

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

TWO



FINDING YOUR

SUMMER BAE

P. 10

QUALITY VASA TIME

P. 20

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700

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54 QUESTIONS

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YOU GET MARRIED

P. 29

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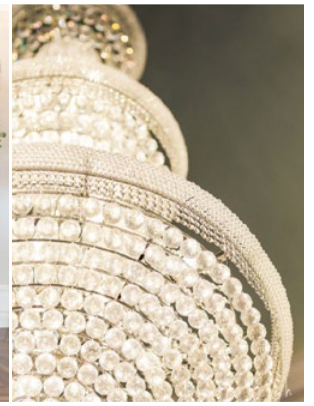
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12



TWO



54 QUESTIONS

Before the big answer, discuss these

29



IT'S ALL IN YOUR MINDFULNESS

Get out of your head and be present

34



CUTTING THE RELATIONSHIP

When it's time to move on

38



DATE IDEAS

More than 700 to choose from

41-62

FEATURES

TWO cents

GRILL 'N'
CHILL

6

WHAT KIND
OF DATER
ARE YOU?

8

FINDING YOUR
SUMMER BAE

11

ICE CREAM
COUNTER
COURTSHIP

12



ASKING HER
OUT AGAIN

16

CAFE RIO
ORDER
TELLS ALL

18

TWO POCKET
DATING
DICTIONARY

19

WE'LL ALWAYS
HAVE VASA

20

WORD SEARCH
FOR LOVE

23

DATING
DIARIES

24

DON'T
BE CREEPY,
BE CUTE

26



ADVERTISERS

Biomat	25
BYU Campus Floral	28
BYU Catering	21
BYU Independent Study	1
BYU Museum of Art	17
BYU Online	1
BYU Outdoors Unlimited	40
BYU Skyroom	28
BYU Store	31-33
BYU Student Health Center	45
Copper Creek Event Center	2
The Daily Universe	22, 56

Heart & Seoul	61
High Country Rafting	63
India Palace	41
Koi Express	55
Latter-day Bride & Prom	BC
Laura Brotherson	5
The Manor at the Riverwoods	61
Nickel City	55
The Quarry	49
Sierra West Jewelers	IBC
Southworth Hall	9

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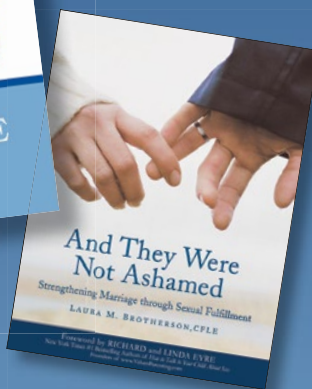
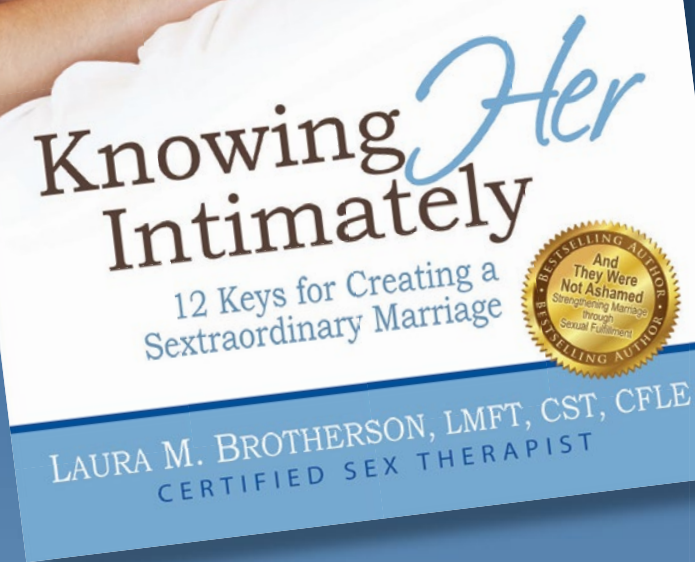
Carrie Moore
Kathy Aiken

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GRILL 'N' CHILL

Where there's smoke, there's fire – and the potential for a whole lot of sparks. As the weather starts to heat up, fire up the grill at home or in a local park and whip up a variety of kabobs. Cooking outdoors is a fun twist on the typical dinner date: it's low-key, shows off your culinary skills and gives an opportunity to fan those flames of love.



Veggie:
Tomato
Pepper
Mushroom



Hawaiian:
Pineapple
Chicken
Red onion
Teriaki marinade



Fruit:
Strawberry
Pineapple
Mango

Soak wooden skewers in water before assembling so they don't burn on the grill!



Light:
Chicken
Asparagus
Lemon



Rainbow:
Zucchini
Yellow pepper
Orange pepper
Tomato
Red onion



Hearty:
Steak
Potato

WHAT KIND OF DATER ARE YOU?

What are you doing an hour before a first date?

- Still deciding what to wear, it needs to be perfect. (1 point)
- Trying to think of a creative excuse to get out of the date so you can stay home watching Netflix. (4 points)
- Swiping through your favorite dating app just in case this date doesn't work out. (2 points)
- Just waiting, this could be it. (7 points)
- Just tidying up, you want to give a good impression. (10 points)

What is your dating philosophy?

- Dating is actually the worst. No, thank you. (4 points)
- It just has to work one time. (10 points)
- Always say yes. (2 points)
- It's a waste of time, but also unavoidable. (1 point)
- Dating is the best way to find my soul mate. (7 points)

Which rom com movie title best describes your dating history?

- "He's Just Not That into You" (1 point)
- "Runaway Bride" (4 points)
- "50 First Dates" (2 points)
- "P.S. I Love You" (7 points)
- "Just Go with It" (10 points)

Where do you usually meet dates?

- On apps like Tinder or Mutual. (2 points)
- Through mutual friends – that way I know they're preapproved. (1 point)
- Out and about just living my life. (10 points)
- I don't. (4 points)
- Making eye contact across a crowded room. (7 points)

How do you feel about dating apps?

- They're a necessary evil to meet new people. (1 point)
- They're great, I love meeting new people. (2 points)
- They're OK, I use them every now and then. (10 points)
- They're a waste of time. (4 points)
- They won't help me find my soul mate; people are just looking for hookups. (7 points)

Total points: _____

5-8 points

The Anxious Dater

It's all in the details: you worry about where you're going, what you're going to do and how much they're going to like you. Unfortunately, this leads to overthinking and getting in your own way. Take a step back and live in the moment. Let your personality shine through — it's sure to dazzle your date.

9-14 points

The Serial Dater

Dating is all about the chase. You're naturally good at catching their eye, and love the novelty of a new, casual relationship. While you go on lots of dates, you aren't ready to committed to one person. Be honest with the people you're dating, so both of you are on the same page. They need to know you're not looking for anything, so no one ends up with a broken heart.

I am a

_____ Dater

15-26 points

The Non-Dater

You're all about ease and are a natural skeptic. You believe that love "just happens" and shouldn't require any special effort on your end. You find reasons to dismiss potential love interests and feel uncomfortable putting yourself out there. This can lead to a lack of dates and interested parties. Stop avoiding it and push yourself out of your comfort zone. While it can be scary, do small things each day to meet new people and give them a fair shot.

27-38 points

The Hopeless Romantic Dater

For you, it's all about attraction. You believe in soul mates, fate, grand gestures and "the one." You're willing to do anything for your partner and expect them to do the same. You get emotionally invested early on in the relationship, and don't see the point of wasting time. If you're single, don't brush someone off because they don't seem like a "perfect match." If in a relationship, avoid creating unrealistic expectations for your significant other and respect their timeline. Love doesn't happen overnight: good things take time.

39+ points

The Open-Minded Dater

You think everyone should have a fair chance. You pride yourself in seeing the best in people and often notice a side to people that others overlook. You're dependable and organized and look at things fairly logically. However, sometimes you should say no to things and to pay attention to your intuition. Not everyone is a good match and it's OK to be picky sometimes.

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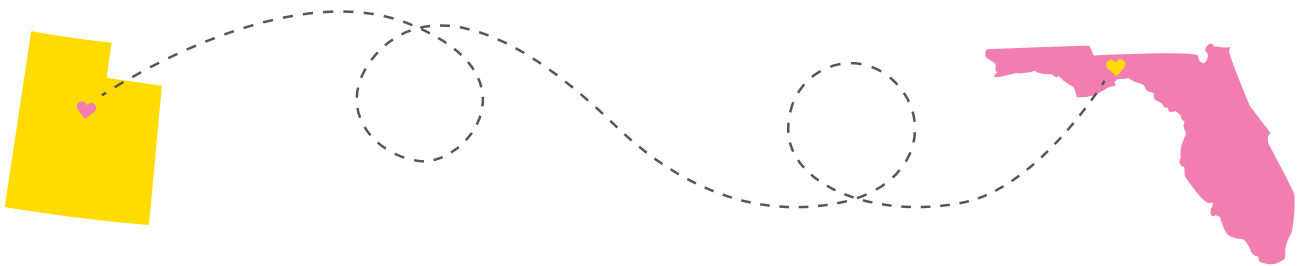
Provo, Utah

SUMMER SNAGS

BY KATIE HARRIS & SARAH MATTHEWS

SEPARATED BY SUMMER

Internships, summer sales and study abroad trips are notorious for stretching relationships across countries and oceans. However, you can make it work with the right attitude and a few tips from those who have made it out of the woods, no matter the distance.



Make a Game Plan

Have realistic expectations of how your time apart will go. Talk to your significant other about how often you want to communicate, if you will travel to see each other, what your goals for your relationship are and if you are going to see other people while apart. Talking about this early enough can help you determine if a long-distance relationship will be worth it for you. This way, when things start to get hard you can reevaluate instead of starting from scratch.

Make Time for Facetime

Nothing stagnates a relationship faster than ineffective communication. While texting and sending Snapchats can be a good way to stay connected throughout your day, nothing compares to talking face to face, or in this case, face to screen to face. Time differences and busy schedules can make this hard, but for any long-distance relationship to work it should be a priority.

Erin Dixon, a dance major from Maine dealt with a long-distance relationship spanning from Maine to Hawaii for four months. During that time, she really noticed the difference between just texting and having a face to face conversation.

"The problem with texts is that there is no emotion or voice inflection attached, so it can be hard to understand them on an emotional level," she said. "When you Facetime, you can see the proof of their love on their face."

Find a Hobby; Stay Busy

Too much time alone with your thoughts can be a bad thing. You don't want to make yourself sick from missing your loved one or worrying about losing them. Staying busy can be a great way to grow yourself as a person. Even a happy relationship will often make partners forget about their friends, hobbies, and interests. Don't forget that people like people who have interests. Take advantage of your time apart to get to know yourself, make new friends, and find new things you enjoy doing. This will give you plenty of things to talk about on your Facetime dates, keeping you from exhausting the same old topics.

Reassurance and Trust Are Key

It can be extremely difficult to stay calm and assured about your relationship when your partner is far away. Doubt and fear can easily come between you if they aren't addressed. Remind your partner of your feelings for them often, and don't be afraid to voice your own fears. Trust is important. Constant questioning and worrying can drive away romance and make your relationship not seem worth it. Your time separated will eventually end, and use the time apart to really get to know each other in a different way than you would if you were together.

Make a Gesture

Surprising your significant other with a visit can be great way to keep the romance alive,

but simple gestures like sending a letter or a care package can have a similar effect. Show your appreciation for your partner, even if they are far away.

Make the Relationship Progress

You don't want to see your partner at the end of your separation and realize you haven't grown closer together. Don't be afraid to address the hard topics just because of distance. Make an effort to support each other and try to avoid being overly critical. Katelyn Stiles, a news media major from Iowa, got married to her sweetheart after a three-month-long separation, while her partner was working on an internship.

"While you may be missing your cuddle time with your partner, take advantage of the time to learn how to really communicate and show your love in a way that isn't physical," she said.

A long-distance relationship can be a powerful tool of bringing people together if both parties put in the effort. Stay focused on why you decided long-distance was worth the effort, and not on what factors could potentially pull you apart. Before you know it, your loved one will be back, and your separation will fade and become nothing more than a cherished memory.



FINDING YOUR SUMMER BAE

As the summer months roll in Provo, peeps seem to dwindle thanks to internships, home visits, and extended vacations. As if that's not hard enough, you're in fewer classes with fewer people. How are you supposed to find that summer bae? Look no further than the seven tips below.



Start Playing

There's always a volleyball game going on at parks or in the quad of your apartment complex. Walk right up and ask to join. If there's not a game going, start one yourself. Post on the ward Facebook page or your Instagram story saying anyone is invited. Feel free to tease that gorgeous player on the other team. You just might find your smooth serve leads to Saturday night plans.



Run the Town

While campus events may be smaller, community events are thriving. Stay updated on activities around the city, like Provo's Freedom Festival in July. Grab a roommate and waltz around booths until someone catches your eye. Bonus points if you challenge them to a carnival game. The loser buys the funnel cake!



Enlist Help

Let your friends know you are looking for some summer romance. Plan group dates where everyone has to set someone else up. It might take a couple blind dates to find a match, but think about how many smelly feet Prince Charming dealt with before he found his Cinderella.



