

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

TWO



HAVE S'MORE

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MORE THAN

660

DATE IDEAS



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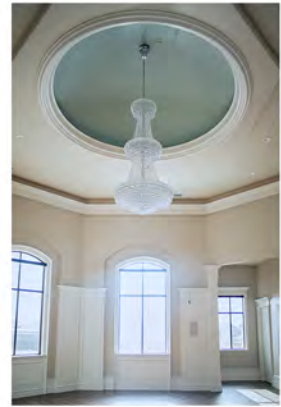
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NEXT LEVEL S'MORES

Just in case you needed an excuse to eat more s'mores, we have you covered. When the weather permits, plan a cozy bonfire date complete with one (or all) of these s'more ideas.



COOKIES & CREAM

Chocolate graham cracker
Marshmallow
Cookies and cream chocolate bar



CARAMEL APPLE

Cinnamon graham cracker
Marshmallow
Granny Smith apple slice
Caramel squares



CREATE YOUR OWN COMBINATION

At the core of every s'more is an ooey-goey marshmallow, sandwiched between a cracker or cookie of some sort. And that's just the beginning! If you want to be even more adventurous, take the classic combo and add your own twist.

CRACKER OR COOKIE

Honey graham cracker	Chocolate chip cookies
Chocolate graham cracker	Pretzels or pretzel chips
Cinnamon graham cracker	Shortbread cookies
Fudge Stripe cookies	Pop-Tarts
Samoa cookies	Ritz crackers
Oreo cookies	Biscuits

CHOCOLATE

Milk chocolate bar	Andes chocolate mints	Butterfinger cup
Dark chocolate bar	Reeses peanut butter cup	Crunch bar
White chocolate bar	Cookies and cream chocolate bar	Snickers
Rolos candies	Nutella	Heath
	Almond Joy	

STRAWBERRY CHEESECAKE

Honey graham cracker
Marshmallow
Sliced strawberries
Whipped cream cheese



THE CLASSIC

Honey graham cracker
Marshmallow
Milk chocolate bar

GRASSHOPPER

Chocolate graham cracker
Marshmallow
Andes chocolate mints



ADDITIONAL TOPPINGS

Crunchy or creamy peanut butter	Apples
Cookie butter	Strawberries
Caramels	Cream cheese
Grape jam	Bananas
Strawberry jam	Blackberries
	Bacon

MORE RECIPE SUGGESTIONS

Salty Caramel Bacon

Honey graham cracker, marshmallow, milk chocolate, caramels, bacon

PB&J

Honey graham cracker, marshmallow, peanut butter, grape jam

Chocolate Caramel Cheesecake

Chocolate graham cracker, marshmallow, caramels, whipped cream cheese

Banana Split

Honey graham cracker, marshmallow, milk chocolate, bananas, strawberries

Strawberry Nutella

Honey graham cracker, marshmallow, nutella, strawberries

Chocolate Lovers

Chocolate graham cracker, marshmallow, milk chocolate

Chocolate Pretzel

Pretzels or pretzel chips, marshmallow, milk or dark chocolate

Birthday Cake

Pop-tarts, marshmallow, sprinkles optional

Strawberry Shortcake

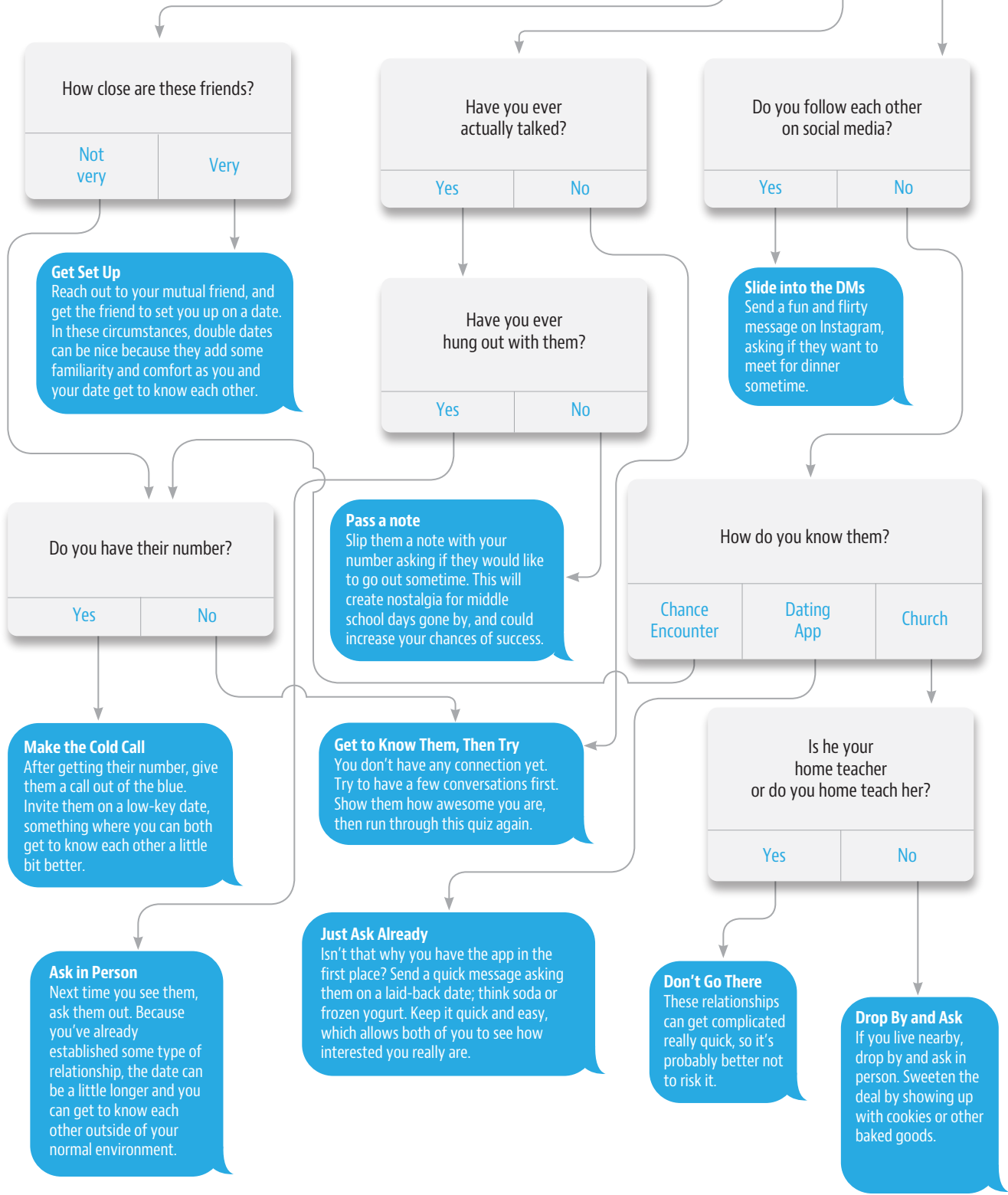
Shortbread cookies, marshmallow, strawberries

ASKING IF YOU SHOULD ASK

Should you go with the cold call? What about slipping someone a note in class? Is it OK to slide in the DMs? This chart guides you how to ask out the cutie you've been eyeing all semester.

Start Here.
How do you know this person?

Mutual Friends	From School or Work	Other (online, church, etc.)
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EMOJI DATING DIARIES



The secondhand embarrassment is too real. Cringeworthy for sure.



I've never run a marathon, but I imagine it's a lot like this date.



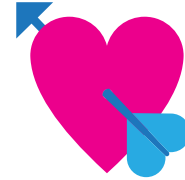
How rude. Back off, jerk!



Are you kidding me? Learn some manners!



Is it OK to laugh? Because I'm laughing.



Wow, true love does exist!



I was home for the summer when a guy I dated in high school asked me on a date to go mini golfing. He seemed excited to see me at first, but **the whole time we golfed, he was completely absorbed in his phone.** After golfing, he suggested we go to a drive-in burger joint, and I agreed since I was hungry. When we got there, though, he asked to make a "really quick" phone call right as we were ordering our food. I mentioned I thought it was rude he spent the whole night on his phone, but he insisted it was really important and walked up the street for privacy, leaving me to pay for my own milkshake and wait for him to finish his conversation.

Forty-five minutes later, he walks back up the street to the burger joint smiling to tell me **he just got back together with his ex-girlfriend** and really appreciated that I let him take that call. We drove in complete silence the entire hour home and haven't spoken since.

— Haley
Fairfield, California



Two guys from my ward came to the door and asked my roommate and me out. We agreed, but when they picked us up we realized **we didn't know who was actually on a date with who.**

We spent most of the night trying to figure it out, but were never really sure. I think we guessed right, but who knows.

— Sarah
San Diego, California



I drove an hour to pick up a girl, and when I got to the door **I realized I had locked both my keys and my phone in my car.** Her mom told my date to go pick up her stepdad, who was a cop, leaving me there with her mom and little brother. I sat there with them for an hour and a half waiting for her to get back before we could finally go on our date.

— Adam
Cleveland, Ohio



This guy asked me on a date once that began with making dinner at his house. It would have been totally fine, except the food turned out super gross, and **he made such a huge mess that I spent half the date just cleaning his kitchen tile.**

After dinner, he said we were going to explore some caves. I was kind of excited, until he decided we should go knocking from door to door to find people to go with us. When we finally headed to the caves, it turned out **he didn't actually know how to get there.** We drove for hours until we eventually found them, only to have his car get stuck on the road.

We eventually got back to his apartment, and he wanted us to play some games with his roommates. **I made up an excuse to go home** and never went out with him again.

— Hannah
Washington, D.C.



I went to have a DTR with this guy, and we decided to grab some food and then go on a walk and talk. As we were walking, I had my hands in my coat pockets and he slipped his hand inside to pull mine out and hold hands. **Unfortunately, the DTR was going to be a no from me, and he thought it was going to be a yes.** I asked him what he was doing and he replied, "Holding your hand." I just panicked and let him do it. The DTR after was terrible.

— Brittney
Pleasant Grove, Utah



I had just started dating this girl who lived a few hours away, and she came down to visit for the weekend. We were sitting there eating corndogs for lunch, and I reached over to kiss her hand without looking. **Unfortunately, I ended up kissing the corndog instead of her.**

— Taft
Pleasant Grove, Utah



I took this girl to Velour once, for a first date. I had just gotten home from my mission, and was still pretty awkward. At the concert she started squeezing my hand out of the blue, **and then just turns and lays a big kiss on me.**

It was terrifying. We never went out again.

— Ross
American Fork, Utah



There was a guy I knew in high school who asked me out after we both came to BYU. He picked me up and took me to a local burrito place. **I got a full burrito and had eaten about three quarters of it when he commented, "well, as long as you go to the gym."**

He kept dissing me the whole night, telling me he didn't like how my hair was done or how I did my makeup. I asked him if he thought he was being funny and told him off for being rude, saying that if he wanted to keep acting like that he should take me home. He apologized, so we continued the date.

We went to a movie after dinner, and when we were walking in, I paused for a second in front of the door, thinking he was going to open it for me. He looked at me and said, **"Wow, what has society done to you that makes you feel so weak that you can't open your door for yourself?"** During the movie he even had the nerve to try to hold my hand. We left the movie and I made him take me home.

— Lydia
Alpine, Utah

Want to avoid "marathon dates"?
See the story on page 14.



twomagazine

SPOTIFY USER

YOUR PERFECT PLAYLIST

The best love stories always have a soundtrack, and yours shouldn't be the exception. Whether it's for a first date, a high-energy date, a romantic date or a do-I-really-like-you date, the music should match the mood. It can be nerve-racking to press shuffle, so to make it simple, we've created these Spotify playlists to suit the mood you're searching for.

PUBLIC PLAYLISTS



WARM, FUZZY FEELING

Whether having a candlelit dinner, going stargazing or getting down on one knee, get those romantic vibes flowing by putting on these smooth tracks. These romantic tunes are sure to make your intentions and feelings clear.

SONG PREVIEW

Kiss Me
Ed Sheeran

Better Together
Jack Johnson

Faithfully
Journey



SOMETHING NEW

Soft and chill background music to fill the awkward silences when you don't know what to say. These soft jams will help both you and your date kick back, relax, and open your hearts to romance.

SONG PREVIEW

Super Far
LANY

Promise
Ben Howard

Someday
Passenger



THE BUILD UP

Nervous about a date? Blast this music to get pumped and energized, because you've totally got this.

SONG PREVIEW

On Top of the World
Imagine Dragons

Shake It Off
Taylor Swift

Wake Me Up
Avicii



CLASSIC CAR JAMS

Blow your date away when driving from point A to point B with this playlist of classic jams. Probably not the best choice if you are self-conscious about either your dance moves or singing abilities, because it'll be hard to resist jamming out.

