

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

# TWO

MORE THAN 900  
UPDATED  
**DATE**  
**IDEAS**

HOW TO ACTUALLY  
**STARGAZE**

P. 6

RELATIONSHIP  
**MEME-OMETER**

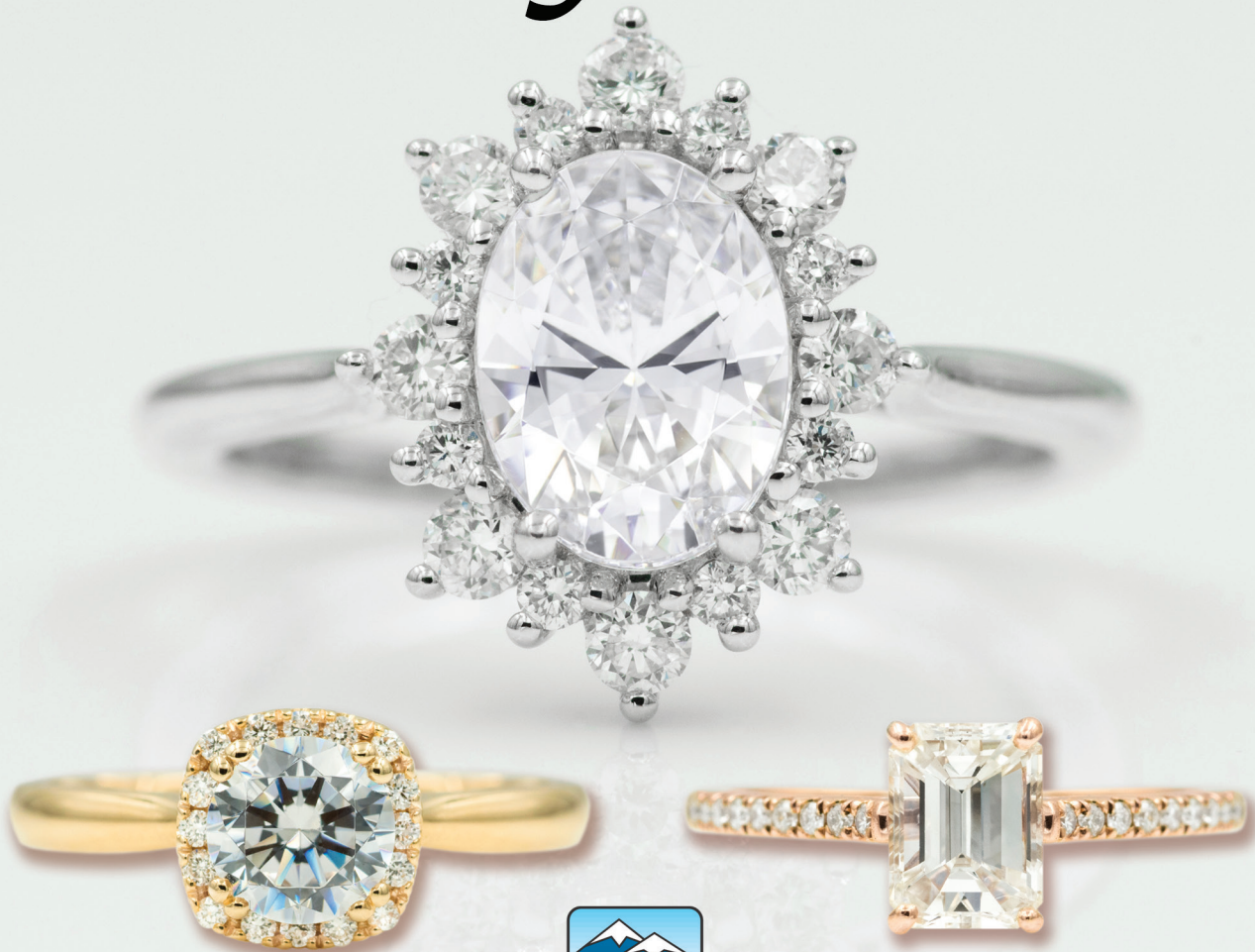
P. 8

**CONSENT**  
**MATTERS**

P. 34



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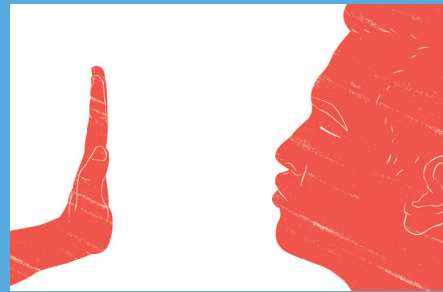




## HOW TO BE A GREAT EX

*Be more like Pluto*

**30**



## CONSENT MATTERS

*From how to ask to resources*

**34**



## LOVE LANGUAGES

*How to show love, explained by burritos*

**37**



## DATE IDEAS

*Updated things to do, places to go*

**41-62**

FEATURES



# TWO cents

HOW TO  
ACTUALLY  
STARGAZE

6

THE  
RELATIONSHIP  
MEME-OMETER

8

WHO PAYS?

10

SUMMER  
POPSICLES

12

SINK OR  
SWIM

16

IT'S JUST  
A DATE

18

DITCH  
THE LIST

19

HOW IMPORTANT  
IS ATTRACTION  
REALLY?

20

WHAT  
TO WEAR

24

CHARCUTERIE  
BOARD

26



## ADVERTISERS

Bree Maquillage.....	29
Bricks and Minifigs.....	11
BYU Arts.....	9
BYU Campus Floral.....	17
BYU Continuing Education.....	63
BYU Food to Go.....	17
BYU Museum of Art.....	15
BYU Outdoors Unlimited.....	40
BYU Salt Lake Center.....	55
BYU Student Health Center.....	49
Carriage Cove.....	61
The Chillon Reception Center.....	59
Copper Creek Event Center.....	25
The Daily Universe.....	1, 61
Doc Brundy's.....	56
Doughnation.....	55
High Country Adventure.....	45
India Palace.....	50
JBR Clinical Research.....	2
Latter-day Bride.....	back cover
Manderley Reception Center.....	5

Nickel City.....	49
Panda Express.....	22
Sierra-West Jewelers.....	inside front
Southworth Hall.....	21
Stor'em Self Storage.....	50
Thai House Cuisine.....	52
Trapnell Orthodontics.....	inside back
Utah Valley Pediatrics.....	59
Wake Forest University.....	32

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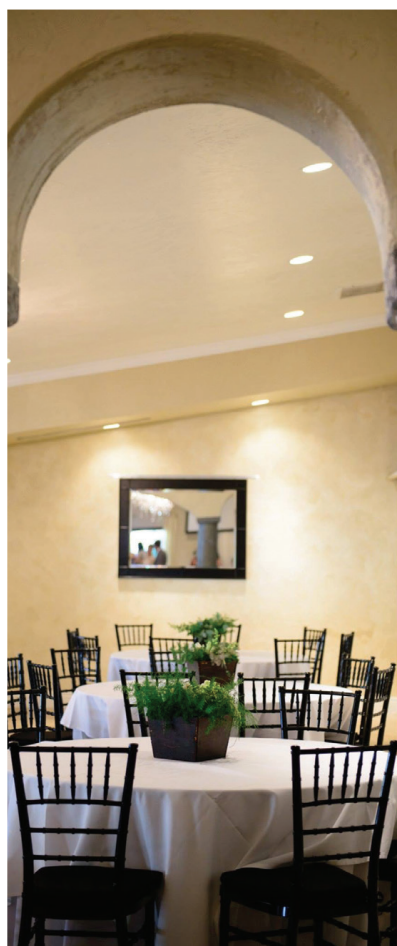


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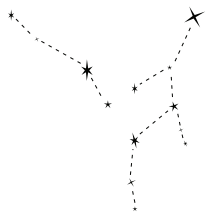
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*Catering*





*Stargazing is a time-honored dating tradition. With some preparation, you can have a great experience. Here are some tips to make your stargazing adventure as enjoyable as it can be.*



### Communicate

“Stargazing” is often used as a pretext for other activities. That’s great if the expectations are aligned, so talk to your date beforehand and be open about what you want your stargazing experience to be. Do you want to cuddle? Would you prefer it to be a group date? Never make assumptions about what your date wants to do.



### Research weather and cloud cover beforehand

Choose a day that is not likely to have lots of cloud cover. After light pollution, cloud cover and other bad weather is the biggest enemy of a positive stargazing experience. Learn what the weather is likely to be. Prepare for it. The temperature in the mountains is likely to be much lower than it is in Utah Valley.



### Come prepared

Bring a large blanket to lie down on and a few more to keep you and your date warm. Pillows are also good idea. Snacks are always appreciated, and if it’s a cold night, hand-warmers are helpful. Binoculars can be very useful, too, especially for looking at planets or the moon if it’s visible. A strong flashlight with extra batteries is a must.

# HOW TO (ACTUA



HALEY MOSHER

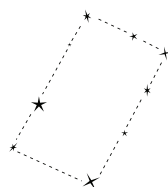


# ALLY) STARGAZE



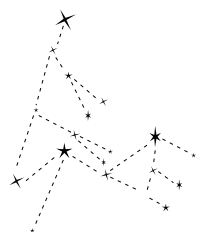
## Research the constellations

Stargazing is much more fun when you know what to look for. Learn what constellations will be in the sky on your chosen date and how to identify them. Helping your date find them can be a fun conversation starter. Take things even further by learning some of the Greek myths and other stories associated with the constellations, or some mind-blowing facts about the science of stars and universe's unimaginable vastness and age.



## Download an app

Apps like “Stellarium Mobile Sky Map” for Android and iPhone can help you learn what you’re looking at. You can use it to identify stars, planets and constellations, and it even has a night mode that’s easy on your eyes when it’s dark. Other, similar apps are also available, so download a few before your date and find one you like. Charge your phone before you go, and make sure you have data to use if you need it.



## Avoid light

Stargaze in a very dark place where you can see the night sky. Plan to drive away from the artificial light of Utah Valley, perhaps into Provo Canyon or into some other mountains. Stargaze during a new moon to avoid its light and maximize visibility. You will be amazed how many more stars you can see in the right conditions.

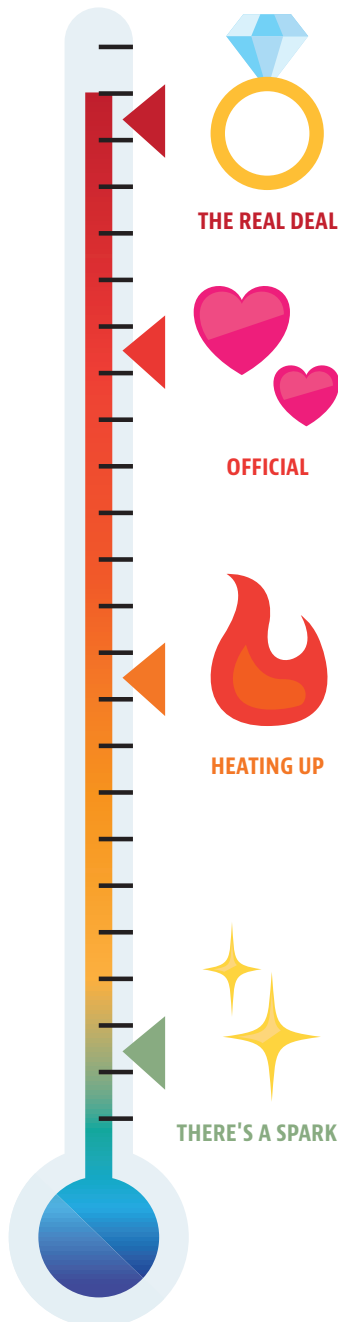
—Matthew Bennett



# THE RELATIONSHIP MEME-OMETER

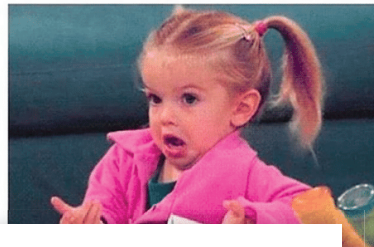
by Haley Mosher

Have you ever noticed one of your guy friends and one of your girl friends tagging each other in lots of memes on Facebook? They may be more than just friends. In today's dating culture, the subject matter of the memes and the way they comment can tell a lot about where they currently stand as a couple.



Future husband: "Why are there 50 dogs in our living room?? Where did they come from??"

Me:



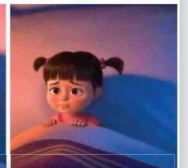
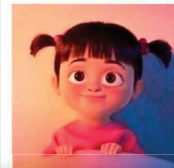
Katie Boss Rhett Peterson Me, get ready



## They're the real deal!

This friend and their S.O. are likely headed toward eternity together if they're willing to tag each other in memes about their future as a married couple in front of the entire digital world. Expect an engagement soon!

Thinking about what a great time you had with bae and then you start missing them



Calvin Schmidt Emily Daniels me right now



## They're definitely official.

Whatever "official" may mean for them, they're clear about where they stand and don't care who knows. If they're tagging each other in memes about "bae," "boyfriend," "girlfriend," or relationships, they're not afraid to publicize their romance.



Kibblesmith  
@kibblesmith

Hear me out. If Batman is canonically about 32 then he was born in 1986. And if his parents were killed leaving a movie theater when he was ten years old, then there is a very real possibility that they were seeing Space Jam.



Jordan Abrams Mikayla Valentine



## They're heating up!

If they're tagging each other in seemingly random memes without any commentary, their relationship is probably going well. They know others will see the tag, but just tagging someone's name means they're at a place with that person where it isn't weird to admit they were thinking about them during their Facebook study break.

Me: Hmm what happens if I decide to procrastinate and only study a bit before the test?

\*Flat out fails the test\*

Me:



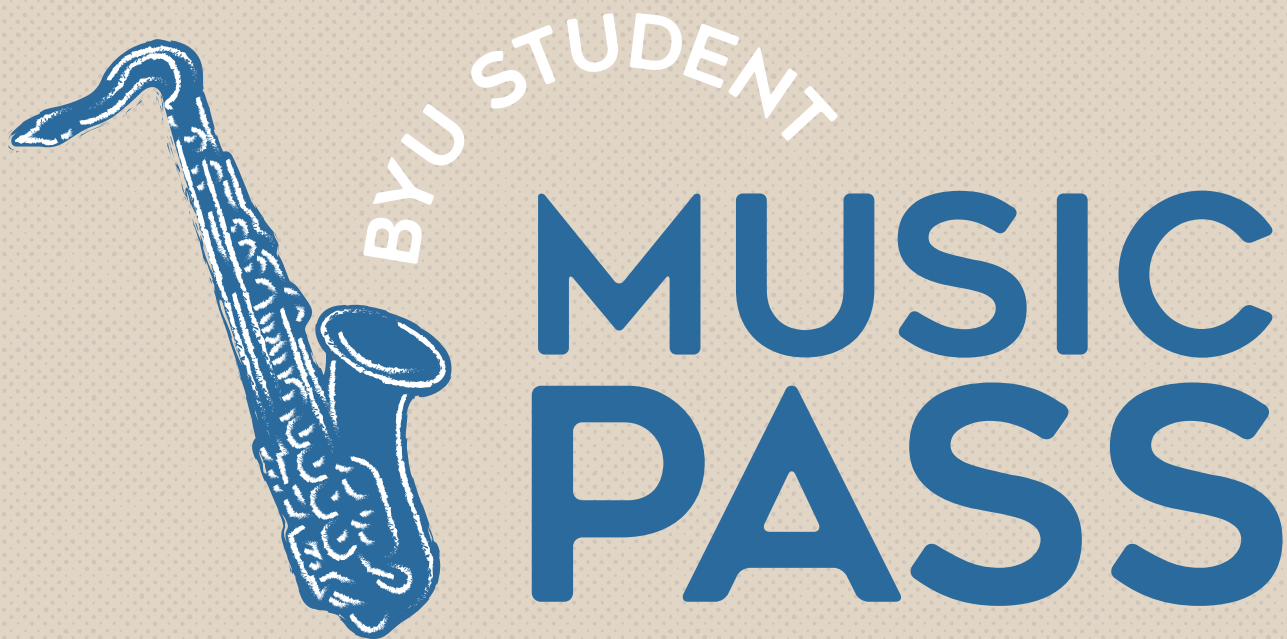
Brittany Stephens Alex Hardy This was you last week with chem lol



## There's a spark.

The friendship could very well turn into something more—after all, memes are a foundational part of many millennial relationships. If they're still referencing inside jokes or experiences, they're not quite comfortable admitting to actually thinking about the other person, but they want to take the opportunity to talk to them. If you notice this happening often between the same two friends, there very well could be a budding relationship between them.