Get Out

Find a reason to go places you aren't normally seen. Go try a new restaurant on Center Street, start buying your produce at a farmer's market or bring s'mores supplies to the apartment complex firepit. Initiate a marshmallow roasting competition and recruit that dreamboat to help you find roasting sticks.



Kill Time

If you're already out getting frozen yogurt or making a midnight taco run, why not take a little time to get home? Hang out with your friends around the table just in case your summer bae has the same late night craving. Get the conversation started by inviting them to join your table; keep the conversation going by challenging them to bowling the next weekend.



Swipe Around

Check out dating apps like Mutual, Tinder or Bumble. Find the platform you like best and get the conversations started. Put a fun question in your bio like "Is a burger technically a sandwich?" to serve as an easy conversation starter. When you find someone great, plan an easy date like stopping at the Creamery on Ninth for ice cream. The low stress, low time commitment will give you just enough of a feel to know about a second date.



Pay Attention

You're already going places that your summer bae might be: you study in the library, go grocery shopping downtown, or do laundry down the hall with the rest of your complex. Instead of scrolling through your phone, look around at who is already there. Strike up a conversation by asking for help finding the peanut butter section (it doesn't matter if you already know where it is) or wondering where they got their sick shoes.



ICE CREAM COUNTER COURTSHIP

BY SHAYE MULLEN

Have you ever gone to the ice cream shop and found yourself stuck in line behind the most indecisive person in the world? You know, the person who has to try every flavor before making a decision?

Unfortunately, this attitude isn't unique to ice-cream shops.

Known colloquially as FOMO (fear of missing out), some people feel they need to sift, or swipe, through everyone in a 25-mile radius in order to find the best-possible significant other. While you should never settle, it's important to recognize when you're treating dating like sampling ice cream flavors.

Have you, or one of your friends, said something like this before?

"Madison is really cute and smart and funny. Man, I haven't liked a girl this much in a long time. But, the thing is, she isn't very good at cooking. I don't want to settle—what if there's a girl out there who's the total package?"

Or perhaps,

"Kevin is literally everything I could want in a guy, but I really think that if I wait it out I'll be able to find someone taller with the same qualities."

If you answered "yes", you might be an ice cream sample dater.



There Is No Perfect Match

While looking for your perfect flavor of ice cream, you may become preoccupied with certain qualities, forgetting what's essential and what's merely a strong preference.

Is it really important that she loves basketball or that she cooks the same way as your mom? Is it really a total game changer if he's not exactly five inches taller than you or not as car-savvy as your dad?

Take a step back and evaluate what's really important. Beauty fades. Interests change. Habits come and go. However, character and personality remain pretty consistent. Choose the things that really matter.

Look for Potential, Not Perfection

When it comes to dating, you may find yourself searching for perfection in a world of imperfect people.

However, you should be looking for potential, not perfection. They're not going to be perfect. But neither are you. You both have flaws and shortcomings.



Stop Looking for 'The One'

It may be rather unromantic, but the reality is that there is no one-perfect-person out there for you. Dating and marriage is not about finding the one, but finding someone, while not just settling for anyone.

You should never compromise on the things that are most important to you, such as goals, beliefs and values.

Some people will fit you better than others, and when you find someone who fits you better than anyone before, give him or her a shot.



It's About Effort

You don't find perfect relationships, you create them.

Hard times are unavoidable in any relationship — that's just life. There's a misconception that because some parts are hard, the relationship itself must not be right.

When going through hardships in the relationship, take a step back and evaluate whether both partners have put in the time and commitment that the relationship needs. If you find that one partner isn't fully engaged, that is the time to reevaluate the relationship.

Great relationships don't just fall into your lap, and it's not one person's responsibility to pull the weight.

The Final Scoop

Like testing flavors at an ice cream shop, it's tempting to think there is always someone better on the horizon, or that meeting someone fantastic just means that you're one step closer to finding that elusive 10.

This is the FOMO-attitude, which can have long-lasting consequences. If you always pursue the hypothetical best, you'll end up losing out on a lot of potentially great relationships.

Don't settle, but certainly don't get caught up in the search for perfection, because, unlike flavors at the ice cream counter, a lot of those people won't still be there when you realize that the best flavor for you was 15 mini-spoons ago.

FOLLOW THE BREADCRUMBS

BY SHAYE MULLEN

IMAGINE THE FOLLOWING SCENARIOS:

- The relationship ended and you said your goodbyes. You're trying to move on, and then they send a text "just to check in."
- You went on a few dates, but nothing came of it. You stopped talking, except for when they unexpectedly send you snapchats. They also routinely watch your Instagram stories.
- You're both interested, but nothing has happened yet. The only real contact you have is when they tag you in an occasional meme on Facebook or send a quick direct message on Instagram.

What do these situations have in common? They all involve some kind of breadcrumbing.

DEFINING BREADCRUMBING

Breadcrumbing is putting forth small bits of effort to keep a love interest hooked without maintaining an actual relationship. Through sporadic DMs, short texts and occasional snapchats, they reappear just frequently enough that you can't forget about them entirely.

HOW TO DEAL WITH BREADCRUMBING

When breadcrumbs are thrown your way, you don't need to pick them up and participate in the games. Here's how to handle breadcrumbers:

Think about the intention. Are they actually interested in pursuing a relationship, or are you just a backup? Maybe they're too shy to ask you out properly. Are they breadcrumbing just for attention and an ego boost? Knowing the purpose behind the breadcrumbs can help you decide how to proceed.

Look at how your relationship is progressing.

Do they do anything to move the relationship forward, or do they only talk about an elusive "sometime?" If they don't put forth real effort to spend time with you, they're likely just breadcrumbing. Move on to someone who's genuinely interested.

Don't let them off the hook. It's easy to tell yourself they're "super busy" or they "forgot to reply," but when you're truly interested in someone, you're never too busy or "forget" to reply. In a relationship, you should be treated as a priority — not an afterthought.

Decide how to respond and stick to it. With breadcrumbing, you can stop responding and see if they reach out more, or call them out on their games. Don't be afraid to ask for what you deserve from a partner or get out of a one-sided relationship. Moving on opens you up to meeting people who aren't afraid to put in the work to push a relationship forward.

CLIMBING YOUR WAY OUT OF A POST-BREAKUP RUT

Let's be real: breakups hurt. It doesn't matter how the relationship ended; at the end of the day, someone who meant everything is suddenly gone.

When heartbreak inevitably happens, there's no set time to heal. It's OK to feel passionately about the loss: cry, yell, get angry, rant, listen to mopey music and cry some more.

Time is the best way to heal. But here are a few tips to help with the healing process:

CRY IT OUT

One of the unhealthiest things a person can do after a breakup is to suppress all their emotions. It's natural to want to appear OK, but bottling things up will only lead to a break down later on. The sooner the breakup is acknowledged the better. There is no shame in being sad. It just indicates that the person was brave enough to be vulnerable with someone. Caring is strength.

ISOLATION IS A SILENT KILLER

After a breakup it can be tempting to cut people

out. Curling up in a bed surrounded by a mass of crusty dishes and crumpled tissues is not going to make things better. Friends, family and anyone important to the wounded are going to want to help. Let them. Focusing on others can help break the cycle of overthinking and obsessing about what might have been.

DON'T BE BITTER, GET BETTER

Focusing on something positive is the number one way to get out of a post-breakup spiral. Make a plan, set goals, get moving, serve, dance around if necessary, watch funny cat videos on YouTube, be a little extra and listen to sad music and stare at the wall for an hour or so, make a delicious quesadilla with extra cheese, whatever works. Remember healing from a breakup is a process. There might be three terrible days and then one good. It's OK. Just try to love yourself.

—Sabalie Donaldson



WHAT GUYS AND GIRLS LOOK FOR

WHAT GIRLS LOOK FOR

“Just that they’re a **good person** when they’re in front of you, and when they’re not. They’re **genuine** and authentic with people. They have a **quirky sense of humor** and can make me laugh.”

— Megan, a senior studying biostatistics, from Kayesville

“**Someone I can talk to.** We don’t necessarily have to be completely on the same wavelength, because that would get boring, but someone who **respects me**, and I can respect, and we **can talk openly about everything.**”

— Emma, a sophomore studying urban planning, from the military community in Germany

“They need to be a **good communicator.** We need to be able to communicate openly and honestly. They also need to be **loyal** – I need to know that he’s going to do what he says he’s going to do, even if I’m not there. Being a **hard worker** is also super important.”

— Melissa, a senior studying dietetics, from Cardston, Alberta, Canada

“They should always **put God first**, in all decision making. That really helps me see his mindset and where his goals are. They should **respect women** and treat their mother super well. They should be **honest**, and **open** and **vocal** about what they’re feeling and how they think things are going between us.”

— Marianne, a junior studying clinical social work, from Pennsylvania

“Someone who is **personable and honest** and can communicate what they’re feeling or what they want. Also, they’ve got to be **fun.**”

— Madi, a junior studying health science, from South Carolina

WHAT GUYS LOOK FOR

“There’s got to be **physical attraction**, but that’s not the main thing. Personality and a good attitude, she’s got to be **positive** and naturally **happy**, that’s number one. Number two is that they **treat everyone kindly**, whether they know them or not.”

— Matt, a junior studying marketing, from Provo

“Someone with a good personality, **who I can just click with.** They’ve got to be **easy going** and low maintenance, **pretty independent** too. I love when girls have drive and want to accomplish things.”

— Liam, a sophomore studying information systems, from Provo

“The most important thing is that they have a **similar sense of humor**, and that you can **easily talk and laugh** with them. Sharing similar interests helps too, so you can do things together and both enjoy it. I love a girl who is **adventurous** and **willing to try new things.**”

— Peter, a freshman studying pre-communications, from Maryland

“Someone with **similar interests**, so we can do fun activities together. I also like a **sense of humor**, someone who can laugh at the same TV shows I laugh at and who understands the same things I find funny.”

— Porter, a sophomore studying finance, from Kansas

“They have to be **worthy, athletic**, and someone I can have a good time with.”

— Storm, a sophomore, from Long Beach, California

“**Spirituality** is a big one, they also need to be **adventurous** and just a **happy, good, positive person.**”

— Cole, a freshman studying computer science, from Gilbert, Arizona



YES. NO. I THINK SO.

Making the decision to ask her out again.

START HERE

Has she sent the post-date text?

YES!

No...:(

Did she mention that she'd like to do something again?

Yes

No

Did she already tell you that she had a great time and would want to do something again?

Yes

No

Did she just thank you?

Yes

No

Did you have a great time and would want to do something again?

Yes

No

Did she say she had a fun time?

Yes

No

What did she even say?

Hey :)

xJfg;/raqIt

Would you want to do something again?

Yes

No

Did she seem like she had a good time?

Yes

I think so...

Easy, you're in!
Ask her out again!

Play it by ear.

That's it. Leave it be.

You got a pocket-dial text. Sorry.

Put yourself out there and ask her out again!

DATE NIGHT AT THE MOA

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WHAT THEIR CAFE RIO ORDER SAYS ABOUT THEM

BY JOAN PHILLIPS

Like the saying goes, 'you are what you eat.' You can learn a lot about a person based on what they order when you go out for dinner. Study up and see what you can learn about your date the next time you eat at Cafe Rio.

Chips and Salsa

They like to share. Your date is very kind and considerate.

Horchata

They probably served a mission in South America, get ready to hear some mission stories.



Double Rice No Beans

They like to play it safe. They are also considerate of others.

Flan

Cha-ching! They have the cash, you hit the jackpot.

Enchilada-Style Burrito with Hot Sauce

They are a saucy date, pucker up for some spicy kisses.

Tacos

Who gets tacos at Cafe Rio? Something is wrong with them.

Side of Beans

They already feel very comfortable around you.

A 'Healthy' Salad

The salads aren't actually healthy. They are pretending to be something they are not.

Enchiladas with Everything on Them

They are not picky about what they eat or perhaps who they date.

Mild Sauce

They are shy and like to play it safe. They may not be very spontaneous, but they are reliable.

Quesadilla

Only children eat quesadillas at restaurants. You deserve a grown up.



TY MULLEN

WHEN THEY LIKE YOUR FRIEND

BY HANNAH LAFOND

It's terrible when the person you like likes someone else, especially if that someone else is a friend. This can put a strain on your friendship and on you personally, as you work to accept it. **Allow yourself room to process your feelings** so you can be happy for the couple instead of faking it.

This will take time and space. Forcing yourself to be around someone when it's too painful makes you and them uncomfortable. You don't have to cut off the friendship entirely or at all — simply take time for yourself to process your feelings.

Though you care about them, **maintain some level of distance** or risk becoming their confidant. You don't want to become the person they share every detail about their new relationship with. Listening to things that could hurt you is not a requirement for being a good friend. You should not feel obligated to put yourself through that.

Stepping back doesn't mean you have to be alone. **Reach out to other friends and rely on them for support.** Spending time with other friends and having fun will help you avoid wallowing in self-pity.

Recognize the feelings you have. You can be upset and feel pain without letting those feelings run your life. Find supportive friends you can talk through your feelings with.