SONG PREVIEW

Bohemian Rhapsody
Queen

I Want It That Way
Backstreet Boys

Party in the U.S.A.
Miley Cyrus



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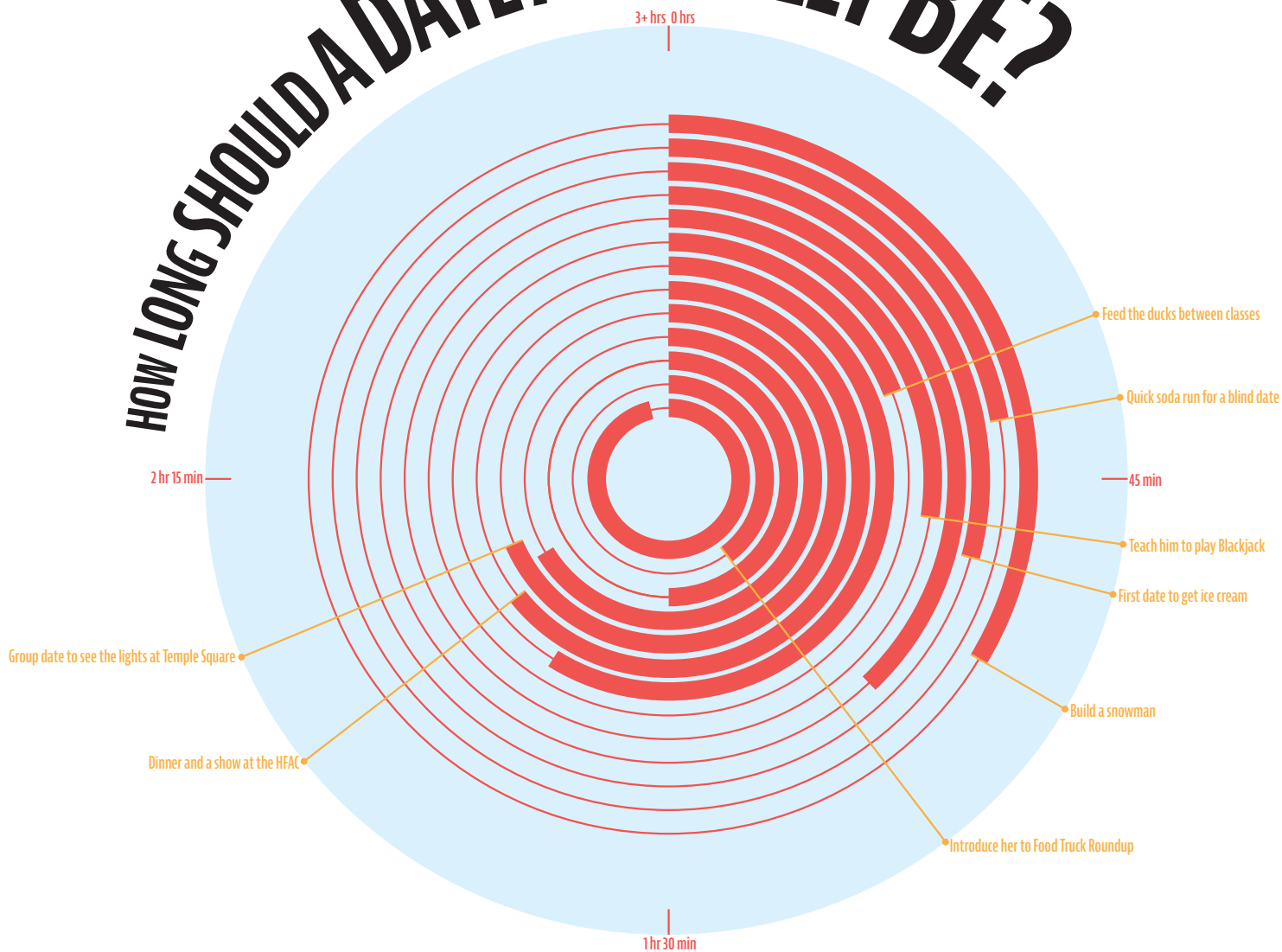
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HOW LONG SHOULD A DATE ACTUALLY BE?



Things are starting to drag. What started as a simple movie date has evolved into a six-hour marathon of driving and sometimes running, around the city. He still seems super excited, but she is doing anything she can to come up with an excuse to get back home.

While wanting to spend time with a date is important, when is the right time to call it a day? Is it OK to plan all-day dates, or would it be better to limit things to just a few hours?

“Unless a time frame is super consensually planned and agreed to before embarking on the date, it should definitely not be longer than an hour,” said former BYU student Kristen Blair. “Or, I guess if it’s going insanely well and you talk about it and both say ‘wow let’s keep chill-

ing,’ it’s OK to go over, but otherwise it’s just rude. People have lives.”

Still, this doesn’t mean that every date needs to be on the shorter side. As relationships progress, it is natural for dates to grow a bit longer.

“I think the first date should usually be around an hour or so, but second and third dates and so on could be longer,” said political science major Nathan McQuarrie. “I’d say around two to three hours when you’re serious.”

While it varies for every couple, finding the right time, place, and length for each date makes them more meaningful. However, it is generally safer to skip the longer dates at the beginning of a relationship and try to plan shorter activities until things get more serious.

— Eric Baker

PLAYING IT COOL

BY SHAYE MULLEN

TWO cents

A common myth in dating is that “playing it cool,” or appearing far less interested than you are, is the best way to attract love while protecting your heart until you’re sure you want to commit. Rules like “wait three days after a date before calling” or “don’t text back right away” give singles an idea of what they need to do to be labelled a “cool guy” or “cool girl,” something many see as the ultimate compliment in dating.

“Playing it cool means you don’t chase,” said Mackenzie Brooks, a senior majoring in family studies. “You take it slow, you’re patient and you let them come to you. My mom always told me when I was growing up that if you’re chasing a boy that means he’s running away from you. Let them come to you instead.”

While this is an effective method of emotional self-preservation, it is damaging to relationships, keeping both partners from getting to know each other.

“I dated someone who played it so cool that I was never sure where I stood with him,” said Brooks. “We dated over the summer and were going to do long distance but I didn’t want to keep dating someone who **made me feel like I had one foot off a cliff and the other on a banana peel**. When we finally broke up for good, I decided that I wasn’t going to date anyone who made me feel like I was privileged to have them in my life. No amount of butterflies, good-night texts or ‘I’m crazy about yous’ are enough to make me stay with someone like that.”

How can you connect with someone if you’re too busy trying to seem like you aren’t connecting? While you think you’re giving off a mysterious vibe, your date might get the impression you’re uninterested or judgmental, and they can become frustrated trying to figure you out.

“When I first moved to Provo, I was interested in this guy who was very high-end,” said Alice Mackay. “He was very cool and smart, and I worried that who I was wouldn’t be enough to catch his attention. I decided to play it cool, and ended up pretending to be totally different than what I was really like. I would deliberately take hours to reply to messages, even though I really wanted to talk to him; I pretended to really like sports, even though I don’t and I’m actually really horrible at them; I dressed up every day, even though I’m normally more casual in my dress, and I even started changing the way I talked. It was exhausting, honestly, and **even though we did end up dating we never actually got to know one another**.”

If you’re interested, what is the point of pretending you’re not? You shouldn’t be afraid to admit that you want something more. If you’re feeling it, let them know, but don’t attach expectations to them by demanding they return your affection, or pressure them to move faster than they are comfortable. Don’t feel compelled to reply the second you get their message, or expect them to do the same. Just be confident and open.

“In my last relationship I decided to just be super open about how I felt,” said Matthew Bloomfield, an electrical engineering major.

“We could talk about anything that bothered or intimidated us and other things you normally wouldn’t talk about, like past relationships or problems. We tried to be super respectful about how we would bring it up, and any time anything bothered me I wanted to talk about it and get it out. It’s easier to learn about a person by talking about the things that make you uncomfortable.”

Next time you’re embarking on a new relationship, instead of waiting some arbitrary amount of time before calling after a date, **call when you want to talk**. That can be the next morning or never, depending on how interested you are. Just be honest.





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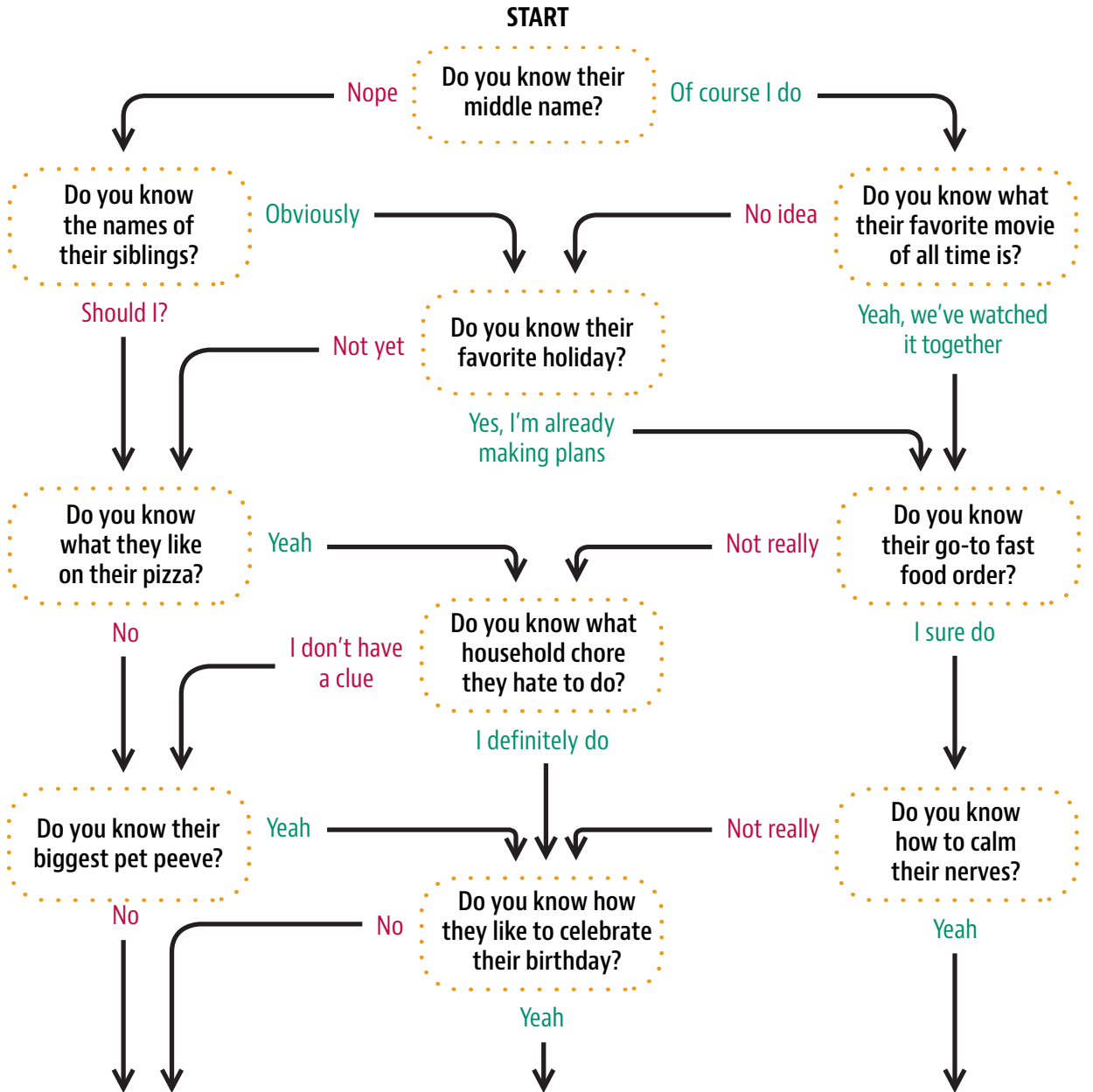
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HOW WELL DO YOU KNOW YOUR PARTNER?

When you're in a relationship, moments come where you are surprised by how much you don't know about each other. While these can just be small details, they can say a lot about how the relationship is progressing and how compatible you really are. Take this quiz to see how well you really know your boyfriend or girlfriend.



BABY STEPS

You probably don't know each other well enough yet to be dating seriously. Take some time to learn more about each other to find if you're compatible enough for something more long-term.

