







SINGLE IN A COUPLES CULTURE Betwixt a world of pairs 28

WHEN A DATE GIVES YOU LEMONS Handling sour first date situations



MARRIAGE: DESTINATION OR JOURNEY Just keep climbing



DATE IDEAS 650+ things to do, places to go **41-62**

Cover photo by Savannah Hopkins with models Shelby Ellsworth and Norm Adams

cents

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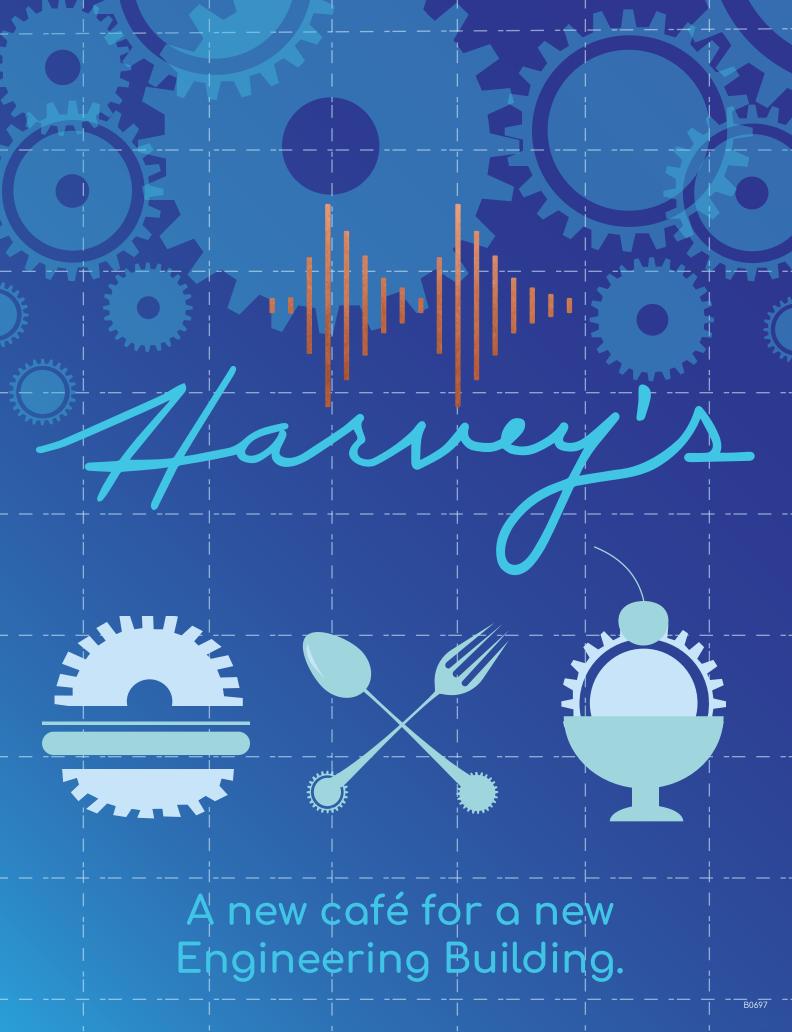
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SHAKE UP YOUR DATE



Graham cracker

crumbs Strawberries

Strawberry popsicle

Strawberry sauce

Peanut butter Crushed peanuts Reese's Cups Banana Reese's Sticks Pearson's Salted Nut Roll





CREATE CRAZY COMBINATIONS

Cover rim of glass with choice of frosting or spread.

Roll in graham cracker crumbs, crushed peanuts, sprinkles, chocolate chips, small candy, cereal, or any other small treat.

Decorate inside of glass: place fruit slices around base, place spreads or drizzle choice of syrup on sides.

Prepare milkshake by blending ice cream of choice with milk. Pour carefully into glass.

Top with whipped cream.

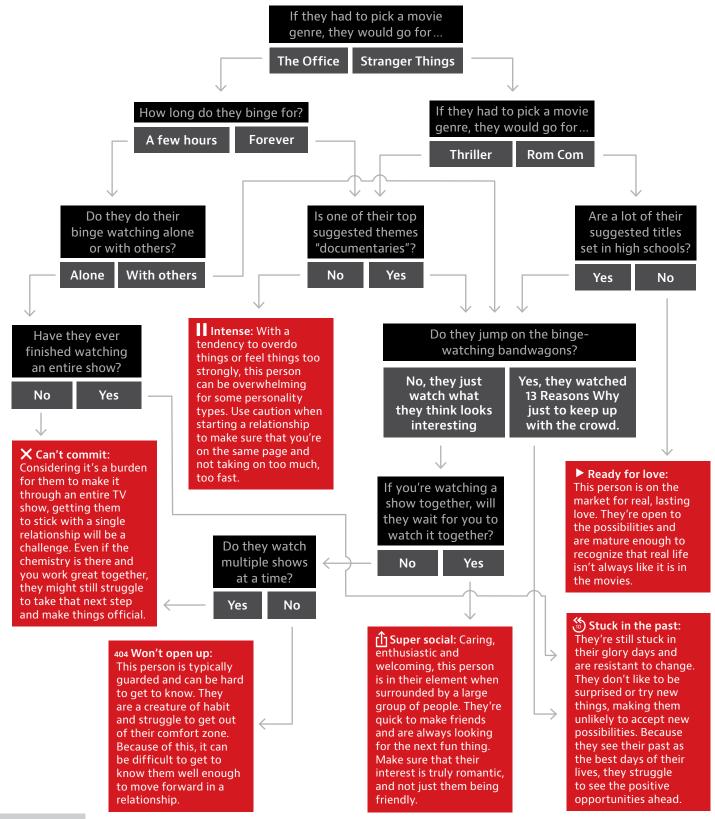
Top with any crazy combination of ingredients: wholes slices of cake, cookies, fruit, waffles, candies, nuts, chicken nuggets, popsicles, pretzels, candy bars, brownies, doughnuts, marshmallows or anything else edible.

Serve with a straw, or make it special by sharing one milkshake with two straws.





WHAT DO THEIR NETFLIX HABITS SAY ABOUT THEM?



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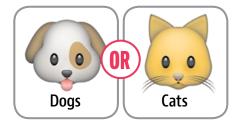
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THIS OR THAT?

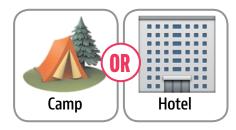
Date conversation running a little dry? Get to know your date a little better by asking these simple "this or that" questions. Try guessing what their response will be, or have each person fill it out on their own. When you're ready, explain your answers. Remember that the purpose is to have fun and get to know each other, so try not to judge your date's preferences.



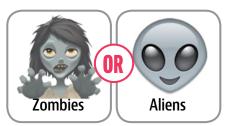




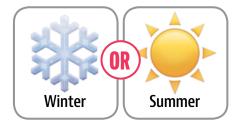




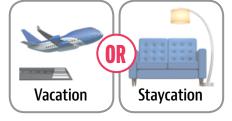


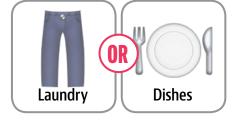






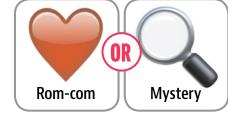








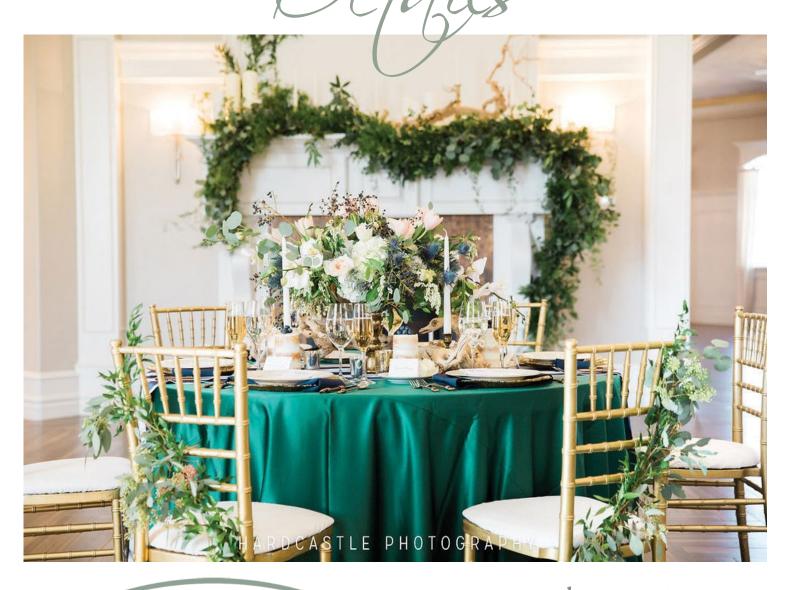






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HOW TO BREAK THE ICE ON A DATING APP

BY TARYN ROYALL

If you're on a dating app, chances are you've matched with a really cute person, sent them a message and never received a response. Crafting an interesting and unique opening line can make the difference between hearing digital crickets and scoring a date for Saturday night. Here are some tips you can use to create the perfect ice-breaker.

FIND COMMON GROUND

Whether you're both from the same state, like the same sports team or prefer the same food, finding common ground is a great way to initially spark a bond between the two of you. Pay attention to details in their profile, and you can probably find something you both have in common.

Example: "Hey, I love that Broncos shirt you're wearing! That's my family's favorite team. Have you been to any of their games recently?"

CREATE AN INTERESTING SCENARIO

This is a great way to illicit a response that is longer than one single word. Create a scenario for them to think about. This opening line can help you get to know their personality without getting deep into the personal questions. Their answer might even spark some ideas for future dates.

Example: "Alright, you're stuck in a zombie apolypse and you can only have three celebrities on your team. Who do you

ASK OUESTIONS

People love to talk about themselves. Make it clear that you are interested in getting to know them. Don't ask too many questions, however, as that can make you seem creepy.

Example: "I saw on your bio that you're a chemical miserable to me. How did you choose to study that?"

COMPLIMENT THEM

Tell them that their profile looked intriguing or that their bio made you laugh. Try to stay away from comments on their appearance, however, as that can make you sound shallow. You can tell them they look nice once you've scored the first date.

situation you've ever been in?

