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TWO

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IDEAS

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CHOICES

P. 16

SPICE UP YOUR
DINNER DATE

P. 26



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TWO

FEATURES



DATING VERSUS HANGING OUT

How forward is too forward?

31



PRINCIPLES OF DATING

Getting back to the basics

33



GETTING BACK OUT THERE

Re-introduce yourself to the dating world

37



DATE IDEAS

600 to choose from

41-55

Cover photo by Addie Blacker with models Andrew Holman and Sydney Zenger

TWO cents

DINING
AL FRESCO
6

COMPATABILITY
TEST
8

DATING APP
BINGO
12

MAJOR
CHOICES
16

CONVERSATION
STARTERS
18

"I WILL ONLY
DATE..."
20

CLINGY VERSUS
INTERESTED
22

DATING
DIARIES
23

"SPICING" UP
YOUR DATE
26

UNEXPECTED, BUT
I LOVE YOU FOR IT
24



ADVERTISERS

Barbwire & Lace	2
BYU Continuing Education	45
BYU Dining Services	inside front
BYU Student Health Center	49
BYU Museum of Art	15
Carriage Cove	53
The Chillón	49
Color Me Mine	53
Copper Creek	back cover
The Daily Universe	25, 30, inside back
India Palace	55
Mod White	9
Nickel City	55
Outdoors Unlimited	40
Rumor Advertising	50
Southworth Hall	5
Stor'em	50
Strengthening Marriage	21
UVU Pediatrics	1

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DINING AL FRESCO

It turns out that making a sophisticated, yet easy and simple picnic basket is actually quite straightforward. A picnic is as elaborate as you make it. Picnics are a fun way to get to know your date while sitting on a grassy knoll, beside the Provo River or in the middle of the quad. Here are some ideas to get you started.

Location, Location, Location!

Here are some ideas of where to picnic:

1. The Duck Pond: Enjoy watching ducks and turtles walking around while sitting in a nicely shaded area. 441 E. 800 North.
2. Pioneer Park: This community park has walking paths, water features and plenty of benches to sit on while enjoying your food. 500 W. Center.
3. Rock Canyon Park: This is the largest park in Provo. It has pavilions, walking trails, soccer fields, restrooms and volleyball courts. 2620 N. 1200 East.
4. Memorial Park: Quiet city park with big trees, picnic tables, and walking paths. 800 E. Center.



While you're not bound to the confines of a wicker picnic basket, you can also use paper bags, insulated cooler totes, your backpack, your grandma's purse from the '90s or anything else you could possibly fit food into.



French style lunch: baguette, cheese (especially soft rind cheeses like brie or Camembert) and deli or specialty meats like ham or prosciutto.



Dessert: lemon bars, macarons, cream puffs or other small treats.



Hummus: find your favorite flavored hummus, carrots, bell peppers, celery sticks and pretzel crackers.



Caprese salad on a toothpick: grape tomatoes, mozzarella, basil leaves, balsamic vinegar, olive oil and Italian seasoning.

Drinks: find a sparkling and light drink to bring along.



Fruit: get a wide variety of seasonal fruits such as watermelon, cantaloupe, strawberries, grapes and pineapples.



HAVE YOU MET YOUR MATCH?

By Kate Slobodian

Have you met someone new who caught your eye? Are you seeing someone and want to know if you should make it official? Or have you been crushing on the same person for what seems like years? Take this test to see just how compatible you really are.

Check the heart if ...

- ♥ You like their friends.
- ♥ You have similar taste in music.
- ♥ You know their parents' names.
- ♥ You've known each other more than two weeks.
- ♥ You want the same number of children.
- ♥ You can sit and do nothing with them for a few hours and have the time of your life.
- ♥ You have the same standards when it comes to dish washing.
- ♥ You agree on which way the toilet paper roll goes.
- ♥ You have similar life goals.
- ♥ You feel like you could cry in front of them.
- ♥ You can agree on a song to sing together at karaoke.
- ♥ You would call them in an emergency.
- ♥ You can double text them.
- ♥ You are comfortable enough to let them know their shirt is ugly.
- ♥ You know what character they choose when they play Smash Bros.
- ♥ You have had dreams about them.
- ♥ You agree on where to eat together.
- ♥ You can properly tease them.
- ♥ You can imagine owning a goldfish with them.
- ♥ You can agree on which movie to see together.
- ♥ You have inside jokes.
- ♥ You know their birthday and are excited to celebrate it.
- ♥ You both deleted your Mutual profiles.
- ♥ You don't wait a set amount of time to respond to their texts ... because that's childish.
- ♥ You always nail it when you high five each other.
- ♥ You've had at least one argument, and you settled it.
- ♥ You know exactly what to get them as a gift.
- ♥ You can stand their little quirks.
- ♥ You have a show you watch together.
- ♥ Your best friend likes them.
- ♥ You feel confident enough to order food for them while they're in the bathroom.
- ♥ You can vent to them.
- ♥ You have the same stance on PDA.
- ♥ You've picked up on their vocabulary.
- ♥ You would tell them if there's food in their teeth.
- ♥ You know their favorite color.
- ♥ You support their intramural sports team ... even though you know they're going to lose.
- ♥ You go to them for advice.
- ♥ You agree on whether Bigfoot is real.
- ♥ You don't mind their haircut ... even when it's a bigger deal than you think.
- ♥ You could potentially survive a road trip together.
- ♥ You could handle Thanksgiving with their family.
- ♥ You're going to ignore the results of this test and continue dating them anyway.



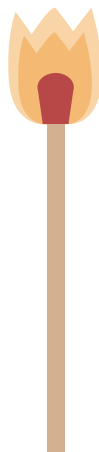
0-10 ♥

It's time to get to know them better. Check out the dating ideas on page 41 and ask them out.



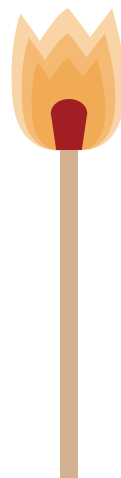
11-20 ♥

You know them pretty well, but spending more time together wouldn't be a bad idea.



21-30 ♥

It's obvious that you two are great together, let them know just how much you like them.



31-40 ♥

Perfect match! Why are you still reading this? Go celebrate with them!

Chrysanthemum



Penny Rose



Poppy



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NOT TO BE TRUFFLED WITH

By Lauren Layne

Is your date nutty but somewhat irresistible? Or are they smooth and sophisticated? Their preferred taste in candy is more telling than you know ...

Almond Joy

- Only vacations in Hawaii
- Posts their acai bowls on Instagram twice a week
- Has an inspirational quote in their social media bios
- Say they have a "diverse" taste in music but their favorite artist is Jon Bellion



Reese's Peanut Butter Cups

- Went through a rebellious phase
- Rides a kick scooter professionally
- Prepared for the zombie apocalypse
- Once had a "slight encounter with the police" because "I was going 90 in a 35"

100 Grand

- 4.0 cumulative GPA student
- Spends free time watching medical drama shows
- Target is their happy place
- Only orders shredded chicken quesadillas from Café Rio



Lindt Truffles

- Wears pearls to the gym
- Only drinks artisan water from the northern Swiss Alps
- Fakes a southern accent to call everyone "sugar"
- Exclusively listens to Michael Bublé



M&M's

- Got their Personal Progress/Eagle Scout a month after turning 12
- Mom-friend with a dash of crazy
- Sees the mediocre in everyone
- Makes memes in PowerPoint in their free time



York Peppermint Patty

- Religiously watches all celebrity award shows
- Always carries medical grade disinfectant wipes
- Wears I Heart NY tee-shirts unironically
- Actually likes to play pickleball

Kit Kat

- Tweets "hot-takes" but rarely gets attention
- Wants to be a dude-bro but is more of just a dude
- Secretly loves the Food Channel
- Has strong opinions on protein shake flavors



Butterfinger

- Best friends with Reese's
- Has an online dating profile "just for fun"
- Favorite show is "Phineas and Ferb"
- Can do a stellar Batman impression



Ghirardelli Bar

- Younger sibling of Lindt truffles
- Distinct chaotic energy
- Wants to be Gucci but is more like "thanks I found it in the clearance bin"
- Thinks San Francisco is the most beautiful city in the United States

Milky Way

- Goes to Swig... Every. Single. Day.
- In a love affair with outer space
- Spends a lot of time baking in the kitchen to relieve stress
- Still laughs at Vines from five years ago



Classic Hershey's Bar

- Favorite character from "The Office" is Toby
- Has no internet presence except for forgotten Myspace account
- Dependable
- Has the same personality as a used cardboard box

Big Hunk

- Spends a lot of time at the local watering hole (VASA)
- Appears muscular but is actually soft-hearted
- Knows **too** much about WWII
- Wants to be sponsored by Gatorade



HARD PASS

Sure, you've been on a lot of dates, but have you seen all these different dating profiles? First one that gets BINGO gets to delete the app.

S W I P E

Holding a fish in one of the photos	"That's my sibling in _____ pic"	"Looking for the Jim to my Pam"	Costco membership flex	Photo at Vasa
Strange job title	"Lol we don't have to tell anyone we met on here"	Provo pun	"This could be you" photo with scribbled out ex	No description at all
"Looking for my best friend"	Summer sales	Free	Only memes	"Here for a good time not for a long time"
"Looking for a gym buddy"	In a relationship but just looking for new friends	Group picture as first picture	Picture with a cookie box	Near a waterfall
Rock climbing, indoors or outdoors	"Always down for an adventure"	"DM me on insta"	"Thought I'd give this a try"	Snapchat filter

B I N G O

Picture of a dog	"If you're under 6'1" it's not going to work out"	"U can borrow my hoodie"	Pictures of Vegas	Content creator
Group account	"Awesome Aunt"	Mirror pics	"Deleting this after I find my eternal companion"	Black yoga pants
Black and white photo	"Swipe and maybe we'll never need to use this app again"	Free	Playing a sport	Obviously using a VSCO preset
"Looking for a Disney plus buddy"	Wanderer	List of where they want to go (bonus with lots of emojis)	"Be the Ross to my Rachel"	"My mom says I'm handsome/pretty"
Mission pics	"NCMO haha jk"	Height: 0'00"	"I have tickets to ____ this weekend, who wants to come?"	Influencer



Scan this page with the **Universe Plus** app to see more Hard Pass bingo cards.

It's a Date ... Not Trek

By Lauren Layne

Let's be real: Nothing sounds less appealing than going on a five mile hike on a blistering hot day, while also trying to impress your date. Here are some ideas that don't involve you sweating profusely on the side of a random mountain:

Walk Around the Thanksgiving Point Gardens

The Ashton Gardens at Thanksgiving Point are 55 acres of gorgeous flowers, landscaping and waterfalls. This is a great place to get to know your date, be outside and feel transported to a different world. It's also a great place to pop a question, if you catch our drift. The garden opens March 28. The Thanksgiving Point Tulip Festival begins April 12 and runs through May 11.

American Fork Canyon

Get lost in the gorgeous mountain scenery while driving the Alpine Loop or Mirror Lake Highway. Stop for some badly needed fresh air and mountain rejuvenation. American Fork Canyon has many firepits that park guests can use. Bring marshmallows and tinfoil dinners and enjoy the star lit sky.

Attend the Downtown Farmers Market

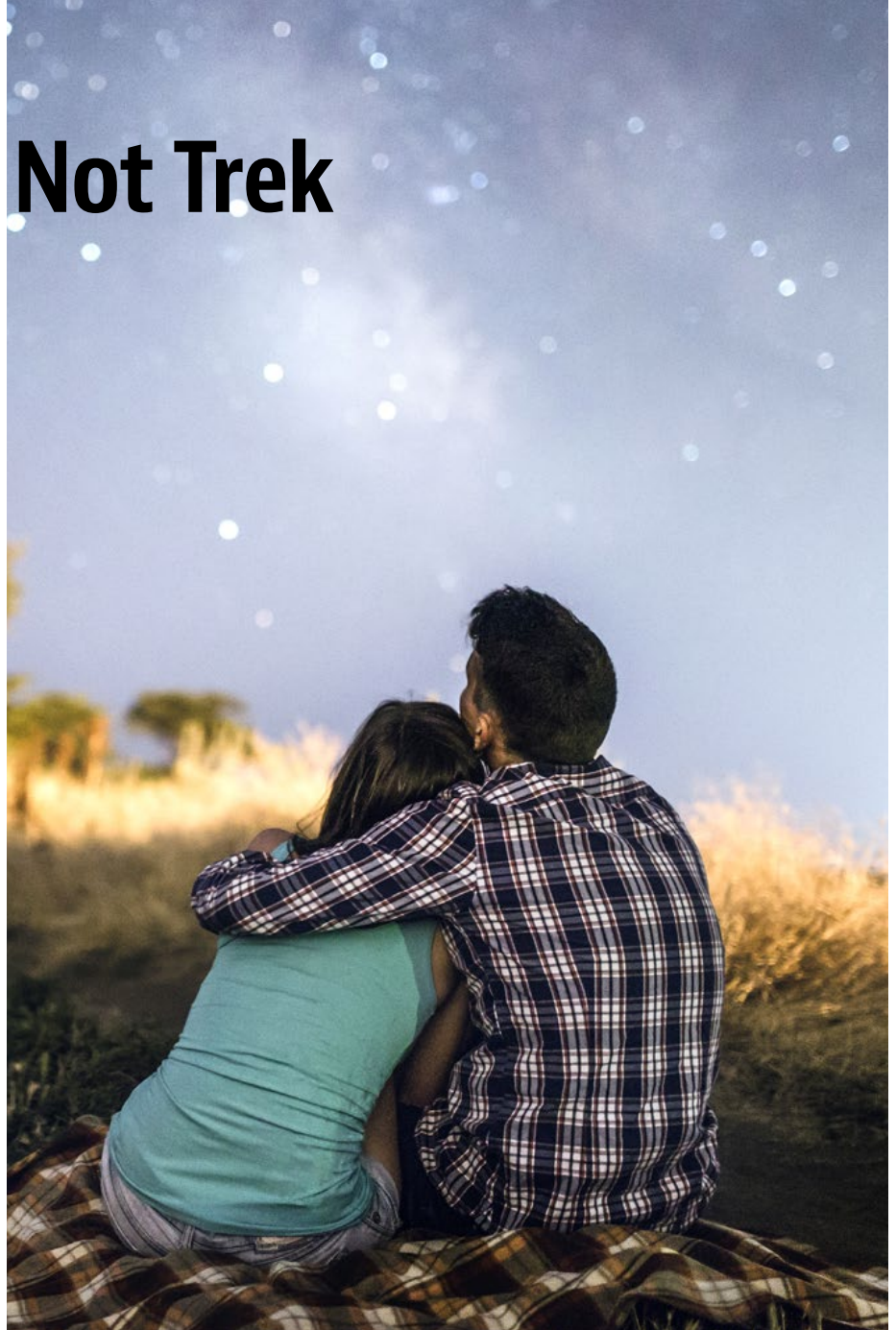
And they said you can't get farm-fresh and locally sourced fruits, veggies and dairy products during early spring. ... The Downtown Farmers' Market operates year round, even during the depths of winter. Visit slcfarmersmarket.org for directions, dates, vendors and parking.

