

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

TWO



**UPDATED
DATE
IDEAS**

**GET TO KNOW
YOU QUESTIONS**

P. 6

**NAVIGATING
CONFLICT**

P. 26



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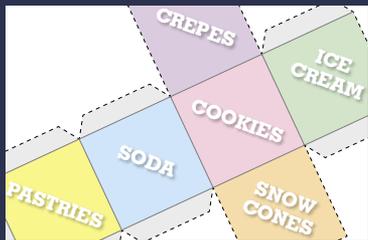


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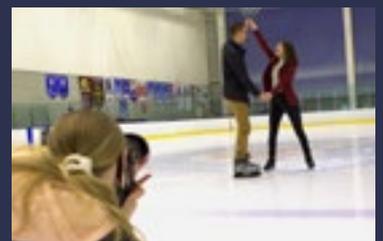
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WHAT'S YOUR RELATIONSHIP SPIRIT ANIMAL?



Relationships come in all different shapes and sizes. Your relationship spirit animal determines exactly what kind of relationship you're in.



What are you and your significant other most likely to be doing on a Friday night?

- A Out and about
- B Inside watching a movie
- C Studying or attending a school event
- D Stargazing up on Squaw Peak

How did you start dating?

- A We met at a social event or through mutual friends
- B We matched on a dating app
- C We met at school or work
- D We're in the same ward or apartment complex

Where do you see yourselves in a few years?

- A Traveling the world!
- B Probably napping
- C Both CEOs in business suits
- D Married with kids!

Which fictional couple do you relate to the most?

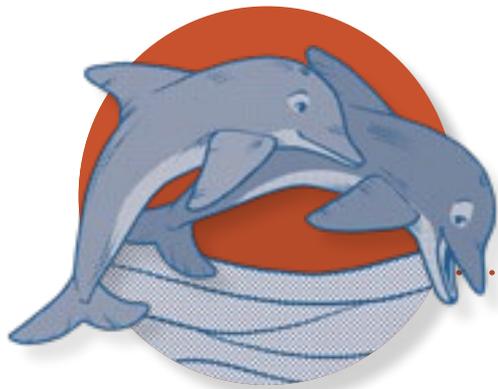
- A Nick Miller and Jess Day, *New Girl*
- B Andy Dwyer and April Ludgate, *Parks and Recreation*
- C Chuck Bass and Blair Waldorf, *Gossip Girl*
- D Allie Hamilton and Noah Calhoun, *The Notebook*

How much time do you spend with your friends?

- A I spend a lot of time with my friends
- B My significant other is my only friend
- C Do LinkedIn connections count as friends?
- D I haven't seen them since I started dating my significant other

Which high school superlative would you give your relationship?

- A Class Clown
- B Most Laid Back
- C Most Likely to Succeed
- D Biggest Flirt



MOSTLY A: DOLPHIN ▪ You're the fun couple. Like the dolphin, your relationship is based on playfulness and laughter. You and your partner are spontaneous and always on some adventure. You are the best of friends and wouldn't have it any other way.



MOSTLY B: SLOTH ▪ You're the chill couple. Subdued like a sloth, you prefer to keep things low-key. You can regularly be spotted binging the most recent Netflix show with your significant other—you've already burned through Hulu's entire selection. You two are content with just each other's company.



MOSTLY C: LION ▪ You're the power couple. Like the king of the savannah, you command every room you walk into. One of you is probably in business school and the other is studying for the LSAT. Everyone else most likely fears you, but you are each other's biggest supporters.



MOSTLY D: DOG ▪ You're the affectionate couple. You may or may not have been featured on the BYU PDA Instagram page...more than once. You definitely give each other back scratches in class and will probably be married by the end of the year.

MEANINGFUL GET-TO-KNOW-YOU QUESTIONS

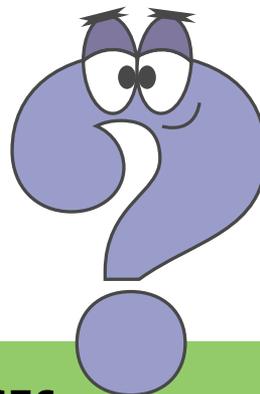
By Ben Daniel

Transitioning from light-hearted questions about where someone is from and what their major is to questions that help you get to know a person deeply can be difficult. You want to know who someone really is, but it's awkward to jump from "How many siblings are in your family?" to "What's your deepest, darkest secret?"

Here are a few questions that keep it fun, but help you get to know someone more personally. Try some of them out on a first date or over text after a date that went really well.

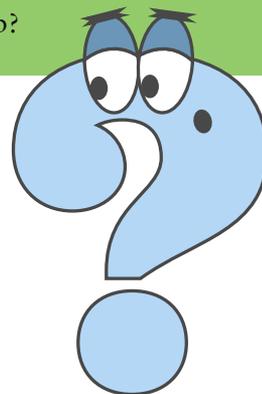
PERSONAL

1. Do you have a dream you're currently pursuing?
2. What makes you laugh so hard you cry?
3. What is your proudest moment?
4. Who would you consider your best friend and how did you meet them?
5. What is the best way to get to know who someone really is?



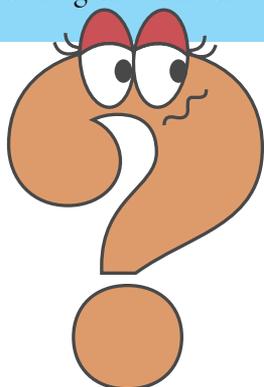
HOBBIES AND INTERESTS

1. If you could speak any language, which one and why?
2. What is the most interesting thing you've learned in the past week?
3. What is something you are always game for?
4. What are the top five things you spend your time on?
5. What is a skill you've always wanted to develop?



POP CULTURE

1. If you had your own podcast, what would it be about?
2. Would you rather win an Oscar, Emmy, Tony, or Nobel Prize?
3. What was the last show you binged watched?
4. What memory would you use to summon your patronus?
5. If there was one genre of music that ceased to exist, which one should it be?



RANDOM

1. If you got \$1,000 right now that you had to spend on yourself, what would you buy?
2. What is the most awkward situation you've been in during the last month?
3. What would do with the time if you didn't need sleep?
4. If you get the answer to any one question, what do you ask?
5. What is the worst advice you've ever received?



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FILL-IN-THE-BLANK DATES

BY BEN DANIEL

ONLY IN PROVO

It was just another night in Provo. _____
PERSON IN THE ROOM, MALE
 was headed back to his apartment from _____ with
RESTAURANT
 his roommates, when he got a text from _____, a girl
NAME, FEMALE
 who was the _____ in their ward. They were having a
CHURCH CALLING
 game night and wanted _____'s apartment
SAME PERSON IN THE ROOM
 to come. _____ had _____
SAME PERSON IN THE ROOM COLLEGE COURSE
 homework he really needed to get done, but _____
SAME FEMALE NAME
 was cute. She had _____ hair and _____ eyes that
ADJECTIVE COLOR
 drove him crazy.

He had been wanting to ask her on a date to
 _____ for a few _____ anyway. He
LOCATION, LOCAL UNIT OF TIME, PLURAL
 told his roommates and they decided to go.

They played a really fun game of _____, but he wasn't
GAME
 sitting anywhere close to _____. Before the next
SAME FEMALE NAME
 round, he _____ maneuvered his way to sit next to her
ADVERB
 and they started chatting. They talked through the rest of the
 night. _____ couldn't believe it; she was even
SAME PERSON IN THE ROOM
 more _____ than he imagined.
ADJECTIVE

After the game, she pulled him aside _____.
ADVERB
 Then, she asked if he could set her up with his room-
 mate, _____.
FAMOUS PERSON, MALE

Yep. Just another night in Provo.

PERFECT NIGHT

Maddie hadn't been on a date in _____.
UNIT OF TIME, PLURAL
 She figured it was because she was too _____.
ADJECTIVE
 She was starting to lose hope. But it all changed the next
 Sunday at Church. She was sitting with her roommates, singing
 _____ for the closing hymn, when she
SONG
 realized _____ was looking at her. She caught
NAME, MALE
 his gaze and he quickly looked away.

As soon as the meeting ended, he rushed up to her
 and asked her out. Was this real? _____ was
SAME MALE NAME
 dreamy. He was _____, _____, and
ADJECTIVE ADJECTIVE
 _____. Not to mention he was a hunk. His
ADJECTIVE
 _____ muscles and perfectly _____ hair
ADJECTIVE ADJECTIVE
 made most of the girls in the ward _____.
VERB

She said yes, and before she knew it she was on a date
 with him at _____. They talked and she was
LOCAL RESTAURANT
 amazed at how _____ the conversation flowed. He
ADVERB
 was more _____ than she thought. He was a
VERB, GERUND (-ING)
 _____ major and that really impressed her. At one
MAJOR
 point he told a joke about _____ that was so funny
NOUN, PLURAL
 she almost spit the _____ she was drinking.
BEVERAGE

At the end of the date, he walked her to the door,
 leaned in and _____ her. She wanted to
VERB, PAST TENSE (-ED)
 _____ for joy. This wasn't real.
VERB, PRESENT TENSE

They said goodbye and she went inside and closed her eyes.
 This was a _____ night.
ADJECTIVE



LETTING THEM DOWN EASY

By Hannah Gladwell

Sometimes you just aren't interested in going out with someone, and that's OK. You don't owe anyone a date or a relationship. While it's important to be kind and respectful, you should also be honest about your feelings. No one likes to be strung along, so be upfront from the start.

Being rejected is no fun, but neither is having to deliver a rejection. While you may just want to spare feelings, it's best to be clear but kind to avoid hurting feelings even more later down the road. If you're honest from the start, you reduce the risk of emotional investment and confusion for the other person.

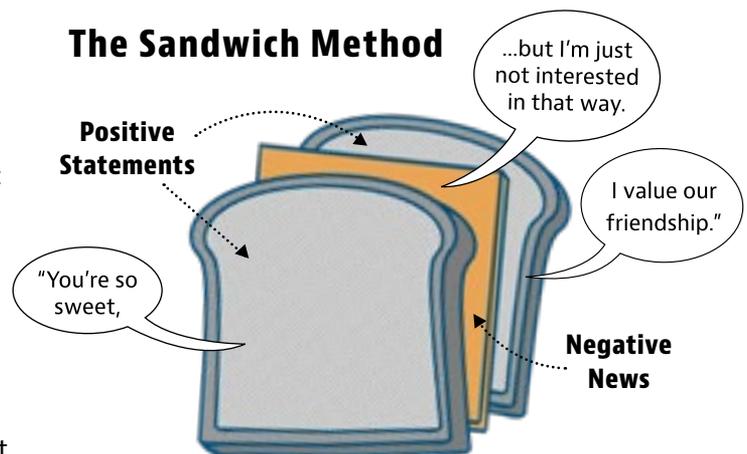
You don't have to be brutally honest, but be graciously honest enough to make the message clear. For example, it's probably not very kind to say, "I'm not physically attracted to you." It could still be honest but more sensitive to say, "You're very nice, but I'm just not into you that way."

One common way to deliver rejection is the **sandwich method**. This involves leading with a positive statement, delivering the negative news, and finishing with another positive statement. It looks something like this: "You're so sweet, but I'm just not interested in that way. I value our friendship." While the negative news may still sting, it can soften the blow a little bit. It blends kindness with honesty.

Using "I" statements instead of "you" statements can shift the reasoning for the rejection from them to you. You know the classic line, "It's not you, it's me"? The same principle applies. Getting rejected is already enough of an ego bruise, so it might be wise to frame yourself as the reason for the rejection while still being honest. "I don't see you that way" takes more responsibility than "you aren't my type."

If you find yourself in the unfortunate situation where someone rejects you, it's important to respect that decision. Respect is a two way street. Just as you would want someone to respect you enough to be honest and kind to you, you should respect their feelings as well, even if they aren't what you hoped. No means no.