ASK THEM ON A DATE

Remember that the purpose of the dating app is to find people to ask on dates. Let them know that you are truly interested in getting to know them. Once you've got the conversation flowing, don't wait to ask them out. Do it guickly! Meeting online is great, but don't let your relationship become purely digital. Get to know them in person, not through text. Remember that some people may feel uncomfortable meeting up in person after meeting online. Offer to pick them up, but don't be offended if they prefer to meet you somewhere instead.

tacos. AND, I so happen to know a great taco place just around the corner. Would you want to go sometime this





September 21 October 19 November 16 December 7

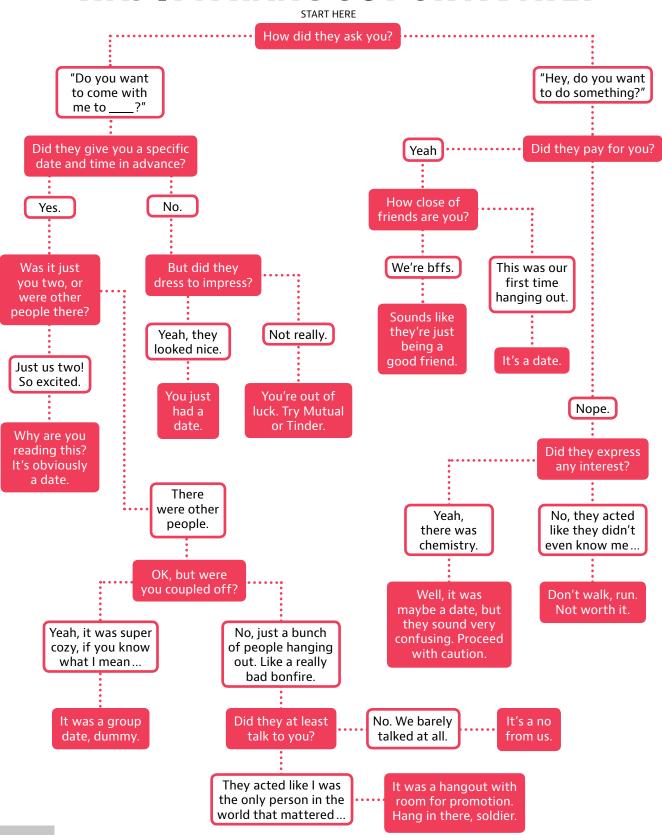
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WAS IT A HANG OUT OR A DATE?



FROM THE FRIEND ZONE TO THE END ZONE

Millennial culture frequently warns of the danger of the "friend zone," dooming anyone in the zone with the fate of being unable to progress romantically with their interest. However, contrary to this common belief, Tammy Hill, adjunct faculty member in the School of Family, Life said a solid friendship is highly recommended as the foundation to a healthy and lasting romantic relationship. The key is, however, finding the right way of progressing from a platonic friendship to a more romantic, "dating" relationship.

In order to advance a relationship, the interested party must show interest to the subject of their interest. However, many BYU students are afraid to risk expressing their feelings because of potential rejection, embarrassment or losing friendship. This risk is compounded further by BYU's culture to get married quickly. These are all very realistic concerns. But, according to Hill, failure and rejection are very natural parts of dating. She said that "only about 20 percent of people find one person, date, and then marry. Most of us must learn to deal with rejection and failure." She further states that "high risk equals high reward," meaning that in order to progress to something as valuable as a fulfilling romantic relationship, you need to take a chance. As leading social relationships researcher Brene Brown states, "(emotional) vulnerability is the birthplace of connection."

A successful example of risking rejection was how Tyler, a senior in the business school, wooed his wife, Sam. Sam recounts how she and Tyler were just friends, and how she had no initial interest in Tyler. Tyler, unfazed by Sam's disinterest, took a chance and continued to show his interest for her in a confident yet not over-bearing way. Eventually, Sam got to

know Tyler on a deeper and more personal level, which is what led them to fall in love and then ultimately get married.

In addition to taking the risk of being emotionally vulnerable, Hill said the importance of showing interest in the right ways. Hill recommends putting yourself out there by using the ACT formula, an acronym standing for Animation, Closeness, and Touch. The following are ways that can help your subject of interest know that you are interested in them in more than a platonic way.

Animation: showing excitement through facial expressions (smiles), gestures, and posture

Closeness: increasing physical proximity, opening posture or leaning towards subject of interest

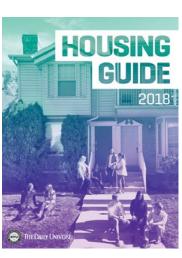
Touch: demonstrating affection through (appropriate) physical touch beyond a handshake or hug

Marty Erickson, a marriage and family therapist with BYU Counseling and Psychological Services, also recommends that a key component of progressing to a "dating" relationship is through clear communication, commonly referred to as DTR's, meaning conversations that "determine the relationship." While these sorts of conversations are frequently labeled as being uncomfortable and complicated, Erickson said they can be short and simple, and should occur at several phases during a relationship, with each level progressing in level of commitment and vulnerability.

- 1. Establishing friendship and potential to get to know each other more in the future
 - a. I'm glad that we can be friends now!"
- 2. Getting to know each other and spending time together in a casual setting
- a. Doing group hangouts, spending time with mutual friends
 - 3. Asking someone on an official date
- a." A group of us are going to (event) as couples, do you want to go with me?"
- b. Although using the word "date" is not necessary, the expectation of going as a couple should be clearly communicated.
 - 4. Determining official commitment
 - a. "Are we official?"

The recommendations above are ways to progress a platonic friendship into a "dating" relationship, and maybe even to the "end zone" of marriage. The only requirements are to be willing to take risks, be emotionally vulnerable, and communicate clearly.

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ARE YOU TOO SALTY OR TOO SWEET?

BY TARYN ROYALL

Trying to evaluate your dating persona? Read on to make sure you aren't too salty or too sweet.

TOO SALTY

Sarcasm can be funny and attractive. If people don't know you're kidding, you could come across as a negative, insensitive or rude. When you are first starting to get to know someone, ease into your sarcastic sense of humor by making sure they know that you are teasing. Being overly salty could hurt their feelings, and limit the amount of dates you go on. There is also a greater chance you'll attract a certain type of person that you may not want to date.

TOO SWEET

Coming across as overly sweet can, at first glance, make you seem fake or closed off. People who are too sweet can accidently lead people on. You can still be kind and say no to a date if you just aren't interested. Be clear about your intentions. Honesty is not the same thing as being rude.

JUST RIGHT

Just be yourself! Yes, it's a bit cliché. Honest communication is the key to having a good dating experience. Don't try to be something you're not, but try to put your best self forward. Make sure you show respect for the individual you are on a date with, because whether you clicked or not, dating all sorts of people is enjoyable and developmental.

ORDER UP

BY HALEY MOSHER

Almost as classic as a '67 Ford Mustang or an '80s-era Molly Ringwald movie, the dinner date has remained a staple of American courting culture. According to Zoosk.com, dinner is the most commonly-cited "best first date idea" for women in their 20s.

With many restaurant options in Provo (see "Dating Ideas" on page 42), it's no wonder the popularity of the dinner date persists among college students. Choosing a great restaurant isn't the only way to impress your date, however. Your manners when ordering and during the meal will contribute to the success of your evening. Be considerate of both your date's wallet and stomach, and you'll likely find yourself having a lovely time.

To ensure your dining experience goes well, follow the tips below.

1. Choose a restaurant with a variety of dishes. If you're choosing a specific type of food, like pizza or Greek, check beforehand to make sure it's something your date will enjoy.



- 2. If you're paying, hint at your target **price range.** Your date doesn't want to exceed your budget either. As you look over the menu, try saying something like, "The shrimp tacos look delicious. It will be hard to decide between the tacos and chicken fajitas." Now, your date can see the price of those dishes and adjust their order accordingly.
- 3. If you're not paying, try to match the price of your dish with the price of your date's. While it's true they agreed to take you out, hardly anyone in college is made of money. It's uncouth to order the most expensive item on the menu, even if your

- date has offered for you to "get whatever
- 4. Don't criticize what your date ordered. Your date may have dietary restrictions, but might not want to be upfront about them. What they ordered may be the only dish they can have, so don't make them feel bad about it
- 5. Expect your date to eat as little or as much as they like. Maybe their stomach isn't feeling well but they still wanted to see you, or maybe they haven't eaten all day. The meal doesn't cost any less if your date finishes it. Let them eat as they please, and you do the same.

BYU SCHOOL OF MUSIC

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THINGS TO TALK ABOUT INSTEAD OF YOUR MISSION OR STUDY ABROAD

First dates are the perfect opportunity to get to know someone's personality and better understand why that person is the way they are. Even when you don't have much in common on the surface, good conversations starters can turn a long awkward silence into a memorable and meaningful discussion.

Here are 16 conversation ideas to help you get the ball rolling:

Job

Do you have a job?

What do you do?

How often do you work?

Do you like your current job or not? Why?

What's your dream job?

What's the worst job you've ever had?

Music Taste

What kind of music do you like? Why?

Who's your favorite music artist?

Have you been to any concerts lately?

Goals

What are your shortterm goals? Long-term?

What are you doing to accomplish those goals?

Traveling

Where is your favorite place that you've been?

If you could go anywhere in the world, where would it be?

What is your favorite international culture and why?

How many states and countries have you been to? Which of those would you go back to?

Family

How many people are in your family?

Who are you closest to?

Accomplishments

What accomplishment are you most proud of?

Talents & Skills

What special talents or skills do you pursue?

How did you acquire them?

Are there any skills you wish had?

Movies

What's your favorite movie?

Who is your favorite actor? Actress?

What's your favorite type of movie?

Would you rather watch a movie in a theater or at home?

Pet Peeves

What's a pet peeve of yours? Why?

Heroes

Who would you consider a hero in your life? Why?

What do you think makes someone a hero?

Funny Stories

If you tell me your most embarrassing story, I promise I'll laugh with you-not at you.

Current Events

How often do you keep up with the news?

What's a current event that has peaked your interest?

Education & School

Are you currently in school?

What are you studying?

What made you decide on that major?

What are your educational goals and aspirations?

Why is getting an education important to you?

Current Projects

Are there any projects you want to start working on?

Is there anything that you have started working on recently?

Their Childhood

What is your favorite childhood memory?

Did you grow up playing sports or playing instruments?

What's the funniest thing you ever did as a kid?

What do you miss the most about being a kid?

Did you stay in one place growing up, or did you move a lot?

Is there a certain spot that was special to you?

Books

Do you prefer books or movies?

Who is your favorite author?

Do you have a favorite book?

How often do you read?

What was the last book you read?





THE POST DATE EVALUATION

You would describe your date as (check all that apply)

- __ Fun (1 point)
- __ Shy (0 points)
- __ Funny (1 point)
- __ Attractive (1 point)
- __ Respectful (1 point)
- __ Rude (0 points)
- __ Awkward (0 points)
- __ Disrespectful (0 points)
- __ Inconsiderate (0 points)
- Boring (0 points)

Who talked the most

- __ Me (1 point)
- __ Them (0 points)
- __ Even mix (2 points)

Did they make you laugh

- __ Yes (2 points)
- __ No (0 points)

Did they follow proper date etiquette? (see story on page 34)

- __ Yes (2 points)
- No (0 points)
- Sort of (1 point)

Did you have anything in common?