Go to a Drive-in Movie

If you feel like indulging in a bit of Americana nostalgia for a couple hours, a drive-in movie is for you! The theaters generally open in the spring when the weather gets warmer. Most theaters offer double features, so get there early to get good seats! Bring blankets, snacks and drinks.

Goat Yoga

Imagine: you and your boo doing yoga, a soul bonding exercise. It's beautiful. Then imagine: baby goats – they're precious and adorable, something your date is sure to enjoy. Now imagine: doing yoga while also hanging out with baby goats. This is a reality, people. Get your tickets at utahgogaguys.com.



Visit the Young Living Lavender Farm

Even if you're not a flower person, you can still enjoy the fresh fragrances that come from the 1,500 acre lavender farm. You can pick fresh lavender to take home, ride in paddleboats and walk around expansive gardens. We suggest a visit during June or July, when the lavender is in full bloom.

Float the Provo River

This can be a great way to spend time with your date if you're looking for something adventurous! People can start renting tubes from High Country Adventure on May 1 or Provo Canyon Outfitters on Memorial Day. We recommend that you wait to float the Provo River until mid-June, when the weather is likely

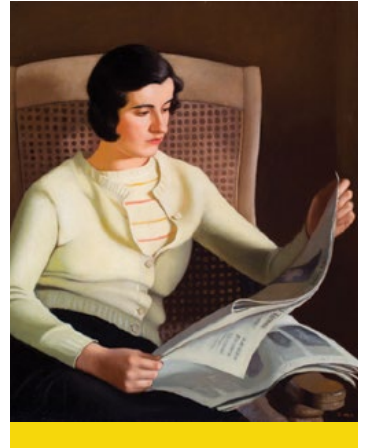
to be warmer and the water is less likely to be as cold. The month of May can be a dangerous time to float the river as the snowmelt is still coming off the mountain, which can create cold, strong and powerful river currents. Exercise caution at all times.

Stargazing

If you want to stargaze without the presumption of "stargazing," visit Antelope Island State Park during the evening hours when the stars are out. Bring camp chairs and blankets. If you don't feel like going outside and battling the elements, BYU's Planetarium offers inexpensive shows multiple days a week. Visit planetarium-calendar.byu.edu for more information.

A Studio of Her Own: Women Artists in the Collection

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THROUGHOUT THE CENTURIES,
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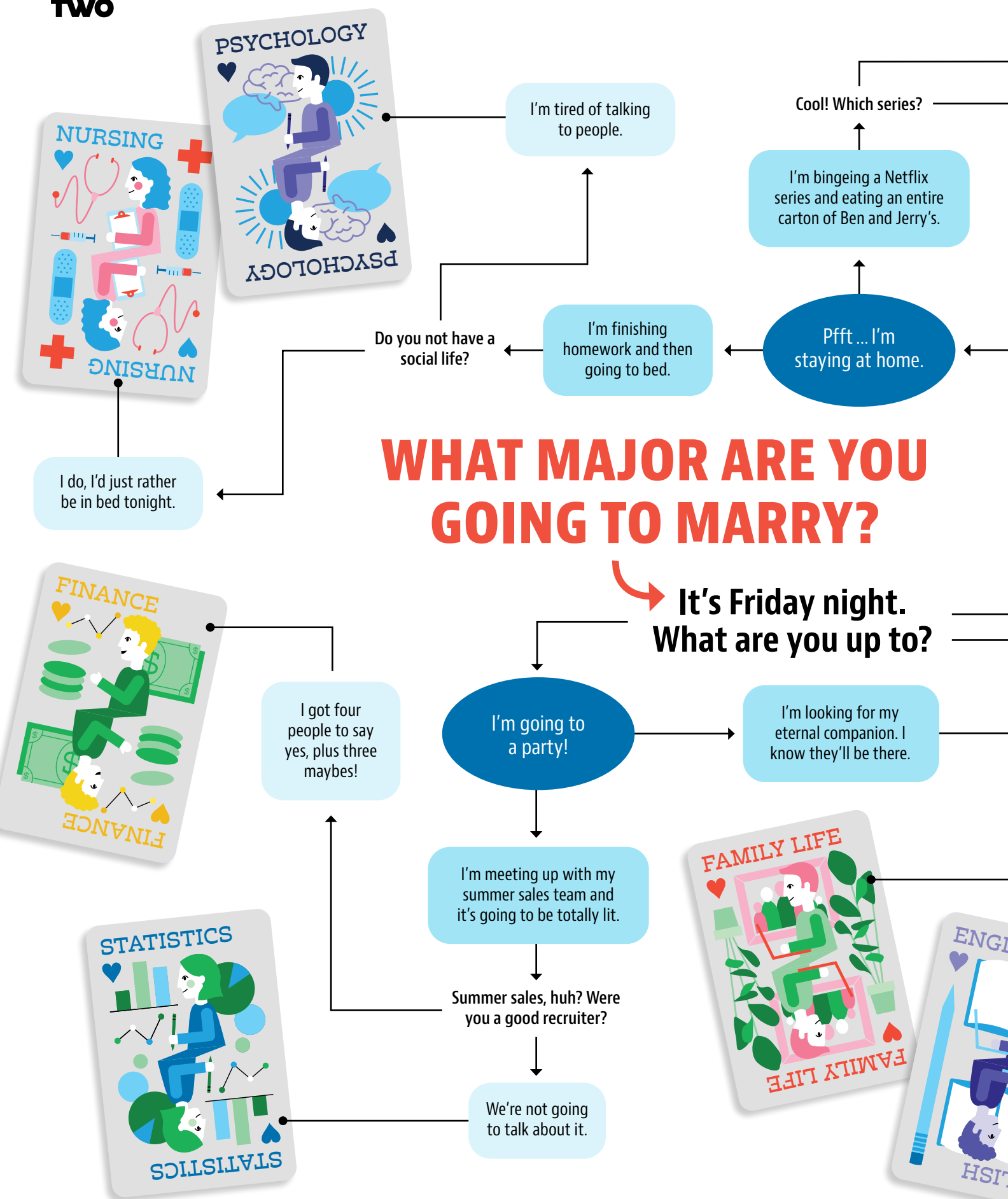
A Studio of Her Own allows visitors to learn their stories, honor their achievements and applaud their work.

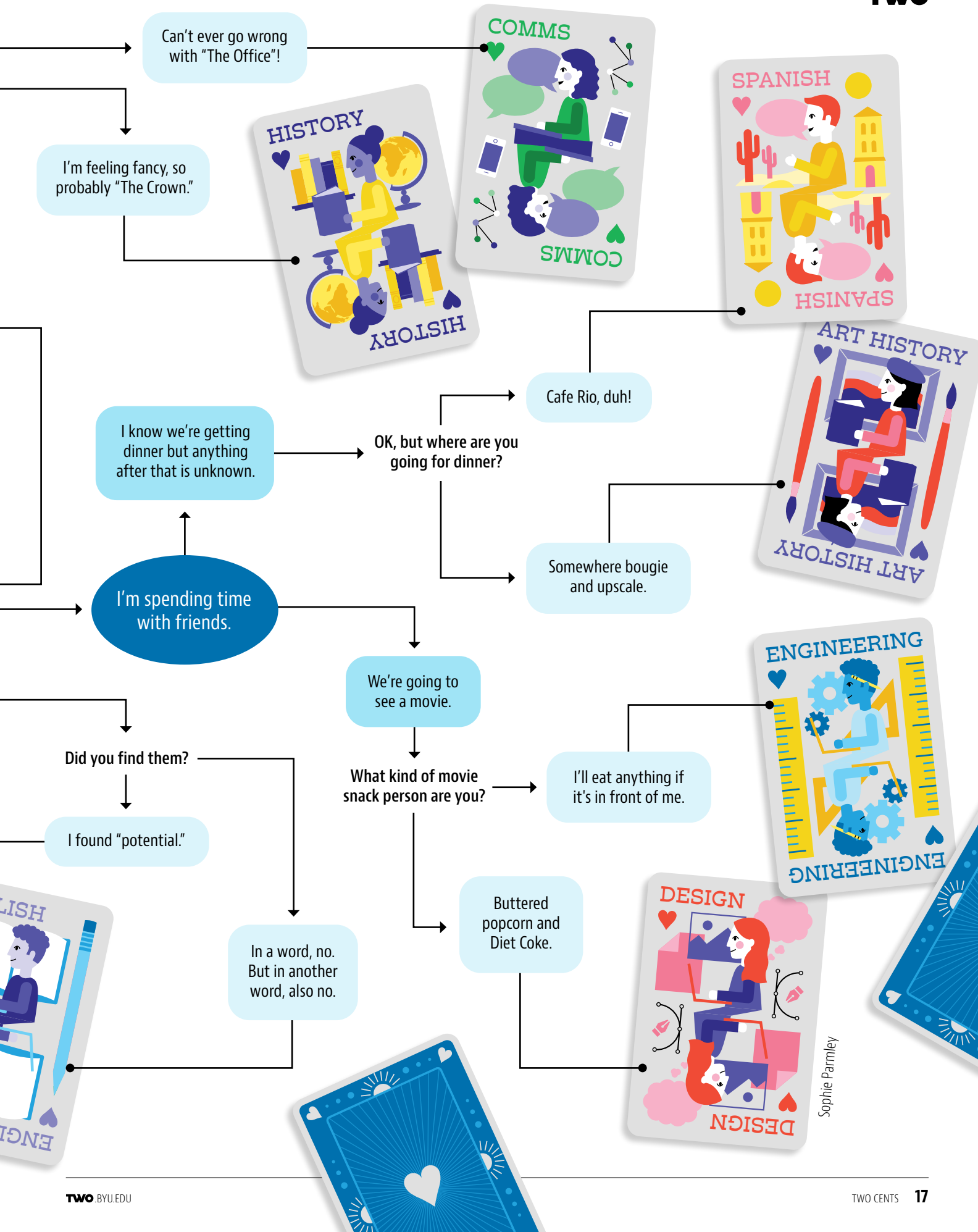
Schedule your tour by calling 801-422-1140

Marie A. Hull, *Old Granada* (detail), 1929, oil on board, 24 x 17 15/16 inches, Brigham Young University Museum of Art.



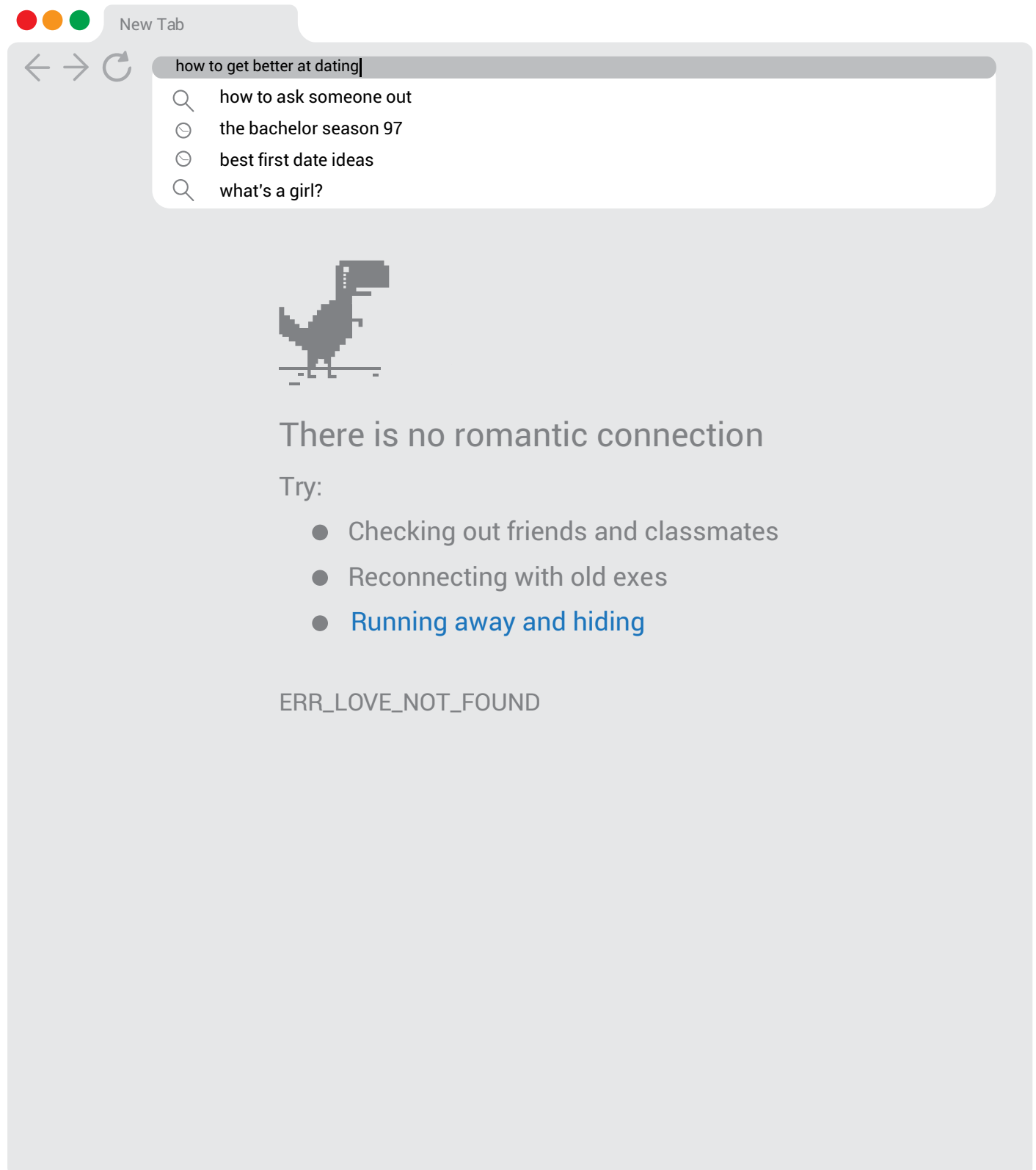
BRIGHAM YOUNG UNIVERSITY
MUSEUM OF ART





Finding Your Wifi

By Lauren Layne and Ben Daniel





first date conversation starters

Did you mean: *I'm tired of being single*

First Date: Conversation Starters

- 1. What are you watching on Netflix right now?
- 2. What is your family like? What is your favorite thing to do with them?
- 3. Have you traveled? If so, where and what was it like?
- 4. Who are three of the most important people in your life?
- 5. What's your favorite restaurant? What do you get there?
- 6. Who is your favorite movie villain?
- 7. What's your favorite meal your mom makes?
- 8. What are some accomplishments you are most proud of?
- 9. What's the best thing that happened to you this week?
- 10. What do you do to unwind?