GETTING THERE

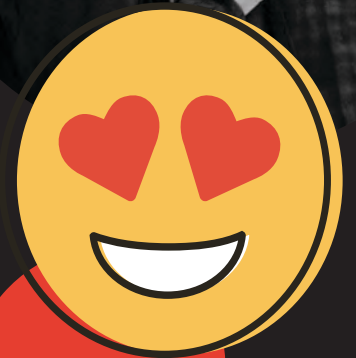
You're on the right path, but you're not quite there yet. You know a lot of the basics, but just need some more time to have some of the big talks. It's a good start though.

YOU'RE GOLDEN

You know each other pretty well. You've taken time to notice their likes and dislikes, and have had at least some of the big talks. It's probably time to start talking about what's next.

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SWIPING, SNAPPING, SLIDING & STALKING

By Savannah Hawkins & Shaye Mullen

As flirting moves to the digital world with social media apps like Snapchat, Instagram, Twitter and Facebook, you might feel overwhelmed and under qualified. With rapid changes in technology, it's important to keep up with the flow, or you could find yourself trailing behind.

TO KEEP UP-TO-DATE AND ENSURE YOUR FLIRTING SKILLS AREN'T GOING STALE, HERE'S A BEGINNER'S GUIDE TO SOCIAL MEDIA FLIRTING:

DO

- ✓ Respect others. If it doesn't seem like the person is responding to your advances, you are probably wasting your time — and theirs.
- ✓ Ask questions to keep the conversation flowing. Just like a conversation in person, people want to be asked about their lives. Keep them interested in you by staying interested in them.
- ✓ Like and comment on posts other than selfies: It lets them know you're interested in more than their looks.
- ✓ Loosen up and be silly. Scott Daly, a senior in advertising, said he once snapchatted his now girlfriend a funny tour of a nice house he was staying in. "It was just silly and fun and I think that's how flirting should feel. I love it when girls play along with silly snapchatting."
- ✓ Send personalized selfies. This is a great way to show-off a little and to let someone know you're thinking about them.
- ✓ Be yourself. Remember that your social media accounts are extensions of yourself. It might be easy to exaggerate online, but that isn't the way to someone's heart. Make sure they get to know the real you, instead of a persona you've created.



"Flirting via social media is an art. After some playful banter in the mentions, you can casually slide into the DMs for more conversation."

-Kate Child, South Jordan, Utah

Delivered

Flirting over social media isn't the end goal, but a supplement to real-life communication. It can be fun, but it's meaningless unless it leads to a real date. Take the next step and ask them out.



DON'T

- ✗ Over screenshot. A well-timed screenshot of a selfie can say you'd like to see their snap—or their face—again, but taking screenshots of every snap can say you're a creep.
- ✗ "Like stalk." It's OK to like an occasional post, but don't go liking every single thing they've ever posted. Be especially careful not to like that post from 3 years ago.
- ✗ Add personalized selfies to your snap story. You don't want them thinking you're just showing everyone how cute you'd be as a dog.
- ✗ Over use emojis. Emojis are great to convey emotion, especially when sending a text message without an image, but there is a point when it can become too much, or too confusing.
- ✗ Over message. There is a limit. Just like you get annoyed by a roommate sending you 10 texts an hour, make sure you don't over message someone or you could come across as clingy and needy.

Not Delivered



Whether you met through swiping right, randomly sitting next to each other in a class or through mutual friends, first dates can lead to clammy palms, a stomach full of butterflies or panicked thoughts. First date jitters are a normal part of the dating process, and everyone has their own way of reducing them. These can include reviewing potential conversation topics, spending hours getting ready to ensure an appearance that is nothing less than flawless, and for many, doing a quick (or in depth) review of their dates online presence.

However, it's important to keep in mind that while perusing their social media accounts before a date can yield many important facts about a person, it can also hinder the progress of a relationship and keep you from discovering who they truly are and loving them despite their faults. Part of the excitement of falling in love is learning about a person, and sharing pieces of your own life experience. Reading sensitive or personal details about a person before a date takes away the experience of opening up and being vulnerable, allowing you to grow closer as a couple.

In a society where we are taught to be constantly on the lookout for “our soulmate,” all it takes is one poorly written Facebook status, one unflattering profile picture or a suspect page like to tip the scales from “potential” to “never going to happen.” However, these cringe-worthy details that come off as deal-breakers early on in the relationship can actually come to be endearing traits later on when combined with other elements of their personality. Combing through online details to see if a person is less than perfect is not a healthy way to start a relationship. People are more complex than their online profile.

Clearly, a little peek at their social media profiles can reassure you that they're not already in a relationship, isn't an axe murderer or a Nickelback groupie, and can build confidence going into a date. However, more forward with caution and don't get too caught up in the details. Get to know your date one-on-one, in person, and don't let online details get in the way of finding real chemistry with your date. You never know what you could be missing out on.



DATING CASPER



One minute the relationship is going well, looking as though it could lead to something more, and the next thing you know they aren't replying to Snapchats, text messages or even that funny Instagram video you tagged them in. You've been ghosted.

The term “ghosting” describes the phenomenon that occurs when one half of a relationship decides to end the relationship, but doesn't want to actually talk and explain themselves. They simply disappear into the void, hoping that the other person gets the hint. This can be done in a slow fade, also called breadcrumbing, where the frequency of communication gradually diminishes until it disappears completely, or by cutting conversation off completely.

Whatever the method used, ghosting can leave the partner at the receiving end confused and without closure, wondering where they went wrong.

Here are some tips to avoid coming across as crazy when you get ghosted.

1. RECOGNIZE THE SYMPTOMS

It's important to notice the signs of ghosting early. Don't attempt to justify the behavior of your partner with excuses about how they're really busy with school

or work, or that they've got a big assignment coming up. If someone wants to be in your life, they'll find the time. Even if they really are busy, it only takes a few seconds to send a text message or a Snapchat.

2. SEND OUT ONE LAST MESSAGE TO SCAN FOR SIGNS OF LIFE

If unsure whether a ghosting is in progress, send a single message and patiently wait to see what kind of reply you get. Send something simple, such as asking how an assignment is coming along, or how their week is going. Don't accuse them of anything or try to make them feel guilty for not being available.

3. ACCEPT IT CALMLY AND RATIONALLY, AND MOVE ON

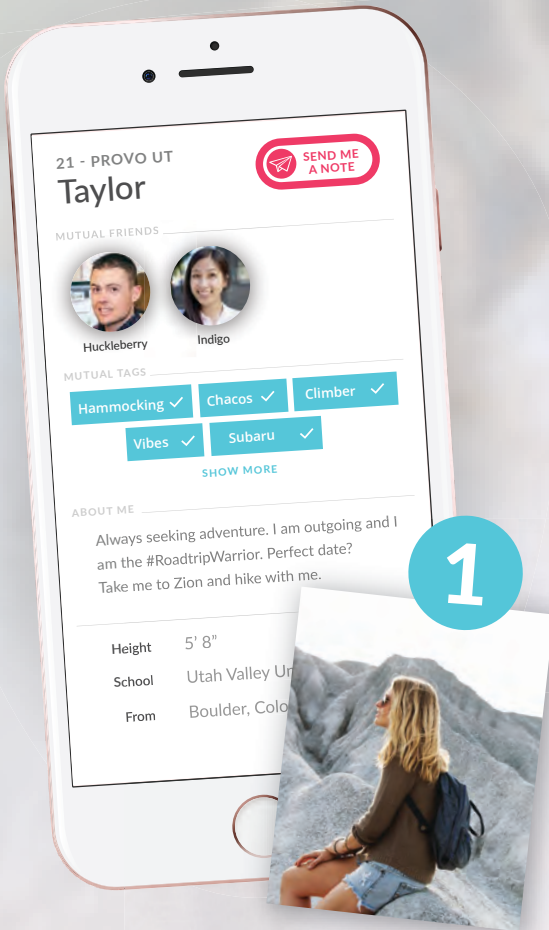
Unfortunately, there's not much to be done after you've been ghosted except to accept it. Don't freak out or leave them long voicemails asking them how they could do this to you, because behavior like that come back to haunt you. If they don't have the emotional maturity to deal with a break up like an adult, then they're not worth your time anyways. Don't allow someone else's bad behavior to keep you from finding and engaging in meaningful relationships and moving forward with your life.

6 Mutual Profiles You'll Find in Provo

We're all looking to capture the Unicorn, find the One, and put a ring on it. Jokes aside, we hear about people getting engaged after meeting on Mutual **ALL THE TIME** (starting about two months after the app launched). Don't act surprised. After all, it's a dating app for Mormons.

Random fact: Of those who got married to someone they met on Mutual, the average time it took on the app to meet their spouse was **44 days**.

Happy Swiping!



The Hiker Granola Girl



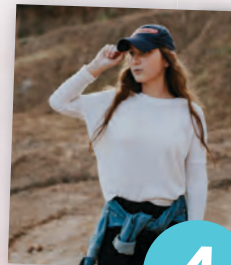
The Ring by Spring Girl

ABOUT ME _____
Just looking for a man to sweep me off my feet. #WifeMe #ICook
If you like it then you should put a RING on it. Dirty Dr. Pepper is the go-to drink.



The Provo All-Star

ABOUT ME _____
I didn't choose the gym life, the gym life chose me. #ProteinPowder #FitFreak #Crossfit Live Large. Die Large. Leave a large coffin. Beauty is in the eye of the beholder. Can I behold your beauty?



The Jersey Chaser

ABOUT ME _____
Sports are life. #Football #Baseball #Basketball. Don't fumble our first date. :p NBA 2k champion. Don't talk to me if you're shorter than 6'0"



The Hipster

ABOUT ME _____
If it's not vinyl, is it even music? Oversized beanies for the win. Don't feed me if it's not organic. #NoGMO. Ideal woman: One with a matching denim jacket and a Polaroid camera.



Mr. Perfect

ABOUT ME _____
Trying to find my equal (which is why I am not married). Let's get matching CTR Rings. Ask me about my best two years :)



FLIRTING CHAMP OR CHUMP?

Flirting is an art. Being an accomplished flirt can help jumpstart a relationship, while laying it on too thick can send them running for the hills. This quiz will help you figure out if you're rocking the flirting game, or if you're coming on way too strong.



- 1. What's the best place to meet someone?**
 - a. At a party
 - b. At the library
 - c. At a concert
- 2. When someone teases you, how do you react?**
 - a. I tease them back
 - b. I blush and look away
 - c. I start to giggle incessantly
- 3. How do you respond when your crush makes a joke?**
 - a. I laugh and say something sassy back
 - b. I don't even laugh, it wasn't that funny and they need to know that
 - c. I play along and keep the joke going for the rest of the night
- 4. You're sitting in church on Sunday when your crush walks in. You see them wave in your direction. You...**
 - a. Wave and smile back
 - b. Check over your shoulder
 - c. Immediately change seats to go sit with them
- 5. How many dates have you been on in the last month?**
 - a. Too many to count
 - b. LOL what's a date?
 - c. I matched with someone on Mutual? It's going pretty well
- 6. When you watch a movie with your crush, where do you sit?**
 - a. On the same couch, but with a little space between us
 - b. Wherever there's an open spot
 - c. Right next to them, there's no point in wasting time
- 7. When driving in the car with your crush, what song do you put on?**
 - a. "Shut Up and Dance" by Walk the Moon
 - b. "Let It Go" by Idina Menzel
 - c. "Kiss Me" by Ed Sheeran
- 8. Which emoji do you use most frequently when texting your crush?**
 - a. 😏
 - b. I don't use emojis
 - c. 🙄

MOSTLY A FLIRTING ALL-STAR

You're a flirting expert. You know just what to say to catch their attention and when to say it. Just remember not to get too out of control, and try to cut back on flirting just for flirting's sake.

MOSTLY B HIT OR MISS FLIRTER

For you, flirting usually just leads to awkward silences. Try not to be so cautious, and always remember to read the mood in the room. If you really want to get what (and who) you want, you need to step it up!

MOSTLY C OVER THE TOP

You have a bit of a habit of coming on too strong when you're interested in someone. While it's good that you're open with how you feel, try taking a step back and letting your crush make the next move.



IT'S DINING

BY SHAYE MULLEN PHOTOS BY ARI DAVIS

When is dinner just a mutual interest?

In BYU dating culture, emphasis is placed on finding an eternal companion and getting married. However, by being so fixated on the marriage aspect of dating it becomes easy to overlook the importance

JUST DINNER

FOOD & LOCATION COURTESY GOOD THYME

Dinner, and when does it become a relationship?

of casual dating. An innocent invitation to dinner can easily be twisted to somehow become a declaration of romantic interest. This often overinflates the significance of the invitation, which may in fact have come simply as an

interest to get to know someone better. How can we reclaim dating, making it less about getting married and more about having fun and forming meaningful and lasting relationships and friendships?

