. People wonder “am I getting equal value? Am I paying

too much?” And wonder about other options.

Nelson also pointed out the danger of the consumer approach or shopping mentality.

“There’s this mindset that if I commit and I’m not happy, I chose wrong,” Nelson said.

Relationships take

First DTR.
Collect new girlfriend.

Get a girl’s number.
Move ahead 2 spaces.

Attend Brigham Young University

Spend your break doing
summer sales.
Collect \$10,000.

Pay Day



"It's not about 'is this the right person for me' it's about 'is this relationship the right one for me.'"

There is no such thing as a perfect person, and waiting for a perfect person is unhealthy and leads to unhappiness. Instead, approach the people or person you date with realistic expectations.

"Instead of approaching it like 'how can I find the perfect person for me' it's more about 'how can I find someone that has faults and weaknesses that I can stand,'" Willoughby said.

The mentality sounds negative, but in truth it can be helpful. According to Willoughby, this approach changes the way we view the people we date. Rather than seeing the things your partner does as wrong and a reason why you can't be with them or marry them, it's an opportunity to reflect and think "is this something that I'm willing to deal with and work on with this person." Remember you have weaknesses too.

In order to judge people fairly and honestly, Braithwaite also recommends taking a long, hard look at your "list" if you have one. Figure out things that are truly important to you and cross off things that

are shallow and inconsequential.

"There will always be flaws. You will marry (or date) someone who is flawed, and you are also flawed," Braithwaite said, "The trick is not to find the perfect person, it's to find someone who is in some way perfect for you."

Don't forget that relationships, and especially marriage, are just the beginning. It's about growing and learning together.

"It's not about finding this person that's going to make me happy all the time, it's about finding someone that I'm willing to build something with in the future," Willoughby explained, "Instead of finding this perfect end-product, I'm building something with someone."

Maybe it doesn't sound romantic, but there is more than one person out there for you. Don't give up hope, and stop worrying about making the wrong choice.

Nelson said, "Make a choice and then make it work together." Commitment is about finding a person that you want to make it work with, in spite of your flaws, their flaws, and everyday problems.

"You can be the real you, warts and all, and the other person is like, that's cool, I love that about you," Braithwaite said.

And remember, just because you love someone doesn't mean you have to like them all the time.

work.

While

Nelson,

Willoughby and

Braithwaite all agree

that relationships can work better or worse with different people, all relationships can be successful if you are willing to work for it. But the choice is yours.

Willoughby explained,

Serve a mission after high school ➡

Pay Day of Blessings

First date.
Spin again.

Your date gets food poisoning.
Lose next turn.

Go ring shopping.
Lose \$2,000.

GET MARRIED

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659 REVISED & REORGANIZED DATE IDEAS

• ... so don't blame us if you get bored this summer.

A WORD OR TWO ON THE CHANGES

You'll see that some things have changed:

We've taken the ratings for food places from Yelp, which is a lot more official than just saying what our experience was that one time we went there. All of the cost and star ratings are current as of March 2017.

We also went through our database of date ideas, cutting out duplicates, updating listings and adding some new things to check out.

A few dates are highlighted. The highlights indicate:

On-campus dates

Free dates

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RESTAURANTS

\$ 180 Tacos

★★★★★ Tacos. 227 W. Bulldog Blvd. 801-607-5535

\$ Antonella's Artisan Bread Café

★★★★★ Bakery, sandwiches. 154 S. State, Orem. 801-244-1899

\$\$\$ Aubergine and Company

★★★★★ Juice bar, fruit bowls. 1365 S. State, Orem. 801-224-7484

\$ Bajio Mexican Grill

★★★★★ Mexican grill. 4801 N. University Ave., Ste. 760. 801-224-6668

\$\$\$ Black Sheep Café

★★★★★ Southwestern, modern American. 19 N. University Ave. 801-607-2485

\$\$\$ Bombay House

★★★★★ Indian. 463 N. University Ave. 801-373-6677

\$ Bowl of Heaven

★★★★★ Juice bar, fruit bowls. 1283 N. University Ave. 801-607-2735

\$\$\$ Brick Oven

★★★★★ Pizza, Italian. 111 E. 800 North. 801-374-8800

\$ Bruges Waffles & Frites

★★★★★ Gourmet waffles and fries. 42 W. Center. 801-377-3214

\$ Burger Supreme

★★★★★ Burgers. 1796 N. University Pkwy. 801-373-5713

\$ BYU Creamery on Ninth

★★★★★ Burgers, shakes, ice cream. 1209 N. 900 East. 801-422-2663

\$ Café 300

★★★★★ Breakfast, diner. 465 S. University Ave. 801-691-0218

\$\$\$ California Pizza Kitchen

★★★★★ Pizza, Italian. 575 E. University Pkwy., Orem. 801-765-1777

\$\$\$ Carrabba's

★★★★★ Italian grill. 683 E. University Pkwy., Orem. 801-765-1222

\$ China Garden

★★★★★ Chinese. 225 W. Center. 801-373-7203

\$\$\$ Communal

★★★★★ European, American. 102 N. University Ave. 801-373-8000

\$ Cubby's Chicago Beef

★★★★★ Sandwiches, barbecue. 1258 N. State. 801-919-3023

\$ DP Cheesesteaks

★★★★★ Sandwiches. 1774 N. University Pkwy. 801-709-2996

\$ El Gallo Gero

★★★★★ Mexican. 346 N. University Ave. 801-377-2571

\$ Emanuel's Fresh Grill

★★★★★ Mexican. 520 N. 900 East. 801-960-9343

\$ Firehouse Subs

★★★★★ Sandwiches. 64 S. Bulldog Blvd. 801-224-5800

\$ Five Guys

★★★★★ Burgers. 1051 S. 750 East, Orem. 801-765-7556

\$\$\$ Four Seasons Hot Pot and Dumpling

★★★★★ Chinese. 236 N. University Ave. 801-375-6888

\$ Gandolfo's New York Deli

★★★★★ Sandwiches. 818 N. 500 West. 801-475-3554

\$\$\$ Gloria's Little Italy

★★★★★ Italian. 1 E. Center. 801-805-4913

\$\$\$ Good Thyme Eatery

★★★★★ Farm-fresh. 63 E. Center. 801-669-5300

\$\$\$ Golden Corral

★★★★★ Buffet. 225 W. University Pkwy. 801-225-6299

\$ Great Harvest Bread Company

★★★★★ Bakery, sandwiches. 1774 N. University Pkwy. 801-373-9816

\$ Green Panda Café

★★★★★ Vegetarian, Asian, smoothies. 3220 N. University Ave. 801-377-3466

\$ Guru's

★★★★★ Mixed, healthy. 45 E. Center. 801-375-4878

\$\$\$ Happy Sumo Sushi Bar

★★★★★ Sushi, Japanese. 4801 N. University Ave. 801-225-9100

\$ HoneyBaked Ham

★★★★★ Deli. 384 W. University Pkwy., Orem. 801-224-6650

\$ Hruska's Kolaches

★★★★★ Breakfast, brunch. 434 W. Center. 713-962-9364

\$ Iceberg Drive Inn

★★★★★ Burgers, American. 180 N. State, Orem. 801-424-5400

\$\$\$ India Palace

★★★★★ Indian. 98 W. Center. 801-373-7200

\$ JDawgs

★★★★★ Hot dogs. 858 N. 700 East. 801-373-3294

\$ JCW's The Burger Boys

★★★★★ Burgers. 396 W. 2230 North. 801-374-5297

\$ Joe's

★★★★★ Burgers, southern breakfast. 1126 S. State, Orem. 801-607-5377

\$ King Kebab

★★★★★ Mediterranean. 1200 Towne Centre Blvd. 801-471-1874

\$ Kneaders Bakery and Café

★★★★★ Bakery, sandwiches, salads. 295 W. 1230 North. 801-812-2200

\$ KoKo Lunchbox

★★★★★ Korean. 1175 N. Canyon Rd. 801-669-3468

\$\$\$ La Jolla Groves

★★★★★ American, French. 4801 N. University Ave., Ste. 610. 801-224-5111

\$ Laura's Kitchen Restaurant

★★★★★ Mexican. 664 N. Freedom Blvd. 801-377-0880

\$\$\$ Macaroni Grill

★★★★★ Italian, Mediterranean. 4801 N. University Ave. 801-765-1688

\$\$\$ Malawi's Pizza

★★★★★ Pizza. 4801 N. University Ave. 801-225-2800

\$ Marley's Gourmet Sliders

★★★★★ American. 4801 N. University Ave. 801-225-2720

\$ Molly's

★★★★★ Barbecue, comfort food. 735 W. Columbia Ln. 801-374-0879

\$ Mountain West Burrito

★★★★★ Mexican. 1796 N. 950 West. 801-805-1870

\$ Nicolitalia Pizzeria

★★★★★ Pizza, Italian. 255 W. Bulldog Blvd. 801-356-7900

\$ Noodle King

★★★★★ Vietnamese. 163 N. University Ave. 801-818-1028

\$ Noodles & Company

★★★★★ Noodles. 62 W. Bulldog Blvd. 801-373-9670

\$\$\$ Old Spaghetti Factory

★★★★★ Italian. 575 E. University Pkwy., Orem. 801-224-6199

\$\$\$ P.F. Chang's

★★★★★ Chinese. 575 E. University Pkwy., Orem. 801-426-0900

\$ Pho Plus

★★★★★ Vietnamese. 68 W. Center. 801-765-8808

\$ Pier 49 Pizza

★★★★★ Pizza. 3210 N. University Ave. 801-377-4499

\$ Pita Pit

★★★★★ Healthy, pitas. 1240 N. University Ave. 801-356-7482

\$\$ The Pizza Factory

★★★★☆ Italian. 2230 N. University
Pkwy. 801-812-0200

\$\$ Red Lobster

★★★★☆ Seafood. 1261 S. 800 East,
Orem. 801-724-3500

\$ Rice King

★★★★☆ Chinese. 278 W. Center.
801-818-2278

\$ Rocco's Big City Deli

★★★★☆ Deli, sandwiches. 18 N.
University Ave. 435-669-4252

\$ Rumbi Island Grill

★★★★☆ Caribbean, Hawaiian. 62 W.
Bulldog Blvd. 801-607-1120

\$ Saigon Café

★★★★☆ Chinese. 440 W. 300 South.
801-812-1173

\$ Sam Hawk Korean Restaurant

★★★★☆ Korean. 660 N. Freedom
Blvd. 801-377-7766

\$\$ Se Llama Peru

★★★★☆ Peruvian, Latin American.
368 W. Center. 801-377-4792

\$ Sensuous Sandwich

★★★★☆ Sandwiches. 163 W. Center.
801-377-9244

\$ Shirley's Bakery & Café

★★★★☆ Breads, sandwiches, salads.
1620 N. Freedom Blvd. 801-375-8020

\$\$ Shoots

★★★★☆ Chinese. 4801 N. University
Ave. 801-225-0445

\$ Slab Pizza

★★★★☆ Pizza. 671 E. 800 North.
801-377-3883

\$\$ Station 22 Café

★★★★☆ Modern American. 22 W.
Center. 801-607-1803

\$ Sushi Burrito Utah

★★★★☆ Sushi, Japanese, seafood.
283 E. 300 South. 801-377-0909

\$ Taqueria El Vaquero

★★★★☆ Mexican, tacos. 286 N. 100
West. 801-607-2149

\$\$ Terra Mia

★★★★☆ Pizza, Italian. 1050 S. 750
East, Orem. 801-226-4757

\$\$ Texas Roadhouse

★★★★☆ Steak, comfort food. 1265 S.
State, Orem. 801-226-2742

\$ Two Jacks Pizza

★★★★☆ Pizza. 80 W. Center.
801-377-4747

\$\$ Tucanos Brazillian Grill

★★★★☆ Brazillian. 4801 N.
University Ave., Ste. 790. 801-224-4774

\$ Which Wich

★★★★☆ Sandwiches. 1077 S. 750
East, Orem. 801-224-9424

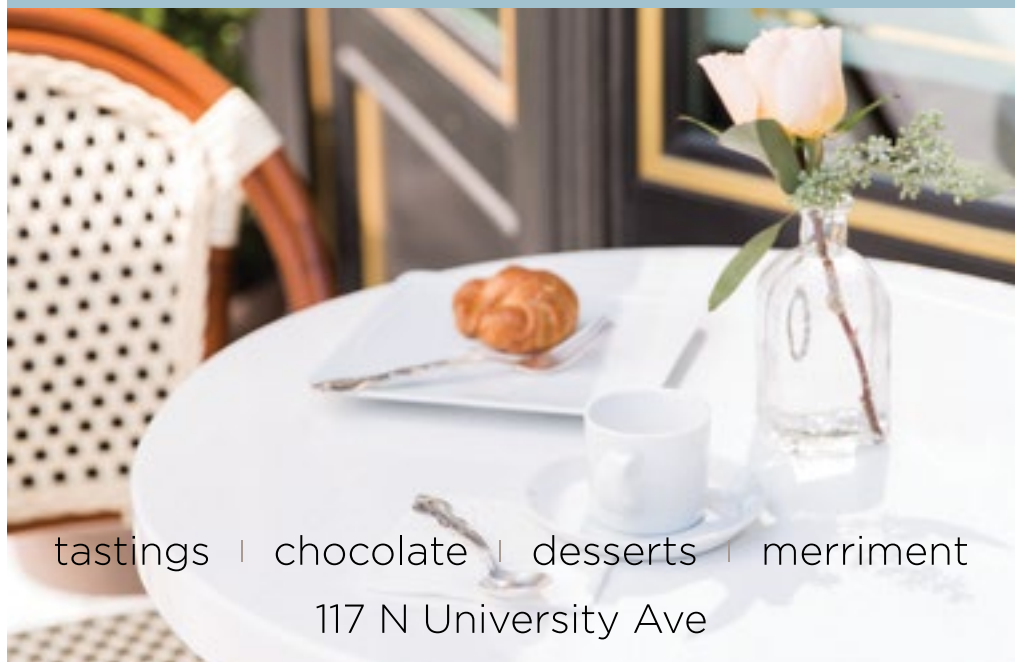
\$ Zubs Subs

★★★★☆ Sandwiches, pizza. 684 N.
Freedom Blvd. 801-377-3994

\$ Zupas

★★★★☆ Soups, sandwiches. 408 W.
2230 North. 801-377-7687

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DESSERTS & SWEETS

\$ Bahama Bucks

★★★★★ Shaved ice, ice cream. 2265 N. University Pkwy. 801-373-0631

\$ Baskin-Robbins

★★★★★ Ice cream. 29 E. 1230 North. 801-377-0031

\$ Bianca's La Petite French Bakery

★★★★★ Pastries. 90 W. Center. 801-226-7870

\$ La Brioche Bakery

★★★★★ Argentine pastries. 845 N. 100 West, Orem. 801-802-7740

\$ BYU Creamery

★★★★★ Ice cream. 1209 N. 900 East. 801-422-2663

\$ Cold Stone Creamery

★★★★★ Ice cream. 2302 N. University Ave. 801-373-4703

\$ The Chocolate

★★★★★ Dessert. 212 S. State, Orem. 801-224-7334

\$ Clark's Island Donuts

★★★★★ Donuts. 1218 N. 900 East. 801-427-9169

\$ The Cookie Cobbler

★★★★★ Cookies and dessert. 37 E. Center.

\$\$ Cupcake Chic

★★★★★ Dessert. 1361 S. State, Orem. 801-607-2968

\$\$ La Dolce Vita

★★★★★ Italian, pizza, gelato. 61 N. 100 East. 801-373-8482

\$\$ Eliane French Bakery

★★★★★ Pastries. 1750 S. State, Orem. 801-764-9800

\$ Farr's Fresh

★★★★★ Ice cream. 1073 S. 750 East, Orem. 801-616-5001

\$ Hokulia Shave Ice

★★★★★ Shave ice. 1445 N. Canyon Rd. 801-602-6683

\$ Ike's Creamery

★★★★★ Ice cream. 4801 N. University Ave., Ste. 210. 801-224-5001

\$ Ivie Juice Bar

★★★★★ Healthy. 45 N. University Ave. 801-373-9935

\$ JCW's The Burger Boys

★★★★★ Burgers and shakes. 396 W. 2230 North. 801-374-5297

\$\$ Menchie's Frozen Yogurt

★★★★★ Ice cream. 153 N. State, Orem. 801-426-5259

\$\$ Mend Juicery

★★★★★ Healthy. 4801 N. University Ave. 801-960-3196

\$ The Mighty Baker

★★★★★ Pastries. 50 E. 500 North. 801-368-6572



\$\$ Mrs. Cavanaugh's

★★★★ Dessert. 1163 S. State, Orem.
801-764-1085

\$ Oahu Shave Ice

★★★★ Shave ice. 1501 N. Canyon Rd.
801-204-4430

\$ Pop'n Sweets

★★★★ Candy. 84 E. 1230 North.
801-377-2402

\$ Provo Bakery

★★★★ Pastries, bakery food. 190 E.
100 North. 801-375-8330

\$ Rockwell Ice Cream Company

★★★★ Ice cream. 43 N. University
Ave. 801-318-5950

\$\$ Rocky Mountain

Chocolate Factory
★★★★ Candy, ice cream. 4801 N.
University Ave. 801-224-0511

\$ Roll Up Café

★★★★ Dessert. 1605 S. State, Orem.
801-882-7373

\$ Roll with It Creamery

★★★★ Ice cream. 63 E. Center.
801-669-5300

\$\$ Rowley's Red Barn

★★★★ Dessert. 901 S. 300 West,
Santaquin. 801-754-5511

\$ Sip-N Spot

★★★★ Desserts, ice cream, snacks.
525 N. 900 East. 801-658-9055

\$ Sodalicious

★★★★ Soda. 30 W. 300 North.
801-800-7317

\$ Spoon It Up

★★★★ Ice cream. 800 N. 700 East.
801-373-0028

\$\$ Sub Zero Ice Cream

★★★★ Ice cream. 62 W. Center.
801-375-0104

\$\$ Sumo's Shave Ice

★★★★ Shave ice. 945 E. 450 North.

\$\$ The Sweet Tooth Fairy

★★★★ Dessert. 12 W. Center.
801-375-3484

\$ Swig

★★★★ Soda. 1523 N. Canyon Rd.
385-312-1578

\$\$ Taste

★★★★ Chocolates, desserts. 117 N.
University Ave. 801-900-4061

\$ Tropical Smoothie Café

★★★★ Dessert. 1167 S. State, Orem.
801-225-1293

\$ Waffle Love

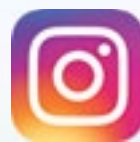
★★★★ Dessert. 1831 N. State.
801-923-3588

\$ Y02 Fizzy Frozen Yogurt Stand

★★★★ Ice cream. 1330 E. 300 North.

