

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

TWO



UPDATED
DATE
IDEAS

A GUY'S GUIDE
TO **HAIR**
P. 14

MENTAL HEALTH
& DATING
P. 31

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TWO

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Mental Illness & Relationships
By Hannah Gladwell

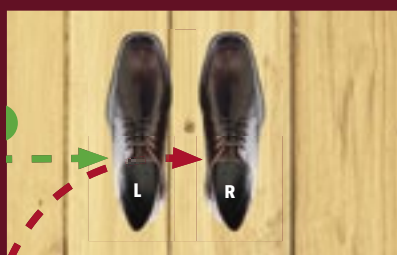
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CLOSE TO CAMPUS · INVISALIGN · CLARITY BRACES

Breakfast Charcuterie Board

By Lauren Layne and Hannah Gladwell

We know that, though breakfast is the most important meal of the day, it isn't inherently bougie for something like a date. It's not usually the most glamorous meal of the day. However, with the right elements, a little work and a keen eye for detail, you can build the breakfast board of your dreams. Your board can be as fancy or as plain as you'd like it to be, but we suggest at least six different elements to keep the board interesting. For background music, see page 8 for suggestions.



Raspberries and
Blueberries

Cantaloupe

Grape Jelly

Honey

Fresh Raspberry Jam

Granola

HANNAH MINER

Bagels and
Cream Cheese

Greek Yogurt

Orange Slices

Pineapple

OTHER ELEMENTS TO TRY

Bacon

Looking to incorporate some protein into your breakfast board? Look no further than sizzling bacon. You know you want to.

Cinnamon Rolls

The good news about breakfast food is your bread options are limitless. If bagels aren't your thing, consider cinnamon rolls.

Waffles

No matter where you stand in the great pancakes versus waffles debate, you can't go wrong.

Pancakes

Ditto.

Muffins

Blueberry, chocolate, pumpkin, banana—the sky is the limit.

Ham

It's not just for Christmas dinner anymore.

Cereal

For a little extra crunch, consider adding your favorite cereal.

Croissants

Want to feel like an exotic Parisian instead of a starving college student? Try croissants.

Other Fruit

Your fruit options may vary depending on the season, so see what's available.

Juice

Don't neglect your beverage menu.

Milk

Dairy, almond, oat—whatever your heart desires.

Toast

Toast is a breakfast classic. Don't underestimate a good slice of toast.

Syrup

Another essential topping, depending on the rest of your menu.

Doughnuts

Does anything more need to be said?

Nutella

Nutella goes with anything. The end.

Sausage

In case the bacon isn't enough protein.

Avocado

When they told millennials to eat their greens, I don't think this is what they meant, but it'll do.

A Playlist for Every Purpose

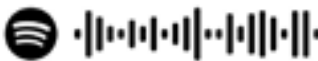
By Hannah Gladwell

If you want a perfect movie-montage date, you're going to need the perfect movie-montage soundtrack. Each occasion calls for different background music. Here are several perfectly concocted playlists for whatever occasion may arise. Just scan the Spotify Code, press shuffle, and allow the songs to set the mood.



A string of lights hang above the table. Candle flames are burning wells into the wax. The remnants of chocolate covered strawberries rest on a plate. You and your date are slow dancing in the living room. Let the luxurious sounds of Norah Jones, Frank Sinatra and Canyon City fill your night.

This one is for the nights that feel like they were written in the stars. Featuring a variety of genres to suit any taste, this other-worldly playlist will take you to the moon, twice around Jupiter and back again.



This upbeat and mostly jazzy playlist will have you and your date singing and humming along to comforting classics as you chop vegetables, pan fry your protein of choice and check on the dessert in the oven. Warning: slow dancing in the kitchen oven light may occur.

Whether you're taking State Street or driving Provo Canyon in the moonlight, this playlist will help set the mood. It's great background for a long talk or just listening and enjoying the moment.



You've got a fresh box of tissues next to an empty carton of ice cream on your bed. Your roommates know your room is a no-fly zone for approximately the next three years. These songs will help you let it all out.

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THE TRAFFIC LIGHT THEORY

BY LAUREN LAYNE

HAVE YOU EVER FELT LIKE you were in a relationship that was moving in circles? Or have you been in a relationship that seemed to be going smoothly and then came to a sudden, screeching halt? Is everything complicated and hard to explain?

We've been there, but do you know what's easy to explain? Traffic rules. Luckily for you, relationships and traffic rules are very interchangeable. Let's review the basics.



ROUNDABOUTS are relationships where you stay on the surface level and never go anywhere. It's a never-ending cycle of misery and small talk about weather.



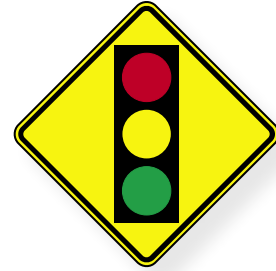
FREEWAYS are relationships that go smoothly and move between the "big" stops of a relationship easily.



STOP SIGNS are when relationships come to a sudden halt, sometimes for no apparent reason (see in the dictionary: ghosting).



TRAFFIC are obstacles in a relationship that cause the relationship to slow down and possibly stop for a short period of time, like someone moving further away or deciding to take a break (*we see you, season three Ross*).



A TRAFFIC LIGHT determines how you want a relationship to proceed. A green light means full speed ahead. Yellow means to proceed with caution or stop, depending on the person, situation and timing. A red light means STOP; do not proceed.



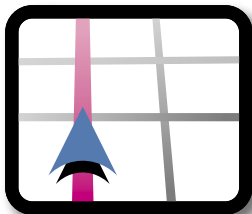
COPS are your friends or family that make sure you're not moving too fast or getting engaged within two weeks of meeting. These people can help you through the stickiest of situations.



OFF RAMPS are routes you can use to leave a relationship (*like if they honestly admit they like Minion memes*).



TOLL BOOTHS mean you must pay your dues through a series of strictly mediocre first dates. Don't worry — we all have to do our time at one point or another. They're good stories to tell your kids one day.



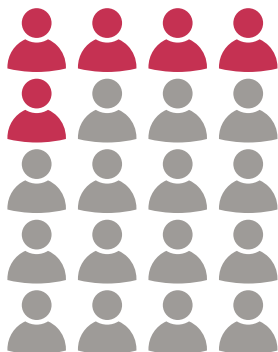
THE GPS in your car can help you direct your relationship in a positive way and can guide you to the right people at the right time. This could be a good friend or trusted relative giving you helpful advice.

A Numbers Game

By Ben Daniel

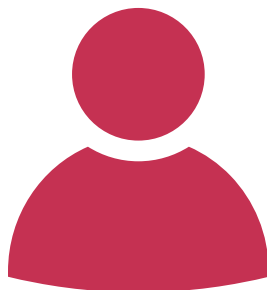
Using our complex dating algorithms that we can't disclose because they don't exist, we've analyzed and visualized what it's like to date as a BYU student.

THE REALITY



5 in every 20 people at BYU are married.

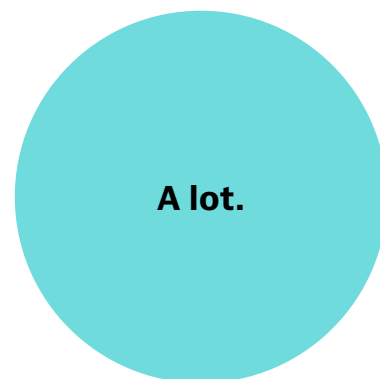
WHAT IT FEELS LIKE



1 in every 1 people at BYU are married ... except you.

FREQUENCY COMPARISON

Number of times I say I'm tired of being single each day



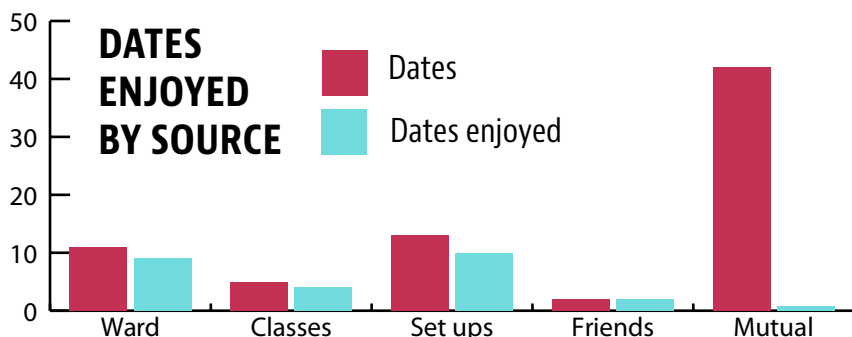
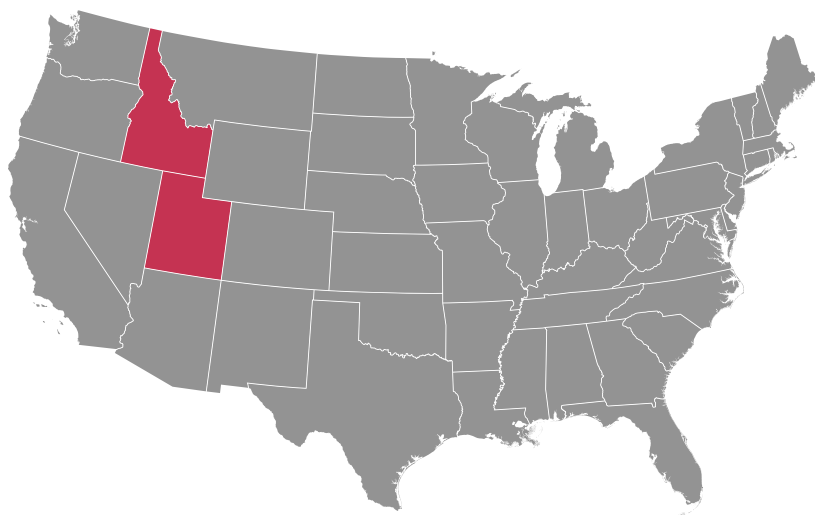
Number of times I flirt each year



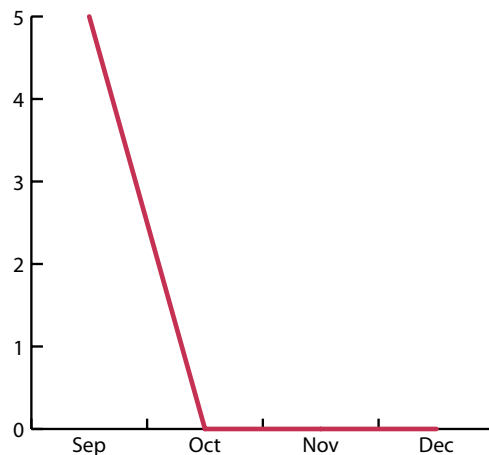
Not much.

CHANCES OF GETTING ENGAGED BEFORE AGE 19

■ >90% ■ <1%



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A GUY'S GUIDE TO GREAT HAIR

By Ben Daniel

Dating always starts with being a good person, but it can help to look your best too. It turns out that for men, looking your best means having good hair. A survey of 3,000 people conducted by a British healthcare company found that 22% of women find hair to be the most attractive feature in a man, the second highest percentage of all the features surveyed.

The BYU dress and grooming standards says, "Hairstyles should

be clean and neat, avoiding extreme styles or colors, and trimmed above the collar, leaving the ear uncovered." These standards leave a lot of room for individuality. Everyone's hair is unique and your hairstyle can be too while still adhering to the dress and grooming standards.

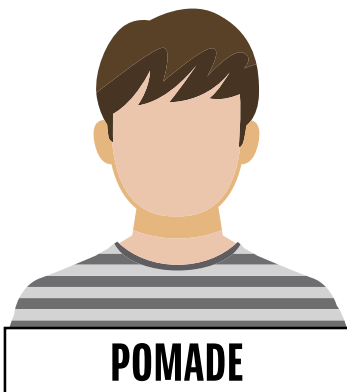
Great hair starts with healthy hair. Keeping your hair healthy means regularly showering, but not washing your hair too often. Washing your hair multiple times a day can actually damage it. Also,

make sure to use shampoo and conditioner. At the least, use a 2-in-1. When choosing a hairstyle cut, you should generally start with a part. A part is a split in your hair where hair on one side of the part is combed in one direction and in the opposite direction on the other side of the part.