Finally, **the best thing you can do is to move on.** Go out, go on dates and be open to meeting



somebody new. Right now this person might seem like "the one," but that doesn't mean they are. By allowing yourself to move on, you also open up the possibility for a more genuine and honest friendship with all parties. Hanging around waiting for the day they choose you is a waste of your time. **You deserve better than being someone's second choice.**

<p>BACK-SLIDE</p> <p>1</p>	<p>A babe, a stunner, a hunk, a dime.</p> <p>14</p>	<p>BREAD-CRUMBING</p> <p>3</p>	<p>Somewhere between a friendship and a romantic relationship. A relationship you can't quite define. Equivalent to the Facebook relationship status "it's complicated."</p> <p>12</p>
<p>CUFFING SEASON</p> <p>5</p>	<p>Direct messaging or sending a flirty message via social media in hopes of getting the other person's attention.</p> <p>10</p>	<p>DEEP LIKE</p> <p>7</p>	<p>When one is creeping on someone's content feed and accidentally likes a post/photo that person shared five years ago.</p> <p>8</p>

Make-Your-Own Dating Dictionary

BY KATY BREADY AND NASTASSJA KRUPCZYNSKI

As they saying goes, communication is key, but with new ways to flirt and date come new ways to describe the experience of dating. How do you keep up with all this new slang?

Fear not, lonely hearts. We've compiled a short list of the current hot dating terms for you to study up on.

See the next page for instructions on how to assemble your dating dictionary. Good luck.

Quality VASA Time

BY HALEY MOSHER

Formal dates are important, but not everyone has the time to treat their crush to dinner and a movie as often as they'd like. It can be difficult to fit dates into a busy school and work schedule, but there are plenty of ways to spend quality time with that special someone even on the busiest of weeks. When it comes to making a relationship work, a little time and effort go a long way. It's just as important to be able to bond over daily, routine activities as through extravagant, planned dates for several reasons.

Routine activities let you into someone's life on a more personal, consistent level. It's easy to know that your date likes dogs and their favorite color is blue from weekend date conversations, but when you see and spend time with them in their day-to-day life, you start to learn little things they might not talk about. You could find out from studying together in the library that your chemistry-major crush has a secret passion for art history. Or, maybe you find out your crush has a fire workout playlist when you go to the gym together. These things might

come up in conversation eventually, but there's something special about discovering your crush's little quirks by yourself.

Bonding over everyday things also means you and your crush have a genuine connection, and it can make your daily routine more exciting. If there are tasks you dread alone but enjoy together, you can safely say you're having fun because of your crush, not because the date is well planned or the activity is easy going. Quality time spent together on daily items also turns your mundane to-do list into a plethora of opportunities to deepen your connection with your crush.

Finally, spending time together on regular tasks shows that you both know how to prioritize and get stuff done. Not only does it show you prioritize your SO, but it shows you can make time for them while still keeping up with your schoolwork, fitness and health, and other responsibilities. Being content with low-key activities is a good indicator that you and your crush could be able to make a long-term relationship work because you understand that relationships

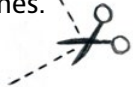
go deeper than just dates. It demonstrates that you both can incorporate someone else into your daily schedule and have it feel completely normal.

Dates are great and necessary to keep up a romance, but don't forget to enjoy the little things and regular activities that lay the foundation for a lasting relationship.



Instructions:

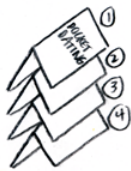
1. Cut pages out on dotted lines.



2. Fold each page in half.



3. Stack pages as numbered, with 4 on the bottom, 1 on the top.



4. Staple book together in the middle.



2

1

SNACK

To go back to talking to and/or dating an ex. The person who backslides is usually the one who broke it off, but not always.

13

2

TWO
POCKET
DATING
DICTIONARY

DM
SLIDE

When people who would otherwise be content flying solo take advantage of the cold autumn and winter months and find themselves with a desire to be "cuffed," or tied down by a serious relationship. At least until the weather warms up.

SITUATION-
SHIP

Giving someone just enough attention to keep them interested, without the intention of actually dating them. Also known as leading someone on. Similar to ghosting, but with extra stab wounds.

4

3



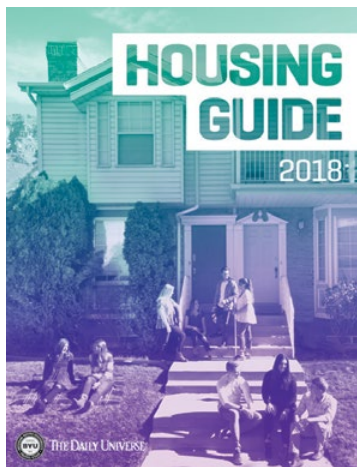
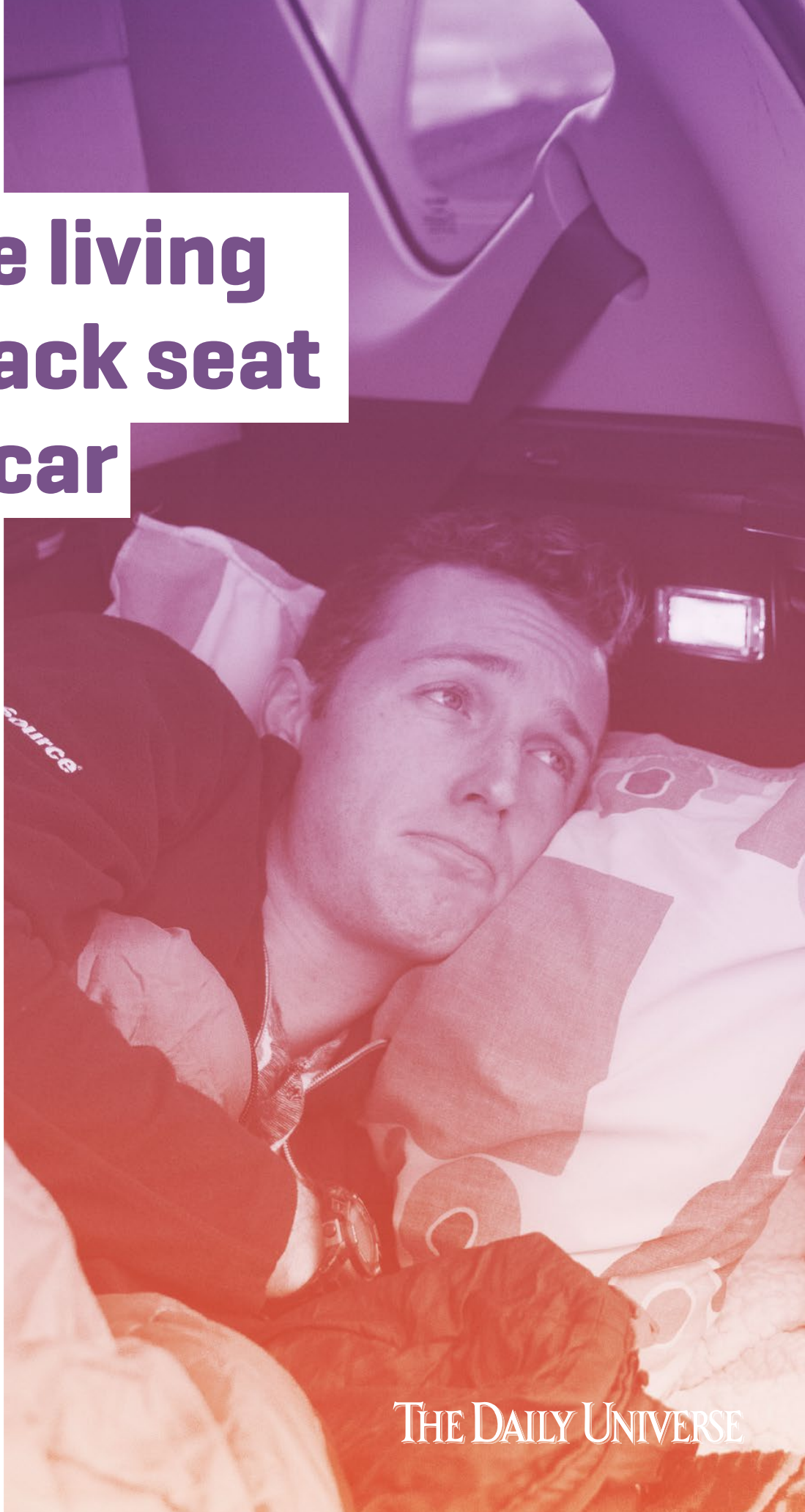
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THE DAILY UNIVERSE

Word Search of LOVE

Wondering about your love forecast for the next 6 months? Take a few seconds, take a deep breath and scan the puzzle. There are 57 different words: the first three words you find will guide your next 6 months.

P	L	O	V	E	A	L	O	N	E	I	Z	T	P	V	E	B	V	M	P
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B	K	S	S	Y	I	C	O	X	J	D	E	P	R	E	S	S	E	D	A
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A	R	O	M	A	N	T	I	C	M	I	S	T	A	K	E	B	Y	G	L

DATING DIARIES



Spencer

From Woodland Hills, Utah

“I met this girl, and I thought she was super cute and fun, but also sassy, which I like. We went on our first date and had a really good time. We fake argued about which Utah soda shop was better: Sodalicious or Swig. That gave me the perfect idea for our second date – we would get the same drink at both places and do a blind taste test to see which one really was better.

I picked her up for the date, and I could tell from the beginning she was crazy grouchy. She started criticizing everything I was doing, from my driving to the time of the date to where I parked.

We went to Swig, her favorite, first, and ordered. She was just as critical while we were ordering, leaving me feeling like maybe a second date wasn't the best idea after all. We went to Sodalicious next, and when we parked, she said, 'I don't want anything from here.' I asked her if she wanted to come in with me, so we could sit and talk, but she replied, 'I just want to stay here in the car.' I awkwardly just had to leave her there to go get my drink.

When I got back into the car, I offered her some of my drink, so we could at least kind of do a taste test, and she flat out refused. I just wanted the date to be over, so I started taking her home, with her still criticizing everything I did the whole drive. I guess she didn't realize I was taking her home, so when we got there she was super surprised, and I just had to awkwardly come up with an excuse for the date ending so quickly. She texted me after the date asking me, 'was that super awkward, or was that just me reading into things?'”

TWO Magazine



Juwan

From Connecticut

“We were in New York City, and she really wanted to go to this super fancy Brazilian steakhouse. We were seated after a long wait, got to our table, opened the menu and were shocked at the crazy prices. Literally everything was over \$100. She looked at me, and I looked at her, and we immediately decided to just leave. We started to walk out, but while we were going up a flight of stairs I tripped and fell flat on my face, right in front of a group of very well-dressed businessmen. Everyone started staring at us, and we both felt so out of place and uncomfortable. We got outside, and it started pouring rain. We ended up taking shelter in a random pizza place down the street, which had the worst pizza I've ever had in my life.”

TWO Magazine



Berkeley

From St. George, Utah

“I once took a girl on a first date, and we just made a bonfire and hung out for a little bit. We wanted to get food afterwards, but I had no money, so we went to Little Caesars and got the garbage pizza that they throw out when they close. I thought she was cool with it, but afterwards her friends talked to me and said she hated it and thought it was terrible.”

TWO Magazine



Amanda

From California

I matched with this guy on Tinder but never responded when he messaged me. Later, I ran into him country swing dancing, and he approached me and convinced me to go out with him the next day. He picked me up after he got off work, but didn't change or shower. He worked on a ranch so he smelled terrible and was super dirty. We got hot chocolate from a nearby gas station, and he asked if I wanted to watch a movie. I didn't, but I felt bad so I said yes. We went to the common area of my apartment complex, and I sent my roommates an SOS text to come watch the movie with us. Two of them came down and we sat down to watch 'Hot Rod.' He kept trying to cuddle up to me, hold my hand or just put his arm around me, but he smelled so bad, I really just wasn't interested. I kept trying to have my body language be as stand-offish as possible, with my arms and legs crossed, staring straight ahead, but he wasn't picking up on it. After the movie ended, he convinced me to walk him to his car. The whole way there he kept trying to get me to kiss him, even saying, 'it was my birthday the other day, shouldn't you give me a birthday kiss?' I responded that it wasn't his birthday today, so no. I got out of there as fast as possible and ignored all of his follow up texts and never talked to him again.

TWO Magazine



Tiani

From Texas

“This guy texted me conference weekend and asked if I wanted to go for lunch between that day's sessions. I said sure, and then he didn't follow up with any times or what the plan was. He texted me at 12:30 and said that we were actually going to watch conference, instead of going for lunch. He didn't say if we were actually going to Salt Lake, or if we were just watching it at someone's house, so I finally just had to call him to ask what the plan was. He said we were going to the Conference Center and he would be there to pick me up soon. He was late picking me up, and then his friend and his friends date were late too. While we were waiting for his friend, I asked him where he had gotten the conference tickets. His reply was that he didn't have tickets, and that we were going to 'faith ticket,' aka hope that we could find someone giving away their tickets. We got there super late and had to park really far away. I was wearing heels that are terrible for walking in and got really bad blisters. We didn't even end up getting tickets. We watched the session in the tabernacle, where he slept through the entire thing.”