For the Strength of Youth, an LDS Church publication for youth and young adults, offers insight into the purpose of a date: “A date is a planned activity that allows a young man and a young woman to get to know each other better.” It doesn’t say that the purpose of dating is to get married, or that all dates need to lead to a romantic relationship. Nowhere does it say that both parties need to be looking to get married, or that agreeing to a first date indicates a desire to go on a second. Sometimes, it really is just dinner.

“Guys, she’s not committing to be your wife,” said Tom Robinson, a professor in the BYU School of Communications “It’s just dinner. Quit thinking about it as a romantic encounter; it’s just dinner. She’s committing an hour to you to eat and to talk. That’s it. For the girls: it’s just dinner. If he doesn’t call you ever again, that’s fine. If you don’t like him, that’s fine. No matter what your roommates say, you’re not an item. It’s just dinner. You’re just having a meal.”

How can singles change their mindset about relationships and learn to enjoy casual dating again?

TAKE IT SLOW

If singles are unsure about their level of interest in another person, it doesn’t hurt to take it slow and treat a date as just that: a date. They don’t need to jump directly into a relationship with that person, or think that they must decide right now if there’s marriage potential.

“Just stop stressing over it,” said Robinson. “This is what’s destroying the culture at BYU, this is what’s freaking everyone out. Stop thinking, ‘Oh I’ve gotta get married, I’ve got to find the perfect person.’ We’ve just got to stop the pain that’s coming with dating because it’s supposed to be fun. A young man or a young woman can easily go up to someone and ask, ‘Are you going to eat tonight?’ to which the other person will obviously answer ‘Yes,’ and they

can reply ‘Well I’m going to eat tonight too, you want to do it together?’ And then you go eat, and you go talk. It’s that simple.”

Not all relationships are meant for marriage, but all relationships provide opportunities for individuals to learn more about themselves and what traits they appreciate in a partner. While a dinner date can reveal a lot about a person, it won’t prove whether they are marriage material. As singles take it slow, and recognize there is no need to rush into a relationship or a marriage, they can appreciate how dating offers them opportunities to grow and progress as an individual.

BE OPEN TO POSSIBILITIES

“This is the way I see dating at BYU,” said Robinson. “You identify all the people you would want to get married to, eternally, and those are the people you decide you want to date. This is totally backwards. You should date a ton of people, and you figure out who you like, the things you like, the ideals you like, and then you find this person from all these people you date. You don’t do it the other way around. If you do it backwards, you are limiting yourself and the opportunities you have to meet people and have fun.”

While singles might know what they want, they don’t always know what they need. While it’s easy to make a list, saying an ideal partner will be tall, dark and handsome, that might not be what will have the best long term results. Singles also need to realize there is no such thing as a type, especially when considering physical characteristics or interests. Looks fade with time, and hobbies and pastimes don’t reveal the true character of a person.

“I always hated the thing where they would encourage you to write out a list of all the qualities you’d want,” said Robinson. “That’s the most destructive thing you can do. Now, if you want to put something like has a testimony, and loves me more than life itself, those are two things you can have on your list. But beyond that, you really don’t know what type of person you like until you get to know someone.”

As individuals seek to actually get to



“Guys, she’s not committing to be your wife. It’s just dinner. Quit thinking about it as a romantic encounter, it’s just dinner. She’s committing an hour to you to eat and to talk. That’s it.”

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know the people around them, they will find that they appreciate characteristics and attributes they had never even considered important before.

“You’ve got to give people a chance,” said Robinson. “If you limit yourself, if you have a list and you limit yourself based off that list, you’re not having the opportunities that you should. I hate people creating a false expectation of what their mate should be, because then you’re not giving yourself enough opportunities to meet people, and get to know a bunch of people. You don’t have a type. You don’t know if you like him or her until you actually get to know him or her.”

APPRECIATE REJECTION

Unfortunately, going on lots of dates leaves room for lots of rejection. Whether recognizing someone isn’t the one, or being recognized as not the one, rejection can sting and be hard to get over. However, it’s important singles recognize the value rejection has in the long run.

“Getting rejected hurts, but the only way we would know how great it was to find the right person is if this happens to us,” said Robinson. “It’s the only way we know how great things can be is if we have experienced how bad things really are. If every person you asked out to dinner said yes, and every date you went on was perfect, and you met the right person, he or she went to the temple with you and you had perfect children, and you never had any problems, whose plan in the premortal existence was that? That was Satan’s plan. That wasn’t our Father in Heaven’s plan. Our Father in Heaven’s plan was that we get hurt, have problems and get rejected. I know it hurts, but you have to be prepared to deal with it.”

BE HONEST

If the spark just isn’t there after going out to dinner, just be honest with the other person and tell them that while it was nice getting to know them better, there won’t be potential for a future date.

“Try to have dinner with those that you think you’d like to get to know better,” said Robinson. “If you like them and they like you, then go on a date. Maybe at that point you realize that you don’t really like them all that much, but that’s OK. Remember, the definition of a date

is to get to know someone. And then, if the person asks you and you’re really not interested, just be honest with them. It hurts, and it’s going to hurt them, but just tell them. You’ll both get over it and move on.”

Remember, accepting a date doesn’t mean committing to a future together any more than extending a date invitation does. There is no obligation between the two parties for anything beyond the date, so individuals should feel comfortable expressing whether they are interested in continuing to get to know the other person. If not, be clear but kind when turning someone down. Don’t make it awkward later by avoiding interacting with them in public places or gossiping about them to friends. Just as people should feel free to express a lack of interest, people shouldn’t feel ashamed to express that they want to get to know someone better.

HAVE FUN AND KEEP IT SIMPLE

Above all, singles need to learn to relax and enjoy the stage of life they are in. Dating becomes a chore when it is done solely with the intention of finding an eternal companion.

“Loosen up and have some fun in your twenties,” recommended Robinson. “Life gets so serious after you get out of school and you have to pay a mortgage and bills and student loans. Right now just take it easy. What happened to fun? What happened to having a good time? What happened to getting to know people, enjoying life and interacting with someone of the opposite gender? What happened to that? We need to get past the obsessing about marriage stuff, because marriage just happens. It’s a happy consequence of dating, and you just end up with the right person.”

Not every date will lead to an eternal marriage, and it doesn’t need to. Don’t look at every person that extends an invitation to go out, evaluating their potential as a celestial mate. Just have fun, and get to know them.

Be OK with not having it all figured out right from the start. Embrace the unpredictability and the ambiguity. It’s OK to not know where things will go right after a first date. But don’t fear the risk. Go on that date, give them a chance and be open to what could come after.

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BRINGING DOWN YOUR WALLS

TALKING ABOUT ADDICTION, PORNOGRAPHY USE AND SEXUAL HISTORIES WITH A POTENTIAL SPOUSE

BY ELEANOR CAIN

It's easy to build walls around our fears, temptations and pasts when first dating or getting to know someone. We want to be seen a certain way, attract certain people and fool others (or maybe even ourselves) into thinking life for us is just that — certain.

But in a serious relationship, there comes a point when putting our best self out there isn't enough. To truly build a lasting relationship with someone else we have to ease our walls down, or else they might become stumbling blocks further down the road.

One of the walls couples face before marriage is opening up to a potential spouse about sensitive topics like addiction, pornography use and sexual histories.

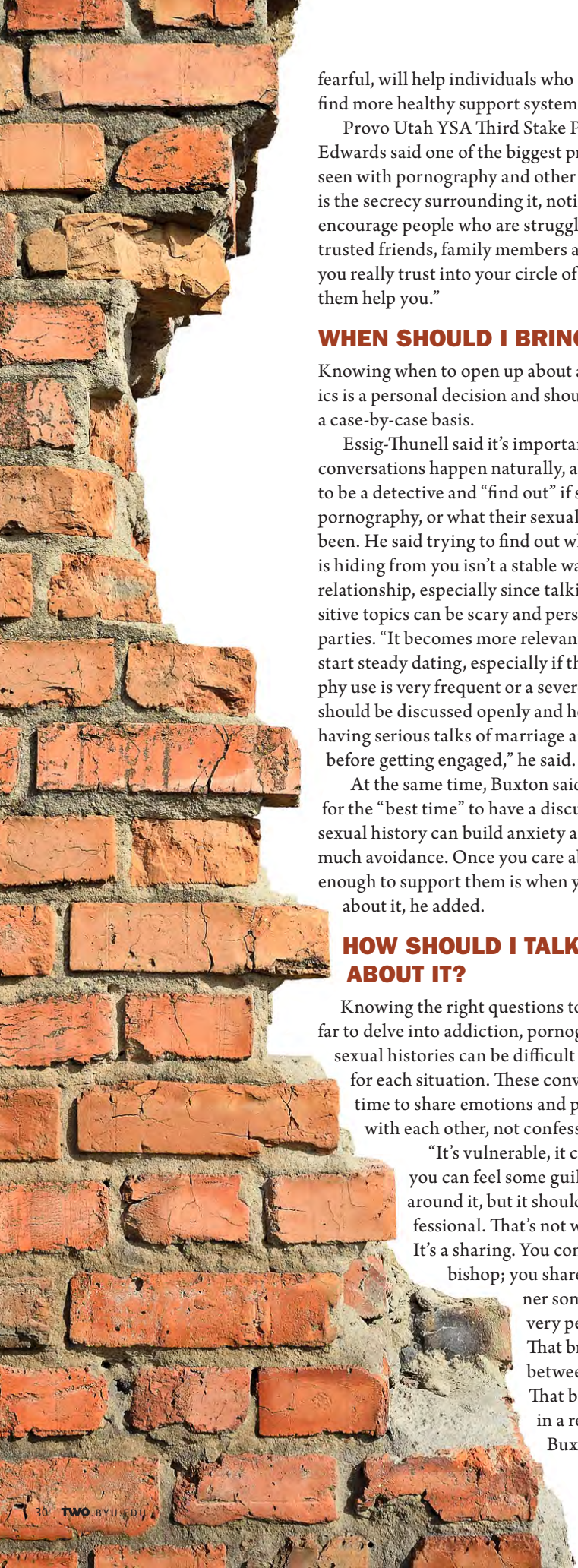
WHY SHOULD I TALK ABOUT THIS BEFORE MARRIAGE?

Addressing these intimate topics before marriage is vital for anyone looking for a potential spouse. Lee Essig-Thunell, a BYU graduate student in human development, said not only does being open

with each other strengthen a relationship, but deceit of any kind can cripple trust and debilitate relationships in the future.

“What is the attempt to build an intimate relationship but the ability to address sensitive topics?” said BYU marriage and family therapist Michael Buxton. “And feeling safe, feeling understood and listened to around the areas that you feel most ashamed of? Everybody has a sexual history — whether it be one of abstinence or previous activity. The conversation becomes easier once both sides drop their idealism and realize what a normal human experience sexuality is. What is your family history concerning that issue, how was it brought up, what were you made to feel ashamed about or what do you feel excited about? (Talking about it) actually has the tendency to temper people's desire. It's really the avoidance that makes sexuality more difficult for people.”

Talking about sensitive topics before marriage also helps those who struggle to find a partner who is more ready and willing to offer help, Essig-Thunell said. “Being aware of which partners are more understanding and supportive, rather than shaming and



fearful, will help individuals who do struggle find more healthy support systems,” he added.

Provo Utah YSA Third Stake President John Edwards said one of the biggest problems he has seen with pornography and other addictions is the secrecy surrounding it, noting “I always encourage people who are struggling (to) bring trusted friends, family members and people you really trust into your circle of influence. Let them help you.”

WHEN SHOULD I BRING IT UP?

Knowing when to open up about a sensitive topic is a personal decision and should be made on a case-by-case basis.

Essig-Thunell said it’s important to let these conversations happen naturally, and avoid trying to be a detective and “find out” if someone uses pornography, or what their sexual history has been. He said trying to find out what someone is hiding from you isn’t a stable way to support a relationship, especially since talking about sensitive topics can be scary and personal for both parties. “It becomes more relevant when you start steady dating, especially if the pornography use is very frequent or a severe problem, and should be discussed openly and honestly before having serious talks of marriage and definitely before getting engaged,” he said.

At the same time, Buxton said waiting for the “best time” to have a discussion about sexual history can build anxiety and create too much avoidance. Once you care about someone enough to support them is when you should talk about it, he added.

HOW SHOULD I TALK ABOUT IT?

Knowing the right questions to ask and how far to delve into addiction, pornography use and sexual histories can be difficult and is different for each situation. These conversations are a time to share emotions and past experiences with each other, not confess past sins.

“It’s vulnerable, it can be hard, you can feel some guilt and shame around it, but it shouldn’t be a confessional. That’s not what this is.

It’s a sharing. You confess to your bishop; you share with a partner something that’s very personal to you. That brings intimacy between people. That builds strength in a relationship,” Buxton said.