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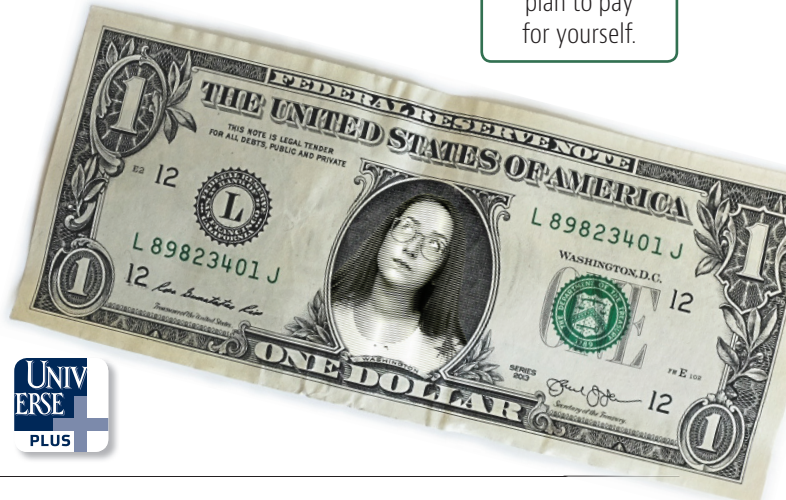
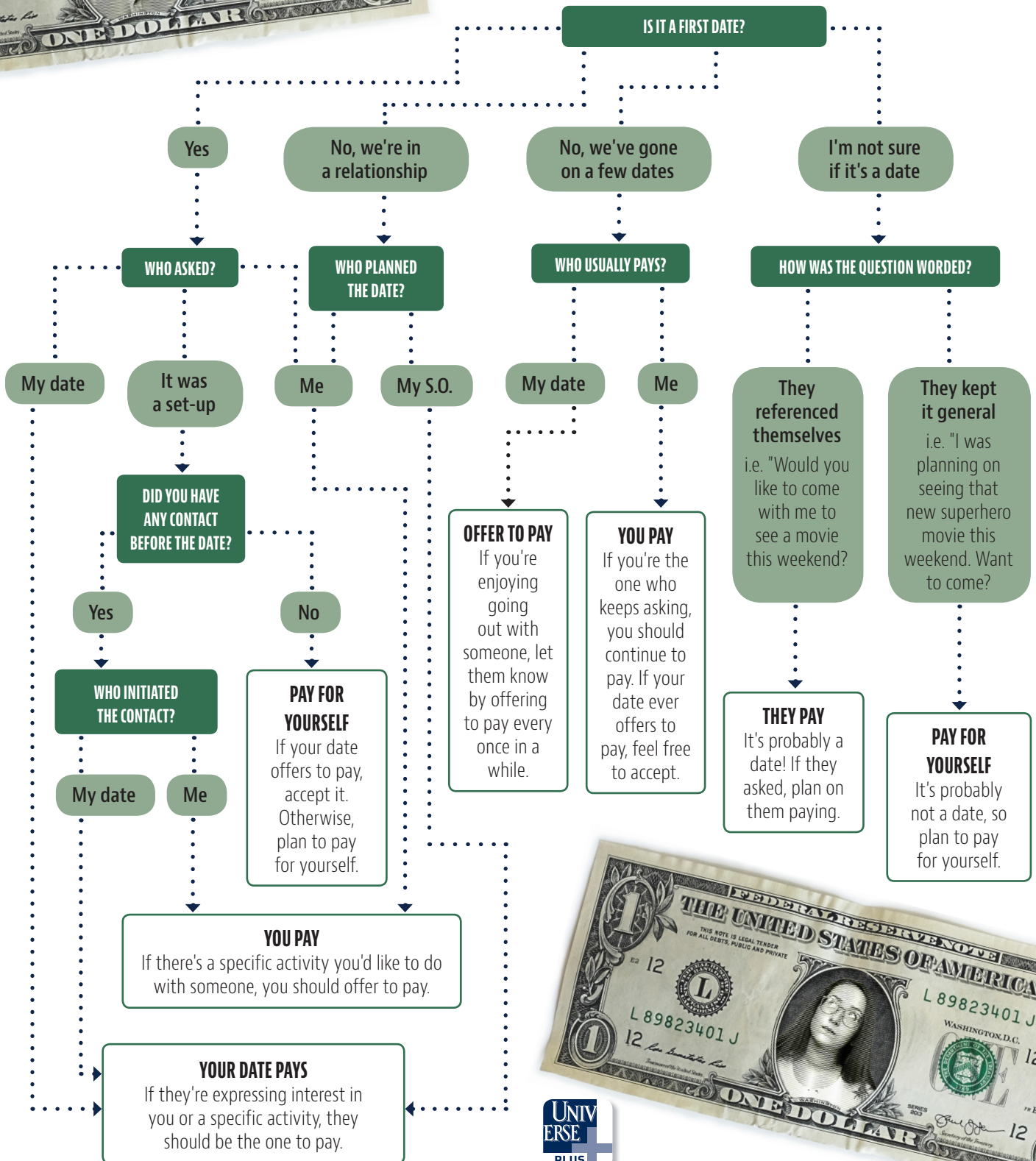


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# WHO PAYS?

Sometimes figuring out who should pay for the date is more complicated than you'd think. Use this flow chart to simplify your date.



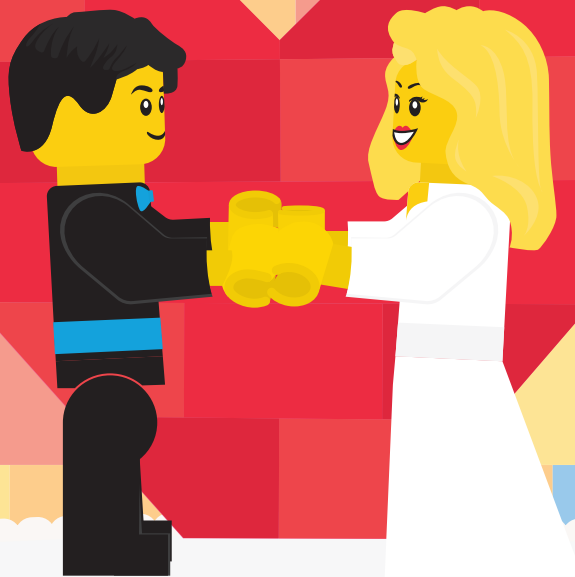


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# TASTES LIKE SUMMER

Nothing says “summer” like fruit popsicles. These recipes will keep both you and your date cool even in the hottest of temps.



## Lava Flow Popsicles (Strawberry Pineapple)

### PINEAPPLE LAYER INGREDIENTS

1 ½ cups cubed pineapple  
1 cup diced mango  
½ – ¾ cup coconut milk

### STRAWBERRY LAYER INGREDIENTS

2 ½ cups strawberries  
¼ cup orange juice  
Honey or agave as needed

### DIRECTIONS

Blend the two layers separately until each is smooth. To assemble the popsicles, alternate scoops of pineapple and strawberry smoothies into molds. Insert popsicle sticks and freeze until completely solid.

*Recipe from One Lovely Life*

## Yogurt Parfait Popsicles

### INGREDIENTS

Fruit of choice (we used strawberries, blueberries and chopped kiwi)  
Plain or vanilla yogurt  
Granola  
Honey

### DIRECTIONS

Fill one quarter of the mold with yogurt, then add fruit. Repeat this process until mold is nearly full, with just enough room to sprinkle granola on top. Pour a bit of honey over the granola to help it stick together as it freezes, and place in the freezer 3-4 hours or until solid.





## Chocolate Strawberry Popsicles

### INGREDIENTS

1 cup chopped strawberries  
1 ¼ cups strawberry yogurt  
6 tbsp milk  
½ tsp vanilla extract  
½ cup chocolate chips  
1 tbsp coconut oil

### DIRECTIONS

Place the chopped strawberries, yogurt, milk and vanilla extract in a blender and pulse until smooth. Pour the mixture into the molds and freeze until solid, 3-4 hours. Make the chocolate coating by combining the chocolate chips and coconut oil in the microwave for 30 second intervals until fully melted. Remove the frozen popsicles from their molds and dip them into the chocolate coating. Turn upright to create a drip pattern and serve immediately.

*Recipe from Tastemade*



## Watermelon Lime Popsicles

### INGREDIENTS

3 ½ cup watermelon  
½ cup raspberries  
1 ½ limes

### DIRECTIONS

Blend watermelon, raspberries, and lime juice until thin. Pour into molds and freeze 3-4 hours or until solid.



## Piña Colada Popsicles

### INGREDIENTS

2 ½ cups pineapple chunks  
13 ½ ounce full-fat unsweetened coconut milk  
Shredded unsweetened coconut (optional)

### DIRECTIONS

Place the pineapple chunks and coconut milk in a blender jar. Blend the ingredients until smooth.

Pour into popsicle molds. If desired, sprinkle shredded coconut on the bottom of each popsicle before setting the popsicle sticks. Freeze for 3-6 hours, until solid. Sprinkle with additional shredded coconut once served (optional).

*Recipe from Live Simply (livesimply.me)*



# READING THE LOVE LINE

The heart line or love line is the line on your palm that runs mostly horizontal just below the fingers. It starts on the edge of the palm, below the pinky finger, and ends below the middle or forefinger. This guide predicts your future and those of your friends when it comes to lasting love.



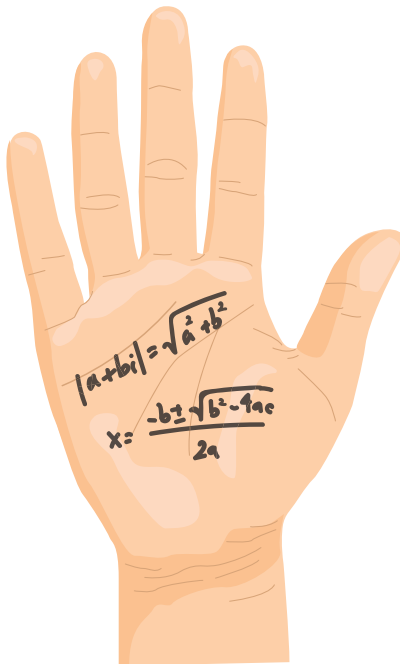
Did you know that there are 717,182 people in the U.S. named Josh? So while you are destined to end up with one, you have options.



You've already found love. Why are you reading this?



You have experienced lots of heartbreak in life, and you are damaged. That or you really need a new hobby, dude.



A person who cheats on their math test is also a person who will cheat on you. Avoid.



Yours is the saddest love story of all time. Even worse than Romeo and Juliet. See page 64.



You're dating the six-fingered man from The Princess Bride. He will murder your father. Reconsider.

—Joan Phillips



*Patrick Dougherty:  
Windswept*

*Danae Mattes:  
Where the River Widens*



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# SINK OR SWIM?

Awkwardness is an inevitable part of dating. It doesn't matter how suave you are — occasionally, things go wrong. That tense, awkward silence we've all endured comes rolling in.

What should you do now? Can your evening be salvaged? Often, yes, it can be. But, sink or swim, you've been tossed into deep water. How to get out depends on why the awkwardness is there.

## Exes keep coming up

**SWIM?** First, assess the situation. If the discussion seems like light-hearted banter, you may be OK. Otherwise, you'll want to stop. Try to change the subject to a movie you saw recently or a food you tried. Better yet, ask your date some questions about what they've recently seen or tried. Just keep the conversation moving, and keep it light. Don't overthink it.

**SINK** If it seems like you or your date might still be involved emotionally with an ex, perhaps that should be taken care of before beginning a new relationship.



## A dramatic confession of unrequited love

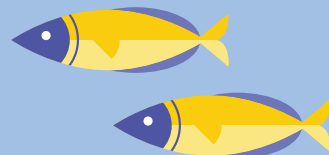
**SWIM?** In a situation like this, it's best to be forthright. If you're not interested, tell them. Don't feel pressured to respond in a way that doesn't match how you really feel. No one is entitled to your affection, just as you're not entitled to anyone else's. If you're not comfortable turning them down now, or if you're not sure how you feel, tell them that you need more time to think about things.

**SINK** This sort of thing normally happens toward the end of a date, but if your date springs this on you earlier than that, don't feel obligated to hang around until the date ends. If you don't feel comfortable or safe, it's perfectly acceptable to go home early. If you can't drive or walk home yourself, tell your date you think you should go, and call a friend to pick you up.

## Way too personal, way too fast

**SWIM?** First, see if you can gently change the subject to something less personal. Then, assess whether the conversation is still flowing and if it's awkward. Consider whether you or your date feels uncomfortable. It's very possible your date can survive.

**SINK** Dates shouldn't be therapy sessions. If you or your date feels stressed trying to artificially prop up normal interaction, going out on another date might be a bad idea. If you're the one that got too personal, don't hold it against your date if they seem scared away. If your date unloaded on you, respond in whatever way feels natural. Balance compassion with boundaries.



JOAN PHILLIPS





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# It's **JUST** a Date

Congratulations, you're going on a date. Maybe you finally plucked up the courage to ask out a handsome classmate, or maybe you have a chance to make a dating app match an IRL match. Sometimes, that's the scariest part. But sometimes, it isn't. Here are some tips to ease pre-date anxiety:

## A date does not obligate you to an official relationship

Don't worry about wedding colors or how you'll spend your life together before the first date. This kind of thinking will only stress you out and make your date less enjoyable. Dating is a tool to get to know people – so don't try to assess if this is the right person before you've even gone out.

## You are never obligated to go on a date you don't want to go on

If you're not interested in going out with someone, be transparent with them and politely decline or cancel. Many people would rather be told this before going out with someone who doesn't want to be there. If you don't feel safe going out with someone, you should never feel like you have to say yes.



## Your date wants to spend time with you

You may have lots of questions before a date. Is she interested? Does he like me? It's unlikely your date is deeply in love with you, but they do want to spend time with you. That's a good sign. Breathe. Relax. Don't stress about whether your dates like you. He or she at least likes you enough to go on a date.



## Dates should be fun, not nerve-wracking

A certain amount of pre-date nervousness is normal, but don't ignore your gut if you feel deeply anxious. Think about why you're so nervous. Once you figure it out, do what you can to fix it. If you're uncomfortable, you can always cancel the date or bring another couple to double with.