TWO Magazine



Tenley

From Colorado

“This guy asked me on a date, but he couldn't drive so I had to go pick him up, 30 minutes away. We drove another 30 minutes to where he wanted to take me, and he talked about how much he wanted to marry me the whole way there. This was a first date. We got to the bowling alley/arcade he wanted to go to, but when he went to use his debit card, he couldn't remember the PIN. I didn't bring my purse, so I couldn't help pay for anything. He decided that 'we could find something else to do,' so we drove around for three hours looking for something free to occupy our time. We ended up on a park bench sitting in silence for half an hour. I finally said I needed to go home just so we could leave. Before we got to the car he went to kiss me but I managed to dodge it. The rest of the way home he kept talking about how he wanted to marry me, and even asked me if we were dating now, since he had tried to kiss me. I told him no and got out of there as fast as I could.

TWO Magazine



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**Bring this
in for a
bonus!**

There's a fine line between cute and creepy when it comes to flirting. It can be obvious in some cases, but there are plenty of times where what one person thought was "super cute" comes off to their crush as "totally creepy." For anyone who finds themselves repeatedly being ghosted by love interests, or who just wants to better their chances in the dating game, here are a few guidelines to help figure out what will make your crush swoon — and what will send them running for the hills.



CREEPY



You see a cute guy or girl across the room at a game night and want to put yourself on their radar.

TOTALLY CREEPY
Compliments that delve into details. If you've never talked to this person, you don't know them enough to be commenting on their personality or their character. It comes off like you've been watching them without saying anything: a total stalker move.

SUPER CUTE
A simple compliment! Say you like their shoes, their shirt or their smile. Something simple, sweet and fairly surface-level is your best bet since you don't know each other yet.

There's a guy or girl in your ward you've talked to once or twice, but you don't have their number and want to ask them out.

TOTALLY CREEPY
A text that goes something like, "Hi, this is (name) from the ward! I got your number off of LDS Tools and wanted to know if you'd like to go out sometime!" LDS Tools is meant to help you contact the executive secretary for an appointment with the bishop, not score you dates with the wardies.

SUPER CUTE
After you've chatted a few times, mention an activity you've "wanted to do for a while" and ask if they'd like to join you. Get their number after you ask so you can call them with further details.

GIVING A BAD DATE A SECOND CHANCE

BY SHAYE MULLEN



Did he spill soda all over you? Did she take an extra 20 minutes to get ready and make you wait awkwardly with her roommates? Did he forget your name – three times? Did it feel like there wasn't any "spark"? Whatever the reason date number one didn't work out, it shouldn't mean you automatically rule out a second.

First impressions are important, but they aren't always accurate. Just like you can change your mind about a song after giving it a second listen, you never know if you'll feel the same the second time around. Maybe they had an off day, or you had an off day, or your expectations were unrealistically high and set an unreachable standard – either way, keep an open mind.

If you're hesitant to give the other person a second date because they were disrespectful, hostile or made you feel in any way unsafe, trust your instincts; there should not be a second



SUPER CUTE

BY HALEY MOSHER



You've hung out a few times and maybe even consider yourselves friends, but are looking to take things to the next level.

TOTALLY CREEPY

Sporadically inviting them to "hang out" on weekends but then going AWOL during the week. Getting out of the apartment and going on dates is important. So is time spent on actual dates that don't involve Netflix and chill.

SUPER CUTE

Include them in your day-to-day activities. Invite them to the gym for leg day or the library to study—if they're interested, they'll think it's super sweet that you make an effort to prioritize and spend time with them, even with your busy schedule.

You're on a date and want to impress your crush through conversation.

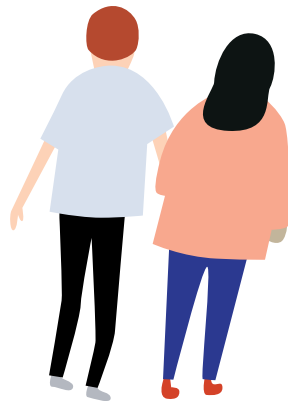
TOTALLY CREEPY

Talking only about yourself—bragging about your salary, your physique, your intelligence or anything else. It makes your date wonder if you actually care that they are with you, or if you'd rather be staring at yourself in a mirror.

SUPER CUTE:

Ask genuine questions and listen to their answers. Bonus points if you remember things they tell you and can bring them up in later conversations. It's always sweet to know your crush listens to and cares about your interests (see 'Quality VASA Time on page 20 for more ideas).

date. However, if the date went bad for any of the following reasons, consider giving them a second chance:



NERVES

If they were obviously nervous and seemed awkward or shy, give them a second chance. People will loosen up as they get to know someone, so they might be more fun the second time around.

UNRELATED CIRCUMSTANCES

If they got stuck in traffic, it started to rain on your picnic or you didn't like where they took you to dinner, give them a second chance. Things

like that are outside their control and shouldn't be seen as a black mark when considering their potential as a romantic interest.

NO SPARK

If you didn't get butterflies or see stars or feel fireworks, that doesn't mean they should be written off as having no future with you. Sometimes you need to get to know who a person better before you start to feel a connection, so it's worth a second date.

BAD TIMING

If you're just getting over a breakup or are really busy at school, saying no to a second date can be a tempting. You never know what will help you get over your ex, or whether they'll actually distract you from your school work. A new relationship could be exactly what you need.



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EXPECTATIONS 1

How should household chores be divvied up? Is it dependent on gender?

2

What are your expectations for marital roles?

3

How important is it to maintain relationships with other friends, or friends of the opposite gender?

4

How important is alone time?

5

What are some of your goals?

6

What are your top priorities?

GENERAL QUESTIONS 7

What are you most worried about in regards to marriage?

8

Why do we want to marry each other?

9

Do you have any health or psychological problems I should know about?

It's easy to get caught up in the whirlwind of your very own romance. However, if you're thinking about taking that next step, there's a lot more to discuss than where or when. In fact, some of the most important conversations to have with a significant other often fail to come up naturally. That's where this list (and the thousand others like it) comes in. We've compiled a sampling of practical questions, and have grouped them into categories. Chances are, each question will lead to a discussion that will inadvertently answer several questions, including whether or not marriage is the best next step.

54 QUESTIONS TO ASK BEFORE YOU GET MARRIED

BY MEGAN KOMM

10

What are your political views? What issues are you most passionate about?

11

Are any of your hobbies especially time-consuming?

12

What are our strengths as a couple? What are our weaknesses?

COMMUNICATION & CONFLICT 13

Do you feel comfortable communicating with me about anything and everything?

14
What is your response to conflict?

**15
How should we resolve conflict in our marriage?**

16
On what grounds is divorce acceptable?

17
How should I behave when you're in a bad mood?

18
What stresses you out? How do you de-stress?

19
What makes for a sincere apology?

20
How do you express love?

21
What helps you feel loved?

22
Will we talk to anyone outside our marriage about marital problems? If so, who?

23 FINANCES

What does wealth mean to you?

24
How much do we (combined) owe in debt?

25

Do you tend to spend or save?

26
Between the two of us, how much will we make annually?

27
What is considered overworking or spending too much time at work?

28
How much do we have in savings?

29

How should we budget?

30
When is it justifiable to go into debt?

31
How do you currently spend your money?

32
In what ways should we prepare for a financial emergency?

FAMILY 33

Do you want kids? How many?

34
If it were up to you, when would we start having kids?

35 What are your thoughts on adoption or fertility treatments?

36 How do you plan to raise your children?

37 Will one of us stay home with the kids?

38 Where do you want to live?

39 Do you want to live near or far away from family?

40 How do you feel about pets?

41 What family traditions would you like to maintain?

42 How should we split holidays with our families?

43 INTIMACY What does "commitment" mean to you?

44 Do you have a history with pornography?

45 What boundaries do you have in regards to intimacy?

46 How do we show love to each other?

47 What does complete fidelity mean to you?

48 SPIRITUALITY If physical attraction were eliminated, what would be left in our relationship?

49 What part will religion play in raising our children?

50 Do we share common beliefs? Is it important that we do?

51 Do you intend to go to church each week?

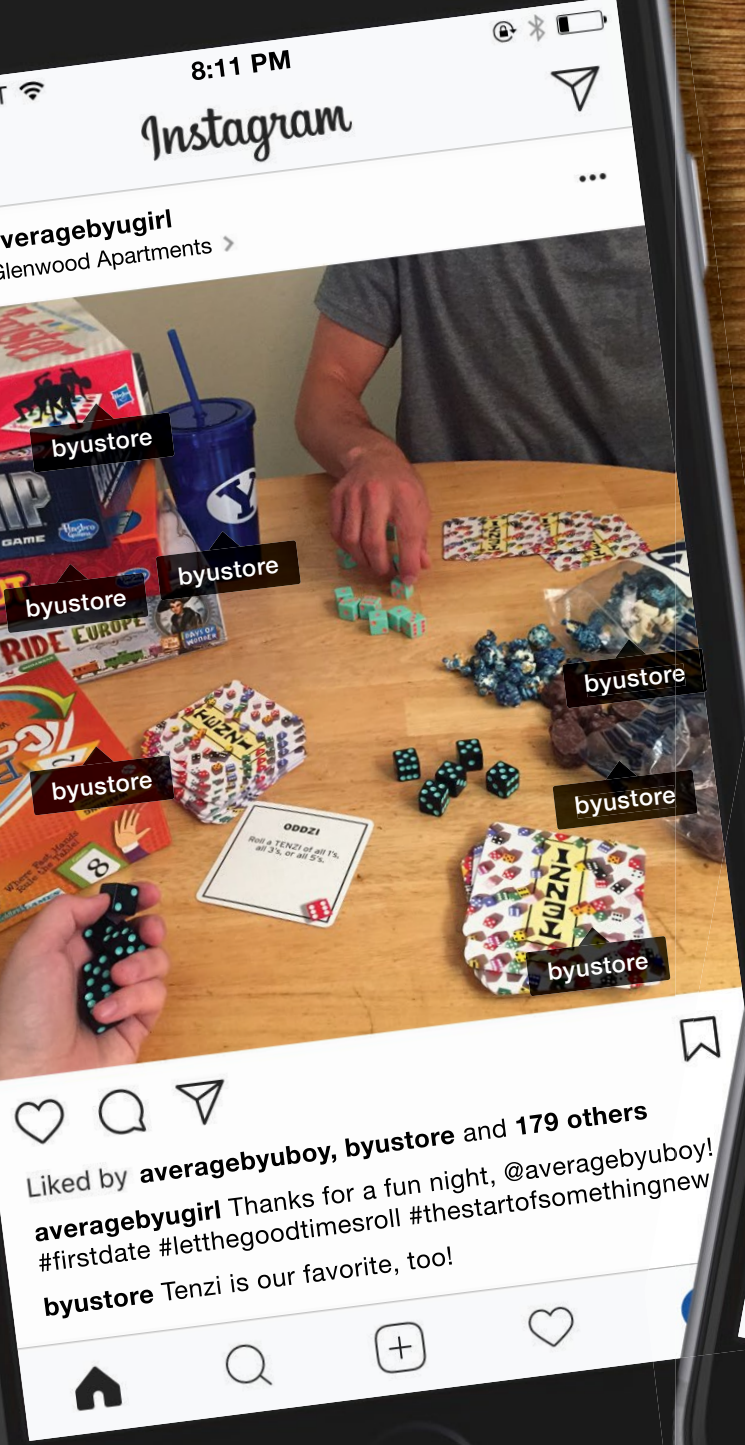
52 Do you think it is important to pray as a couple?