A part gives you hair both variety and a focal point. Don't part straight down the middle of your head. It can also be good to vary the length. Variety is the spice of life, so spice up your hair. A little bit

of contrast in length can look good. Keep your hair longer on the top than on the sides. Once you have a good cut you are happy with, you can style it. That means hair products.

Apply most hair products by rubbing them on the tips of your hands then running your hands through your hair, moving your hand side to side across your scalp as you do. If you've ever looked at men's hair products, it may seem like there are a thousand different options. We're here to help simplify that.



What is it: Pomade is typically an oil or water based product that makes your hair extremely shiny and gives the impression that it is always wet. It makes your hair hard so you can slick it and it won't budge but is slightly softer than gel.

When to use it: Pomade is used to show off a hard part or to style a pompadour.

What it says about you: You're a rock 'n' roll, swing dancing king. Depending on the girl, that could be a really good or a really bad thing.

USE THIS
AMOUNT

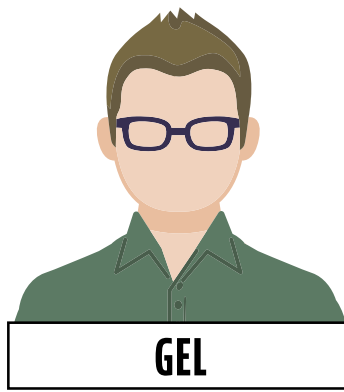
Hold



Volume



Shine



USE THIS
AMOUNT

Hold



Volume



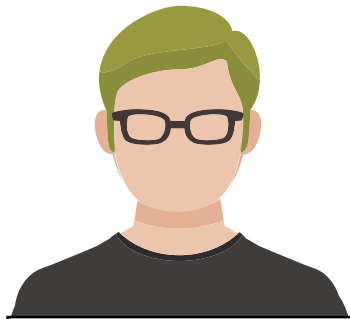
Shine



What is it: This is the cement of men's hair products.

When to use it: This type of product is great if you want to turn your hair into a helmet or are dressing up as Guy Fieri for Halloween. It's probably not the best for everyday styling unless you have a very specific, stiff hairstyle you are going for.

What it says about you: You live on the edge. You eat cereal without milk, don't you?

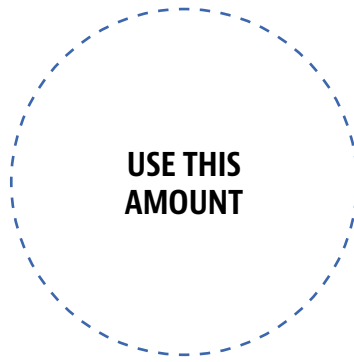


MOUSSE

What is it: It may share a name with a delicious dessert though, while it is just as luxurious, don't eat it. Mousse adds volume and hold and acts as a conditioner. It's not meant to style your hair, it is a hair enhancer that makes other styling products more effective.

When to use it: Mousse is used daily with other styling products.

What it says about you: You are a hair aficionado. Your hairstyle isn't a passing thought, it's a daily work of art.



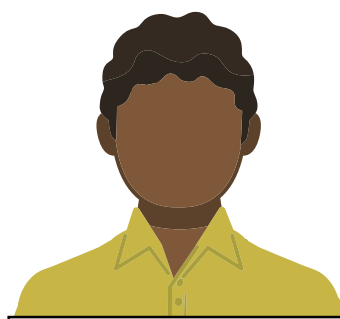
Hold



Volume



Shine



PUTTY

What is it: Putty is as balanced as men's hair products come. It has a medium hold — just enough to keep hair styled through the day, without turning it into a shell. It also has medium shine, not typically add shine, or a matte finish to hair.

When to use it: This is an everyday styling product. It looks both neat and natural. It is especially good if you have fine hair. If your hair is thicker, curly or long it may not be best.

What it says about you: You're a nice guy...with just a bit of spice.



Hold



Volume



Shine



WAX

What is it: Thick paste you might have to massage a bit before you add it to your hair. Wax has a high level hold without forming a shell like gel. It also gives a matte look to your hair.

When to use it: This is a great product if you have a particular hairstyle you want to keep the exact same throughout the day. It is also great for guys with thicker hair.

What it says about you: You're outdoorsy, possibly a surfer, who needs to keep your hair tight throughout your adventures.



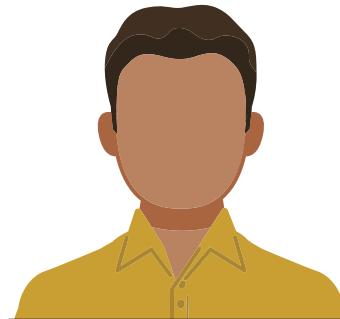
Hold



Volume



Shine



PASTE

What is it: Paste is very similar to putty and, depending on the brand, they may mean the same thing. Paste or cream is often a bit softer or wetter.

When to use it: Pastes and creams are another good everyday styling product.

What it says about you: You're a really fun guy with a sensitive side.



Hold



Volume



Shine



Bring BYU to YOU

Tuesday 11/10

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1

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What Your Ideal First Date Says About You

By Hannah Gladwell

Which grossly oversimplified stereotype are you based on your choice of first date activity?

Hiking

Your family definitely runs marathons on Thanksgiving. No one has ever seen you without Chacos — not even your roommate. You sleep in Chacos, you shower in Chacos and you'll probably get married in Chacos. Your natural habitat is Trader Joe's or a random mountain somewhere. Your dating profile says that you "love to go on adventures."

Watching Netflix

The word "date" makes you cringe; you prefer to say "hang out." You don't mesh well with people who don't kiss on the first date. Your preferred method of communication is Snapchat, and your Snapchat score is probably over a million.

Going to a Concert

You cuff your jeans, and your favorite musicians have less than 10,000 monthly listeners on Spotify (except The 1975). You're probably majoring in advertising or graphic design. Your catchphrase is, "You probably haven't heard this band before; they're pretty underground." You can always be trusted with the aux cord.

Going to an Arcade

You're a ball of energy, and people love being around you. You're a golden retriever personified. You're friends with half the student body, so you see someone you know anytime you go anywhere. You're really busy and have a minimum of 75 unread text messages at any given time.

Grabbing Food

You're laid-back and normal as far as Provo dating goes. You have a pretty garden-variety dating life, and that's the way you like it. You're relatively low-maintenance and a nice break from the insanity that is the rest of the dating scene.

Attending a Sporting Event

Most of your wardrobe consists of BYU or Utah Jazz attire. You most likely have a ROC pass, and you camp out for games. You "know a guy" on every BYU sports team. Your school spirit is unmatched; it's both impressive and a little terrifying. There is speculation that you're actually Cosmo.

Getting Ice Cream from the Creamery

You're either a freshman or just really into Graham Canyon.

Hot tubbing

You are definitely your apartment complex's "hot tub guy." Every complex equipped with a hot tub has at least one hot tub guy. You're either in the hot tub, or you're at VASA trying to maintain your hot tub body. When asked about your major, you usually say, "Well, I'm applying to the business school next year."



Amanda Ius



TWO

ROCKY DATING AHEAD

Sometimes dating is a walk in the park, but other times it's a rocky road. Sometimes all you can do is laugh at how comically bad it can be. Enjoy some of the best (or worst) that Provo has to offer.

"One evening I took a girl from Mutual out for a milkshake at about 10:30. Conversation was nice, but I wasn't interested in really pursuing it further. About 45 minutes later, I decided to call it a night and drove her back to her place. She was still talking once we got there, but I wanted to let her finish.

She kept talking for hours. At some point I turned my car off to save the battery. Some time later I noticed that the headlights were still on and wouldn't turn off. And then the car died.

I left a big note on the dash, hoping I wouldn't get towed, and my date had to drive me home. It was about 2:00 at this point. The next day I found out the car had been towed, and I needed a new battery. In total that date cost me over \$300."

— Dallin, engineering major

"A guy in my English class asked me out on a date. We went to RC Willey for some reason. As we were looking at furniture, an employee came up to us and asked if he could help us. My date said, 'Yes! We're engaged and looking for furniture for our new home.' I was so dumb-founded that I just stood there. Needless to say, there wasn't a second date, and I avoided him for the rest of the semester."

— Catherine, psychology

"I went skiing with a girl. It was our fourth date or so, things were going well, and she invited me to the slopes with a few of her friends. She didn't talk to me the entire time, and I didn't know anyone else there, so it was completely awkward. To make matters worse, my phone fell out of my pocket halfway down the slope. I never found it, and I never saw the girl again."

— Josh, biology

"I had been hanging out with a girl for a couple weeks, and she came over to watch Netflix. We were holding hands. The second my very attractive roommate walked into the room, she dropped my hand and only talked to him until he had to leave. Then she never spoke to me again."

— Ben, undeclared

"A guy asked me out on Mutual for that night. I told him I was busy and thought we would leave it at that. At 11 p.m. he messaged me and asked what I was doing. I told him I was in bed, and he said, 'I'm coming to pick you up.' I'm pretty spontaneous, so I decided to just go along with it."

He picked me up, but everything was closed, so we just drove around and talked. Eventually he kissed me, and I'm not into first date kissing, so I said, 'I have to get home.' He said, 'Sorry if I came off as aggressive. I broke up with a girl today.'

I then took on the role of therapist for the next hour and talked him through his breakup. When he dropped me off, he asked if he could see me again. I told him I'd think about it and ran away."