\$ Yogurtland

★★★★ Ice cream. 534 E. University
Pkwy., Orem. 801-225-5440



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FOOD TRUCKS

\$ Art City Donuts

★★★★★ Doughnuts. 801-592-7260, artcitydonuts.com

\$\$ Boba Shack

★★★★★ Boba smoothies. 518-400-2622, facebook.com/bobashack

\$\$ Bom Acai

★★★★★ Acai bowls. 208-670-5593, facebook.com/bomacaiutah

\$\$ Casa De Soul

★★★★★ Southern, Latin. 415-359-4689, facebook.com/casadesoulfood

\$ Charlie Boys Pit BBQ

★★★★★ Barbecue. 801-768-1931, charlieboysbbq.com

\$\$ CheddaTruck

★★★★★ Cheeseburgers. 801-448-6116, cheddawasted.com

N/A Consuelitos Tamales

★★★★★ Tamales.

\$ Corndog Commander

★★★★★ American, corndogs. 801-210-0213, facebook.com/corndogcommander

\$ Cravings Bistro

★★★★★ Sandwiches, American. 801-785-2439, cravingstwincompanies.com

\$ Cupbop Korean BBQ

★★★★★ Korean. 801-916-8968, facebook.com/cupbop

\$ Eggrollin'

★★★★★ Filipino. 801-750-5009

\$ Fiore Wood Fired Pizza

★★★★★ Pizza, Italian. fiorepizza.com

\$\$ Genki Asian Street Food

★★★★★ Ramen. 801-362-8446, genkifoodtruck.com

\$ Greek N Go

★★★★★ Greek. 208-679-1188, facebook.com/greeknego

N/A Green Me

★★★★★ Smoothies, healthy. 801-830-3097, greenmesmoothies.com

\$ The Grill Sergeant

★★★★★ American. 801-995-8723

N/A Happy Bowls Bus

★★★★★ Acai bowls. 801-518-7162, facebook.com/happybowlsut

\$ Kona Ice

★★★★★ Shaved ice. kona-ice.com

N/A La Table Crepes

★★★★★ Crepes. 801-471-5612, latablecrepes.com

\$\$ Macarollin'

★★★★★ Mac and cheese. 801-851-5151, macarollin.com

\$ Mama Z's

★★★★★ Italian, calzones. 801-921-4921, facebook.com/mamazsfoodtruck

\$ Maize

★★★★★ Homestyle tacos. 801-471-5612, facebook.com/maizefoodtruck

\$ The Mouse Trap

★★★★★ Gourmet grilled cheese. 801-900-5988

N/A The Penguin Brothers

★★★★★ Cookie ice cream sandwiches. 925-858-5527, facebook.com/thepenguinbrothers

\$\$ Pyromaniacs Pizza

★★★★★ Pizza. 801-896-7976, pyromaniacspizza.com

\$ Savour Foods

★★★★★ American, sliders. 801-368-4477, savourfoodtruck.com

\$ Special Courses

★★★★★ American. 801-427-1624, facebook.com/specialcoursesfoodtruck

\$ Sweeto Burrito

★★★★★ Mexican. 801-225-1178, sweetoburrito.com

\$ Tropical Fruit

★★★★★ Shave ice. 801-687-8909, facebook.com/tropicalfruitshavedice

N/A Uncle Bobby's Hawaiian Style

★★★★★ Hawaiian. 801-494-7222, unclebobbysfoodtruck.com

\$ Waffle Love

★★★★★ Waffles. 801-923-3588, waffluv.com

FUN WITH FOOD

Make fried ice cream

Or other unique treats. Try your hand at foreign desserts.

Try new foods

Go to the grocery store and buy food neither of you have ever eaten. Prepare and eat it at home.

Find free samples

Grocery stores and markets often have free samples during specific hours. Find the best ones and make a meal of it.

Be a snow cone critic

Visit three or four snow cone shacks in a row, documenting the best.

Have an indoor picnic

Don't let poor weather stop you from enjoying a picnic. Lay out a blanket in your living room and turn on some background nature sounds.

Progressive dinner with friends

Each couple is in charge of one course of a meal, go from one house to another.

A fake night in Paris or Rome

Decorate your apartment like a foreign country, hire a friend to be a waiter, eat foreign foods.

Play Apples to Apples while eating apples

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

Murder mystery dinner

Dress up as a unique character, speak with a foreign accent and enjoy a dinner of intrigue with friends.

Picnic for breakfast

Pack a light breakfast filled with yogurt, bagels, fruit and/or granola. Enjoy the sunrise and the morning dew.

Hot chocolate at night

Cozy up with your date out on a deck and enjoy a hot chocolate. Enjoy the cool night breeze curled up next to your date.

Buy food at a farmer's market and cook dinner

See page 50 for local farmer's markets.

Cook dinner by the fire

Find a place up the canyon to roast hotdogs and marshmallows by a fire. Download a stargazing app for the occasion.

Carve a watermelon

Who needs pumpkins when you have watermelons? When you are finished you can eat your creation.

Host a tea party

Except with fruit punch and finger sandwiches.

Cook together

With items already in your fridge or pantry, try to create a 5-star meal. See how creative you can get. Alternatively, plan something more gourmet and create it together.

Learn how to cook authentic cultural cuisine

Trade recipes from your mission areas.

Bake cookies for friends

Ask your mom for her secret recipe, make delicious cookies and give them to your roommates. Save some for you and your date!

Cook with a Dutch oven

Dutch ovens available for rent at Outdoors Unlimited.



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LOW-KEY ACTIVITIES

Sundance Full Moon Lift ride

Enjoy the scenic views and a full moon on one of Sundance's ski lifts. Check website for dates. Sundance Mountain Resort, 8841 N. Alpine Loop Rd., Sundance. 866-259-7468, sundanceresort.com

Tour Melville Stables

Schedule a free guided tour at horse riding and training facilities. Melville Stables, 1890 South Sandhill Road, Orem. 801-921-8953, melvillestables.com

Experience a real life 'Secret Garden'

The Gilgal Sculpture Garden in Salt Lake City features mysterious stone sculptures all created by one man. Gilgal Sculpture Garden, 749 E. 500 South, Salt Lake City. gilgalgarden.org

Walk the boardwalk at Bicentennial Park

Bicentennial Park in South Provo has a boardwalk through the wetlands. Bicentennial Park, 1440 S. 1600 East.

Rent a Segway at Thanksgiving Point Gardens

Cruise through 15 themed gardens. Thanksgiving Point, 3900 N. Garden Dr., Lehi. 801-768-4999, thanksgivingpoint.org/visit/ashtongardens

Take a dip at Inlet Hot Springs

It used to be dirty, but the city recently renovated and built a parking lot and footpaths. 390 E. Marina Cir., Saratoga Springs. utahoutdooractivities.com/inlethotsprings

Make a bonfire and roast s'mores

Pick up some chocolate, graham crackers, marshmallows and firewood to roast some s'mores. To add some flair, bring unique toppings like white chocolate or Twix bars.

Pick fruit at an orchard

Pick peaches, nectarines, plums, and apples at Allred Orchards. Allred Orchards, 2109 N. University Ave. 801-377-0748, allredorchards.com

Visit the Castle Amphitheatre

Center Street in Provo east of the church and hospital. Utah State Hospital, 1300 E. Center St. 801-344-4400, ush.utah.gov

Visit the Utah Olympic Park

Try the bobsled ride, ropes course, and visit the museum. Utah Olympic Park, 3419 Olympic Pkwy., Park City. 435-658-4200, utaholympiclegacy.org

Drive the Alpine Loop

If your date is up for it, there are many hikes along the drive. American Fork Canyon through Unita National Forest, Hwy. 92 through Provo Canyon Hwy 189.

Yoga in the Mountains

Commune with nature and your date. Mountain location changes. Check the website or Facebook page for details., 2620 N. 1200 East. 208-559-4084, yogainthemountains.weebly.com

Have fun with spray paint

Spray paint street art on cardboard with stencils.

Sailboat rides on Lindon Marina

Get a group together for a nice evening cruise on a sail boat, dinner included. Call for details. 4400 W. Vineyard Rd., Orem. 801-980-1104, lindonmarina.com

Join Horses for Healing

Join the group through Y-Serve and help children with disabilities ride horses. BYU Y-Serve, yserve.byu.edu/programs

Fish along the Provo River

You're likely to catch rainbow trout, brown trout and mountain white fish. Get your fishing license at utahfishinginfo.com/ utahrivers/provoviver.php

Take a self-guided historic Provo buildings walking tour

A digital brochure is available at utahvalley.com — search for "walking tour."

Have a picnic outside

Grab some friends and pack a picnic. Bring blankets and games and enjoy your food in the great outdoors.

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Bride & Groom Dressing Rooms Alpine, UT
Coordinating www.alpineartcenter.com
Dance Floor jill@alpineartcenter.com



LOW-KEY ACTIVITIES (CONTINUED)

Go tunnel singing on Sunday night

10-11 p.m. every Sunday in the tunnel south of the Marriott Center.

Find the deer on campus

They tend to hang out on the south side of campus.