53 Where do you want to be married?

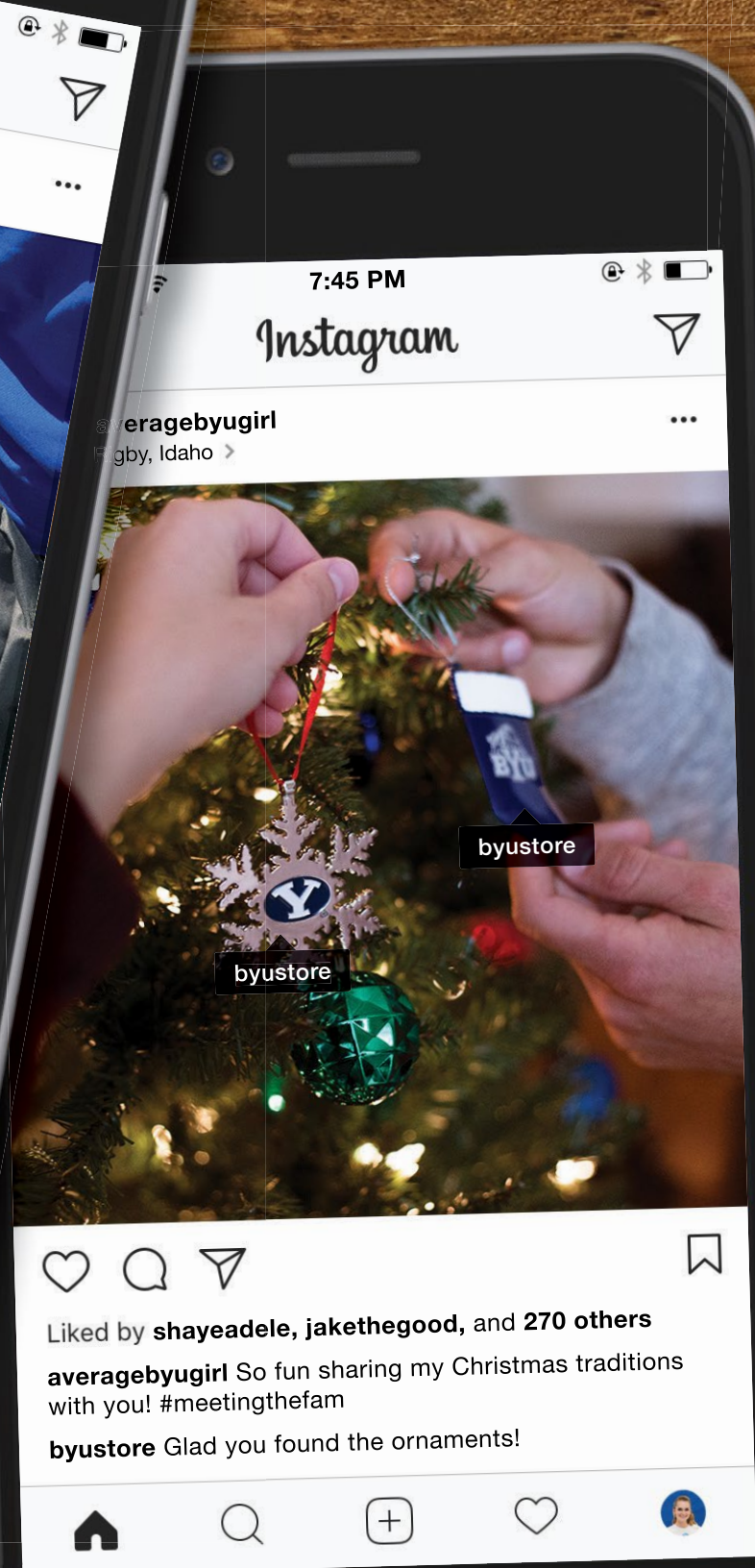
54 If our faiths are different, how will we raise our children?

Use this space to add additional questions that you'd like to ask:

#byustore



orefinds



I wonder if she's listening to me ...

Do I
Man
I hope he lik
what was his
name again
smile



“So often as humans we are busy,” said Hill. “Our minds are thinking about what’s happened in the past or busy thinking about what’s going to happen in the future, and right now isn’t under consideration. I would bet more students on campus today are thinking about Friday night than are thinking about Thursday afternoon. Mindfulness is being present, and letting your heart be present.”

There are many ways of letting your heart be present, depending on the situation you’re in and the person you’re with. This can include being honest with the other person about where you’re at emotionally, listening attentively, show-

ing your interest or reciprocating their body language.

“I started dating this guy a few months ago, and I decided right from the get go to be honest about the fact that I was kind of damaged emotionally from my last breakup, and that could impact this new relationship moving forward,” said Madi Bailey, a senior from California. “He listened really attentively, which made me feel more confident in talking about sensitive subjects. He was really appreciative that I was open about it, and it really helped that he could understand where I was coming from when we had problems.”

While practicing mindfulness, stay

aware of the situation you’re in and how you’re feeling.

“Ask yourself ‘what do you feel touch wise? What are you seeing, tasting or smelling?’” said Hill. “When we tune into our senses, we become very present minded. I encourage couples when they’re married or dating, whatever stage they’re in, to slow down and live right now. Be present. Let your heart be present where you are. Live right now. This is the only chance you’re going to have to live this Thursday afternoon. Why not just be here with it?”

The following skills can be helpful when learning to implement mindfulness in your daily, and dating, life.



1. TUNE INTO YOUR SENSES

Try to breathe deeply, clear your mind, get calmed down and peaceful. Become aware of what is going on around you. What is your brain picking up that you're not cognitively registering? Being aware of your senses and what you're experiencing can help keep you grounded in the present, and able to focus on the people around you.

2. THE MOST IMPORTANT PERSON IS THE PERSON YOU'RE WITH

You can be with someone wishing they were somebody else, you can be with someone and think, you're not who I thought you would be, but this won't change the situation. Be willing to accept the moment for what it is and recognize that preconceived notions about what you want or what you're looking for can be overrated. Get to know people for exactly who they are.

3. RECOGNIZE YOUR FEELINGS

Take time to recognize and analyze how you truly feel, without trying to conform it to what you think other people will want to hear. Do you feel calm? Anxious? Excited? Separate the expectations of others from your natural reaction to your experiences and make decisions informed by these emotions.

4. BE PATIENT AND SEEK TO UNDERSTAND OTHERS

Really listen to who it is you're with. Ask questions as you come to know and understand them better and focus on their response without getting distracted by your phone or what is going on around you. This will help you to understand where their point of view and perspective is coming from and increase your connection.

5. BE MINDFUL IN CONFLICT

This will help ensure that you don't behave in ways you regret. Recognizing "I'm being triggered right now, I need to breathe deeply, I need to step away," and doing whatever it is you need to do to calm down can save unnecessary heartache. Take the space and time you need to be present, and not hurt that person you're due to your own past trauma or insecurities. If you're mindful, not only are you able to control yourself but you're also able to really hear the person you're with.

6. PRACTICE

You practice yoga, you practice sports, you practice art skills. You do this to get into a routine and create a habit. If you practice mindfulness, you're going to be so much happier, and the people you're with are going to feel so much more loved.

When starting to incorporate mindfulness into your life, remember the end goal: improving relationships. Being present in the moment and striving to listen to and understand can go a long way in building connections between partners.

"Researchers have found that the number one thing that people want from their partner is to be understood," Hill said. "You can't understand someone if you're not with them."

Use mindfulness to avoid moving forward without truly getting to know one another. As you take a step back and intentionally choose your dating path, aware of every step, you will find you enjoy dating more and are gaining something from the relationships in your life. Don't allow yourself to become caught up in the routine of dating as a joyless habit. Ask yourself what you truly want and need, and listen to the answers you discover.



By Auburn Remington

BYU students are regularly reminded of their responsibility to date and then get married. It seems that at almost every event: devotionals, lectures, classes, school activities and church, students are repeatedly counselled to go on dates. “Always say yes to the first date,” “Participate in activities that like-minded people will be at,” “Try to go on dates as often as possible,” are phrases most students have heard at least once.

Students follow this advice, and those dates turn into relationships, which may end in break-ups.

In fact, according to a study by Stanford sociologist Michael Rosenfeld, about 70 percent of unmarried couple’s break-up within the first year of the relationship.

Harrison Woo, a pre-management major from Vancouver Canada, is one of the many BYU students who has experienced a break-up.

“Going into my first-year university experience, I was dating a girl from New York. It was so exciting to be at BYU meeting new people, and trying to stay with a girl on another coast has lots of obstacles. My heart wasn’t in the relationship. I broke up with her over a phone call. I promised we would still be friends, but we never talked after that. I still feel super guilty for how things turned out. I also learned that both people in a romantic relationship need to

have that special feeling for each other in order for things to work out,” Woo said.

While breakups, heartache and the awkwardness that can follow may be inevitable, there are a few things that can make breaking up a little easier.

WHEN TO BREAK UP

When the relationship doesn’t feel right

It can be easy to prolong a break up, even when you feel unhappy in a relationship, simply because you don’t want to hurt the other persons feelings. From Woo’s experience, however, as soon as one of the members in the relationship starts to feel unhappy a breakup should occur.

“Prolonging a breakup normally results with both members unhappy. A relationship wouldn’t be healthy if one of the members involved doesn’t want to be there in the first place,” Woo said.

Tyler Sweat, a electrical engineering major from Spanish Fork, also concurs with Woo. If you are feeling the need to break up, it should be done sooner rather than later.

“Don’t let it go on and on, and let the other person think that things are going really well, when you’re feeling like they’re not. Just get it over with, there is really no good time to break up, so the sooner the better.”

Sweat recalls an experience at his high-school prom, where his girlfriend at the time broke up with him during the middle of the prom.

“The dinner beforehand was kind of weird, she was on her phone the whole time, and then when we got to the dance she went off with her friend and disappeared. Fifteen minutes later she still hadn’t come back so I texted her and asked where she was. She said, ‘Hey, I’m outside; we need to talk.’ I kind of knew what was coming and she broke up with me,” Sweat said.

Although the experience was long ago, Sweat still wishes she had simply broken up with him sooner, so that he could have enjoyed the prom more.

“It was a bad way to break up. Don’t do it during a special event. If you are feeling the need to break up, do it before,” Sweat said.

When futures don’t match

There are compromises and sacrifices to be made in any relationship, but if you feel like the two of you aren’t heading in the same direction, it may be time to end things.

According to Sophie Wilcox, a biology major from St. George, one of the biggest signs you should end a relationship is if your futures don’t match up.

“Obviously there will be some compromise involved in relationships, but changing everything about your dreams



ENDING RELATIONSHIP

for the future for someone else can't be good," Wilcox said.

When you can't be yourself

If you find yourself stuck in perpetual small talk, a guarded state, or you feel like you can't truly be yourself around the person you are dating, it may be a sign that you should break up.

"I think that if you find yourself feeling guarded or like you have to change your personality to get along with someone that is a good sign things aren't quite working out," Wilcox said.

HOW TO BREAK UP

End things face to face

Many have experienced the over-the-phone or text breakup. This is unfair to the person being broken up with, as they will have little time to respond or see how you truly feel about the situation. If you liked them enough to date them, be considerate enough to

give them the respect of a face-to-face breakup.

"I think that the best way to break up with someone is to do it face to face and be sure about your answer," Wilcox said. "It would really suck to be told that someone was breaking up with you if they really didn't have solid reasons to tell you."

Make the breakup short, clear and direct

Breakups are difficult, and giving a long-detailed description of the other person's faults and failings isn't going to help anything. Explain clearly why you are breaking up with them, but do it quickly. Sometimes when people get nervous they talk in circles, making the other person confused as to whether a breakup actually occurred or not.

According to Woo, "At the end of the day, it's important to be clear that a break up happened."

Be honest and kind

Put yourself in the other person's shoes. Consider how you would feel if you were the one being broken up with. Emily Craig, a student from Calgary, Canada said being honest throughout a breakup is crucial.

"There is no way not to be super cliché — be honest. You tell them honestly why you've enjoyed dating them, things you've learned from them, and you tell

them why it is in their best interest to end the relationship," Craig said.

Realize that breaking up is often the compassionate thing to do

When you stay in a relationship you know is doomed to fail, you are prohibiting the other person from finding opportunities to date a person who will appreciate them as much as they appreciate you.

"You are doing them a favor because you are enabling them to be available or to find that person that will love them the way they should be loved," Craig said.

After breaking up, give the other person some distance

You may have been used to spending 24/7 with your former boyfriend or girlfriend, and every muscle in your body might be screaming out for you to text them to, "just to say hi," or to send them that funny meme that reminds you of them, but don't do it. They deserve some space and distance to heal and to move on with their lives.

"I think the best way to break up with someone is to be clear and follow it up with distance. Breakups can be messy with the feelings involved and the events that led up to it. Distance is important. It's common for couples to get back together when they still see each other all the time," Woo said.

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MORE THAN 700 DATE IDEAS



A WORD OR TWO ON DATING IDEAS

We've taken the ratings for food places from Yelp or Facebook, which is a lot more official than just saying what our experience was that one time we went there.

A few dates are highlighted. The highlights indicate:

On-campus dates

Free dates

Food

Desserts & Sweets	42
Restaurants	43
Food Trucks	46

Outdoors

High-energy Dates	48
Local Parks	48
Summer Dates	50
Farmers Markets	51
Low-key Activities	52

Indoors

Inside Your Apartment	54
Movie Theaters	60
Not at Your Apartment	60
Museums	62

Events

BYU Arts	53
Performing Arts	53
Sports	57
Local Events	58
Festivals	58

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

\$ Bowl of Heaven

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

\$ 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 North. 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

\$ The Crepery

★★★★ Crepes. 4801 N. University Ave. 385-236-5850

\$\$ La Dolce Vita

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

\$ Dulce Cookie Dough

★★★★ Cookie dough. 286 N. University Ave. 801-216-4548

\$ 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

\$ Hokulia Shave Ice

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

\$ Ike's Creamery

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

\$ Ivie Juice Bar

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

\$\$ Menchie's Frozen Yogurt

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



Ice cream float from Pop'n Sweets, piña colada smoothie from Fruta Crush, juice from Ivie Juice Bar, strawberry lassi from India Palace, snowcone from Bahama Bucks, Italian soda from The Wall, smoothie from Bowl of Heaven.