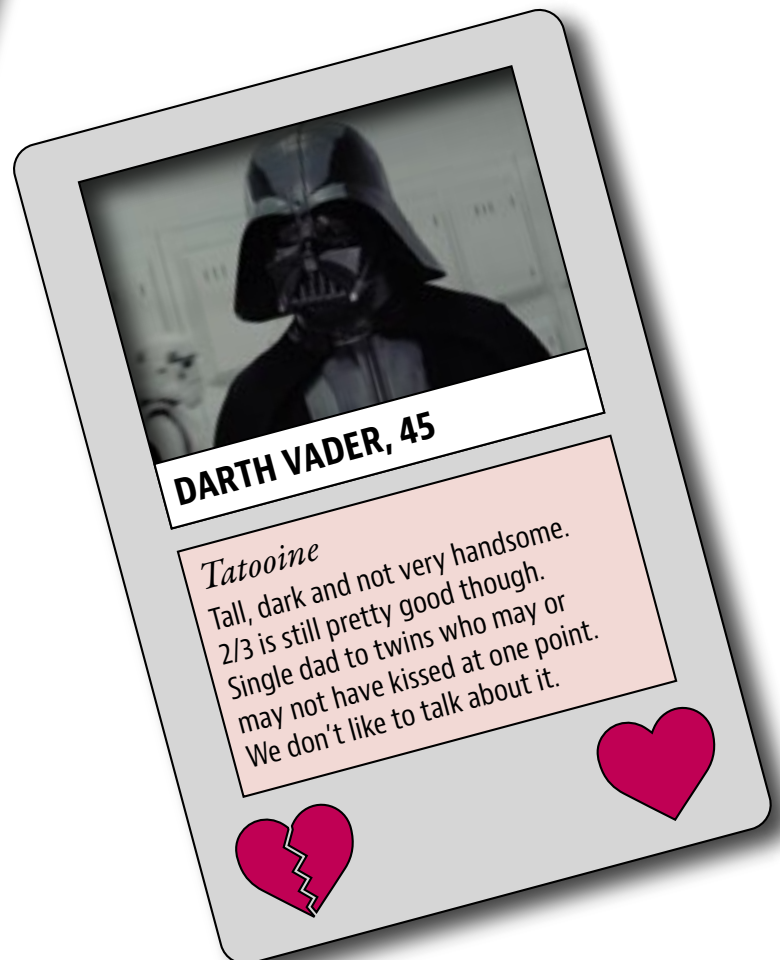
—Madison, pre-communications

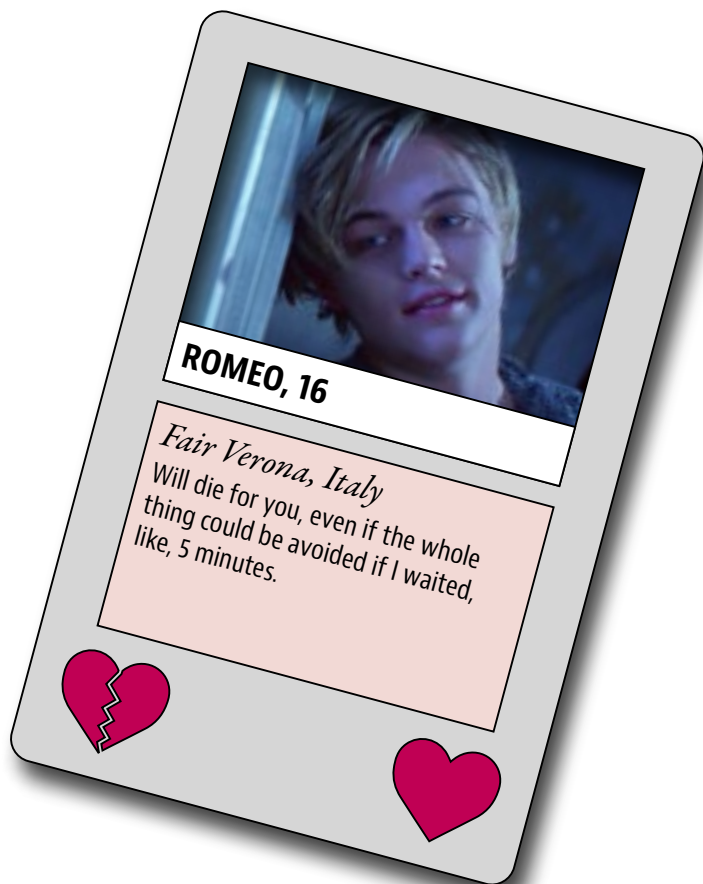
"I was at a drive-in movie with a girl, but my radio didn't work unless the headlights were on. Obviously I can't turn on my headlights during the movie, and we couldn't listen to the audio of the movie without the radio, so I just made my own sound effects for the whole movie."

— Garrett, public health

LOVE AT FIRST SWIPE?

Dating apps have gained popularity in recent years — even, or perhaps especially, at BYU. What if some familiar favorites from the silver screen decided they wanted in on the action? How would you swipe?





TWO Masked Emotions

By Allie Peterson



Happy

This is good. In fact, this is great. They're in a good mood, the sun is shining, they don't have to worry if there's any food in their teeth from their last meal. Give them the razzle-dazzle and smile back to get that spark ignited.



Angry

The alarm didn't go off, they slept through their first Zoom class, the toast burned, and they forgot their textbook at home. They may want their space.



Tired

Bleary-eyed, they may not notice you at first. It's important to make yourself seen and energetic in your greeting. That way they can wake up from the fog of finishing an assignment they had forgotten about until 2 in the morning.



Scared

They're probably walking pretty fast, borderline trying out for the next speed walking Olympics. This could be due to the fact that they forgot their blended class was meeting in person today and not five minutes ago they were still in bed waiting for the meeting to start. We salute you. Stay strong.



Confused

Hmmm... maybe they don't know what day it is. Monday? Thursday? Wednestuesday? This would be a great opportunity to show how much you care by offering assistance. (And maybe a phone number for further questions. Wink, wink.)



Daydreaming

Remember when you could stand closer than six feet? When you could flash an unmasked smile at your date? Once you catch their attention you can wow them with your extensive knowledge of all the great things you can still do safely that you got from Dating Ideas beginning on page 36.



Love

Wow, amazing work. One look into your eyes has created a connection and sparks are flying. No need to hesitate, go forth and woo them as the chemistry between you ignites!

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THE DATING PLAYBOOK

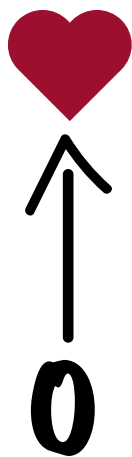
BY BEN DANIEL

Since there haven't been as many games to watch, we've assembled a playbook to get you in the game — the dating game, that is. If you've been in a bit of a rut when it comes to dating, try shaking up your strategy so you can beat out the competition and win that ring.

Football

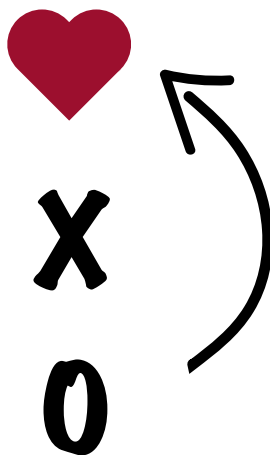
QT Rush

You know you're interested and you go for it full-steam. Efficient if it works ... you'll probably fumble if it doesn't.



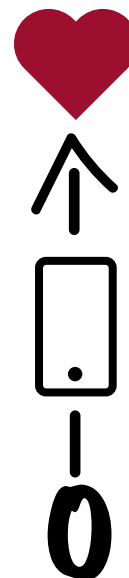
QT Sneak

Say you're just looking for new friends — they won't suspect a thing.



Post Route

Ask them out in a "totes adorbs" social media post.



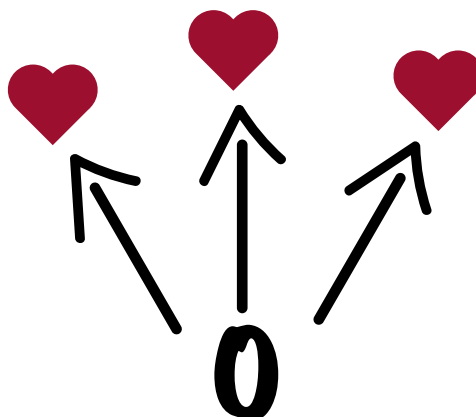
Swipe Route

Swipe up, then wait to receive.



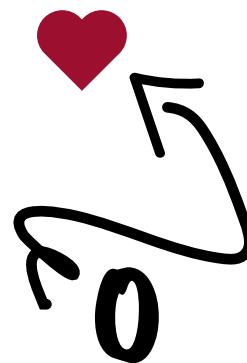
Triple Option

Go on a couple dates with a few different people, then pursue with the person you like the most.



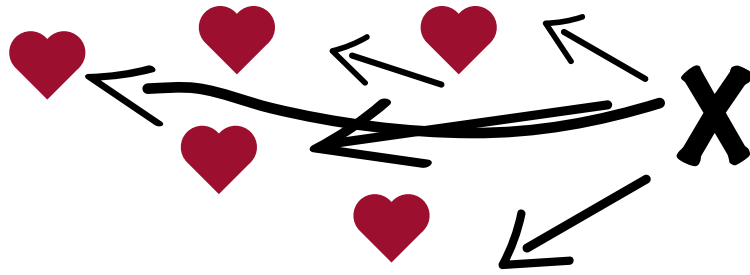
Hail Mary

Go up to the most attractive person you can find and ask them out. There's a chance it could work ... if you're the Tanner Mangum of dating.



Blitz

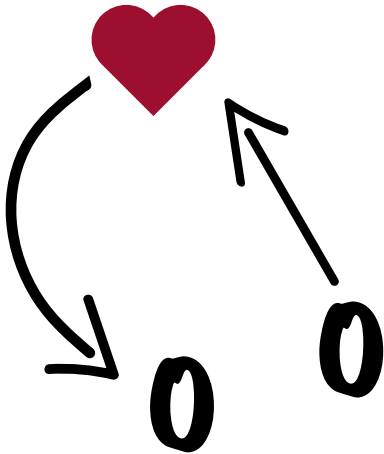
Date literally everyone who will say yes. You're bound to find someone who's interested.



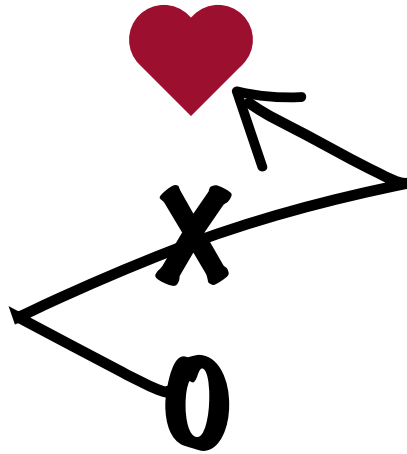
Basketball

Alley-Oop(s)

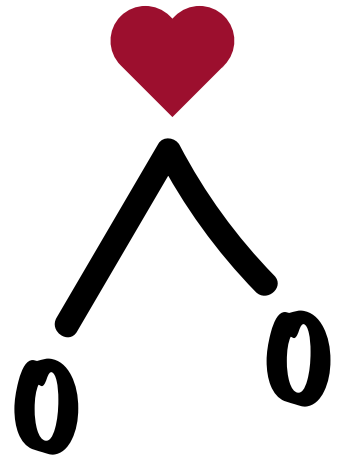
You think someone is really interested in you, but it turns out they were using you to get to your friend.

**Pick and roll**

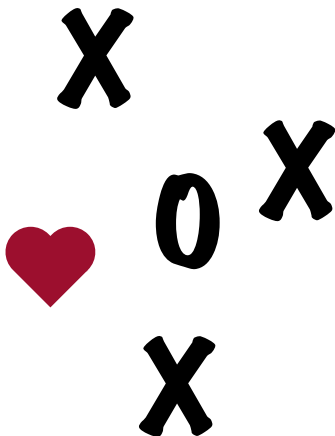
Become friends with someone so you can flirt with their roommate.

**Triangle Offense**

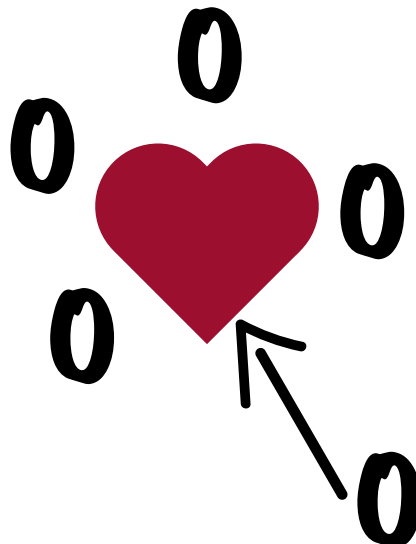
See who your friends are interested in and explore the adventure of a good, old-fashioned love triangle.

**Zone**

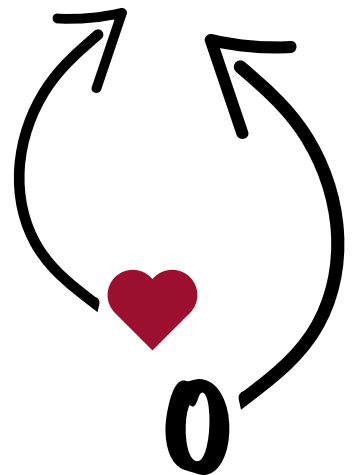
Insert yourself as the token member of the opposite sex in a friend group then take your pick.

**Full-court pressure**

Recruit all of your mutual friends to convince your crush to go out with you.

**Motion Offense**

Go to the park and jog with cute people you see.



REMEMBER WORLD

Cut these quotes out and use them as needed. Tape them to your mirror, stick them in your wallet or fold them into a paper airplane to throw at a cutie in the library. They're multipurpose.

Now, in my capacity as president of the Church, I invoke a blessing upon you to be able to discern between right and wrong, between the laws of God and the conflicting voices of the world. I bless you with power to detect the adversary's deceptions. I bless you with greater capacity to receive revelation. And I bless you to be able to feel the infinite reach of God's perfect love for you.