Feed the ducks at the pond

Meet after class at the duck pond south of campus west of the LSB.

Cup-fence design

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

Race paper boats

Fold some paper into boats and race them at an indoor pool, a duck pond, or the Provo River Trail. Don't litter.

Clean up a local park

Preserve the beauty around you with a date by your side.

Float the Provo River

Have a blast tubing down the Provo River on heavy-duty tubes.

Plant flowers for someone

Ask that friendly old neighbor if they'd like some more color in their front yard flower beds.

Make a timelapse

Download a timelapse app and record a river, sunrise, or passersby on a busy street.

Go exploring with cameras

Explore your world through the lens of your camera and capture the interesting things you and your date often overlook.

Go bird watching

Check out a bird-watching book from the library and find some binoculars.

Watch a meteor shower

Check the calendar, go somewhere without a lot of lights, look towards the stars and enjoy the night (see page 16).

Watch the sunset

Watch the sun set over the mountains. Try watching from Utah Lake, Squaw Peak, or a tall building.

Cloud watch

Lay out a blanket and make up story lines for the characters you see in the sky.

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HIGH-ENERGY DATES

Provo Recreational Center

It features an indoor and outdoor aquatic center with slides and rock climbing walls, basketball courts, workout and dance facilities. 320 W. 500 North. 801-852-6600, provo.org/community/recreation-center

Seven Peaks

Go wild while playing in the wave pool or sliding down the slides. Lay out in the sun and enjoy the warm weather. 1330 E. 300 North, Provo. 801-377-4386. 1320 N. 300 West, Lehi. 801-766-4386, sevenpeaks.com

Four-wheeling

Rent a four-wheeler and enjoy the plethora of trails Utah has to offer. High Country Adventure, 3702 E. Provo Canyon Rd. 801-224-2500, highcountryadventure.com

Take sailing lessons

Learn to sail on Utah Lake while enjoying the beautiful water and views. North Dock Utah Lake State Park Marina, 4440 W. Center. 801-636-5204, bonnevilleisailing.com

Go ziplining

Soar across the treetops and take in stunning views of Mt. Timpanogos and the Provo River. High Country Adventure, 3702 E. Provo Canyon Road. 801-224-2500, highcountryadventure.com

Try foot golf

Love golf? Love soccer? Indecisive? Combine the two and try out this unique sport. East Bay Golf Course, 1860 East Bay Blvd. 801-852-7529, eastbaygolf.com

Go paragliding

Utah has dozens of scenic jump sites. Utah Paragliding, 448 Steep Mountain Dr., Draper. 801-368-5139, utahparagliding.com

Go to a ropes course

There are two nearby—CLAS Ropes course and Provo Beach. CLAS Ropes Course, 3606 W. Center 801-373-8897, clasropes.com

Hit a bucket of balls at a driving range

It might be wise to try this before playing all 18 holes. East Bay Golf Course, 1860 East Bay Blvd. 801-852-7529, eastbaygolf.com

Go snorkeling at Midway Crater

Call to make a reservation. Homestead Crater, 700 Homestead Dr., Midway. 435-657-3840, homesteadresort.com

Go horseback riding

Call for reservations. Boulder Mountain Ranch, 5550 N. Boulderville Rd., Kamas. 866-683-5819, bouldermountainranch.com

White water rafting

Head up to the Provo River and rent a tube, kayak or raft. High Country Rafting, 3702 E. Provo Canyon Rd. 801-224-2500, highcountryadventure.com

Go rappelling

Gear available at BYU's Outdoors Unlimited. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708, outdoors.byu.edu

Go to an archery range

Get in touch with your inner Katniss by renting bows and arrows. Jake's Archery, 765 S. Orem Blvd., Orem. 801-225-9202, jakesarchery.com

Go to a shooting range

Take that city boy or girl to the shooting range and show off your skills. Ready Gunner, 154 N. Draper Ln. 801-376-9818, readygunner.com

Play paintball

Engage in a paintball war at a free paintball field. Rent the equipment and head out to a field. Saints Paintball, 282 N. University Ave. 801-709-1624, uxpaintball.com

Go canoeing

Rent a canoe at CLAS Ropes Course or BYU Outdoors Unlimited. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708, outdoors.byu.edu

Hike to the

Fifth Water Hot Springs

The trail starts in Spanish Fork Canyon. Diamond Fork Rd., Springville. 801-798-3571

Hit the batting cages

Get close while you help each other perfect your swing. Billies Batting Cages, 521 N. 1200 West, Orem. 801-787-8328

Ride the Alpine Coaster

Take in beautiful mountain views on an elevated track, racing along at 30 mph. 1345 Lowell Ave., Park City. 435-649-8111, parkcitymountain.com

Visit one of Utah's five National Parks

Arches, Zion, Capitol Reef, Canyonlands, and Bryce Canyon. This will take a weekend or longer. 435-719-2299, nps.gov/state/ut

Train for a race together

Sign up for a race and schedule times to train together. utahrunning.com/calendar

Sign up for a mud run

Go running through mud and other obstacles. mudrunguide.com

Plan a bike ride

Grab your bikes or rent a tandem. Or up the ante and go mountain biking.

Try disc golf

Rock Canyon Park, Bicentennial Park, and Riverview Park all have free courses.

Ice-blocking

Buy a large chunk of ice and slide down a grassy hill. Get two blocks and race.

Skip rocks

Compete for the most skips. Winner gets a pet rock.

Pool hop

See how many complexes you can get.

Fly a kite

Build the kite yourself if you're feeling ambitious.

DATING IDEAS | Outdoors



LOCAL PARKS & SKI RESORTS

Alta Ski Area

Rock climbing, biking, camping, etc. Highway 210, Little Cottonwood Canyon, Alta. 801-359-1078, alta.com

Brighton Ski Resort

Hiking and mountain biking. 8302 S. Brighton Loop Rd., Brighton. 801-532-4731, brightonresort.com

Deer Valley

Mountain biking, outdoor amphitheater, paddleboarding, and fly fishing. 2250 Deer Valley Dr., Park City. 435-649-1000, deervalley.com

Park City Mountain

Coaster, zip line, climbing wall, mini golf, zip lines, horseback riding, etc. 1345 Lowell Ave, Park City. 435-649-8111, parkcitymountain.com

Snowbird Ski and Summer Resort

Tram rides, mountain coaster, alpine slide, climbing wall, ropes course, and more. 9385 S. Snowbird Center Dr., Snowbird. 800-232-9542, snowbird.com

Solitude Mountain Resort

Biking, hiking, disc golf, fishing, and more. 12000 Big Cottonwood Canyon Rd., Solitude. 801-534-1400, skisolitude.com

Sundance Mountain Resort

Full Moon Lift Rides, zip lines, hiking, river rafting, etc. 8841 N. Alpine Loop Rd., Sundance. 866-259-7468, sundanceresort.com

Bicentennial Park

1440 S. 1600 E.

Big Springs Park

6560 South Fork Rd.

Bonneville Park

1450 N. 800 West, Orem

Carterville Park

2400 N. Carterville Rd.

Exchange Park

900 N. 750 West

Fort Utah Park

200 N. 2050 W. Geneva Rd.

Grandview Park

1460 N. 1050 West

Joaquin Park

400 N. 400 East

Kiwanis Park

820 N. 1100 East

Lions Park

950 W. 1280 North

Memorial Park

800 E. Center

North Park

500 N. 500 West

Paul Ream Wilderness Park

1600 W. 500 North

Pioneer Park

500 W. Center

Rock Canyon Park

2620 N. 1200 East

SCERA Park

600 S. State, Orem

Vivian Park

Provo Canyon

AUTUMNAL DATES

Go to Lagoon's Frightmares

It's a spooky but thrilling experience at Lagoon when the park becomes haunted.

Play in the leaves

Find a rake and pile together fallen leaves from a nearby tree. Enjoy the fall colors and see how big you can make the pile.

Take a romantic hayride

Enjoy a scenic tour. Grab a blanket, cuddle up and bring a Thermos of hot cocoa to keep warm.

Go apple picking

Pick apples together and make caramel apples, apple pie or apple cobbler.

Visit a pumpkin patch

Pick a few good ones and set up a second date to carve them. Most pumpkin patches also have additional activities like petting zoos, pumpkin tosses, and even corn mazes.

Hit the trails

Hike, bike or simply stroll out in nature, kicking the leaves and allowing the conversation to flow.

Hit the playground

Visit a local school and hit the swings. Push your date as high as the sky. Let out your inner child.

Go stargazing

Grab some blankets and head outside. If you go up the mountain you'll have less light pollution.

Go zip lining through the autumn leaves

Enjoy the thrill of flying through the treetops. There are two local zip lines — one up Provo Canyon and another at Sundance.

Tailgate a BYU football game

Grab a grill and some good food. Get pumped before a big game.





FARMERS MARKETS

Provo Farmers Market

9 a.m. – 2 p.m. Saturdays. Opens first week of June. Pioneer Park, 450 W. 100 South.

LaVell Edwards Stadium Farmers Market

3 – 7 p.m. Thursdays. Opens first week of August. LaVell Edwards Stadium parking lot, 1700 N Canyon Rd.

Spanish Fork Farmers Market

8 a.m. – 1 p.m. Saturdays. Usually opens last week of July. Spanish Fork City Park, 40 S. Main, Spanish Fork.