—Matthew Bennett



# TOP 5 REASONS TO DITCH THE LIST

If you're like many of the daters here at BYU, you may have made a list of things you're looking for in a spouse that you wrote in Young Women's or Young Men's. It's definitely a good idea to look for people to date who share your values. But lists often contain arbitrary preferences (height, hair color, personality type, etc.). This sort of checklist mentality is never a good idea. Here are the top five reasons why:

## ATTRACTION IS OFTEN UNPREDICTABLE

You might like people you don't expect to. That's OK! People who are out of your comfort zone can still be wise dating choices who share your values. A checklist mentality can keep you away from these people.

## IT'S DISTRACTING

When you're on a date, you should focus on getting to know the other person, not looking to check boxes on a mental list. They can tell what you're doing, and they don't like it.

## YOU ARE NOT ENTITLED TO WHOEVER YOU WANT

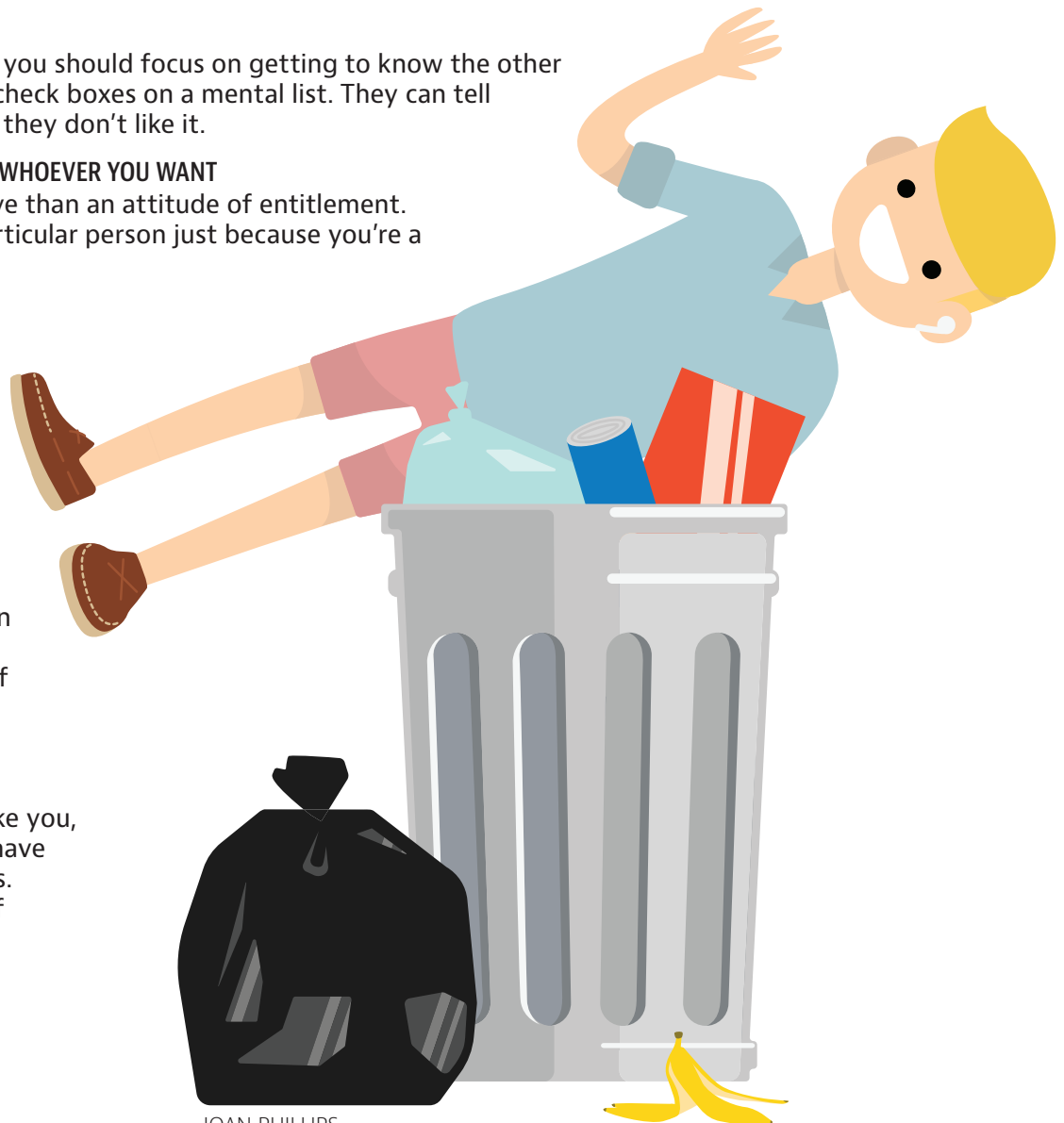
Nothing is less attractive than an attitude of entitlement. You don't deserve a particular person just because you're a "good guy" (or gal).

## IT'S EASIER

It's OK to look for someone with values you share or personality traits that are very important to you. However, a mental list isn't how you find them. By keeping an open mind, you cast a wider net, and you learn things about those you date and about yourself that you wouldn't have learned otherwise.

## PEOPLE AREN'T PERFECT

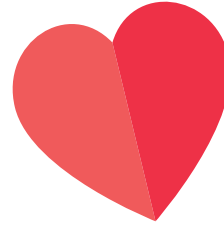
The people you date, like you, are complicated. They have insecurities and vanities. If you close yourself off to people who aren't perfect, you will never date. People's complexities are often their most attractive features.



JOAN PHILLIPS

# HOW IMPORTANT IS ATTRACTION REALLY?

Should you chiefly date those whom you find attractive, or should you be more open? Is prioritizing attractiveness shallow or pragmatic? In making your own decision on this issue, we've laid out some points for you to consider.



## ATTRACTION IS **MORE IMPORTANT** THAN YOU THINK

- You're looking for someone to spend eternity with. Eternity is a long time. It seems reasonable to prefer to spend it with someone whom you find attractive.
- Attractive people are seldom so shallow or vain as stereotypes purport them to be.
- You need to be excited to spend time with your partner. If you're not attracted to them, that extra layer of chemistry and fun may not be there.
- The last thing most people want in a relationship is a partner who doesn't find them attractive.

## ATTRACTION IS **LESS IMPORTANT** THAN YOU THINK

- Attraction isn't static. You will become more or less attracted to someone as you get to know them, so don't write someone off before you spend time with them.
- Someone's attractiveness can change as they adjust their habits. Changes in hygiene, style of dress, exercise habits, and personal attitude can all make someone more attractive than they are now.
- Though this isn't true in most cases, a person who is very attractive physically occasionally enjoys success when dating without putting effort into cultivating an attractive personality. Dating someone a little more down-to-earth is often more fun.



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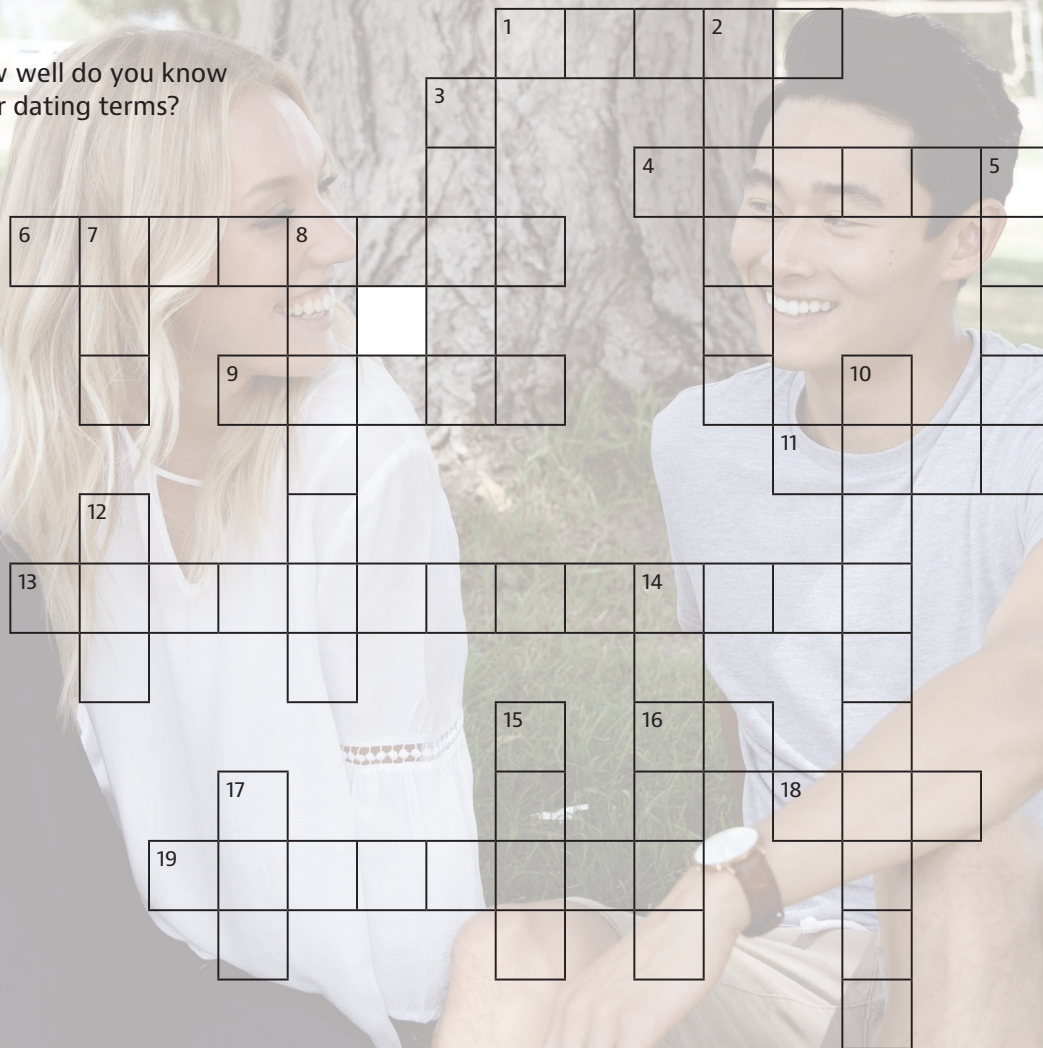
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# DATING CROSSWORD

How well do you know your dating terms?



## Across

1. "Follow me on \_\_\_\_".
4. Campfire confections
6. You know it's real when it's " \_\_\_\_ Official."
9. Didn't brush them? No kiss.
11. Fall in \_\_\_\_
13. The foundation for any good relationship
16. Don't feel uncomfortable saying this
18. Ideally, you should be having this
19. You \_\_\_\_ when you're looking at the night as a date activity.

## Down

2. I love to see it, and I'm going there someday
3. To disappear from another's life
5. " \_\_\_\_ into the DMs"
7. If you're interested in someone, \_\_\_\_ them out
8. Unpleasant relationship conclusion
10. Splitting the bill
12. Ready for the next step? \_\_\_\_ the question
14. Pre-mutual dating app
15. Attending without a date: "Going \_\_\_\_"
17. Clarification conversation abbreviation



Scan the puzzle with the **UniversePlus** app to see the answers, or see page 64

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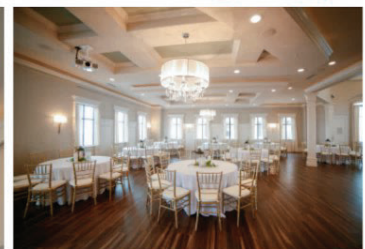
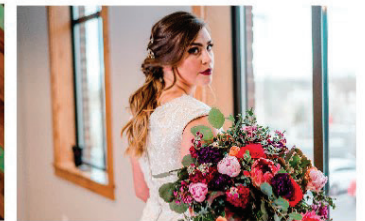
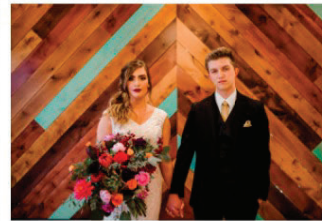
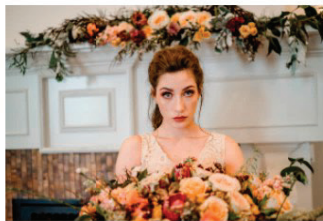
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# PINKIES OUT, MAKE A FANCY LUNCHABLE

## WHAT IS A CHARCUTERIE BOARD?

A charcuterie board is a one way to class up a picnic or lunch date. It's a Lunchable on steroids; using nicer cheeses and meats paired with crackers or bread.

To complete your meal, bring some veggies and fruit, some sparkling cider and a chocolate dessert to top it off.

## FRESH TO DEATH

To add a fresh pop among the rich flavors of the meat and cheeses, bring fresh vegetables and fruit. We used carrots, cherry tomatoes and red grapes. Other suggestions are apples, strawberries, blueberries, raspberries, celery, snap peas and broccoli.

## BREAK OUT THE FOOD STORAGE

Utah is long overdue for a massive earthquake, so even if it happened, we'd all die and your food storage would be useless. So crank it out and elevate your charcuterie experience. We used roasted red peppers, artichoke hearts and olives. Other suggestions are honey and different flavored jams.

TY MULLEN







### **NUTS ABOUT YOUR DATE?**

Pick a nut. We chose almonds, but you can use cashews, pistachios, walnuts, macadamia nuts or even M&M's trail mix.

### **BRING ON THE MEAT**

Choose two or three different types of deli meat to pair with the cheese. We used summer sausage, salami and prosciutto.

### **FEEL CHEESEY?**

Choose two or three different types of cheese. We recommend a variety of hard and soft cheeses. We used bleu cheese, brie and a simple white cheddar.

### **PICK A BASE**

As vehicle for your goods, we recommend using different crackers and bread. Remember to choose unflavored crackers so they won't interfere with the FLAVA. We used water crackers, dried fig crackers and a sliced french baguette.

—Joan Phillips









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# HOW TO BE A GREAT EX

BY MATTHEW BENNETT



Nothing is worse than a bad ex – someone who won't let the past stay in the past, someone bitter, someone annoyingly hopeful for a reunion that will never occur, someone who gossips with your friends or makes dating other people hard for you.

Bad exes get a lot of discussion. But less often discussed is the mysterious "good" ex – someone respectful, nice, not awkward and who maintains the appropriate distance. How you can be one?

## Break Up Well

Nothing makes being a good ex easier than having a good breakup in the first place. Broadly speaking, there are three kinds of breakups: Breakups where you're the breakup-er, breakups where you're the breakup-ee, and mutual breakups, where the two of you are both done.

If you're the breakup-er, don't spring it unexpectedly. Instead, give them some warning: "Hey, we need to talk."

After you've notified your breakup-ee in advance, arrange a time to meet. Do not break

up over the phone, over text, over Skype, or over any other communications channel that is not in person — unless your safety is a concern.

Discuss the reasons for your decision with respect and candor. Don't sugarcoat, but not every frustration needs to be vented. Don't lead them to a possibility of future reconciliation unless that is something you genuinely see happening and absolutely do not lie.

"Being honest with the person you're breaking up with and with yourself is important," said Ben Asplund, an industrial design major. "Because then you won't second guess yourself."

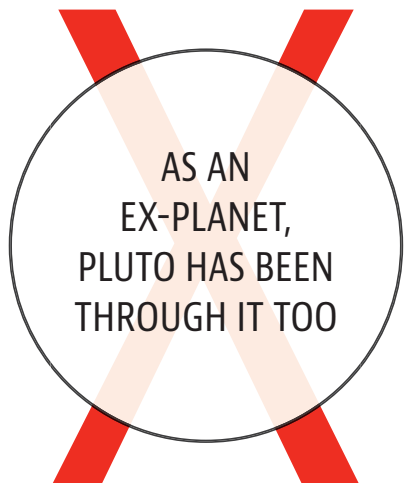
If you're the breakup-ee, listen to what your breakup-er has to say and try to understand. If the reason for the breakup is silly, move on. You're no longer dating a silly person! This is their decision. Stand up for yourself, but conflict often makes things worse. Because they broke up with you, by definition, the breakup is not your fault.