- Yes, and talking was really easy (2 points)
- Yes, but they didn't really want to talk about it (0 points)
- Maybe, I'm not sure if they actually liked it or if they were just saying they did (1 point)
- No, but we still had good conversations (2 points)
- No, and they didn't care to learn about anything (0 points)

Was your date activity ...

- Something you've never done before (1 point)
- __ Cliche (0 points)
- Awkward or uncomfortable (0 points)
- One of your favorite things to do (2 points)

Did you kiss at the end?

- Yes, but I didn't want to (0 points)
- Yes, and I wanted to (3 points)
- No, but it's too early to kiss (1 point)
- No, and didn't want to (1 point)
- No, I tried to, but they went for a hug (0 points)

How long was the date?

- Too long, I wanted to go home 2 hours before the date was over (0 points)
- Long, but enjoyable (2 points)
- Short and sweet (1 point)
- Short, but I wish it would have been longer (3 points)



So how was the date?

(16-20 points) What a great date! You two reallly clicked, and more dates sound fun.

(11-15 points) Let's see where this goes. It was probably a pretty good date. A few more dates could help you really get to know this person.

(6-10 points) Not a total flop. Maybe this date was a little bit awkward or uncomfortable, but don't drop this person quite yet. The first few dates don't usually show the best side of someone.

(0-5 points) Ouch. Probably not the best date. You might not want to go out with them again.



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DON'T LOSE YOURSELF IN A RELATIONSHIP

BY TARYN ROYALL



So, you've found a new love interest. They are smart, funny, adventurous and everything you could possibly want in a significant other. You probably want to spend every moment together. However, slow down and take a minute to realize that although this new relationship is new and exciting, maintaining your sense of individuality is important while dating. Here are some ways to enjoy your budding relationship while still maintaining your personal identity:





Find things you have in common and pursue those interests together. Finding common interests can be a great relationship builder. It's fun to talk about something you both enjoy.

Abandon your personal hobbies or interests, even when your significant other doesn't particularly like them. It's good for you to pursue individual goals, projects and hobbies. Those things probably contribute a lot to your overall happiness. Stopping them completely could lead to stress or feelings of resentment in your relationship.

Spend time with friends without your significant other. Keep those relationships intact! Having support outside of your relationship can help with maintaining your individual identity.

- Isolate yourself from all your other friends and family members. Just because you have a desire to spend all of your time with your boyfriend or girlfriend doesn't mean you should. Ignoring other relationships can be harmful to your individuality, and you could lose friends in the long run.
- Spend time together talking and getting to know your significant other. The beginning of the relationship is the time to really get to know one another, and this should definitely be a priority.
- Only talk about your relationship. This can hurt you more than it can help you. Your friends probably want to know how your new relationship is going but talking about it for more than 10 minutes can be draining for anyone.

Learn how to compromise. Being able to sacrifice a bit of what you want can help you become a better person.

Don't be afraid to speak up for yourself. Let yourself and your opinions be heard even if your significant other disagrees.

EYE CONTACT



Fidgeting can convey that you're nervous. While this could seem like a cute thing, it's not. It's better to radiate attractive confidence than let your nerves take over.

TURN TOWARDS THEM



When someone laughs, they instinctively look towards the person they are most attracted to in the room. You can also tell if someone is attracted to you if they laugh at what you say, even if it's not funny.

1

BREAK THE



They say the best thing you can wear is a smile. Smiling makes you more attractive, pleasant, and approachable. **STAY OPEN**



Appear more
welcoming and
available by not
crossing your arms
or legs. Standing tall
rather than slouching
also makes you appear
more confident.

8

Make-Your-Own Understanding Body Language Book

BY ALLIE JONES, JACOB BAKER AND JOAN PHILLIPS

Bodies. We all have them. The way you present your body can say what your words can't. Understanding someone's body language is a good way to tell how they are feeling, as body language is usually an honest display of feelings.

Use this handy booklet to better read your date and also communicate your interest.

See the next page for instructions on how to assemble your new guide book.



5 TIPS TO BRING YOU FROM ZERO TO HERO

On every date, there is more to consider than just the activity and conversation. From your outfit to your car, the little things matter. These five tips can help create a memorable date and bring you from a dating zero to a dating hero in no time.

Clean car -

Dirty cars can make any date feel uncomfortable. It also sends the message that you might be a bit of a slob. Before the date, make sure that your car is spick and span with no trash lying around. A car air freshener might be something to consider, too!

Cologne

This one's sure to help bring you from a zero to a hero, but don't go overboard. A subtle, nice smelling cologne is attractive to most girls. Don't drown yourself in cologne, as a little can go a long way.

Smile more

Great smiles are hard to ignore. Brush, floss and use mouth wash to give you the confidence to flash that smile more often. It's the easiest thing to do to improve your appearance.

Ironed shirt

Similar to your shoe choice, going on a date with a wrinkled shirt makes vou seem lazv and uninterested in the outcome of the date. No one wants to feel like they weren't worth the time it takes you to look nice. Take 5 minutes and iron your shirt, or find a shirt that doesn't need to be ironed.

The shoes

Shoes can make or break any outfit. You might not think so, but your date will definitely notice your shoe choice. Wearing trashed sandals or tennis shoes makes you seem apathetic. Try to match your shoes to your outfit to really impress your date.

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.



They say eyes are the windows to the soul. Making eye contact is a clear way to indicate that there is an interest and make a connection.



SMILE

DON'T FIDGET



Proceed with caution. You don't want to freak them out, but try a gentle caress of the elbow or knee to show that you're interested.

LAUGHTER



If you are interested in someone, let them know by turning your body towards them. If someone isn't intere sted in having a conversation, they will not turn their body to face yours.



DATING DIARIES

alegality to the

The dating landscape can be a mine-studded field of flowers, with bliss one minute and everything blowing up in your face the next. May these true stories give you courage and companionship in your cautious quest for love.

DANGER - MINES

"I've never had an issue being able to connect with anyone on a date until a few weeks ago. I went on a date with a guy where we went to go grab dinner, but I think it would have been easier to talk to a brick wall instead of him. There was no connection whatsoever. On the car ride back to my apartment he asked me about where he stood and his chances and I had to tell him that I just wasn't interested, to which he replied that he was like fine wine, "the more you're around him the more you'll like him", to which I said, 'it's a good thing I'm sober then.' Hard pass."

Alison from Arizona

"I moved home the summer after my freshman year, and a guy in my new YSA ward asked me out. I didn't really know him, but he seemed nice enough, so I figured 'Why not?' He took me to dinner at a place where he had previously worked, and his old co-workers kept coming by the table. His aunt, uncle and parents also 'happened' to be at the restaurant at the same time. On the way home, he talked about how much he looked forward to having a family and how much he looked forward to being a dad someday. I was 19 at the time and he was 25. Suffice it to say, there was not a second date."

Kaitlyn from Utah

"So we went to Chip Cookie, and we talked for three hours and I had to start every conversation. But **as we were leaving, there was a boot on this guy's car.** We called the guy to get the boot off and it took him 30 minutes to come. When he actually got there, he told us to wait for a minute while he put a boot on another car and then he finally took the boot off my date's car."

Bailey from Washington



"We went country dancing on Center Street, which was great. But then we left right after the instruction, and I wasn't sure why we actually went in the first place. Anyways, we went to go get ice cream after and while we were at the ice cream shop, he leans over and whispers in my ear, "Thank you for dressing modestly." He then proceeded to give me a lecture on why girls shouldn't wear leggings. Which is funny, because I wear leggings all the time."

Jessica from Texas

"I got home from my mission, and some guy messaged me asking how I was and if I was going back to school that fall. After I told him yes, he wanted to hang out sometime. A week into school, I got another message from him saying that he had been praying to find me on campus. Luckily he didn't get very far."

Amanda from Virginia

"I've never had any overly bad experiences with dates, however, I did run into one problem while I was living in Salt Lake City. I had a class with a girl who caught my eye, and I later found out that she had followed me on Instagram. We began talking through Instagram and eventually moved on to texting. When it was time for the date, we decided we were going to go to a demolition derby (very Utah, she figured it would be fun). All was good until we had our first conversation in person and **I found out that** we did not speak fluently in the same **languages.** The date was fun, everything went fine, except for the fact that we could not hold a decent conversation because of the language barrier. Great girl, unfortunate experience."

Aaron from Minnesota

"I wanted to take out this girl because she seemed very pretty and nice. We went to my place to make dinner. I served my mission in Argentina, so my plan was to make milanesa sandwiches. We get to my apartment to cook the food and tells me that she doesn't like tomatoes. She says, "I am too tired to chew and eat." How can you be too tired to eat at 7:30 at night? Anyway, she helped me clean up the apartment and then we watched a movie. She kept on staring at me periodically throughout the movie, then asked if we could go. I took her to her place, and she asked if we could talk up in her apartment. She said that in the movie we didn't touch shoulder to shoulder, and apparently that was a problem. We talked for a little bit more, but there was no chemistry. I knew it wasn't going to work out."

Alex from Utah

To avoid these situations and learn how to recover from a bad experience, **see page 32**.



By Miranda Facer often feels like a breeding ground for couples. Everywhere you look there are new engagement rings, handholding couples who block the walkways and an endless supply of posters for relationship seminars. The constant focus on dating can be overwhelming for everyone, but especially for single students.



"There is a persistent pressure to become couples because of the value we place on marriage," said Steve Duncan, a professor in the School of Family Life. "At this campus, probably more than any campus in the world, there's an emphasis on getting married."

This emphasis can start to hurt students if they take it too seriously. Marriage is a beautiful relationship Heavenly Father wants His children to experience, and it will come in His timing. Dwelling on one's lack of a significant other or subscribing to the idea that you need to be in a relationship to move forward in life will not bring you closer to marriage. Rather it will lead you down a path of unhappiness and drive you farther from the people and experiences that will prepare you to make that commitment.

"The important thing is to de-stress about this perception that everyone is getting married, because if you feed into that perception there's going to be more tension and more discomfort," Duncan said.

If you are single at BYU, you're not alone. According to university spokesman Todd Hollingshead, 49 percent of BYU graduates leave Provo unmarried. While many people want to leave BYU with a degree and a spouse, don't let that desire consume you and keep you from having meaningful experiences right now.

"Dating isn't everything," said BYU

ot having a significant other is not a negative reflection of who you are. Your worth is not tied to whether there is a ring on your finger or whether you have someone to text goodnight.

alum Cameron Kimbal. "You don't have to have someone in your life to be happy; go do things you enjoy."