The Sandwich Method



Best First Date Playoff Bracket

We took to Instagram to find out what the best first date is. Through a series of polls, students voted and have spoken. See the results.



Pickleball/Sports
Get your athlete on. Couples that sweat together stay together.



Ice Cream
A go-to classic. What's more BYU than an ice cream date?



Bowling
Three strikes with your date is a good thing here.



Mini Golf
A great way to talk and be active without needing to be athletic.



Picnic
This picture-perfect date may be your perfect first date.



Go for a Walk
Plain, simple. Nothing to do but walk and talk.



Art Museum
There's more beautiful views than just the paintings ;)



Stargazing
There's nothing better than a romantic night under the stars.



Hiking
It's Utah, everyone hikes. Might as well hike on a date too.



Escape Room
If it goes well, your date won't want to escape.



Scavenger Hunt
You found each other, now go find some things together.



Play/Musical
Show you're cultured. You can appreciate the fine arts.



Skating
Whether it's disco or ice, there's something thrilling about zooming around together.



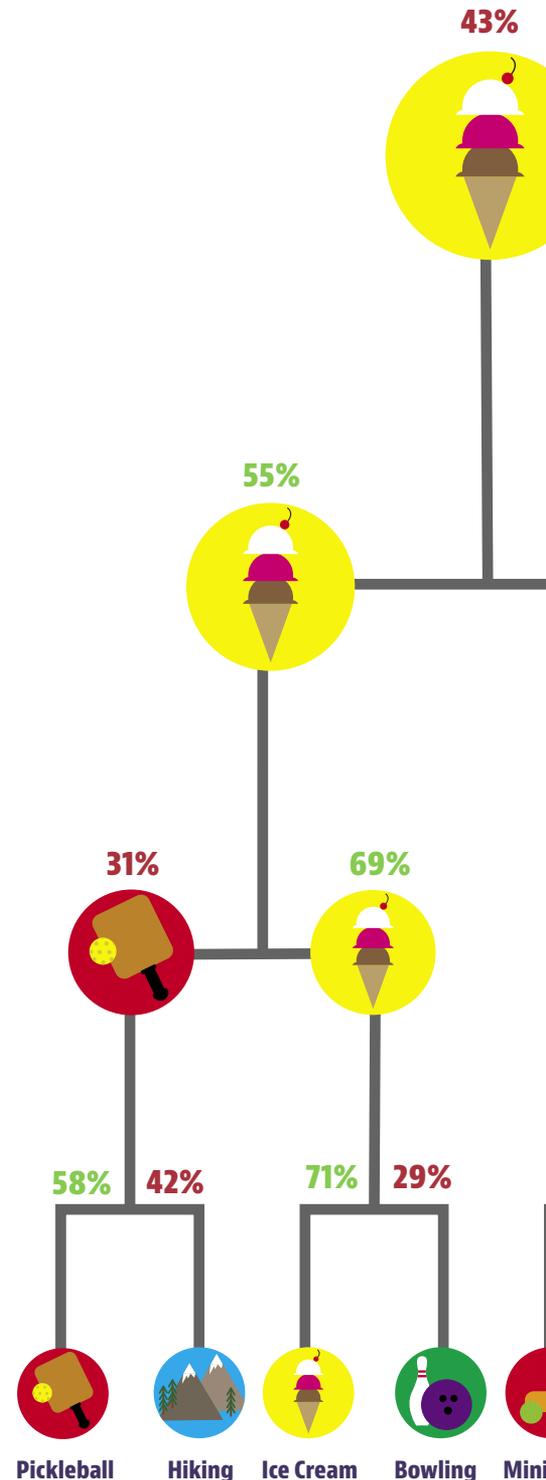
Cooking Together
Impress your date with your culinary prowess.



Dinner and a Movie
A delicious meal and the silver screen? Sounds like love.



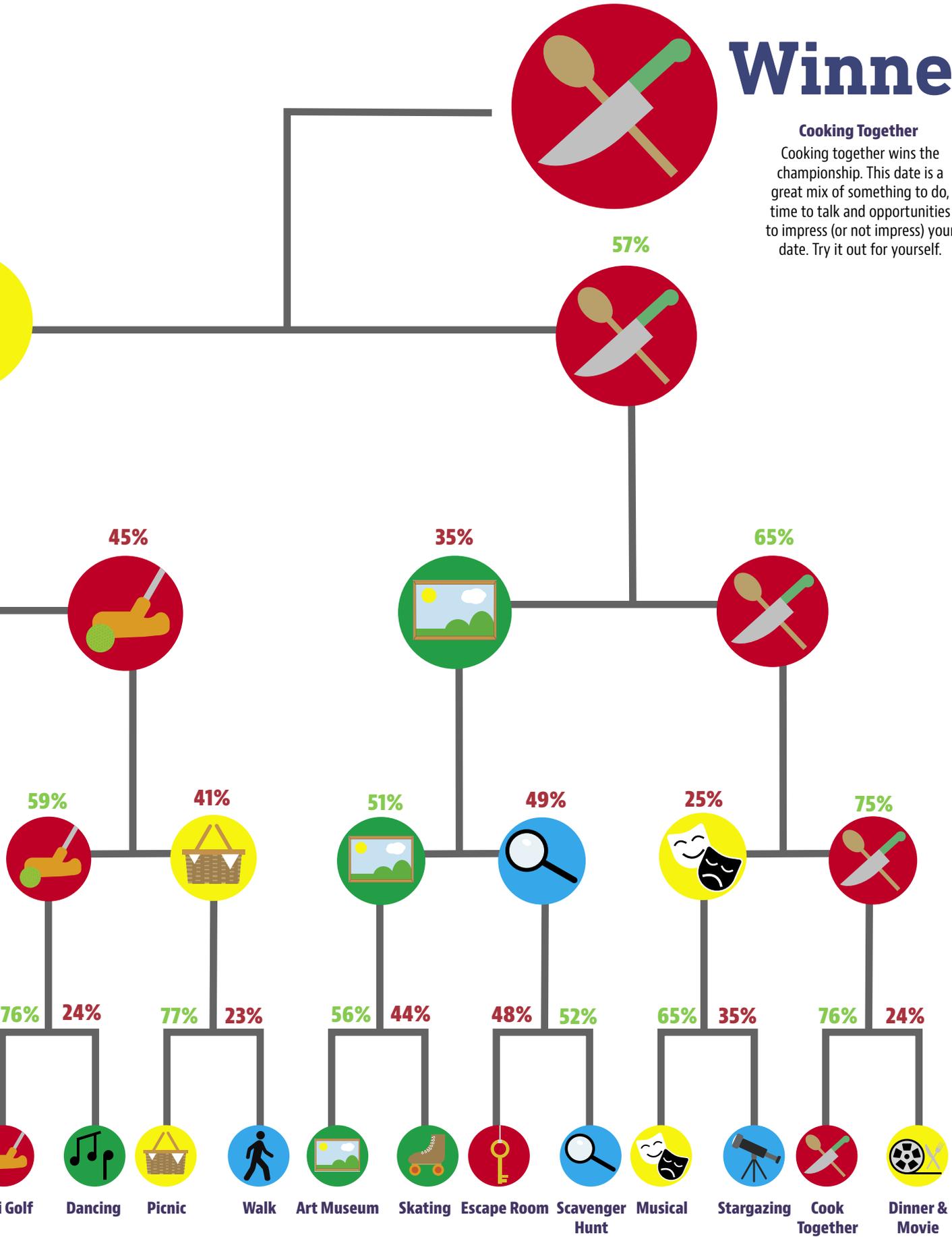
Dancing
Let loose and have fun jamming out together.



Winner

Cooking Together

Cooking together wins the championship. This date is a great mix of something to do, time to talk and opportunities to impress (or not impress) your date. Try it out for yourself.



ROCK, PAPER, SCISSORS, DATE!

It's an age-old question that has plagued couples for decades: where to go for dinner? You want Chinese, but your date is in the mood for a hamburger and fries. Your attempts at compromise are going nowhere. What is to be done?

Introducing the rock, paper, scissors date. Turn what was once a point of contention into a fun game! Here's your guide for playing:



SUPPLIES

- Your hands
- A date
- Money for food

This way, everyone's happy, and you get a four-course meal at the same time!

You can even twist the game to suit your circumstances. For example, if you don't have a car, you can set the rules to include restaurants that deliver or are within walking distance. You can even make each dish from scratch at home!

Whatever you choose, you can feed your competitiveness and your stomach at the same time. For ideas on restaurants to hit, check out the dating ideas beginning on page 33.



INSTRUCTIONS

1. Play rock, paper, scissors.
2. Whoever wins chooses where to go for drinks. That's right. The winner can choose *anything* — hot chocolate, smoothies, boba, soda, whatever they want.
3. Play again.
4. The winner of the second round chooses where to go for the appetizer.
5. Play again.
6. The winner of this round chooses the entree.
7. Play one final round.
8. This time, the winner chooses dessert.





STARTING DIGITAL

By Ben Daniel

You feel your phone buzz and pull it out to see you have a notification from a dating app. You've got a match. You cautiously pull up the app, careful not to get your hopes up in case you've matched with one of the people you only swiped up on because you felt guilty for swiping down so much.

Your heart skips a beat. It's someone you actually wanted to match with. They seemed charming, their bio made you laugh and based on all of their pictures... minus that one you always swipe past really fast... they are really cute. It's a dream come true. But now you have to face the dreaded, often awkward situation of striking up a conversation with them on the app.

What do you say? How do you keep from sounding like a weirdo or keep the conversation from ending too early? It's a common problem, but there are a few different strategies you can employ to rest easy and let the conversation flow.

STRATEGY 1: POP THE QUESTION

No, not **that** question. Slow down there, buddy. Ask them if they want to go on a date. Digital conversations can be awkward and one strategy is to skip them all together. Let your match know you're not a big fan of chatting through an app and ask if they'd like to go

out sometime.

If you use this approach, it's important to plan a date that would help your prospective date feel safe and comfortable. Communicate as much as possible. There are plenty of dating app horror stories and it can be a turn off if they think they've matched with a seemingly mysterious or even unsafe person.

STRATEGY 2: SLAY THE ELEPHANTS

You've matched, meaning you're both at least marginally interested. That can be an elephant in the room. Or, in the message string as the case may be. You both know you've matched and no one has made contact yet. There's another elephant. Pretty soon, you have a whole herd crowding up the place.

It can be a great thing to tackle all the elephants head-on. An honest comment in good humor can go a long way. Something like, "I never know what to say to start these things off, but here goes nothing" followed by an honest question to get to know more about them can address the elephants and get them out of the way.

STRATEGY 3: DIP YOUR TOE

This strategy involves a very safe, surface-level question to ease your way into a conversation. Try looking back at their bio or gathering context clues

I never know how to start these, so please accept this haiku as an attempt to flirt.

Saw amazing girl
But I don't know her at all
You want to change that?

I bet you don't even remember...

remember what?

DO WE KNOW EACH OTHER??!

No. I really don't.

lol no, but I want to change that. Want to go out sometime?

Even though it's 4/12, you're a 10/10.

CONVERSATIONS

from their pictures. What do they like to do? What did they talk about? Is there something you can comment on or ask a question about? This shows you are genuinely invested in them and respect what they were willing to share on a dating app while also showing a desire to learn more.

This strategy is often the safest approach, but can risk being underwhelming, repetitive or short. Sometimes there isn't much to talk about and it can be awkward to transition to something else. If you're confident in your skills as a conversationalist, those risks may be small and make this a great option.

STRATEGY 4: SHAKE IT UP

If you had a dollar for every time you've been asked "Where are you from?" and "What's your major?" you could probably pay for 12 years of tuition and three study abroads. While that is important information to have, try shaking it up. Variety is the spice of life.