President Russell M. Nelson
BYU Devotional, Sept. 17, 2019

TWO

**"LET LOVE
CONQUER
PRIDE."**

President Dieter F. Uchtdorf
Second Counselor, First Presidency
April 2016 General Conference

TWO

**"EVERYBODY
IN THE WORLD
DOESN'T HAVE TO
MARRY YOU —
IT ONLY TAKES ONE."**

President Bruce C. Hafen
President, Ricks College
BYU Devotional, Sept. 28, 1982

TWO

"In a dating and courtship relationship, I would not have you spend five minutes with someone who belittles you, who is constantly critical of you, who is cruel at your expense and may even call it humor. Life is tough enough without having the person who is supposed to love you leading the assault on your self-esteem, your sense of dignity, your confidence, and your joy. In this person's care you deserve to feel physically safe and emotionally secure."

Elder Jeffrey R. Holland
Quorum of the Twelve Apostles
BYU Devotional, Feb. 15, 2000.

TWO

**"You
have to become
the one and true
and only."**

Elder David A. Bednar
Quorum of the Twelve Apostles
Face to Face, May 12, 2015

TWO

Let us define love:

To love another righteously is to protect, to elevate, to keep pure and undefiled, and to sacrifice one's self for the benefit of the other.

Elder Richard G. Scott
Quorum of the Twelve Apostles
CES Fireside, Sept. 12, 2010

TWO

ER THEIR RDS

“People don’t fall in love, but you pick someone with whom you can create the love that you desire.”

Sister Susan Bednar
Wife of Elder David A. Bednar
Face to Face, May 12, 2015

TWO

“Let us love one another:

for love is of God;
and every one that loveth is born of God,
and knoweth God.
He that loveth not knoweth not God;
for God is love.”

1 John 4:7–8

TWO

“If you are just marking time waiting for a marriage prospect, stop waiting. You may never have the opportunity for a suitable marriage in this life, so stop waiting and start moving.

Prepare yourself for life — even a single life — by education, experience, and planning. Don’t wait for happiness to be thrust upon you. Seek it out in service and learning. Make a life for yourself. And trust in the Lord.”

Elder Dallin H. Oaks
Quorum of the Twelve Apostles
CES Fireside, May 1, 2005

TWO

“Love is so much more than an emotion or feeling.

Indeed, properly understood love is not a state of being, it is an actual Being. And that Being is Christ Himself.”

Jason S. Carroll
BYU Professor of Marriage and Family Studies, BYU Devotional, April 2, 2019

TWO

“Love is of the very essence of life. It is the pot of gold at the end of the rainbow. Yet it is more than the end of the rainbow. Love is at the beginning also, and from it springs the beauty that arches across the sky on a stormy day.

Gordon B. Hinckley
Second Counselor, First Presidency
Ensign, March 1984

TWO

“No experience can be more beautiful, no power more compelling, more exquisite. Or, if misused, no suffering is more excruciating than that connected with love.”

Elder Boyd K. Packer
Assistant to the Twelve
BYU Fireside, Nov. 3, 1963

TWO



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Meat

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WHEN A FRIEND MAY BECOME MORE *Catching Feelings for a Friend*

By Ben Daniel

“Full send.” “Go for it.”

These aren't things students are yelling at the football team on fourth down. These are quotes from BYU students when asked what someone should do if they develop romantic feelings for a friend.

“Friendship is the basis of every good relationship,” said Carla Calderon, a junior studying Spanish translation. “Why would you date someone who isn't your friend?”

What should you do if you find yourself being romantically interested in a friend? In short, go for it! It is normal and natural to be somewhat uncomfortable about having romantic feelings for a friend. Usually it is uncomfortable because you think you might lose their friendship if they are not interested, or that it might make social situations complicated.

“Take it slow but make your intentions clear,” said Ryan Echols, a senior studying linguistics. “Try to get to spend more one-on-one time with them. If actions that imply romance seem to make them uncomfortable, then you probably need to leave it be and stick with being friends.”

While having concerns is common, there are many reasons why it is good to pursue a friend you have feelings for.

Successful relationships are founded on good friendships

There is a reason you are friends. You already get along. You know each other's values and quirks. You have a great start for a good relationship. There is a reason many husbands and wives refer to their spouse as their best friend. In fact, science supports friendship as one of the most important aspects in a romantic relationship. A study published in the *Journal of Social and Personal Relationships* found that how well partners valued the friendship dynamic of their relationship was a strong positive indicator of how well they felt love and romantic commitment.

You might always wonder what might have been

FOMO, or fear of missing out, is a plague for some and can keep you tossing and turning at night wondering if your friend was the one that got away. You'll never know for sure unless you ask.

You won't be friends forever

Eventually you will get married and your friendship with members of the opposite sex changes. Your spouse becomes your best friend, and it's often not appropriate to maintain friendships with mem-

bers of the opposite sex in the same way you did before marriage. If you really don't want to lose someone as a friend, the best thing to do might be to date them and see if they will become your permanent best friend.

The potential fallout is never as bad as it seems

There is a reason you are friends. Chances are, you can both be mature about this. With a little bit of time and a return to normal friend activities, most awkwardness and uncomfortable feelings will start to fade away. Who knows, you may end up being better friends than when you started.

These reasons don't mean you need to rush to their door with a bouquet of flowers and a poetic love song you wrote. You can still be smart about it. Feel out when the best time to talk to your friend about your feelings might be. Be mindful of their feelings and situation. When you've found a good time to talk with them, go for it!

If a friend has feelings for you

How should you react?

“Don't lie,” said Hannah Landry, a senior from Kansas. “Don't be a jerk if you don't feel the same. But definitely don't lie.”

Whether you saw it coming or it was unexpected, take a second to process before you react. It is also OK to tell them you need some time to think about it so you can be honest about your feelings.

Give it serious consideration. Again, there is a reason you are friends. You like to be around each other. You probably have fun

around each other and have complementary personalities. Maybe you've never thought about them romantically before, so take a second to. Can you imagine being in a relationship with them? Does it seem like that would be a successful relationship? You just might find that a great relationship was in front of your nose the whole time and you never saw it. Or maybe you're not sure but are willing to try it. A date won't hurt anything. Maybe you are very sure you only want a platonic relationship with them.

Whatever your decision, acknowledge the fact that they were brave and vulnerable in telling you. Be kind in how you tell them what you feel. That doesn't mean you have to sugarcoat it. Be direct. Indirect or unclear answers often cause more damage. But be flattered that they feel that way about you-- it really is a compliment.

Catching feelings for a friend or vice versa can be scary and uncomfortable, but it can have a positive end by keeping a friend or starting a new relationship.



THE HEAD & THE HEART

Mental Illness & Relationships

By Hannah Gladwell

Relationships are an integral part of the human experience, and so are the challenges that come with them. Mental health problems can be among these challenges, and it can be difficult to know where to begin when navigating them. Fortunately, there are steps both partners can take to reduce adverse effects and strengthen the relationship.

Managing Mental Illness in a Relationship

Know you are capable and worthy of love. Though the grip of mental illness can feel unrelenting and debilitating, it does not have to define your ability to maintain a healthy relationship. You are bigger than your burdens.

The nature of mental illness may require more effort to conquer the stress that accompanies dating and relationships. Love can be an emotional rollercoaster even without mental health issues, but it is manageable and can ultimately strengthen a relationship.

Before you can thrive in a relation-

ship, you should be able to thrive on your own. “I like to think of a relationship as two whole people coming together,” said Kylee Marshall, a marriage and family therapist. “Being whole doesn’t mean you can’t have mental health problems, but it is important that you can take care of yourself and meet your own needs. Love doesn’t fix your mental health problems. It’s your responsibility to manage and work on them.”

Mental illness is not a love deficit; it is a multifaceted medical condition. Before you enter into a relationship, ensure that you are equipped to care for yourself. Relationships can be fantastic support systems for those who struggle with mental illness, but they should not become dependencies, Marshall added.

Consider various treatment routes to lessen symptoms. Marshall noted therapy, medication, exercise and self-help resources as a few of the options available to those who are struggling. “This varies from person to person,” she said, “but there are a lot of options.” Figure out which course of treatment is best for your



"An open, ongoing conversation should be a priority."

circumstances, and be consistent in it. Familiarize yourself with the patterns and symptoms that coincide with your illness, and recognize when they occur so that you can respond in ways that work for you.

Acknowledge that dating and relationships will be trying at times. Setting realistic expectations can reduce dating stress, said Scott Braithwaite, a BYU associate professor of psychology. Rejection and conflict are bound to occur in some form. This is true for those who struggle with mental illness as well as those who don't. They are normal, natural relationship processes. Accepting and preparing for the pitfalls attached to human relationships allows you to move forward with realistic expectations.

It can be scary to disclose details as personal as mental illness to a potential partner. You may find that the conversation occurs naturally as the relationship progresses, but

if you are having trouble knowing when or how to initiate a conversation, rely on your best judgment, Braithwaite said. A first date conversation is likely not the ideal time to share. As a relationship grows, vulnerable conversations can foster closeness. Marshall recommended starting with small conversations about mental health and gauging your partner's reaction. Chances are your partner will be able to relate on some level.

"The truth is that the vast majority of people are going to have some experience with symptoms of depression and anxiety, even if they haven't been diagnosed with a full blown episode. I think that trying to share those experiences, if anything, is going to help connect a couple," Braithwaite said.

In some cases, a potential partner may feel unequipped to help support you and ultimately the relationship cannot progress in a healthy

manner. This could lead to some difficult decisions, Braithwaite said. Honesty remains the best policy, and communicating openly about your struggles is the simplest way of finding out if your partner is able and willing to support you. If not, move on confidently knowing the relationship isn't what you need.

Communication is essential to any well-functioning relationship, and continual openness throughout the ebb and flow of chronic mental health issues is important.

"Making it an open, ongoing conversation should be a priority," Marshall said. "Open conversations about mental health and setting boundaries and expectations is a way to practice good communication."

A strong relationship should offer support. Talk about what you are feeling and experiencing, and allow your partner to be there for you. Let your partner know what works,

what doesn't and the ways they can best help. Offer support to your partner as well.

Be careful of projecting your mental illness symptoms onto your relationship. "Label it as what it is, which is probably a mental health challenge," said Marshall. "Being able to externalize it can be helpful, as well as talking about it together."

Your brain may try to attach your symptoms to concrete aspects of your life, such as a relationship. This is not necessarily reflective of reality. Be discerning when recognizing the difference between symptoms and legitimate relationship concerns.

While your partner can support you, you are ultimately in charge of taking care of yourself. You don't want a partner who does the work for you, you want a partner who works with you. Braithwaite said the best way to minimize the impact of mental illness on a relationship is to seek help when you need it. "We have effective treatments for virtually every diagnosis. It's reaching out for support to professionals and to people who love you to make sure that you don't let this become something that undermines a healthy, good relationship," he said.

Supporting a Partner Who Struggles with Mental Illness

Though you can't "fix" your partner's mental illness, you can support them through it. The destabilizing effect of mental illness can be lessened by a solid support system, and there are various steps that can be taken to become part of that support system for your partner.

Educate yourself on the disorder your partner struggles with. "Being educated about your partner's experiences is really important," Marshall said. As mental illness has become a more widely discussed subject, medical research on the subject has expanded as well. Resources for mental illness education are now readily available, so take advantage of those to deepen

your understanding of the way your partner's brain functions and the best ways you can help.

In addition to your own research, ask about your partner's specific experiences with mental illness. General research can provide a good foundation of understanding, but mental illness affects each person a little differently. Marshall said that mental illness does not function on a one-size fits all basis. "Education can come from online resources or books, but you also should understand what mental illness feels like to them. The best education comes from your partner," she said.

Your partner can fill in the gaps to produce a more comprehensive picture of individualized challenges. Approach this subject sensitively and with an open mind; being vulnerable about such a personal issue can be daunting but can ultimately bring you closer together.

Marshall said it can be helpful to ask your partner what you can do for them when challenges arise and to listen without necessarily trying to fix the problem. "It's kind of a cliché, but it's because it's true. It's important to listen and be present and empathetic with your partner without trying to find solutions, unless they are asking for solutions," she said.

Familiarize yourself with your partner's symptoms. You may notice that certain symptoms will begin to surface at the onset of episodes. When you observe this, provide support and encourage your partner to address their symptoms or seek treatment. "Making sure that the person with mental illness is getting the care that they need is the top priority," Braithwaite said.

"The kindest thing you can do as someone who loves someone with mental health problems is encouraging them to get outside help and supporting them in that," Marshall added.