BYU religion professor Mark Ogletree said knowing how often and when these experiences occurred are important questions to ask when discussing issues like pornography and past sexual histories. However, he said sharing specific details about past or current experiences is for the Lord and someone’s bishop, not a potential spouse.

Even though asking questions about current or past struggles is important, it’s more important to ask questions about how someone addressed, currently addresses, or is willing to address past, present or future problems.

“Many people can recognize their habits as problematic and can identify spiritual consequences, regardless of the frequency of use. However, not everyone who uses pornography is ready to make all the significant life changes that may be necessary to alter their habits,” Essig-Thunell said. He also cautioned against “toe-dipping disclosure,” or telling someone little by little about the severity of a problem. It’s better to be forthcoming with information in the beginning, creating a stable foundation of trust and honesty later on.

Educating yourself with reliable sources about pornography, addiction and recovery can be helpful in learning how to talk about these issues. Good resources about how to talk about issues like pornography are available through organizations like the Utah Coalition Against Pornography or Reach 10.

Having conversations about sensitive topics in the right setting and in the right way can help couples create understanding and support for each other.

“Have the courage to have the hard discussions,” Ogletree said. “Have them in a place where you’re sitting down knee to knee, toe to toe, your hands touching and face to face, and you can talk in calm, quiet, dignified ways about stuff that matters the most to you.”

However, there is no best way to go about it and some couples might find it’s easier to talk about it through writing. Author Laura Brotherson, a licensed marriage and family therapist and certified sex therapist, said having such conversations over email or text decreases embarrassment, defensiveness and gives the person time to process exactly what to say. “It can provide opportunity to save face and be more honest, which is the primary hope in such conversations,” she said.

Some questions they might ask in a written format are:

1. Since pornography is seemingly everywhere, a lot of people struggle with resisting it.

When was the last time you looked at porn?

2. How often in the last year have you looked at pornography?

3. When was the first time you saw pornography and what was the context?

4. What would you recommend if your sibling was planning to marry someone with a pornography problem? What would you want to know? What would make you feel safe about them going through with it?

WHAT ARE POTENTIAL WARNING SIGNS TO END THE RELATIONSHIP OR DELAY GETTING MARRIED?

Though each situation is different and deciding whether to end a relationship is an extremely personal decision, there are general warning signs that indicate it might be better to reconsider marriage after talking about addiction, pornography use and sexual histories.

Buxton, Essig-Thunell and Ogletree said some warning signs to look for are if a person is too controlling, doesn't want to be honest or talk about how significant a problem is and has constant relapses but doesn't believe they need help. Another warning sign is if a partner is too anxious about supporting the other in their struggles, or shames them about their past or addictions.

Manipulative and self-centered behaviors are also warning signs, Brotherson said, adding that even when a person isn't "acting out" on their addiction, unless a person is in active recovery, those behaviors are often "left-over addictions."

"As a marriage counselor, sex therapist and a mother, safely marrying someone with a past or present sex or pornography issue would require that they are actively attending 12-step meetings, actively working the 12-steps, and seeing a counselor specializing in addiction," Brotherson said.

Ogletree said couples should also make sure the kind of person they're marrying is actually compatible with them. He said couples should be in agreement and harmony on the essentials such as how they live and understand the gospel of Jesus Christ, their future careers and family, and maybe even politics and education. Struggling with pornography or having a complicated sexual history isn't a deal breaker in relationships because most couples can overcome issues together.

"If on all the universal things you're in agreement and harmony ... then all the other things don't really matter as much," Ogletree said. "No one is perfect. Having the perspective that the Atonement is real will help couples accept and understand each other's flaws and imperfections.

We're all messed up to some degree. Everyone of us is broken. What you're looking for is someone with a willing heart who's humble and meek and willing to recognize the mistakes they've made, but willing to move on, put it behind them and move forward."

HOW CAN I HAVE HOPE AND OFFER SUPPORT?

Offering support goes hand-in-hand with having open dialogue about sensitive topics in a relationship.

Essig-Thunell said the first step in offering support is avoiding strong reactions to disclosure because negative reactions are often what keep people from getting help. Creating a safe environment and comfortable attitude about conversations around pornography or sexual history is also important, he said.

Listening, encouraging, avoiding being judgmental, and recognizing all of us struggle with issues are some ways partners can help each other, Edwards said. At the same time, couples also need to hold each other accountable for commitments they make, he said.

Phil and Renee Murphy are missionaries currently serving as addiction recovery specialists at the BYU addiction recovery mission. They said they see support as a three-legged stool.

"Work with your bishop, work with a counselor, do the 12-step (recovery program), and in every case, involve the Lord. It's really difficult if not impossible to overcome this without Christ and without his Atonement," Phil said.

Recovery often means a changing of heart and mind, and turning to the Savior with complete humility, Edwards said. The best way their partner can support them is by celebrating moments when they feel their heart is turning to Christ.

Making sure to take care of and fortify yourself through the Atonement of Jesus Christ while supporting someone else is also an important component for those who are helping someone through addiction recovery, Renee said.

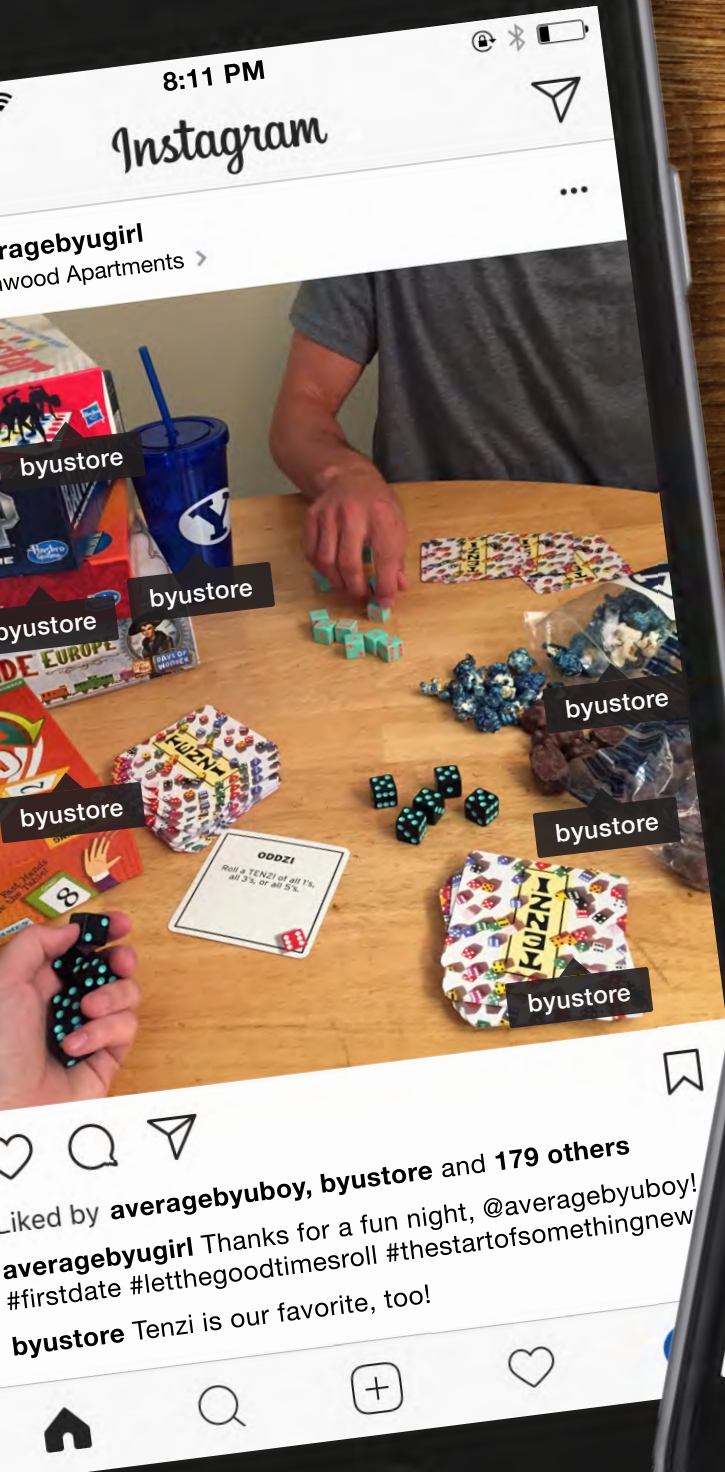
Overall, Phil and Renee say they want couples to be hopeful and trust in the Atonement. "(People) can and do give up this addiction and become strong. Sometimes the temptations come back and it has to be on your radar, but through the Atonement of Christ it doesn't matter how scarlet your sins are, they can be washed clean," Phil said.

Bringing down our walls brick by brick is difficult, but not impossible — especially if we're not doing it alone.

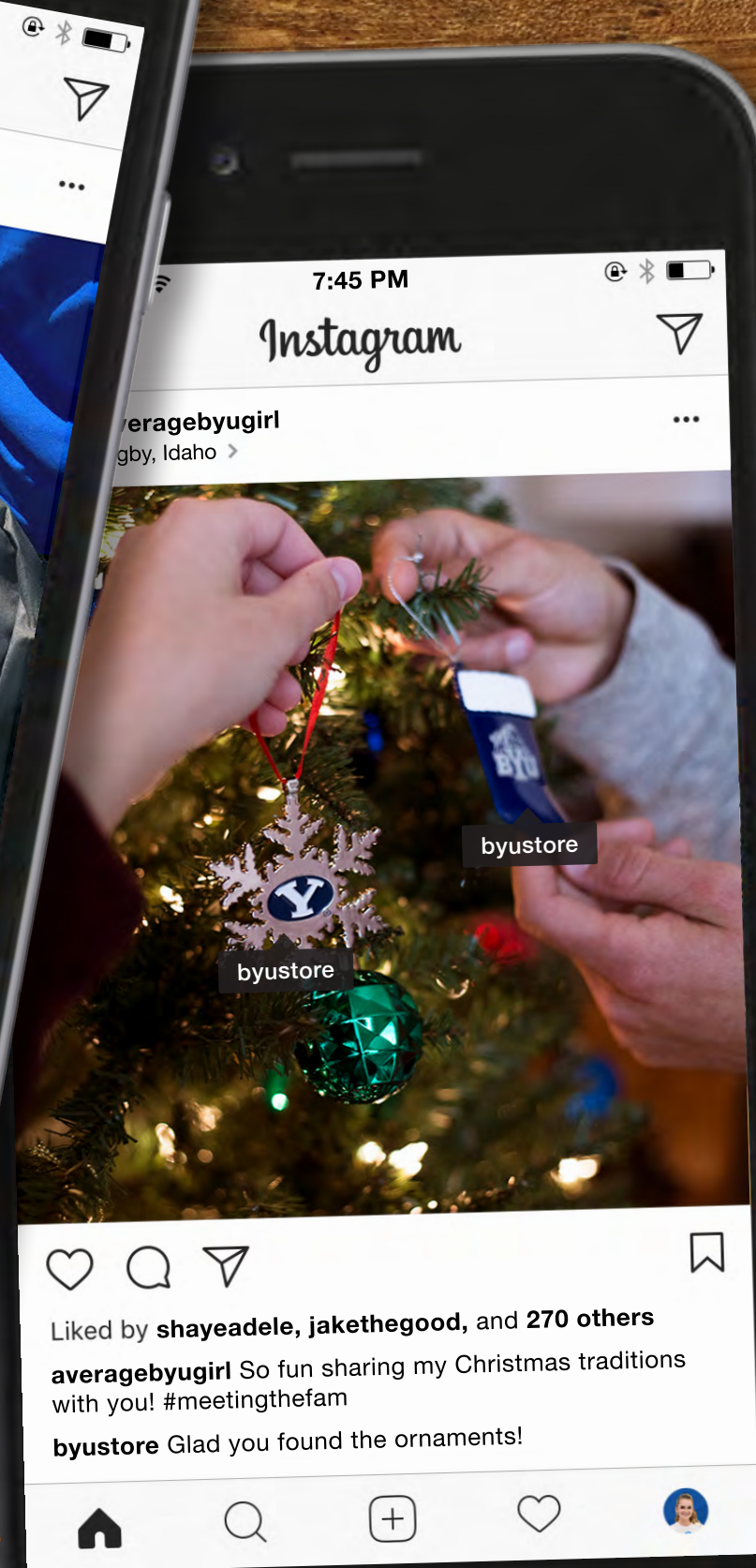


"Having conversations about sensitive topics in the right setting and in the right way can help couples create understanding and support for each other."