People also ask

Where is your dream vacation?	▼
Who are your kind of people?	▼
What are you always game for?	▼
What's been the most significant plot twist in your own life?	▼
Which Marvel Avenger do you think secretly crochets scarves?	▼
What memory would you use to summon your patronus?	▼
If you could be an expert in anything, what would it be?	▼
Where's the strangest place you've been?	▼

NOTE TO SELF: STOP BEING SO PICKY

By Lauren Layne

We all do it. We all have secret preferences for people we would like to date and marry. Sometimes they're small and somewhat insignificant like, "I will only date brunettes." Other times they might be tied to ethnicity, height, career field or even wealth status. But let me let you in on a little secret: **people are more than their LinkedIn profiles and credit card limits.**

You likely won't starve if your boyfriend or girlfriend isn't a world class chef.

Life will continue on just merrily even if they have blond hair and you're historically into brunettes.

Holding a fish in their dating profile doesn't automatically make them undesirable. Maybe talk to them?

If they unironically use ":" in a text, it's not the end of the world.

Just because they're a dog person and you're a cat person doesn't mean you can't build a meaningful life together.

You can be deeply in love with someone who wears khaki cargo shorts. It's a fact of life.

You'll be OK if they didn't graduate summa cum laude from law school.

Life won't stop if they think "Friends" is the greatest show on the planet.

You'll survive if they have an Android phone and you have to look at green texts your entire life.

Yes, you can date someone who is shorter or taller than you.

Kate Slobodian

While it is OK to have preferences in the qualities of people you date, you should not let that limit your dating pool. Date a wide variety of people. If you only eat vanilla ice cream, you might not know salted caramel fudge marshmallow ripple exists, and what a shame it would be to not enjoy that flavor. You never know when you're going to find a new favorite flavor. Be open to new possibilities.

Engaged? Married? ...or plan to get married someday?



This one-of-a-kind resource effectively and respectfully helps *prepare* couples for the honeymoon *and* address the common intimacy issues they'll face *within* marriage as well.



**From Laura M. Brotherson –
bestselling author of:**
*Knowing Her Intimately &
And They Were Not Ashamed*

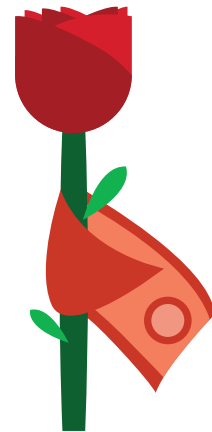
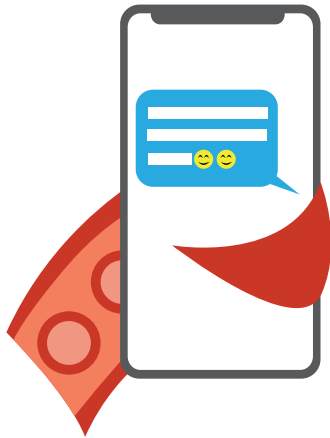
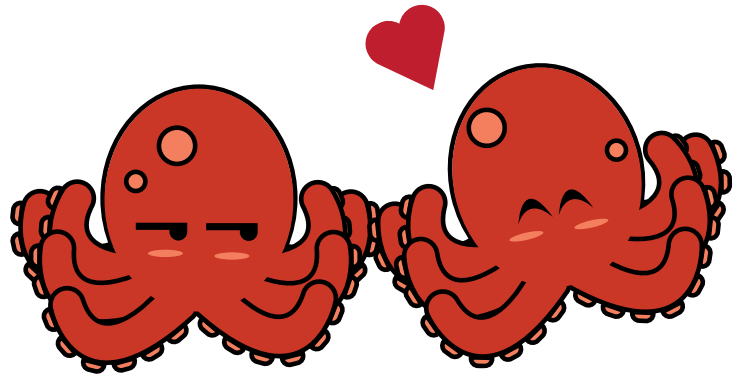


StrengtheningMarriage.com

Clingy versus Interested

By Ben Daniel

Where is the line between being clearly interested in someone, and showing them, versus being too clingy? How do you show someone you want to date them without being all over them — literally or figuratively? Let's say you just went on a great date. There was a fantastic spark of genuine connection and you thoroughly enjoyed your time with them. Consider this your guide to cute, and not creepy or clingy, flirting.

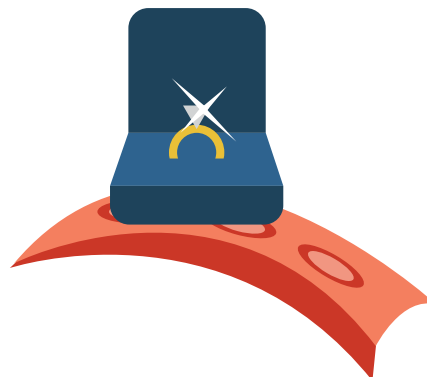


Show Proper Interest

Send a singular, non-abrasive text after the date saying, "Thanks for a great date. I'd love to go out with you again! Do you want to go to (insert place) next Tuesday with me?"

If you see something online that reminds you of something they said, send it to them! Don't force it if it feels or looks weird.

Talk to them about how you really feel. If you don't feel ready for a relationship, tell them early so you don't leave them hanging.



Avoid Being Too Clingy

Do not send excessive amounts of "good morning," "good night" and "what are you doing" texts.

Avoid talking about your future with them too soon. After only one date, you probably shouldn't be talking about what you want to name your children or where you want to live.

Showing up unannounced to places they spend time, like work or home, can be unwelcome if you don't know each other that well and don't live in a romantic-comedy movie.

Dating Diaries: SPACE CADETS

Dating is supposed to introduce you to all sorts of people – good, maybe some bad and definitely some that are different. We all love good dates. They make us feel good ... but nothing is quite as delicious as hearing dating stories that went epically bad. Sometimes you wonder which planet the date came from.



"It was a blind date and I had never met him before. We went to a trampoline park to which my date paid. The park had a bunch of different sized trampolines and there was this one trampoline that was really tall. Well, we raced up to it and then tried to beat each other coming down. As I was coming down, I fell really hard and hit a spring on the side of the trampoline. I heard this really loud crack in my ankle and it started swelling immediately. My date didn't know what to do because he literally had just paid for us to get in. I felt bad, so for the rest of the date I hopped around on one foot. I went to the hospital later. Turns out, I had a small fracture and tore a couple of ligaments."

Kylee, 20, undeclared

"I went on a breakfast date with a guy from Mutual who was extra inquisitive. He came prepared with a list of questions, which is OK, but they were like, job interview questions. He asked me where I saw myself in five years, how I would raise my children and what hobbies I enjoy doing in my free time. It was basically a job interview for the position of his wife."

Oakley, 24, statistics

"I met him on Mutual. We met at the mall to get dinner and sushi. He tried to handfeed me horrible sushi, while at the same time trying to get all touchy-feely with me under the table. We finished dinner and he informed me that his parents were going to drive us over to the movie theater. While I was talking to his parents, they told me that they met and got engaged within eight days. My date looked over at me, winked, and told me that we could make the same thing happen. We finally get to the movie theater and during the film, he leans over to me and says, 'I think I'm falling in love with you.' I got up, got on a bus and went home. He texted me later to ask where I went. I told him I felt sick and blocked him immediately."

Mikayla, 19, physics and astronomy



"My first mistake was that I went out with a co-worker. I didn't really want to go, but I said yes to be nice. We went to Olive Garden, which was great because I love Olive Garden, but he showed up in red plaid pajamas. During dinner, he kept being rude to the server and then picking off of my plate without asking. I asked him what he was doing and he claimed he could eat it because he was paying for it."

After dinner, he asked if I wanted dessert, to which I said no. He said that since he was paying for dinner, it was only fair that I paid for the dessert. I was frustrated with him so I agreed. When dessert came, I asked if I could try it and he would not let me try it, claiming it was his food and not mine. The worst part of the date was that he took his leftovers, the dessert I paid for AND my leftovers, because 'he paid for it.'"

Avalon, 23, psychology

"So usually before a date, I share my location with my friends on my phone for safety reasons. On this date, we were watching a movie and I kept my phone in my pocket, because you know, I believe in good date etiquette. A little while later, there's a really loud knock on the guy's front door. He goes to answer it, and lo and behold, it's all my friends. I looked at my phone and I had like 30 missed calls and over 100 texts. They had called the cops because I wasn't answering and were sending them over to check on me. I had to call the cops back and tell them that everything was fine. The cops said they get this a lot. I did not see my date again."

Victoria, 18, undeclared

"I went on a date with this guy and the beginning of the date was fine; nothing was weird. Near the end of the date the guy wanted to take a selfie together and after we took the picture he was like, 'Oh, this is for our future wedding so that we can remember our first date.' We did not go out again."

Rachel, 20, undeclared

"This isn't my story, but my cousin's. They went to a movie and halfway through he realized that his pants weren't zipped up. Trying to be cool, he stood up to fix his pants discretely, like all people do, and at the same time, tried to zip up his jacket so it wouldn't look awkward. Well so, he stands up, somehow the girl who was sitting in front of them, got her hair stuck in his pants zipper. It took them a while to figure out how to get her hair out and the date was effectively ruined."

Jeremy, 24, psychology

The Exception

"It was actually a really sweet date. We went up to the mountains and stargazed while sitting on top of his car. We got out a constellation app on our phones and were picking our favorite constellations. Everything about it was super low-key and easy. We dated for a while after that, so it was a good first date."

Lauren, 21, undeclared

"My fiancé was gone for the weekend and I was driving his Four-Runner to go get groceries. I was at a traffic light and the guy in the car next to me rolled down his windows. I rolled my window down about half way to see what he had to say. He told me he liked my 'runner', that I had nice wheels and that he really liked my teeth, which was odd because we were pretty far away from each other. The next morning, when my fiancé got home, he went out to his car and found a note tucked underneath the windshield wipers. It said, 'I saw your car in the garage and I thought you were really cool when we met — do you want to go out?' Let's just say my fiancé thought it was really funny that he was being hit on via car note."

Baylee, 19, advertising

"There was this guy in my ward who asked me out, but I secretly liked his roommate. The first part of the date was OK but then we went to the library, up to the fifth floor in the quiet section. We picked out our favorite children's book and had to awkwardly whisper read them to each other. He picked out Shel Silverstein's 'The Missing Piece.' The book talks about how these shapes are looking for their missing pieces and halfway through, my date leaned over to me and said, 'I really relate to these books.' We never went out again, despite his best efforts to convince me, but the kicker is that he took my roommate out on the exact same date."

Alyssa, 21, theater arts studies



Start looking for housing now in the new 2020 Housing Guide

SEASONING, SPICE AND A DATE THAT'S NICE

Homemade dinner dates should come back in style. If you want to keep your date spicy in all the best ways possible, we've picked out herbs and spices that will help keep both your date interesting and protein tasty.

The Essentials



Kosher Salt



Black Pepper



Dried or Fresh Garlic



GOOD ON CHICKEN



Mustard Powder



Dried or Fresh Basil



Lemon Pepper



GOOD ON CHICKEN AND BEEF



Dried or Fresh Parsley



Paprika

While we have provided a list of flavors that would go well with each protein, you shouldn't use all the seasonings at once. Stick to a few spices you think will complement each other. For example, a combination for chicken might be salt, black pepper, paprika and dried garlic.

To make sure dinner isn't undercooked, or much worse, overcooked, invest in a meat thermometer. Pork should have an internal temperature of 145 degrees F. Steak should have an internal temperature of 135 degrees for medium rare, 145 degrees for medium, and 155 degrees for well done. Chicken should have an internal temperature of 165 degrees.



GOOD ON BEEF



Dried or Fresh Thyme



Dried or Fresh Rosemary



GOOD ON PORK



Applesauce



Dried or Fresh Oregano



Brown Sugar



GOOD ON BEEF AND PORK



Onion Powder

If you prefer the old-fashioned way to tell if steak is done, all you need is your hand. Bring your pointer finger and thumb lightly together and feel the fleshy part of your thumb. This is what the steak will feel like when it's rare. Bring your middle finger to the tip of your thumb and feel the fleshy part of your thumb. This is what the steak will feel like when it's medium rare. Bring your ring finger to the tip of your thumb and feel the fleshy part of thumb again. This is what the steak will feel like when it is medium-well done.



A few members of the TWO team set up a whiteboard in the Ernest L. Wilkinson Center to find out what BYU students love about their significant others. We got a variety of answers, ranging wide from, "Knows how to cook without burning it" to "She always texts me before I wake up."

Here are the answers, edited for length and clarity.

His ability to write a song **about anything at any time.**

How **absurdly similar** we are!

He's **not afraid to disagree** with me.

He **hypes me up** about my outfit and makeup **more than my friends do.**

She **knows my schedule** better than I do.

Loves to **run errands** (even when we're not together).

She is **great at cutting hair.**

Makes a lot of **random noises** and voices.

He can **cook.**

She gave me a **doughnut like five minutes ago.**

He is as **loud and silly** as I am.

The **crazy adventures** she takes me on.

He **sends me memes.**

Loves **ducks.**

Makes **dinosaur noises** at random before kissing me!

He's a **complete Jurassic Park nerd!**

Despite her tough shell, she is a **very caring** person.

She has a **crazy good memory.**

Does all the
and laundry.

Favorite food
is cereal.

Ocean eyes like the
color of this marker.

He loves **sour cream**.

ances in the
y store as he
es the cart.

Knows how to
cook **without**
burning it.

She always **texts me**
before I wake up.

't pronounce
nu Reeves."

He packs my lunch
every **single day.**

He's obsessed
with **Liam**
Neeson.

Has the same
personality as
the Old Spice guy.

She's extremely
athetic and caring.

Ruins movies
by **finding the**
plot holes.

He is **truly genuine**
with everyone he
interacts with.

He's great
at **cleaning!**

He gives me back rubs and
empties the dishwasher
before I can stop him.

She **meows like a**
kitten periodically
for no reason whatsoever.

His smile
when he
cracks a joke.

She is secretly **funny**
and ridiculously
intelligent.

He thinks
Jane Austen
is brilliant!

Feels things
deeply like I do.

Interior
design skills.

She **SNORTS!**

His obsession
with **"The Lord**
of the Rings."

He **beat-boxes to**
our baby and makes
puns about every
street sign we see.

Her knack for **knowing**
people's needs and
then meeting them.