Try questions like, "What's something on your bucket list?", "What's the best restaurant you've been to in the last year?" or "What's the most interesting thing you've learned in the past week?" These are less mainstream questions that spice up a conversation from the beginning and open the door to learning more about each other. For more questions check out page 6.

MORE EXPERIMENTAL STRATEGIES

- **Send a haiku.** They're short, sweet and show you're cultured.
- **Send a meme or gif.** Everyone loves to laugh. Show you have a sense of humor
- **Write them a song.** Ballads are underrated. Help bring them back.
- **Draw a picture out of keyboard characters.** "~\o/~~ that's me drowning in your eyes."
- **Ask them their opinion on the difference between marginal taxation versus capital gains rates for short-term and long-term losses.** Always a crowd favorite.
- **Ask them if they can set you up with a friend in one of their pictures.** They'll never see it coming.
- **Wait for them to message first.** Let's be honest, when does this ever happen?
- **Send them a coupon.** And they say you can't buy love.

DATING THROUGH THE AGES

By Hannah Gladwell

ANCIENT AND MEDIEVAL TIMES

Ancient and medieval dating just didn't exist. In modern times, we see dating as a prerequisite to marriage or even as just a way to have fun and develop relationship skills. In ancient and medieval times, however, they just cut straight to marriage. Women were seen more as property, and because their purpose was to bear children, they were often married off very young. It was typically a financial or political arrangement, and women often had no say in who would be their spouse. Chivalry emerged during the medieval period.



17TH AND 18TH CENTURIES

Courtships, or the predecessor to dating as we know it, began to gain ground. Women had more power over the decision of who would be their partner, but money was still a primary factor in relationship decisions. Love was a secondary concern.



19TH CENTURY

This was the era of Jane Austen. Though money and family were still factors in relationships, love became an important part of courtships and marriage. Courtship became a very formalized process in which a man would pursue a lady. The man had to be introduced to the woman, and often he would request to escort her home. Much of the courting process took place in the woman's home, allowing a chaperone to be near.



THE 1920S

The term "dating" began to enter the common vernacular. Couples could go out alone, and increased car ownership meant couples could meet up at restaurants and other venues. Dating in the 1920s became more exciting than methodical and formal.

THE 1950S

Dating as we know it — movie theaters and restaurants — continued to evolve. Etiquette was important in dating, as were gender roles. "Going steady" became the norm for couples who wanted to take things to the next level.



THE 1970S

Women enjoyed growing equality and independence. Marriage and family were no longer the sole purpose of a woman's life, so dating became more casual. Divorce rates also rose as traditional models of relationships were challenged.

THE 1990S-PRESENT

As the influence of the Internet continued to grow, dating moved online. Though couples still met up for dates, texting and other digital communication tools gained popularity. The dating app emerged as a new avenue to meet people. With the COVID-19 pandemic, Zoom dating also found footing in the modern dating landscape.



YOU'RE IN A RELATIONSHIP Now What?



By Hannah Gladwell

You've been seeing someone for a while, and things are going swimmingly. You have fun, you get along well and you really see a future together. You both decide to move forward with a relationship! You're over the moon, but what do you do now?

The transition from non-exclusive dating into a relationship is an interesting one. Expectations and commitments change, and it is important to adjust accordingly. While casual dating is all about getting to know one another and enjoying the company, relationships are more serious.

Communication is a critical part of healthy relationships. Be clear about your needs, boundaries and expectations in a relationship. If your feelings are hurt, tell your partner and work together on the problem. Your significant other is not a mind reader.

"Don't get upset over an expectation you set for someone when you didn't explicitly say it. Unsaid expectations I feel are a major cause of disagreements (or) disappointments in

all relationships.

I guess it really comes down to communication," said Gentry Keaton, a junior studying math education.

Communicating can be hard but ultimately can bring you together. "You'll be much happier in the end and you'll get to know each other better on a deeper level if you talk about everything," said Maddie Jarvis, a junior studying marketing.

Even though you are more committed to each other than you were before, maintain your independence. Keep your friends, interests and obligations a priority along with your significant other. A well-balanced life contributes to a well-balanced relationship.

Occasional disagreements are

bound to occur when two different people come together into a relationship. What is important is how you handle them. Work together to solve conflicts, not against each other.

"Being open with your feelings while still being willing to see the situation from another person's perspective (is important)," Keaton said.

As a relationship progresses, keep evaluating your priorities, values and goals and make sure they are compatible with your relationship. Compromise is part of relationships, but you shouldn't compromise on things that are central to your identity.

"Make sure their goals line up with yours. So important," Jarvis said.

DATING DIARIES

PANDEMIC PAIRINGS

The COVID-19 pandemic stopped a lot of things; but it couldn't stop BYU students from falling in love.

I was playing chess in building B9 when he walked in. He had a gentle smile, perfect hair and was rolling a large brown suitcase inside. Excited, I jumped up on my chair and said, "Hey! I'm Sarah, I'm the other Resident Assistant!" He stopped walking and immediately came to shake my hand. I was impressed with his easygoing attitude and quiet confidence. "My name's Chris, it's great to meet you," he said with a genuine smile.

From that moment on, hardly a day went by without us being together. I remember how excited I was to attend RA meetings, go on nightly roves around Helaman Halls, and plan activities with the residents because it meant I would get to see Christopher (who was the only other RA that semester.) We had the same friends, the same job and enjoyed doing the same things like eating ice cream and running through sprinklers. As things progressed, I realized that I didn't want this relationship to end. Luckily, Christopher felt the same way. We had a wonderful COVID wedding full of hand sanitizer, masked faces and lots of love. It was a perfect day and we couldn't have been happier.

Sarah, elementary education

This guy from my Zoom guitar class had asked for my number — over Zoom! It was so funny to me. He was going to take me out for dinner and ice skating. We went to Zupas and had some bisque. We shared our music in the car. We got to the ice skating rink and found that we were an hour early, meaning we would get to improvise for an hour. We drove around somewhat aimlessly, taking turns choosing which way we went at

each intersection. When I said that I liked writing poetry, he suggested that we write a haiku right then on our way back to the ice skating rink.

"Dinner at Zupas," I exclaimed.

That was our first line. He sat there counting syllables until he said, "I've got it:

"Aisha is really pretty."

Together we concluded on the last line: A really fun date.

We arrived at the rink, we walked in, we skated, we drove home, and we said good night, gliding on the ecstasy of the simple delight and imagination that flowered from our little piece of poetry.

Aisha, data science

It was summer 2018 and he was in my NSO group. We talked and laughed the whole day and then I figured I would never see him again. Much to my surprise, he was friends with my roommate and so our paths crossed again ... and again ... and again! He decided to ask me on a date and I of course said yes. He picked me up at 7 p.m. and let's just say the date went so well that by 2 a.m., when we decided we probably should sleep, I also asked him to be my boyfriend. Call me crazy, but I was head over heels and the rest is history. We dated that whole summer and I was so in love that when he left on his mission I did anything I could to distract myself from missing him. I left on a mission about a year later and, after both getting sent home because of COVID, we sealed the deal this last summer in the San Antonio Temple and are as in love as ever.

Andrea, advertising

POST-MISSION PAIRINGS

You can't flirt while on a mission. But once you're back at BYU? Open season — even for people you served with.

The first time I “met” my significant other was technically on our missions, you know, when we shook hands that one time. After that, we didn't come in contact with one another until after the mission when we re-met at a mutual friend's Halloween party. Still, our pivotal moment didn't happen until I moved into my first apartment in Provo. Some friends from my mission helped and let me know he lived directly across the street. So, one day when I needed cheese (because let's be honest, it's an essential,) he happened to be the most convenient person to borrow it from. Due to that nacho craving, and a few more “coincidental” run-ins, we've been hanging out ever since. Now, we are lucky enough to call each other husband and wife; my only regret? Not quoting “She's the Man” when I had the chance: “So...do you like cheese?”

Mandy, English

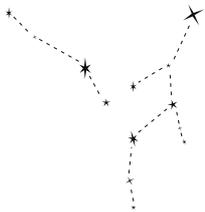
My wonderful man and I actually met half-way across the world serving our missions. We

were in the same area at one point and I already didn't like his companions. So when he came in I instantly didn't like him because they were friends. We didn't get along when we were talking about the area because he didn't like that sister missionaries are usually right. I also knew he was dating his high school sweetheart so I really didn't care to give him any attention. Three years later my sister moved to an area close to where he grew up. We ended up finding each other on Mutual and decided to catch up the next day. We went to Farr's ice cream and when I saw him I couldn't help but have a smile on my face and then I laughed at the Crocs on his feet. We got along right off the bat and he offered to help move the rest of my sister's belongings. What really got me though was that when it was time to move the safe full of guns and he said, “It's time to go into sports mode” as he flipped down the backs of his shoes! We're planning to get married this year!

Megan, athletic training

HOW TO (ACTUA

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



Communicate

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



Research weather and cloud cover beforehand

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



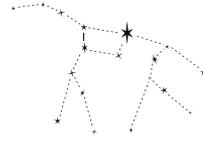
Come prepared

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



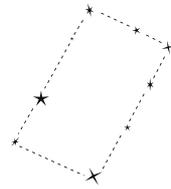
HALEY MOSHER

LLY) STARGAZE



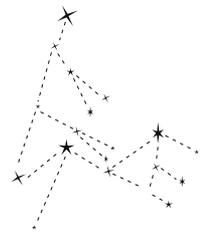
Research the constellations

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



Download an app

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



Avoid light

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

—Matthew Bennett

Planning a meaningful date

By Ben Daniel

It can take a lot of courage to ask someone on a date, especially if you really like them. It's a mountain you have to hurdle, only to face another one that is almost as daunting: what will you do for the date?

Planning a date can be nerve-wracking. You want to make sure your date is comfortable, but it still should be fun. You want to impress your date. You'd love nothing more than to blow them away with the most fantastic date they could ever imagine and ride off with them into the sunset, but that's a lot of pressure.

Never fear! TWO is here to help you plan a great, meaningful date with these simple guidelines.

Keep It Short and Simple

That old acronym K.I.S.S. (keep it simple, stupid) may be the best way to receive affection at the end of the date. While it may seem endearing and exciting, grand romantic gestures are best left for proposals. Dates, no matter whether it is a first or a twelfth, are about building your relationship with that person. This is best accomplished by talking or doing an activity together. Dates don't need to be extravagant or expensive. Often the simpler the date, the easier it is to talk or get to know each other through what you're doing.

It also helps to go on shorter, more frequent dates than one big one. In behavioral psychology there is a

principle known as segregating gains and aggregating losses. In short this means that spreading out good things and combining bad things creates better experiences. Would you rather go to Disneyland for four hours each day for six days or for 24 hours straight? Would you rather get a vaccination every hour for five hours or get all five at once?

This can apply in dating by keeping dates short. You, and more importantly your date, may have a better time if you go on shorter dates more frequently. Four one-hour dates may be better than one four-hour date. This doesn't mean you need to get your date from their front door back to their front door in 27 minutes. Often, dates don't need to be eternal to be worthwhile.

Yes, your eight-hour scavenger-hunt-turned-escape-room-with-laser-tag date sounds awesome, but it may be better to consider getting ice cream or going for a walk around the duck pond instead. See page 33 for date ideas.

Make Sure It's Safe

The world is what it is, and it is crucial to make sure your date feels safe and comfortable with what you're doing. This goes for both the activity and the people involved. If your date doesn't know you well, make sure they feel safe.

"Surprises are for when you really know someone," said Nathan Hurt, a neuroscience major from Germantown, Maryland. "When your just getting to

know someone the best way to really know the inner you is to be as genuine as you can."

This may mean switching plans or disclosing something that was intended to be a surprise. Keeping dates safe could also involve skipping more adventurous activities like rock climbing or rope courses if your date is uncomfortable with them.