The Good News

A healthy relationship can actual-

ly form a protective barrier around mental health. Both specialists emphasized the positive role of relationships in the context of mental illness. "Relationships can help create a safe, secure environment that helps people to experience less depression and anxiety, and that's a wonderful gift," said Braithwaite. Close relationships can have a stabilizing, anchoring effect and provide a consistent source of love and support.

There is no such thing as a perfect relationship. Learning to cope with mental illness in a relationship may prove to be a challenge, but it is not impossible and can strengthen a couple. Hard days are a harsh reality of mental illness and life in general, and one of the conditions of a close relationship is that you will see both the best and worst of your partner. In difficult times, it is easy to see mental illness as just a burden, but avoid reducing those with mental illnesses to their diagnoses. In the context of the whole person, mental illness can allow for a depth of feeling that leads to greater empathy and understanding, Braithwaite said. With a little bit of learning and a whole lot of love, the struggle with mental illness can be navigated, resulting in a strong, healthy relationship.

If you or someone you know is in need of mental health help, a list of resources from CAPS is available at unvr.se/capshelp

Dance the Night Away

BY BEN DANIEL

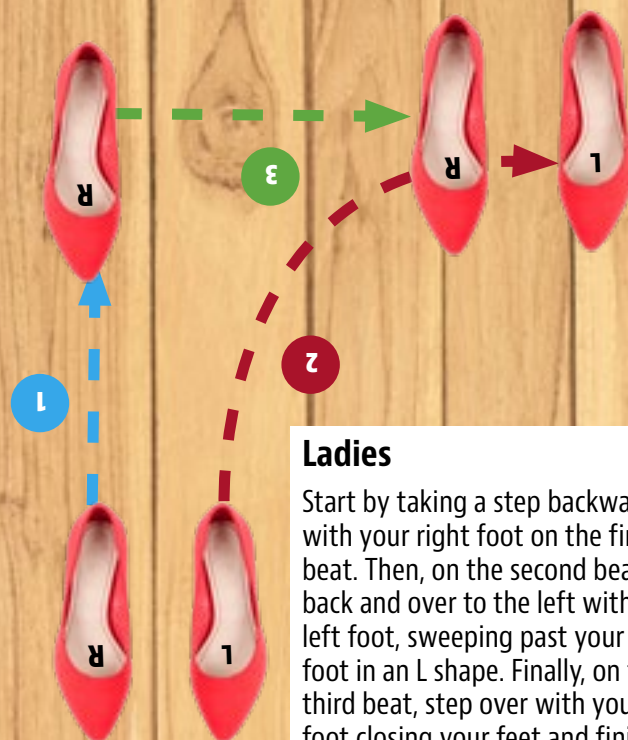
Aside from Cosmo and the Cougarettes, BYU students may not be experienced dancers. It's easy to feel uncomfortable at a party where people are dancing when you feel like you're not a great dancer. It can be especially daunting if you went to the party to spend time with someone you are interested in, or if you are on a date at a dance.

It's totally normal to be a bit self-conscious about dancing, but with a little practice you can be confident and have fun even if dancing isn't your thing.

Formal Partner Dancing

Let's say you find yourself at a formal dance like one of BYU's homecoming dances or the Student Alumni Association's annual Traditions Ball. A slow song comes on and your date wants to dance. Want to impress them? Try whipping out a waltz.

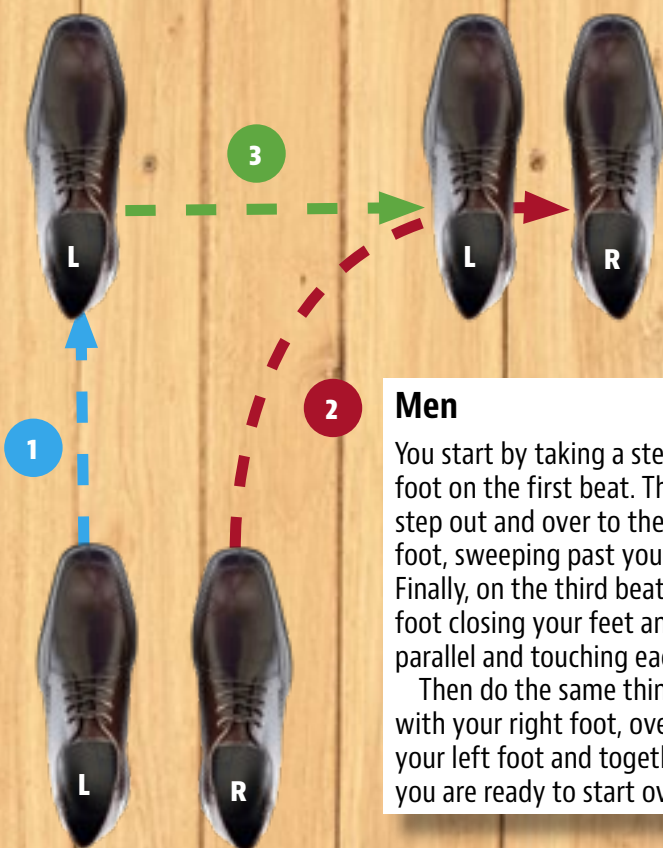
The waltz is an elegant partner dance in a slow $\frac{3}{4}$ time. This article covers only the basic waltz move known as a box step. However, there are many other steps that are easy to learn and can help you become a suave dancing machine in no time.



Ladies

Start by taking a step backward with your right foot on the first beat. Then, on the second beat, step back and over to the left with your left foot, sweeping past your right foot in an L shape. Finally, on the third beat, step over with your right foot closing your feet and finishing with them parallel and touching each other.

Then do the same thing in reverse. Step forward with your left foot, over and to the right with your right foot and together with your left. Then you are ready to start over. When you step, the first step should rise up onto your toes. The second should have both feet elevated on the toes, and the last should fall back down from you toes and settle onto your heels.



Men

You start by taking a step forward with your left foot on the first beat. Then, on the second beat, step out and over to the right with your right foot, sweeping past your left foot in an L shape. Finally, on the third beat, step over with your left foot closing your feet and finishing with them parallel and touching each other.

Then do the same thing in reverse. Step back with your right foot, over and to the left with your left foot and together with your right. Then you are ready to start over.

Scan this Spotify code to listen to a playlist of waltz music you can practice to.



Frame

One of the most important parts of partner dancing is frame or how you hold each other. Your frame should have good tone but not be stiff. You apply gentle pressure wherever you make contact with your partner. This allows you and your partner to stay 'locked' together while you dance and makes it easier to dance in unison. It also makes your dancing look more confident and elegant.

The man extends his left arm and makes a karate-chop shape with his hand. The top of his hand should be elevated to about the level of his chin. The lady places her hand perpendicularly into the man's, her fingers curling around and resting on the back-side of his palm. The man gently closes his hand around the lady's.

These hands should be directly in the middle of the partners with neither one pushing their hand too far forward. Their arms should be extended so that the lady's is almost straight. Again, each person should be applying slight pressure to their partner's hand. The man's elbow should be up and back to form a straight line across his shoulders.

He takes his right hand and places it, again in karate-chop shape, under the lady's left shoulder blade. The man should apply pressure, lifting the lady's shoulder slightly. The lady wraps her index finger and thumb around the crease between the man's arm and shoulder muscles, as if she's squeezing it. Her other three fingers should be flared out and she should push gently on the man's arm.

Shoulders should be back and relaxed for both partners, chests should be lifted.

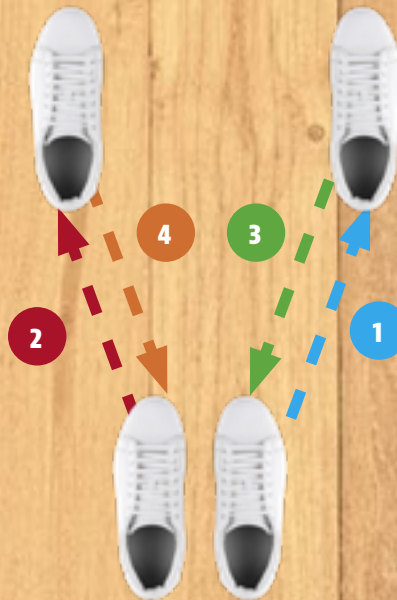
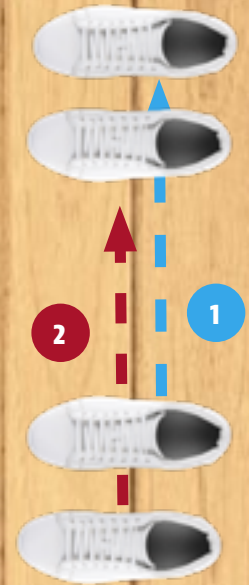
Party Dancing

Is there a way to dance at parties, have fun and talk with that cute person you've been wanting to get to know without getting self-conscious? There is! Here are a couple of moves to try.

The Side Step

Step to the side in whichever direction you choose. As you are planting your foot, begin sliding your other foot across the floor without turning it. When they meet, flex and relax your knees slightly but quickly. Now do the same thing in reverse, stepping back to where you started and sliding your opposite foot to meet it.

Step to the beat while staying relaxed and keeping your arms loose. You can also try pumping your arms somewhat whenever your feet meet.



Four Corners

This move is best for faster songs. Take a small step forward and out with either foot. Then do the same with the opposite foot. Then step back and in with the first foot and follow with your second. While keeping them relaxed, raise the opposite arm you are stepping with.

You can imagine there is a square drawn on the floor and you are stepping on each corner of it. Most songs are in 4/4, so there should be one step for each beat.

One of the most important things in dancing is developing a sense of rhythm. If that's something you struggle with, try tapping your fingers while listening to music to practice recognizing and following a beat. When you master it with your fingers, your feet, and hopefully love, will follow.



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MORE THAN 500 DATE IDEAS



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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 St., Orem. 801-225-1324
- Bandera Brisket** 🚚
★★★★★ Brisket. facebook.com/banderabrisket. 801-414-8135

- Black Sheep Café**
★★★★★ Southwestern, modern American. 19 N. University Ave. 801-607-2485
- Block Restaurant**
★★★★★ American. 3330 N. University Ave. 801-885-7558
- 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** 🚚
★★★★★ Barbecue. charlieboysbbq.com. 801-427-0600

- Chom Burger**
★★★★★ Burgers, salads. V VG 45 W. 300 North. 385-241-7493
- Clean Eats Food Truck** 🚚
★★★★★ Healthy cleaneatsfoodtruck.com. 801-653-3965
- Cluck Truck FT**
★★★★★ Gourmet chicken wraps. cluckingdelicious.com. 801-369-3788

\$ Corndog Commander 🇺🇸
 ★★★★★ American, corndogs.
 facebook.com/corndogcommander. 801-210-0213

\$ Cubby's
 ★★★★★ Sandwiches, barbecue. VG
 GF 1258 N. State St. 801-919-3023

\$\$ Good Move Café
 ★★★★★ American. VG GF 1 E. Center,
 Suite 100. 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. 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 Suite 105. 801-705-8500

\$

The Mouse Trap 🇺🇸
 ★★★★★ Gourmet grilled cheese. unvr.
 se/MouseTrapTruck. 801-900-5988

\$\$ R&R BBQ
 ★★★★★ Barbeque. 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, barbeque. 194 Center
 St., Orem. 801-427-6473

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

\$ Spuds FT
 ★★★★★ Specialty baked potatoes.
 facebook.com/spudsloaded. 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 FT
 ★★★★★ Burgers, Barbecue elsarten.
 foodtrucks.fans.