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Bridging D in a Rela



PHOTO BY TY MULLEN



Differences Relationship

By Shaye Mullen

Relationships are tricky. Two people from different homes, with different traditions, habits and ways of seeing the world attempt to come together and build a life together. Differences can include a person's level of comfort with physical intimacy, religious and cultural beliefs, child rearing philosophies, past experiences, financial decisions and major life choices such as where to live. Couples need to find ways to bridge these differences in order to build and maintain a healthy relationship. These guidelines can help couples move past their differences.

crust or no crust



Coke or Pepsi



collar or no collar

Talk About Beliefs and Expectations

Even from the beginning of a relationship, individuals should be open about their beliefs and values and how they envision their future. As they do, couples can begin to see what a life together might entail.

“Ideally couples would start the conversation before they were married,” said Jeremy Yorgason, associate professor of family life and a licensed marriage and family therapist. “They would say ‘hey, let’s talk about what things would be like.’ Before you’re married, you’re kind of in a blissful state most of the time, so it’s not about having conflict about this, but rather you’re trying to just learn about each other and plan for the future. But I do think it’s an ongoing conversation. A lot of things change over time, and you may talk about a lot of things but you really don’t know about them. When they come you can really have a better talk about them. When the bills come, when the kids are born, things change a little bit.”

This openness can allow individuals to see how their expectations differ from those of their partner, and decide in advance which compromises might need to be made.

“We talked right away about what we wanted from this relationship, and what goals we had for our lives,” said Brent Armstrong, a psychology major from Idaho Falls. “It was a little awkward at first, since we were still getting to know each other and figuring out how interested we were, but it really helped our relationship in the long run. We realized we had a lot of the same goals and hopes for our futures, even if the way we had thought of getting there differed a little bit.”

As individuals seek to understand what their partner wants out of their life, whether that be for their future family, career or even a bucket list, it becomes easier to envision what a future with that person might entail, and how goals and dreams can be meshed together to form a life together. Beginning this conversation early on can help couples to recognize whether the relationship has a real future.

Recognize Differences are Normal

No two people are exactly the same, and individuals need to not only accept that they will be different from their partner but to embrace these differences.

“One major problem in relationships comes from equating similarity with compatibility,” said Yorgason. “People don’t need to be the same to be a good match, and couples often find their differ-

ences enhance their relationship as they strengthen the weaknesses of one another, and play off their strengths.”

As couples discover the differences that exist, they need to evaluate the effect that this could have on their relationship and whether it will have positive or negative effects, long-term.

“I don’t really think that differences in marriage are a problem,” said Yorgason. “I think that they can actually be a nice complement. However, differences can be challenges, and perhaps sometimes deal breakers. But at the same time, differences and unique aspects of each partner are the spice of marriage, they make it exciting when otherwise it might be boring.”

As individuals seek to appreciate the differences of their partner, they should also recognize and seek to remember the similarities that brought them together initially.

“Focus on the good things, or the reason you got into the relationship in the first place,” said Shannon Baird, a senior from Brigham City, Utah. “Going into the relationship you had foundational similarities with things like the gospel, your goals, your ambitions or your love for each other. If you focus on the things that are the same, you can weed out the things that are not the same, and remember the things that are most important in life, and love each other more.”

Be Open

Differences between couples don’t only include things the couple will face moving forward, but also things they have experienced in the past. Whether opening up about past struggles with mental illness, addiction, unusual family dynamics or health challenges, individuals can come to know their partner better and understand their point of view. This can help to not only increase stability in a relationship but also trust between partners. However, individuals can’t put too much emphasis on their partner’s past, as this can damage the relationship.

“In our culture, we probably focus a little too much on the standards of someone’s past, like your family has to be a certain way for me to be interested in you, or something like that,” said Yorgason. “While it’s a good idea to go into a marriage with your eyes open – knowing someone’s background – in reality we all have challenges in our background. Sometimes, in our culture, someone’s past and looks tend to be highly emphasized. Hopefully people get past that before they get married: they know the person, they’re friends with



BYU or Utah

ketchup or mustard

them, they're best friends."

As couples begin to deepen their relationship, they should begin both sharing their past experiences and asking their partner meaningful questions. This will help them better understand one another, and build relationships of trust.

"It's good for couples at the right time to share sensitive information," said Yorgason. "It's not something you share on the first date, or even on the second date. But when a relationship looks like it may be long term, it's a good idea to share things with your partner that you think might be challenges; sooner rather than later. This is a delicate topic because you want to share things that might be a challenge or unique about you or your family, but everyone has some challenges."

Seek Compromise

If individuals have a different belief on an important issue than their partner, expectations should be reevaluated to see if there is a positive way to adapt these expectations to fit both belief systems. If this, too, is impossible, consider the possibility that this might be a red flag.

"When you have differences, it's OK to say, 'how can those differences help us to be something better than we would be if we both felt the same about this?'" said Yorgason. "The research does show for example, that religious differences can be really difficult to overcome in marriage. Sometimes there's a compromise by one or another to be more congruent with their spouse in how they feel about religious matters, but it can be really hard, especially when they're different religions in the relationship. These differences can be challenges and sometimes even deal breakers."

When making compromises, couples should consider both why they are making the compromise, and why each individual has that specific habit or belief. This can help couples make more informed choices that will improve the relationship.

"We always try to make the compromise that is somehow better or will lift us," said Baird. "For example, my husband likes to wear church clothes all day on Sundays, and I don't. But he feels like it helps him to keep the Sabbath Day holy. I have to remember that what he's doing isn't a bad thing, and I want to support him, and for us to be united. So I wear my church clothes all day too because I feel like it doesn't hurt me to move up a notch. Or if I go to the temple more often than him, it doesn't hurt him to go more often.

We try to find the higher road, so we're moving up together and we can match each other's good habits, instead of bringing the other person down."

Be Respectful

There will be times in a relationship where it is impossible to reach a compromise. However, as individuals seek to appreciate the ways their partner differs from them, they might find that not all differences need to be talked about or dealt with in a relationship.

"My boyfriend and I realized fairly early on that there were some things we would never agree on, and a lot of ways we were different," said Adele Dent, a senior from Redlands, California. "However, we also recognized that most of these things wouldn't become problems if we didn't let them, because they were unimportant things like how we liked our food to be cooked or our personal fashion sense. We decided right when we started dating that we wouldn't argue about these little things, because they wouldn't really impact our relationship in the long term anyways. We just have to understand that while we might always fundamentally disagree on that thing, we still love each other and respect one another, and that's the most important thing."

By keeping mutual respect as a fundamental value of their relationship, couples can improve relationship quality and satisfaction, regardless of differences.

"There's some research on long term relationships or people that have been married many years," said Yorgason. "Scholars did this research across different countries even, and they were trying to find what are the ingredients to a successful, long term marriage. One of those traits was mutual respect. I think there are certain elements of a relationship that help it to be lasting, that are part of the critical foundation of a relationship, and I think that mutual respect is one of those. Do couples have differences? Absolutely. Do some have more than others? Absolutely. When there are differences, to be respectful of those is really critical."

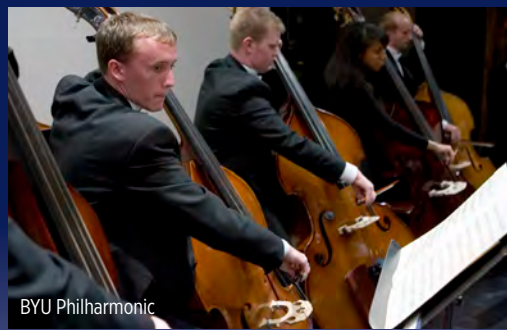
Sometimes, not respecting a partner's differences may be because of inexperience with those differences or not really understanding them. Individuals should seek to learn more about where their partner is coming from and not judge them based on personal experiences or biases. As both partners work together to understand and respect one another, differences can be overcome and weaknesses strengthened.

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667 DATE IDEAS



A WORD OR TWO ON DATING IDEAS

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 September 2017.

A few dates are highlighted. The highlights indicate:

On-campus dates

Free dates

Food

Restaurants.....	40
Desserts & Sweets.....	42
Food Trucks.....	45
Fun with Food.....	45

Outdoors

Low-key Activities.....	47
High-energy Dates.....	49
Local Parks.....	49
Ski Resorts.....	49
Winter Dates.....	50

Indoors

Museums.....	53
Inside Your Apartment... ..	53
Movie Theaters.....	56
Not at Your Apartment... ..	56

Events

BYU Arts.....	59
Festivals.....	59
Sports.....	61
Local Events.....	62
Performing Arts.....	62
Educational.....	62

RESTAURANTS



180 Tacos

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

Antonella's Artisan Bread Café

★★★★☆ Bakery, sandwiches. 154 S. State, Orem. 801-607-2127

Aubergine and Company

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

Bajío 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

Brasas Mexican Grill

★★★★☆ Mexican. 238 W. 100 S. 801-375-0240

Brick Oven

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

Broke Eatery

★★★★☆ Cajun/Creole, American, lunch only. 295 Center.

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. 801-607-2174

Café on Fire

★★★★☆ Persian/Iranian, Middle Eastern. 180 N. University Ave. Ste. 135. 801-373-3473

California Pizza Kitchen

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

Carrabba's Italian Grill

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

China Garden

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

Chom Burger

★★★★☆ Burgers, salads. 45 W. 300 N. 385-241-7499

Communal

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

Corner Bakery Café

★★★★☆ Bakery, cafe. 1155 W. Center, Orem. 801-221-3740

Cubby's Chicago Beef

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

Cupbop Korean BBQ

★★★★☆ Korean, barbecue. 815 N. 700 E. 801-916-8968

Don Joaquin

★★★★☆ Tacos. 150 W. 1230 N. 801-400-2894.

DP Cheesesteaks

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

El Gallo Giro

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

Even Stevens Sandwiches

★★★★☆ Sandwiches. 1280 N. University Ave. 385-477-6077

Firehouse Subs

★★★★☆ Sandwiches. 62 W. 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. 801-377-6442

N/A Good Move Café

★★★★☆ American. 1 Center. Suite 100

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 Café

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

The Happy Sumo

★★★★☆ 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. 801-623-3578

India Palace

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

JDawgs

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

Joe's Café

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

Joe Vera's

★★★★☆ Mexican. 201 W. Center. 801-375-6714

King Kebab

★★★★☆ Mediterranean. 1200 Towne Centre Blvd. 801-822-6278

Kneaders Bakery and Café

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

KoKo Lunchbox

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

Koi Express Sushi Wrap & Ramen

★★★★☆ Sushi, ramen. 1283 N. University Ave. Unit 102. 801-607-1950

La Jolla Groves

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

Laura's Kitchen

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

Lucy's Brazilian Kitchen

★★★★☆ Brazilian. 155 N. University Ave. 801-980-9014

Macaroni Grill

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

Malawi's Pizza

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

Main Street Pizza

★★★★☆ Pizza buffet. 2304 N. University Pkwy. 801-377-3330

Marley's Gourmet Sliders

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

Midici

★★★★☆ Pizza. 541 E. University Pkwy. Ste. B, Orem. 801-385-352-3752

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

Ohana Grill

★★★★☆ Hawaiian. 1409 S. State St. 801-427-4677

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

- \$ Pizza Pie Café**
★ ★ ★ ★ ★ Pizza buffet. 2235 N. University Pkwy.
801-373-5561
- \$\$ 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.
801-375-3354
- \$ 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.
201-375-0175
- \$ 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
- \$\$ Sushi Ya**
★ ★ ★ ★ ★ Sushi. 1545 S. State St., Orem. 801-225-7760
- \$ Sweeto Burrito**
★ ★ ★ ★ ★ Mexican. 1990 State St., Orem. 801-225-1178
- \$ 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
- \$\$ Tucanos Brazillian Grill**
★ ★ ★ ★ ★ Brazillian. 545 E. University Pkwy. 801-224-4774
- \$ Two Jacks Pizza**
★ ★ ★ ★ ★ Pizza. 80 W. Center. 801-377-4747
- \$ 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

\$ Chip Cookies

★★★★☆ Chocolate chip cookies. 159 W. 500 N. 385-225-9888

\$ The Chocolate

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

\$ Clark's Island Donuts

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

\$\$\$ La Dolce Vita

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

\$ Enliten Bakery & Café

★★★★☆ Pastries. 43 E Center. 801-919-3838

\$ Farr's Fresh

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

\$ Fruta Crush

★★★★☆ Mexican, desserts. 198 W. Center. 801-374-3308

\$ 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



Raspberry rolls from Shirley's Bakery & Cafe, cazookie from The Chocolate, cupcakes from The Sweet Tooth Fairy, sugar cookies from Sodalicious, doughnuts from Provo Bakery, waffle from Waffle Love, cannoli and chocolate éclair from Enliten Bakery & Cafe, macarons from Bianca's La Petite French Bakery, cherry pie from Village Inn, cake from The Mighty Baker, chocolate chip cookies from Chip Cookies.