Think About Their Interests

What does your date love to do? Is there something happening at BYU or in the area that relates to their hobbies? Is there something you both like to do? Participating in a shared hobby is a great way to get to know one another and have an enjoyable time. "Take into account their interests, be genuine," said Bethany, a sophomore studying exercise science.

Interests can go beyond just hobbies too. What are things they can't stop talking about and why? What is something you can do together that will connect with that? Taking this kind of approach when planning dates is one of the best ways to show you are holistically interested in someone. It shows you don't just want to invest in them on a surface level, but deeply as well.

It's important to note that this is not the only way to show you are genuinely interested in someone. It can be difficult to come up with ideas of dates that relate to their interests, especially if

you don't know them that well yet. If a good idea doesn't immediately come to mind, don't stress. You can still have a great, meaningful date without it intricately tying into their hobbies, interests, or passions.

Building Connections

Most often the purpose of a date is to build rapport and connection with someone else.

If you have a few activities in mind, think about what the experience will be like. Will this activity give you time to talk? It is difficult to get to know someone better without talking to them. If the conversation starts to flow, will this activity get in the way of that?

Some people like as few distractions as possible to completely focus on the other person. Good dates for this strategy could be going for a walk, getting dinner or going for a drive.

Others find it easier to talk when

there are other things to focus on that can act as a bridge to the conversation. Good activities could include museums, zoos, aquariums and hikes.

Consider what is most comfortable for you and what is likely to be comfortable for your date and choose activities accordingly.

Planning a Special Date

Let's say you know your date well. Maybe it's a friend you've been crushing on for months ... or years, and you've finally decided to ask them out, or you can feel a DTR coming on and you want to make a good impression and make this official. You need a little more spice than the average date.

Dates that stand out often involve something that is meaningful to that person. Dexter Ellis, a freshman studying psychology from Provo, encouraged people to plan dates that involve something the other person enjoys. "It shows

that you are interested."

Think about your date's hopes, dreams, and passions. What are things that stir their soul? Have they always dreamed of visiting Paris? (Cliche dream, but OK.) Maybe you could recreate a night in Paris in your apartment with croissants, candles and string lights and Edith Piaf playing in the background.

Dates could also be meaningful because of something you two share. Do you have a common dream or goal? Is there an inside joke between the two of you that you make an evening out of? Find what's meaningful to them, consider how you can turn it into a date, and watch them fall head over heels for you.

Planning a date can be stressful. When you relax, remember to keep it simple and think about what your date would enjoy, it can turn into an adventure that transforms that date-planning anxiety into excitement.

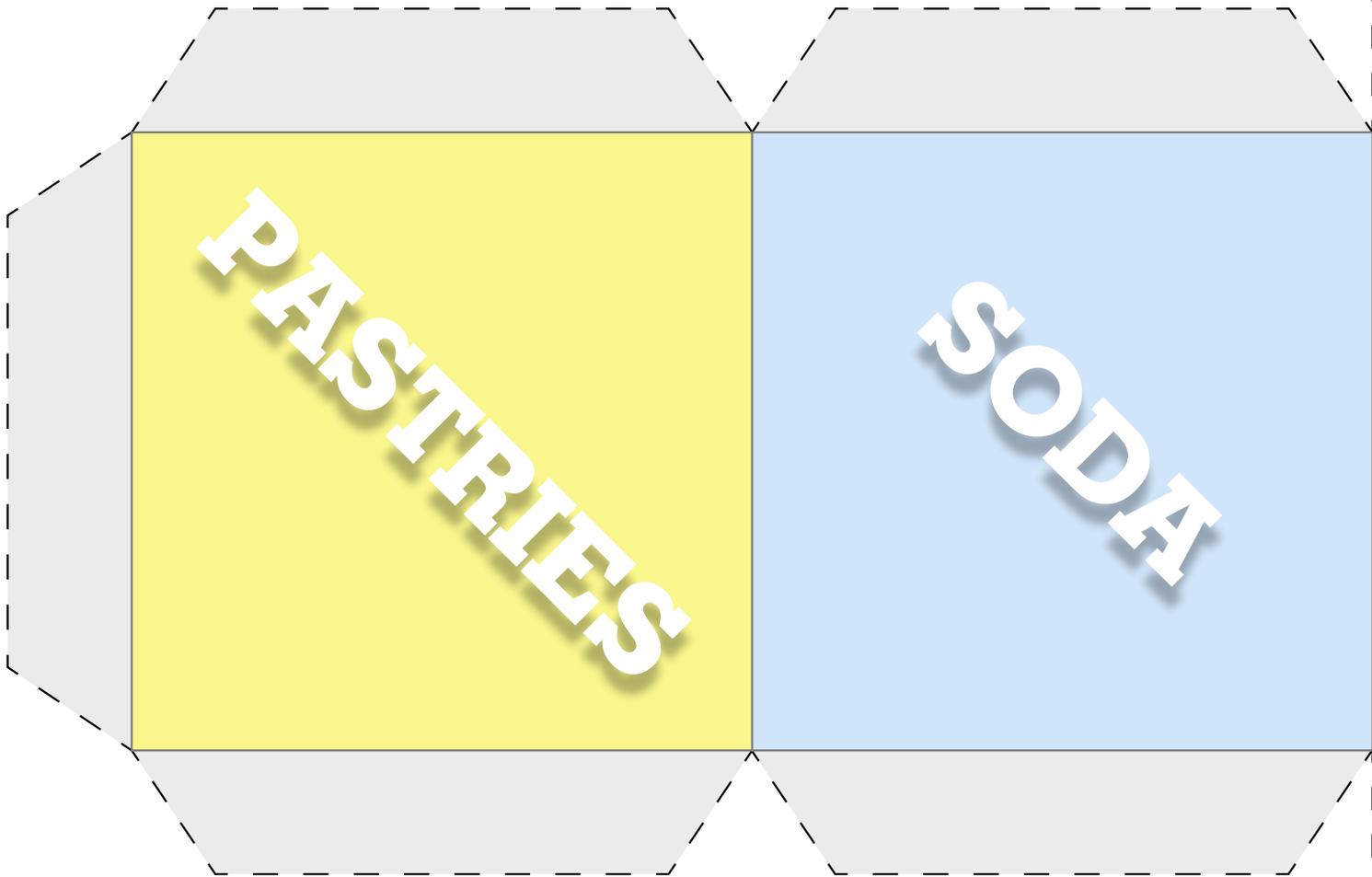


A LITTLE SWEET, ON A ROLL

A *souçon* of something a little sweet can make a date a success; but deciding can remove some joy. To expedite the decision, pull out this little die and give it a roll.

To assemble the die:

1. Cut it out along the dotted lines
2. Fold along the solid lines
3. Glue or tape the tabs under the squares
4. Roll it to choose a type of dessert



CREPES

COOKIES

CONES

ICE CREAM



NAVIGATING CONFLICT

BY HANNAH GLADWELL

Conflict is a natural part of relationships. Whether you are arguing about serious matters or just can't decide where to go for dinner, every relationship will run into conflict at some point. The most important part is learning to navigate conflict productively.

"Conflict is inevitable," said Dr. Jason Whiting, a professor in the School of Family Life. "Anytime you put two people together there are going to be differences. That's not a question. The question is how you deal with those differences."

There are healthy ways to approach conflict, and fortunately, those healthy approaches involve skills that can be learned. Whiting defined healthy conflict as honest, respectful and seeing both sides as valid. Conflict becomes unhealthy when it is disrespectful, blaming and attacking.

Conflict can be an opportunity to practice valuable relationship skills. "When there is conflict, practice solving problems the way you would hope to in the future. It is wise to use these experiences to develop skills in listening, being thoughtful versus reactive, trying to understand another's point of view and sharing your own perspective," said Jen Wight, a certified clinical social worker.

Conflict can provide important information about your partner's way of handling problems. If you notice

unhealthy conflict habits, that may be something to communicate and work on. "Notice how your partner is handling themselves as well," Wight said. "You can't magically change how you communicate as a couple, so if you are seeing red flags, address them proactively."

When conflict arises, remember it's the two of you versus the problem, not you versus your partner. You are on the same side: the problem-solving side. Try to reduce the need to be right and focus instead on understanding your partner, communicating your own feelings and coming to a practical solution.

Whiting noted that arguing usually fails. Because partners tend to feel certain about their opinions, even on subjective issues, arguing typically won't sway your partner to your side. Instead, it further polarizes opinions.

In an article titled "You Will Never Win Your Political or Relationship Arguments," Whiting wrote, "Research on motivated reasoning, confirmation bias and other illogical leaps of the human brain show we are not

equipped to convince each other through debate. As emotional and social creatures, we form our opinions based on our feelings and seek communion with others who feel the same. This helps us hold on tightly to our views and swat away threats to changing them.”

Healthy couples hear each other and try to understand. Whiting advises, “Remember that aggressively pushing ‘facts’ and accusations will not win anyone over. Instead, try to understand the underlying motivations and issues at stake, which is more helpful than arguing each other into deeper divides.”

A good tool for keeping a conflict from exploding is to approach it with a clear and calm head. To keep things from becoming too heated, it can be beneficial to briefly take a break from the conversation to cool down and think through it. Talk yourself through the problem before addressing it with your partner.

“Research findings show that couples who have unsuccessful conflicts also have intense physical reactions to conflict, such as increased heart rate,” Whiting said. “Decreasing these reactions can reduce the intensity of a conflict. Sometimes that means taking a walk or a break from the conversation.”

Try to defuse the situation instead of escalating it. In an article titled “Keeping Your Relationship Healthy During the Coronavirus,” Whiting wrote, “Successful couples realize when their own stress is setting each other off, and instead of fighting fire with fire, they use water. Cooling off has a good effect on both and when people are in close proximity, they influence each other’s level of calmness.”

Using soothing speech can have a positive effect on both partners’ moods during a conflict. “Couples who use reassuring, gentle expressions and intonation connect directly to each other’s nervous systems. This provides a balm to frayed nerves and adds healing to the words,” Whiting wrote.

Once nerves are reduced, effective communication can occur. This requires listening and communicating from both partners. There is listening to understand and listening to reply. Many people typically listen to reply, and it’s not always the most effective. If you’re more concerned with what you will say in response

rather than internalizing what your partner is saying, it may be time to reevaluate the way you listen.

While responding to your partner is a way to show you are listening, you should make an effort to understand what your partner is saying and feeling before jumping in with your own judgments. Hearing is a physiological response, while listening allows understanding and real communication to occur.

Sometimes couples take stress from other sources out on each other, and that’s where conflict arises. In

this case, it’s helpful to reduce the outside noise and focus on underlying emotions and needs. Whiting acknowledged A.R.E. dialogues as effective tools for discussion.

“A.R.E. dialogues emphasize accessibility, responsiveness and engagement,” Whiting said. “This means partners remain open to each other, respond to thoughts and emotions with respect and engage in discussion.”

Accessibility requires partners to simply be there and be open. Shutting someone out

is a surefire way to stop healthy communication in its tracks. Erase any distractions and be fully present in the conversation. Be physically and emotionally available to listen and discuss with your partner.

Responsiveness shows your partner that you are listening and understanding. This can include affirming words and body language, eye contact and other indicators.

Engagement requires leaning into and becoming fully involved with the conversation. This requires action. Share your thoughts and feelings, and engage with your partner in the ways that are most helpful.

Compromise is a classic solution to conflict. Meeting in the middle to find a solution can allow both partners to feel heard and valued. Sometimes there’s a solution somewhere in between, and sometimes you may just agree to disagree.

“In a healthy relationship, you don’t always get what you want,” Whiting said. “Some people unhealthily insist their partner agrees with them. It should feel fair.”

Though conflict is inevitable, skills can be developed to turn conflict into meaningful, productive conversations. Conflict can become a valuable opportunity to be heard, understood and actually grow closer as a couple.

If you’re more concerned with what you will say in response rather than internalizing what your partner is saying, it may be time to reevaluate the way you listen.