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

\$ JJ Burger
 ★★★★★ Burgers, fries. 40 N 400 W.
 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 St., Orem. 801-960-9669

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

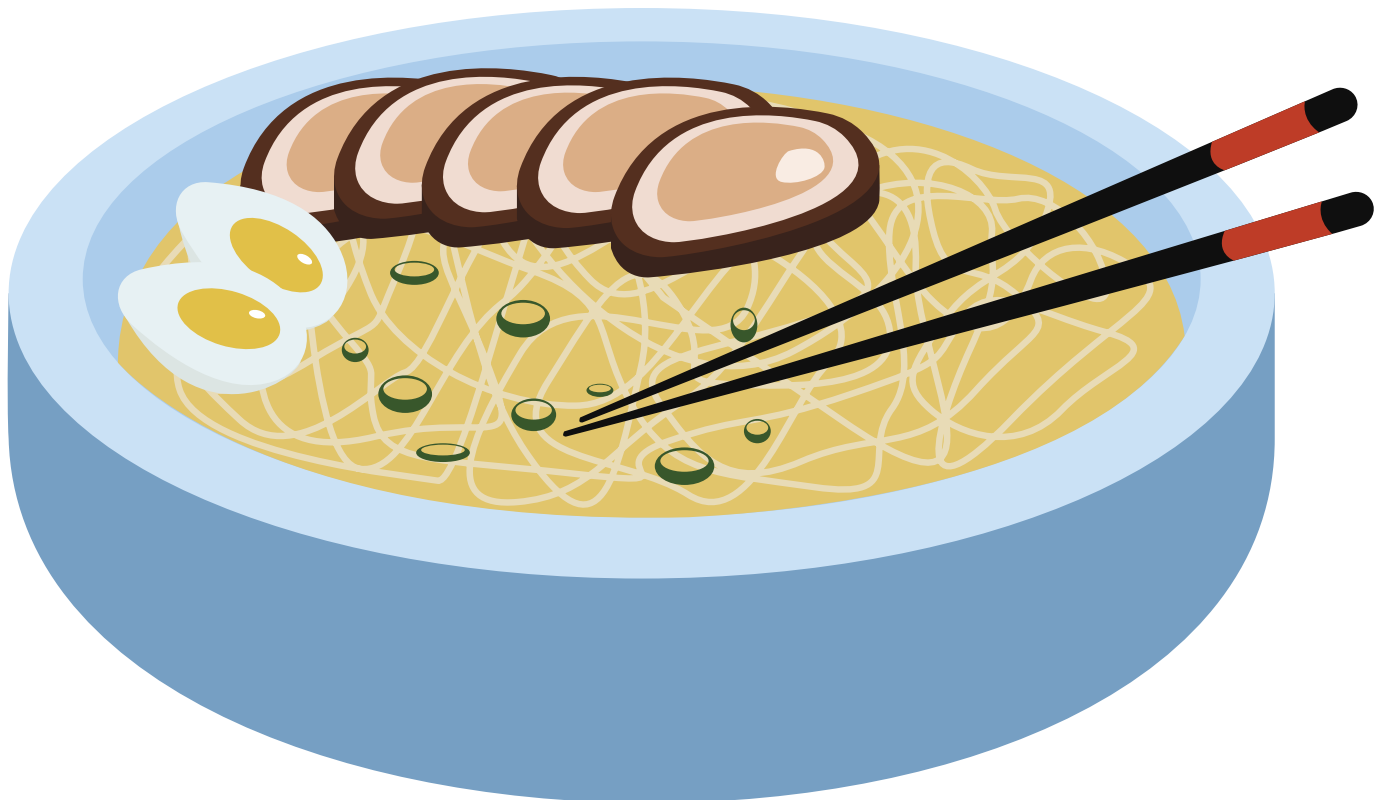
\$ Noodle King
 ★★★★★ Vietnamese. 163 N. University
 Ave. 801-818-1027

\$ 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 St., Orem. 801-224-0030

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

\$ Eggrollin' Authentic Filipino Lumpia 🚚

★★★★★ Filipino. Foodtruck.

Bakery, Cafe/ Breakfast

\$ Antonella's Café
 ★★★★★ Bakery, sandwiches. V 154 S. State St., 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 St. 801-607-1593

\$ Great Harvest Bread Company
 ★★★★★ Bakery, sandwiches. 1774 N. University Pkwy #48. 801-373-9816

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

\$ Joe's Café
 ★★★★★ Burgers, southern breakfast. 1126 S. State St., 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. Find the current food truck address online. 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 Brioché 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. 801-300-8836

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

\$ The Chocolate
 ★★★★★ Dessert. 212 S. State St., 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 St. (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. Find the current address online. 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

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

\$ Ike's Creamery
 ★★★★★ Ice cream. 4801. Univerisy 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](https://www.instagram.com/macsa.la.mode)

\$\$ Menchie's Frozen Yogurt

★★★★★ Frozen yogurt. 153 N. State St., Orem. 801-426-5259 [menchies.com](https://www.menchies.com)

\$\$ Mora Iced Creamery

★★★★★ Dessert, ice cream, frozen yogurt. 541 E. University Pkwy., Orem. 385-236-3319 [moraicecream.com](https://www.moraicecream.com)

\$\$ Mrs. Cavanaugh's Chocolates & Ice Cream

★★★★★ Candy, chocolates, ice cream. 1163 S. State St., Orem. 801-764-1085 [mrscavanaugh.com](https://www.mrscavanaugh.com)

\$ Orem Summer Sno

★★★★★ Shaved ice. 1323 E. 800 North, Orem. 801-427-1210

\$ The Penguin Brothers

★★★★★ Ice cream sandwiches. 83 E. Bulldog Blvd. 801-532-9537 [thepenguinbrothers.com](https://www.thepenguinbrothers.com)

\$ Provo Bakery

★★★★★ Pastries. 190 E. 100 North. 801-375-8330 [theprovobakery.com](https://www.theprovobakery.com)

\$\$ Rockwell Ice Cream Company

★★★★★ Ice cream. 43 N. University Ave. 801-318-5950 [rockwellicecream.com](https://www.rockwellicecream.com)

\$\$ Rocky Mountain Chocolate Factory

★★★★★ Candy, ice cream. 4801 N. University Ave. Ste 140. 801-224-0511 [mcf.com](https://www.mcf.com)

\$ The Roll Up Crepe

★★★★★ Dessert. 1605 S. State, Orem. 801-882-7373 [therollupcrepe.com](https://www.therollupcrepe.com)

\$ Roll with It Creamery

★★★★★ Ice cream. 63 E. Center. 801-669-5300 [rollwithitcreamery.com](https://www.rollwithitcreamery.com)

\$ San Diablo Artisan Churros 🍩

★★★★★ Churros, Latin American, Mexican. Find the current address online. 801-432-0880 [sandiablochurros.com](https://www.sandiablochurros.com)

\$ Sodalicious

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

\$ Sub Zero Ice Cream

★★★★★ Ice cream. 62 W. Center. 385-375-2617 [subzeroicecream.com](https://www.subzeroicecream.com)

\$ The Sweet Station 🍩

★★★★★ Candy bars. Find the current address online. 801-404-9710

\$\$ The Sweet Tooth Fairy

★★★★★ Dessert. 1064 S. 750 East, Orem. 801-224-7551 [thesweettoothfairy.com](https://www.thesweettoothfairy.com)

\$ Swig n' Sweets

★★★★★ Desserts, shave ice, juice bars and smoothies. 1523 N. Canyon Rd. 385-312-1578 [swignsweets.com](https://www.swignsweets.com)

\$ Tropical Fruit 🍍

★★★★★ Shaved ice. Find the current address online. 810-687-8909 [facebook.com/tropicalfruitshavedice](https://www.facebook.com/tropicalfruitshavedice)

\$ Vida Acai FT

★★★★★ Acai bowls. [instagram.com/vidaacai](https://www.instagram.com/vidaacai). 810-433-7459

\$ The Wash

★★★★★ Desserts. 1195 N Canyon Rd.

\$\$ 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 St. (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](https://www.facebook.com/goodgrindz). 435-282-0114

\$\$ L & L Hawaiian Barbecue

★★★★★ Hawaiian, Barbecue. 158 W 1230th N. 801-876-1795

\$ Mo' Bettahs

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

\$\$ Ohana Grill

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

\$ Rumbi Island Grill

★★★★★ Caribbean, Hawaiian. 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 St.,
Orem. 801-842-1898

\$\$ **Bonsai Sushi**
★★★★★ Sushi. VG 672 North Freedom
Blvd. 801-373-0833

\$ **Fatty Tuna** 🍣
★★★★★ Sushi, 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, japanese. VG 322 W
Center St. 385-201-7523

\$ **Koi Express Sushi Wrap & Ramen**
★★★★★ Sushi bar, ramen. VG 1283 N.
University Ave., Unit 102. 801-607-1950

\$ **Osaka**
★★★★★ Japanese. VG 46 W. Center.
801-373-1060

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\$\$ 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 St., 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 Brioché Bakery

★★★★ Argentine 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

\$\$ 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

Mediterranean

\$\$ Aubergine and Company

★★★★ Juice bar, Mediterranean. V 1365 S. State St., 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 St, Orem. 801-360-9747

\$ Don Joaquin

★★★★ Tacos. 150 W. 1230 North. 801-400-2894

\$ El Gallo Grito

★★★★ 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 N, Orem. 801-426-9328

\$ Mi Lindo Guadalajara

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

\$\$ Mi Ranchito

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

\$\$ Oteo

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

\$ Rancherito's Mexican Food

★★★★ Mexican fast food. 46 E Bulldog Blvd. 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

\$ Rimmels

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

\$ The Hut

★★★★ Food hall. 496 E 600 N.

\$ Honest Eatery

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

Pizza

\$ Blaze Pizza

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

\$\$ Brick Oven

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

\$ Fiore Wood Fired Pizza

★★★★ Pizza, Italian fiorepizza.com.

\$ Forge Pizzeria FT

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

\$\$ MidiCi

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

\$\$ Mozz Pizza

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

\$ Nicolitalia Pizzeria

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

\$ Pier 49 Pizza

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

\$\$ Pizzeria 712

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

\$ Pizza Pie Café

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

\$\$ Pompeii Pizza 🚗

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

\$\$ Pyromaniacs Pizza 🚗

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

\$ Slab Pizza

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

\$ Two Jacks Pizza

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

Sandwiches

\$ DP Cheesesteaks

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

\$ Firehouse Subs

★★★★☆ Sandwiches. 64 W. Bulldog Blvd. 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 St., 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 Drift

★★★★☆ Thai.