The "potential-spouse checklist" that so many of us start compiling from age 12 isn't always worth keeping around. Sure, there are a few key things to keep on the list like religion or morals, but some details should be left alone. The quirkiest, and therefore, loveliest parts of a person just don't get discovered from a list.

Take a chance with people, without knowing if they check every box on your list, because who knows – you'll probably get more than what you bargained for.

Simple Bites

Recipe Column



From top left, crepes, mango salsa, eggrolls.



Check each week's print edition of **The Universe** for a Simple Bites ad. Scan the ad's picture with the **Universe Plus** app to see a video of how to make the recipe.

THE DAILY UNIVERSE
Serving the Brigham Young University Community

The Guide To Group Dating vs. Group Hanging Out

By Lauren Layne



There's an attractive, smart, funny and wonderful person who lives in your apartment complex. You've talked to them a handful of times and found out you share similar interests, favorite podcasts and like the same memes. You decide you want to get to know them better. However, you're not sure if you should ask them to go on a group date with you, hang out with them and some friends or ask them out on a solo date. Here are the benefits and pitfalls to each situation:

GROUP DATES

Benefit: Group dates are a good way to get to know your own date since there isn't the same pressure as solo dates. You are safe around other people you know, who are also on dates. It can defuse awkwardness if other people are there when there's a lull in conversation.

Pitfall: It can be difficult to get true "alone time" with your date. You'll have to make an extra effort to show your date that you're more interested in them, rather than the others on the group date.

Asking them: When asking someone on a group date, make sure that your date knows that it's a group date. Phrase it something like, "A couple of my friends are bringing dates to the game on Saturday. Would you like to come with me?" The added words of "with me" signify that it's a date and not a casual get together.

Extra recommendation: Don't abandon your date to talk to the other people in the group. Your date is a human who deserves to be treated properly on a date — you should not treat them like a distracted teenager would. This is real life and this is real life dating. Treat your date like the adult they are — don't abandon them.

GROUP HANGOUT

Benefit: If you're less certain that someone might be interested in you, sometimes hanging out can be more beneficial than asking them on a date. In a group hangout, there's little to no pressure for anything to happen relationship wise. You can get to know them over board games, chips and dip or a vicious round of Mario Kart, to see if you'd like to continue to get to know them.

Pitfall: If you only ever hang out with someone and don't actually go on dates, it can be difficult to get to know them and learn who they are. Hanging out is great in small increments and for building a relationship foundation, but it shouldn't be the only activity used to build a relationship.

Asking them: When you're asking someone to come over and hang out, it's important to stress that you're just hanging out and not going on a date. You wouldn't want to give the false impression that you're going on a date when in reality, you're just casually hanging out. You can say something along the lines of, "I'm having a couple of people over tonight (or whenever) to play games and I'd love to have you come."

SOLO DATES

Benefit: If you're really interested in someone and want to get to know them better, solo dating is the best way to go. You get to have more one-on-one time and intimate conversation. It is the ideal place for young people to figure out what kind of qualities they want in a future companion and if they themselves have those qualities.

Asking them: When asking someone on a date, be polite and straight-forward. Don't force them to go on a date with you. If they can't go with you on the day you asked for, ask them if there's a day that works better for them.

Extra recommendation: If you're struggling with dating ideas, check page 41. We've got you covered. Whatever activity you choose, make sure your date knows what it is so they can plan accordingly. Telling your date that the activity is a surprise could lead to more anxiety rather than happy anticipation.



Illustrations by Amanda Ius

PRINCIPLES OVER PRACTICES

BY BEN DANIEL

It can be easy to get caught up in the practices of dating. It may seem like everyone you talk to has different opinions on what you are or are not supposed to do on a date. Sometimes, these opinions align. Most of the time they don't.

Everyone has different ideas and expectations about how a date is supposed to go and what are proper dating practices. The only way to truly find out what the other person expects is by asking them directly or gradually finding out as you date. The excess of expectations from others and the lack of information can be stressful. In fact, this disconnect may be one of the biggest detriments to dating. If the barrage of differing opinions makes you think your dating practices are incorrect, you may feel like you're always doing it wrong. That feeling may dissuade you from dating altogether.

So, let's throw controversial practices out the window. Dating can be a more positive experience and increase self-esteem by focusing on following correct dating principles, rather than stressing over various dating practices. These principles can act as guideposts along your path to love.



Be Yourself

You're finally going on that dream date with the person you've had your eye on for weeks. You hope you don't make a fool of yourself. More than anything, you just want them to like you.

Sound familiar?

When we really like someone, it's only natural for us to want them to like us back. That leads us to act differently than we normally would. Whether it's changing our behavior to become what we think our date would like, or changing it because of what someone told us to do on dates, either way, it's not the real you.

Why do you like this person so

much? It's probably not because they act fake around you. You like them for who they are. That principle goes both ways. They probably like the real you too.

It is not your job to make someone like you. It's impossible for you to control how much someone likes you. It is up to them. And if they decide they don't like you, it's their loss.

What you can do is be your best self. If you are honestly trying to be your best self in your personal life, you can be completely self-confident. Be natural on dates. Be your best self. If someone doesn't like that, then you know you're not dating a compatible person.





Treat Your Date with Respect

Actions may speak louder than words, but your attitude shouts. There are a lot of ideas and opinions on how to be respectful with your date. Do you open the door for the lady when she is getting out of the car? Do you say thank you during the date? Do you ask permission before you go in for a kiss or any other form of physical affection?

Respect varies in form from culture to culture and from person to person. For example, if you're on a date with someone from another country or even another part of the country, they may use phrases and gestures to show respect that don't fit the typical BYU dating culture.

It can vary more from person to person. Some people think the man should always open the car door for the lady, no matter what. Other people think doing so is over the top or even offensive. Obviously there are some basic, common sense etiquettes, but an attitude of respect is vastly more important than any specific action.

Most details of what is said or done on a date fade from memory quickly. What people remember is how they felt when they were around you and the general topic and attitude of the conversations you had. Your actions and words can color a moment; your attitude paints the full picture. If you have an

attitude of respect, your intentions will shine through, your date will feel safe, comfortable and valued around you and those feelings will be more impactful than any one thing you say or do.

Ask yourself, are you trying to put your date first? Do you show you value what they are saying? What are you thinking about as they talk? Do you validate their emotions and appreciate them?

Let's talk about listening to your date. Some say that you should never interrupt your date — you should stay quiet and just listen. Others say you should nod a lot, and even interject with agreement to let them know you're listening. Which one is right?

Does it matter? As long as you are listening to really understand your date, then you're doing great, no matter what that listening looks (or sounds) like. However, if you're hyper-focused on whether you're nodding too much or not enough, then you're probably not really listening to your date.

Attitude manifests itself through actions and words but it shows so much more through the way people feel when they are around you. Don't stress over the dos and don'ts — focus on treating them with respect in a way that's natural to you.



Focus on Positive Experiences

If you frame your thinking of dating in terms of positive experiences then it is almost impossible to have a failed date. Your self-confidence will grow. You'll probably be more open to dates and dating will make you smile instead of cringe. Let's face it, dates aren't always fun. In fact, a lot of people find that first dates are usually more awkward than fun (see page 23 if you relate to this). It's important to remember that dating is more about having positive experiences than it is about having fun.

People may tell you, "You need to relax! Dating is supposed to be fun!" But is that always true? Let's say you are on a first date doing something you're not excited about. But, it's with someone you really want to get to know better. Or, you had this great date planned, but it crashed and burned so hard you're fairly certain your date never wants to see your face ever again.

It may have been a lackluster date, but it can still be a positive experience.

Did you learn a lot about the other person? Can you start to get a sense of who they are? Do you know whether you would be open to more dates with them? If you can answer any of these positively, it's been a successful date. It's been a success, even if it doesn't seem like it.

Let's say the date was horrible. It was a complete disaster. Your date turned out to be weird. They took you on one of the most awkward dates you've ever had. If you can laugh about it or file it away as a great dating story to tell your future children, guess what? That was a positive experience. Really, it was a two-for-one deal. You've successfully learned that person was not for you and have something funny to tell your roommates.



Remember the End Goal

What is the ultimate purpose of a date? Most of us would quickly say marriage, but that's not true.

The ultimate goal of dating is marriage. Progressively serious, consistent dating – you might call it courting – is intended to lead to marriage. But, a regular date isn't serious. If you are telling yourself you need to be thinking about marriage on the first or even first few dates, then you are putting too much pressure on yourself. The end goal of a date is simply to build a relationship with someone.

That may sound scary because we use the word “relationship” to mean you are seriously dating someone. As in, you are “in a relationship” with someone. Broadly speaking, you have a degree of a relationship with every person you interact with.

Your family, friends, professors and even that guy that's at the register of your favorite fast food restaurant.

We might say the point of a date is to get to know someone, but that's not really it either. You can know all about someone and not really have a relationship with them. Build connections. A relationship is more than having knowledge about someone, it's having value and purpose in that knowledge. The purpose of a date is to better understand the value of another person and increase the value of your connection with them.

Don't overthink where you're going on the date, how you ask them out, or what you do and say on the date. Instead, relax and focus on building a relationship with someone.



Do What Works for Your Relationship

A lot of stress and disappointment in dating come from the expectations of people who have absolutely nothing to do with your relationships. While input from family and friends is often helpful and positive, remember they are only opinions. You get to choose the scope of their opinions, not the other way around.

Ultimately your relationship with someone else, particularly with someone you are dating or going on initial dates with, is only accountable to you two.

Maybe you and your significant other have little idiosyncrasies that most people think are weird. If it helps the two of you have a strong relationship, who cares? This idea extends to first dates as well. Do what helps you be yourself and build your relationship with the person you're on a date with. You need to do what is best for your relationship, regardless of what others think.

Principles Into Practice

Dating is tricky and complicated, but it can also be tricky, complicated and a positive experience. These principles are intended to help you relax. You are an incredible person. You have a lot to offer. And chances are, you're actually a very adept dater.

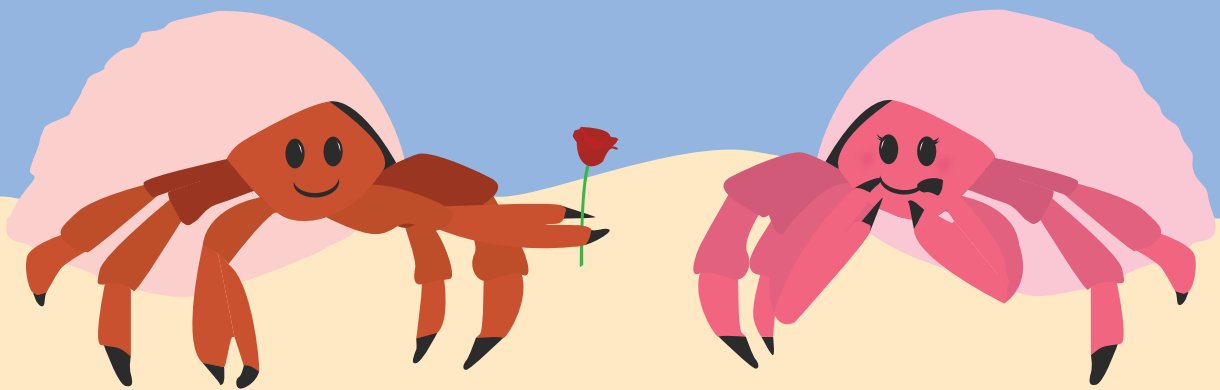
The problem arises when we get in our own heads and let others do the same with an endless list of what dating should be. Focusing on the quality principles of dating rather than nit-picky dos and don'ts can help you get out of your own head, relieve stress, build self confidence and set you on the path to finding an eternal companion and best friend.



Illustrations by Amanda Ius

Leaving Your Shell Behind

BY LAUREN LAYNE



You know how on NBC's comedy, "The Good Place," they talk about how frozen yogurt is really great but it also bums you out? Yeah, that's dating.

There are only so many first dates you can go on before you get bored or tired of the whole thing. It takes an emotional toll to continually be vulnerable with people, only for the date to go poorly and see little to no success from it. First dates can be especially draining.

Maybe it's been almost 11 months since you've been on a date because the last date you went on was so terrifically awful that the idea of going on another date makes you want to run for the hills. Maybe the idea of opening up your soul and being vulnerable with someone again is just scary enough that you avoid dating in general.



Or perhaps you just got out of a long-term relationship and you don't know how to start dating again. After all, it's been a while since you've played the dating game. How are you supposed to know what the cool kids are doing to find a hot date for Friday night?

Dating without any results is frustrating, annoying and sometimes embarrassing. Do you ever feel like everyone else in your life is randomly meeting people and falling in love in the most Disneyesque way possible, and you're going on dates with people who only talk about their latest and greatest abnormal oddity? Or do you just get tired of the dating scene in general? You're not alone.

Dating Fatigue

Dating fatigue is a real and harsh situation for young adults to be in, especially in a culture that emphasizes dating and marriage. Sometimes all it takes is a long series of strictly mediocre dates to consider moving to Austria and joining a convent so you never have to date again. Dating fatigue can come from various sources. If you identify with any of the following, you might have dating fatigue:

- You've become a lazy dater (i.e. you've stopped seeking out dates)
- You dread going on first dates
- You're cynical and pessimistic about dating
- Dating feels more like work rather than play
- You've resigned yourself to being single forever

The good thing is if you do feel like you've been struck with dating fatigue,

there are ways to help fix the problem.

Deal with it. Whether you've been single for a while, just got out of a relationship or anywhere in between, it's far too easy to start thinking that you'll never find a life-long companion or date again. Before you resign yourself to single-dom and pledge yourself to the National Cat Lady Society (aka NCLS, or "nickels" in honor of the 1950s price of cat food), remember that your feelings, whether they be of loneliness, frustration, sadness, desperation or anything else, do not define your romantic future. Your feelings are legitimate and worthy of paying attention to, but you shouldn't believe that because you are single now, you won't be in a relationship ever again.

If your faith in the person of your dreams appearing is fading, sometimes the best thing to do is to take a dating break. Take a break from swiping and flirting. Take some time by yourself and learn to be you without another person. Go to the movies, dinner and grocery store by yourself. You can learn a lot about who you are as a person and when you're ready, you can figure out who you want to be with while you pick out apples or movies to watch. Dating yourself is difficult at first—it can feel awkward, unjustified and plain weird to eat dinner by yourself at a restaurant. However, the more time you spend with yourself and learning who you are can be empowering and life-changing.

Dating Anxiety

Once you've gotten over the worst parts of your breakup or the loneliness that comes from being single, dating anxiety

can return as you come back to the dating world. If you're feeling nervous about going on a date again, here are some thoughts to keep in mind:

Be vulnerable. Practice being vulnerable with someone else — someone that isn't a person you're going on a date with. Try telling them about your day, something weird that one of your professors said, the best meme you saw on Twitter today or anything in between.