\$\$ Mend Juicery

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

\$ The Mighty Baker

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

\$\$ Mrs. Cavanaugh's

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

\$ Oahu Shave Ice

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

\$ Orem Summer Sno

★★★★ Shaved ice. 697 S. State, Orem. 801-427-1210

\$ The Penguin Brothers

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

\$ Pop'n Sweets

★★★★ Soda, candy. 84 E. 1230 North. 801-377-2402

\$ Provo Bakery

★★★★ Pastries. 190 E. 100 North. 801-375-8330

\$ Rockwell Ice Cream Company

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

\$\$ Rocky Mountain Chocolate Factory

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

\$ Roll Up Café

★★★★ Dessert. 538 E. University Pkwy, Orem. 801-882-7373

\$ Roll with it Creamery

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

\$ Sip-N Spot

★★★★ Desserts, soda. 525 N. 900 East. 801-658-9055

\$ Sodalicious

★★★★ Soda. 30 W. 300 North. 801-800-7317. 602 E. 600 North. 801-960-3680. 3376 N. University Ave. 801-815-2200

\$ Spoon It Up

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

\$\$ Sub Zero Ice Cream

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

\$ Sweet Cream Bar

★★★★ Ice cream. 3376 N. University Ave. 801-691-6433

\$\$ The Sweet Tooth Fairy

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

\$ Shake Makers

★★★★ Burgers and shakes. 180 N. State, Orem. 801-655-4370

RESTAURANTS



SAVANNAH HOPKINSON

- \$ 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, Mediterranean. 1365 S. State, Orem. 801-224-7484
- \$ Asa Ramen**
 ★★☆☆☆☆ Ramen. 1120 S. State, Orem. 801-842-1898
- \$ Bajio Mexican Grill**
 ★★☆☆☆☆ Mexican grill. 4801 N. University Ave., Ste. 760. 801-224-6668
- \$\$ Bam Bams BBQ**
 ★★☆☆☆☆ Barbeque. 1708 S. State, Orem. 801-225-1324
- \$\$ Black Sheep Café**
 ★★☆☆☆☆ Southwestern, modern American. 19 N. University Ave. 801-607-2485
- \$\$ Blaze Pizza**
 ★★☆☆☆☆ Pizza. 1350 S. State, Orem. 801-528-9501
- \$\$ Block Restaurant**
 ★★☆☆☆☆ American. 3330 N. University Ave. 801-885-7558
- \$\$ Bombay House**
 ★★☆☆☆☆ Indian. 463 N. University Ave. 801-373-6677
- \$ Brasas Mexican Grill**
 ★★☆☆☆☆ Mexican. 238 W. 100 South. 801-375-0240
- \$\$ Brick Oven**
 ★★☆☆☆☆ Pizza, Italian. 111 E. 800 North. 801-374-8800
- \$ Broke Eatery**
 ★★☆☆☆☆ Cajun/Creole, American, lunch only. 295 W. 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, barbeque. 1258 N. State. 801-919-3023
- \$ Cupbop Korean BBQ**
 ★★☆☆☆☆ Korean, barbeque. 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
- \$ El Mexsal**
 ★★☆☆☆☆ Mexican, Salvadoran. 325 S. Freedom Blvd. 801-375-3468
- \$ El Pollo Royo**
 ★★☆☆☆☆ Mexican. 3161 N. Canyon Rd. 8373-9470
- \$ El Salvador Restaurant**
 ★★☆☆☆☆ Salvadoran. 332 W. Center. 801-373-5377
- \$\$ El Tropical**
 ★★☆☆☆☆ Dominican, Latin American. 40 N. 400 West. 801-607-2534
- \$ 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
- \$\$ Five Sushi Brothers**
 ★★☆☆☆☆ Sushi. 445 N. Freedom Blvd. 385-549-4495
- \$ Fusion Asian Grill**
 ★★☆☆☆☆ Korean. 1700 N. State. 801-375-0818
- \$ Gandolfo's New York Deli**
 ★★☆☆☆☆ Sandwiches. 818 N. 500 West. 801-377-6442
- \$\$ Good Move Café**
 ★★☆☆☆☆ American. 1 E. Center. Suite 100. 801-850-9113
- \$\$ Golden Corral**
 ★★☆☆☆☆ Buffet. 225 W. University Pkwy. 801-225-6299
- \$\$ Good Thyme Eatery**
 ★★☆☆☆☆ Mixed, healthy. 63 E. Center. 801-669-5300
- \$ 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
- \$ JCW's The Burger Boys**
 ★★☆☆☆☆ Burgers and shakes. 396 W. 2230 North. 801-374-5297
- \$ JDawgs**
 ★★☆☆☆☆ Hot dogs. 858 N. 700 East. 207 E. University Pkwy. 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
- \$ Koi Express Sushi Wrap & Ramen**
 ★★☆☆☆☆ Sushi bar, ramen. 1283 N. University Ave, Unit 102. 801-607-1950
- \$ KoKo Lunchbox**
 ★★☆☆☆☆ Korean. 1175 N. Canyon Rd. 801-669-3468
- \$\$ Kyoto Japanese Steakhouse & Sushi Bar**
 ★★☆☆☆☆ Japanese. 992 S. University Ave. 801-375-2985
- \$\$ 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
- \$ 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
- \$ Mi Lindo Guadalajara**
 ★★☆☆ Mexican. 446 N. Freedom Blvd. 801-373-9498
- \$ Mi Ranchito**
 ★★☆☆ Mexican. 1109 S. State, Orem. 801-225-9195
- \$ Molly's**
 ★★☆☆ Barbecue, comfort food. 735 W. Columbia Ln. 801-374-0879
- \$ Mooyah Burgers, Fries & Shakes**
 ★★☆☆ American. 62 W. Bulldog Blvd. 801-705-8500
- \$ 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. 801-427-4677
- \$\$ Oregano Italian Kitchen**
 ★★☆☆ Italian. 1600 N. Freedom Blvd. 801-788-4185
- \$ Osaka**
 ★★☆☆ Japanese. 46 W. Center. 801-373-1060
- \$\$ 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



Tri-tip steak sandwich and fries from Cubby's Chicago Beef

- \$\$ The Pizza Factory**
 ★★☆☆ Pizza, Italian. 2230 N. University Pkwy. 801-812-0200
- \$ Pizza Pie Café**
 ★★☆☆ Pizza buffet. 2235 N. University Pkwy. 801-373-5561
- \$ Red Deli**
 ★★☆☆ Sandwiches, juice bar and smoothies. 296 N. University Ave. 801-375-7827
- \$\$ Red Lobster**
 ★★☆☆ Seafood. 1261 S. 800 East, Orem. 801-724-3500
- \$ Rice King**
 ★★☆☆ Chinese. 278 W. Center. 801-818-2278
- \$ Ripple's Drive Inn**
 ★★☆☆ Burgers. 3225 N. Canyon Rd. 801-374-0909
- \$\$ Rodizio Grill**
 ★★☆☆ Brazilian, steakhouse. 4801 N. University Ave. Ste 710. 801-701-6600
- \$\$ Ruby River**
 ★★☆☆ Steakhouse. 1454 S. University Ave. 801-371-0648
- \$ 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
- \$ Shoga**
 ★★☆☆ Sushi, ramen. 386 E. University Pkwy., Orem. 385-985-1518
- \$\$ Shoots**
 ★★☆☆ Chinese. 4801 N. University Ave., Ste. 840. 801-225-0445
- \$ Slab Pizza**
 ★★☆☆ Pizza. 671 E. 800 North. 801-377-3883
- \$\$ The Slate Restaurant**
 ★★☆☆ American. 101 W. 100 North. 801-377-4700
- \$ Smashburger**
 ★★☆☆ Burgers, salads. 542 E. University Pkwy., Orem. 801-616-5071
- \$\$ Station 22 Café**
 ★★☆☆ Modern American. 22 W. Center. 801-607-1803
- \$\$ Sizzler**
 ★★☆☆ Steakhouse. 1385 S. University Ave. 801-374-1516
- \$ Sushi Burrito**
 ★★☆☆ Sushi, Japanese, seafood. 283 E. 300 South. 801-377-0909
- \$\$ Sushi Ya**
 ★★☆☆ Sushi. 1545 S. State, Orem. 801-225-7760
- \$ Sweeto Burrito**
 ★★☆☆ Mexican. 1990 State, Orem. 801-225-1178
- \$ Sweet's Island Restaurant**
 ★★☆☆ Hawaiian. 711 Columbia Ln. 801-374-0000
- \$ 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
- \$ Tommy's Burgers**
 ★★☆☆ Burgers. 401 W. 100 North. 801-374-9733
- \$\$ Tucanos Brazillian Grill**
 ★★☆☆ Brazilian. 545 E. University Pkwy. 801-224-4774
- \$ Two Jacks Pizza**
 ★★☆☆ Pizza. 80 W. Center. 801-377-4747
- \$ The Wall**
 ★★☆☆ American. 1151 Wilkinson Student Ctr. 801-422-4470
- \$ Which Wich**
 ★★☆☆ Sandwiches. 1077 S. 750 East, Orem. 801-224-9424
- \$\$ Wild Ginger**
 ★★☆☆ Fusion, sushi. 366 N. University Ave. 801-691-1177
- \$\$ Wingers**
 ★★☆☆ American, chicken wings. 1200 Towne Centre Blvd. 801-812-2141
- \$ Yummy's BBQ & Sushi**
 ★★☆☆ Korean, Hawaiian, barbecue. 287 E. 300 South. 801-769-6614
- \$ Zao Asian Cafe**
 ★★☆☆ Asian fusion. 1352 S. State, Orem. 801-224-0030
- \$ Zubs Subs**
 ★★☆☆ Sandwiches, pizza. 684 N. Freedom Blvd. 801-377-3994
- \$ Zupas**
 ★★☆☆ Soups, sandwiches. 408 W. 2230 North. 801-377-7687

TY MULLEN



CAN I SEE THE RING?

HOW DID HE ASK?

Have you set a date?

HOW DID YOU MEET?

ARE YOU REGISTERED?

WHAT ARE YOUR COLORS?

WHERE WILL YOU
HONEYMOON?

MET THE INLAWS?

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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, comfort food. 415-359-4689, facebook.com/casadesoulfood

\$ Charlie Boys Pit BBQ

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

\$\$\$ CheddaTruck

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

\$ Chiquitos Churros

★★★★☆ Churros. 801-310-7675, chiquitoschurros.com

\$ Clark's Island Donuts

★★★★☆ Doughnuts. 801-427-9169, clarksmaladas.com

\$ Clean Eats Food Truck

★★★★☆ Healthy. 801-653-3965, cleaneatstruck.com

\$\$\$ The Cluck Truck

★★★★☆ Gourmet chicken wraps. cluckingdelicious.com

\$ Corndog Commander

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

\$ Eggrollin'

★★★★☆ Filipino. 801-750-5009

\$ Falafel Tree

★★★★☆ Falafels, Mediterranean. 385-325-2335, falafeltree.com

\$ Family Squeezed Lemonade

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

\$ Fatty Tuna

★★★★☆ Sushi & ramen. 801-899-5075, facebook.com/fattytunafoo

\$ 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

\$ Good Grindz

★★★★☆ Hawaiian. 435-282-0114, facebook.com/goodgrindz

\$ The Grill Sergeant

★★★★☆ American. 801-995-8723, facebook.com/TheGrillSergeantFoodTruck



TY MULLEN

Tri-tip steak from Kitchen Eighty-Eight, boba smoothie from Boba Shack, baked potato from SPUDS, tacos from Maize, pizza from Fiore Wood Fried Pizza, sushi and ramen from Fatty Tuna, and gyro and fries from Greek N Go.

\$\$ Harry's Food Truck

☆☆☆☆ Chinese, Mongolian. 801-755-0558, unvr.se/HarrysFoodTruck

\$\$ Kitchen Eighty-Eight

☆☆☆☆ American. 385-999-1763, facebook.com/kitcheneightyeight88

\$ LoL Hawaiian Grill

☆☆☆☆ Hawaiian. 801-748-3542, facebook.com/lolhawaiiangrill

\$ Macs A La Mode

☆☆☆☆ Macaron ice cream sandwiches. instagram.com/macsa.la.mode

\$ Maize

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

\$ Mama-Lau

☆☆☆☆ Empanadas. 801-473-1972, mama-lau.com

\$ Mama Z's

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

\$ The Mouse Trap

☆☆☆☆ Gourmet grilled cheese. 801-900-5988, unvr.se/MouseTrapTruck

\$\$ Pompeii Pizza

☆☆☆☆ Pizza. 385-429-2015, facebook.com/pompeii pizzaco

\$\$ Pyromaniacs Pizza

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

\$ Savour Foods

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

\$ Smokin Roadside Grill

☆☆☆☆ Barbecue. 385-335-4069, smokinroadsidegrill.com

\$ SPUDS

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

\$\$ Sushi Be Rollin'

☆☆☆☆ Sushi. 801-899-3670, facebook.com/sushiberollin

\$ Suzy Thai

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

\$ Thai-licious Mobile Cuisine

☆☆☆☆ Thai. 801-830-3737, facebook.com/thailiciousfood

\$ Thai 2 Go

☆☆☆☆ Thai. facebook.com/thai2goutah

\$ The Sweet Station

☆☆☆☆ Candy bars. 801-404-9710, thesweetstation.com

\$ Tropical Fruit

☆☆☆☆ Shaved ice. 801-687-8909, facebook.com/tropicalfruitshavedice

\$ Udder Joy Creamery

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

\$ 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

HIGH-ENERGY DATES

Provo Recreational Center

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

Seven Peaks

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

Four-wheeling

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

Take sailing lessons

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

Go ziplining

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

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 Provo Beach, 4801 N. University Ave. 801-224-5001

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

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



ARI DAVIS

Hit a bucket of balls at a driving range

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

Go 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

Fly a kite

Build the kite yourself if you're ambitious.