\$\$ Thai Ger Cuisine

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

\$\$ Thai House Cuisine

★★★★☆ Thai. 744 E 820th N. 801-375-6840

\$ Thai-licious 🚗

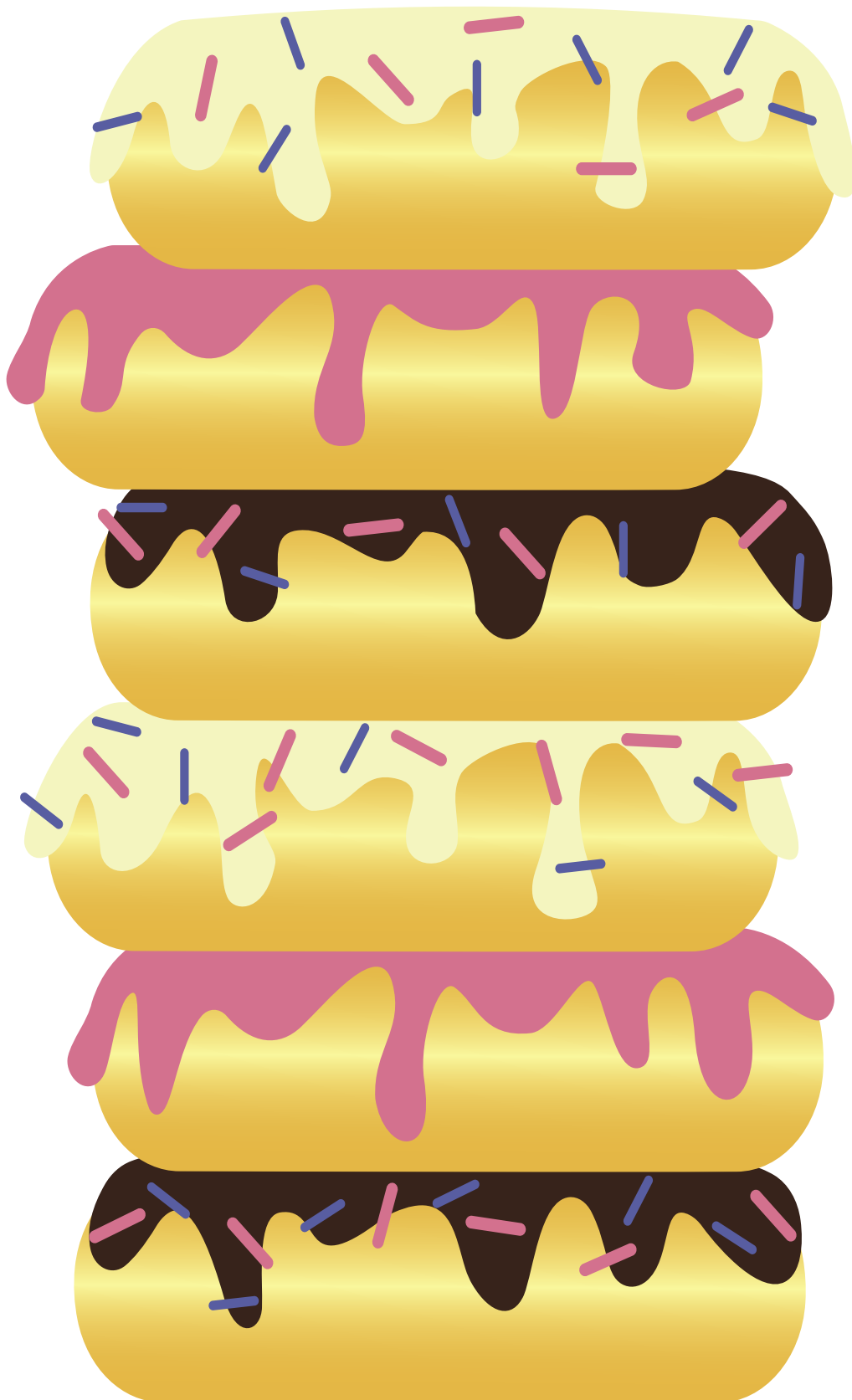
★★★★☆ Thai. VG . 801-830-3737
facebook.com/thailiciousfood

\$ Thai Neighbor Cuisine 1

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

\$ Thai 2 Go 🚗

★★★★☆ Thai. . facebook.com/thai2goutah



choice on bed space

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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 W. 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. fishkissco.com

Space Mission Simulator

Visit the Christa McAuliffe Space Education Center in Pleasant Grove to experience a Star Trek simulated space mission. Reservations are for 5-13 people. 95 N. 400 East, Pleasant Grove. 801-785-8713 spacecenter.alpineschools.org

Go to an escape room

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

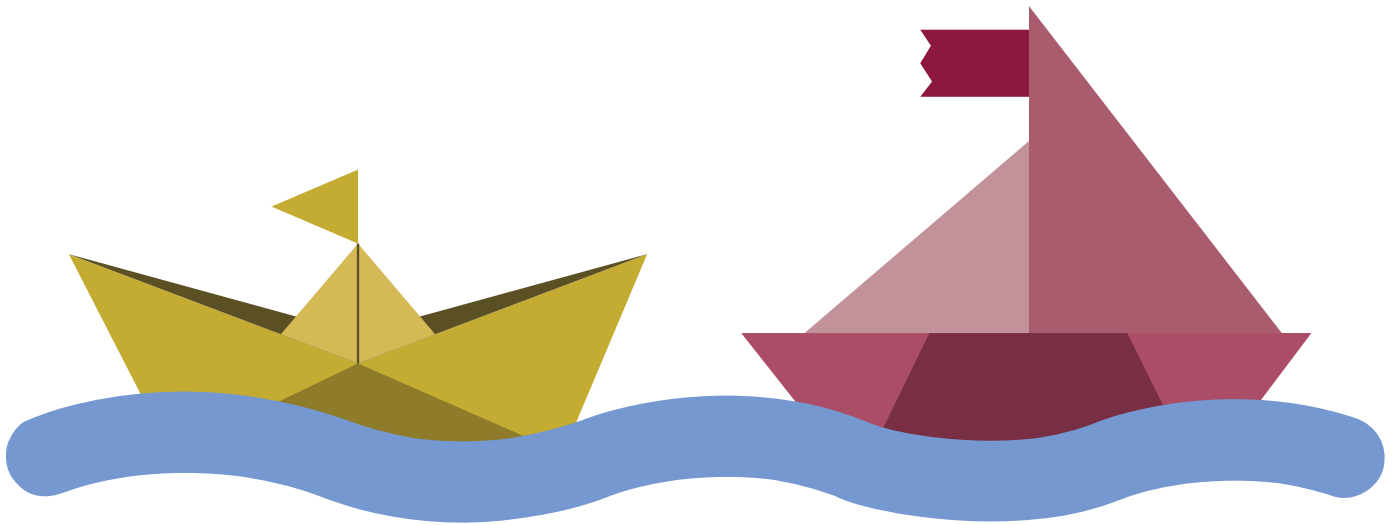
Go to an open mic night

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 heverhatchets.com. Social Axe Throwing, 683 N. State, Orem. 810-762-0293 socialaxethrowing.com.

Flowerider

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. - 12:30 a.m. Southworth Hall, 116 W. Center.

Salsa Thursdays

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

Comedy Sportz

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

ImprovBroadway

The fusion of improvisation, comedy and musical theatre. 496 N. 900 East. 909-260-2509. improvbroadway.com

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

■ **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

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1985 N Pointe Meadow Dr, Lehi

Mapleton

(801)806-1929

920 N 2000 W, Mapleton

Payson

(801)465-0570

992 W 170 N, Payson

Orem

(801)224-3635

1450 W 800 N, Orem

American Fork

(801)756-5388

420 E 620 S, American Fork

Springville

(801)491-7672

205 W 1400 N, Springville

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Friday 3–11p.m.
Saturday 1–11p.m.

Rent electric scooters

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

Arts

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. 801-852-7007 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. 115 Main, Salt Lake City. saltlakecountyarts.org

Utah Metropolitan Ballet

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

Ballet West

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

Hale Center Theater

Murder on the Orient Express, Aug. 24-Nov. 14; Million Dollar Quartet, Sept. 14-Oct. 24; Tarzan, Nov. 9-Jan. 16; A Christmas Carol, Nov. 27-Dec. 26; The Play that Goes Wrong, Jan. 15-Apr. 3; A Tale of Two Cities, Feb. 1-Mar. 20; Guys and Dolls, Apr. 5-May 29; Daddy Long Legs, Apr. 19-Jun. 19 9900 South Monroe St., Sandy. hct.org

Broadway at Eccles Theatre

Anastasia, Feb. 9-14; Jesus Christ Superstar, Mar. 30-Apr. 4. 610 E. South Temple, Suite 20, Salt Lake City. 801-355-5502 broadway-at-the-eccles.com

Live at Eccles Theatre

A Kurt Bestor Christmas, Dec. 10-12; #IMOMSOHARD, Apr. 17; Bill Maher, Apr. 24. 131 S. Main St., Salt Lake City. 801-355-2787 live-at-the-eccles.com

Hale Center Theater Orem

Sense & Sensibility, Oct. 16-Nov. 21; A Christmas Carol, Nov. 28-Dec. 23; The Importance of Being Earnest, Jan. 06-Feb. 13; Dirty Rotten Scoundrels, Feb. 26-Apr. 10; Emma, Apr. 23-Jun. 5. 225 W. 400 North, Orem. 801-226-8600 orem.haletheater.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 single track. Slide Canyon Trail 062. 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. Just past 9521 N. Alpine Loop Rd.

Rock Canyon Trail

Moderate. 5.5 miles out and back. 2620 N. 1450 East. Shared with Squaw Peak Trailhead.

Slate Canyon Trailhead

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

Squaw Peak Trail

Difficult. 7 miles out and back. 2620 N. 1450 East. Shared with Rock Canyon Trailhead.

Stewart Falls

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

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.

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 Center for the Arts

Clarke Grand Theatre. 745 S. State, Orem. 801-225-2787 scera.org

Stadium Cinemas

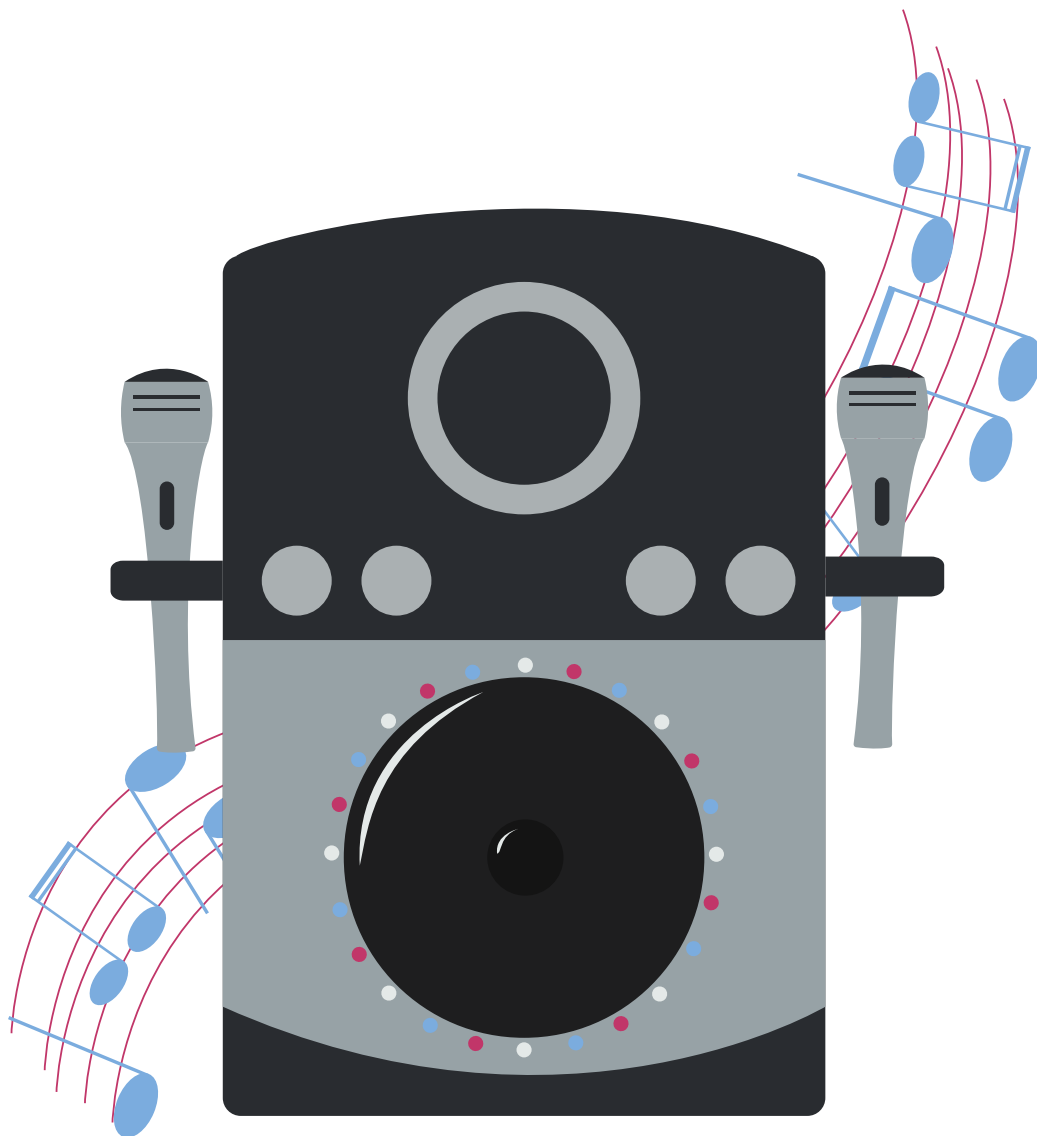
633 S. 950 West, Payson.