Happy Valley Farmers Market

5 – 9 p.m. Mondays, Wednesdays, Thursdays. Times and locations vary, check website for details. American Fork, Orem.

Heber Valley Farmers Market

4 – 9 p.m. Thursdays. Usually opens early June. Heber City Park, 250 S. Main, Heber City.

Mapleton Farmers Market

8 – 11 a.m. Saturdays. Opens in July. Mapleton City Center, 125 W. 400 North, Mapleton.

MAKE YOUR DATE AN ADVENTURE

FLOAT THE PROVO RIVER

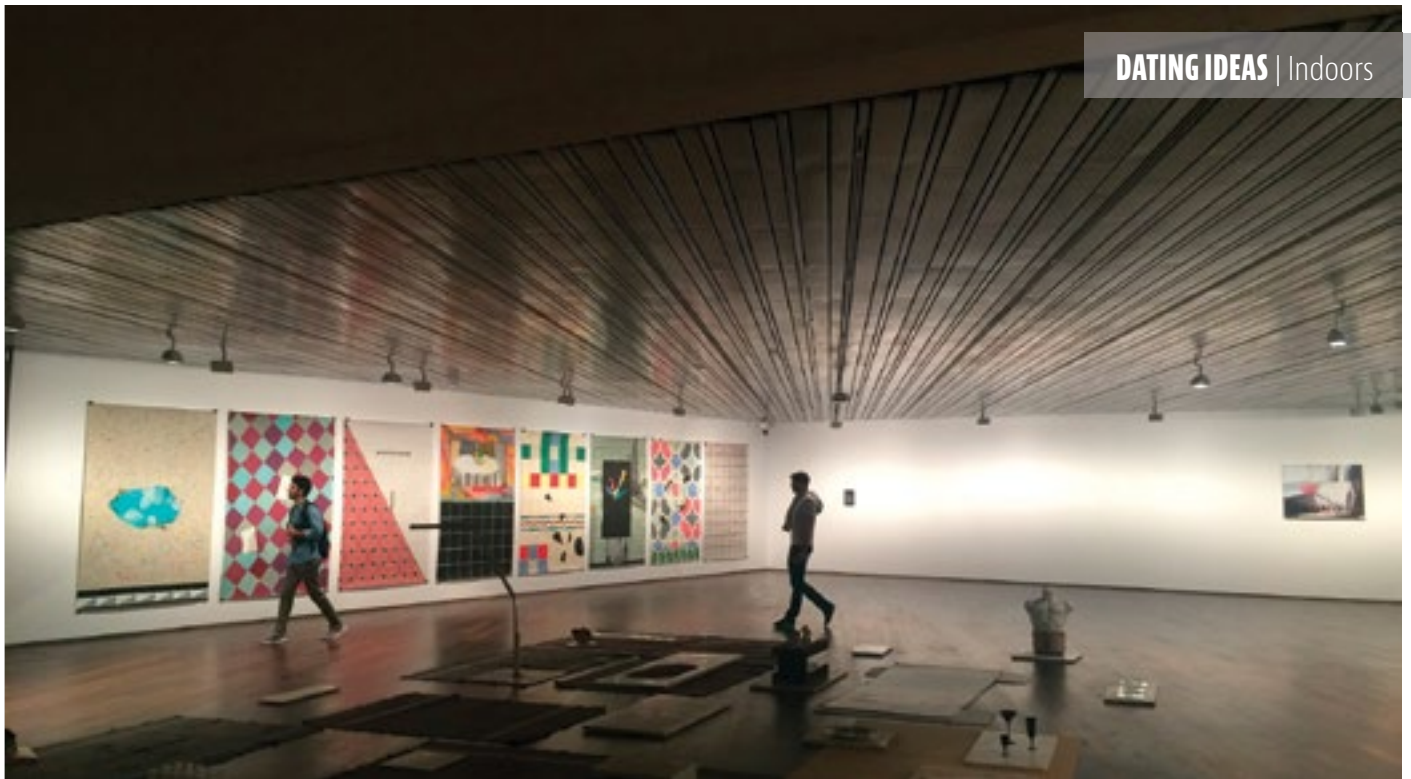
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Offer valid on groups of 10 or
more for Provo River only for
Guided Rating. Rating with
BGO or Self-guided
Rating. Not valid
on holidays.



MUSEUMS

Museum of Ancient Life

Visit the world's largest display of mounted dinosaurs. 2929 N. Thanksgiving Way, Lehi. thanksgivingpoint.org/visit/museumofancientlife

Historical Pioneer Relic Hall

Let early pioneer life inspire you and your date. 50 N. Main, Alpine. utahvalley.com/listings/Historic-Pioneer-Relic-Hall/78

Monte L. Bean Museum

Go see a stuffed liger. Yes, that's a thing. 645 E. Phillips Ln. mlbean.byu.edu

Springville Museum of Art

With your date, discover why this museum was named "Best of State" two years running. 126 E. 400 South, Springville. smofa.org

BYU Museum of Art

Check out the latest exhibits BYU has to offer. Campus Drive. moa.byu.edu

Woodbury Art Museum

Check up on UVU's art museum at University Mall. 575 University Place, Orem. uvu.edu/museum

Crandall Historical Printing Museum

Step back 500 years into Gutenberg's print shop where the first Bible was printed. 275 E. Center. crandallprintingmuseum.com

BYU planetarium in the Eyring Science Center

Take a tour of the galaxy. 465 ESC. planetarium.byu.edu

Church History Museum

The story of The Church of Jesus Christ of Latter-day Saints through educational exhibits and programs. 45 N. West Temple, Salt Lake City. history.lds.org/section/museum

Park City Museum

Preserving, protecting and promoting Park City's history and heritage. 528 Main, Park City. parkcityhistory.org

Museum of Peoples and Cultures

Open Monday – Friday, 9 a.m. – 5 p.m. 2201 N. Canyon Rd. mpc.byu.edu

Education in Zion

Brush up on your BYU history with your date. JFSB

Utah Museum of Contemporary Art

Utah's first and only contemporary art museum. 20 S. West Temple, Salt Lake City. utahmoca.org

Museum of Mormon History of the Americas

Explore the history of the Mormon Church in Mexico. 1501 N. Canyon Rd. latinmormonhistory.com

Hill Air Force Base Aerospace Museum

See old and new war planes. 7961 Wardleigh Rd., Hill AFB. hill.af.mil

Orem Heritage Museum

Free guided or self-guided tours. 777 S. State, Orem. scera.org

IN THE APARTMENT

Book love letters

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

Read excerpts from favorite books to each other

Curl up on the couch or set up a picnic outside to read your favorite passages.

Make a playlist of your favorite love songs

Then play it while slow-dancing in the living room.

Make a blog together

Use a free service such as Blogger or Tumblr. Post all of your adventures together.

Write cheesy poems for each other

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

Share embarrassing photos

Bring out that old photo album or scroll through past Facebook posts to get a kick out of your date's preteen haircut.

Have a coloring book marathon

Reminisce about the good ol' days as a kid while you color.

Create pixel art with Post-it Notes

Make pictures and patterns to display in your window or on your wall with sticky notes.

Create balloon paint art

Create abstract art by filling balloons with paint and throwing darts at them.

Learn to juggle

Try to learn some juggling tricks.

Learn calligraphy

Take a class, research it online, or learn from a book.

Learn how to make melted crayon art

Learn online and then post images of your art.

Take the Five Love Languages Test

See how to improve your relationship.

Do a DIY project from Pinterest

Pick a craft tutorial. Share what you make.



IN THE APARTMENT (CONTINUED)

Make bubbles, blow them

Just like elementary school again.

Knit a scarf

Find some yarn and needles and learn how to knit a simple scarf.

Teach each other card tricks

Or learn one together. Then show off to roommates.

Have a book club date night

Pick out an interesting read together and set a date to discuss it.

Write a song together

Win your date's heart with your witty rhymes or silly sense of humor.

Mute a TV show, make up lines for the actors

Or turn on a foreign film without subtitles and guess the storyline.

Do Mad Libs together

The sillier, the better.

Learn a language together

Download a language learning app, search for online tutorials, or go all-out and register for a class together.

Take a personality test

See how compatible you are.

Wood/soap carving contest

Whittle your favorite animal or your date's face. Give each other your final products.

Hold a white elephant gift exchange

Cap the price around \$5 and see who has the most creative present.

Plan a fake vacation

Find lodgings, activities, and restaurants for your dream vacation.

Show each other your favorite songs from middle school

Get to know each other's angsty teen sides.

Play rocket scientist or expert egg saver

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

Play card games

There are countless games to be played.

Learn a fantasy card or board game

Get your geek on. Try Magic: The Gathering, Warhammer, Yu-Gi-Oh, or any number of others.

Watch short films by BYU students

Watch award-winning films by BYU media arts students. studentfilms.byu.edu

Carve a pumpkin

Cut patterns or pictures into them. Let your roommates pick a winner.

Work on a puzzle together

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

Have a marshmallow war

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

Twister with paint

Put corresponding colors of paint on the Twister mat and have at it. Make sure to warn your date to wear old clothes.

Download a vintage radio program

Go listen to it in a unique location; think

horror story in the woods at dusk.

Binge-listen to Serial (or another podcast)

Couple it with cooking or some other activity.

Nerf gun war

Play couples vs. couples and see who the best duo is.

Play a board game

Rediscover your Monopoly skills.