You can be happy when you're not in a relationship. Singlehood is a necessary stage of life when you get to decide who you are and make meaningful relationships and experiences.

"You always hear that you should learn who you are and learn to be happy with yourself before you get in a relationship and that's true because when you're with someone else you want to take care of their needs and may not have time for your own," said BYU alumn Victoria Whitaker.

While being single is a necessary stage of life, it isn't always an easy or enjoyable one. If you are struggling, that is completely OK and there are thousands of other people at BYU who share similar feelings. The key is to move forward with faith.

If You're Lonely

President Gordon B. Hinckley advised those who struggle with loneliness to devote their energies and hearts to service in the name of the Father.

"I believe that for most of us the best medicine for loneliness is work, service in behalf of others," Hinckley said. "I do not minimize your problems, but I do not hesitate to say that there are many others whose problems are more serious than are yours.

Reach out to serve them, to help them, to encourage them."

Service doesn't have to mean Y-Serve, though that is an option. Much good can be done simply by listening to what is happening in the lives of people around you and acting how the Savior would. You don't need a t-shirt or an organization to do service; you just need the desire to serve and if you express that to Heavenly Father, He will show you countless ways to help and love His children.

In addition to doing service, seek out people who lift you up and inspire you to be a better person. This can be friends and family, whose warmth and love will remind you of your worth.

"Guys, enjoy your bromances," said BYU alum Sean Terry.

Terry's sentiment is gender neutral, of course; women can also find solace and enjoyment in their friends.

Shifting your focus from yourself to others will fill your mind with thoughts about how to love and support those



around you. As you turn your time and efforts outward, your worries and insecurities will slowly but surely fade away.

If You Feel Like Something Is Wrong with You

As more and more of your friends get into relationships and become engaged, it can be tempting to compare yourself to where they are in life. You see them moving on to different stages than the ones you are experiencing and you might think there's something wrong with you for not moving at the same pace.

"I feel like everyone gets the idea that something's wrong with them if they're single," said BYU alum Scott Vaughn. "I don't think that's true at all though."

Not having a significant other is not a negative reflection of who you are. Your worth is not tied to whether there is a ring on your finger or whether you have someone to text goodnight.

"I feel like a lot of (people) think they have to be in a relationship and they start to feel incomplete and they're not OK with themselves unless they are," said BYU alum Jazmin Cybukski.

When you start to believe there must be something wrong with you if you're single, you experience self-doubt. These thoughts cloud your ability to see yourself for who you truly are: a child of God.

If negative, self-defeating thoughts enter your mind, President Thomas S. Monson

said to rise above them and to not give the adversary power over you.

"I forbid you, agnostic, doubting thoughts, to destroy the house of my faith," President Monson said.

Everyone has weaknesses and aspects of themselves they want to change, and working on those things can be healthy to an extent. Progress is an integral part of this life and there are steps you can take to prepare for a relationship and marriage as a single person.

"Something I've learned from my classes is to think about all of things you want in a spouse and to become those yourself, because you can't expect someone else to have those qualities if you don't," Whitaker said.

Whether that means developing patience, learning to better manage your money or mastering the art of active listening, trying to improve now will help you be a better spouse when that time comes.

Just because you aren't with someone right now does not mean you are going to be alone forever. Don't let your single status define you or make you doubt your worth. The best thing you can do with your time is to work on improving yourself and enjoying your life for where and who you

If You've Given Up

Whether it's been weeks, months or years of being single, you may come to the conclusion that you will never find a significant other. While you may believe having this mentality will protect you from disappointment, you are closing yourself off from experiences and people that could prove to be blessings.

"You don't know that you won't get married," said BYU alum Lauren Johnson. "You might not, but nobody knows the future."

When things look down and you don't know where your life is going, your faith is tested. You can give up and turn away from Heavenly Father, or you can follow the counsel of President Gordon B. Hinckley and keep going.

"Those who move forward with a happy spirit will find that things always work out," he said.

Remember, you don't have an expiration date. Love is not something that can be forced to fit into a certain time frame. When it comes, it will be at the right time and with the right person.

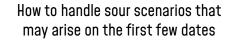
In a culture where dating is the standard, not the exception, being single can be difficult. But even though there are trying days, never let your relationship status keep you from becoming the person you want to be and living the life you were meant to

"Enjoy the journey, enjoy the process of getting to know fellow sons and daughters of God," Duncan said. "Let commitments come naturally and not by social norms, whether perceived or not."



WHEN ADATE GIVES YOU LEMONS





By Haley Mosher



y the time college rolls around, you're probably familiar with basic dating etiquette: Be on time, put your phone away, dress appropriately for the activity and pay if you initiated the date. Easy-peasy, lemon-squeezy, right?

If you want to have a date as sweet as lemonade, you've got to be polite. But what are you supposed to do when a date hands you lemons?

"Lemons" on a date come in all shapes and sizes. Your date's car could break down on the way to your house, making them an hour late. You could find out your date is just as willing to yell about his love for pugs as you're willing to yell about your hatred of them. Or maybe the night just wasn't all that spectacular, but your date "would love to do this again sometime."

It's easy to be polite when a date is unfolding with rom-com levels of perfection. Sometimes, though, you'll have to deal with a few sour lemons before the night is over. What do you do in those situations? Here's some advice on turning even the sourest of dating lemons into delicious lemonade.

If Your Date Is Late

Show your date you value their time and prioritize being with them, but you can't always control your punctuality when things go wrong. Maybe your car got a flat tire, maybe you got stuck in unexpected traffic or maybe your test ran longer than you thought. That's OK — you're only human, and your date knows that.

The polite thing to do, though, is to at least make sure your date knows why you haven't shown up yet. Alden McLean, a sophomore from Fairfield, California, suggests a quick text is sufficient to let your date know when you're running a few minutes behind.

"I don't think it's a big enough deal that you have to call," McLean said. "I think (you) should say 'Sorry I'm late,' but (your date) should be forgiving."

If you're going to be late, make sure you have a valid explanation — not that you took extra time to get ready or thought you'd have time to run errands.

If You Need to Take a Phone Call

Nearly everyone has had a bad experience where their date was glued to their phone the entire time. Between Instagram, Facebook, Twitter, Snapchat and texts, it's easy to get caught up in the digital realm. It's far more important, however, to show your date you're excited to be spending time with them than it is to take a Snapchat of your meal and post it to your story.

But, what if you actually have an important call or text you need to take over the course of the night? If you know it's coming, you should give your date a heads up as well. If you receive an unexpected call, however, you should still follow a similar procedure. Before an-





swering the call, try quickly telling your date, "Hey, I'm really sorry, but my mom is calling and it might be important. Is it OK if I take this call?" If the call turns out to be something nonessential, be sure to politely tell the caller you're busy and can contact them later.

No matter what, don't keep

your date waiting for more than five minutes. If the call really is urgent, ask the caller to hold for a moment while you explain to your date what's going on and the two of you can decide whether to continue the date.

If You Need to Leave Early

Which brings us to our next point: How do you go about ending a date early? Unless you have legitimate reasons, you don't. However, sometimes, you may find out your roommate broke his leg and needs a ride to the hospital or the apartment flooded and the landlord needs you home immediately. In cases like these, honesty is the best policy.

"If it's unexpected, be honest and explain it. Don't be shy. Make it clear why you have to leave," McLean said.

Jessica Jensen, a sophomore from Alpine, Utah, added that if the date was going well up until it got cut short, that should be made clear as well.

"I think most of all it's important to be honest," Jensen said. "Just explain to them that you still had a wonderful time so that there isn't any miscommunication."

McLean agreed. "If it cuts off the date and it was going well, you should probably ask them out again," he said.

If You Get in an Argument

If you pick your date up on time, manage to dodge unnecessary calls and texts and are at a restaurant enjoying pleasant conversation over tacos, you might feel like you've made it through the worst part.

Alas, there is still plenty of time for things to go south. Imagine the uncomfortable scenario in which you and your date are talking about a meme you saw on Facebook, and you suddenly shift from a friendly chat to a heated argument over a political post just below the meme in your newsfeed. As hard as it can be to admit you're wrong, especially when you feel you're not, that's probably the best approach to instantly diffuse the situation.

Jensen suggested trying to laugh it off if you're the one who started the debate, or apologizing if you said something that offended your date. "I don't think I would get heated," she added, "I would just say 'let's not talk about it."

McLean said that for him, an argument on a first date is an indicator that you shouldn't go out again. If it's a few dates in, though, he suggests agreeing to disagree and changing the subject.

"Is it more important to have a good date and make it a good experience and get to know the person," he asks, "or get the point to them?" At the end of the day, it's never polite to argue, and it's always worth it to be the bigger person and keep things enjoyable.

If They Say 'Let's Do This Again Sometime'

There are also cases, though, where even if nothing goes wrong, a date just isn't magical. If you've noticed signs you and

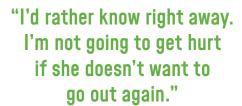
your date aren't compatible, you might not be interested in a second date, and that's fine.

Unfortunately, first dates don't always end with both people on the same page, and there's a good chance your date might still bring up the dreaded, "We should really do this again sometime!"

Even if your first reaction is to walk into your apartment and close the door without another word, remember that your date has feelings, too. Be polite, even if you're not looking for anything further.

So, should you tell your date you're uninterested? Or should you politely dodge the topic, thank them, and hope they don't notice?

McLean said the best thing to do is be upfront with your date. "I'd rather know right away. I'm not going to get hurt if she



Alden McLean



doesn't want to go out again," he said.

Jensen said she prefers an honest but less direct approach. "I would ask them to contact me later so I have more time to think about it," she said. "I don't know that I could ever say no in the moment."

Hailey Stolworthy, a senior from Las Vegas, agreed that she'd prefer to put off answering right away. "It's hard because I totally know how it feels to be like, 'That was an awesome date,' and then obviously it probably wasn't if they don't get back to me," Stolworthy said. "Instead of saying 'Yeah, I'd love to do it again sometime,' I'd prefer they say something like 'I'll think on it' or 'I'll get back to you at some point."

If You Don't Receive a Post-date Text

If you're the champion dater who makes it through pick up, dinner conversation, and

drop off seamlessly, you still have one final challenge to face: the post-date text.

Nearly everyone has a different perspective on what a post-date text means. Is it rude not to send a postdate text, even if you don't want to go out again? Are you leading someone on by sending a post-date text at all?

When tackling this small but complicated issue, it's best to use common sense. If someone took time out of their day to spend time with you and maybe even pay for your dinner, you should definitely thank them for it. If you choose to thank them after a date via text, be aware that your wording can indicate your level of interest. Stolworthy said she usually texts to indicate interest, but will alter texts if it's just a simple thank you.