No one expects you to divulge your entire heart or darkest secrets on the first date. However, if you're interested in your date, you start sharing small tidbits about yourself until you feel more comfortable with them. Learn to accept yourself for who you are and dating will become easier. Accepting yourself will let you be more vulnerable with the people you date.

Deal with judgment. The reality is that your date probably won't remember that you fumbled an awkward sentence. If they do, chances are they will think it's endearing. Your date probably will not judge you if you just got out of a relationship or haven't been on a date in a while—and if they do, you probably shouldn't be dating them—because they're probably in a similar situation.

We are our own worst critics and judge ourselves more harshly than other people do. Stop it. You're just as human as the rest of us and are allowed to make mistakes and mess up. If you trip while walking down a perfectly flat sidewalk, it's OK. Walking is hard.

Stop jumping to conclusions. Let's run through popular worst conclusions in young single adult dating cul-



ture, shall we? A few of them might be: “I’m never going to get married,” “I’m going to be single forever,” “If this date doesn’t go perfectly, they’ll never go out with me again,” or “I am going to bend over and die if they don’t say yes to the date.”

OK. Let’s suppose the date is going well. They’re charming and polite, essentially everything you want in a date, but then they don’t text you after the evening has ended. Your first thought might be, “Well, they didn’t text me so they must hate me.” Before you catastrophize the situation, remember there could be a million reasons why they aren’t texting you. Maybe they simply forgot to text you and had a terrific time. Of course, you won’t know any of this unless you just talk to them.

Focus on the present. It’s difficult to let go of a relationship that you loved so much. It’s easy to compare everyone else you meet to the last person and silently compare them to your last relationship. It’s difficult to date someone who you didn’t initially envision dating. It’s easy to compare them to the perfect future relationship you have in your head.

Stop reliving past relationships or daydreaming about relationships you wish you had but will never be. If you believe that the last person you dated was the perfect person for you and you will never find a person like them again, well guess what? You’ll never find a good person again and likely will never be truly happy in a relationship until you decide you’re done living in the past.

Try living in the life you live now.

Experience dating for everything that it is and be pleasantly surprised when things work out and remember it’s not the end of the world if it doesn’t.

Dating Again

You’re the only person who knows if you’re ready to start dating again. You might not initially realize you’re ready to date, but over time, you’ll recognize that it’s time to get back out there. If you need some confirmation that you’re ready to date again, here are some suggestions:

- Recognize you have your own emotional baggage from past breakups, bad dates and blown opportunities, but are emotionally stable enough to bring someone else into your life.
- Know that the next person you date has flaws and isn’t perfect, yet you’re still willing to put in effort to love and care for them.
- If you’ve just gotten out of a serious relationship, you’re no longer bitter about your ex and you don’t fall into a meltdown every time you see something that reminds you of them.
- Date for the right reasons (you want to be in a loving and fulfilling relationship) rather than the wrong reasons (you just need physical attention from any person around you).
- Recognize your personal value don’t compromise yourself for someone who won’t treat you like the great person you are.

Come out of your shell. Dating is hard and weird, but you’ve got this! You can go on weird dates and come back

with epic stories of your young adult dating life. Dating is a marathon and not a 50-yard sprint, so pace yourself for how fast you want to date. Don’t feel pressured to date if you don’t feel ready for it—it’s not fair to you or anyone else.

First dates aren’t a wedding ceremony. Asking someone to go get cookies and soda with you isn’t a proposal. Wanting to spend time with a person doesn’t mean you have to date exclusively. A date can be as simple as that: a date. There doesn’t need to be any pressure to make sure it goes perfectly well or expectation that it needs to turn into something more.

Date to have fun and to figure out who you are. Don’t date because people keep asking you if you have anyone special in your life.

Getting back out there is challenging. Anyone who knows anything about dating can tell you that. Open yourself up to the possibility that your dreamboat of a person isn’t a business or nursing major, or that they have to look or dress a certain way. The best things in life often come in the most unexpected ways. Dating is like that, too.

So, get back out there. Ask the person in your class if they want to go get dessert with you. Text the hottie in your ward. Take a chance. Surprise yourself in the best way possible. You can do it! And if you don’t feel like it’s time yet, it’s OK. You can always try again when you feel ready.

Welcome back to the dating world. Everything is fine.

KATE SLOBODIAN



Why hang out
here...

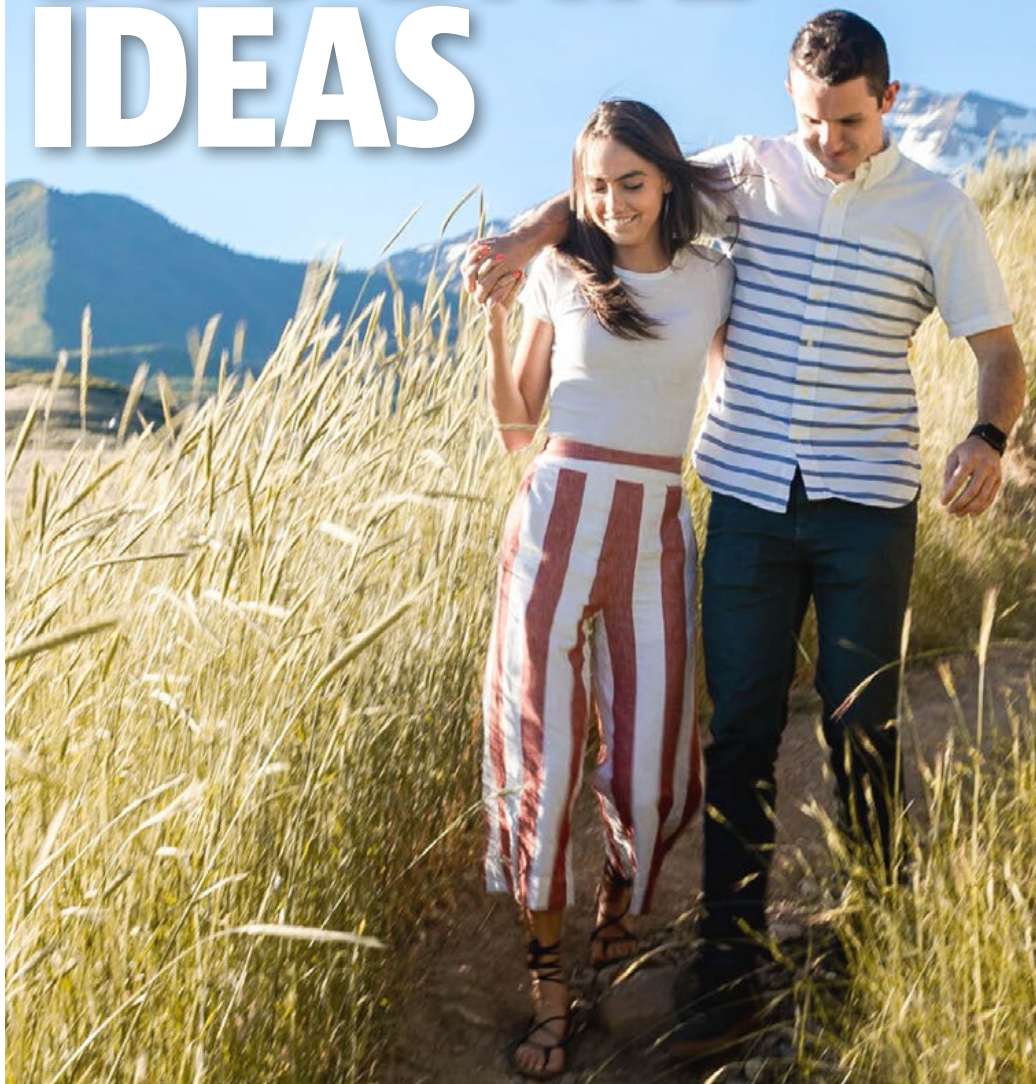
...when you could
hang out here?



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MORE THAN 500 DATE IDEAS



Restaurants 41

Out of the House . 47

Movies	48
Museums	48
Hikes	48
Parks	49
Resorts	50
Outdoors	50
Festivals & Local Events ..	52
Sports	52
Arts	52

In the House 54

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**

In the restaurant listings, these abbreviations are used:

GF Gluten-free

V Vegan

VG Vegetarian

RESTAURANTS

American

\$\$ Bam Bams BBQ

★★★★ Barbeque. 1708 S. State, 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

\$\$ Burgers 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 facebook.com/casadesoulfood. 415-359-4689

\$ Charlie Boys Pit BBQ

★★★★ Barbeque. 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, barbeque. VG GF 1258 N. State. 801-919-3023

\$\$ Good Move Café

★★★★ American. VG GF 1 E. Center. 801-850-9113

\$\$ Good Thyme Eatery
 ★★★★★ Mixed, healthy. V VG GF 63
 E. Center. 801-669-5300

\$ The Habit Burger Grill
 ★★★★★ Burgers. V VG GF 2245 N.
 University Pkwy. 385-254-0940

\$ In-N-Out Burger
 ★★★★★ Burgers, fries, shakes. 350 E.
 University Pkwy., Orem. 800-786-1000

\$ JCW's The Burger Boys
 ★★★★★ Burgers and shakes. VG 396
 W. 2230 North. 801-374-5297

\$ J Dawgs
 ★★★★★ Hot dogs. 858 N. 700 East;
 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. 1230
 North. 801-705-8500

\$ The Mouse Trap 🚗
 ★★★★★ Gourmet grilled cheese.
 unvr.se/MouseTrapTruck. 801-900-5988

\$\$ R&R BBQ
 ★★★★★ Barbecue. 4801 N. University
 Ave. 801-281-5508

\$ Ripple's Drive Inn
 ★★★★★ Burgers. 3225 N. Canyon Rd.
 801-281-5508

\$\$ Ruby River
 ★★★★★ Steakhouse. GF 1454 S.
 University Ave. 801-371-0648

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

\$ Smokin Roadside Grill 🚗
 ★★★★★ Barbecue.
 smokinroadsidegrill.com. 385-335-4069

\$ Spuds 🚗
 ★★★★★ Specialty baked potatoes.
 facebook.com/spudslodged. 801-960-7818

\$\$ Station 22 Café
 ★★★★★ Modern American. VG 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

El Sarten 🚗
 ★★★★★ Burgers, Barbecue elsarten.
 foodtrucks.fans.

\$ Dirty Bird Chxx
 ★★★★★ Chicken 495 E 600 North.

\$ JJ Burger
 ★★★★★ Burgers, fries. 40 N 400
 West. 801-373-2699

\$ Real Famous BBQ
 ★★★★★ Barbecue, comfort food.
 1280 N. University Ave. 801-607-1249

Asian

\$ 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

\$\$ 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, boba
 smoothies. 3220 N. University Ave. 801-
 377-3466

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

\$ KoKo Lunchbox
 ★★★★★ Korean. 1175 N. Canyon Rd.
 801-850-4358

\$ Noodle King
 ★★★★★ Vietnamese. 163 N.
 University Ave. 801-818-1027

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

\$ Pho Plus
 ★★★★★ Vietnamese. 68 W. Center.
 801-377-8808

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

\$\$ Sam Hawk Korean Restaurant
 ★★★★★ Korean. 684 N. Freedom
 Blvd. 801-377-7766

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

\$ Zao Asian Cafe
 ★★★★★ Asian fusion. V GF 1352 S.
 State, Orem. 801-224-0030

\$ Feast Buffet
 ★★★★★ Asian fusion. 1428 N. State,
 Orem.

\$ Eggrollin' Authentic Filipino Lumpia FT 🚗
 ★★★★★ Filipino.

Bakery, Cafe/ Breakfast

\$ Antonella's Café
 ★★★★★ Bakery, sandwiches. V 154 S.
 State, Orem. 801-607-2127

\$ Corner Bakery Café
 ★★★★★ Bakery, cafe. GF 115 W.
 Center, Orem. 801-221-3740

\$\$ Fillings & Emulsions
 ★★★★★ Bakery and desserts 326 W.
 Center. 801-607-1593

Riptide from Swig



Fairyfetti Cupshake
from The Sweet Tooth Fairy



\$ Great Harvest Bread Company
★★★★ Bakery, sandwiches. 1774 N. University Pkwy. 801-373-9816

\$ Hruska's Kolaches
★★★★ Bakery, breakfast, brunch. 434 W Center. 801-623-3578

\$ Joe's Café
★★★★ Burgers, southern breakfast. 1126 S. State, Orem. 801-607-5377

\$ Magleby's Fresh
★★★★ American (Traditional) 3362 N. University Ave. 801-852-8620

\$\$ Peace on Earth
★★★★ Breakfast, brunch. 35 N. 300 West. 801-577-4710

\$ Shirley's Bakery & Café
★★★★ Breads, sandwiches, salads. 1620 N. Freedom Blvd. 801-375-8020

Desserts & Sweets

\$ Art City Donuts 🚗
★★★★ Doughnuts. 801-592-7260
artcitydonuts.com

\$ Bahama Bucks
★★★★ Shaved ice, juice bars. 2265 N. University Pkwy. 385-275-4425

\$ Bianca's La Petite French Bakery
★★★★ Pastries. 90 W. Center. 801-830-0431

\$\$ Boba Shack 🚗
★★★★ Boba smoothies.