Play with Legos

Build the JFSB or the clock tower.

Make clay and sculpt

Find a salt dough recipe, sculpt it and let it dry before painting.

Play video games from your childhood

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

Learn origami

Buy some colorful paper and learn how to create paper sculpture.

Hold a paper airplane contest

Race them down the hallway.



Teach each other one of your talents

Anything you can do, your date can do better.

Have a movie marathon

Watch an entire series, or all the different versions of one film. Don't forget popcorn.

YouTube video marathon

See what's popular or check out your favorite YouTuber's channels.

Watch BYU sports

Put on your BYU gear and the game, and rally for the Cougars.

Make greeting cards

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

Write letters to each other

Put them in the mail at the end of the date. Don't forget to spray on a little perfume or cologne.

Write letters to missionaries

Have a friend or family member on a mission? Send them a letter with a picture of you two inside.

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Get credit for date night.



BYU

SALT LAKE CENTER

Take a class together this fall:
slc.byu.edu





MOVIE THEATERS

Carmike Wynnsong 12

4925 N. Edgewood Dr.

Cinemark 16

1200 Towne Centre Blvd.

Cinemark American Fork

715 W. Main, American Fork.

Cinemark Draper and XD

12129 S. State, Draper.

Cinemark Movies 9

Dollar theater. Tickets \$1-1.50 9539 S. 700 East, Sandy.

Cinemark University Mall

1010 S. 800 East, Orem.

Mammoth Screen Theater

3D movies about ancient times. 2929 N. Thanksgiving Way, Lehi.

Megaplex Theatres Lehi

2935 N. Thanksgiving Way, Lehi.

Megaplex 17 Jordan Commons

Standard, IMAX, and 3D theaters available. 9335 S. State, Sandy.

Megaplex Vineyard

Standard theater, some IMAX showings available. 600 N. Mill Rd., Vineyard.

Stadium Cinemas

633 S. 950 West, Payson.

Towne Cinema

Tickets: \$1.50. 120 W. Main, American Fork.

Water Gardens Pleasant Grove 6

\$4 tickets, \$4 concessions. 912 W. Garden Dr., Pleasant Grove.

INSIDE, NOT IN YOUR APARTMENT

Rock climb indoors

The Quarry in Provo is a popular rock climbing facility. The Quarry, 2494 N. University Pkwy. 801-418-0266, quarryclimbing.com

Trampoline gym

Relieve some stress by jumping around. Get Air Hang Time, 1340 Sandhill Rd., Orem. 801-784-6100, getairhangtime.com

Go indoor skydiving

Cross off a bucket list item and go skydiving (sort of). Make it a day your date will never forget. iFLY, 2261 Kiesel Ave., Ogden. 801-528-5348, iflyutah.com

Paint your own ceramics

Color Me Mine at the Riverwoods lets you paint dishware, decor, and more! Color Me Mine, 5033 N. Edgewood Dr. 801-434-4848, colormemine.com

Go to Nickel City

Challenge your date to a range of arcade games. Nickel City, 1515 S. State, Orem. 801-802-8555, nickelcityorem.com

Visit the Cathedral of the Madeleine

Salt Lake's beautiful Catholic cathedral where you can enjoy the organ, art, and beauty of the cathedral. 331 E. South Temple, Salt Lake City. 801-328-8941, utcotm.org

Visit Hogle Zoo

Visit your favorite animals and learn something new. Hogle Zoo, 2600 Sunnyside Ave., Salt Lake City. 801-584-1700, hoglezoo.org

Visit the Tracy Aviary

Located in Liberty Park in Salt Lake City. See the exotic birds and learn something about their world. Tracy Aviary, 589 E. 1300 South, Salt Lake City. 801-596-8500, tracyaviary.org

Visit The Living Planet Aquarium

Kiss in the shark tunnel. The Living Planet Aquarium, 12033 Lone Peak Pkwy., Draper. 801-355-3474, thelivingplanet.com

Go antiques

Find a wide variety of interesting items and maybe take home a souvenir. Cats Cradle, 168 W. Center. 801-374-1832. Block 100 Antiques, 145 N. University Ave. 435-262-0434

Play hide and seek in IKEA

Open 10 a.m.-9 p.m. IKEA, 67 W. Ikea Way, Draper. 888-888-4532, ikea.com/us/en/store/draper

Learn to crochet

Free beginning lessons at Orem Public Library. BYO crochet hook. Orem Arts Council, 58 N. State, Orem. 801-229-7050, arts.orem.org

Learn Photoshop together

Learn from YouTube or HBL classes. Photoshop your face over his ex-girlfriend in old pics. Harold B. Lee Library. 801-422-2927, lib.byu.edu/services/software-training

Play croquet

Give it a try at Provo Beach resort. 4801 N. University Ave., Ste. 210. 801-224-5001

Visit AAA storage facility

Check out their museum of leftover storage items collected over the years. AAA Storage, 4095 W. Center. 801-377-5900

Learn how to make soap

Make bath/beauty products using all-natural products at The Soap Factory. 54 W. Center. 801-376-5799, thesoapfactory.us

Visit the Puppy Barn

Cuddle and pet these furry balls of energy with your date. Puppy Barn, 356 E. State, American Fork. 801-400-3810

Explore 'Ken Sander's Rare Books'

Located in Salt Lake City, discover why the 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. Ken Sanders Rare Books, 268 S. 200 East, Salt Lake City. 801-521-3819, kensandersbooks.com

Participate in an exercise class in the RB

Take a date to a fun, affordable and uplifting casual fitness class. Purchase your wristband in RB 112. 801-422-3644, rbfacilities.byu.edu/content/aerobics-fitness

Take a train ride

The Heber Valley Railroad offers scenic tours through the mountains. Appreciate the old way of transportation. Heber Valley Historic Railroad, 450 S. 600 West, Heber City. 435-654-5601, hebervalleyrr.org

Make a video and post on YouTube

Mimic your favorite YouTubers with a video of your own. You and your date could become the next YouTube sensation.

Participate in 'Whodunnit Murder Mystery Game'

Call the library to schedule a date you will never forget. Provo City Library, 550 N. University Ave. 801-852-6660

Space Mission Simulator

Visit the Christa McAuliffe Space Education Center in Pleasant Grove to experience a Star Trek simulated space mission. Reservations are for 5-13 people. 95 N. 400 East, Pleasant Grove. 801-785-8713, spacecenter.alpineschools.org

Find all your unused gift cards and use them

A technically free date with a montage of eating at a variety of restaurants and shopping at multiple stores.

Take a luxury helicopter tour

Save up for this date with a special someone. Helicopter Charters Provo, 385-210-0117.

Go to an open mic night

Show off your stage presence to your date at the Velour or the Wall.

Adopt a goldfish

Give it a name and a nice home.

Recreate the first date you ever had together

Relive early memories getting to know each other and trying to impress each other on a first date.

Help one another archive a bucket list item

Check something off your bucket list, and bring your significant other with you.

Pretend like you're getting married and go ring shopping

Hint. Hint.

Go on a ghost bus tour

Explore Salt Lake with paranormal experts and learn about the haunted history all around you.

Try augmented reality, BYU style

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

Throw a party for an imaginary friend

Create a Facebook event and invite all your friends.

Give away flowers

Buy flowers and give them to random people who look like they need a "pick-me-up."

Put motivational Post-it Notes tin textbooks

"You've got this!" might just be what someone needs to hear when studying for a calculus final.

Donate blood together

Talk your way through the ordeal with your lovely date.

Volunteer at a soup kitchen

Offer your services at a local soup kitchen.

Baptisms for the dead

Put all those hours doing family history work to good use.

Test drive your dream car

Make a dream a reality, for at least a little while.

Prank call your best friends

Be kind. Tell them you like their pigtail braids.

Get a disposable camera

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

'Drive-in' movie date

Make a car out of a cardboard box, markers, and tape. "Drive" your car in front of the TV and pick a movie.

Take care of animals at an animal shelter

Beautiful date, adorable animals, how could it go wrong?

Visit a pet store

Talk about childhood pets and possible pet names while looking at the guinea pigs and snakes.

Leave friendly messages on cars

Write friendly notes and leave them on all of the cars in a parking lot.

Visit a local bookstore

Read your favorite childhood picture books together.

Play the table video game at The Wall

Destroy the aliens while enjoying some garlic fries.

Go on a mini-road trip and explore the area

Drive around town holding hands. Set the mood with good music.

Around the world ping pong

Switch sides of the table while keeping the ball bouncing.

Go bowling Skittles-style

Draw a random Skittle, and each color means something different (e.g. yellow = left-handed, purple = through the legs, etc.)

Play three-legged bowling

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

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.

Play miniature golf

It's less stressful and less expensive than the full-sized game. Laser Assault, 264 N. 100 West. 801-374-3400, laserassault.net

Volunteer for Y-Serve

Ask Y-Serve if they have anything fun planned for the week and sign up for two.

Write a song and record it at the HBLL sound booth

Exercise those vocal cords and put your music software skills to the test.

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.

THE DAILY UNIVERSE

Tuesdays in print. Online always.

universe.byu.edu



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LOCAL EVENTS

Memorial Day Service

May 29. Held at the Provo City Cemetery. The service includes an hour-long program, 21-gun salute by the Metro SWAT and "Taps" bugle call by Timpview High School Band. Provo City Cemetery, 610 S. State.