\$ 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

\$ The Penguin Brothers

★★★★★ Ice cream sandwiches. 1273 N. Canyon Rd. 925-858-5527

\$ 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

\$ 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

\$\$ 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

\$ The Wash

★★★★★ Desserts, soda. 1195 N. Canyon Rd.

\$ Yogurtland

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

\$ Village Inn

★★★★★ Breakfast, desserts. 933 S. University Ave. 801-373-3037



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FOOD TRUCKS

\$ Art City Donuts

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

\$\$ Bandera Brisket

★★★★ Brisket. 801-414-8135, facebook.com/banderabrisket

\$\$ Boba Shack

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

\$\$ 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

\$\$ The Cluck Truck

★★★★ Gourmet chicken wraps. cluckingdelicious.com

\$ Corndog Commander

★★★★ American, corndogs. 801-946-9822, facebook.com/corndogcommander

\$ Eggrollin'

★★★★ Filipino. 801-750-5009

\$ Family Squeezed Lemonade

★★★★ Lemonade. 403-681-9256, facebook.com/familysqueezedlemonade

\$ Fatty Tuna

★★★★ Sushi & Ramen. 801-899-5075, facebook.com/fattytunafood

\$ Fiore Wood Fired Pizza

★★★★ Pizza, Italian. fiorepizza.com



\$ Forge Pizzeria

★★★★ Pizza. 801-368-7530, facebook.com/forgepizzeria

\$\$ Genki Asian Street Food

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

\$ Greek N Go

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

\$ The Grill Sergeant

★★★★ American. 801-995-8723

\$ LoL Hawaiian Grill

★★★★ Hawaiian. 801-748-3542, facebook.com/lohhawaiiangrill

\$ Maize

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

\$ Mama Z's

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

\$ The Mouse Trap

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

\$\$ Pompeii Pizza

★★★★ Pizza. facebook.com/pompeii pizzaco

\$\$ 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

\$ SPUDS

★★★★ Specialty baked potatoes. 801-960-7818, facebook.com/spudsloaded

N/A Sushi Be Rollin'

★★★★ Sushi. facebook.com/sushiberollin

N/A Suzy Thai

★★★★ Thai. 801-616-7516, instagram.com/suzythaifood

N/A Thai 2 Go

★★★★ Thai. facebook.com/thai2goutah

\$ The Sweet Station

★★★★ Candy bars. 801-404-9710, facebook.com/thesweetstationprovo

\$ Udder Joy Creamery

★★★★ Ice Cream. 801-856-3443, facebook.com/udderjoycreamery

N/A Uncle Bobby's Hawaiian Style

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

\$ Vida Acai

★★★★ Acai bowls. 801-433-7459, instagram.com/vidaacai

\$ World's Best Corndogs

★★★★ Corndogs. 801-645-3640, facebook.com/worldsbestcorndogs

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.

A fake night in Paris or Rome

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

Progressive dinner with friends

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

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.

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.

Play Apples to Apples while eating apples

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

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.

Cook with a Dutch oven

Dutch ovens available for rent at Outdoors Unlimited.

Hot chocolate at night

Cozy up with your date out on a deck and enjoy a hot chocolate.

Murder mystery dinner

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

Host a tea party

Except with apple cider and finger sandwiches.

Make a pazookie

Empty a tube of cookie dough into a pan, bake, and add vanilla ice cream. Delicious.

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!

Carve a pumpkin

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

Picnic for breakfast

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

Make cinnamon roll waffles

Pick up a tube of cinnamon roll dough at the store and put the dough pieces in a waffle maker. You'll be glad you did.

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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/ashsongardens

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

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.

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.

Fly a kite

You can even build the kite yourself if you're feeling ambitious.

Watch the sunset

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

Find the deer on campus

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

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.

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

Have fun with spray paint

Spray paint street art on cardboard with stencils.

Cup-fence design

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

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 or mountain white fish. Get your fishing license at utahfishinginfo.com/utahrivers/provriver.php

Take a self-guided historic Provo buildings walking tour

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

Go stargazing

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

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

Tailgate a BYU football game

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

Go tunnel singing on Sunday night

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

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.

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 toward the stars and enjoy the night.

Feed the ducks at the pond

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

Try Goga

It's surprisingly fun to have a goat jump on you while doing yoga. GOGA, utahgogaguys.com

Have a picnic outside

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

Cloud watch

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

BYU Independent Study

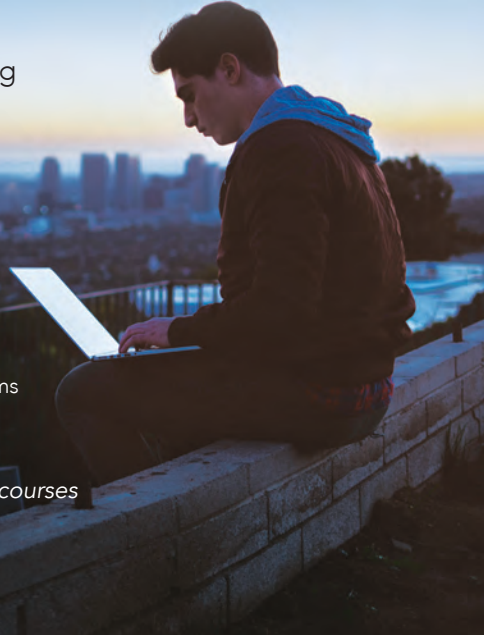
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 - PHY S 100:** Physical Science
 - A HTG 100:** American Heritage
 - ECON 110:** Economic Principles & Problems
 - SPAN 101-102:** Foundational Spanish 1, 2
 - GEOL 101:** Introduction to Geology
- View all our courses at byu.is/universitycourses*



HAUNTED HOUSES

Haunted Forest

Haunted house and forest. 6000 W. 6400 North, American Fork, 84003. 801-252-5626. hauntedutah.com/haunted_forest_index.html

Strangling Brothers Haunted Circus

Haunted house. 632 E. 1500 South, American Fork, 84003. 801-850-8060. stranglingbrothers.com

Nightmare on 13th

Haunted house. 320 W. 1300 South, Salt Lake City, 84115. 801-467-8100. nightmareon13th.com

Castle of Chaos

Haunted house. 7980 S. State, Midvale, 84047. 385-216-8915. castleofchaos.com

Fear Factory

Haunted house. 666 W. 800 South, Salt Lake City, 84104. 801-692-3327. fearfactoryslc.com

Haunted Hollow Trail of Terror

Haunted forest. 1900 W. 1550 South, West Haven. 801-252-5626. hauntedutah.com/haunted_hollow_index.html

Asylum 49

Haunted hospital. 140 E. 200 South, Tooele. asylum49.com

Haunted Halloween Lair

Haunted house. 1641 S. Oak View Lane, Spanish Fork, 84660. hauntedhalloweenlair.com

Frightmares

Haunted house, maze, Halloween entertainment. 375 N. Lagoon Dr., Farmington, 84025. 801-451-8000. lagoonpark.com

Hee Haw Farms

Corn maze and haunted hayride. 95 S. 2000 West, Pleasant Grove, 84062. 801-368-4335. heehawfarms.com

Rocky Point Haunted House

Haunted house. 3400 S. State, Salt Lake City, 84115. 801-463-7701. rockypointhauntedhouse.com

Haunted Attic

Haunted house. 1320 N. 300 West, Lehi. 801-766-4386. sevenpeaks.com/blog/haunted-attic-blog/

Sleepy Hollow

Haunted wagon rides. 2002 Soldier Hollow Dr, Midway, 84049. 435-654-1655. sleepyhollowutah.com

Night Stalkers Haunted Trail

Haunted trail. 8800 S. 4010 West, West Jordan, 84088. 801-569-2356. nightstalkershaunt.com

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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

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

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

Hit the trails

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

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

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

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

Take a Pedal Provo Ghost Tour

Explore Provo by bike while hearing local ghost stories. pedalprovo.com

Go snorkeling at Midway Crater

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

Whitewater 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 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.

Ice-blocking

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

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

Skip rocks

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

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 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

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

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

Hit the playground

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

Train for a race together

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

Plan a bike ride

Grab your bikes or rent a tandem. Cruise around town or up the ante and go mountain biking.

Try disc golf

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

Go horseback riding

Channel your inner cowboy or girl and hit the trails. Call for reservations. Boulder Mountain Ranch, 5550 N. Boulderville Rd., Kamas. 866-683-5819, bouldermountain-ranch.com

Go rappelling

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

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

WINTER DATES

Go ice skating

Perfect excuse to hold hands with your date for the whole night. provo.org/community/peaks-ice-arena.

Try ice fishing

Try ice-fishing in Utah Lake or Strawberry Reservoir. There will be lots of time to talk and snuggle while you wait for a bite.

Take a sleigh ride

Snuggle up next to your date and enjoy a romantic horse-drawn sleigh ride. rockymtnoutfitters.com/sleigh-rides

Go snowshoeing

Rent some snowshoes at Outdoors Unlimited and take a nice winter hike.

Go sledding

Find a local hill and see who can be the first to the bottom!

Go cross-country skiing

Skis are available to rent at Outdoors Unlimited.





Go to an ice sculpture show

Head on up to Thanksgiving Point to see all the amazing ice sculptures on display. End of November – beginning of December. thanksgivingpoint.org/calendar

Make a gingerbread house

Get creative with themes, ingredients and construction methods. See who can build the best one.

Visit the ice castles

Reinact Frozen as you take a tour through the amazing ice castles in Midway. icecastles.com/midway

Build a snowman

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

Attend a hockey match

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

Christmas lights at Temple Square

Soak up the true Christmas spirit with that special someone on Temple Square. November 24- January 2.

Try gourmet hot chocolate recipes

Look up recipes online and try spicing up the classic take with spices, candies or special marshmallows. Choose a favorite.

Make an indoor winter wonderland

Cut out snowflakes, make Christmas cookies and sip hot chocolate while watching a Christmas movie or listening to Christmas music.

Take a romantic walk while drinking hot cocoa

Enjoy the brisk winter air while drinking hot cocoa and walking hand in hand with your date.

The North Pole at Seven Peaks

Sled down water slides, ride a train through a winter wonderland, visit with Santa Claus and cruise through the north pole on bumper boats. Visit sevenpeaks.com/north-pole-seen-peaks/

Make Christmas cookies

Get into the Christmas spirit by making and decorating Christmas cookies for your neighbors.

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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)

Teach each other card tricks

Or learn one together. Then show off to roommates.

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.

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.

Dollar date

See who can score the best find at the dollar store, order off the dollar menu and see a dollar movie.

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 play.

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.

Play a board game

Rediscover your Monopoly skills.

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.

Paper airplane contest

See who can build the best paper airplane. Test based on distance travelled, flight time or height reached.

Play with Legos

Build the JFSB or the clock tower.

Make a music video

Turn on one of your favorite jams and film yourselves lip syncing along. Bonus points if you recreate the original video.

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.

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.

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.

Watch childhood cartoons

Wear your pajamas and eat cereal for dinner while watching your favorite childhood cartoons together.



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Share your talents

Anything you can do, your date can do better.

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.

Write letters to missionaries

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

Make clay and sculpt

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

Do an online workout video

Find a old workout video on youtube and do your best to follow along. Zumba and 80s Jazzercise are great choices.

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INSIDE, NOT IN YOUR APARTMENT

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.

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, nickelcityore.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 HBLL 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 to a concert

Find out when your favorite band is playing and jam out with your date.

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

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.

Go bowling Skittles-style

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

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 HBL 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.



WHERE THE DATE IS NOT THE GAME...



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for BYU students

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- Online TA support through email, video calls, or in person

New Courses

- ACC 200:** Principles of Accounting
- BIO 100:** Principles of Biology
- BUSM 200:** Intro to Global Supply Chain Mgmt.
- COMMS 482:** Media and World Religions
- ENGL 316:** Technical Communication
- MCOM 320:** Comm. in Organizational Settings
- IHUM 101:** Intro to the Humanities
- WRTG 150:** Writing and Rhetoric
- TMA 102:** Introduction to film
- SOC W 200:** Introduction to Social work

View all courses at byuonline.byu.edu



BYU ARTS CALENDAR OCTOBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.
1	2	3 <i>Choir Showcase</i>	4	5	6
8	9	10	11	12	13
15	16	17	18	19 <i>J. Lage & C. Eldridge</i>	20 <i>Final Cut Film Festival</i>
22	23	24 <i>Grand Night of Opera</i>	25	26	27
29	30	31			

JANUARY 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.
	1	2	3	4	5
7	8	9	10	11	12
14	15	16	17	18	19 <i>Peking Acrobats</i>
21	22	23	24	25 <i>Macbeth</i>	26
28	29	30	31		

*For more information on showtimes, location, and ticket prices go to arts.byu.edu/events/month/

FESTIVALS

Cornbelly's Corn Maze & Pumpkin Festival
Pumpkin picking, corn kernel pit, blasting pumpkin cannons, a killer corn maze, and more. September 22- November 4. Thanksgiving Point.