In the case of a mutual breakup, adopt a strategic mindset and approach the conversation both as a breakup-er and a breakup-ee.

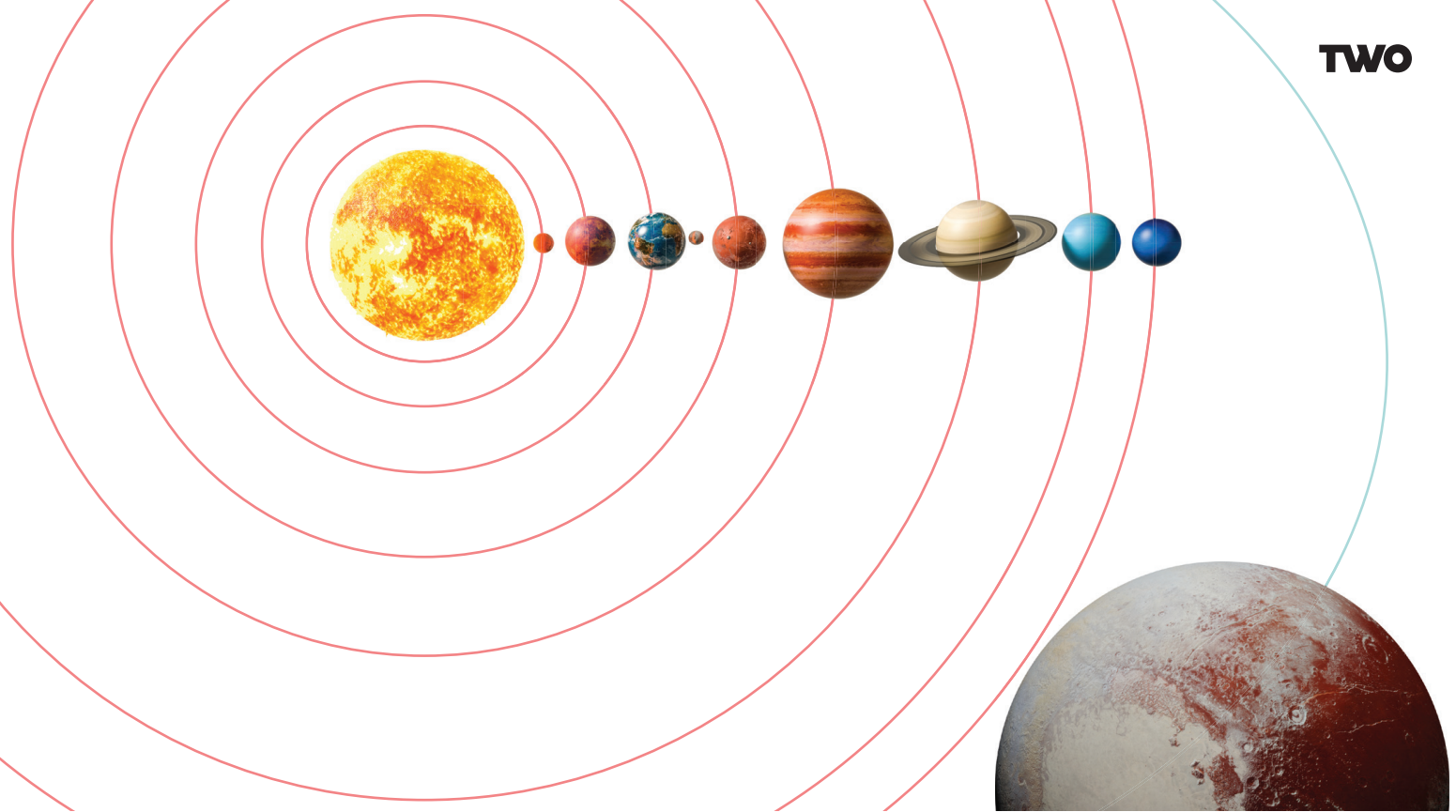
## Now an Ex

Handling a breakup well can make handling your new status as an ex well. It reduces bitterness and increases the probability that further interaction will be respectful less not awkward.

If you're a good ex despite a bad breakup, that's even more admirable.







## Maintain Appropriate Boundaries

Stay away, or stay friends? There's not a single correct answer. When making that decision, the biggest factor at play is what you and your ex are comfortable with. If you are both willing to remain friends, and neither of you feel that doing so would be excessively awkward, then try it. If there are mutual friends that you and your ex share, will you strain other friendships?

Make sure you and your ex are clear on what the new dynamic is. It can be awkward if one party tries to keep some distance, while the other attempts to maintain a strained friendship. This conversation might be awkward to have, but it might still need to be discussed.

"It can be hard to find the line between forgetting about a person forever and still being friends," said freshman, Pyper Foote. "I think communication is the best route to that, so you can still be supportive without being weird."

If you stay friends, this is a difficult social situation to navigate. If it feels awkward and the awkwardness doesn't diminish, let the friendship rest for a while. In the meantime, recruit other friends that you can hang out with during group activities.

If you decide to keep your distance, be respectful and gracious to your ex when you inevitably run into them. Being polite will make these occasions easier. If you've decided to keep your distance, do it. Don't send unsolicited Valentine's Day DMs to check on them or anything else you feel would make

them uncomfortable.

"Show respect. If they don't want to see you again, give them space," said Brandon Wilson, a sophomore studying accounting. "Just try not to hurt them anymore than a breakup already would."

Kayla Herwig, a freshman studying elementary education, said she agreed.

"I'd prefer an ex didn't hang out, but stayed cordial," she said. "That way, if you run into him at a ward party or something, it's not awkward."



## The Don'ts

Never interfere with your ex's friends or social life. Resist the urge to speak poorly of your ex— even if they don't offer the same courtesy. Think of how you would feel if someone betrayed your confidence. Some things are not yours to share.

"If we tell each other private things during our relationship, I don't want her telling people afterward," said Christian Miller, a sophomore finance student. "I want what's best for her after the relationship ends, so hopefully she would want what's best for me, too."

Don't scheme ways to get back together. This will prevent you from moving on and living your life. The probability of getting back together is usually very small. Even if you do get back together this way, it is unlikely your relationship will be healthy.

Don't flex. "The best revenge is to live well," but the most mature thing to do is to not seek revenge. Live well for your own sake, not to get back at an ex. You deserve a break from thinking about them.

Resist the temptation to go out of your way to make your life seem incredible on social media. Don't rebound with someone you're not interested in just so you can say that you're not single. Do not engineer "accidental" run-ins with your ex so you can show off how well you're doing. These behaviors are petty, immature and insecure.

If you hit the gym, do it for yourself, not because you think your ex will regret dumping you.

# The Perfe



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"Wake Forest was just like a big family welcoming me in — like Ohana at BYU."

When getting lunch with a professor, I was surprised when they remembered my husband Logan's name and that he's studying at the Wake Forest School of Medicine."

— Sarah Williams, MSA '19  
Brigham Young University, B.S. Accountancy  
Wake Forest University, M.S. Accountancy

Scan Sarah's photo with the Universe Plus app to watch more about her experience at Wake Forest.



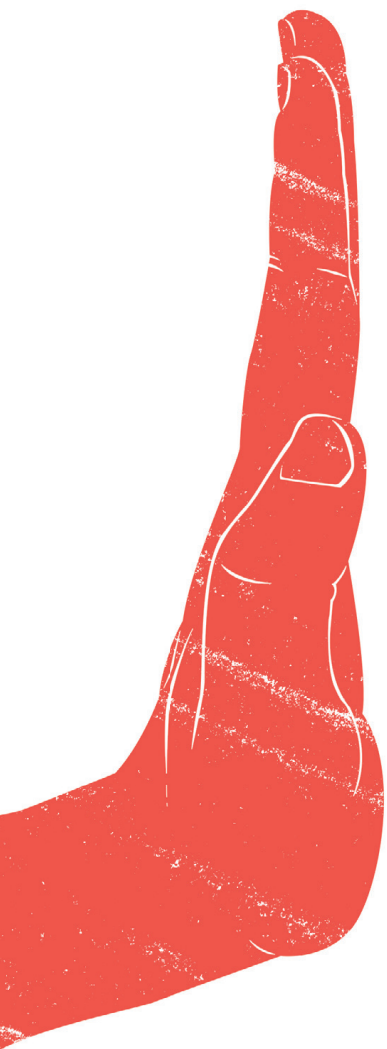
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**“Common concerns that prevent people from asking for consent include the worry that it will ‘ruin the moment,’ the fear it’s not ‘romantic.’ But, I have never talked to someone who asked who said it ruined the moment. It’s romantic to show respect.”**

Marcus Williams

*Title IX Deputy Coordinator for Students*

# CONSENT MATTERS

By Matthew Bennett

*This article discusses sensitive topics, including sexual violence. Readers who may be affected should proceed with caution.*

You need to get to work. Unfortunately, it’s a bit of a drive to get there, and you don’t have a car. Is it OK to use a friend’s car without asking her?

Your roommate just made a delicious homemade pizza. You can almost hear the gooey cheese and spicy pepperoni calling to you, and you’re hungry enough to eat the whole thing. Is it OK to take it without telling him?

You’re on a date, and the person you’re with looks incredibly nice. You haven’t kissed anyone in a long time and you think your date might like you. Should you go ahead and kiss them without checking to see if it’s

OK first?

The answer to all of these questions is “no!”

In the case of a car and a pizza, it’s easy to see why doing this is wrong. The car’s not yours, and neither is the pizza. Taking them without permission would be theft. It would be great if they were shared with you, but ultimately, that’s not your call to make.

In the case of the date, the situation is the same. Ultimately, what another person does with their body is not up to you, just as it’s not your call what your friend does with her car or what your roommate does with his pizza.

This is sometimes poorly understood. Movies and TV seldom, if ever, depict consent in a healthy way, and many people don’t know what consent is, why it’s important, or how to ask for it.

“My experience would be that not just at BYU but universally, people have a conception of what they think consent is, but it’s not as accurate as it should be,” said Lisa M. Leavitt, BYU’s Sexual Assault Survivor Advocate. “People say, ‘If she “let” me kiss her, or didn’t say no, or stop me somehow, it must have been consensual.’ That’s not the case at all.”

Instead, she says physical interaction is



consensual when it is “willing, enthusiastic, agreed-upon contact that either party can stop at any time.”

It is sometimes thought that the responsibility to indicate interest or consent lies with the recipient of sexual contact, but that’s not true. Instead, the responsibility lies with the initiator of the contact to ask.

Sadly, Leavitt explained that survivors of sexual violence sometimes have incorrect ideas about consent themselves. “People tend to blame themselves,” she said. “They say, ‘I didn’t push him off, so I must have consented.’ That’s not what consent is.”

By making sure activities you engage in are consensual, you show respect for other people and their freedom and autonomy. “Asking for consent is an expression of respect,” Leavitt said. “It should be a part of any healthy relationship.”

Just as you would want other people to respect your freedom, you should respect theirs. “We all have agency,” said Marcus Williams, Title IX Deputy Coordinator for Students. “When you do something to someone without their consent, you’re taking away their agency.”

Williams also said that two people who profess to love or like each other enough to date should respect one another enough to make sure their interactions are consensual.

“Partners should talk about consent early in the relationship,” he said.

Williams said couples that do not know each other well enough to talk comfortably about consent for a behavior do not know each other well enough to engage in that activity.

“If the question seems more awkward than ‘just going for it,’” he said, “something’s wrong.”

Leavitt said she agreed. “Would you rather run the risk of asking for consent and having a willing participant, or sexually assaulting someone?” she asked.

“Besides,” Williams added, “if they say no, now you know.”

Consent is always needed, in every relationship; it is just as necessary for strangers as it is for a couple that has been married for decades. “The communication looks different,” he said. “But it’s still required.”

Consent is required for any instance of sexual contact, since any nonconsensual contact can be traumatic. “Trauma affects everyone differently,” he said. “You can’t judge how a person reacts based on what happens to them.”

Leavitt and Williams both emphasized that consent for one activity does not imply consent for another. For example, if you ask for and receive consent to kiss your date, that does not necessarily give you consent to “make out” with them for a long period of

time.

Williams said common concerns that prevent people from asking for consent include the worry that it will “ruin the moment,” the fear it’s not “romantic,” that asking will negatively affect social reputation, and that worry the question will be met with laughter.

“But,” he said, “I have never talked to someone who asked who said it ruined the moment. It’s romantic to show respect.”

Students on campus agree. “We talk about it, just to make sure boundaries are respected,” said Jared Jones, a cyber security major. “It’s not awkward since we’re on the same page.”

Kayla Herwig, an elementary education major, said she found the prospect of being asked for consent attractive. “It’s easy to misread signals, especially in the early stages,” she said. “So, if you ask for consent, it shows respect, and it’s cute.”

Gabby Golightly, studying pre-business, agrees. “Consent is attractive,” she said. “When someone asks me for consent, I feel they’re showing respect not only to me, but to women in general. It makes me feel safe, and that’s attractive.”

Students often said the request for consent was useful in avoiding awkward, unwanted physical interactions. “I appreciated that he asked me,” said Kami Christensen, a dance major, “because I wasn’t interested. So even if she does want it, it’s good to ask.”

Nathan Eyring, a graduate student, said consent is an expression of basic respect. “You can’t do something to someone without them wanting it to happen, especially to their body,” he said. “Disregarding or overriding a person’s wishes can cause lasting psychological harm.”

Dixie Sevison, the Director of BYU Women’s Services and Resources, recalled how someone who once took her on a date asked her for consent in an attractive, flirtatious way. “He told me, ‘I would rather hold your hand than not,’” she said. “It was endearing.” She said this was a “cute and charming” example of how to ask for consent.

“Use your personality. If you’re fun, make it fun. If you’re more formal, make it more formal,” she said. “It should be easy and natural.”

Asking for consent can be done in many ways. You can be polite, confident or playful.

But whatever you do – the most important thing is to just do it, and not to do it coercively.

“Allow people to say no,” Sevison said. “And let that stand. Don’t play the guilt game.” She also said that people should be willing to say “no” when they aren’t interested in saying “yes.” “If

they get their feelings hurt," she said, "that's their issue, not yours!"

A common fear related to consent, Severson explained, is the mistaken idea that choosing not to give consent to someone one time means closing the door on that person forever.

"If I say no and I don't want a hug tonight," she said, "it doesn't mean I'm not interested or I never want a hug."

Indeed, sometimes a person simply isn't ready for that stage of a relationship, or would rather engage in that behavior in a different context.

And that's OK. It's OK to say no if you're not interested in the suggested activity. It's OK to consent to one thing, but not to another. It's OK to ask in a simple way, or in a complicated way, or in another way that

**"People say, 'If she "let" me kiss her, or didn't say no, or stop me somehow, it must have been consensual.' That's not the case at all."**

**Lisa M. Leavitt**  
*BYU's Sexual Assault  
Survivor Advocate*

reflects your personality.

But it is never OK to assume consent without asking for it.

## RESOURCES AVAILABLE FOR STUDENTS

There are lots of resources available on campus for students who have endured sexual violence or even simply have questions about consent.

Williams explained that students sometimes call the Title IX Office simply because they have questions about consent, and said that sort of behavior is great.

"Feel free to call and ask," he said. "People are afraid to talk about it. We want people to talk about it."