"I would send a post-date text if the date meant something more could come of it," she said. "If I was in a position where I didn't pay and didn't ask, I'd still send a text saying thank you, but I wouldn't say, 'Let's do it again sometime."

McLean said he doesn't let receiving (or not receiving) a post-date text deter him from pursuing a girl he's

into. "I would think a post-date text would mean I could ask her out again if she still contacts me, but I wouldn't expect one," he said. "And if I liked her and wanted to ask her out again, I'd still do it whether or not she texts me."

The best practice is always to thank someone for their time, but if your date has already expressed gratitude, try not to get caught up in the meaning of a post-date text.

"I would send a post-date text if the date meant something more could come of it."

Hailey Stolworthy

If you get a simple thank you, understand that your date probably isn't looking for anything more. If there's something like "I had a great time," or "I'd love to see you again," included, you probably have the green light to ask again. Either way, don't read too much into it. Just appreciate the time you had with your date rather than

worrying about your digital interactions after.

Dates are supposed to be fun, but that doesn't mean they will always go perfectly well. The best people to date are those who are polite no matter what, because a little bit of courtesy will always go a long way. So next time your date has to rush home to give his corgi the Heimlich or has to take a call from his landlord, remember to be understanding and just take things as they come. You'll likely find that even after the biggest of dating disasters, you can still have a great time if you

erate and respectful to each other. And if not, well, at least vou'll have a great bad date story to submit for the next edition of TWO's Dating Diaries.

MARRIAGE IS

ou get married and have kids. You go to a few soccer games on Friday afternoon and come back to your large house and attractive spouse. That's how it's supposed to go, right? A few short years of being single, no arguments with your spouse and a perfect, no-problem family.

Martin Erickson, licensed marriage and family therapist, said that college millennials have far too rosy views of marriage.

"That's a frustration," he said, "and an impediment to having a good healthy marriage over the long run."

"Marriage has the potential to be really refining and call out your best sense of character, values and love, but it's not going to automatically do something to make you good or special," he said.

When you have a more realistic vision of what marriage is going to be like, you can better prepare for that time in your life as well as be okay with where you are in your life right now. Life is a journey. Marriage is a wonderful goal to work towards, but it isn't the end-all, be-all of life. Understanding that things don't always work out the way you want them to is a great first step to learning how to be content amidst any circumstance.

CONTINUED ON PAGE 38

A JOURNEY NOT THE DESTINATION

By Taryn Royall



"If a healthy relationship is something that you desire, then you will have to work for it, but then be open to the fact that the journey might be different for you."

> Martin Erickson Licensed marriage and family therapist



Understanding the Phases of Dating

Erickson said that dating relationships have three different phases, that can be very helpful in understanding personal development in dating.

"Seeing these three stages in a developmental frame can really help students," said Erickson. When you understand that each stage serves a different purpose and each stage can help you prepare for your future marriage, it might help you be more patient when searching for future spouse.

Phase one usually begins in high school. This stage consists of group dates, hanging out and spending time with members of the opposite sex.

"That first stage of dating is all about understanding the opposite sex, getting a sense of who they are," said Erickson. "It's about coming to understand the individual's identity, having fun and feeling more independent." Erickson also said that phase one is not the time to be thinking about marriage.

Erickson said that phase two usually starts when the individual is in college. He said, "depending on your needs and life experiences, this phase could last a while."

This phase is all about learning how to be in adult romantic relationships, figuring out the type of person you want to be with and learning how to become the type of partner you want to be. Exclusive dating is key to

figuring out these things.

"Phase two isn't really about getting married, either," said Erickson. "But at some point in phase two, an individual can be think 'I know what I want from a partner, I know what I want to be as a partner,' and then they move on to phase three."

Phase three is when individuals really are ready to begin dating for marriage. "This is where individuals start to find people they want to commit their lives to," said Erickson. He said this is the most mature phase when you are ready to make an important adult decision.

Erickson said when people understand that relationships tend to follow these three stages, they can focus more on improving themselves and being patient with the timing of their romantic relationships.

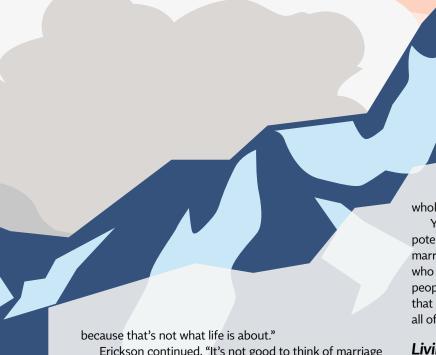
Switching Your Mindset

Sometimes, even when you are ready for marriage, the opportunity doesn't present itself. In these instances, it is even more important that you have a healthy view of what marriage is like.

Many students are used to having their lives set out for them. Things are supposed to follow a particular script. If or when that doesn't happen, they get discouraged or think something is wrong with them.

When Erickson talks with students who feel this way, he tries to normalize this feeling and help them realize that there isn't anything wrong with them.

"If it follows this script mentality, it isn't really your story. You're not the agent," he said. "You're not the one who is living and growing and deciding. You're just kind of following along in a passive way that won't be healthy



Erickson continued, "It's not good to think of marriage as a reward for righteous behavior. I don't think most good things in life, like having a child or getting a really good job, are rewards for righteous behavior in a reward/ punishment scheme. It's not helpful to think of life that way."

"Thinking in the longer picture, can be helpful in not being so destination- or outcome-focused."

Practice thinking long-term. It's okay for you to want to date a lot, form relationships and have great experiences at college. It's normal to hope to get married during or shortly after college. But it is equally important to think about what you are going to do if that doesn't happen.

Individuals can practice this by thinking of their goals, accomplishments and failures as part of a grand journey. When someone's mindset is switched from outcomeoriented to journey-oriented, the result is greater happiness and contentment with the way their lives are going at that moment.

Creating Realistic Expectations

Relationships of all kinds take effort, work and dedication. Marriage doesn't instantly transform you into a perfect individual. Mark Ogletree, a licensed family counselor, said, "When couples first get married, it's easy to fall into the trap of feeling marriage is a destination. They made it through the engagement, through all these obstacles, and now they are there. What they don't realize is that they haven't even started yet."

"Couples often want things to be perfect very fast, and they also want to be financially where their parents are. They want to have 'arrived'."

Ogletree said that these couples need to understand that good marriages result from hard work, dedication and overcoming failures. Healthy relationships come because two individual people are walking a path of

wholeness together.

Young couples and those beginning to look for potential spouses can create realistic expectations for marriage by talking with their parents or other couples who have been where they are or will be. While single, people can learn to see marriage as a journey and realize that having a family or being married isn't going to solve all of their problems.

Living for the Value

If you really do desire a healthy relationship in marriage, then you have to be living in a way that can help you develop that bond.

Explore what you really want. What are you desires, hopes and dreams? What things do you value and what do you want your life to be about? What role do you want problems, setbacks and heartbreak to play in your life? Determining these things for yourself can help you set goals and keep you motivated on your path to creating the life that you really want.

After you've explored your desires, it is equally important to live in a way that allows you to accomplish those things.

Erickson said, "If they really value and desire a future family, and aren't really involved with people, or dating or finding people that are interesting to them or connecting or developing socially then they won't really be moving towards that."

For some, putting in the work to find and date people they might want to marry can be really intimidating. They want the romance and the love, but the work that it takes to get to that point is overwhelming.

"If a healthy relationship is something that you desire, then you will have to work for it," said Erickson. "But then be open to the fact that the journey might be different for you."

Happiness isn't determined by how quickly you get married or how perfect your marriage is. Happiness comes from working hard to accomplish the things that you desire, and being open to new avenues and opportunities that cross your path. Life is full of disappointments, heartbreaks and plans that don't work out. While single, dating or married, you should continue to improve yourself and work to switch your mindset from outcome-based to journey-based. Doing so will help you build a life of fulfillment and contentment.

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RESTAURANTS

★★★ ★ Tacos. 3368 N. University Ave. 801-356-8226

Antonella's Artisan Bread Café

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

\$\$ AhiMuse

steakhouse 1087 S. 750 East, Orem. 385-

\$\$ 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.

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

BumbleBee's KBBQ

★★★★ Korean, barbecue. 1254 N State St. (801) 607-2543

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 Generation Two

 ★★★ ★ Breakfast, diner. 465 S. University Ave. 801-607-2174

\$\$ Carrabba's Italian Grill

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

China Garden

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

Chipotle Mexican Grill

★★★★ Mexican 715 E. University Pkwy., Orem. 801-225-4364

\$\$ Chom Burger

Burgers, salads. 45 W. 300 North. 385-241-7499

\$\$\$ Communal

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

Corner Bakery Café

★★★★ Bakery, cafe. 155 W. Center, Orem. 801-221-3740

Cubby's

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

Cupbop Korean BBQ

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

Don Joaquin

★★★★ Tacos. 150 W. 1230 North. 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.

S El Salvador Restaurant

Salvadoran. 332 W. Center. 801-373-5377

\$ 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

\$\$ Five Sushi Brothers

Sushi. 445 N. Freedom Blvd. 385-549-4495

\$\$ Four Seasons Hot Pot and Dumpling

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

\$\$ 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

\$\$ 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 Habit Burger Grill

Burgers. 2245 N. University Pkwy. 385-254-0940

\$\$ 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

\$\$ Itto Sushi

★★★★ Sushi. 575 E. University Pkwy., Orem. 801-563-3337

\$ 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 Vera's

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

\$ Joe's Café

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

\$\$ King Buffet

State St., Orem. 801-960-9669

\$ Kneaders Bakerv and Café

\$ Koi Express Sushi Wrap &

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

\$ KoKo Lunchbox

Korean. 1175 N. Canyon Rd. 801-856-2176

\$\$ 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

\$\$ Lucy's Brazilian Kitchen

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

\$\$ MidiCi

★★★★ Pizza. 541 E. University Pkwy., Ste. B, Orem. 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. 801-374-3256

\$ 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

\$ Oh Mai

★★★★ Vietnamese. 575 E. University Pkwy., Ste. A 211. 801-607-2992

\$\$ Oregano Italian Kitchen

★★★★ **Italian.** 1600 N. Freedom Blvd. 801-788-4185

\$ Osaka

\$ **Osaka**★★★★ Japanese. 46 W. Center. 801-

373-1060

\$\$ **Oteo**Mexican. 180 N. Univeristy

Ave., Ste. 135. 810-928-3038 **Peace on Earth**

Breakfast and Brunch 35 N. 300 West. 801-577-4710

\$\$ 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

\$ 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

\$ Rimmels

★★★★ German. 27 N. 100 W.