Twilight Concert Series

A series of summer concerts, produced by the Salt Lake City Arts Council, running Thursday nights July 21 - September 1. Pioneer Park, 300 W. 300 S., Salt Lake City. twilightconcerts.com

Humor U

Shows are in the Maeser Building. Follow Humor U for information on show dates. Maeser Building

Divine Comedy

Various locations on BYU Campus

Go country dancing

Grab a cowboy hat and show up early for square dance lessons. Wednesdays and Saturdays, 8:30 p.m.-12:30 a.m. Utah Country Dance, 116 W. Center.

Outdoor Summer Concert Series

Monday nights June - August. Quail Cove Park, 851 E. 700 North, American Fork. afcity.org

Salsa Chocolate Thursdays

Free salsa lesson 9 - 10 p.m., Thursdays. 116 W. Center.

Comedy Sportz

Battle of the Comedians. Various dates. 36 W. Center.

IMPROVBroadway

The fusion of improvisation, comedy, and musical theater. 496 N. 900 East.

Dry Bar Comedy

What happens when a clean content company moves into an old night club? 295 W. Center. facebook.com/drybarcomedy

Visit the state or county fair

Look at contest entries, ride the ferris wheel and eat delicious fair food.

Go to a concert by a local band

Muse Music Cafe or Velour Live Music Gallery schedule Provo's best bands. 247 W. Center and 135 N. University Ave.

Stadium of Fire

Annual concert and fireworks show at BYU's LaVell Edwards Stadium. 1700 N. Canyon Rd. freedomfestival.org

Free movies at Rock Canyon Park

Every Monday in August. Bring your own blanket and bug repellent. Concessions available. 2620 N. 1200 East.

Pioneer Day Extravaganza

Entertainment, games for kids, pie cooking contest, pioneer village and museum, farmer's market, antique car show and much more. Sponsored by Provo City 500 N. 500 West.

Rooftop Concert Series

Free concerts in Provo, the first Friday of every month May - September. 100 W. Center. rooftopconcertseries.com

Downtown Provo Art Stroll

Galleries in downtown Provo are open late the first Friday of every month for the stroll. Center Street

Attend an artist lecture

Listen to a visiting artist talk about their work and creative process at the Provo Rec Center. 320 W. 500 North. collaborativecreative.com

BYU's International Cinema

250 SWKT. ic.byu.edu

Laser Wars

BYU Wilkinson Student Center Ballroom

BYU's Got Talent

Wilkinson Center Varsity Theater



PERFORMING ARTS

Utah Lyric Opera

Performances in Provo and Orem. utahlyric.org

Utah Shakespeare Festival

299 W. Center, Cedar City. bard.org

SCERA Live Theatre

Outdoor and indoor theaters for concerts and theater all summer long. SCERA Theatre, 699 S. State, Orem. scera.org

Tuacahn Amphitheatre

Tuacahn. 1100 Tuacahn Dr., Ivins. tuacahn.org

Hale Center Theater

Many different theater performances run through spring and summer. Hale Center Theater, 225 W. 400 North, Orem. haletheater.org

Utah Opera

336 N. 400 West, Salt Lake City. utahopera.org

Sundance Summer Theatre

Joseph and the Technicolor Dreamcoat runs July 20-August 12. Sundance Resort, 8841 N. Alpine Loop Rd., Sundance. sundanceresort.com

Eccles Theater

Ballet, comedy, theater, etc. Eccles Theater, 115 Main St., Salt Lake City. artsaltlake.org

Attend a hand-bell choir

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

Covey Center for the Arts

Theater, dance, music. 425 W. Center. coveycenter.org

Utah Symphony at Sundance

June 25, 8-10 p.m., Patriotic celebration at the outdoor amphitheater. Eccles Stage Outdoor Amphitheater, 8841 Alpine Loop Rd., Sundance. freedomfestival.org

Ballet West

Perhaps the classiest date we can think of: dressing up and taking her to the ballet. Capitol Theatre, 50 W. 200 South, Salt Lake City. balletwest.org

Utah Regional Ballet

Performances through May. utahregionalballet.org



EDUCATIONAL

Take a cooking class

Offered at Williams-Sonoma at the Riverwoods or through Provo City. provo.org

Attend a lecture

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

Attend a fireside

Be spiritually uplifted together.

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.

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.

Take a yoga class

Step outside your fitness comfort zone.

Go to a premarital workshop

Contact BYU Counseling and Psychological Services for dates.

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.

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.

Learn how to blow glass

Sundance or Thanksgiving Point offer classes.

Take an art class at A&A Art & Frame

661 N. State, Orem. 801-357-1150 aandaartandframe.com

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SPORTS CALENDAR

APRIL 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.
2	3 YBsb	4 UJazz	5	6	7 UJazz
9	10 YmGolf	11 YBsb YmGolf SLBees	12 SLBees UJazz	13 YBsb SLBees	14 YBsb Sfb wTen SLBees
16	17 SLBees	18 YBsb	19 YSfb	20 YGolf	21 YGolf
23	24	25	26 YSfb	27 YBsb SLBees	28 YBsb Sfb YTrack SLBees
30					

JULY 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.
2	3 OOwlz SLBees	4	5	6	7
9	10	11	12	13 SLBees	14 SLBees
16	17 RSLake	18	19	20 OOwlz	21 OOwlz SLBees
23	24 OOwlz SLBees	25 OOwlz	26 OOwlz	27	28
30	31				

OOwlz

Orem Owlz

Orem's minor league baseball farm team affiliated with the Los Angeles Angels. Brent Brown Ballfield, UVU, 800 W. University Pkwy., Orem. 801-377-2255, oremowlz.com

RSLake

Real Salt Lake

American professional soccer club. Rio Tinto Stadium, 9526 S. State, Sandy. 844-732-5849, rsl.com



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MAY 2017

SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1 YBsb YwTen		1 SLBees	2 YBsb YSfb	3	4	5	6 SLBees RSLake
8 RSLake	7	8 SLBees	9 YBsb YSfb SLBees	10 YTrack	11 YBsb YTrack SLBees	12 YBsb YTrack SLBees	13 YBsb YTrack SLBees
15 YBsb Sfb mVlb wSoc wTen SLBs	14	15	16 YBsb	17 RSLake	18	19	20
22 RSLake YGolf	21	22	23 SLBees	24 SLBees	25 SLBees	26 SLBees	27 SLBees RSLake
29 YBsb Sfb YTrack SLBees	28	29 SLBees	30 SLBees	31			

JUNE 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1	2	3
4	5 SLBees	6 SLBees	7 SLBees	8 SLBees	9 SLBees	10 SLBees
11	12	13 SLBees	14 SLBees	15 SLBees	16 SLBees	17 RSLake
18	19 OOwiz	20 OOwiz	21	22	23	24
25	26 OOwiz SLBees	27 SLBees	28 SLBees	29 OOwiz SLBees	30 OOwiz SLBees RSLake	

AUGUST 2017

SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1 OOwiz SLBees			1	2	3 OOwiz SLBees	4 OOwiz SLBees	5 OOwiz SLBees RSLake
8 OOwiz	6	7 OOwiz SLBees	8 OOwiz SLBees	9 OOwiz SLBees	10 SLBees	11	12
15 SLBees	13	14	15 SLBees	16 SLBees	17 SLBees	18 OOwiz SLBees	19 OOwiz
22 OOwiz SLBees RSLake	20	21	22	23 OOwiz RSLake	24 OOwiz	25	26 YFootball RSLake
29 RSLake	27	28	29	30			

SEPTEMBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1 SLBees	2 SLBees	3 YXCntry
4 SLBees	5	6	7	8	9 YFootball	10
11	12	13	14	15	16 YFootball RSLake	17
18	19	20	21	22	23 RSLake	24
25	26	27	28	29	30	

SLBees

Salt Lake Bees

Minor league baseball team affiliated with the Los Angeles Angels. Smith's Ballpark 77 E. 1300 South, Salt Lake. 801-325-2337, slbees.com

UJazz

Utah Jazz

NBA basketball team. Vivint Smart Home Arena, 301 S. Temple, Salt Lake. 801-355-3865, utahjazz.com

BYU ATHLETICS

Tickets for the following sports are available at the Marriott Center Ticket Office. 701 E. University Pkwy. 801-422-2981, byutickets.com

YBsb

BYU Baseball Larry H. Miller Field

YFootball

BYU Football LaVell Edwards Stadium

YmVlb

BYU Men's Volleyball Smith Fieldhouse

YSfb

BYU Softball Gail Miller Field

YwSoc

BYU Women's Soccer South Field

The following events are not ticketed, but there may be a fee at the gate.

YGolf

BYU Golf (men and women) Riverside Country Club, 2701 N. University Ave.

YMGolf

BYU Men's Golf Riverside Country Club, 2701 N. University Ave.

YwTen

BYU Womens Tennis BYU Tennis Courts

YXCntry

BYU Cross Country Clarence F. Robison Track and Field Complex

YTrack

BYU Track & Field (men and women) Clarence F. Robison Track and Field Complex

BYU ARTS

The Crucible

March 24-April 4, Margetts Theatre, HFAC.

Chariots of Fire

March 31-April 15, Pardoe Theatre, HFAC.

Group for New Music

April 4, 7:30 p.m., Madsen Recital Hall, HFAC.