Utah Paranormal Expo
Satisfy your curiosity of all things paranormal, unexplained and fantastical. October 7, 10 a.m.-10 p.m. Sandy Expo Station.

Cotopaxi Questival Adventure Race
Grab some friend and spend the day together completing hundreds of challenges around Salt Lake. Register online at cotopaxi.com/products/oktoberquest-salt-lake-city-2017. October 20-21.

NOVEMBER 2017

SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
7 BYU Spectacular				1 Symphony Orchestra	2	3 The Mill on the Floss Wind Symphony	4
14	5	6	7 Symphonic Band	8 The Mill on the Floss	9 Noteworthy dance Ensemble	10 Mens, Womens Chorus	11
21 Grand Night of Opera	12	13	14 The Mill on the Floss Baroque Ensemble Marching Band	15 Philharmonic	16 The King's Singers	17 Ballet Showcase	18
28	19	20	21	22	23	24	25
	26	27	28 Jazz Ensemble	29 Into the Woods	30 Microburst Theatre		

DECEMBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1 Into the Woods, Microburst Theatre Christmas Around the World Celebration of Christmas	2
3	4	5 Into the Woods Symphony Orchestra	6 Synthesis	7	8 Chamber Orchestra	9
10	11	12 WindSym & SymBand	13 University Chorale	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY 2018

SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6 Vocal Point					1 Ballet in Concert	2	3
13	4	5	6 Winter Choirfest	7	8	9 Philharmonic	10 Symphonic Band
20	11	12	13	14 Wind Symphony BYU Cougarettes	15 Jake Shimabukuro	16 Regional Jazz Fest.	17
27	18	19	20	21	22	23 Broadway Revue Living Legends	24
	25	26	27	28			

MARCH 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1 Young Ambassadors	2	3
4	5	6 Symphony Orchestra	7 Alan Menken Folk Music Ensemble	8	9 Schiller's Mary Stuart Dance Ensemble	10
11	12	13	14 Schiller's Mary Stuart Jazz Ensemble	15	16 Ballet	17
18	19	20 Schiller's Mary Stuart	21	22 Men's Chorus	23 Single Wide	24 Schiller's Mary Stuart
25	26	27 Single Wide	28 Symphony Orchestra	29 Chamber Orchestra	30 Women's Chorus	31

Music
 Dance
 Theatre
 Other
 Bravo!

Heber Valley Music & Cowboy Poetry Gathering

Learn more about the cowboy way of life through poetry, art and music. October 25-29, hebervalleycowboypoeetry.com

2017 Day of the Dead

Celebrate Dia de los Meurtos with traditional Mexican music, dance, food, and activities. October 28, 11 a.m.-6 p.m. 1355 West 3100 South West Valley City.

Lighting of the Riverwoods

Walk beneath the twinkling lights and appreciate the ice sculptures. November 17, 6-9 p.m. The Shops at Riverwoods. shop-satriverwoods.com/lifestyle/events

Heber Valley Railroad North Pole Express

Go on a train ride to the North Pole, complete with hot cocoa, elves and Mrs. Clause's cookies. November 24- December 23. hebervalleyrr.org/specialevents/north-polexpress

Festival of Lights

Drive through a beautiful display of Christmas lights and decorations accompanied by holiday music. November 24 - January 1. Canyon View Park, 3300 East Powerhouse Road, Spanish Fork. spanishfork.org

Draper Tree of Life

Admire the branches adorned with more than 1000 individual strands of lights.

November 27, 6-8 p.m. Draper City Park. draper.ut.us/992/Tree-Lighting-Ceremony

Zoo Lights

Cozy up and walk through the zoo grounds to enjoy themed displays. December 1-31. Hogle Zoo. hoglezoo.org/promo/zoo_lights/

Festival of Trees

Experience a winter wonderland of uniquely decorated trees and other decorations. December 3-6. South Towne Expo Center, 9575 South State, Sandy.

Sundance Film Festival

Experience the largest independent film festival in the nation, only an hour away. Walk the streets, check out a film and go

celebrity spotting. January 18-28. www.sundance.org

Banff Mountain Film Festival World Tour US 2018

Revel in adventurous mountain culture without missing school. February 2018. Ragan Theater, Orem.

Salt Lake Comic Con 2018

Geek out together at the bi-annual multi-genre fan convention. March 2018. Salt Lake.

Tulip Festival 2018

Walk through Ashton Gardens as the tulips begin to bloom! If you play your cards right, something else may bloom, too. April 2018. Thanksgiving Point.

Get credit for date night.



BYU
SALT LAKE CENTER

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



BYU SPORTS CALE



OCTOBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.
1	2	3	4	5	6 FTB
8	9	10	11	12 WVlb WSoc	13
15	16	17	18 MTen	19 MTen WSoc	20 MTen
22	23	24	25 MBkb	26	27 WVlb
29	30	31			

JANUARY 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.
	1	2	3	4 WBkb	5
7	8	9	10	11 MBkb	12
14	15	16	17	18 MBkb	19
21	22	23	24	25 WBkb	26
28	29	30	31		

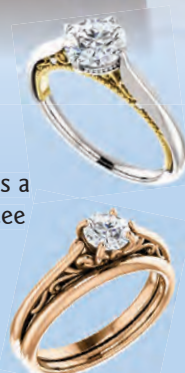
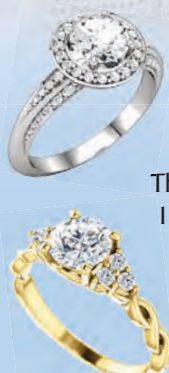
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*For more information on schedules of BYU athletics (including the schedules for Women's Gymnastics, Men's Volleyball, Track & Field) visit byucougars.com.



NOVEMBER 2017

SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
7 WSoc				1 MBkb	2 WVlb WBkb	3	4 WVlb
14 WVlb	5	6	7	8 MBkb	9	10 WBkb	11 MBkb
21 MTen WSoc	12	13	14	15	16 WVlb	17	18 FTB, MBkb WVlb
28 FTB	19	20	21 MBkb WVlb WBkb	22	23	24	25 WBkb
	26	27	28	29	30		

DECEMBER 2017

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1	2
3	4	5	6 MBkb WBkb	7	8	9 WBkb
10	11	12	13	14	15	16 MBkb
17	18	19	20	21 MBkb	22 WBkb	23 MBkb
24	25	26	27	28 MBkb	29	30 MBkb
31						

FEBRUARY 2018

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

MARCH 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1	2	3
4	5	6	7	8	9	10 MTen
11	12	13	14	15	16	17
18	19	20	21	22	23 MTen	24
25	26	27	28	29	30	31

Students can use their ROC pass to sit in the student section at any of the games. Tickets are also available at the Marriott Center Ticket Office. 701 E. University Pkwy. 801-422-2981, byutickets.com

FTB LaVell Edwards Stadium
MBkb Marriott Center
MTen Indoor Tennis Courts
WVlb Smith Fieldhouse
Football LaVell Edwards Stadium
Men's Basketball Marriott Center
Men's Tennis Indoor Tennis Courts
Women's Volleyball Smith Fieldhouse

WSoc South Field
WBkb Marriott Center
Women's Soccer South Field
Women's Basketball Marriott Center

LOCAL EVENTS

Humor U

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

Divine Comedy

According to their website, 15% of dates to Divine Comedy lead to eternal marriage. Various locations on BYU Campus. byu-divinecomedy.com

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. Southworth Hall, 116 W. Center.

Salsa Chocolate Thursdays

Free salsa lesson 9 - 10 p.m., Thursdays. Southworth Hall, 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.

BYU's International Cinema

Indulge in some fine international films. 250 SWKT. Check ic.byu.edu for more information.

Poetry Night at Enliten Bakery

Sample a plethora of delightful treats while enjoying a night of conversation and poetry. Visit their Facebook page for more info.

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.

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 Got Talent

Cheer on your favorite acts throughout the semester! Wilkinson Center Varsity Theater. studentleadership.byu.edu/stab/byu-s-got-talent

Open Mic Night

Every Tuesday from 8 p.m. - midnight. The Roll Up Crepe. 538 East University Pkwy, Orem.

Poetry Slam night

Check out thewallbyu.com for dates and details.

Karaoke & Open Mic at the Wall

Visit thewallbyu.com for dates and details.

Swing Friday at Gezzo Hall

Get your groove on with your date. Lessons go from 8:30-9 p.m., and then you can dance until the cows come home. Check gezzohall.com for more information.

Art Night at the Wall

Dazzle your date with your artistic abilities. Every third Wednesday of each month from 7-9 p.m. Register at thewallbyu.com/artnight

Apple Picking at Allred Orchards

Throw on some flannel, frolic in the leaves, and pick apples together at the Orchard. Want the date to last a little longer? Bake something together using the fruits of your labors. September — October. allredorchards.com/harvest-schedule

Dry Bar Comedy

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



Hale Center Theater

PERFORMING ARTS

Utah Lyric Opera

Performances in Provo and Orem. utahlyric.org

SCERA Live Theatre

See the best in community theater with a variety of shows happening through the fall and winter months. SCERA Theatre, 699 S. State, Orem. scera.org

Covey Center for the Arts

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

Tuacahn Amphitheatre

Escape the fall chill for a bit and journey down south to Ivins, Utah to experience theater under the stars. 1100 Tuacahn Dr, Ivins. tuacahn.org

Hale Center Theater

Visit one of the nation's highest attended professional theatres. Their new theatre in Sandy opens November 17, 2017. XXX XXX, Sandy. hct.org

Hale Center Theater Orem

Stay local and enjoy a live performance stage play or a musical. Hale Center Theater, 225 W. 400 North, Orem. haletheater.org

Utah Opera

Familiarize yourselves with the world of opera by attending one of this season's shows. Dress to the nines and be ready to swoon. 336 N. 400 West, Salt Lake City. utahopera.org

Eccles Theater

Take your date to downtown Salt Lake and see a ballet, comedy, or theater show. Check out their calendar for more events. 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.

Utah Regional Ballet

Experience the thrill of watching classically trained dancers. Performances through May. utahregionalballet.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

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

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.

Take a DIY class at Home Depot

Register online and learn more about the how-to's of home improvement while seeing how handy your date is. homedepot.com/workshops/

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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The Most Interesting People Are Interested

By Shaye Mullen

Giving a good first impression is critical when starting a new relationship. Often, people want to appear more attractive, more socially involved and more well-read than they really are in order to gain the attention of their potential love interest.

No one wants to be considered boring, because boredom doesn't usually breed romance. People don't come home from an exceptionally boring date with dreams of their future together. However, pretending to be someone completely different is not a healthy or sustainable way to begin a relationship. A more reliable way to appear interesting, is to really be interested.

Interesting people are those who are interested in the people around them, the ones who feel a drive to do and learn new things, and who aren't afraid to try something new. They're curious about the world around them, and this excitement to explore radiates outward, captivating the people around them.

These people do more than just tread the waters of mediocrity and the status quo. They find things they are passionate about, jobs they love and places they enjoy. They ask other people meaningful questions, instead of droning on and on about themselves.

Now, how does this idea of being an interesting, interested person apply to dating?

An interesting person really tries to get to know their date, instead of just asking basic questions like "where are you from" or "what's your major." They remember things their date has said in past conversations, and ask them how that is going, or what ended up happening. They have a better answer to the question "what do you like to do for fun" than "watch Netflix" or "listen to music." They plan thoughtful, personalized dates, but aren't afraid

to go with the flow when something disrupts that plan. They truly know themselves, and spend their time trying to get to know their date.

Becoming an interested, interesting person is a process. It doesn't happen overnight, and can make people feel slightly uncomfortable as they push themselves out of their comfort zones. If at a loss for how to start, try one of these activities:

- Instead of going to Wendy's or McDonalds for the 500th time, go to a restaurant you've driven by but never tried.
- Try a workout class you've never thought of doing.
- Ask more original questions: instead of asking what they're watching on Netflix, ask them what their personal passion project is.
- Read a non-fiction book to learn something new.
- Talk to a stranger and find something interesting about them.
- Attend an event about something you know nothing about.
- Get out. Instead of coming home from work or school and lounging around the apartment, go on hikes or walks, go to concerts, poetry readings or open mic nights, attend service activities or festivals. Push to do something outside the norm.





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