\$ Ripple's Drive Inn

★★★★ Burgers. 3225 N. Canyon Rd. 801-374-0909

\$\$ Rodizio Grill

\$\$ 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, Vietnamese 440 W. 300 South. 801-812-1173

\$\$ Sam Hawk Korean Restaurant

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

\$\$ Se Llama Peru

★★★★ Peruvian, Latin American. 368 W. Center. 801-375-0275

Sensuous Sandwich

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

\$ Seven Brothers Burgers

Burgers, Hawaiian 4801 N. University Ave. Ste 220. 385-477-4220

\$ Shirley's Bakery & Café

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

\$\$ Shoga

Sushi, ramen. 386 E. University Pkwy., Orem. 801-802-8388

\$\$ Shoots

★★★★ Chinese. 4801 N. University Ave., Ste. 840. 801-225-0445

Silver Dish Thai Cuisine

Thai 278 W. Center. 801-373-9540

\$\$ Sizzler

** Steakhouse. 1385 S. University Ave. 801-374-1516

\$ 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

\$ Smokehouse BBQ and Burgers

★★★★★ Burger, barbaque 194 Center, Orem. 801-427-6473

\$\$ Station 22 Café

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

\$ Sushi Burrito

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

\$\$ Sushi Ya

Sushi. 1545 S. State, Orem. 801-225-7760

\$ Sweet's Island Restaurant

★★★★ Hawaiian. 711 Columbia Ln. 801-374-0000

Sweeto Burrito

★★★★ Mexican. 1284 N. University Ave. 801-373-7000

Taqueria El Gallo Oro De Jalisco

★★★★ Tacos. 664 N. Freedom Blvd.

\$\$ 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

★★★★ Brazillian. 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

\$\$ Yummy's BBQ & Sushi

S 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



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DESSERTS & SWEETS

Bahama Bucks

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

Baskin-Robbins

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

Bianca's La Petite French **Bakery**

Pastries. 90 W. Center. 801-830-0431

La Brioche Bakery

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

\$ **Bowl of Heaven**

bowls. 1283 N. University Ave. 801-607-2735

BYU Creamery

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

Cold Stone Creamery

lce cream. 2302 N. University Ave. 801-373-4703

Chip Cookies

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

The Chocolate

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

The Crepery

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

\$\$ La Dolce Vita

★★★☆☆ Italian, pizza, gelato 61 N. 100 F 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 Better Ice Cream \$

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

Fizz Drink

** * Soda.

Fruta Crush

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

Hokulia Shave Ice

Shaved ice, 1445 N. Canvon Rd. 801-602-6683

Ike's Creamery

Le cream. 4801. University Ave., Ste. 210. 801-224-5001

\$\$ Ivie Juice Bar

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

\$\$ Menchie's Frozen Yogurt

lce cream. 153 N. State., Orem. 801-426-5259

\$\$ Mend Juicery

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

\$\$ The Mighty Baker

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

\$\$ Mora Iced Creamery

★★★★★ Dessert, ice cream, frozen yogurt

\$\$ Mrs. Cavanaugh's Chocolates

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

Orem Summer Sno

★★★★ Shaved ice. 625-699 S. State., Orem 801-427-1210

The Penguin Brothers

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

Pop'n Sweets

Soda, candy. 42 E 1230 North. 801-377-2402

Provo Bakery

★★★★ Pastries. 190 E. 100 N. 801-

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 E. 801-375-6082

\$ **Sodalicious**

★★★★ Soda. 30 W. 300 N.; 602 E 600 N.; 3376 N. University Ave. 801-800-7317; 801-960-3680; 810-815-2200

\$\$ Sub Zero Ice Cream

lce cream. 62 W. Center. 385-375-2617

Sweet Cream Bar

lce cream, 3376 N. University Ave. 801-691-6433

The Sweet Tooth Fairy

Dessert. 1064 N. 750 East, Orem. 801-224-7551

Shake Makers

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





FOOD TRUCKS

\$ Art City Donuts

Doughnuts. artcitydonuts. com. 801-592-7260

\$\$ Bandera Brisket

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

\$\$ Boba Shack

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

\$\$ Casa De Soul

Southern, comfort food http://casadesoul.biz/index.html. 415-359-4689

\$ Charlie Boys Pit BBQ

Barbecue. charlieboysbbq. com. 801-427-0600

\$ Chiquitos Churros

Churros. chiquitoschurros.com. 801-310-7675

\$ Clark's Island donuts

★★★★ Doughnuts. clarksmalasadas. com. 810-427-9169

\$ Clean Eats Food Truck

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

\$\$ Cluck Truck

★★★★ Gourmet chicken wraps. cluckingdelicious.com. 801-369-3788

\$ Corndog Commander

American, corndogs. facebook.com/corndogcommander. 801-

\$ Eggrollin'

★★★★ Filipino . 810-750-5009

\$ El Sarten

* * * Italian

\$ Falafel Tree

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

\$ Family Squeezed Lemonade

Lemonade facebook.com/familysqueezedlemonade.

\$ Fatty Tuna

Sushi & ramen. facebook.com/fattytunafood. 801-899-5075

\$ Fiore Wood Fired Pizza

Pizza, Italian fiorepizza.com.

\$ Forge Pizzeria

Pizza. facebook.com/ frogepizzeria. 801-368-7530

\$\$ Genki Asian Street Food

Ramen genkifoodtruck.com. 801-362-8446

\$ Greek N Go

☆★★★ Greek. facebook.com/ greekngo. 208-679-1188

\$ Good Grindz

Hawaiian. facebook.com/goodgrindz. 435-282-0114

\$ The Grill Sergeant

★★★★ American. facebook.com/ TheGrillSegeantFoodTruck. 801-995-8723

\$\$ Harry's Food Truck

Chinese, Mongolian. unvr.se/ HarrysFoodTruck. 810-755-0558

\$\$ Kitchen Eighty-Eight

★★★★★ American. facebook.com/kitcheneightyeight88. 385-999-1763

LoL Hawaiian Grill

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

\$ Macs A La Mode

★★★★★ Macaron ice cream sandwiches instagram.com/macs.a.la.mode.

\$ Maize

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

\$ Mama-Lau

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

\$ MamaZ's

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

\$ The Mouse Trap

Grourmet grilled cheese. unvr.se/MouseTrapTruck. 801-900-5988

\$\$ Pompeii Pizza

Pizza. facebook.com/pompeiipizzaco. 385-429-2015

\$\$ Pyromaniacs Pizza

Pizza. pyromanicaspizza.com. 801-896-7976

\$ San Diablo Artisan Churros

Churros, Latin Amerian, Mexican facebook.com/sandiablochurros.

\$ Savour Foods

American, sliders. savourfoodtruck.com. 810-368-4477

\$ Smokin Roadside Grill

Barbecue. smokinroadsidegrill.com. 385-335-4069

\$ SPUDS

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

\$\$ Sushi Be Rollin'

Sushi. facebook.com/sushiberollin. 801-889-3670

\$ Suzy Thai

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

Thai-licious Mobile Cuisine

Thai. facebook.com/

\$ Thai 2 Go

Thai. facebook.com/thai2goutah.

Traditions Mobile Café

★★★★ Burgers.

The Sweet Station

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

\$ Tropical Fruit

★★★★★ Shaved ice. facebook.com/ tropicalfruitshavedice. 810-687-8909

\$ Udder Joy Creamery

★★★★ Ice Cream. facebook.com/ udderjoycreamery. 810-856-3443

\$ Uncle Bobby's Hawaiian Style

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

Vida Acai

Acai bowls. instagram.com/vidaacai. 810-433-7459

World's Best Corndogs

★★★★★ Corndogs. facebook.com/ worldsbestcorndogs. 810-645-3640

HIGH-ENERGY

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 N 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. Enjoy the sun, slides, and wave pool in the waterpark or hit the go-carts or mini golf course., 1320 N. 300 W, 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/ reserve

Go paragliding

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

Go to a ropes course

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

Hit a bucket of balls at a driving range

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

Go snorkeling at Midway Crater

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

Go horseback riding

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

Go repelling

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

Go to an archery range

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

Go to a shooting range

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

Play paintball

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

Go canoeing

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

White water rafting

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

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

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 from scratch if you're feeling

Visit one of Utah's five National **Parks**

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

Train for a race together

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

Sign up for a mud run

Go running through mud and other obstacles. mudrunguide.com

Plan a bike ride

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

Try disc golf

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

Ice-blocking

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

Skip rocks

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

Pool hop

Go from one complex to another and see how many you can get to in one day.

Battle Creek Falls

9 miles from campus.

Bridal Veil Falls

7 miles from campus.

Bonneville Shoreline Trail

4 miles from campus.

Dry Canyon

7 miles from campus.

Mt. Timpanogos

11 miles from campus

Rock Canyon Trail

2 miles from campus.

Slate Canyon Trailhead

3 miles from campus.

Squaw Peak Trail

4 miles from campus.

Stewart Falls

11 miles from campus.

Y-Mountain

2 miles from campus.

SKI RESORTS

Rock climbing, biking, camping, etc. 10230 Utah 210, 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.

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 Trail, Sandy. 801-933-2222 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 Lood Rd, Sundance. 801-225-4107 sundanceresort.com



WINTER DATES

Go ice skating

Skating creates the perfect excuse to hold hands with your date for the whole night.

Try ice fishing

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

Take a sleigh ride

Snuggle up next to your date and enjoy a romantic horsedrawn sleigh ride.

Go snowshoeing

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

Go sleddina

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

Go cross-country skiing

Skis are available to rent at Outdoors Unlimited

Go to an ice sculpture show

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

Make a gingerbread house

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

Visit the ice castles

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

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

Attend a hockey match

Local teams include the Utah Grizzlies and the BYU Hockey team

Christmas lights at Temple Square

Soak up the true Christmas spirit with that special someone on Temple Square.

Try gourmet hot chocolate recipes

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

Make an indoor winter wonderland

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

Take a romantic walk while drinking hot cocoa

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

The North Pole at Seven Peaks

Sled down water slides, ride a train through a winter wonderland, visit with Santa Claus and cruise through the north pole on bumper boats.