Plan a bike ride

Grab your bikes or rent a tandem and cruise around town together.

Train for a race together

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

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

Ice-blocking

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

Go mountain biking at Sundance

Experience the thrill and adrenaline of riding through the mountains together. Rent bikes and ride the lift to the beginning of the 25+ miles of trails. 8841 N. Alpine Loop Rd., Sundance. sundance.com/summer-activities/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

Sign up for a mud run

Go running through mud and other obstacles. mudrunguide.com

Take a Pedal Provo Ghost Tour

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

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

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www.indiapalaceutah.com



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SUMMER DATES

Turn dinner into a picnic

Pick up dinner (or make it!) and enjoy it at your favorite park instead of a crowded restaurant.

Pool hop

See how many complexes you can visit.

Play hopscotch

Draw the most complex hopscotch you can with sidewalk chalk. It's a tournament.

Take an evening drive

Drive through the canyon with your windows down.

Go to a water park

Grab your swimsuit and head to Seven Peaks or Lagoon's Lagoon-a Beach.

Visit Utah Lake

Rent a paddleboard or kayak and try something new with your date. Visit utahlakecommission.org for more ideas on fun summer activities at the lake.

Hit the trails

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

Have a water balloon war

Fill up a bunch of water balloons and battle against each other. Just don't forget to pick up all of the balloon pieces afterwards.

Hit the playground

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

Go stargazing

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

Play watermelon bomb

Buy a watermelon at the store and several boxes of rubber bands. Take turns putting the bands around the watermelon until it explodes. Whoever makes the watermelon blow loses.



FARMERS MARKETS

Provo Farmers Market

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

LaVell Edwards Stadium Farmers Market

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

Spanish Fork Farmers Market

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

Happy Valley Farmers Market

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

Heber Valley Farmers Market

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

Mapleton Farmers Market

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

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 S. Sandhill Road, Orem. 801-921-8953, melvillestables.com

Experience a real life 'Secret Garden'

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

Walk the boardwalk at Bicentennial Park

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

Rent a Segway at Thanksgiving Point Gardens

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

Take a dip at Inlet Hot Springs

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

Make a bonfire and roast s'mores

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

Pick fruit at an orchard

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

Visit the Castle Amphitheatre

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

Visit the Utah Olympic Park

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

Drive the Alpine Loop

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

Yoga in the Mountains

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

Have fun with spray paint

Spray paint street art on cardboard with stencils.

Sailboat rides on Lindon Marina

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

Join Horses for Healing

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

Fish along the Provo River

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

Take a self-guided historic Provo buildings walking tour

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

Have a picnic outside

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

Go tunnel singing on Sunday night

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

Find the deer on campus

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

Feed the ducks at the pond

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

Cup-fence design

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

Race paper boats

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

Clean up a local park

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

Float the Provo River

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

Plant flowers for someone

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

Make a timelapse

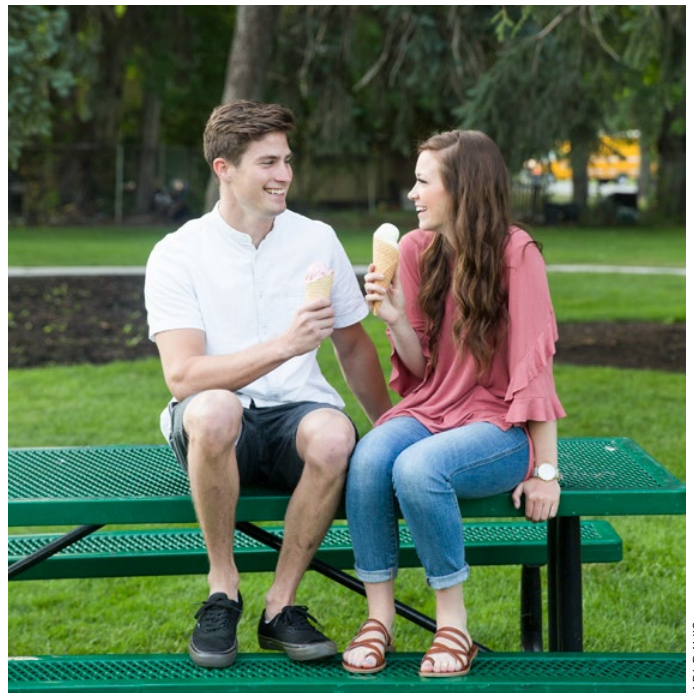
Download a timelapse app and record a river, sunrise, or passersby on a busy street.

Go exploring with cameras

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

Go bird watching

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



ARI DAVIS

Watch a meteor shower

Check the calendar, go somewhere without a lot of lights, look towards the stars and enjoy the night.

Watch the sunset

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

Make fried ice cream

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

Try new foods

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

Find free samples

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

Be a snow cone critic

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

Have an indoor picnic

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

Progressive dinner with friends

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

A fake night in Paris or Rome

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

Murder mystery dinner

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

Picnic for breakfast

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

Hot chocolate at night

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

Buy food at a farmers market and cook dinner

See page 51 for local farmers markets.

Cook dinner by the fire

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

Carve a watermelon

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

Host a tea party

Except with fruit punch and finger sandwiches.

Cook together

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

Learn how to cook authentic cultural cuisine

Trade recipes from your mission areas.

Bake cookies for friends

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

Cook with a Dutch oven

Dutch ovens available for rent at Outdoors Unlimited.

PERFORMING ARTS

Utah Lyric Opera

Performances in Provo and Orem.
utahlyric.org

Utah Shakespeare Festival

299 W. Center, Cedar City. bard.org

SCERA Live Theatre

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

Tuacahn Amphitheatre

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

Hale Center Theater

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

Utah Opera

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

Sundance Summer Theatre

Oklahoma runs July 19-August 11. Sundance Resort, 8841 N. Alpine Loop Rd., Sundance. sundanceresort.com

Eccles Theater

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

Attend a hand-bell choir

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

Covey Center for the Arts

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

Utah Symphony at Sundance

Patriotic celebration at the outdoor amphitheater. Eccles Stage Outdoor Amphitheater, 8841 Alpine Loop Rd., Sundance. freedomfestival.org

Ballet West

Perhaps the classiest date we can think of: dressing up and taking her to the ballet. June 23-August 4, Capitol Theatre, 50 W. 200 South, Salt Lake City. balletwest.org

Utah Regional Ballet

Performances through May. utahregionalballet.org

Utah Festival Opera

Five-week festival of grand opera and Broadway-style musical theater. Utah Theatre, 18 W Center, Logan. utahfestival.org

CAMPUS PERFORMANCES

Single Wide

March 23-24, April 3-7, Pardoe Theatre.

Lawrence Brownlee

April 3, Madsen Recital Hall.

BYU Symphonic Band

April 4, de Jong Concert Hall.

Living Legends

April 5, Timpview High School, 3570 Timpview Dr.

David Cowley

April 5, Madsen Recital Hall.

BYU Ballroom Dance in Concert

April 6-7, Marriott Center.

BYU Singers

April 6, de Jong Concert Hall.

BYU Woodwind Chamber Night

April 6, Madsen Recital Hall.

University Orchestra and University Strings

April 7, de Jong Concert Hall.

BYU Philharmonic and Concert Choir

April 10, de Jong Concert Hall.

An Evening with the Opera Chorus

April 10, Madsen Recital Hall.

BYU String Chamber Night

April 11, Madsen Recital Hall.

BFA New York Showcase

April 12-13, Nelke Theatre.

The Taming of the Shrew

April 12-14, Pardoe Theatre.

BYU Brass Chamber Night

April 12, Madsen Recital Hall.

BYU Wind Symphony

April 13, de Jong Concert Hall.

Evening of Percussion

April 14, de Jong Concert Hall.

University Chorale

April 17, de Jong Concert Hall.

BYU Songwriters Showcase

April 17, Madsen Recital Hall.

The Tallis Scholars

April 18, de Jong Concert Hall.

BYU Jazz Combo Night

April 18, Madsen Recital Hall.

The Martineau Six

May 12, Madsen Recital Hall.

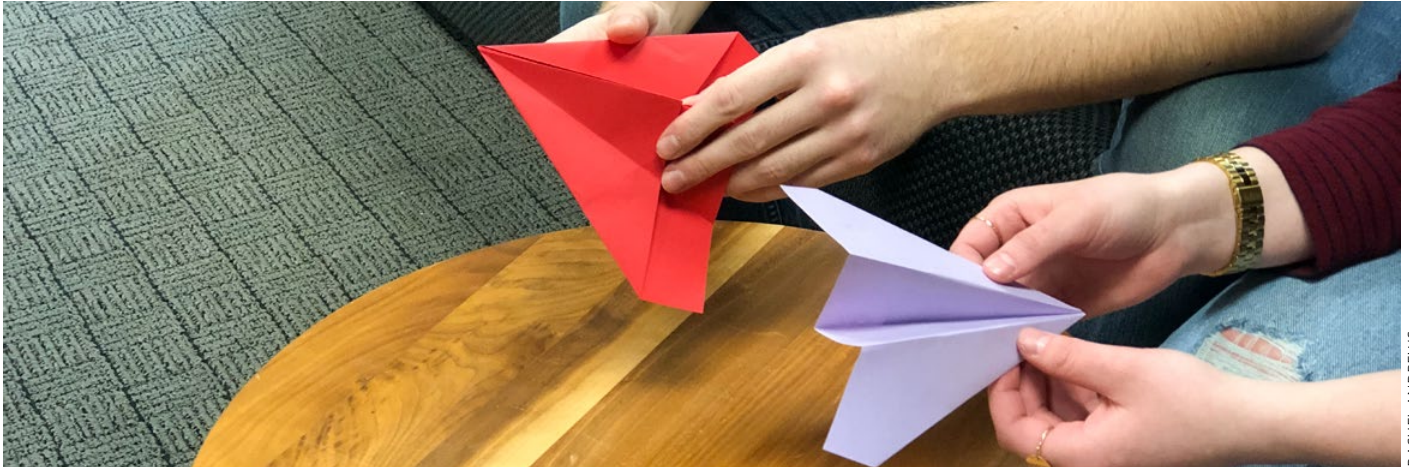
Anne of Green Gables

June 1-2, 7-9, 13-16, Pardoe Theatre.



BYU ARTS

IN THE APARTMENT



RACHEL ANDREWS

Book love letters

Choose a page in an old book bought at a thrift store 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.

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.

Create an indoor mini golf course

Buy cheap clubs from DI and create a course from things you find around the house.

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

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.

Play Apples to Apples while eating apples

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

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!

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.

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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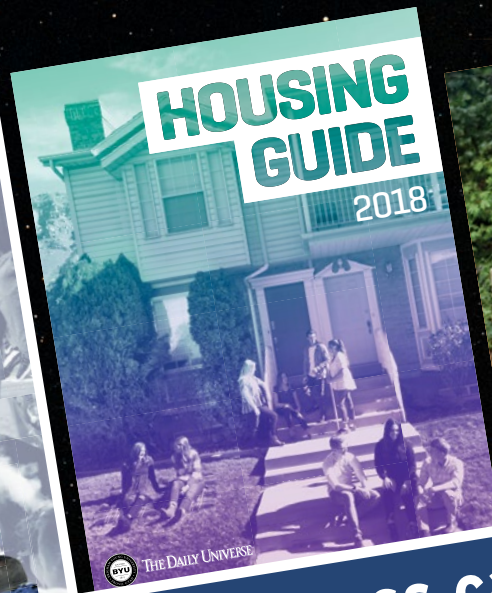


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SPORTS

Orem Owlz

Orem's minor league advanced-rookie baseball team affiliated with the Los Angeles Angels. June 15-Sept 6, Brent Brown Ballfield, UVU, 800 W. University Pkwy., Orem. 801-377-2255, oremowlz.com

Real Salt Lake

American professional soccer club. April 7-Sept 30, Rio Tinto Stadium, 9526 S. State, Sandy. 844-732-5849, rsl.com

Salt Lake Bees

Minor league AAA baseball team affiliated with the Los Angeles Angels. April 5-Sept 3, Smith's Ballpark 77 E. 1300 South, Salt Lake. 801-325-2337, slbees.com

Utah Jazz

NBA basketball team. March 20-April 11, Vivint Smart Home Arena, 301 S. Temple, Salt Lake. 801-355-3865, utahjazz.com

BYU ATHLETICS

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

BYU Baseball

March 7-May 19, Larry H. Miller Field

BYU Football

Starts Sept 1, LaVell Edwards Stadium

BYU Men's Volleyball

March 1-April 7, Smith Fieldhouse

BYU Softball

April 3-May 12, Gail Miller Field.