\$ 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

\$ Chip Cookies
★★★★ Chocolate chip cookies. 159 W. 500 North. 385-225-9888

\$ The Chocolate
★★★★ Dessert. 212 S. State, Orem. 801-224-7334

\$ Clark's Island Donuts 🚗
★★★★ Doughnuts. Find the current address online. 801-252-5746
clarksmalasadas.com

\$ The Crepery
★★★★ Crepes. 4801. N. University Ave. 385-236-5850

\$ Crumbl Cookies
★★★★ Specialty cookies. 154 W. 1230 N. 801 823-1544

\$\$ La Dolce Vita
★★★★ Italian, pizza, gelato 61 N. 100 East. 801-373-8482

\$ Enliten Bakery & Café
★★★★ Pastries. 43 E. Center. 801-919-3838

\$ Family Squeezed Lemonade 🚗
★★★★ Lemonade. facebook.com/familysqueezedlemonade

\$ Farr Better Ice Cream
★★★★ Ice cream. 1073 S. 750 East, Orem. 801-616-5001

\$ Fizz Drinks
★★★★ Soda. 1120 W. Center, Orem. 385-985-8441

\$ Fruta Crush
★★★★ Mexican, desserts. 198 W. Center. 801-374-3308

\$ Hokusia Shave Ice
★★★★ Shave ice. 1445 N. Canyon Rd. 801-602-6683

\$ Ike's Creamery
★★★★ Ice cream. 4801 N University Ave, Ste. 210. 801-224-5001

\$\$ Ivie Juice Bar
★★★★ Juice bars and smoothies. 45 N. University Ave. 801-373-9935

\$ Macs A La Mode 🚗
★★★★ Macarons, ice cream sandwiches 934 N. State St., Orem. instagram.com/macsa.la.mode

\$\$ Menchie's Frozen Yogurt
★★★★ Frozen yogurt. 153 N. State, Orem. 801-426-5259 menchie's.com

\$\$ Mora Iced Creamery
★★★★ Dessert, ice cream, frozen yogurt. 541 E. University Pkwy., Orem. 385-236-3319 moraicream.com

\$\$ Mrs. Cavanaugh's Chocolates & Ice Cream
★★★★ Candy, chocolates, ice cream. 1163 S. State, Orem. 801-764-1085
mrs.cavanaugh's.com

\$ Orem Summer Sno
★★★★ Shaved ice. 1323 E. 800 North, Orem. 801-427-1210

\$ The Penguin Brothers
★★★★ Ice cream sandwiches. 83 E. 1230 North. 801-532-9537
thepenguinbrothers.com

\$ Provo Bakery
★★★★ Pastries. 190 E. 100 North. 801-375-8330 theprovobakery.com

\$\$ Rockwell Ice Cream Company
★★★★ Ice cream. 43 N. University Ave. 801-318-5950 rockwellicecream.com

\$\$ Rocky Mountain Chocolate Factory
★★★★ Candy, ice cream. 4801 N. University Ave. Ste 140. 801-224-0511 rmcf.com

\$ The Roll Up Crepe
★★★★ Dessert. 1605 S. State, Orem. 801-882-7373 therollupcrepe.com

\$ Roll with It Creamery
★★★★ Ice cream. 63 E. Center. 801-669-5300 rollwithitcreamery.com

\$ San Diablo Artisan Churros 🚗
★★★★ Churros, Latin American, Mexican. 801-432-0880 sandiablochurros.com

\$ Sub Zero Ice Cream
★★★★ Ice cream. 30 W. 300 North; 602 E. 600 North; 3376 N. University Ave. 385-375-2617 subzeroicecream.com

\$ The Sweet Station 🚗
★★★★ Candy bars. 801-404-9710

\$\$ The Sweet Tooth Fairy
★★★★ Dessert. 1064 S. 750 East, Orem. 801-224-7551 thesweettoothfairy.com

\$ Swig n' Sweets
★★★★ Desserts, shave ice, juice bars, smoothies. 1523 N. Canyon Rd. 385-312-1578 swignsweets.com

\$ Tropical Fruit 🚗
★★★★ Shaved ice. 810-687-8909 facebook.com/tropicalfruitshavedice

\$ Vida Acai 🚗
★★★★ Acai bowls. instagram.com/vidaacai. 810-433-7459

\$ The Wash
★★★★ Desserts. 1195 N Canyon Rd.



Brazilian Limeade from Lucy's Brazilian Kitchen



Frozen Hot Cocoa from Taste

Mint Oreo Milkshake
from JCWs



- \$\$ The Mighty Baker**
★★★★★ Pastries. 50 E. 500 North.
801-368-6572
- \$ Sip-N-Spot**
★★★★★ Desserts, soda. 525 N. 900
East. 801-375-6082

Fusion

- \$ 180 Tacos**
★★★★★ Tacos. 3368 N. University Ave.
801-356-8226
- \$ BumbleBee's KBBQ**
★★★★★ Korean, barbecue. 1254 N.
State. 801-607-2543
- \$\$\$ 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
- \$ Sweeto Burrito**
★★★★★ Tex-Mex, burritos. VG 1284
N. University Ave. 801-373-7000
- \$\$\$ Wild Ginger**
★★★★★ Fusion, sushi. VG 366 N.
University Ave. 801-691-1177
- \$\$\$ Yummy's BBQ & Sushi**
★★★★★ Korean, Hawaiian, barbecue.
287 E. 300 South. 801-769-6614
- \$ Vegan Sun**
★★★★★ Vietnamese, salad, ramen. V
VG 225 W. Center. 801-375-0807

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.
1230 North. 801-876-1795
- \$ Mo' Bettahs**
★★★★★ Hawaiian, Steakhouse. 1385
S. State, Orem. 801-960-4616
- \$\$\$ Ohana Grill**
★★★★★ Hawaiian. 1409 S. State.
801-427-4677
- \$ Rumbi Island Grill**
★★★★★ Caribbean, Hawaiian. 299 E.
University Pkwy, Orem. 801-607-1120
- \$ Sweet's Island Restaurant**
★★★★★ Hawaiian. 711 Columbia Ln.
801-374-0000
- \$ Uncle Bobby's Hawaiian
Style** ☞
★★★★★ Hawaiian. facebook.com/
unclebobbyfoodtruck. 801-494-7222

Indian

- \$\$\$ Bombay House**
★★★★★ Indian. VG GF 463 N.
University Ave. 801-373-6677
- \$\$\$ India Palace**
★★★★★ Indian. VG 98 W. Center.
801-373-7200
- \$\$\$ Kohinoor**
★★★★★ Indian. 75 S State St. 801-
226-6666

- \$\$\$ Tandoor Indian Grill**
★★★★★ Indian. 1600 N. Freedom
Blvd. 801-960-9048

Italian

- \$\$\$ Terra Mia**
★★★★★ Pizza, Italian. 1050 S. 750
East, Orem. 801-226-4757

Japanese & Sushi

- \$\$\$ AhiMuse**
★★★★★ Sushi bar, seafood,
steakhouse VG 1087 S. 750 East, Orem.
385-505-0686
- \$ Asa Ramen**
★★★★★ Ramen. 1120 S. State., Orem.
801-842-1898
- \$\$\$ Bonsai Sushi**
★★★★★ Sushi. VG 672 North
Freedom Blvd. 801-373-0833
- \$ Fatty Tuna** ☞
★★★★★ Sushi and ramen. facebook.
com/fattytunafood. 801-899-5075
- \$\$\$ Five Sushi Brothers**
★★★★★ Sushi. V VG 445 N. Freedom
Blvd. 385-549-4495
- \$\$\$ The Happy Sumo**
★★★★★ Sushi, Japanese. 4801 N.
University Ave. 801-225-9100
- \$\$\$ Itto Sushi**
★★★★★ Sushi. VG GF 575 E.
University Pkwy., Orem. 801-563-3337
- \$ K's Japanese Kitchen**
★★★★★ Domburi and Japanese. VG
322 W. Center. 385-201-7523
- \$ Koi Express Sushi Wrap and**

Berry Blast Smoothie
from Bowl of Heaven



- Ramen**
★★★★★ Sushi bar, ramen. VG 1283 N.
University Ave., Unit 102. 801-607-1950
- \$ Osaka**
★★★★★ Japanese. VG 46 W. Center.
801-373-1060
- \$\$\$ Shoga**
★★★★★ Sushi, ramen. V 386 E.
University Pkwy., Orem. 801-802-8388
- \$ Sushi Burrito**
★★★★★ Sushi, Japanese, seafood.
283 E. 300 South. 801-377-0909
- \$\$\$ Sushi Ya**
★★★★★ Sushi. 1545 S. State, Orem.
801-225-7760

Latin American

- \$\$\$ Asado Argentinian Grill**
★★★★★ Argentine, burgers,
sandwiches. 360 S. State, Orem. 801-492-
5700
- \$ El Salvador Restaurant**
★★★★★ Salvadoran. 332 W. Center.
801-373-5377
- \$ La Brioche Bakery**
★★★★★ Argentine and bakery. 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
- \$ Mama-Lau** ☞
★★★★★ Empanadas. 801-473-1972
mama-lau.com
- \$ Red Fuego**
★★★★★ Peruvian, chicken. 824 E. 800
North, Orem. 801-960-9095

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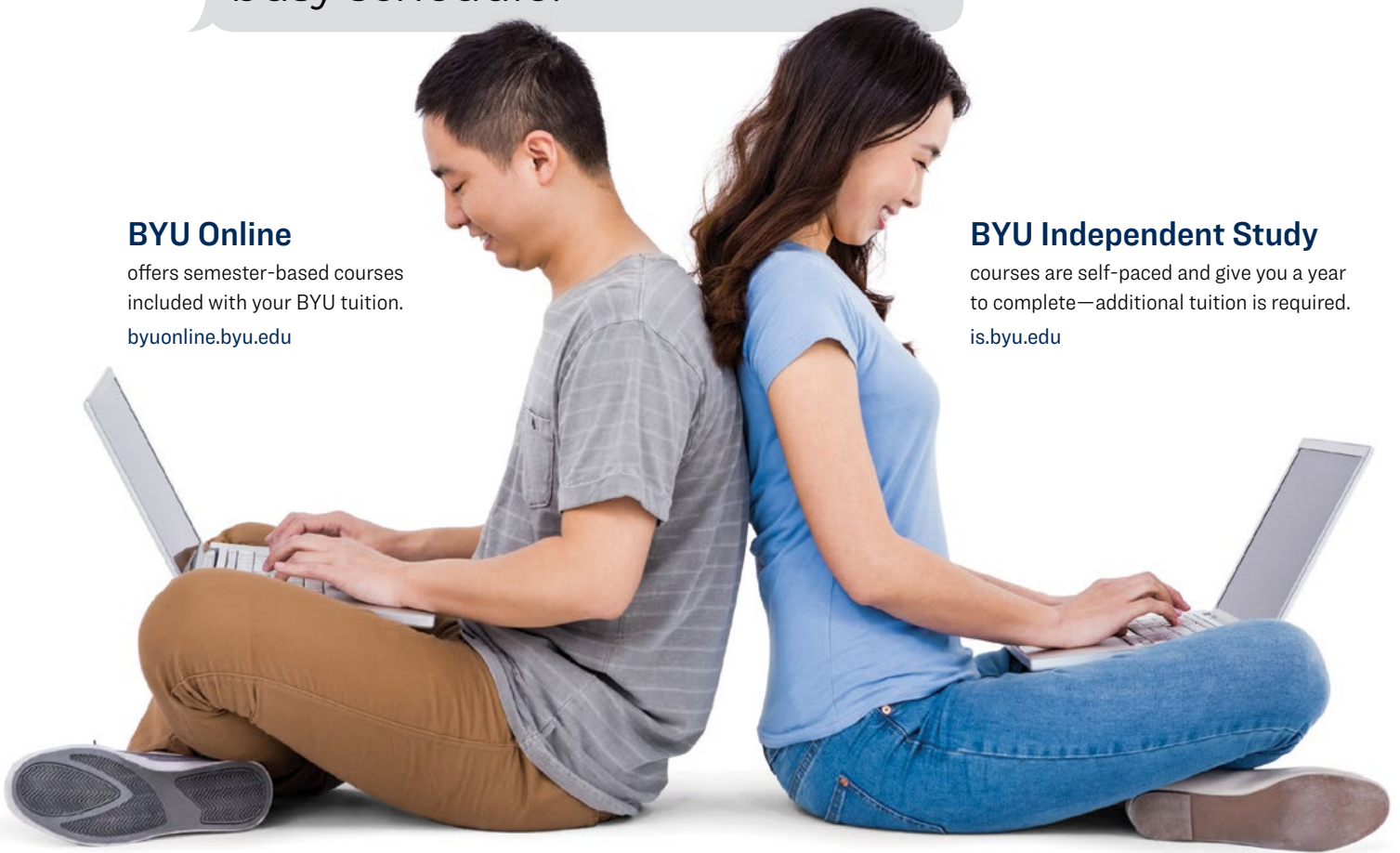
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byuonline.byu.edu

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is.byu.edu



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\$\$ Rodizio Grill

★★★★★ Brazilian, steakhouse. GF
4801 N. University Ave., Suite 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

\$\$ Aubergine and Company

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

\$ Falafel Tree

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

\$ Greek N Go

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

\$ Pita Pit

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

Mexican

\$ Bajio Mexican Grill

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

\$ Brasas Mexican Grill

★★★★★ Mexican. 238 W. 100 South.
801-375-0240

\$ Culichi Kitchen

★★★★★ Tacos. 1680 S. State, 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 Loco

★★★★★ Mexican fast food. 76 E.
University Pkwy., Orem. 801-360-9436

\$\$ Joe Vera's

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

\$ Maize

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

\$\$ Maria Bonita

★★★★★ Mexican. 167 W. 800 North,
Orem. 801-426-9328

\$ Mi Lindo Guadalajara

★★★★★ Mexican. 446 N. Freedom
Blvd. 801-373-9498

\$\$ Mi Ranchito

★★★★★ Mexican. V VG 1109 S. State,
Orem. 801-225-9195

\$\$ Oteo

★★★★★ Mexican. VG 180 N.
University Ave., Ste. 135. 810-928-3038

\$ Rancherito's Mexican Food

★★★★★ Mexican fast food. 46 E.
1230 North. 801-374-0822

\$ Tacos CDMX

★★★★★ Tacos VG tacoscdmx.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

\$ Honest Eatery

★★★★★ Smoothies, breakfast and
brunch VG 495 E. 600 North. 801-532-4754

Pizza

\$ Blaze Pizza

★★★★★ Pizza. GF 1350 S. State, 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/
fropizzeria. 801-368-7530

\$\$ MidiCi

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

\$\$ Mozz Pizza

★★★★★ Artisan pizza. V VG 145 N.
University Ave. 801-852-0069

\$ Nicolitalia Pizzeria

★★★★★ Pizza, Italian. GF 255 W. 1230
North. 801-356-7900

\$ Pier 49 Pizza

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

\$\$ Pizzeria 712

★★★★★ Pizza, Sandwiches GF 320 S.
State, 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

Sandwiches

\$ DP Cheesesteaks

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

\$ Firehouse Subs

★★★★★ Sandwiches. 64 W. 1230
North. 801-224-5800

\$ Gandolfo's New York Deli

★★★★★ Sandwiches. VG 18 N. 500
West. 801-377-6442

\$ Honey Baked Ham Co.

★★★★★ 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

Thai

\$\$ Bangkok Grill

★★★★★ Thai. 934 N. State, 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 . 801-616-7516
instagram.com/suzythaifood

\$\$ Thai Ger Cuisine

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

\$\$ Thai Drift

★★★★★ Thai. 1655 N. State, Orem.
thaidrift.com.

\$\$ Thai House Cuisine

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

\$ Thai-licious

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

\$ Thai Neighbor Cuisine 1

★★★★★ Thai. VG. 170 W 300th South.
385-223-8169

\$ Thai 2 Go

★★★★★ Thai. facebook.com/
thai2goutah

Other

\$ Rimmels

★★★★★ German, kebab, Turkish 575
E. University Place, Orem. 801-777-6235

\$ The Hut

★★★★★ American, food court. 496 E.
600 North. thehutprovo.com.