SETTING BOUNDARIES

By Hannah Gladwell

Boundaries are the places where one thing ends and another begins. They function in many types of relationships. They exist between governments, employees, family members and countless other contexts. Just as they exist in these situations, boundaries are vital to romantic relationships. Whether it's a dating or marriage relationship, boundaries can serve to protect your personal needs and maintain a healthy, balanced relationship.

What Are Boundaries?

“Personal boundaries clearly mark limits,” said Jen Wight, a certified social worker. Relationships are the formation of a new connection, not a loss of self. Though you have a couple identity, you should also maintain your personal identity and avoid losing yourself in a relationship. Boundaries mark the limits between the relationship and independence.

Personal boundaries are important to maintaining autonomy in a relationship. This autonomy does not come at the cost of a romantic connection. Rather, it strengthens both partners’ sense of self and allows for balance.

“It’s always important to keep personal boundaries,” said Dr. Brian Willoughby, an associate professor in the BYU School of Family Life. “It’s good to keep a degree of independence and autonomy. Even though there is a relationship progression where you start to open up more and depend on a partner, that doesn’t mean you lose your independence. You should still have your own thoughts and boundaries.”

Boundaries can also mark the line between a relationship and outside factors. They exist between a couple and between the relationship and the outside world. “Boundaries have a dual

role,” Willoughby said. “One of the aspects of boundaries is to define what a relationship is and who is involved. The other important part of boundaries has to do with information access. This includes what is shared between a couple and what is shared outside of the relationship. Boundaries are like an imaginary line around a couple that defines what stays in the boundary and what stays outside the boundary.”

Boundaries can take many different forms within a romantic relationship. Often, people consider boundaries as physical limitations between a couple. More broadly, boundaries can also include the level of commitment, time and emotional limitations and more.

Kylee Marshall, a marriage and family therapist, gave examples of what personal boundaries look like. “I need to get to sleep by 11. It’s important to me that we don’t do x or y physically. It hurts my feelings when you criticize my cooking, so can you phrase it differently in the future? I love your family, but spending every weekend with them is hard for me, so can we try to balance that better?” These phrases establish personal needs for an individual in the relationship and allow room for discussion.

“Setting and enforcing a boundary can be as simple as saying, ‘I would love to watch something another night, but tonight I need to study for my accounting exam,’” Wight said.



How Are Boundaries Determined?

Boundaries can be determined by considering your values and what you’re comfortable with. They help you live in accordance with what’s most important to you.

“Boundaries are best when they are informed by your values,” Wight said. “For example, if you have a value of sexual intimacy occurring within marriage, personal boundaries limiting physical contact outside of marriage would help you live within your values. When we are living a life where our decisions and actions align with our values, we are more likely to experience peace and contentment in life.”

Ask yourself what you are and aren’t okay with. You can consider what you’re comfortable with when it comes to physical contact, communication and other aspects of relationships.

Communication in Boundary Setting

Communication is important in any facet of a relationship, and especially in setting boundaries. A partner will find it difficult to respect a boundary that has not been expressed. Be clear about what your boundaries are and what can and can't be compromised on. Be willing to respect your partner's boundaries and engage in conversation about what the relationship's boundaries will look like in practice.

Communication about boundaries should be an ongoing conversation as a relationship progresses. "Boundaries shift over time," Willoughby said. "As a relationship becomes more set, keep talking to each other about all your boundaries. One of the things that typically happens in a relationship over time is that boundaries become more open. The boundary between the couple tends to open and the boundary around the couple tends to become more rigid. The couple shares more with each other and a little bit less with the outside world."

While boundaries are limits, they improve both relationships with yourself and interpersonally. "Having clearly defined boundaries and communicated boundaries will benefit your relationships. A relationship without boundaries is primed for resentment," Wight said.



Boundaries are a two way street. Setting boundaries must involve both partners. They should be discussed, respected and enforced between the couple. When one partner uses boundary setting to control the other, it can become unhealthy.

"The big distinction between healthy and unhealthy is that healthy boundaries are a couple decision, which is achieved through open communication," Willoughby said. "When it becomes controlling is when it becomes one person trying to set the relationship parameters because it's just what they want. It's not about open dialogue. It becomes what we call controlling communication."



Boundary Violations

If a partner is not respecting boundaries that have been set, that is something to communicate. "Part of the purpose of dating is to see how a partner responds to sharing something that may be hard. Be honest and communicate those concerns. See how your partner responds," Willoughby said.

If boundary violations become a regular occurrence, that can be a red flag. You should feel safe with your partner. If you find yourself having the same conversation because a partner is constantly violating boundaries, you should evaluate whether your partner is listening and respecting your limits.

"It's dangerous to assume someone will change. As a relationship expert, I would say someone who violates boundaries is probably not the best person to be with. Just keep communicating and being aware of potential red flags," Willoughby said.

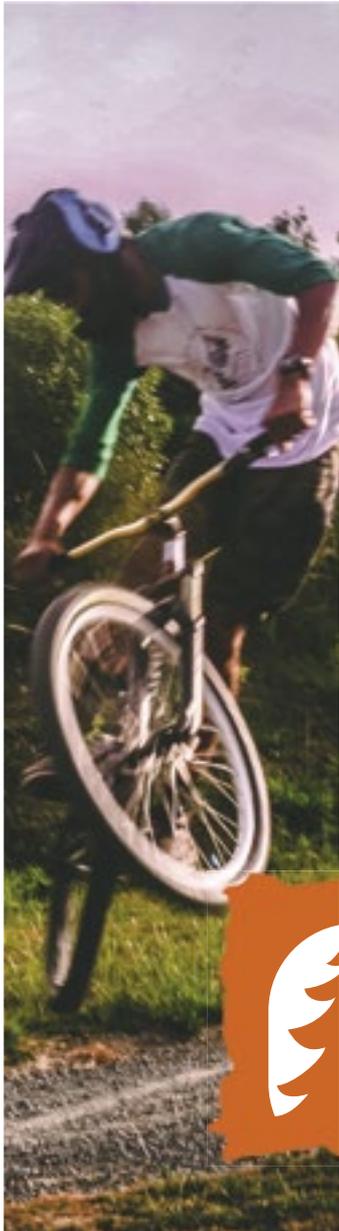
Healthy relationships have balance, and boundaries are part of finding that balance. The ability to define values, respect your partner and create open dialogue are important skills to develop. As a relationship progresses, be sure to continue open communication about boundaries. "It's an ongoing conversation that continues for the rest of your life," Willoughby said.

STAGES OF DATING

Jason S. Carroll, a professor in the School of Family Life, developed a framework that outlines the progression of dating and romantic relationships in the context of both prophetic guidance and social science. Dating pressures in Provo may lead you to feel like you need to be in one stage of dating when you are not ready for it. Using this framework to examine what stage of dating you are in and which one you want to work towards can be helpful in reducing pressure on yourself and allow dating to be more enjoyable.

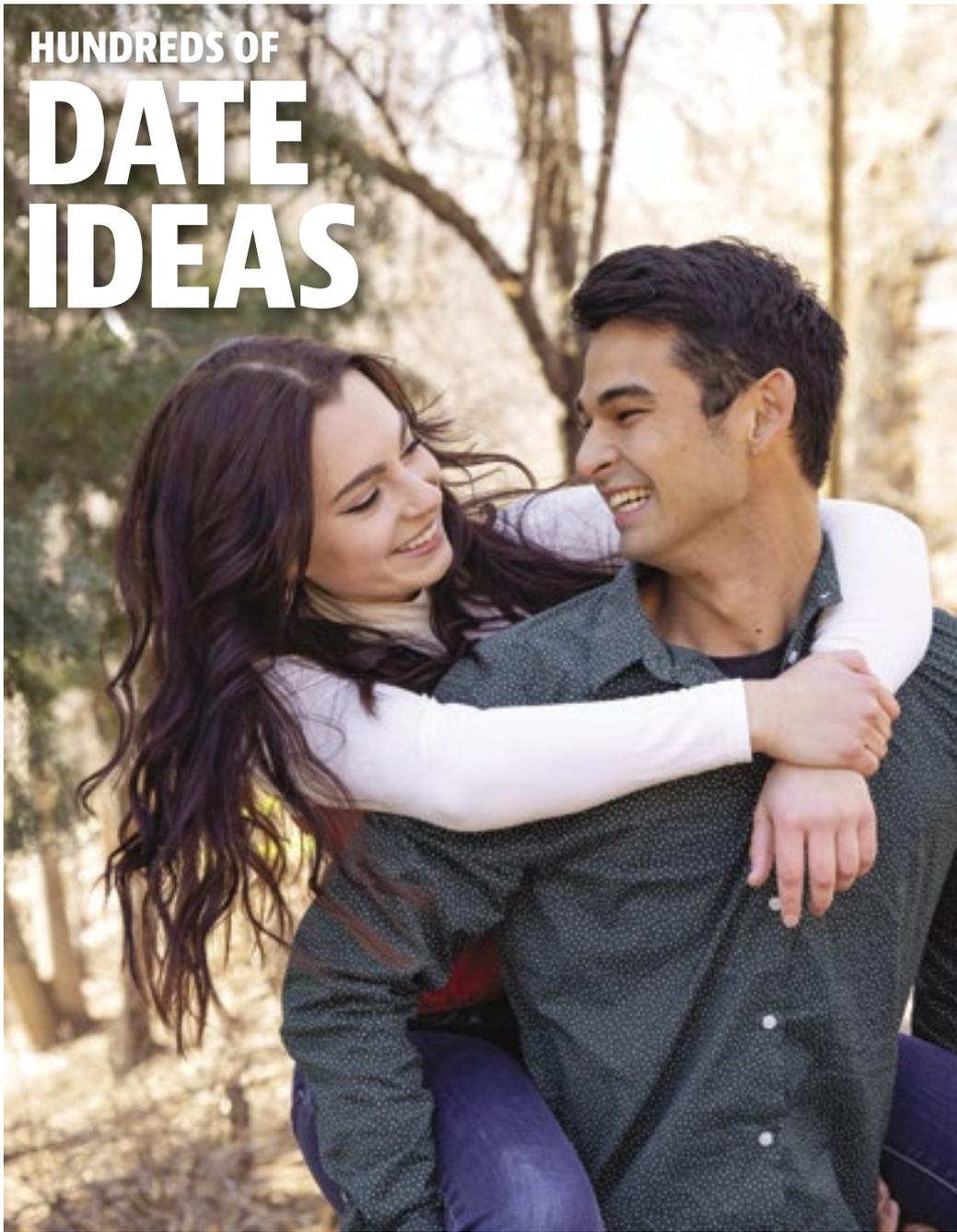
	CAPACITIES	PURPOSES	PRACTICES
PRE-DATING STAGE	<p><i>Relationship</i> Ages 12–16</p>	<ul style="list-style-type: none"> ▪ Learn standards ▪ Develop social skills and talents ▪ Strengthen self worth ▪ Counsel with parents 	<ul style="list-style-type: none"> ▪ Combined YM/YW ▪ Supervised mixed group activities ▪ Age 14 ▪ Non date dances
GROUP DATING STAGE	<p><i>Friendship</i> Ages 16–18</p>	<ul style="list-style-type: none"> ▪ Improve social skills and talents ▪ Develop respect, self control, courage etc. ▪ Counsel with parents 	<ul style="list-style-type: none"> ▪ Date a variety of people ▪ Group dates ▪ Date dances ▪ Non-couple status
PAIRED DATING STAGE	<p><i>Companionship</i> Ages 18+</p>	<ul style="list-style-type: none"> ▪ Refine social skills and talents ▪ Experience a range of potential partners ▪ Experience self with others 	<ul style="list-style-type: none"> ▪ Non-couple status ▪ Date a variety of people ▪ One-on-one and group dates
EXCLUSIVE DATING STAGE	<p><i>Partnership</i> Ages 18+ (Post mission)</p>	<ul style="list-style-type: none"> ▪ Explore potential marriage relationship ▪ Move forward or move backward 	<ul style="list-style-type: none"> ▪ Couple status ▪ Steady dating ▪ Hanging-out as a couple ▪ Merge schedules
ENGAGED DATING STAGE	<p><i>Courtship</i> Age varies</p>	<ul style="list-style-type: none"> ▪ Confirm a marriage partnership ▪ Make wedding preparations ▪ Form new family relationships 	<ul style="list-style-type: none"> ▪ Engagement ▪ Forsake others ▪ Hanging-out as a couple ▪ Merge lives

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HUNDREDS OF DATE IDEAS



Restaurants 33

In the House 38

Out of the House . 39

Arts 39

Festivals/Events 39

Hikes 42

Movie Theaters 42

Museums 42

Outdoors 44

Parks 43

Resorts 44

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.