BYU Women's Soccer

March 10-April 14, South Field.

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

BYU Golf (men and women)

April 9-May 30 Riverside Country Club, 2701 N. University Ave.

BYU Womens Tennis

March 2-April 21, BYU Tennis Courts.

BYU Track & Field (men and women)

March 23-June 9, Clarence F. Robison Track and Field Complex.



FESTIVALS CALENDAR

AH Adventure Hunt

Compete in a fun, adrenaline-packed race completing epic challenges with a teammate June 23, Salt Lake City. adventurehunt.co

AD Alpine Days

Parade, vendors, and food. August 4-11. alpinedays.org

AF American Fork Steel Days

Activities at City Hall and Quail Amphitheater. July 14-22. AmericanFork.afcity.org

CH Cedar Hills Family Festival

Follow Utah Highway 92 to the east. Festivals in Cedar Hills public parks. June 4-9. CedarHills.org/news-events/family-festival

CB Chalk the Block

Free three-day street painting event. August 2-4, The Shops at Riverwoods. shopsatriverwoods.com

CLC Craft Lake City

DIY craft festival. Aug. 10-12, Gallivan Center, Salt Lake City. craftlakecity.com

DY Downtown Yoga Festival

Premiere yoga event for community. May 12-13, Westminster College, Salt Lake City. downtownyogafest.com

'47 Days of '47

July. Salt Lake City events include concerts, rodeo, Pioneer Day parade. July 12-24. Salt Lake City. daysof47.com

Deer Valley Music Festival

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

EM Eagle Mountain Pony Express Days

Carnival, vendors, entertainment, and fireworks. May 25-June 2. Eagle Mountain. eaglemountaincity.org

HF Highland Fling Days

Parade and festival at Heritage Park. July 28-August 4. Highland. highlandcity.org

LRU Lehi Round-Up Celebration

Rodeo and other activities. June 23-30. Town Square, Lehi. lehi-ut.gov/roundup

Lindon Days

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

MS Midway Swiss Days

Parade, vendors, and food. August 31-September 1. 100 N. Main, Midway. midwayswissdays.com

OS Orem Summerfest

Family activities. June 4-9. Orem. summerfest.orem.org

PC Park City Kimball Arts Festival

On Park City's Historic Main Street. August 3-5. Park City. parkcitykimballartsfestival.org

PS Payson Scottish Festival

Highland dance, athletic, and bagpipe competitions. July 13-14. Payson Memorial Park, 300 S. Main, Payson. paysonscottishfestival.org

PD Pioneer Day Extravaganza

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

PG Pleasant Grove Strawberry Days

Rodeo and activities in Pleasant Grove June 16-24. Pleasant Grove. strawberrydays.org

PFF Provo Freedom Festival

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

SS Savor the Summit

Food, drink and live music while seated in the middle of Park City Main Street. June 16. Main St., Park City. parkcityrestaurants.com/savor-the-summit

SO Snowbird's Oktoberfest

Enjoy German food every Saturday. Every Saturday, August 18-October 14. 9385 Snowbird Center Trail, Snowbird. snowbird.com/events/oktoberfest

SF Spanish Fork Fiesta Days Rodeo

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

SAC Springville Art City Days

The hot air balloon festival is on June 8 and 9. June 2-9. Springville. springville.org/art-city-days

SWF Springville World Folkfest

Dancers and musicians from around the world. July 31-August 4. 760 S. 1350 East, Springville.

SBP Stars and Stripes Beach Party

Annual party at the Shops at Riverwoods. June 23, 4-10:30 p.m. 4801 N. University Ave. freedomfestival.org

TF Tulip Festival

Celebrate the return of spring this April and May. April 13-May 5. Ashton Gardens, 3900 N. Garden Dr., Lehi. thanksgivingpoint.org

TS Timpanogos Storytelling Festival

Hear stories from some of the best storytellers from around the world. September 6-8. Thanksgiving Point, 234 W. 540 North, Lehi. timpfest.org

UA Utah Arts Festival

Visual arts, music, dance, theater, culinary arts and more. June 21-24. Library and Washington Squares, 451 S. State, Salt Lake City. uaf.org



APRIL 2018

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

JULY 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
1	2 PFF	3 PFF	4 Independence Day PFF	5	6	7
8	9	10	11	12 '47	13 '47 PS	14 AF '47 PS
15	16 AF '47	17 AF '47	18 AF '47	19 AF '47	20 AF '47 SF	21 AF '47 SF
22	23 '47 LRU SF	24 Pioneer D '47 LRU PD SF	25 LRU	26 LRU	27 LRU	28 HF LRU
29	30 HF LRU	31 HF SWF				



UNIVERSE ARCHIVES

MAY 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
		1 Spring trm starts TF	2 TF	3 TF	4 TF	5 TF
6	7	8	9	10	11	12 DY
13 Mother's Day	14	15	16	17	18	19
20	21	22	23	24	25 EM	26 EM
27 EM	28 Memorial Day EM	29 EM	30 EM	31 EM		

JUNE 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1 EM	2 EM SAC
3	4 CH OS SAC	5 CH OS SAC	6 CH OS SAC	7 CH OS SAC	8 CH OS SAC	9 CH OS SAC
10	11	12	13	14	15	16 PG SS
17 Father's Day	18 PG	19 PG	20 PG	21 PG UA	22 PG UA	23 AH PG SBP UA
24	25 Summer trm starts PFF	26 PFF	27 PFF	28 PFF	29 PFF	30 PFF

AUGUST 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
			1 HF SWF	2 CB HF SWF	3 CB HF OS PC SWF	4 AD CB HF PC SWF
5	6 AD	7 AD	8 AD	9 AD	10 AD CLC	11 AD CLC
12	13	14	15	16 Graduation	17 Graduation	18 SO
19	20 Ed Week	21	22	23	24	25 SO
26	27	28	29	30	31 MS	

SEPTEMBER 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
						1 MS SO
2	3 Labor Day	4 Fall semester starts	5	6 TS	7 TS	8 SO TS
9	10	11	12	13	14	15 SO
16	17	18	19	20	21	22 SO
23	24	25	26	27	28	29 SO

INSIDE, NOT IN YOUR APARTMENT



TY MULLEN

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 the arcade

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

Visit the Cathedral of the Madeleine

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

Visit Hogle Zoo

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

Visit The Living Planet Aquarium

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

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

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 yourselves at your bucket list destinations. 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

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.

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.

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 in 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 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.

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 HBLL sound booth

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

Do family history at the library

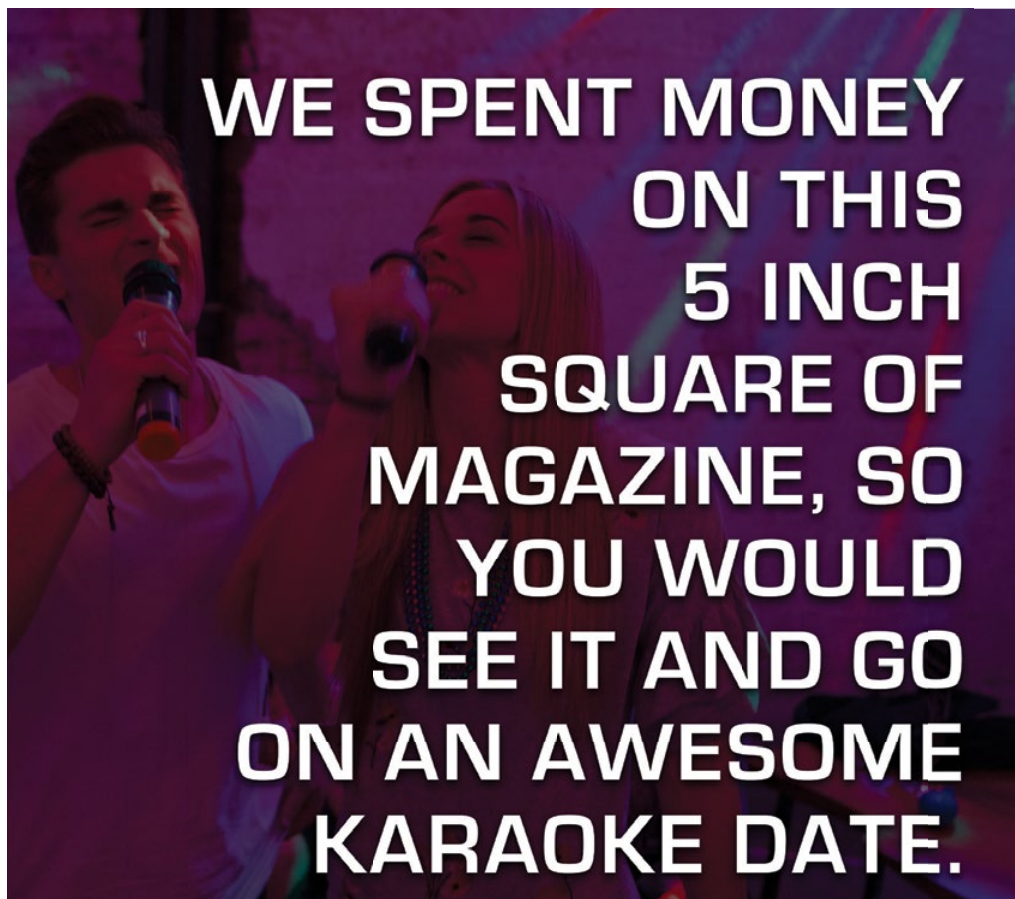
Find some family names and look at Relative Finder to see how closely related you are. Proceed with caution.



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MUSEUMS



UNIVERSE ARCHIVES

Museum of Ancient Life

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

Utah Museum of Contemporary Art

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

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

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

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

Monte L. Bean Museum

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

Woodbury Art Museum

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

Orem Heritage Museum

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

BYU Museum of Art

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

Museum of Mormon History of the Americas

Explore the history of the LDS Church in Mexico. 1501 N. Canyon Rd. latinmormon-history.com

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

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

Hill Air Force Base Aerospace Museum

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

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.

AUTUMNAL DATES

Go apple picking

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

Play in the leaves

Rake up all the leaves on your lawn into a pile and jump in them. Make a Boomerang and post it on Instagram.

Carve a pumpkin

Pick one up at the grocery store and decide if it will be spooky or cute!

Tailgate a BYU football game

Grab a grill and some good food. Get pumped before a big game. The first home game is Saturday, Sept. 8.

Go to Lagoon's Frightmares

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

Take a romantic hayride

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

Visit a pumpkin patch

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

MAKE YOUR DAY AN

ADVENTURE

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Tubes



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Monday thru Saturday, 10a.m. or 4p.m.
shuttles. Provo River only for guided
rafting, rafting with BBQ or self-guided
rafting. Not valid on holidays.

DATING QUESTIONNAIRE



Andrew Gray
West Jordan, Utah
Freshman, Undeclared



Jessica Botcherby
Pleasanton, California
Junior, Nursing



Catherine Gardiner
St. George, Utah
Senior, Experience
Design Management

Is it OK for a girl to ask a guy on a first date?	Yes.	Yes.	Yeah.
When should you DTR?	On the third or fourth date?	Depends, after a month or so.	When you want to.
Is it OK to say no to a kiss?	Yes, it definitely is.	Yeah!	Yeah, of course.
Did you know what a DTR/NCMO was before you got to BYU?	No idea.	DTR yes, NCMO no.	I think so.
What are your thoughts on dating apps?	I think they're dumb.	They're usually used for hooking up, not actual dating.	Go for it.
Should you kiss on the first date?	No, no no no.	No.	If you've known each other for a long time then yes, otherwise no.
Is it OK to date in your ward?	I think it's fine.	I never did it, but my wards weren't very good so... .	That's what I'm doing right now and it's going pretty well, so go for it.
Should you call, text or ask in person for a date?	Call.	Call or in person.	Depends on what kind of date it is.
When should a girl pay for a date?	Never.	Once they're pretty serious, so later on in the relationship.	Depends on the person, and what they're comfortable with.
What is an ideal date length?	Depends on who it is, but probably a couple hours.	Three hours.	An hour and a half.
How long should you date before getting engaged?	3:1, 2:1. So date for six months, be engaged for two.	Four months of dating, four months engaged.	Date six to nine months, be engaged three to four.
Who is #couplegoals?	Jimmer and Whitney Fredette.	Blake Lively and Ryan Reynolds.	Elder Uchtdorf and his wife, Harriett.
Is it OK to date a friend's ex or an ex's friend?	No, that's messed up.	No.	Would not recommend.
When is it OK to get back together with an ex?	After a couple months, if it still feels right.	Never, unless you've dated other people and realized they're the right one.	After you've thought a lot about it.

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A woman with dark hair styled in an updo, wearing a white, short-sleeved, floor-length wedding dress with a fitted bodice and a full skirt. She is holding a bouquet of white and yellow roses with greenery. She stands on a balcony with a white stone balustrade. In the background, there are buildings with arched windows and a mountain range under a clear sky.

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