OUT OF THE HOUSE

Rock climb indoors

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

Trampoline gym

Relieve some school stress by jumping all around. Lowes Xtreme Air Sports, 1111 W. 100 South. 801-374-5867 lowesairsports.com

Go indoor skydiving

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

Paint your own ceramics

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

Go to Nickel City

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

Visit the Cathedral of the Madeleine

Salt Lake's beautiful Catholic cathedral. Enjoy the organ, art and beauty of Salt Lake's Catholic cathedral. Cathedral of the Madeleine, 331 E. South Temple, Salt Lake City. 801-328-8941 utcotm.org

Visit Hogle Zoo

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

Visit the Tracy Aviary

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

Visit The Living Planet Aquarium

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

Go antiquing

Find a wide variety of interesting items and maybe take home a souvenir! Cats Cradle, 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. Open 10 a.m.-9 p.m. 67 W. Ikea Wy., Draper. 888-888-4532 ikea.com/us/en/store/draper

Learn to crochet

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

Learn Photoshop together

Learn from YouTube or HBLL classes. Harold B. Lee Library. 801-422-2927 lib.byu.edu/services/software-training

Play croquet

Find grassy area and croquet set and have fun.

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. 385-309-3219 thesoapfactorybusiness.site

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. 268 S. 200 East, Salt Lake City. 801-521-3819 kensandersbooks.com

Participate in an exercise class in the RB

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

Go to Taste

Prove your taste bud superiority. 117 N. University Ave. 801-900-4061 havetaste.com

Take a train ride

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

Participate in "Whodunnit Murder 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 FishKiss

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

Go to an escape room

Provo has several escapes rooms. Book a room and try to escape before the time runs out.

Go to an open mic night

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

Go fishing

Relax on a lake or river front.

Recreate the first date you ever had together

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

Help one another achieve a bucket list item

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

Pretend like you're getting married and go ring shopping

Hint. Hint.

Play pool at the Wilk

Ask a get-to-know-you-question for each ball you sink. bowling.byu.edu.

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."

Play sardines on campus

Try buildings like the HFAC, JKB or the WSC.

Put motivational Post-it Notes in textbooks

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

Donate blood together

Talk your way through the ordeal with your date.

Volunteer at a soup kitchen

Offer your services at a local soup kitchen.

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.

Test drive your dream car

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

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?

Find the best ice cream Provo has to offer

Visit different creameries and stores around Provo to find the best flavor.

Visit a pet store

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

Leave friendly messages on cars

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

Visit a local bookstore

Read favorite childhood books together.

Go on a mini-road trip and explore the area

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

Around the world ping pong

Switch sides of the table while keeping the ball bouncing.

Go bowling Skittles-style

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

Play three-legged bowling

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

Play life-sized Battleship

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

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 HBLL sound booth

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

Do family history

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

Throw axes

A date unlike any other, show off your axe throwing skills and blow off some steam. Heber Hatchets Axe Throwing of Provo, 261 N. University Ave. 801-613-8960 heberhatchets.com. Social Axe Throwing, 683 N. State, Orem. 810-762-0293 socialaxethrowing.com.

Flowrider

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

Karaoke

Show off your singing skills with karaoke at Heart and Soul. Heart & Soul, 52 W. Center. 385-325-1672 provokaraoke.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 Savers, 81 N. State St., Orem. 801-225-9445 stores.savers.com

Make a ring

At the gem studio, each of you can make your own personalized ring from scratch The Gem Studio, 801-225-9445 thegemstudio.com

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. 801-623-0450 moonsrarebooks.com

Laser tag

Head over to Provo Beach and protect your date James Bond style. Provo Beach, 4801 N. University Ave. (801) 224-5001. provobeach.com

Humor U

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

Divine Comedy

Various locations on BYU Campus. byudivinecomedy.com

Go country dancing

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

Salsa Thursdays

Free salsa lesson 9-10p.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. 909-260-2509. improvebroadway.com

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

BYU's Got Talent

Cheer on our favorite acts throughout the semester. WSC Varsity Theater. studentleadership.byu.edu/stab/byu's-got-talent

Open Mic Night

Every Tuesday from 8 p.m.-midnight. 1605 S. State, Orem. 801-882-7373.

Karaoke, Open Mic & Poetry slams at the Wall

Check out thewallbyu.com for dates and details.

Dry Bar Comedy

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

Rodeos

Throw on your cowboy boots. Head to rodeosusa.com to check dates and locations of local rodeos rodeosusa.com

Strawberry Days

Enjoy fresh strawberries and cream, carnival rides and a rodeo at this Pleasant Grove festival. Check the website for dates. strawberrydays.org

Food Truck Roundup

Have your pick of a number of different local food trucks all in one place. Trust us, its delicious. facebook.com/provofoodtruckroundup/

Take a cooking class

Offered at Williams-Sonoma at the Riverwoods or through Provo City. provo.org. williams-sonoma.com. 4801 N. University Ave, Suite 130. 801-229-1901.

Attend a lecture

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

Attend a fireside

Be spiritually uplifted together.

Join a book club

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

Take a DIY class at Home Depot

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

Take a yoga class

Step outside your fitness comfort zone.

Go to a premarital workshop

Contact BYU Counseling and Psychological Services for dates.

Take a class from each other's major

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

Take an elective together

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

Learn how to blow glass

Sundance or Thanksgiving Point offer classes.

Take an art class at A&A Art & Frame

Learn to release your inner Bob Ross. 661 N. State, Orem. 801-357-1150 aandaartandframe.com

Rent electric scooters

Find a Lime/Bird scooter and explore Salt Lake City. li.me.

Ice-blocking

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

Movies

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 Theatre

777 S. State, Orem.

Stadium Cinemas

633 S. 950 West, Payson.

Water Gardens Pleasant Grove 6

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

Historic Pioneer Relic Hall

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

BYU Museum of Art

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

Monte L. Bean Museum

Go see a stuffed liger. Yes, that's a thing. 645 E. 1930 North. mlbean.byu.edu

Springville Museum of Art

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

Woodbury Art Museum

Check up on UVU's art museum at University Mall. 575 University Pkwy., Suite N250, Orem. uvu.edu/museum

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

Park City Museum

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

Museum of Peoples and Cultures

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

BYU planetarium in the Eyring Science Center

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

Education in Zion

Brush up on your BYU history with your date. JFSB. educationinzion.byu.edu.

Utah Museum of Contemporary Art

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

Museum of Mormon History of the Americas

Explore the history of The Church of Jesus Christ of Latter-day Saints in Mexico. 1501 N. Canyon Rd. latinmormonhistory.com

Hill Air Force Base Aerospace Museum

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

Clark Planetarium

See things that happened a long time ago, in a galaxy far, far away. 110 S. 400 West, Salt Lake City.

Orem Heritage Museum

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

Hikes

Battle Creek Falls

Easy. 1.2 miles out and back., Kiwanis Park, E. 200 South, Pleasant Grove (Not to be confused with Kiwanis Park in Provo).

Bridal Veil Falls

Very Easy. Less than a mile., just under 4 miles from the mouth of Provo Canyon

Bonneville Shoreline Trail

Moderate. 14.9 miles singletrack., Slide Canyon Trail 062, Provo (Go south instead of up the Y mountain trail).

■ Dry Canyon

Difficult. 5.4 miles out and back., At the top of Dry Canyon Drive, Linton

■ Mt. Timpanogos

Difficult. 8.3 miles from Aspen Grove trailhead to peak. Aspen Grove trailhead just past 9521 N. Alpine Loop Rd, Provo.

■ Rock Canyon Trail

Moderate. 5.5 miles out and back., 2620 N 1450 East, Provo (shared with Squaw Peak Trailhead).

■ Slate Canyon Trailhead

Difficult. 7.3 miles out and back., Slate Canyon Trail 061, Provo.

■ Squaw Peak Trail

Difficult. 7 miles out and back., 2620 N 1450 East, Provo (shared with Rock Canyon Trailhead).

■ Stewart Falls

Easy. 3.5 miles out and back., Aspen Grove Just past 9521 N. Alpine Loop Rd, Provo.

■ Timpanogos Cave

Easy. 3 miles out and back, 2038 Alpine Loop Rd, American Fork.

■ Y-Mountain

Moderate. 6.6 miles out and back., Slide Canyon Trail 062, Provo.

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. 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

*We do all the work
so you don't have to.*

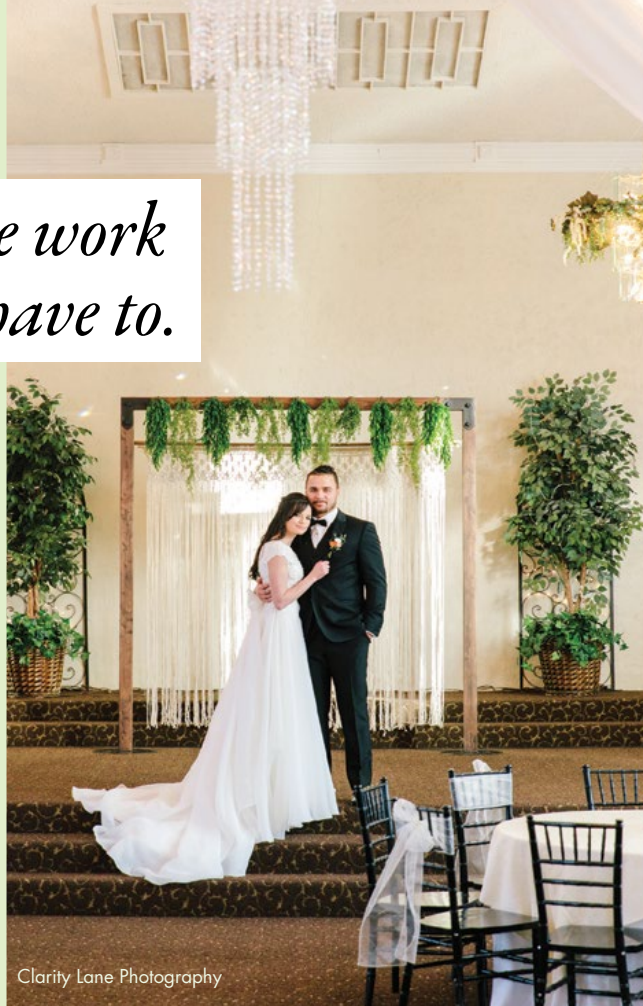
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1450 W 800 N, Orem

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(801)806-1929
920 N 2000 W, Mapleton

American Fork
(801)756-5388
420 E 620 S, American Fork

Payson
(801)465-0570
992 W 170 N, Payson

Springville
(801)491-7672
205 W 1400 N, Springville

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Resorts

Alta Ski Area

Rock climbing, biking, camping, etc. 10230 Utah 210, Alta. 801-359-1078 alta.com

Brighton Ski Resort

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

Deer Valley

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

Park City Mountain

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

Snowbird Ski and Summer Resort

Tram rides, mountain coaster, alpine slide, climbing wall, ropes course, and more. 9385 S. Snowbird Center Trail, Sandy. 801-933-2222 snowbird.com

Solitude Mountain Resort

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

Sundance Mountain Resort

Full Moon Lift Rides, zip lines, hiking, river rafting, etc. 8841 N. Alpine Lood Rd., Sundance. 801-225-4107 sundanceresort.com

Outdoors

Four-wheeling

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

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 canoeing

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

Take sailing lessons

Discover sailing on Utah Lake while enjoying the beautiful water and views.

Go paddleboarding

It's like surfing, but way easier and more relaxing. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708 outdoors.byu.edu

Go to a drive-in movie

Bring a classic date to modern times.

Carve a watermelon or pineapple

Relive the Halloween season with a summer twist.

Enjoy Splash Summit

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. 1330 E. 300 North. splashsummit.com

Beach day

Head to Yuba State 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

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We're looking for healthy volunteers for a clinical study of an investigational pain medication after wisdom teeth removal.
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RESEARCH

801-261-2000
JBRClinicalResearch.com

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 paragliding

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

Go to a ropes course

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

Hit a bucket of balls at a driving range

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

Go snorkeling at Midway Crater

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

Go horseback riding

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

Go rappelling in Provo Canyon

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

Go to a shooting range

Take that city boy or girl to the shooting range and show off your skills. Ready Gunner, 1066 State St, Orem. 801-607-5363, 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, 1420 Center, Orem, 801-709-1624 saintspaintball.com

Hike to the Fifth Water Hot Springs

The trail starts in Spanish Fork Canyon.

Attend the Salt Lake City Farmer's Market

Find fresh produce and good fun. Pioneer Park, Salt Lake City.

Sign up for a mud run

Go running through mud and other obstacles. utahrunning.com/calendar

Plan a bike ride

Grab your bikes or rent a tandem. Or up the ante and go mountain biking. Outdoors Unlimited, 2201 N. Canyon Rd. 801-422-2708 outdoors.byu.edu

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.

Fly a kite

Build the kite from scratch if you're feeling ambitious.

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 South Sandhill Rd., Orem. 801-921-8953 melvillestables.com/

Experience a real life "Secret Garden"

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

Walk the boardwalk at Bicentennial Park

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

Rent a Segway at Thanksgiving Point Gardens

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

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

Visit the Utah Olympic Park

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

Drive the Alpine Loop

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

Yoga in the Mountains

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

Pick fruit at an orchard

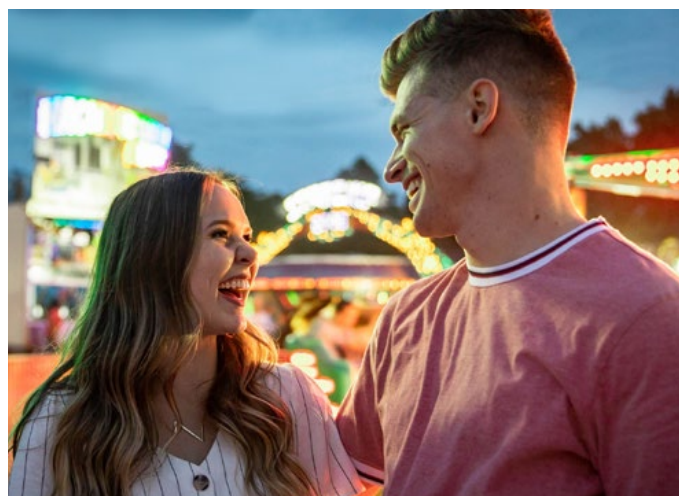
Pick peaches, nectarines, plums, and apples at Allred Orchards. Allred Orchards, 2109 N. University Ave. 801-377-0748 allredorchards.com

Sailboat rides on Lindon Marina

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

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. utahfishinginfo.com/utahrivers/provorriver.php

Take a self-guided historic Provo buildings walking tour

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

Go hammocking

Relax together as you hang from trees.

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.