Make Christmas cookies

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



PROVO

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BYU Student Health Center

1750 N. Wymount Terrace · 801-422-2771

AUTUMN DATES Go to a corn maze Play in the leaves Find a rake and pile together fallen leaves from a nearby

tree. Enjoy the fall colors and see how big you can make

Hit the trails

Hike, bike or simply stroll out in nature, kicking the leaves

Go apple picking

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

Hit the playground

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

Visit a pumpkin patch





FOOD FOR EVERY OCCASION

DINNER, RECEPTION, WARD PARTY, MEETING



LOCAL **PARKS**

Bicentennial Park

1440 S. 1600 East

Big Springs Park

6560 South Fork Rd.

Bonneville Park

1450 N. 800 West, Orem

Carterville Park

2400 N. Carterville Rd.

Exchange Park

900 N. 750 West

Fort Utah Park

200 N. 2050 W. Geneva Rd.

Grandview Park

1460 N. 1050 West

Joaquin Park

400 N. 400 East

Kiwanis Park

820 N. 1100 East

Lions Park

950 W. 1280 North

Memorial Park

800 E. Center St.

North Park

280 W. 940 North

Paul Ream Wilderness Park

1600 W. 500 North

Pioneer Park

500 W. Center St.

Rock Canyon Park

2620 N. 1200 East

SCERA Park

600 S. State St, Orem

Vivian Park (Canyon View, Canyon Glen, Nunns, Bridal Veil, South Fork, **Upper Falls**)

Provo Canyon

HAUNTED HOUSES

Haunted Forest

Haunted house and forest. 6400 W. 6400 North, American Fork. 801-903-3039 hauntedutah.com/haunted forest index

Strangling Brothers Haunted Circus

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

Nightmare on 13th

Haunted house. 300 W. 1300 South, Salt Lake City. 801-467-8100 nightmareon13th.com

Castle of Chaos

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

Fear Factory

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

Haunted Hallow Trail of Terror

Haunted forest, 1550 S. 1900 West, West Haven. 810-528-2080 hauntedutah.com/ haunted hollow index

Asylum 49

Haunted hospital. 140 E. 200 South, Toole. 435-243-1838 asylum49.com/index

Haunnted Halloween Haven

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

Frightmares

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

Hee Haw Farms

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

Rocky Point Haunted House

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

Haunted Attic

Haunted house. 1320 N. 300 West, Lehi. 810-766-4386

Sleepy Hollow

Haunted wagon rides. 2002 Sodier Hollow Drive, Midway. 435-654-1655 sleepyhollowutah.com

Night Stalkers Haunted Trail

Haunted trail. 8800 S. 4000 West, West Jordan. 801-569-2356 nightstalkershaunt.com

LOW-KEY ACTIVITIES

Visit the Castle Ampitheatre

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

Tour Melville Stables

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

Experience a real life "Secret Garden"

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

Walk the boardwalk at Bicentennial Park

Bicentenial 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

Sundance Full Moon Lift ride

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

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

Be one with nature and your date. Mountain location change-check the website or Facebook page for details. 2620 N. 1200 East 208-559-4084 yogainthemountains. weebly.com

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

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

Fish along the Provo River

You're likely to catch rainbow trout, brown trout and mountain white fish! Get your fishing license at wildlife.utah.gov. utahfishinginfo.com/utahrivers/provoriver.



AVANNAH HOPKINSON

Take a self-guided historic Provo buildings walking tour

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

Have a picnic outside

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

Have fun with spray paint

Spray paint street art on cardboard with stencils

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.

Cup-fence design

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

Race paper boats

Fold some paper into a boat 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.

Take a dip at the hot springs

Go to the Inlet Hot Springs in Saratoga Springs or Fifth Wat Hot Springs in Spanish Fork canyon.

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

Go exploring with cameras

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

Go bird watching

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

Watch a meteor shower

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

Cloud watch

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

Watch the sunset

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

Go geocaching

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

Play tourist

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

Feed the ducks at the pond

Meet after class at the duck ponds south of campus next to the LSB.

LOCAL EVENTS



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

Divine Comedy

Various locations on BYU Campus. byudivinecomedy.com

Go country dancing

Grab a cowboy hat and show up early for square dance lessons. Wednesdays and Saturdays, 8:30 p.m.-12:30 a.m. Southworth Hall, 116 West. Center.

Salsa Thursdays

Free salsa lesson 9-10 p.m., Thursdays. Southworth Hall, 116 West. Center.

Comedy Sportz

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

IMPROVBroadway

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

BYU's International Cinema

Indulge in some fine international films. 250 KMBL. ic.byu.edu

Downtown Provo Art Stroll

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

Attend an artist lecture

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

Open Mic Night

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

BYU's Got Talent

Cheer on our favorite acts thorughout the semester. WSC Varisity Theater. studentleadership.byu.edu/stab/byu's-got-

Karoake, Open Mic & Poetry slams at the Wall

Check out thewallbyu.com for dates and details.

Dry Bar Comedy

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

MOVIE THEATERS

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 St, 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 St., Sandy.

Megaplex Vineyard

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

Stadium Cinemas

633 S. 950 West, Payson.

Towne Cinema

All tickets \$1.50. 120 W. Main St., American Fork.

Water Gardens Pleasant Grove 6

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

PERFORMING ARTS

Utah Regional Ballet

Experience the thrill of watching classically trained dancers. utahregionalballet.org

SCERA Live Theatre

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

Covey Center for the Arts

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

Hale Center Theater

Visit on of the nation's highest attended professional theatres. Shows this year include, Wait Until Dark, The Scarlet Pimpernel, The Wizard of Oz and A Christmas Carol. 9900 South Monroe St., Sandy. hct.org

Hale Center Theater Orem

Stay local and enjoy a live performance stage play or a muiscal. 225 W. 400 North, Orem. orem.haletheater.org

Utah Opera

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

Eccles Theater

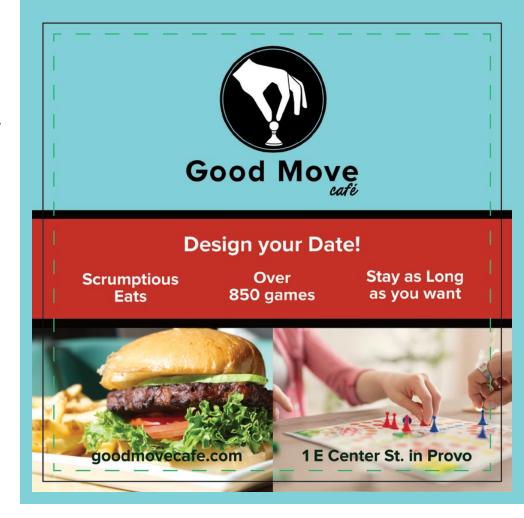
Take your date to downtown Salt Lake and see a ballet, comedy, or theater show. Check out their calendar for more events. Eccles Theater, 115 Main St., Salt Lake City. artsaltlake.org

Attend a hand-bell choir

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

Ballet West

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





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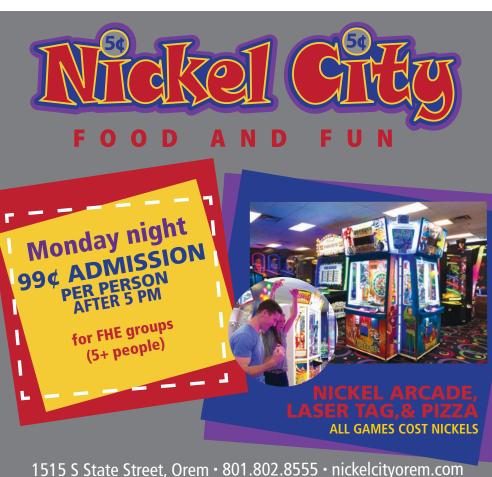
98 W Center St, Provo 801-373-7200 1086 W South Jordan Pkwy Suite 111, South Jordan

801-302-0777 www.indiapalaceutah.com



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Offer only available with coupon at the Orem location. Coupon expires 12/19/18.

IN THE HOUSE

Book love letters

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

Read excerpts from favorite books to each other

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

Share embarrassing photos of each other

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

Make a blog together

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

Write cheesy poems to each other

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

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 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 5 Love Languages Test

See how to improve your relationship.

Do a DIY project from Pinterest

Pick a craft tutorial. Share what you make.

Make a playlist of your favorite love songs

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

Make bubbles, blow them

Just like elementary school again.

Learn to juggle

Try to learn some juggling tricks.

Knit a scarf

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

Teach each other card tricks

Or learn one together. Then show off to roommates.

Have a book club date night

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

Write a song together

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

Mute a TV show, make up lines for the actors

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

Do Mad Libs together

The sillier, the better.

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.

Carve a pumpkin

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

Hold a white elephant gift exchange

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

Plan a fake vacation

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

Show each other your favorite songs from middle school

Get to know each other's angsty teen sides.

Play rocket scientist or expert egg saver

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

Play with face cards

There are countless games to be played.

Play a board game

Rediscover your Monopoly skills.

Learn a fantasy card or board game

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

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 pipes, or just throw marshmallows at each other.

Twister with paint

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

Play with Legos

Build the JFSB or the clock tower.

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.

Make clay and sculpt

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

Play video games from your child-

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.

Teach each other one of your talents

Anything you can do, your date can do

Learn a language together

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

Have a movie marathon

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

YouTube video marathon

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

Watch short films by BYU Students

Watch award-winning films by BYU Media Arts students. studentfilms.byu.edu/

Watch BYU sports

Put on your BYU gear and rally behind the Cougars.

Make greeting cards

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

Write letters to each other

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

Write letters to missionaries

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

Race giant paper airplanes

Find the largest paper you can find and have a competition to see whose flies the best.

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 it and eat it at home.

Progressive dinner with friends

Each couple is in charge of one course of a meal.

Have an indoor picnic

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

Cook together

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

Learn how to cook authentic cultural cuisine

Trade recipes from your mission areas.

Play Apples to Apples while eating apples

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

Murder mystery dinner

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

Host a tea party

Try it with appple cider and finger sandwiches.

Make a pazookie

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

Bake cookies for friends

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

OUT OF THE HOUSE

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 school stress by jumping all around. Lowes Xtreme Air Sports, 1111 W. 100 S. 801-374-5867 lowesairsports.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 provo.colormemine.com

BYU SPORTS CALENDAR







OCTOBER 2018

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

NOVEMBER 2018

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

DECE

SUN.	MON
2	3
9	10
16	17
23	24
30	31

MAR

SUN. MON.

10

17

24

25

JANUARY 2019

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

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

FEBRUARY 2019

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

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

22	23
15 MTen	16
	WBkB

WVIb

FTB MBkb MTen

Football LaVell Edwards Stadium Men's Basketball Marriott Center Men's Tennis Indoor Tennis Courts Women's Volleyball Smith Fieldh

UNIVERSE ARCHIVES

MBER 2018

TUES.	WED.	THURS.	FRI.	SAT.
				1
4	5 MBkB	6	7	8
11	12 MBkB	13	14	15 WBkB
18	19	20	21 WBkB	22
25	26	27	28	29

CH 2019

WED.	THURS.	FRI.	SAT.
		1	2 MBkB WBkB
6	7	8	9
13	14	15 MTen	16 MTen
20	21	22	23
27	28	29	30 MTen
	6 13 20	6 7 13 14 20 21	1 1 8 13 14 15 MTen 20 21 22

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

102.9% of BYU students found their soulmate at the BYU Salt Lake Center.