In addition, he explained, the Title IX office hosts workshops to educate interested people about consent and how it works.

"Most people have room to improve when it comes to their understanding of consent," he said. "People feel more comfortable forcing sex on a stranger than they do talking to that stranger about sex. That needs to change."

Williams explained that all resources offered by the Title IX office are available for both women and men. He said the office focuses on "gender equity at large, and ensures there's no sexual discrimination." This

category includes sexual harassment, sexual violence, domestic violence, dating violence, and stalking.

The Title IX Office is located in **1085 WSC**, and can be contacted at **801-422-8692** or **t9coordinator@byu.edu**. The Title IX Office functions independently of the Honor Code Office.

Other resources independent of the Title IX Office are available.

Severson explained that Women's Services & Resources has been designated as a confidential reporting area for reports of sexual misconduct, including dating violence, domestic violence, sexual assault, sexual violence, and stalking.

She described herself as a "confidential report," meaning students can talk to her and she will keep the conversation confidential. Without the student's consent, she will not report anything to the Title IX Office, the Honor Code Office or the police, unless the student she is talking to asks her to or there is "an immediate health and safety issue." She is legally required to report child abuse.

She said her job is "to listen and to make sure students who talk to me get good information," "to provide knowledge, resources, and support" and "to help them to feel safe and heard."

Furthermore, Severson said a big part of her

job is connecting students on campus with resources that are best for them, including resources that are off-campus, if on-campus resources are not a good fit.

"I look at every person as an individual with very specific needs," she said, "and I lay out all of the options." She also said many people come in just because they need someone to talk to, and that's OK.

Despite its name, everything offered by Women's Services and Resources is available to both male and female students.

Women's Services and Resources is available at **3326 WSC**, and can be contacted at **801-422-4877** or **wsr@byu.edu**.

In addition to these resources, Leavitt functions as an independent Sexual Assault Survivor Advocate. She is not associated with the Honor Code Office, the Title IX Office, or with Women's Services and Resources.

Leavitt said she is "a resource for students who have experienced rape and sexual assault," and does not report to the Honor Code Office, Title IX, parents, or bishops.

"I help connect students with law enforcement, legal, medical, and academic resources," she said.

Leavitt is available to help any BYU student who has experienced rape or sexual assault. Her office is located at **1500 WSC**, and she can be contacted at **801-422-9071** or **advocate@byu.edu**.

Scan the page with the Universe Plus app to watch a devotional given by Dean Ben Ogles.





Four burritos are shown horizontally across the top of the page. From left to right: the first is a soft-shell taco with red sauce; the second is a burrito with cheese, tomatoes, and green onions; the third is a burrito with red and green bell peppers and onions; the fourth is a burrito with red and green bell peppers and onions.

# Learning the Love Languages

by Matthew Bennett





Words of Affirmation

**"This is  
a good  
burrito."**

Acts of Service

**"I made  
you a  
burrito."**

## The concept of love languages is simple.

Every person has a "language" by which they express and receive love. The standard five love languages are physical touch, words of affirmation, acts of service, quality time and gifts. According to this framework, each person has one primary and one secondary love language, and you can improve your relationship by learning your partner's love languages.

In reality, though, love languages don't need to be the end-all, be-all category by which you define yourself and your attitude in a relationship. These categories are a useful way to begin conversations about how you can better meet your partner's needs and vice versa. Learning the ways in which others prefer to receive affection can provide context for the ways you and your partner interact in order to make one another feel loved.

### Words of Affirmation

For many people, hearing their partner verbalize their feelings is an important part of their relationship. Words, written or spoken, are less ambiguous than other forms of communication. Even if something seems obvious and unsaid, it's a good idea to use words to make sure you are understood clearly. This can be hard — it doesn't come naturally to many people. But most couples can stand to have a little more verbal communication.

Of course, not all words of affirmation are the big three that start with I, L, and Y, though these words are important. Try telling your partner about a quality you like about them, or how they make you a better person. It's a bit corny, yeah, but they'll likely appreciate it.

"Communication in your relationship is huge," said Dani Chapdelaine, a senior. "Communicate your boundaries, your goals, and your desires."

Chapdelaine said having this love language helps make this process easier. "It can drive you for a healthier relationship," she said.

### Acts of Service

They say "actions speak louder than words," and for people who speak this love language, they are right. It feels good when someone vacuums your car or makes you a home-cooked meal, so why not share that good feeling with your partner?

Speaking this love language requires that you be observant and thoughtful. Notice what your partner likes and be creative in coming up with acts of service. This level of observance could be called a love language in and of itself!

It should go without saying that you should still respect your partner's boundaries. You might think it's a good idea to conspire with your partner's roommate to sneak into their

apartment to clean the kitchen, but your partner may balk at this uninvited invasion of space. Give people space to breathe. Don't try so hard to render service that you end up being a creep.

"Acts of service are meaningful to me because it means someone is thinking about me," said business major Alex Keogh. "Someone spent the time to do something for me, and that means a lot."

### Gifts

Christmas isn't the only time to give someone special something special. If you care about someone, and you're not broke, you don't need a reason to give something nice. It can feel incredible to watch a face light up when they see something you've unexpectedly and thoughtfully given them. Often, what you're buying doesn't even matter! Sometimes it really is just the thought that counts.

A warning: healthy relationships are not predicated on gift-giving. If you feel as though your partner feels entitled to gifts from you, you might want to talk it over with them.

### Quality Time

It often seems as if reading assignments, group projects, essays, jobs and church callings are all conspiring against you to keep you busy. Time is money, and you are poor. But that's the beauty of spending quality time



Gifts

**"Here, I brought you this burrito."**

Quality Time

**"Let's go get burritos together."**

Physical Touch

**Arms wrapped around someone in a warm hug, like a burrito.**

with your partner: when you invest time in your relationship, you communicate to your partner that they are a priority, and that they have value greater than whatever you might be doing otherwise.

You can't get to know your partner unless you spend time with them, and it will be during your time together that you'll learn whether the two of you truly click.

"It helps you to get to know the person better," said Jared Jones, a senior. "Time is one of your most valuable things, so it shows you care, and you get to see them in a variety of situations."

Jared and his girlfriend, Lucy Hacking, a pre-business major, said they both "speak" quality time as their primary love language. They've prioritized quality time in their relationship.

"We go to the gym together every day," she said. "We also have a diving class together, and we hang out a lot besides that."

Emily Brown, studying public Health, said she thought her primary love language was physical touch before she met her husband. But, as they dated, she learned that it was quality time. "The more time we spent together," she said, "the more our relationship grew."

### Physical Touch

Between consenting adults, physical touch is an important way to express

love. There's nothing quite like cuddling under a warm blanket during a movie or a tender kiss at the end

**"One of the most important aspects of communication in a relationship is learning how to give and receive love."**

of a date. Touching communicates trust, an important part of romantic relationships.

Studies show physical touch is important for your mental and physical health. Touching can cause the brain to release oxytocin (sometimes called the love hormone), which allows you to bond emotionally with your partner. It can also alleviate stress, promote relaxation, and even lower blood pressure.

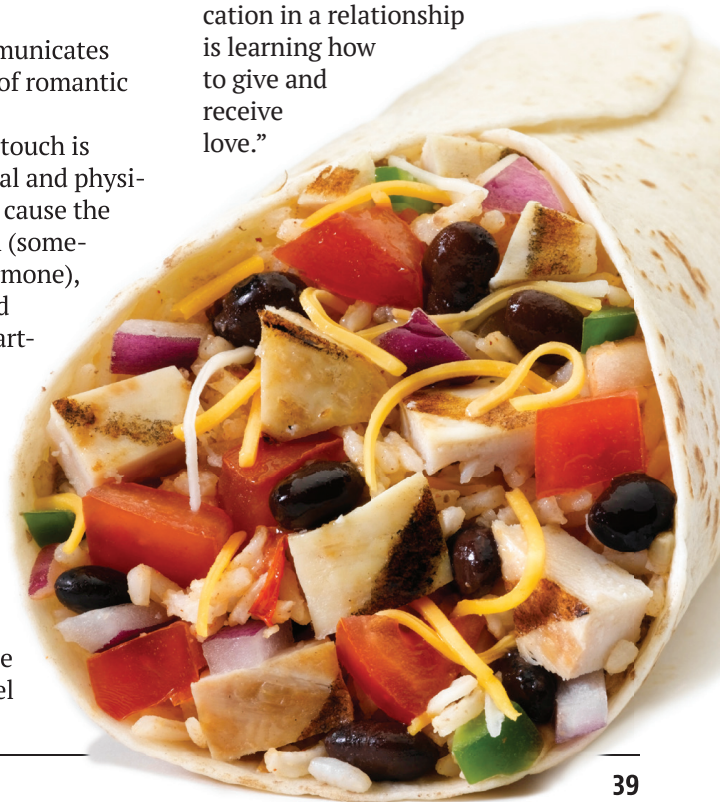
"I'm not really a touchy person," said Elsie Clayton, studying elementary education. "But this is still my love language. When someone hugs me, it makes me feel wanted and loved."

### Common Themes

In the end, all love languages require that you be thoughtful about what you express to your partner and how you do it.

Talk about how you and your partner can best give and receive love. Perhaps read this article with them, and find out what they think.

"One of the most important aspects of a relationship is communication, both verbal and nonverbal," said Abbie Calhoun, a sophomore studying pre-illustration. "And one of the most important aspects of communication in a relationship is learning how to give and receive love."



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# MORE THAN 900 DATE IDEAS



## A WORD OR TWO ON DATING IDEAS

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

A few dates are highlighted. The highlights indicate:

**On-campus dates**

**Free dates**

## Food

Restaurants.....	42
Desserts.....	46

## Outdoors

Outdoor Dates.....	47
Hikes.....	50
Ski Resorts.....	50
Local Parks.....	51

## Indoors

In the House.....	51
Out of the House.....	53
Movie Theaters.....	57
Museums.....	57

## Events

Local Events.....	57
Sports.....	58
Arts.....	60
Festivals.....	62



# Restaurants

## Mexican

- \$ Bajio Mexican Grill**  
 ★★☆☆ Mexican grill. v. 4801 N. University Ave., Ste. 760. 801-224-6668
- \$ Brasas Mexican Grill**  
 ★★☆☆ Mexican. 238 W. 100 South. 801-375-0240
- \$ Chipotle Mexican Grill**  
 ★★☆☆ Mexican. v, VG, GF. 715 E. University Pkwy., Orem. 801-225-4364
- \$ Culichi Kitchen**  
 ★★☆☆ Tacos. 1680 S. State St., Orem. 801-360-9747
- \$ Don Joaquin**  
 ★★☆☆ Tacos. 150 W. 1230 North. 801-400-2894
- \$ El Gallo Giro**  
 ★★☆☆ Mexican. 346 N. University Ave. 801-377-2571
- \$ El Pollo Royo**  
 ★★☆☆ Mexican. 3161 N. Canyon Rd.
- \$\$ Joe Vera's**  
 ★★☆☆ Mexican. 201 W. Center. 801-375-6714
- \$ Maize** 🚚  
 ★★☆☆ Homestyle tacos. v facebook.com/maizefoodtruck. 801-471-5612
- \$ Mi Lindo Guadalajara**  
 ★★☆☆ Mexican. 446 N. Freedom Blvd. 801-373-9498
- \$\$ Mi Ranchito**  
 ★★☆☆ Mexican. v, VG. 1109 S. State St., Orem. 801-225-9195
- \$ Mountain West Burrito**  
 ★★☆☆ Mexican. v, VG. 1796 N. 950 West. 801-805-1870

**\$\$ Oteo**  
 ★★☆☆ Mexican. v. 180 N. University Ave., Ste. 135. 801-928-3038

**\$ Tacos CDMX** 🚚  
 ★★☆☆ Tacos. v tacoscsmx.com. 801-669-1543

**\$ Taqueria El Gallo Oro De Jalisco**  
 ★★☆☆ Tacos. 664 N. Freedom Blvd. 801-377-0880

**\$ Taqueria San Marcos**  
 ★★☆☆ Mexican. 491 S. Freedom Blvd. 385-207-3692

## Asian

- \$ China Garden**  
 ★★☆☆ Chinese. 225 W. Center. 801-373-7203
- \$ Cupbop Korean BBQ**  
 ★★☆☆ Korean, barbecue. 815 N. 700 East. 801-916-8968
- \$\$ Four Seasons Hot Pot and Dumpling**  
 ★★☆☆ Chinese. 236 N. University Ave. 801-375-6888

**v** vegan **VG** vegetarian **GF** gluten free 🚚 food truck



Clockwise from bottom left: Cubby's avocado toast, Kneaders french toast, Joe's Café three-egg platter with Waffle Love red wonder waffle. Other items include Costco muffins, Einstein Bros. bagels and shmear and Eli

**\$\$ Fusion Asian Grill**  
 ★★☆☆ Korean. 1700 N. State St. 801-375-0818

**\$\$ Genki Asian Street Food** 🚚  
 ★★☆☆ Ramen. genkifoodtruck.com. 801-362-8446

**\$ Green Panda Café**  
 ★★☆☆ Vegetarian, Asian, smoothies. v. 3220 N. University Ave. 801-377-3466

**\$\$ Harry's Food Truck** 🚚  
 ★★☆☆ Chinese, Mongolian. v. unvr.se/HarrysFoodTruck. 801-755-0558

**\$\$ King Buffet**  
 ★★☆☆ Buffet, Chinese, seafood. 123 State St., Orem. 801-960-9669

**\$ KoKo Lunchbox**  
 ★★☆☆ Korean. 1175 N. Canyon Rd. 801-856-2176

**\$ Noodle King**  
 ★★☆☆ Vietnamese. v. 163 N. University Ave. 801-818-1028

**\$ Oh Mai**  
 ★★☆☆ Vietnamese. v VG GF. 575 E. University Pkwy., Ste. A 211. 801-607-2992

**\$ Panda Express**  
 ★★☆☆ Chinese. 1240 N. University Ave.. 801-818-0111

**\$ Pho Plus**  
 ★★☆☆ Vietnamese. 68 W. Center. 801-765-8808

**\$ Saigon Café**  
 ★★☆☆ Chinese, Vietnamese. 440 W. 300 South. 801-812-1173

**\$\$ Sam Hawk Korean Restaurant**  
 ★★☆☆ Korean. 660 N. Freedom Blvd. 801-377-7766

**\$\$ Shoots**  
 ★★☆☆ Chinese. 4801 N. University Ave., Ste. 840. 801-225-0445

**\$ Zao Asian Cafe**  
 ★★☆☆ Asian fusion. VG GF 1352 S. State St., Orem. 801-224-0030

## Japanese

**\$\$ AhiMuse**  
 ★★☆☆ Sushi bar, seafood, steakhous. v. 1087 S. 750 East, Orem. 385-505-0686

**\$ Asa Ramen**  
 ★★☆☆ Ramen. 1120 S. State St., Orem. 801-842-1898

**\$ Fatty Tuna** 🚚  
 ★★☆☆ Sushi & ramen. facebook.com/fattytunafood. 801-899-5075





bacon, Shirley's raspberry rolls, Bianca's La Petite strawberry kronut, Hruska's Kolaches, Einstein Bros. farmhouse bagel sandwich, and Lane French Bakery croissants.