Towne Cinema

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

Water Gardens Pleasant Grove 6

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



Parks

Bicentennial Park

1440 S. 1600 East

Big Springs Park

6560 South Fork Rd.

Bonneville Park

1450 N. 800 West, Orem.

Carterville Park

2400 N. Carterville Rd.

Exchange Park

900 N. 750 West

Fort Utah Park

200 N. 2050 W. Geneva Rd.

Grandview Park

1460 N. 1050 West

Joaquin Park

400 N. 400 East

Kiwanis Park

820 N. 1100 East

Lions Park

950 W. 1280 North

Memorial Park

800 E. Center

North Park

280 W. 940 North

Paul Ream Wilderness Park

1600 W. 500 North

Pioneer Park

500 W. Center

Rock Canyon Park

2620 N. 1200 East

SCERA Park

600 S. State, Orem

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

Provo Canyon

Museums

Museum of Ancient Life

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

Historical Pioneer Relic Hall

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

BYU Museum of Art

Rend the Heavens, through Jan. 2021; Becoming America, through Summer 2021; After Promontory, through Oct. 5; Patrick Dougherty, through Oct. 19; Danae Mattes, through Oct. 19; Windswept, through Oct. 19; Supermarket, opens Dec. 6; Women Artists from MOA Collection, opens Jan. 24. moa.byu.edu

Monte L. Bean Museum

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



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- ☒ Health Check-Ups
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**Call us at 801-422-5156 for more information,
or to schedule an appointment.**

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 Pl., 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. history.lds.org/section/museum

Park City Museum

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

Museum of Peoples and Cultures

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

BYU planetarium

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

Education in Zion

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

Utah Museum of Contemporary Art

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

Museum of Mormon History of the Americas

Explore the history of The 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

Orem Heritage Museum

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

Autumn Dates

Carve a pumpkin

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

Take a spooky bike ride

Get spooked in the most eco-friendly way. Pedal Provo Ghost Tours. 385-312-0456 pedalprovo.com

Go on a ghost bus tour

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

Haunted Houses

Haunted Forest

Haunted forest full of darkness? Yeah, we're already terrified. BRB. 6000 WEST 6400 NORTH, American Fork. 801-367-2300 hauntedutah.com

Haunted Forest

Haunted forest full of darkness? Yeah, we're already terrified. BRB. 6000 WEST 6400 NORTH, American Fork. 801-367-2300 hauntedutah.com

Strangling Brothers Haunted Circus

Like a circus, but full of terror and nightmares. 632 E. 1500 South, American Fork. 801-850-8060 stranglingbros.com

Nightmare on 13th

Get spooky in an iconic creepy castle in Salt Lake. 320 W. 1300 South, Salt Lake City. 801-467-8100 nightmareon13th.com

Castle of Chaos

Five levels of horror at this underground haunted castle. 7980 S. State, Midvale. 385-216-8915 castleofchaos.com

Fear Factory

Six stories of your worst nightmares. Bring a date to hold onto. 666 W. 800 South, Salt Lake City. 801-692-3327 fearfactoryslc.com

Haunted Hollow

Haunted Forest's creepy monotoned twin sister. 1550 S. 1900 West, New Haven. 801-888-0281 hauntedutah.com

Asylum 49

Get strapped to a bed and tortured. This is only for mature audiences. 140 E. 200 South, Tooele. 435-243-1838 asylum49.com

Haunted Halloween Haven

Haunted house (literally). 1641 Oakview Ln., Spanish Fork. 801-794-3616 hauntedhalloweenhaven.com

Frightmares

Halloween themed entertainment at Lagoon. 375 North Lagoon Dr., Farmington. 801-451-8000 lagoonpark.com

Hee Haw Farms

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

Sleepy Hollow

Haunted wagon rides. 475 N. Main Street, Heber. 435-654-1655 sleepyhollowutah.com

Corn Mazes

Cornbelly's Corn Maze and Pumpkin Fest at Thanksgiving Point

3003 N. Thanksgiving Way, Lehi. 801-794-3276 cornbellys.com

Glen Ray's Corn Maze and Pumpkin Patch

1750 W. 8000 South, Spanish Fork. glenrayscornmaze.com

Hee Haw Farms and Corn Maze

95 S. 2000 West, Pleasant Grove. 801-368-0255 heehawfarms.com

Jaker's Jack-O-Lanterns

950 W. 400 South, Springville. 801-658-6995 harwardfarms.com/jakers

Rowley's Red Barn

901 S. 300 West, Santaquin. 801-754-5511 rowleysredbarn.com

Wilkerson Farm

710 W. 2000 South, Orem. 385-219-0077 wilkersonfarm.com



Winter Dates

Go ice skating

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

Try ice fishing

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

Take a sleigh ride

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

Go snowshoeing

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

Go sledding

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

Go cross-country skiing

Skis are available to rent at Outdoors Unlimited

Go to an ice sculpture show

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

Make a gingerbread house

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

Visit the ice castles

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

Build a snowman

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

Attend a hockey match

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

Try gourmet hot chocolate recipes

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

Make an indoor winter wonderland

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

Take a romantic walk while drinking hot cocoa

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

Make Christmas cookies

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

Ski Resorts

Visit skiutah.com for the latest snow totals and conditions at these and other 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

Nordic Valley

Running and biking trails, disk golf course in addition to skiing and boarding. 3567 Nordic Valley Way, Eden. 801-745-3511 nordicvalley.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

Powder Mountain

Snowshoeing, sleigh rides, snowmobile tours, mountain biking, rock climbing. 6965 E. Highway 158, Eden. 801-745-3772 powdermountain.com

Snowbasin

Mountain biking, yoga, gondola rides. 3925 E. Snowbasin Road, Huntsville. 888-437-5488 snowbasin.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 Loop Rd., Sundance. 801-225-4107 sundanceresort.com



Sports

BYU Football

Home games: Oct. 4 vs. Texas State, Oct. 31 vs. Western Kentucky, Nov. 21 vs. North Alabama, Dec. 12 vs. San Diego State. Visit byucougars.com/schedule/football/ for details on where to watch the game from home.

BYU Baseball

Visit the website byucougars.com/schedule/baseball/ for details on the 2021 season.

BYU Softball

Visit the website byucougars.com/home/softball for details on the 2021 season.

BYU Men's Tennis

Visit the website byucougars.com/home/m-tennis for updates on the 2021 season.

BYU Women's Tennis

Visit the website byucougars.com/home/w-tennis for updates on the 2021 season.

BYU Men's Basketball

Home games: Jan. 7 vs. Pacific, Jan. 21 vs. Portland, Jan. 23 vs. Pepperdine, Jan. 30 vs. San Francisco, Feb. 11 vs. Saint Mary's, Feb. 13 vs. San Diego, Feb. 25 vs. Santa Clara, Feb. 27 vs. Gonzaga. Visit the website byucougars.com/schedule/m-basketball/2020-2021 for details on where to watch the game from home.

BYU Women's Basketball

Home games: Dec. 28 vs. San Francisco, Dec. 30 vs. Santa Clara, Jan. 14 vs. Saint Mary's, Jan. 16 vs. Pacific, Jan. 30 vs. San Diego, Feb. 4 vs. Pepperdine, Feb. 6 vs. Loyola Marymount, Feb. 18 vs. Gonzaga, Feb. 20 vs. Portland. Visit the website byucougars.com/schedule/w-

basketball/2020-2021 for updates on the 2021 season and where to watch the game from home.

BYU Men's Volleyball

Visit the website byucougars.com/home/m-volleyball for updates on the 2021 season.

BYU Women's Volleyball

Visit the website byucougars.com/home/w-volleyball for updates on the 2020 season.

BYU Women's Soccer

Visit the website byucougars.com/home/w-soccer for updates on the 2021 season.

BYU Men's Swimming & Diving

Visit the website byucougars.com/home/m-swimming-diving for updates on the 2020-2021 season.

BYU Women's Swimming & Diving

Visit the website byucougars.com/home/w-swimming-diving for updates on the 2020-2021 season.

Utah Jazz (basketball)

Visit their website www.nba.com/jazz/schedule for updates on their 2020-2021 season.

Real Salt Lake (soccer)

Visit their website www.rsl.com/schedule for the full season schedule.

Utah Warriors (rugby)

Visit their website www.warriorsrugby.com/ for the full season schedule.

Utah Grizzlies (hockey)

Visit their website www.utahgrizzlies.com for updates on their 2020-2021 schedule.

IN THE HO

Book love letter

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 bubbles solution and blow bubbles

Just like elementary school again.

Learn to juggle

Try to learn some juggling tricks.

Knit a scarf

Find some yarn, 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

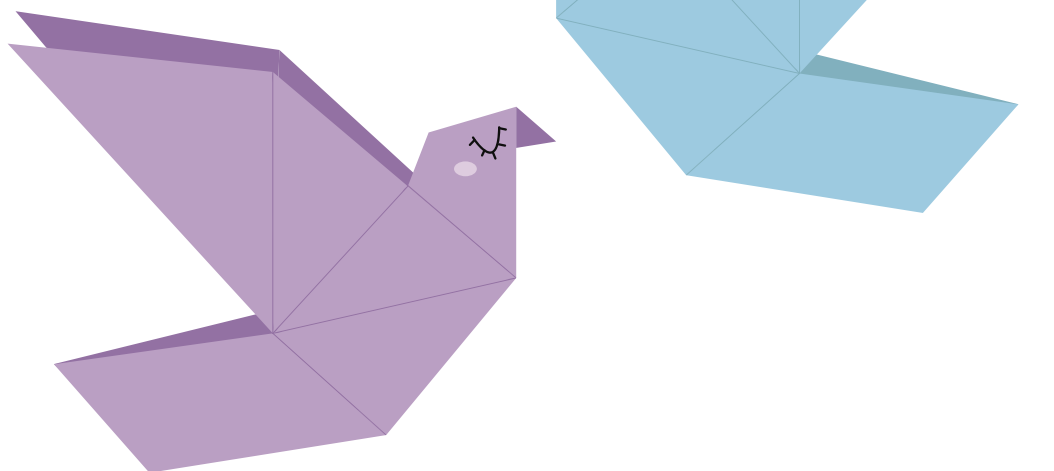
Cap the price around \$5 and see who has the most creative present.

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.



USE

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.



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Watch BYU sports

Put on your BYU gear and rally the Cougars.

Make greeting cards

Create thank-you cards, get-well cards or 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 hot dogs 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

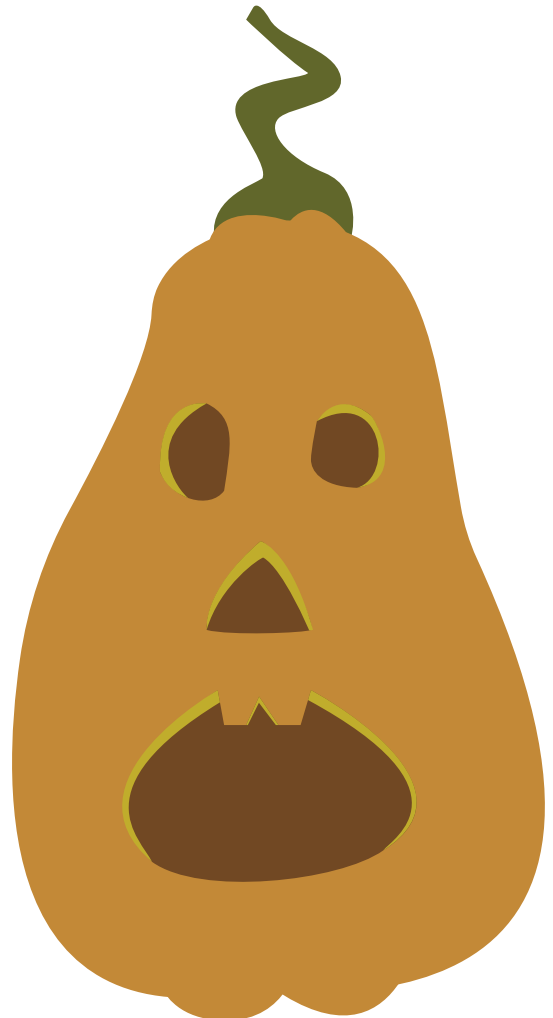
Head over to the store and make a dessert with ingredients that only start with the first letter of your last name.

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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