Brass Chamber Night

April 4, 7:30 p.m., University Parkway Center (UPC)

University Bands

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

An Evening with the Opera Chorus

April 5, 7:30 p.m., Madsen Recital Hall

Vocal Point

April 5, 7:30 p.m., JSB Auditorium

BYU Noteworthy

April 6 7:30 p.m., Covey Center for the Arts

Jazz Lab Band

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

BYU Singers and Concert Choir

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

Ballroom in Concert

April 7-8, 7:30 p.m., Marriott Center

BYU Men's Chorus

April 8, 7:00 p.m., Loveland Performing Arts Center

Lea Salonga and BYU Chamber Orchestra

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

Synthesis

April 12, 7:30 p.m., de Jong Concert Hall

BFA New York Showcase

April 13-14, 7 and 9 p.m., Nelke Theatre

BYU Men's Chorus

April 13, 7:30 p.m., de Jong Concert Hall

Woodwind Chamber Night

April 13, 7:30 p.m., Madsen Recital Hall

BYU Philharmonic

April 14, 7:30 p.m., de Jong Concert Hall

Evening of Percussion

April 15, 7:30 p.m., de Jong Concert Hall

University Chorale

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

String Chamber Night

April 18, 7:30 p.m., Madsen Recital Hall

Evening of Dance

May 12-13, 7:30 p.m., de Jong Concert Hall

An Evening with Kristen Chenoweth

May 19-20, 7:30 p.m., de Jong Concert Hall

Argonautika

June 2-17, Pardoe Theatre

University Chorale

August 10, 7:30 p.m., Madsen Recital Hall

FESTIVALS

Adventure Hunt

Compete in a fun, adrenaline-packed race completing epic challenges with a team-mate April 8 (Provo), June 3 (Salt Lake City). adventurehunt.co

Alpine Days

Parade, vendors, and food. August 4-12. Alpine.alpinedays.org

American Fork Steel Days

Activities at city hall and Quail Amphitheater. July 6-15. AmericanFork.afcity.org

Cedar Hills Family Festival

Follow state highway 92 to the east. Festivals in Cedar Hills public parks. May 30-June 3. Cedar Hills. cedarhills.org/news-events/family-festival

Chalk the Block

Free three-day street painting event. September 14-16, The Shops at Riverwoods. shopsatriverwoods.com

Craft Lake City

DIY craft festival August 11-13, Gallivan Center, Salt Lake City. craftlakecity.com

Downtown Yoga Festival

Premiere yoga event for community. May 20-21, Westminster College, Salt Lake City. downtownyogafest.com

Days of '47

July. Salt Lake City events include concerts, rodeo, Pioneer Day parade. July 13-24. Salt Lake City. daysof47.com

Deer Valley Music Festival

The summer home of the Utah Symphony and Utah Opera. July 1-August 5. Park City. deervalleymusicfestival.org

Eagle Mountain Pony Express Days

Carnival, vendors, entertainment, and fireworks. May 29-June 3. Eagle Mountain. eaglemountaincity.org

Highland Fling Days

Parade and festival at Heritage Park. July 31-August 5. Highland. highlandcity.org

Lehi Round-Up Celebration

Rodeo and other activities. June 22-24. Town Square, Lehi. lehi-ut.gov/roundup

Lindon Days

Car show, movie in the park, concert, fireworks and more. Lindon. lindoncity.org/lindon-days.htm

Midway Swiss Days

Parade, vendors, and food. September 1-2. 100 N. Main, Midway. midwayswissdays.com

Orem Summerfest

Family activities. June 5-10. Orem. summerfest.orem.org

Park City Kimball Arts Festival

On Park City's Historic Main Street. August 4-6. Park City. parkcitykimballartsfestival.org

Payson Scottish Festival

Highland dance, athletic, and bagpipe competitions. July 7-8. Payson Memorial Park, 300 S. Main, Payson. paysonscottish-festival.org

Pioneer Day Extravaganza

Held on Pioneer Day in North Park. Entertainment, pie cooking contest, pioneer village and museum, farmer's market, antique car show and more. July 24. 500 N. 500 West.

Pleasant Grove Strawberry Days

Rodeo and activities in Pleasant Grove. June 11-19. Pleasant Grove. strawberrydays.org

Provo Freedom Festival

Balloon festival, parade, and more. Late June-July 4. freedomfestival.org

Provo Latino Americano Festival

Early September, Utah County Historic Courthouse, 2855 S. State. festivalprovo.com

Savor the Summit

Food, drink and live music while seated in the middle of Park City Main Street. June 17. Main St., Park City. parkcityrestaurants.com/savor-the-summit

Snowbird's Oktoberfest

Enjoy German food every Saturday. Every Saturday, August 12-October 8. 9385 Snowbird Center Trail, Snowbird. snowbird.com/events/oktoberfest

Spanish Fork Fiesta Days Rodeo

Rodeo begins at 8 p.m. Pre-show activities begin at 7 p.m. July 20-24. 475 S. Main, Spanish Fork.

Springville Art City Days

The hot air balloon festival is on June 10 and 11. June 3-10. Springville. springville.org/art-city-days

Springville World Folkfest

Dancers and musicians from around the world. July 31-August 5. 760 S. 1350 East, Springville.

Stars and Stripes Beach Party

Annual party at the Shops at Riverwoods. June 18-24, 4 - 10:30 p.m. 4801 N. University Ave. freedomfestival.org

Tulip Festival

Celebrate the return of spring this April and May. April 14-May 6. Ashton Gardens, 3900 N. Garden Dr., Lehi. thanksgivingpoint.org/events/tulip-festival/

Timpanogos Storytelling Festival

Hear stories from some of the best storytellers from around the world. September 7-9. Thanksgiving Point, 234 W. 540 North, Lehi. timpfest.org

Utah Arts Festival

Visual arts, music, dance, theater, culinary arts and more. June 22-25. Library and Washington Squares, 451 S. State, Salt Lake City. uaf.org

Utah County Fair

Demolition derby and more. August 16-19. 475 S. Main, Spanish Fork. utahcountyfair.org

Utah Festival Opera & Musical Theater

Five-weeks of opera, musical theatre, and concerts. June 23-August 9. Logan. utahfestival.org

Utah Lake Festival

Fishing clinics, activities, educational booths, food, and sailing demonstrations on June 3. 4400 W. Center.

Utah Pasifika Festival

Features dancing, music, food and craft booths celebrating the Polynesian cultures. May 26-28. 100 E. Center. utpasifikafestival.com

Utah State Fair

September 7-17. 155 N. 1000 West, Salt Lake City. utahstatefair.com

Utah Valley Parade of Homes

Buy tickets to view the most luxe homes in the valley. June 8-24. uvparade.com

Wasatch Wildflower Festival

Walks and hikes for all skill levels. July 22-23, 29-30. cottonwoodcanyons.org

World Dance Folkfest

An evening of music and dancing from around the world. May 17. SCERA Theater, 345 E. 800 South, Orem. scera.org/events/world-folkfest/

Diwali Festival of Lights

Enjoy live music, food and fireworks. October. Krishna Temple, 965 E. 3370 South, Salt Lake City. utahkrishnas.org

Shop a farmers market

Go early and grab breakfast first from the bakeries that are guaranteed to be at almost every farmers market. Then spend the morning finding other unique things.

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TWO-OGRAPHY

Let's be honest: there is only so much we can cover in each issue of TWO, and you might need additional advice and counsel. To tide you over until the next issue — here are some of the resources we look to — for your perusal and enjoyment.

ON DATING

"The Reflection in the Water," a CES Fireside address by President Dieter F. Uchtdorf

"The Dedication of a Lifetime," a CES Fireside address by Elder Dallin H. Oaks

"Push Back Against the World," a CES Fireside address by Elder Dallin H. Oaks with Sister Kristen M. Oaks

"Marriage and Divorce," a BYU Devotional address by President Spencer W. Kimball

"The Eternal Blessings of Marriage," a general conference address by Elder Richard G. Scott

"To Have Peace and Happiness," a CES Fireside by Elder Richard G. Scott

"Hanging Out, Hooking Up, and Celestial Marriage" by Bruce A. Chadwick

"Study: Shoes as a Source of First Impressions" by Omri Gillath, Angela J. Bahns, Fiona Ge and Christian S. Crandall

"Taking the Fear Out of Dating" by Michael A. Goodman

"Choosing and Being the Right Spouse" by Thomas B. Holman

"Making the Connection – Social Bonding in Courtship Situations" by Daniel A. McFarland, Dan Jurafsky and Craig Rawlings

"Making the Most of Our Single Years" by Russell Stevenson

"Group Dating! 301 Ideas" by Blair and Tristan Tolman

"Latter-day Saint Courtships Patterns" by Mary Jane Woodger, Thomas B. Holman and Kristi A. Young

ON BREAKUPS OR BREAKING UP

"It's Called a Breakup Because It's Broken" by Greg Behrendt and Amiira Ruotola-Behrendt

"Once Upon a Time ... He Just Wasn't Feeling It Anymore" by Jacob Z. Hess

ON MANNERS

"New Manners for New Times" by Letitia Baldrige

At the end of the day, relationships are about two imperfect people coming together to create something new and wonderful. We hope this edition provides guidance, advice and maybe even a few laughs on the way to happily ever after.



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A woman with blonde hair styled in an updo is standing in a wooded area, wearing a white wedding dress with a lace bodice and a full skirt. She is looking down and touching her hair. The background is a soft-focus forest with trees and fallen leaves on the ground.

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