Dates are tagged for convenience. The color tags indicate:

- On-campus dates
- Free dates
- Dress dapper
- Outdoor dates
- Indoor dates
- Best for introverts
- Best for extroverts
- Active dates
- Requires a car

RESTAURANTS

American

- Art City Trolley**
★★★★ Traditional. 256 N. Main, Springville. 801-489-8585 artcitytrolley.com
- Aubergine Kitchen**
★★★★ Salad. 1365 S. State. 801-224-7484 aubergineandcompany.com
- Black Bear Diner**
★★★★ Diners. 771 E. University Pkwy., Orem. 385-236-2782 blackbeardiner.com

- Black Sheep Cafe**
★★★★ 19 N. University Ave. 801-607-2485 blacksheepcafe.com
- Chubby's Cafe**
★★★★ 576 N. Mill Road, Vineyard. 801-922-5254 chubbyscafeut.com
- Communal**
★★★★ Salad. 102 N. University Ave. 801-373-8000
- Cubby's**
★★★★ Salad. 1258 N. State; 180 N. State, Orem. 801-919-3023

- DP Cheesesteaks**
★★★★ Sandwiches. 1774 N. University Pkwy. 801-709-2996 dpcheesesteaks.com
- East Bay Cafe**
★★★★ Traditional. 1800 S. Novell Pl.
- Ernie's Sports Deli Provo**
★★★★ 265 W. Center. 801-373-0159 erniesportsdeli.com
- Good Move Cafe**
★★★★ Cafe. 1 E. Center. 801-850-9113 goodmovecafe.com

- The Hut**
★★★★ 495 E. 600 North.
- The Italian Place**
★★★★ Cheesesteaks. 1086 S. State, Orem. 801-224-6317 italianplaceutah.com
- J Dawgs**
★★★★ Hot Dogs. 858 N. 700 E; 287 E. University Pkwy., Orem. 801-373-3294 jdawgs.com
- Kickin Seafood Cajun Style**
★★★★ Cajun, Creole. 435 E. 1150 South. 801-226-4166

\$\$ La Jolla Groves
★★★★☆ New. 4801 N. University Ave.
801-224-5111 lajollagroves.com

\$ Legends Grille
★★★★☆ Traditional.
106 SAB, BYU. 801-422-3757 dining.byu.edu

\$\$ Lovebirds Hot Chicken
★★★★☆ Traditional.
1831 N. State. 801-607-1032
lovebirdschicken.com

\$\$ Molly's
★★★★☆ Comfort food.
753 W. Columbia Lane. 801-374-3256
marvellouscatering.com

One Man Band
★★★★☆ Breakfast, burgers. 1220 E.
Main, Lehi. 801-766-0553

\$ River Rock Cafe
★★★★☆ Cafeteria. 1034 N. 500 West.
801-357-2658

\$ Sensuous Sandwich
★★★★☆ Sandwiches. 163 W. Center.
801-377-9244 sensuoussandwich.com

\$ The Spoon
★★★★☆ Traditional. 75 W. Center.
801-345-2110

\$ Spuds
★★★★☆ 668 N. Main, Springville.
801-917-6860 spudsunderground.square.
site

\$\$ Station 22 Cafe
★★★★☆ New. 22 W. Center. 801-607-
1803 station22cafe.com

\$\$ Texas Roadhouse
★★★★☆ Steakhouses. 1265 S. State,
Orem. 801-226-2742 texasroadhouse.com

Vanders Keep
★★★★☆ 382 S. Evermore Lane,
Pleasant Grove. 801-899-9437
vanderskeep.com

\$ Waffle Love
★★★★☆ Waffles. 1796 N. 950 West;
1831 N. State. 801-923-3588; 801-228-1636
waffluv.com

\$ The Wall
★★★★☆ Traditional.
1151 WSC, BYU. 801-422-4470
thewall.byu.edu

Asian

\$ 180 Tacos Global Street Eats
★★★★☆ Asian Fusion. 3368 N.
University Ave. 801-356-8226 180tacos.com

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

\$\$ Bangkok Grill
★★★★☆ Thai. 934 N. State, Orem.
801-434-8424 bangkokgrillorem.com

Bobapho
★★★★☆ Asian. 824 E. 800 North.
801-691-0978

Bok Bok Korean Fried Chicken
★★★★☆ Korean. 1181 N. Canyon Rd.
801-691-0921 facebook.com/bokbokutah

\$\$ Bonsai Sushi
★★★★☆ Sushi Bars. 672 N. Freedom.
801-373-0833

\$ Bumblebee's KBBQ
★★★★☆ Sandwiches. 1254 N. State.
801-607-2543 bumblebeesbbq.wixsite.com

Bun Boiz
Asian. 350 N. Freedom. 801-753-8663
bunboiz.com

\$ Chinatown Restaurant
★★★★☆ Seafood. 330 S. State.
801-373-7699 chinatownnut.com

\$\$ Dim Sum Kitchen
★★★★☆ Dim Sum. 2005 S. State,
Orem. 385-203-6888

East Moon Sushi & Grill
★★★★☆ Japanese. 90 E. Main, Lehi.
801-753-0705 eastmoonutah.com

Feast Buffet
★★★★☆ Asian. 1428 N. State, Orem.

\$\$ Five Sushi Brothers
★★★★☆ Sushi bar. 445 N. Freedom
Blvd. 385-549-4495 fivesushibrothers.com

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

Golden Thai
★★★★☆ Thai. 1069 S. 750 East.
801-960-9477 gldnthai.com

\$\$ Itto Sushi
★★★★☆ Salad. 547 E. University Pkwy.,
Orem. 385-497-7045 ittoutah.com

\$ K's Japanese Kitchen
★★★★☆ Japanese. 322 W. Center.
385-201-7523 ksjapanesekitchen.com

Katsu City
★★★★☆ Japanese, Korean. 1700 N.
State. 801-375-0818

\$ Koi Ramen
★★★★☆ Noodles. 1283 N. University
Ave. 801-691-0075
koiramenprovo.business.site

\$ Koko Lunchbox
★★★★☆ Korean. 1175 N. Canyon Road.
801-850-4358

\$\$ Kyoto Japanese Steakhouse & Sushi Bar
★★★★☆ Steakhouses. 992 S.
University Ave. 801-375-2985

Lovely Pho
★★★★☆ Vietnamese. 2306 N.
University Pkwy. 801-921-6236
lovelypho.com

\$ Noodle King
★★★★☆ Vietnamese. 163 N. University
Ave. 801-818-1027
noodlekinginc.wixsite.com/noodleking

Noodle-N-Roll
★★★★☆ Korean. 575 E. University
Pkwy., Orem. 385-225-5850

\$ Oh Mai
★★★★☆ Vietnamese. 575 E. University
Pkwy., Orem. 801-607-2992 ohmauiutah.com

\$\$ Oishii Sushi
★★★★☆ Japanese. 902 N. State, Orem.
801-691-0425 oishiisushiorem.com

\$\$ Ombu Grill
★★★★☆ Korean Barbeque. 147 N.
State, Orem. 801-224-6667

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

\$ Pho Plus
★★★★☆ Vietnamese. 908 S. State,
Orem. 801-765-8808 phoplusutah.com

\$\$ Sam Hawk Korean Restaurant
★★★★☆ Korean. 684 N. Freedom.
801-377-7766 samhawkprovo.com

\$\$ Savory Thai
★★★★☆ Thai. 182 W. Center, Orem.
801-802-6000 savorythaiutah.com

\$\$ Shoga
★★★★☆ Japanese. 386 E. University
Pkwy., Orem. 801-802-8388 shogautah.com

\$ Silver Dish Thai Cuisine
★★★★☆ Thai. 278 W. Center.
801-373-9540 silverdishthaicuisine.com

\$ Spicy Thai
★★★★☆ Thai. 3230 N. University Ave.
801-370-0707 spicythaioprovo.com

\$ Sushi Burrito
★★★★☆ Japanese. 283 E. 300 South.
801-377-0909 sushiburritooprovo.com

\$\$ Sushi Up
★★★★☆ Korean. 1166 W. 800 North,
Orem. 801-607-2473 sushiuporem.com

Tamashii Ramen
★★★★☆ Ramen. 206 E. University
Pkwy., Orem. 801-691-1894
tamashii ramen.com

\$\$ Tepanyaki
★★★★☆ Asian Fusion. 777 E.
University Pkwy., Orem. 801-960-9395
my-tepanyaki.com

\$ Thai Evergreen
★★★★☆ Thai. 160 E. University Pkwy.,
Orem. 801-221-3765 thaievergreenutah.com



Thai Hut

☆☆☆☆ Thai. 410 N. University Ave. 801-691-1822 thaihut.restaurant

Thai Neighbor Cuisine 1

☆☆☆☆ Thai. 170 W. 300 South. 385-223-8169 thainighborcuisine1.com

Umami Japanese Barbeque

☆☆☆☆ Buffets. 568 N. Mill Road, Vineyard. 385-329-0488 umamijapanesebbq.com

Wild Ginger

☆☆☆☆ Asian Fusion. 366 N. University Ave. 801-691-1177 wildgingerut.com

Yamato Japanese Restaurant

☆☆☆☆ Japanese. 1074 S. State, Orem. 801-227-7100 goyamato.com

Yummy's BBQ and Sushi

☆☆☆☆ Korean. 360 S. State, Orem. 801-691-1825 yummysutah.com

Zao Asian Cafe

☆☆☆☆ Asian fusion. 1352 S. State, Orem. 801-224-0030 zaosiancafe.com

Bakery

Corner Bakery Cafe

☆☆☆☆ 115 W. Center, Orem. 801-221-3740 cornerbakerycafe.com

Enliten Bakery & Cafe

☆☆☆☆ 43 E. Center. 801-919-3838 enlitenbakery.com

Great Harvest Bread

☆☆☆☆ Sandwiches. 1774 N. University Pkwy. 801-373-9816 greatharvestutah.com

La Brioche Bakery

☆☆☆☆ 845 N. 100 West. 801-802-7740 labriocheargentina.com

Memo's Bakery & Cafe

☆☆☆☆ 37 W. Center, Orem. 801-960-9044

New Grains Gluten Free Bakery

☆☆☆☆ Bakery. 1281 W. 200 North. 801-980-5751 newgrains.com

Shirley's Bakery & Cafe

☆☆☆☆ 1620 N. Freedom Blvd. 801-375-8020 shirleysbakeryinc.com

Barbeque

5 Star BBQ & Catering

☆☆☆☆ Smokehouse. 70 N. Geneva Rd., Orem. 801-225-2685 5starbbqcompany.com

Bam Bam's BBQ

☆☆☆☆ Sandwiches. 1708 S. State, Orem. 801-225-1324 bambamsbbq.com

Cupbop Korean BBQ

☆☆☆☆ Barbeque. 815 N. 700 East; 719 E. University Pkwy., Orem. 801-916-8968, 801-691-1282 cupbop.com