Claire Gentry



### \$\$ Five Sushi Brothers

★★★★★ Sushi. v, GF. 445 N. Freedom Blvd. 385-549-4495

### \$\$ The Happy Sumo

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

### \$\$ Itto Sushi

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

### \$ Koi Express Sushi Wrap & Ramen

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

### \$ Osaka

★★★★★ Japanese. v. 46 W. Center. 801-373-1060

### \$\$ Shoga

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

### \$\$ Sushi Be Rollin' 🚚

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

### \$ Sushi Burrito

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

### \$\$ Sushi Ya

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

## Indian

### \$\$ Bombay House

★★★★★ Indian. v, GF. 463 N. University Ave. 801-373-6677

### \$\$ India Palace

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

### \$\$ Kohinoor

★★★★★ Indian. 75 S. State St. 801-226-6666

## Thai

### \$\$ Bangkok Grill

★★★★★ Thai. 934 N. State St., Orem. 801-434-8424

### \$\$ Savory Thai

★★★★★ Thai. GF. 182 W. Center, Orem. 801-802-6000

### \$ Silver Dish Thai Cuisine

★★★★★ Thai. 278 W. Center. 801-373-9540

### \$ Spicy Thai

★★★★★ Thai. 3230 N. University Ave. 801-370-0707

### \$ Suzy Thai 🚚

★★★★★ Thai. GF. instagram.com/suzythai. 801-616-7516

### \$\$ Thai Ger Cuisine

★★★★★ Thai. 410 N. University Ave. 801-691-0922

### \$\$ Thai House Cuisine

★★★★★ Thai. 744 E. 820 North 801-375-6840

### \$ Thai-licious Mobile Cuisine 🚚

★★★★★ Thai. v. facebook.com/thailiciousfood. 801-830-3737

### \$ Thai Neighbor Cuisine 1

★★★★★ Thai. v. 170 W. 300 South. 385-223-8169

### \$ Thai 2 Go 🚚

★★★★★ Thai. facebook.com/thai2goutah.

v vegan VG vegetarian GF gluten free 🚚 food truck

## American

### \$\$ Bam Bams BBQ

★★★★☆ Barbeque. 1708 S. State St., Orem. 801-225-1324

### \$\$\$ Bandera Brisket 🚚

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

### \$\$\$ Black Sheep Café

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

### \$\$\$ Block Restaurant

★★★★☆ American. 3330 N. University Ave. 801-885-7558

### \$ 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

### \$\$\$ Casa De Soul 🚚

★★★★☆ Southern, comfort food. casadesoul.biz. 415-359-4689

### \$ Charlie Boys Pit BBQ 🚚

★★★★☆ Barbecue. charlieboysbbq.com. 801-427-0600

### \$\$\$ Chom Burger

★★★★☆ Burgers, salads. v. vg. 45 W. 300 North. 385-241-7499

### \$ 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. 801-210-0213

### \$ Cubby's

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

### \$ Five Guys

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

### \$\$\$ Good Move Café

★★★★☆ American. v. GF. 1 E. Center, Suite 100. 801-850-9113

### \$\$\$ Good Thyme Eatery

★★★★☆ Mixed, healthy. v. VG, GF. 63 E. Center. 801-669-5300

### \$ The Grill Sergeant 🚚

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

### \$ The Habit Burger Grill

★★★★☆ Burgers. v. VG, GF. 2245 N. University Pkwy. 385-254-0940

### \$ JCW's The Burger Boys

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

### \$ JDaws

★★★★☆ Hot dogs. 858 N. 700 East, Provo. 207 E. University Pkwy, Orem. 801-373-3294

### \$\$\$ Kitchen Eighty-Eight 🚚

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

### \$ Molly's

★★★★☆ Barbecue, comfort food. 735 W. Columbia Ln. 801-374-3256

### \$ Mooyah Burgers, Fries & Shakes

★★★★☆ American. GF. 62 W. Bulldog Blvd. 801-705-8500

### \$ The Mouse Trap 🚚

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

### \$ Ripple's Drive Inn

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

### \$\$\$ Ruby River

★★★★☆ Steakhouse. GF. 1454 S. University Ave. 801-371-0648

### \$ Savour Foods 🚚

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

### \$ Seven Brothers Burgers

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

### \$\$\$ 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, barbeque. 194 W. Center, Orem. 801-427-6473

### \$ Smokin Roadside Grill 🚚

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

### \$ SPUDS 🚚

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

### \$\$\$ Station 22 Café

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

### Traditions Mobile Café 🚚

★★★★☆ Burgers. facebook.com/traditionsmobilecafe. 385-505-8497

### \$ The Wall

★★★★☆ American. 1151 Wilkinson Student Ctr. 801-422-4470

### \$ Tommy's Burgers

★★★★☆ Burgers. 401 W. 100 North. 801-374-9733

### \$ World's Best Corndogs 🚚

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

### \$ Zupas

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

## Sandwiches

### \$ DP Cheesesteaks

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

### \$ Even Stevens Sandwiches

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

### \$ Firehouse Subs

★★★★☆ Sandwiches. 62 W. Bulldog Blvd. 801-224-5800

### \$ Gandolfo's New York Deli

★★★★☆ Sandwiches. v. 818 N. 500 West. 801-377-6442

### \$ Honey Baked Ham Company

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

### \$ Red Deli

★★★★☆ Sandwiches, juice bar and smoothies. v. VG. 296 N. University Ave. 801-375-7827

### \$ Sensuous Sandwich

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

### \$ Which Wich

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

### \$ Zubs Subs

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

## Italian

### El Sarten 🚚

★★★★☆ Italian. elsarten.foodtruck.fans.

### \$\$\$ La Dolce Vita

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

### \$ MamaZ's 🚚

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

### \$\$\$ Oregano Italian Kitchen

★★★★☆ Italian. GF. 1600 N. Freedom Blvd. 801-788-4185

### \$\$\$ Terra Mia

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

## Pizza

### \$\$\$ Blaze Pizza

★★★★☆ Pizza. GF. 1350 S. State St., Orem. 801-528-9501

### \$\$\$ Brick Oven

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

### \$ Fiore Wood Fired Pizza 🚚

★★★★☆ Pizza, Italian. fiorepizza.com.

### \$ Forge Pizzeria 🚚

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

### \$\$\$ MidiCi

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

### \$ Nicolitalia Pizzeria

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

### \$ Pier 49 Pizza

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

### \$\$\$ Pizzeria 712

★★★★☆ Pizza, Sandwiches. GF. 320 S. State St., Orem. 801-623-6712

### \$ Pizza Pie Café

★★★★☆ Pizza buffet. GF. 2235 N. University Pkwy. 801-373-5561

### \$\$\$ Pompeii Pizza 🚚

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

### \$\$\$ Pyromaniacs Pizza 🚚

★★★★☆ Pizza. pyromanicaspizza.com. 801-896-7976

### \$ Slab Pizza

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

### \$ Two Jacks Pizza

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

## Hawaiian

### \$ Aloha Plate

★★★★☆ Hawaiian. 2270 WSC. 801-422-4134

### \$ Good Grindz 🚚

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

### \$\$\$ L & L Hawaiian Barbecue

★★★★☆ Hawaiian, Barbecue. 158 W. Bulldog Blvd. 801-876-1795

### \$ LoL Hawaiian Grill 🚚

★★★★☆ Hawaiian. facebook.com/lolehawaiigrill. 801-748-3542

### \$ Mo' Bettahs

★★★★☆ Hawaiian, Steakhouse. 1385 State St., Orem. 801-960-4616

### \$\$\$ Ohana Grill

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

### \$ Rumbi Island Grill

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

### \$ Sweet's Island Restaurant

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

### \$ Uncle Bobby's Hawaiian Style 🚚

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

## Fusion

### \$ 180 Tacos

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

### \$ BumbleBee's KBBQ

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



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**\$\$\$ Communal**

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

**\$ El Mexsal**

★★★★★ Mexican, Salvadoran. 325 S. Freedom Blvd. 801-375-3468

**\$ Guru's Café**

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

**\$\$\$ La Jolla Groves**

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

**\$ Noodles & Company**

★★★★★ Noodles. v, gf. 62 W. Bulldog Blvd. 801-373-9670

**\$ Sweeto Burrito**

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

**\$\$\$ Wild Ginger**

★★★★★ Fusion, sushi. v. 366 N. University Ave. 801-691-1177

**\$\$\$ Yummy's BBQ & Sushi**

★★★★★ Korean, Hawaiian, barbecue. 287 E. 300 South. 801-769-6614

**Mediterranean****\$\$\$ Aubergine and Company**

★★★★★ Juice bar, Mediterranean. 1365 S. State St., Orem. 801-224-7484

**Desserts****\$ Art City Donuts**

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

**\$ Bahama Bucks**

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

**\$ Baskin-Robbins**

★★★★★ Ice cream. 29 E. Bulldog Blvd. 801-377-0031

**\$ Bianca's La Petite French Bakery**

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

**\$\$\$ Boba Shack**

★★★★★ Boba smoothies. bobashack.foodtruck.fans 518-400-2622

**\$ Bowl of Heaven**

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

**\$ La Brioche Bakery**

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

**\$ Brooker's Founding Flavors Ice Cream**

★★★★★ Ice cream, frozen yogurt. 568 N Mill Rd., Vineyard. 801-300-8836

**\$ BYU Creamery**

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

**\$ Chip Cookies**

★★★★★ Cookies. 159 W. 500 North. 385-225-9888

v vegan vg vegetarian gf gluten free 🚚 food truck

**\$ Falafel Tree**

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

**\$ Greek N Go**

★★★★★ Greek. facebook.com/greeknogo. 208-679-1188

**\$ Pita Pit**

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

**South American****\$\$\$ Asado Argentinian Grill**

★★★★★ Argentine, burgers, sandwiches. 360 S. State St., Orem. 801-492-5700

**\$ El Salvador Restaurant**

★★★★★ Salvadoran. 332 W. Center. 801-373-5777

**\$ La Brioche Bakery**

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

**\$ Lomito's**

★★★★★ Latin American. 80 W. Center, Orem. 801-607-1602

**\$\$\$ Lucy's Brazilian Kitchen**

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

**\$ Chiquitos Churros**

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

**\$ The Chocolate**

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

**\$ Clark's Island donuts**

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

**\$ Cold Stone Creamery**

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

**\$ The Crepery**

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

**\$ Crumbl**

★★★★★ Cookies. 152 W. Bulldog Blvd. 801-823-1544

**\$\$\$ La Dolce Vita**

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

**\$ Doughnation**

★★★★★ Desserts, bakery. 286 N. University. 801-866-9940

**\$\$\$ Dulce Cookie Dough**

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

**\$ Enliten Bakery & Café**

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

**\$ Family Squeezed Lemonade 🚚**

Lemonade. facebook.com/familysqueezedlemonade.

**\$ Mama-Lau 🚚**

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

**\$ Red Fuego**

★★★★★ Peruvian, chicken. 824 E. 800 North, Orem. 801-960-9095

**\$\$\$ Rodizio Grill**

★★★★★ Brazilian, steakhouse. gf. 4801 N. University Ave., Ste 710. 801-701-6600

**\$\$\$ Se Llama Peru**

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

**\$\$\$ Tucanos Brazilian Grill**

★★★★★ Brazilian. gf. 545 E. University Pkwy. 801-224-4774

**Bakery Café & Breakfast****\$ Antonella's Artisan Bread Café**

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

**\$ Corner Bakery Café**

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

**\$ Great Harvest Bread Company**

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

**\$ Farr's Fresh**

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

**\$ Fizz Drink**

★★★★★ Soda. 426 W. Bulldog Blvd. 801-607-2209

**\$ Fruta Crush**

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

**\$ Hokulia Shave Ice**

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

**\$ Ike's Creamery**

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

**\$\$\$ Ivie Juice Bar**

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

**\$ Macs A La Mode 🚚**

★★★★★ Ice cream. instagram.com/macsa.la.mode.

**\$\$\$ Menchie's Frozen Yogurt**

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

**\$\$\$ Mend Juicery**

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

**\$\$\$ The Mighty Baker**

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

**\$\$\$ Mora Iced Creamery**

★★★★★ Dessert, ice cream, frozen yogurt. 541 E. University Pkwy., Orem. 385-236-3319

**\$ Hruska's Kolaches**

★★★★★ Breakfast, baked goods. 434 W. Center. 801-623-3578

**\$ Joe's Café**

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

**\$ Kneaders Bakery and Café**

★★★★★ Bakery, sandwiches, salads. 295 W. Bulldog Blvd. 801-812-2200

**\$ Magleby's Fresh**

★★★★★ American. 3362 N. University Ave. 801-852-8620

**\$\$\$ Peace on Earth**

★★★★★ Breakfast. 35 N. 300 West. 801-577-4710

**\$ Shirley's Bakery & Café**

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

**Other****\$ Bruges Waffles & Frites**

★★★★★ Gourmet waffles and fries. 42 W. Center. 801-373-3214

**\$ Rimmels**

★★★★★ German, Kebab, Turkish. 575 E. University Pl., Orem. 801-777-6235

**\$\$\$ Mrs. Cavanaugh's Chocolates**

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

**\$ Oahu Shave Ice**

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

**\$ Orem Summer Sno**

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

**\$ The Penguin Brothers**

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

**\$ Provo Bakery**

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

**\$ Rockwell Ice Cream Company**

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

**\$\$\$ Rocky Mountain Chocolate Factory**

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

**\$ Roll Up Café**

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

**\$ Roll with It Creamery**

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

**\$ San Diablo Artisan Churros**

★★★★★ Dessert. 1212 Draper Pkwy, inside Macey's. sandiablochurros.com 801-432-0880

**\$ Sip-N-Spot**

★★★★★ Desserts, soda. 525 N. 900 East. 801-375-6082



### \$ Sodalicious

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

### \$\$ Sub Zero Ice Cream

★★★★ Ice cream. 62 W. Center. 385-375-2617

### \$ The Sweet Station

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

### \$ The Sweet Tooth Fairy

★★★★ Dessert. 1064 South 750 East, Orem. 801-224-7551

### \$ Swig n' Sweets

★★★★ Desserts, shaved ice, smoothies 1523 N Canyon Rd. 385-312-1578

### \$ Tropical Fruit

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

### \$ Vida Acai

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

### \$ The Wash

★★★★ Desserts. 1195 N. Canyon Rd.

## OUTDOOR DATES

### Carve a watermelon or pineapple

Relive the Halloween season with a summer twist.

### Go canoeing

Rent a canoe. BYU Outdoors Unlimited. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708 outdoors.byu.edu

### 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 West, Lehi. 801-766-4386 sevenpeaks.com



Amanda Lund

### Go stargazing

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

### Have a water balloon war

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

### White water rafting

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

### Go paddleboarding

Rent a paddleboard from BYU Outdoors Unlimited, head down to Utah lake and enjoy a fun time on the water. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708 outdoors.byu.edu

### Beach day

Head to Yuba National Park, bring a picnic and some intertubes and enjoy a day in the sand and sun. Yuba State Park, 12225 South Yuba Dam Rd., Levan. 435-758-2611 stateparks.utah.gov/parks/yuba

### Provo Recreational Center

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

### 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

### Paragliding

Sweep your date off their feet. Utah Paragliding, 448 Steep Mountain Dr., Draper. 801-368-5139 utahparagliding.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 E. Bay Blvd. 801-852-7529 eastbaygolf.com

### Go snorkeling at Midway Crater

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

### Go horseback riding

See whose horse can gallop faster. Boulder Mountain Ranch, 5550 N. Boulder Rd., Kamas. 866-683-5819 bouldermountainranch.com

### Go repelling in Provo Canyon

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

### Tennis date

A little healthy competition is good for everyone. Break out those sweat bands and get that back hand ready. Head over to the BYU tennis courts or the courts at Kiwanis Park.

### Hike to the Fifth Water Hot Springs

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

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

Arches, Zion, Capitol Reef, Canyonlands, and Bryce Canyon. 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.