Feed the ducks at the pond

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

Cup-fence design

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

Race paper boats

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

Clean up a local park

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

Float the Provo River

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

Plant flowers for someone

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

Make a timelapse

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

Go exploring with cameras

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

Go bird watching

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

Watch a meteor shower

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

Watch the sunset

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

Go geocaching

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

Play tourist

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

Cloud watch

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

Turn dinner into a picnic

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

Pool hop

See how many complexes you can visit.

Play hopscotch

Draw the most complex hopscotch you can with sidewalk chalk. Make it a tournament.

Take an evening drive

Drive through a canyon with your windows down.

Go to a water park

Grab your swimsuit and head to Splash Summit, Lagoon or Lagoon-a Beach.

Visit Utah Lake

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

Hit the trails

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

Have a water balloon war

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

Hit the playground

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

Go stargazing

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

Play watermelon bomb

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

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 S, Salt Lake City 801-596-8500 tracyaviary.org

Topgolf

Enjoy some friendly competition with Topgolf. No need to be a golfing expert to play and have fun. Topgolf, 589 E 1300 S, Salt Lake City 801-596-8500 tracyaviary.org

Water balloon baseball

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

Visit Antelope Island

Explore natural wildlife and stunning views.

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. Sundance Mountain Resort, 8841 N. Alpine Lood Rd., Sundance. 801-892-1600 sundanceresort.com

Festivals & Local Events

Saratoga Springs Spring Festival

April 4. Pancakes, Easter egg hunt and more. Neptune Park, 452 W. 400 North.

Springville Art City Days

June 6-13. Enjoy concerts, contests, parades, carnival, fireworks and hot air

Events listed were scheduled before public gatherings were affected by the COVID-19 outbreak

balloons.

Utah Lake Festival

June 6. Celebrate Utah lake with sailboats, live music, food trucks and boat rides.

Saratoga Splash Days

June 8-13 saratogaspringscity.com

Elk Ridge City Celebration

June 12. Mayor's dinner, youth night, car show, carnival, and craft fair. 50 Park Drive, Elk Ridge.

Pleasant Grove Strawberry Days

June 13-21. Old fashioned rodeo, carnival, craft fair, parade and a whole lot of fresh strawberries. strawberrydays.org

Lehi Round-Up

June 21-27. There's more here than just bucking broncos, enjoy a 5K, softball tournament, parades and a horseshoe tournament lehi-ut.gov

Iceland Days

June 26-28. Learn about and celebrate Icelandic culture with food, a local band and a pioneer village. eventbrite.com

Pop Culture Con

May 29-30. Dress up as your favorite superhero duo. popcultureconvention.com

Freedom Festival

July 2-4. Celebrate America with music, dance and the largest parade in Utah. freedomfestival.org

American Fork Steel Days

July 6-11. Enjoy a parade, fireworks, a car show and a carnival.

Spanish Fork Fiesta Days and Rodeo

July 20-24. Enjoy parades, fireworks, carnival rides, fairs and a rodeo. steeldaysaf.com

Highland Fling Days

July 25. Enjoy a parade, races, movies, service activities and fireworks! highlandcity.org

Springville World Folkfest

July 28-Aug. 1. Celebrate foods, dance and languages from around the world. springville.org

Salem Days

Aug. 1-8. Enjoy Salem's town festival that includes a parade and fireworks. salemcity.org

Lindon City Days

Aug. 3-8. Find someone from Lindon and celebrate their home town together. lindonrecreation.org

Alpine City Days

Aug. 3-8. Alpine's city festival that will involve a dinner at the park, a firefighter's breakfast, a 5K and a dance. alpinecity.com

Payson Salmon Supper

Aug. 7. Be a little bougie and enjoy salmon together. paysonutah.org

Utah Valley Renaissance Faire

Aug. 28-29. Ye olde classic date for

knight in shining armor. utahrenfaire.org

BYU Stadium of Fire

July 4. There may be more sparks than just the fireworks. tickets.byu.edu

Days of '47

Apr. 10-July 24. A pioneer celebration so good, it lasts all summer. Events all over the Salt Lake area. See specific events at daysof47.com

Orem Summerfest

June 8-13. Orem's city celebration complete with a carnival, fireworks, a talent show and a parade. summerfest.orem.org

Sports

BYU Men's Golf

Home games: Cougar Classic, Apr. 24-25.

BYU Baseball

Home games: Apr. 9 vs. Pacific, Apr. 10 vs. Pacific, Apr. 11 vs. Pacific, Apr. 13 vs. Boise State, Apr. 16 vs. San Diego, Apr. 17 vs. San Diego, Apr. 18 vs. San Diego, Apr. 21 vs. Utah; May 4 vs. California Baptist.

BYU Softball

Home games: Apr. 10 vs. Loyola Marymount, Apr. 11 vs. Loyola Marymount, Apr. 15 vs. Southern Utah, Apr. 22 vs. Utah Valley, Apr. 24 vs. Saint Mary's, Apr. 25 vs. Saint Mary's, Apr. 27 vs. Stanford; May 1 vs. Santa Clara, May 2 vs. Santa Clara, May 5 vs. Utah State.

Utah Jazz (basketball)

Home games Apr. 1 vs. Cavaliers, Apr. 7 vs. Clippers, Apr. 14 vs. Nuggets.

Real Salt Lake (soccer)

Home games: Apr. 11 vs. Rapids, Apr. 25 vs. Sounders, Apr. 29 vs. Inter Miami; May 9 vs. Timbers, May 16 vs. Earthquakes, May 23 vs. Galaxy, June 6 vs. FC Dallas, June 20 vs. Dynamo; July 1 vs. Sporting Kansas City, July 11 vs. Whitecaps, July 25 vs. Minnesota United; Aug. 15 vs. Impact, Aug. 29 vs. Nashville.

Utah Warriors (rugby)

Home games: Apr. 18 vs. Gilgronis, Apr. 25 vs. Seawolves; May 8 vs. Raptors, May 16 vs. New York, May 30 vs. Sabercats.

Utah Grizzlies (hockey)

Home games: Apr. 1 vs. Steelheads, Apr. 3 vs. Steelheads.

Orem Owlz (baseball)

Visit their website at milb.com/orem/schedule/2020-06 for the full season schedule.

Salt Lake Bees (baseball)

Visit their website at milb.com/salt-lake/schedule/2020-04 for the full season schedule.

BYU Men's Lacrosse

Home games: Apr. 3 vs. Utah Valley, Apr. 16 vs. University of Oklahoma, Apr. 18 vs. University of Texas.

BYU Women's Lacrosse

Home games: Apr. 3 vs. Utah Valley.

BYU Men's Tennis

Home games: Apr. 17 vs. Pepperdine, Apr. 18 vs. Loyola Marymount.

BYU Women's Tennis

Home games: Apr. 2 vs. Sacramento State, Apr. 4 vs. San Diego, Apr. 10 vs. Santa Clara, Apr. 11 vs. San Francisco.

BYU Men's Track and Field

Home games: Apr. 25-27 Robinson Invitational; May 9-10 BYU Cougar Invitational.

BYU Women's Track and Field

Home games: Apr. 22-24 Robinson Invitational; May 7-8 BYU Last Chance Meet.

Crossfit Games Southwest Championship

Aug. 30. A date fit for two.

Arts

Utah Lyric Opera

Performances in Provo and Orem. utahlyricopera.com

SCERA Live Theatre

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

Covey Center for the Arts

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

Utah Opera

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

Eccles Theater

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

Attend a hand-bell choir

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

Utah Regional Ballet

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

Ballet West

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

Sundance Summer Theatre

July 23-Aug. 15. Ski resort turned amphitheatre puts on several shows through the summer.

break. Check each venue for updates.

Hale Center Theater

Bright Star, Jan. 20-May 2; Strictly Ballroom, Feb. 5-Apr. 11; Mary Poppins, Apr. 29-July 11; Million Dollar Quartet, May 18-Aug. 8; Titanic the Musical, Aug. 8-Oct. 17; Murder on the Orient Express, Aug. 24-Nov. 14 9900 South Monroe St., Sandy. hct.org

Broadway at Eccles Theatre

Disney's Frozen, Apr. 15-May 3; Anastasia, June 9-14; Mean Girls, Aug. 15-30.

Live at Eccles Theatre

Jim Jeffries, Apr. 4; Adam Ant, May 6; Mandy Moore, May 8; Neil Degrasse Tyson May 14; Bill Maher, May 17; Whose Is It Line Anyway, May 30; Carol Burnett, June 1, 2.

Hale Center Theater Orem

Matilda, Feb. 21-Apr. 11; Dirty Rotten Scoundrels, Apr. 24-June 6; Little Women, June 19-Aug. 1; Over the River and Through the Wood, Aug. 12-Sept. 19 225 W. 400 North, Orem. orem.haletheater.org

Covey Center

Miss Provo Pageant, Apr. 1; Utah Film Awards, Apr. 2-4; Utah Valley Symphony, Apr. 15-16; Wasatch Contemporary Dance, Apr. 17-18; Moon Over Buffalo, Apr. 1-May 23; Wasatch Ballet, June 19-20; Junction Dance, June 25-27; Dial M for Murder, July 16-Aug. 8

BYU Broadway Revue

Apr. 2-3, Watch students perform famous Broadway musical scenes. Pardoe Theatre.

BYU Wendy and Peter Pan

Apr. 1-3, You can point out the second star to the right as your arm gently lands around your date's shoulders. Margetts Theatre.

BYU Chamber Orchestra

Apr. 3, BYU's highest-level orchestra. de Jong Concert Hall.

BYU Symphonic Band

Apr. 7, Hear great classical works from music and non-music majors. de Jong Concert Hall.

BYU Flute Choir

Apr. 8 Madsen Recital Hall.

BYU Ballroom Dance in Concert

Apr. 10-11, See BYU's award-winning ballroom dance company, and maybe show off some of your own moves after. Marriott Center.

University Chorale

Apr. 14, Hear the sining talents of fellow students in BYU's non-auditioned chorus.

Baucis and Philemon Multimedia Chamber Opera

Apr. 14, Opera for the modern millennial. Nelke Theatre.

Jazz Combos

Apr. 15, Madsen Recital Hall.

BYU Syncopation

Apr. 10, BYU's Jazz singing group. Madsen Recital Hall.

BYU Philharmonic Orchestra

Apr. 10 de Jong Concert Hall.

BYU Wind Symphony

Apr. 11 the final Wind Symphony concert of the season. de Jong Concert Hall

BYU Spring Opera

June 10-13, No phantoms here, just BYU students.

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IN THE HOUSE

Book love letters

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

Read excerpts from favorite books to each other

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

Share embarrassing photos of each other

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

Make a blog together

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

Write cheesy poems to each other

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

Have a coloring book marathon

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

Create pixel art with Post-it Notes

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

Create balloon paint art

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

Learn calligraphy

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

Learn how to make melted crayon art

Learn online and then post images of your art.

Take the 5 Love Languages Test

See how to improve your relationship.

Do a DIY project from Pinterest

Pick a craft tutorial. Share what you make.

Buy old art from a thrift store and paint over it

Go to Deseret Industries or Savers to find some old treasures.

Make a playlist of your favorite love songs

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

Make bubble solution and blow bubbles

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.

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 other games.

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 mat and have at it. Make sure to warn your date to wear old clothes.

Play with Legos

Build the JFSB or the clock tower.

Download a vintage radio program

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

Binge-listen to Serial (or another podcast)

Couple it with cooking or some other activity.

Nerf gun war

Play couple vs. couple 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.

Have a movie marathon

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

YouTube video marathon

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

Watch short films by BYU students

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

Watch BYU sports

Put on your BYU gear and rally the Cougars.

Make greeting cards

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

Write letters to each other

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

Write letters to missionaries

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

Race giant paper airplanes

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



Make fried ice cream

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

Try new foods

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

Find free samples

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

Progressive dinner with friends

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

Have an indoor picnic

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

Cook together

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

Learn how to cook authentic cultural cuisine

Trade recipes from your mission areas.

Cook dinner by the fire

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

Cook with a Dutch oven

Dutch ovens are available for rent at Outdoors Unlimited.

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.

Host a tea party

Try it with apple cider and finger sandwiches.

Make a pazookie

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

Bake cookies for friends

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

Make fruity pops

Have a refreshing, homemade treat.

Make pizza

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

Recreate a cooking challenge from the Great British Baking Show

Put your baking skills to the true test with one of the challenges from this show. Don't expect it to turn out too well.

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 here's the catch. Do it without a recipe. Guess away, take some risks and see how they turn out.

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COMMUNICATION IS KEY

By Kate Slobodian

Are you too scared to text them? Mortified to call them? Instead of current, modern technologies with untried consequences (Alexander Graham Bell, we're not convinced phones are the future; Steve Jobs, a green message bubble will bring civilization to its knees), try these classic forms of communication. It can't get much worse.

Message in a Bottle

Pour out your feelings into a note, toss it into the Provo River, and hope that they receive it.



Handwritten Letter

Handwritten letters are elegant and romantic. Hopefully it doesn't get lost in the mail. But when was the last time you opened your mailbox and not your inbox?



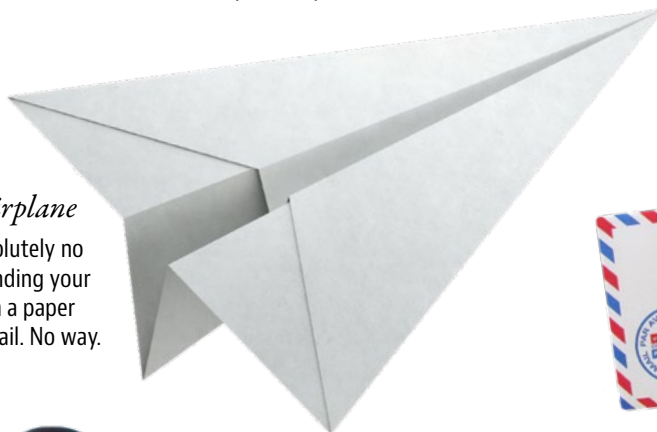
Tin Can Phone

Simple. Elegant. Timeless. The only things holding you back are the smell of creamed corn and the issue of proximity.



Paper Airplane

There's absolutely no way that sending your message in a paper airplane will fail. No way.



Carrier Pigeon

Write them a heartfelt note and entrust it with a carrier pigeon. If it worked during the Civil War, it should work now.



Morse Code



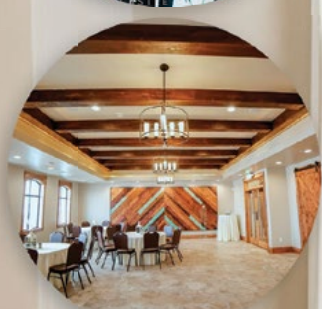
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