R&R BBQ

☆☆☆☆ Barbeque. 4801 N. University Ave. 801-281-5508 randrbbq.com

Smokin Star BBQ

☆☆☆☆ Barbeque. 1200 Provo Towne Centre Blvd. 801-995-5403

Breakfast

Block Restaurant

☆☆☆☆ Breakfast & Brunch. 3330 N. University Ave. 801-885-7558 blockrestaurantgroup.com

Guru's Cafe

☆☆☆☆ Breakfast & Brunch. 45 E. Center. 801-375-4878 guruscafe.com

Hobble Creek Coffee on Main

☆☆☆☆ Breakfast & Brunch. 388 N. Main, Springville. 385-259-1580 hobblecreekcoffeeonmain.com

Hruska's Kolaches

☆☆☆☆ Breakfast & Brunch. 434 W. Center. 801-623-3578 hruskaskolaches.com

Joe's Cafe

☆☆☆☆ Breakfast, burgers. 1126 S. State, Orem. 801-607-5377 joescafeorem.com

The Slate Restaurant

☆☆☆☆ Breakfast & Brunch. 101 W. 100 North. 801-377-4700

TRUreligion Pancake & Steakhouse

☆☆☆☆ Pancakes, American. 360 S. State, Orem. 801-705-4425 trureligionpancakeandsteakhouse.com

The Wash

☆☆☆☆ Breakfast & Brunch. 1195 N. Canyon Road. thewashprovo.com

Burgers

Backdoor BRGR

☆☆☆☆ Burgers. 261 N. University Ave. 385-236-9567 backdoorbrgr.net

Backyard Burger

☆☆☆☆ Burgers. 1431 S. State. 801-373-3777

Burgers Supreme

☆☆☆☆ Fast Food. 1796 N. University Pkwy. 801-373-5713 burgerssupreme.com

BYU Creamery

☆☆☆☆ Burgers. 1209 N. 900 East. 801-422-2663 creamery.byu.edu

Chom Burger

☆☆☆☆ Sandwiches. 45 W. 300 North. 385-241-7499 chomburger.com

The Great Steak Grill

☆☆☆☆ Burgers. 1650 W. Center. 801-375-6448

JJ Burger

☆☆☆☆ Burgers. 40 N. 400 West. 801-691-0580 jjburgerut.com

Ripple's Drive Inn

☆☆☆☆ Burgers. 3225 N. Canyon Road. 801-374-0909

Seven Brothers Burgers

☆☆☆☆ Burgers. 4801 N. University Ave. 385-477-422 sevenbrothersburgers.com

Smokehouse BBQ and Burgers

☆☆☆☆ Burgers. 194 W. Center, Orem. 801-224-1554 smokehousebbqtogo.com

Steak Express

☆☆☆☆ Burgers. 525 N. 900 East. 801-377-2308 steakexpress.square.site

Tommy's Burgers

☆☆☆☆ Burgers. 401 W. 100 North. 801-374-9733 tommys-burgers.com

Cheese

Taste

☆☆☆☆ Cheese Tasting Classes. 117 N. University Ave. 801-900-4061 havetaste.com

Chicken

Big Johnny's Hot Chicken

Food stand. 156 W. 500 South. 801-318-4207

Dirty Bird Chxx

☆☆☆☆ Sandwiches. 495 E. 600 North. 801-835-9810 dirtybirdchxx.com

Kluck's Krispy Chicken

☆☆☆☆ Chicken. 1066 S. 750 East, Orem. 801-607-5129 klucks-krispy-chicken.business.site

Chinese

Four Seasons Hot Pot And Dumpling

☆☆☆☆ Chinese. 236 N. University Ave. 801-375-6888 fourseasonshotpot.net

Great China Restaurant

☆☆☆☆ Chinese. 1632 S. State. 801-224-2238

Lotus Garden

☆☆☆☆ Chinese. 56 W. Center. 801-374-0753

Saigon Cafe

☆☆☆☆ Chinese. 440 W. 300 South. 801-812-1173 saigoncafeprovo.biz

Shoots

☆☆☆☆ Chinese. 4801 N. University Ave. 801-225-0445 shootschinese.com

Crepes

The Roll Up Crepe

☆☆☆☆ Crepes. 538 E. University Pkwy., Orem. 801-882-7373 rollupcrepes.com

Dominican

Keloke Dominican Restaurant & Food Truck

☆☆☆☆ Dominican, food truck. 266 N. State. 801-800-2747

Greek

Greek N Go Food Truck

☆☆☆☆ Greek. 1523 N. Canyon Road. 208-697-1188

Hawaiian

Good Grindz

☆☆☆☆ Hawaiian, food truck. 1200 Towne Centre Blvd. 435-282-0114 good-grindz.business.site

Hungry Hawaiian

☆☆☆☆ Hawaiian. 180 N. University Ave. 801-607-1927 hungryhawaiian.com

Kokonut Island Grill

☆☆☆☆ Hawaiian. 62 W. Cougar Blvd. 385-449-6510 kokonutislandgrill.com

L&L Hawaiian Barbecue

☆☆☆☆ Hawaiian. 158 W. 1230 North. 801-818-2888 hawaiianbarbecue.com

Ohana Grill

☆☆☆☆ Hawaiian. 1409 S. State. 801-427-4677 10hanagrill.business.site

Rekava Café

☆☆☆☆ Pacific Island. 286 N. University Ave. 801-602-4310 rekavacafe.com

Rumbi Island Grill

☆☆☆☆ Hawaiian. 299 E. University Pkwy., Orem. 801-607-1120 rumbi.com

Sweet's Island Restaurant

☆☆☆☆ Hawaiian. 711 W. Columbia Lane. 801-374-0000

Ice Cream

Brooker's Founding Flavors Ice Cream

☆☆☆☆ Ice cream. 748 E. 820 North; 568 N. Mill Road, Vineyard. 801-919-4635; 801-300-8836 brookersicecream.com

Bruster's Real Ice Cream

☆☆☆☆ Ice cream. 2255 University Pkwy. 801-607-2331 brusters.com

Handel's Homemade Ice Cream

☆☆☆☆ Ice cream. 1405 S. State, Orem. 801-960-9393 handelsicecream.com

Leatherby's Family Creamery

☆☆☆☆ Ice cream. 304 E. University Pkwy., Orem. 385-223-8140 leatherbys.com

Indian

Bombay House

☆☆☆☆ Indian. 463 N. University Ave. 801-373-6677 bombayhouse.com



\$\$ India Palace

★★★★ Indian. 98 W. Center. 801-373-7200 currypizzautah.com

\$\$ Kohinoor

★★★★ Indian. 75 S. State, Orem. 801-226-6666 kohinoorut.com

\$\$ Tandoor Indian Grill

★★★★ Indian. 1600 N. Freedom. 801-960-9048 tandoorindiagrill.com

Italian

\$ Antonella's Café

★★★★ Pizza. 154 S. State, Orem. 801-607-2127 antonellascfe.com

\$ Blaze Pizza

★★★★ Salad. 1350 S. State, Orem. 801-528-9501 blazepizza.com

\$\$ Brick Oven

★★★★ Italian. 111 E. 800 North. 801-374-8800 brickovenrestaurants.com

\$ Fat Daddy's Pizzeria

★★★★ Pizza. 223 W. Center. 801-377-4992 fatdaddyspizzeria.com

Forge Pizzeria

★★★★ Pizza. Food truck. 801-477-4169 forgepizzeria.com

\$\$ La Dolce Vita Ristorante Italiano

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

\$\$ Lucy's Pizzeria

★★★★ Italian, pizza. 59 S. State, Orem. 801-802-7777 lucysnypizza.com

\$\$ Midici the Neapolitan Pizza Company

★★★★ Italian. 541 E. University Pkwy., Orem. 385-352-3752 mymidici.com

\$ Nico's Pizza

★★★★ Italian. 255 W. Bulldog Blvd. 801-356-7900 nicolitalia.com

\$\$ Pizzeria 712

★★★★ Beer Bar. 320 S. State, Orem. 801-623-6712 pizzeria712.getbento.com

\$ SLAB Pizza

★★★★ Pizza. 671 E. 800 North. 801-377-3883 slabpizza.com

\$\$ Terra Mia

★★★★ Pizza, gelato. 1050 S. 750 East, Orem. 801-226-4757 terramiapizza.com

\$ Two Jacks Pizza

★★★★ Pizza. 80 W. Center. 801-377-4747 twojackspizza.com

Latin American

\$\$ Asado Argentinian Grill

★★★★ Sandwiches. 360 S. State, Orem. 801-492-5700 asadoutah.com

Carnitas Las Michoacanas

★★★★ Latin American. 858 S. State, Orem. 385-299-3692

\$\$ La Carreta Peruvian Restaurant

★★★★ Peruvian. 340 E. 1200 South, Orem. 801-229-2696

Culichich Kitchen

★★★★ Latin American. 1680 S. State, Orem. 801-360-9747 culichikitchen.com

El Huarache Sabrosón

★★★★ Latin American. 1700 N. State. 801-375-2064 elhuarachesabrosón.com

\$ El Mexsal

★★★★ Salvadoran. 325 S. Freedom Blvd. 801-375-3468 elmexsal.com

\$ El Salvador Restaurant

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

Empas

★★★★ Latin American. 287 E. 300 South. 385-477-9119

Forno Gaucho

★★★★ Brazilian. 744 E. 820 North. 801-607-2395

\$ Lomito's

★★★★ Latin American. 180 W. Center. 801-607-1602 lomitosrestaurant.com

Mixturas Fusion

★★★★ Latin/Asian. 845 N. 100 West, Orem. 801-607-1033 mixturasfusion.com

Pelayo's Seafood

★★★★ Seafood. 383 N. Freedom. 801-377-2156 pelayos-seafood.business.site

\$\$ Red Fuego

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

\$\$ Ricas Pupusas

★★★★ Food Stands. 610 W. Center. 385-223-8906

\$\$ Rodizio Grill - Provo

★★★★ Brazilian. 4801 N. University Ave. 801-374-0100 rodiziogrill.com

\$\$ Se Llama Peru

★★★★ Peruvian. 368 W. Center. 801-375-0275

Tamale Market

★★★★ Latin American. 425 N. Freedom. 801-368-7296 tamalemarket.com

\$\$ Tucanos Brazilian Grill

★★★★ Brazilian. 545 E. University Pkwy., Orem. 801-224-4774 tucanos.com

Mediterranean

\$ King Kebab

★★★★ 1200 Towne Center Blvd. 801-822-6278

Mexican

\$ Brasas Mexican Grill

★★★★ Mexican. 227 Cougar Blvd. 801-377-2565

Cabana Mexico

★★★★ Mexican. 75 S. Main, Payson. 801-465-5194 cabanamexico.business.site

Cafe 360

★★★★ Mexican. 360 S. State, Orem. 801-607-5947

Chimi Salsa on the Road

★★★★ Mexican, Argentine. Food truck. 801-623-1536

\$ Costa Vida Fresh Mexican Grill

★★★★ Salad. 1200 N. University Ave.; 575 E. University Pkwy, Orem. 801-373-1876 costavida.com

Dona Mary Mexican Grill

★★★★ Mexican. 575 E. University Pkwy., Orem. 801-224-7377

\$ El Gallo Giro

★★★★ Mexican. 346 N. University Ave. 801-377-2571

\$\$ Joe Vera's Mexican Fiestaurant

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

La Catrina Mexican Grill

★★★★ Mexican. 3161 N. Canyon Road. 801-420-1001

La Morenita

★★★★ Mexican. 46 W. 300 North. 801-224-2178

Las Catrinas Fonda Restaurant

★★★★ Mexican. 1187 N. 1200 West, Orem. 801-358-8354

\$ Los Rodriguez Mexican food

★★★★ Mexican. 437 S. State, Orem. 801-960-9937

\$\$ Maria Bonita

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

\$ Mi Lindo Guadalajara

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

\$\$ Mi Ranchito

★★★★ Mexican. 1109 S. State, Orem.
801-225-9195 miranchitorem.com

\$ Rancherito's Mexican Food

★★★★ Mexican. 46 E. 1230 North;
960 S. University Ave. 801-374-0822;
801-691-0786 rancheritosmexicanfood.com