### Skip rocks

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

### Outdoor movie night

Grab a projector (borrow from a friend or check D1), hang up and sheet, and pick your favorite movie.



**Visit the Castle Amphitheater**

Center Street in Provo east of the church and hospital.

**Tour Melville Stables**

Schedule a free guided tour at horse riding and training facilities. Melville Stables, 1890 S. Sandhill Rd., Orem. 801-921-8953 [melvillestables.com](http://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](http://gilgalgarden.org)

**Walk the boardwalk at Bicentennial Park**

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

**Rent a Segway at Thanksgiving Point Gardens**

Cruise through 15 themed gardens. Thanksgiving Point, 3900 N. Garden Dr., Lehi. 801-768-4999 [thanksgivingpoint.org/visit/ashtongardens](http://thanksgivingpoint.org/visit/ashtongardens)

**Sundance Full Moon Lift ride**

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

**Cup-fence design**

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

**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](http://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](http://lindonmarina.com)

**Take a dip at the hot springs**

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

**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](http://wildlife.utah.gov). [utahfishinginfo.com/utahrivers/provoriver.php](http://utahfishinginfo.com/utahrivers/provoriver.php)

**Take a self-guided historic Provo buildings walking tour**

A digital brochure is available at [utahvalley.com](http://utahvalley.com): search for "walking tour."

**Go hammocking**

Grab some hammocks and head up the canyon. Bring snacks, games or just be prepared to "hang" out and chat.

**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.

**Yoga in the mountains**

Be one with nature and your date. Mountain location changes. Check the website or Facebook page for details. 2620 N. 1200 East. 208-559-4084 [yogainthemountains.weebly.com](http://yogainthemountains.weebly.com)

**Feed the ducks at the pond**

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

**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.

**Float the Provo River**

Have a blast tubing down the Provo River on heavy-duty tubes. High Country Rafting, 3702 E. Provo Canyon Rd. 801-224-2500 [highcountryadventure.com](http://highcountryadventure.com)





**Plant flowers for someone**

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

**Make a timelapse**

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

**Go exploring with cameras**

Explore your world through the lens of your camera and capture the interesting things you can't see 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.

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

**Cloud watch**

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

**Water balloon baseball**

Grab a bat and fill up some water balloons. See who can hit a home run first.

**Visit Tracy Aviary**

View the exhibits and shows they offer or plan an encounter where you can view and feed their exotic birds. Tracy Aviary, 589 E. 1300 South, Salt Lake City 801-596-8500 [tracyaviary.org](http://tracyaviary.org)

**Topgolf**

Enjoy some friendly competition with Topgolf. No need to be a golfing expert to play and have fun. Topgolf, 920 Jordan River Blvd., Midvale. [topgolf.com](http://topgolf.com) 801-208-2600

**Make a bonfire and roast s'mores**

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

**Play tourist**

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

# Nickel City

## FOOD AND FUN

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**PER PERSON**  
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Visit **[health.byu.edu](http://health.byu.edu)**  
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Separate men's and  
women's classes

Taught by health care  
professionals

Confidential setting  
for open discussion

\$10 with student health  
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AUTHENTIC CUISINE OF INDIA



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801-373-7200

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801-302-0777

[www.indiapalaceutah.com](http://www.indiapalaceutah.com)

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## HIKES

### Battle Creek Falls

9 miles

### Bridal Veil Falls

7 miles

### Bonneville Shoreline Trail

4 miles

### Dry Canyon

7 miles

### Mt. Timpanogos

11 miles

### Rock Canyon Trail

2 miles

### Slate Canyon Trailhead

3 miles

### Squaw Peak Trail

4 miles

### Stewart Falls

11 miles

### Timpanogos Cave

20 miles

### Y-Mountain

2 miles

## SKI RESORTS

### Alta Ski Area

Rock climbing, biking, camping, etc. 10230 Utah 210, Alta. 801-359-1078 [alta.com](http://alta.com)

### Brighton Ski Resort

Hiking and mountain biking. 8302 S. Brighton Loop Rd., Brighton. 801-532-4731 [brightonresort.com](http://brightonresort.com)

### Deer Valley

Mountain biking, outdoor amphitheater, paddleboarding, and fly fishing. 2250 Deer Valley Dr., Park City. 435-649-1000 [deervalley.com](http://deervalley.com)

### Park City Mountain

Coaster, zip line, climbing wall, mini golf, zip lines, horseback riding, etc. 1345 Lowell Ave., Park City. 435-649-8111 [parkcitymountain.com](http://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](http://snowbird.com)

### Solitude Mountain Resort

Biking, hiking, disc golf, fishing, and more. 12000 Big Cottonwood Canyon Rd., Solitude. 801-534-1400 [skisolitude.com](http://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](http://sundanceresort.com)

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**(801)766-5508**

1985 N Pointe Meadow Dr, Lehi

**Mapleton**  
**(801)806-1929**

920 N 2000 W, Mapleton

**Payson**  
**(801)465-0570**

992 W 170 N, Payson

**Orem**  
**(801)224-3635**

1450 W 800 N, Orem

**American Fork**  
**(801)756-5388**

420 E 620 S, American Fork

**Springville**  
**(801)491-7672**

205 W 1400 N, Springville

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# 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

## North Park

280 W. 940 North

## Paul Ream Wilderness Park

1600 W. 500 North

## Pioneer Park

500 W. Center

## Rock Canyon Park

2620 N. 1200 East

## SCERA Park

600 S. State St., Orem.

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

# 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 Love Languages Test

See how to improve your relationship. See page 37 for more information.

## 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.

## Charcuterie board

Eat cheese and crackers and be fancy. To learn how to make a charcuterie board, see page 26.



Ty Mullen

# Thai House Cuisine

of Provo

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### Play with Legos

Build the JFSB or the bell tower. Bricks & Minifigs, 658 S. State, Orem.

### Download a vintage radio program

Go listen to it in a unique location; think horror story in the woods at dusk.

### Learn how to cook authentic cuisine

Trade recipes from your mission areas.

### 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 childhood

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

### Learn origami

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

### Teach each other one of your talents

Anything you can do, your date can do better.

### Learn a language together

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

### Host a tea party

Try it with apple cider and finger sandwiches.

### 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](http://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!

### 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.

### Find free samples

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

### Race giant paper airplanes

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

### Cook together

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

### Play Apples to Apples while eating apples

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

### Cook dinner by the fire

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

### Binge-listen to Serial (or another podcast)

Couple it with cooking or some other activity.

### Hot chocolate at night

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

### Murder mystery dinner

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

### 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!

### Make fruity popsicles

Have a refreshing, homemade treat. For examples look at the recipes found on page 12.

### Make pizza

Who doesn't love warm, melted cheese on bread with toppings?

### Make desserts

Head over to the store and make a dessert with ingredients that only start with the first letter of your last name.

### Chocolate chip cookies with a twist

Make chocolate chip cookies, but with a catch: do it without a recipe. Guess away, take some risks and see how they turn out.

### 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 with a Dutch oven

Dutch ovens are available for rent at Outdoors Unlimited.

## 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](http://quarryclimbing.com)

### Trampoline gym

Relieve some school stress by jumping all around. Lowes Xtreme Air Sports, 1111 W. 100 South. 801-374-5867 [lowesairsports.com](http://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](http://iflyutah.com)

### Go to Nickel City

Challenge your date to a range of arcade games. Nickel City, 1515 S. State St., Orem. 801-802-8555 [nickelcityore.com](http://nickelcityore.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](http://provo.colormemine.com)

### Visit The Living Planet Aquarium

Kiss in the shark tunnel. The Living Planet Aquarium, 12033 Lone Peak Pkwy., Draper. 801-355-3474 [thelivingplanet.com](http://thelivingplanet.com)

### Visit Hogle Zoo

Visit your favorite animals and learn something new. Hogle Zoo, 2600 Sunnyside Ave., Salt Lake City. 801-584-1700 [hoglezoo.org](http://hoglezoo.org)

### Play croquet

Find grassy area and croquet kit and have fun.

### Visit the Tracy Aviary

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

### Go antiques

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

### Play Hide and Seek in IKEA

Endless spots to hide. Endless opportunities for fun. IKEA, 67 W. Ikea Wy., Draper. 888-888-4532 [ikea.com/us/en/store/draper](http://ikea.com/us/en/store/draper)

### 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](http://utcotm.org)

### Learn to crochet

Free beginning lessons at Orem Public Library. BYO crochet hook. Orem Arts Council, 58 State St., Orem. 801-229-7050 [arts.orem.org](http://arts.orem.org)

### Learn Photoshop together

Learn from YouTube or HBLL classes. Harold B. Lee Library. 801-422-2927 [lib.byu.edu/services/software-training](http://lib.byu.edu/services/software-training)

### Visit AAA storage facility

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

### Learn how to make soap

Make bath/beauty products using all-natural products at The Soap Factory. The Soap Factory, 54 W. Center. 801-376-5799 [thesoapfactory.us](http://thesoapfactory.us)

### Explore "Ken Sander's Rare Books"

Located in Salt Lake City, discover why the antiquarian bookshop's motto is "creating chaos out of anarchy for a better tomorrow." Leave with a rare book in hand to remember the experience. Ken Sanders Rare Books, 268 S. 200 East, Salt Lake City. 801-521-3819 [kensandersbooks.com](http://kensandersbooks.com)

### Participate in an exercise class in the RB

Take a date to a fun, affordable and uplifting casual fitness class. Go to 112 RB to purchase your wristband. 801-422-3644 [rbfacilities.byu.edu/content/aerobics-fitness](http://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 [hebertvalleyrr.org](http://hebertvalleyrr.org)

### Participate in "Whodunnit Murder Mystery Game"

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



### Go to Fish Kiss

Go to this spa and experience a middle eastern specialty as you get your feet treated by fish. FishKiss Fish Spa, 32 S. Freedom Blvd. 801-332-9704 fishkissco.com

### 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. 385-210-0117

### Go to an open mic night

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

### Go fishing

Relax on a lake or river front.

### Throw a party for an imaginary friend

Create a Facebook event and invite all your friends.

### Help one another achieve a bucket list item

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

### Prank call your best friends

Be kind. Tell them you like their pigtail braids.

### Pretend like you're getting married and go ring shopping

Hint. Hint.

### Play pool at the Wilk

Grab some fries from The Wall while you are at it.

### Go on a ghost bus tour

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

### Try augmented reality, BYU style

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

### Give away flowers

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

### Donate blood together

Talk your way through the ordeal with your lovely date.

### 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.

### Visit a pet store

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

### Test drive your dream car

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

### 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.

### Find all your unused gift cards and use them

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

### 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.

### Get a disposable camera

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

### "Drive-in" movie date

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

### Take care of animals at an animal shelter

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

### Leave friendly messages on cars

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

### Visit a local bookstore

Read your favorite childhood picture books together.

### Go on a mini-road trip and explore the area

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

### Around the world ping pong

Switch sides of the table while keeping the ball bouncing.

### Go 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.

### Go duckpin bowling

3 tries per frame. Doc Brundy's has the only duckpin bowling lanes in Utah. Doc Brundy's, 260 N. Main, Spanish Fork.

### Play miniature golf

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

### Volunteer for Y-Serve

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

### Write a song and record it at the HBL sound booth

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

### Volunteer at a soup kitchen

Offer your services at a local soup kitchen.

### Do family history at the library

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

### Flowrider

Head over to Provo Beach and get your surf on. Provo Beach, 4801 N. University Ave., Ste. 210. 801-224-5001 provobeach.com



### Thrift store games

Got to any thrift store and you each pick out a ridiculous outfit for the other and wear them to dinner.

### Throw axes

A date unlike any other, show off your axe throwing skills and blow off some steam. Social Axe Throwing, 683 N. State St., Orem. 801-762-0293 [socialaxethrowing.com](http://socialaxethrowing.com)

### Karaoke

Show off your singing skills with karaoke at Heart and Soul. Heart & Soul, 52 W. Center. 385-325-1672 [provokaraoke.com](http://provokaraoke.com)

### Make a ring

At the gem studio, each of you can make your own personalized ring from scratch The Gem Studio. [thegemstudio.com](http://thegemstudio.com)

### 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.

### Antique shopping

Head over to Moon's Rare Books as see everything from first editions of the Hobbit to rare antiques. Moon's Rare Books, 4801 N. University Ave., Ste. 340. 801-623-0450 [moonsrarebooks.com](http://moonsrarebooks.com)

### Take a cooking class

Offered at Williams-Sonoma at the Riverwoods or through Provo City. [provo.org](http://provo.org)

### Attend a lecture

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

### Attend a fireside

Be spiritually uplifted together.

### Join a book club

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

### Take a DIY class at Home Depot

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

### Take a yoga class

Step outside your fitness comfort zone.

### Go to a premarital workshop

Contact BYU Counseling and Psychological Services for dates.

### Take a class from each other's major

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

### Take an elective together

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

### Learn how to blow glass

Sundance or Thanksgiving Point offer classes.

### Take an art class at A&A Art & Frame

661 N. State St., Orem. 801-357-1150 [aandaartandframe.com](http://aandaartandframe.com)

### Go to The Paint Loft

The Paint Loft, 1774 N. University Pkwy. 385-325-1737 [thepaintloft.com](http://thepaintloft.com)



# BYU + SLC?

## I'd 'ship that.

A solid BYU education surrounded by globally renowned restaurants, shopping, and venues? Yes, please! Registration is easy; just look for SLC courses when you sign up for classes.

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# BOWL DATE TO SOULMATE





# MOVIE THEATERS

## AMC 12

4925 N. Edgewood Dr.

## Cinemark 16

1200 Towne Centre Blvd.

## Cinemark American Fork

715 W. Main St., 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 Wy., Lehi.

## Megaplex Theatres Lehi

2935 N. Thanksgiving Wy., 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.

## SCERA Grand Theatre

745 S. State St., Orem. scera.org

## 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.

# MUSEUMS

## Museum of Ancient Life

Visit the world's largest display of mounted dinosaurs. 2929 N. Thanksgiving Wy., Lehi. [thanksgivingpoint.org/visit/museumofancientlife](http://thanksgivingpoint.org/visit/museumofancientlife)

## Historical Pioneer Relic Hall

Let early pioneer life inspire you and your date. 50 N. Main St., Alpine. [utahvalley.com/listings/Historic-Pioneer-Relic-Hall/78](http://utahvalley.com/listings/Historic-Pioneer-Relic-Hall/78)

## BYU Museum of Art

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

## Monte L. Bean Museum

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

## Education in Zion

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

## 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](http://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. [historylds.org/section/museum](http://historylds.org/section/museum)

## Park City Museum

Preserving, protecting and promoting Park City's history & heritage. 528 Main St., Park City. [parkcityhistory.org/](http://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](http://planetarium.byu.edu)

## Utah Museum of Contemporary Art

Utah's first and only contemporary art museum. 20 S. West Temple, Salt Lake City. [utahmoca.org](http://utahmoca.org)

## Museum of Mormon History of the Americas

Explore the history of the Mormon Church in Mexico. 1501 N. Canyon Rd. [latinmormonhistory.com](http://latinmormonhistory.com)

## Hill Air Force Base Aerospace Museum

See old and new war planes. 7961 Wardeigh Rd., Hill AFB. [hill.af.mil](http://hill.af.mil)

## Orem Heritage Museum

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

# LOCAL EVENTS

## Go country dancing

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

## Salsa Thursdays

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

## Comedy Sportz

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

## IMPROVBroadway

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

## BYU's International Cinema

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

## 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](http://collaborativecreative.com)

## Open Mic Night

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

## Dry Bar Comedy

What happens when a clean content company moves into an old night club. 295 W. Center. [facebook.com/drybarcomedy](http://facebook.com/drybarcomedy)

## Free Concert

Enjoy local bands at the Rooftop Concert Series. Rooftop Concert Series, 100 W. Center. [rooftopconcertseries.com](http://rooftopconcertseries.com)

## Rodeos

Throw on your cowboy boots. Head to [rodeosusa.com](http://rodeosusa.com) to check dates and locations of local rodeos.