BYU SALT LAKE CENTER Above percentage not factual. What is factual is that we offer BYU classes, instructors and credit – all BYU, all in Salt Lake City.

slc.byu.edu

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\$100 off the rental when you book

Valid through December 31st, 2019 (When you bring in this ad)

BYU ARTS CALENDAR







OCTOBER 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
	1	2	3 Choir Showcase	4 Jazz Showcase	5 I'm With Her	6
7	8	9	10	11	12 BYU Spectacular	13
14	15	16	17	18 Microburst Theat OcTUBAfest	19 tre Opera: Theodora	20
21	22	23	24	25	26 Opera: Theodora The Moustrap	27
28	29	30	31 The Moustrap Lore		1	-1

NOVEMBER 2018

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
				1	2	3
				The Moustrap		
				Wind Symphony	Men's, Women's Cho	orus
4	5	6	7	8	9	10
		The Moustrap	Symphonic Band	Symphony Orchest	ra Baroque Ensemble Ballet Showcase dancEnsemble	Evening of Percussion
11	12	13 Marching Band Jazz Voices	14 Karina Gauvin Jazz Ensemble	15 Philharmonic Final Cut Film Festi	16 Radium Girls	17
					Synthesis	
18	19	20	21	22	23	24
25	26	27 Noteworthy	28 Radium Girls	29	30	
		noteworthy	Nadium UIIS		Celebration of Chris Christmas around th	

DECE

2 3 9 10 16 17 23 24 30 31	SUN.	MON
9 10 16 17 23 24		
16 17 23 24	2	3
23 24	9	10
	16	17
30 31	23	24
	30	31

JANUARY 2019

SUN.	MON	I. TUES.	WED.	THURS.	FRI.	SAT.
		1	2	3	4	5
6	7	8	9	10	11 Vocal Point	12
13	14	15	16 Young Ambass	17 adors	18	19
20	21	22	23	24 Wonderland Off the Map: The	25 Other Mozart Man Who Planted	26
27	28	29 Wonderland	30	31	Man Who Planted	Irees

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

prices go to arts.bya.caa/everits/month							
Music	Dance	Other					
Bravo!	Theatre						

FEBRUARY 2019

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
					1 Wonderland	2
					-	-
3	4	5	6 Comedy of Errors	7	8	9
			tomeay or errors	Contemporary Dance	Living Legends	
10	11	12 Winter Choirfest	13 Comedy of Errors	14	15	16
		William City	Cougarettes Philharmonic	VOCES8 Symphonic Band	Wind Symphony	Jazz Festival
17	18	19	20 Danish String Quartet	21	22	23
24	25	26	27	28 Ballet:Sleeping Beauty		

MAR

1417	711
SUN.	MON
3	4 Eve
10	Ro:
17	18 Car
24	25



MBER 2018

TUES.	WED.	THURS.	FRI.	SAT.
				Radium Girls Celebration of Christmas Christmas around the Worl
4 Radium Girls	5	6	7	8
Chamber Orchestra		BYU Wind Symphony & Symphonic Band	Ethel (Robert Mirabal)	
11 University Chorale	12 Folk Music Ensemble	13	14	15
University Chorace	Symphony Orchestra			
18	19	20	21	22
25	26	27	28	29

CH 2019

TUES.	WED.	THURS.	FRI.	SAT.
			1 Folk Music Ense	2 mble
5 ing of Concertos	6 Opera Scenes	7	8 Rosencrants an	9 d Guildenstern are Dead
12 ncrants and Guilde	13 nstern are Dead	14	15	16
e Eloize 19	20	21	22	23
dian Brass	Rosencrants and Jazz Ensemble	l Guildenstern are Dea	d dancEnsemble	
26	27	28 Women's Chorus	29 Symphony Orch Jazz Voices	80 Chamber Orchestra





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OUT OF THE HOUSE CONT.

Go to Nickel City

Challenge your date to a range of arcade games. Nickel City, 1515 S. State St., 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. Cathedral of the Madeleine, 331 E. South Temple, Salt Lake City. 801-328-8941 utcotm.org

Visit Hogle Zoo

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

Visit the Tracy Aviary

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

Visit The Living Planet Aquarium

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

Go antiquing

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

Play Hide and Seek in IKEA

Endless spots to hide. Endless opportunities for fun. 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 State, Orem. 801-229-7050 arts.orem.org

Learn Photoshop together

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

Play croquet

Find grassy area and croquet kit and have fun.

Visit AAA storage facility

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

Learn how to make soap

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

Visit the Puppy Barn

Cuddle and pet these furry balls of energy with your date. Puppy Barn, 356 E State St., 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 E., 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. Go to RB 112 to purchase your wristband. 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

Participate in "Whodunnit Murder Myster Game"

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

Go to Fish Kiss

Go to this spa and experince a middle eastern specialty as you get your feet treated by fish. Fish Kiss

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

Take a luxury helicopter tour

Save up for this special date for a special someone. Helicopter Charters Provo

Go to an open mic night

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

Go fishing

Relax on a lake or river front.

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 achieve 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

Go on a ghost bus tour

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

Play pool at the Wilk

Try augmented reality, BYU style

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

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 "pickme-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.

Find all your unused gift cards and

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

Test drive your dream car

Make a dream a reality, for at least a little

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.

Prank call your best friends

Be kind. Tell them you like their pigtail braids.

Get a disposable camera

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

"Drive-in" movie date

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

Take care of animals at an animal shelter

Beautiful date, adorable animals, how could it ao wrona?

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 ad 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 bowling Skittles-style

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

Play three-legged bowling

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

Play life-sized battleship

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

Hot chocolate at night

Cozy up with your date at a viewpoint and enjoy a hot chocolate.

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.

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.

Cook with a dutch oven

Dutch ovens are available for rent at Outdoors Unlimited.

Throw axes

A date unlike any other, show off your axe throwing skills and blow off some steam. Social Axe Throwing, 683 N. St., Orem. 810-762-0293 socialaxethrowing.com

Find free samples

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

Play miniature golf

It's less stressful and less expensive than the full-sized game.

MUSEUMS

Museum of Ancient Life

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

Historical Pioneer Relic Hall

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

BYU Museum of Art

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

Monte L. Bean Museum

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

Springville Museum of Art

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

Woodbury Art Museum

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

Crandall Historical Printing Museum

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

Church History Museum

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

Park City Museum

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

Museum of Peoples and Cultures

Open Monday-Friday, 9am-5pm. 2201 N Canyon Road. mpc.byu.edu

BYU planetarium in the Eyring Science Center

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

Education in Zion

Brush up on your BYU history with your date. JFSB.

Utah Museum of Contemporary Art

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

Museum of Mormon History of the Americas

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

Hill Air Force Base Aerospace Museum

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

Orem Heritage Museum

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

EDUCATIONAL

Take a cooking class

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

Attend a lecture

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

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.

Attend a fireside

Be spiritually uplifted together.

Take an art class at A&A Art & Frame

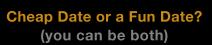
661 N. State, Orem. 801-357-1150 aandaartandframe.com

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

Classes offered at Sundance or Thanksgiving Point.







Dating doesn't have to be expensive to be fun. Having fun at The Quarry means Two can date and enjoy climbing as cheaply as One.

And it doesn't matter if you haven't climbed before. We'll teach you the ropes so you both can be laughing it up the walls in no time.

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FIREWOOD, FRIES AND CUPCAKES

Producing an issue of Two is like a giant group project. One group sells ads while another group argues over content. One group works on organizing date ideas while another breathes in the aroma of seven different vendors' fries. This is another typical summer day for Two.

Just like an army that runs on its stomach, calories have flown into our offices. This is not a place for diabetics. To get something on these pages, there was lots of food:

- 2 dozen doughnuts
- 6 Twix bars
- 1 gallon of ice cream
- mini chocolate chips
- peanuts
- peanut butter
- chocolate frosting

- 1 gallon of milk
- 4 cans of whipped cream
- 6 deluxe cupcakes
- Marshmallows
- Chocolate bars
- Keg of salt
- Four varieties of potato chips
- poutine and cheese curds (for the Canadians)

Our rough count is more than 50,000 calories came through this issue. That isn't counting the Costco-sized boxes of York Peppermint Patties in the design manager's office.









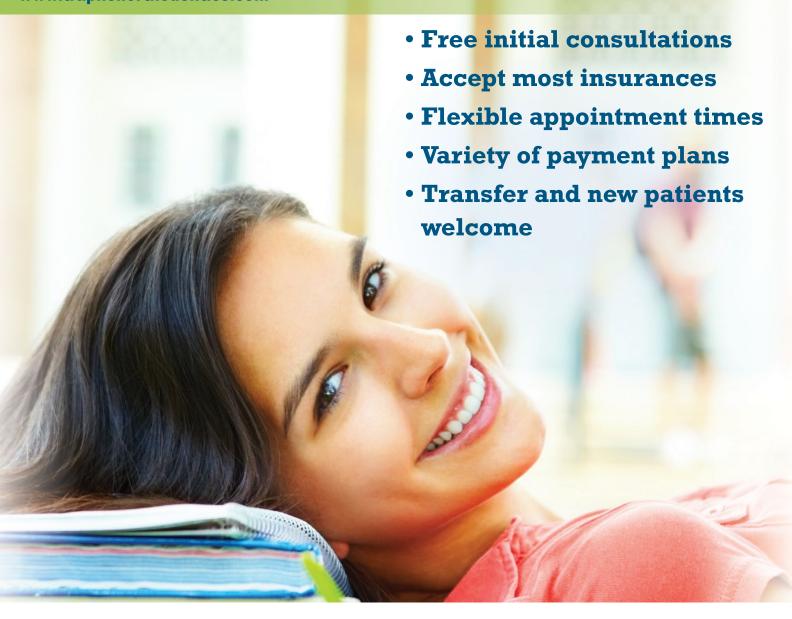


Clockwise from top right: 1. After making six crazy shakes and gathering fries for a shoot, nothing could keep the crew away from the cold fries afterwards – a microwave helped. 2. Lights, camera, Sweet Tooth Fairy cupcakes grouped for dating ideas photo. 3. Making an adjustment to the display of campfire essentials. 4. There is peace in the conference room because there are fries and poutine. 5. Photographer Ty Mullen's crouch when we asked for a lower angle.



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