## Food Truck Roundup

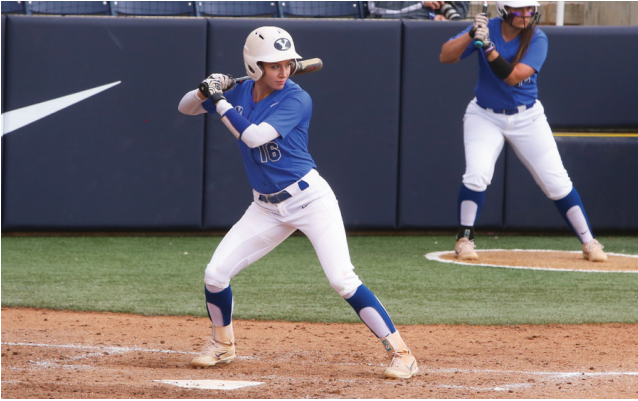
Have your pick of a number of different local food trucks all in one place. Trust us, it's delicious. [facebook.com/provofoodtruckroundup](http://facebook.com/provofoodtruckroundup)



EVENTS

Stock

# SPORTS CALENDAR



## APRIL 2019

SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
	1 Jazz	2	3	4	5 Jazz	6
7	8	9 Bsb, Bees, Jazz	10 Bees	11 Bsb, Bees	12 Bsb, Sfb, Bees	13 Bees, Bsb, Sfb, WSoc, RSL
14	15 Bees	16 Sfb	17 Sfb	18	19 Golf	20 Golf
21	22	23	24 Sfb, Bees	25 Track, Bees	26 Sfb, Track, Bees	27 Sfb, Track, Bees
28	29 Bees	30 Bees				

## MAY 2019

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

## JUNE

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

## JULY 2019

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

## AUGUST 2019

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

## SEPT

SUN.	MON.
1	2 Bees
8	9
15	16
22	23
29	30

For more information on schedules of BYU athletics visit [byucougars.com](http://byucougars.com)  
Students can use their ROC pass to sit in the student section at many of the games. Tickets are also available at the Marriott Center Ticket Office. 701 E. University Pkwy. 801-422-2981, [byutickets.com](http://byutickets.com).

**BYU Sports**  
Football **Football** LaVell Edwards Stadium  
Sfb **Softball** Gail Miller Field  
WSoc **Women's Soccer** South Field  
Golf **Track**  
Baseball **Baseball** Larry H. Miller Field  
Golf **Golf** Riverside Country Club  
Track & Field **Track & Field** Clarence F. Robison Track & Field Complex





UNIVERSE ARCHIVES

## 2019

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

## EMBER 2019

TUES.	WED.	THURS.	FRI.	SAT.
3	4	5	6 Owlz	7 Owlz
10	11 Real	12	13	14 Football
17	18	19	20	21 Football
24	25 Real	26	27	28

### Professional Teams

Owlz **Orem Owlz** Brent Brown Ballfield  
 Real **Real Salt Lake** Rio Tinto Stadium  
 Jazz **Utah Jazz** Vivint Smart Home Arena  
 Bees **Salt Lake Bees** Smith's Ballpark

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(801) 224-4550

Orem Timpanogos  
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Payson  
(801) 465-2800

Provo Physicians Plaza  
(801) 357-7883

Provo North University  
(801) 373-8930

Saratoga Springs  
(801) 407-6500

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(801) 794-7947



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Clarity Lane Photography



# ARTS CALENDAR

## APRIL 2019

MON.	TUES.	WED.	THURS.	FRI.	SAT.
1 Gypsy Halfa	2 University Bands	3 Men's Chorus	4 Men's Chorus Broadway Revue BYU Noteworthy My Bro, My Bro & Me	5 Broadway Revue Utah Film Awards Oegin	6
8 Treu Dancing	9 Philharmonic Ben Folds Utah Sym.	10 Woodwind Chamber Synthesis BFA New York Brass Chamber Night	11 String Chamber Flute Choir Bernstein at 100 Oegin	12 Northwest Dance Ballroom Dance in Concert Wind Symphony Elton John & Tim Rice's Aida BWA Sleeping Beauty	13 Family Concert Series Evening of Percussion Star Wars in Concert
15 Utah Valley Symph. Aida	16 University Chorale	17 Symphonic Band Hymn Sing Utah Valley Symphony	18 Elton John & Tim Rice's Aida	19 Utah Symphony	20
22 Aida	23 My Son Pinocchio Jr.	24 Disney's Aladdin	25 Elton John & Tim Rice's Aida	26	27
29 Aida Utah COPA	30 Disney's Aladdin				

## JULY 2019

MON.	TUES.	WED.	THURS.	FRI.	SAT.
1	2	3	4 Independence Day	5 Peter Pan DV Patriotic Celebrtn DV Bravo Broadway	6
8 Peter Pan	9	10 DV Mendelssohn	11 Peter Pan	12 DV Aretha	13 DV E.T. in Concert
15 Peter Pan	16	17 DV Schumann	18 Peter Pan	19 Pioneer Day Concert DV Disney in Concert DV Renée Goldsberry	20
22	23	24 Pioneer Day DV Romantic Violin	25	26 DV America in Space	27
29	30	31 DV Mozart Piano			

**Hale Centre Theatre (Sandy)** hct.org  
An American in Paris, April 1-6; Steel Magnolias, April 1-June 1; Matilda, April 22-June 15; Freaky Friday, June 17-Aug. 24; Cinderella, July 1-Sept. 7; The Addams Family, Sept. 9-28.

## MAY 2019

MON.	TUES.	WED.	THURS.	FRI.	SAT.
		1 Disney's Aladdin Utah COPA	2	3	4
			Elton John & Tim Rice's Aida Glorious!		Bellini's Norma
6 Glorious! Bellini's Norma	7 Disney's Aladdin The Dance Club	8	9 Glorious!	10	11
			Star Wars in Concert	Evening of Dance Bernstein at 100 Tanner Gift of Music	Star Wars in Concert
13 Glorious! Star Wars in Concert	14	15	16 Glorious! Shelley Irish Dance Cinderella (ballet)	17 A Hard Day's Night	18 Barlow Arts
20 Glorious!	21 Riverton Jive All-Star Youth	22	23 Glorious! Orem Jive	24 The Dance Conservatory Utah Symphony	25
27 Memorial Day	28 School of Rock	29	30	31 Miss Provo Pageant	

## AUGUST 2019

MON.	TUES.	WED.	THURS.	FRI.	SAT.
			1	2 Beauty and the Beast DV 1812 Overture DV Kristin Chenoweth	3
5 Beauty and the Beast	6	7 DV Schubert	8 Beauty and the Beast	9 DV Rolling Stones	10 DV Indigo Girls
12 Beauty and the Beast	13	14	15 Beauty and the Beast	16	17
19	20	21	22	23	24
26	27	28	29	30	31

**Hale Center Theater Orem**  
haletheater.org  
Newsies, April 1-20; Tuck Everlasting, April 29-June 15; Million

Dollar Quartet, June 24-Aug. 3; Charley's Aunt, Aug. 10-Sept. 14; Thoroughly Modern Millie, Sept. 23-30.



# 2019

TUES.	WED.	THURS.	FRI.	SAT.
				1 Miss Provo Pageant School of Rock
4 Lifehouse	5	6	7 Disney's Newsies Just Dance	8
11	12 The Elixir of Love	13 Disney's Newsies Manti Mormon Miracle Pageant	14	15
18	19 Center Stage	20 Disney's Newsies Wasatch Ballet Harry Potter and the Goblet of Fire in Concert Eddie Izzard	21 Jim James + CJD	22
25 Rent	26 Jive	27	28 DV Chris Botti	29 DV Marie Osmond

# EMBER 2019

TUES.	WED.	THURS.	FRI.	SAT.
3	4	5	6	7
10	11 Nancy Ambrose King	12	13 Pres. Nelson's 95th	14
17	18 Diana Krall	19	20	21

- BYU** arts.byu.edu
- Covey Center for the Arts** coveycenter.org
- Deer Valley Music Festival** deervalleymusicfestival.org
- Eccles Theater** artsaltlake.org
- SCERA** scera.org
- Temple Square** templesquare.com
- Utah Symphony & Opera** usuo.org

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# FESTIVALS

## Adventure Hunt

Compete in a fun, adrenaline-packed race completing epic challenges with a teammate April 20, Salt Lake City. [adventurehunt.com](http://adventurehunt.com)

## American Fork Steel Days

Activities at City Hall and Quail Amphitheater. July 12-20. American Fork. [afc.city.org](http://afc.city.org)

## Cedar Hills Family Festival

Follow Utah Highway 92 to the east. Festivals in Cedar Hills public parks. June 3-8. Cedar Hills. [cedarhills.org/news-events/family-festival](http://cedarhills.org/news-events/family-festival)

## Chalk the Block

Free three-day street painting event. August 8-10, The Shops at Riverwoods. [shopsatriverwoods.com](http://shopsatriverwoods.com)

## Craft Lake City

DIY craft festival. Aug. 9-11, Gallivan Center, Salt Lake City. [craftlakecity.com](http://craftlakecity.com)

## Downtown Yoga Festival

Premiere yoga event for community. July 21, Gallivan Center, Salt Lake City. [downtownyogafest.com](http://downtownyogafest.com)

## Days of '47

July. Salt Lake City events include concerts, rodeo, Pioneer Day parade. July 12-13, 18-24. Salt Lake City. [daysof47.com](http://daysof47.com)

## Deer Valley Music Festival

The summer home of the Utah Symphony and Utah Opera. June 28-August 10. Park City. [deervalleymusicfestival.org](http://deervalleymusicfestival.org)

## Eagle Mountain Pony Express Days

Carnival, vendors, entertainment, and fireworks. May 24-July 4. Eagle Mountain. [eaglemountaincity.org](http://eaglemountaincity.org)

## Highland Fling Days

Parade and festival at Heritage Park. July 27-August 3. Highland. [highlandcity.org](http://highlandcity.org)

## Lehi Round-Up Celebration

Rodeo and other activities. June 23-29. Town Square, Lehi. [lehi-ut.gov/roundup](http://lehi-ut.gov/roundup)

## Lindon Days

Car show, movie in the park, concert, fireworks and more. Lindon. [lindoncity.org/lindon-days.html](http://lindoncity.org/lindon-days.html)

## Midway Swiss Days

Parade, vendors, and food. August 30-31. 100 N. Main, Midway. [midwayswissdays.com](http://midwayswissdays.com)

## Orem Summerfest

Family activities. June 10-15. Orem. [summerfest.orem.org](http://summerfest.orem.org)

## Park City Kimball Arts Festival

On Park City's Historic Main Street. August 2-4. Park City. [parkcitykimballartsfestival.org](http://parkcitykimballartsfestival.org)

## Payson Scottish Festival

Highland dance, athletic, and bagpipe competitions. July 12-13. Payson Memorial Park, 300 S. Main, Payson. [paysonscottish-festival.org](http://paysonscottish-festival.org)

## Provo Freedom Festival

Balloon festival, parade, and more. Mid June-July 4. [freedomfestival.org](http://freedomfestival.org)

## Pioneer Day Extravaganza

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

## Pleasant Grove Strawberry Days

Rodeo and activities in Pleasant Grove June 15-22. Pleasant Grove. [strawberrydays.org](http://strawberrydays.org)

## Savor the Summit

Food, drink and live music while seated in the middle of Park City Main Street. June 22. Main St., Park City. [parkcityrestaurants.com/savor-the-summit](http://parkcityrestaurants.com/savor-the-summit)

## Snowbird's Oktoberfest

Enjoy German food every Saturday Every Saturday, August 18-October 14. 9385 Snowbird Center Trail, Snowbird. [snowbird.com/oktoberfest/](http://snowbird.com/oktoberfest/)

## Springville Art City Days

The hot air balloon festival is on June 8 and 9. June 1-9. Springville. [springville.org/art-city-days](http://springville.org/art-city-days)

## Springville World Folkfest

Dancers and musicians from around the world. July 29-August 3. 760 S. 1350 East, Springville.

## Stars and Stripes Beach Party

Annual party at the Shops at Riverwoods. June 22, 4 - 10:30 p.m. 4801 N. University Ave. [freedomfestival.org](http://freedomfestival.org)

## Tulip Festival

Celebrate the return of spring this April and May. April 12-May 4. Ashton Gardens, 3900 N. Garden Dr., Lehi. [thanksgivingpoint.org](http://thanksgivingpoint.org)

## Timpanogos Storytelling Festival

Hear stories from some of the best storytellers from around the world. September 5-7. Thanksgiving Point, 234 W. 540 North, Lehi. [timpfest.org](http://timpfest.org)

## Utah Arts Festival

Visual arts, music, dance, theater, culinary arts and more. June 20-23. Library and Washington Squares, 451 S. State, Salt Lake City. [uaf.org](http://uaf.org)

## Utah County Fair

Demolition derby and more. August 15-18. 475 S. Main, Spanish Fork. [utahcountyfair.org](http://utahcountyfair.org)

## Utah Festival Opera & Musical Theater

Five-weeks of opera, musical theater, and concerts. June 22-August 3. Logan. [utahfestival.org](http://utahfestival.org)

## Utah Lake Festival

Fishing clinics, activities, educational booths, food and sailing demonstrations on June 1. 4400 W. Center.

## Utah Pasfika Festival

Features dancing, music, food and craft booths celebrating the Polynesian cultures. Late May. 100 E. Center. [utpasifikafestival.com](http://utpasifikafestival.com)

## Utah State Fair

September 5-15. 155 N. 1000 West, Salt Lake City. [utahstatefair.com](http://utahstatefair.com)

## Utah Valley Parade of Homes

Buy tickets to view the most luxe homes in the valley. June 6-22. [uvparade.com](http://uvparade.com)

## Wasatch Wildflower Festival

Walks and hikes for all skill levels. Late July. [cottonwoodcanyons.org](http://cottonwoodcanyons.org)

## Holi Festival of Colors

Enjoy live music, food and fireworks. June 8. Krishna Temple, 965 E. 3370 South, Salt Lake City. [utahkrishnas.org](http://utahkrishnas.org)





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 "Dreaming with a Broken Heart" John Mayer  
 "All By Myself" Eric Carmen  
 "When We Were Young" Adele  
 "Live And Let Die" Wings  
 Literally any song The Script  
 "Skinny Love" Birdy  
 "The Scientist" Coldplay  
 "Dancing On My Own" Calum Scott  
 "Curves" Brother.  
 "Happier" Ed Sheeran  
 "How to Save a Life" The Fray  
 "Landfill" Daugher  
 "All I Want" Kodaline

Answers to the crossword puzzle on page 23:

Across: 1. Insta, 4. Smores, 6. Facebook, 9. Teeth, 11. Love, 13. Communication, 16. No, 18. Fun, 19. Stargaze.  
 Down: 2. Temple, 3. Ghost, 5. Slide, 7. Ask, 8. Breakup, 10. Goingdutch, 12. Pop, 14. Tinder, 15. Stag, 17. DTR



—Joan Phillips





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