\$ Tacos Paraiso

★★★★ Mexican. 279 E. 300 South.
801-919-7130

\$ Taqueria San Marcos

★★★★ Mexican. 491 S. Freedom.
385-254-5835

Pita

\$ Pita Pit

★★★★ Pita. 1240 N. University Ave.
801-356-7482 pitapitusa.com

Tacos

\$ Don Chuy's Taco Shop

★★★★ Tacos. 520 N. 900 East.
801-607-1519 donchuystacoshoputah.com

El Taco-Nazo

★★★★ Tacos. 2048 W. Center.
801-874-8366 el-taco-nazo.business.site

El Taconazo

★★★★ Tacos. 664 N. Freedom.
801-377-0880 eltaconazoprovo.com

Holy Taco

★★★★ Tacos. 327 E. 1200 South.
801-607-1126 holytacoutah.com

Jurassic Street Tacos

★★★★ Tacos, food truck. 495 E. 600
North. 801-674-3242 jurassic taco.com

Red Tacos

★★★★ Food truck. 235 S. Freedom.
801-362-2338 redtacos801.com

South of the Border Tacos

★★★★ Tacos. 2473 W. 230 South.
801-310-9253 sotbtacos.com

\$ Street Tacos Don Joaquin

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

\$ Tacos Don Joaquin

★★★★ Tacos. 1180 N. Main,
Springville. 801-491-6252 stdonjoaquin.com

Vegan

Vegan Sun

★★★★ Vegan. 225 W. Center.
801-375-0807

Vegetarian

\$ Green Panda Cafe

★★★★ Vegetarian. 3220 N.
University Ave. 801-377-3466

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1450 W 800 N, Orem

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920 N 2000 W, Mapleton

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

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992 W 170 N, Payson

Springville
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205 W 1400 N, Springville

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IN THE HOUSE

Highlights

- On-campus dates
- Free dates
- Dress dapper
- Outdoor dates
- Indoor dates
- Best for introverts
- Best for extroverts
- Active dates
- Requires a car

Book love letters

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

Read excerpts from favorite books to each other

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

Share embarrassing photos of each other

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

Make a blog together

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

Write cheesy poems to each other

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

Have a coloring book marathon

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

Create pixel art with Post-it Notes

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

Create balloon paint art

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

Learn calligraphy

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

Learn how to make melted crayon art

Learn online and then post images of your art.

Take the 5 Love Languages test

See how to improve your relationship.

Do a DIY project from Pinterest

Pick a craft tutorial. Share what you make.

Buy old art from a thrift store and paint over it

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

Make a playlist of your favorite love songs

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

Make 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.

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 guns from PVC pipes — or just throw marshmallows at each other.

Twister with paint

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

Play with Legos

Build the JFSB or the clock tower.

Download a vintage radio program

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

Binge-listen to Serial (or another podcast)

Couple it with cooking or some other activity.

Nerf gun war

Play couple vs. couple and see who the best duo is.

Make clay and sculpt

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

Play video games from your childhood

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

Learn origami

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

Teach each other one of your talents

Anything you can do, your date can do better.

Learn a language together

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

Have a movie marathon

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

YouTube video marathon

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

Watch short films by BYU students

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

Watch BYU sports

Put on your BYU gear and rally the Cougars.

Make greeting cards

Create thank-you cards, get-well cards 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 hotdogs and marshmallows by a fire. Download a stargazing app for the occasion.

Cook with a Dutch oven

Dutch ovens are available for rent at Outdoors Unlimited.

Hot chocolate at night

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

Murder mystery dinner

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

Host a tea party

Try it with apple cider and finger sandwiches.

Make a pазookie

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.

OUT OF THE HOUSE

Arts

SCERA Live Theatre

See the best in community theater with a variety of shows. 699 S. State, Orem. scera.org

Covey Center for the Arts

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

Utah Opera

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

Eccles Theater

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

Attend a hand-bell choir concert

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

Utah Regional Ballet

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

Ballet West

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

Hale Center Theater

Les Miserables, Apr 3-Jun 19; Daddy Long Legs, Apr 12-Jun 12; Guys and Dolls, Jul 5-Aug 14; Always ... Patsy Cline, Jun 28-Aug 28; The Secret Garden, Aug 30-Oct 23 9900 S. Monroe St., Sandy. hct.org

Live at Eccles Theatre

Bill Maher, Apr 24; Neil Degrasse Tyson, May 27; Joe Bonamassa, Jul 24; Jason Isbell, Jul 31; Marks & Val Live, Aug 13

Hale Center Theater Orem

Dirty Rotten Scoundrels, Feb 26-Apr 10; Emma, Apr 23-Jun 5; The Sound of Music, Jun 18-Aug 7; The 39 Steps, Aug 20-Sep 25; The Hunchback of Notre Dame, Oct 8-Nov 20 225 W. 400 North, Orem. orem.haletheater.org

BYU Broadway Revue

Apr 19-20. Watch students perform famous Broadway musical scenes. Live stream.

BYU Pirates of Penzance

Apr 1-2. Solve the pirate's riddle between love and duty with your date (hint: choose love). Live stream. tma.byu.edu

BYU Symphony Orchestra: Dance into Spring

Mar 30. Some of BYU's finest musicians. Live stream.

BYU Symphonic Band

Mar 31. Hear great classical works from music and non-music majors. Live stream.

University Bands

Apr 6. Live stream.

Concert Choir

Apr 8. Listen to the glorious music of BYU students. Live stream.

University Chorale

Apr 13. Hear the singing talents of fellow students in BYU's two non-auditioned bands. Live stream.

Synthesis

Apr 7. Ya like Jazz? Live stream.

Jazz Combos

Apr 14. Live stream.

BYU Philharmonic

Apr 1 and 14. Live stream.

BYU String Chamber Night

Apr 7. Live stream.

BYU Percussion

Jun 10. BYU Global Rhythm. Live stream.

Sundance Summer Theatre

Dates TBA. Ski resort turned amphitheatre puts on several shows through the summer. 8841 Alpine Loop Scenic Byway, Sundance. sundanceresort.com/summer-theatre

Festivals/Events

Springville Art City Days

Jun 5-12. Enjoy concerts, contests, parades, rodeos, fireworks, and hot air balloons. Varies by event, Springville. springville.org

Utah Lake Festival

Dates TBD. Celebrate Utah lake with sailboats, live music, food trucks and boat rides. 4400 W. Center St. utahlakecommission.org

Saratoga Splash Days

Jun 7-12. Saratoga Springs. saratogaspringscity.com

Elk Ridge City Celebration

Dates TBD. Mayor's dinner, youth night, car show, carnival and craft fair. 80 Park Drive, Elk Ridge. elkridgecity.org

Pleasant Grove Strawberry Days

Jun 16-19. Old fashioned rodeo, carnival, craft fair, parade and a whole lot of fresh strawberries. Pleasant Grove. strawberrydays.org

Lehi Round-Up

Dates TBD. There's more here than just bucking broncos, enjoy a 5K, softball tournament, parades and a horseshoe tournament 200 N. 500 West, Lehi. lehi-ut.gov

Iceland Days

Dates TBD. Learn about and celebrate Icelandic culture with food, a local band and a pioneer village. S 49 S. Main, Spanish Fork.

Pop Culture Con

Dates TBD. Dress up as your favorite superhero duo. 220 W. Center St Ste #200. popcultureconvention.com

Highlights

-  **On-campus dates**
-  **Free dates**
-  **Dress dapper**
-  **Outdoor dates**
-  **Indoor dates**
-  **Best for introverts**
-  **Best for extroverts**
-  **Active dates**
-  **Requires a car**

Freedom Festival

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

American Fork Steel Days

Jul 7-10. Enjoy a parade, fireworks, a car show, a food and vendor expo and a carnival. 100 E. Main St., American Fork. steeldaysaf.com

Spanish Fork Fiesta Days and Rodeo

Jul 20-24. Enjoy parades, fireworks, carnival rides, fairs and a rodeo. 475 S. Main St., Spanish Fork. spanishfork.org

Highland Fling Days

Aug 2-7. Enjoy a parade, races, movies, service activities and fireworks. 5378 W. 10400 North, Highland. highlandcity.org

Springville World Folkfest

Dates TBD. Celebrate foods, dance and languages from around the world. 620 S. 1350 East, Springville. worldfolkfest.org

Salem Days

Dates TBD. Enjoy Salem's town festival that includes a parade and fireworks. 60 N. 100 East, Salem. salemcity.org

Lindon City Days

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

Alpine City Days

Aug 9-14. Alpine's city festival that will involve a dinner at the park, a firefighter's breakfast, a 5K and a dance. 20 N. Main, Alpine. alpinedays.org

Payson Salmon Supper

Dates TBD. Aug 7, Be a little bougie and enjoy salmon together. 300 S. Main, Payson. paysonutah.org

Utah Valley Renaissance Faire

Aug 27-28. Ye olde classic date for knights in shining armor. 2650 Ashton Blvd., Lehi. utahrenfaire

BYU Stadium of Fire

Jul 4. There may be more sparks than just the fireworks. 1700 N. Canyon Rd. tickets. byu.edu

Days of '47

Apr 10-Jul 24. A pioneer celebration so good, it lasts all summer. Events all over the Salt Lake area. daysof47.com

Orem Summerfest

Dates TBD. Orem's city celebration complete with a carnival, fireworks, a talent show and a parade. 200 E 100 North, Orem. summerfest.orem.org

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 nickelcityorem.com

Visit the Cathedral of the Madeleine

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

Visit Hogle Zoo

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

Visit the Tracy Aviary

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

Visit the Living Planet Aquarium

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

Go antiquing

Find a wide variety of interesting items and maybe take home a souvenir! Cats Cradle, 168 Center. 801-374-1832

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 Sanders' 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 speciality as you get your feet treated by fish. FishKiss, 32 S. Freedom Blvd. 801-332-9704 fishkisso.com

Space Mission Simulator

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

Go to an escape room

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

Go to an open mic night

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

Go fishing

Relax on a lake or river front.

Recreate the first date you ever had together

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

Help one another achieve a bucket list item

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

Pretend like you're getting married and go ring shopping

Hint. Hint.

Play pool at the Wilk

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

Try augmented reality, BYU style

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

Give away flowers

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

Play sardines on campus

Try buildings like the HFAC, JKB or the WSC.

Put motivational Post-it Notes in textbooks

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

Donate blood together

Talk your way through the ordeal with your date.



Volunteer at a soup kitchen

Offer your services at a local soup kitchen.

Find all your unused gift cards and use them

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

Test drive your dream car

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

Make a video and post on YouTube

Mimic your favorite YouTubers with a video of your own. You and your date could become the next YouTube sensation.

Get a disposable camera

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

'Drive-in' movie date

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

Take care of animals at an animal shelter

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

Find the best ice cream Provo has to offer

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

Visit a pet store

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

Leave friendly messages on cars

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

Visit a local bookstore

Read favorite childhood books together.

Go on a mini-road trip and explore the area

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

Around the world ping pong

Switch sides of the table while keeping the ball bouncing.

Go bowling Skittles-style

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

Play three-legged bowling

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

Play life-sized Battleship

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

Play miniature golf

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

Volunteer for Y-Serve

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

Write a song and record it at the HBLL sound booth

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

Do family history

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

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 Seoul. Heart & Seoul, 52 W. Center. 385-325-1672 ilovekaraoke.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

Axe throwing

Feeling dangerous? Show off your strength and aim with axe throwing. HeberHatchets Axe Throwing of Provo, 261 N University Ave. 801-613-8960 heberhatchets.com

Antique shopping

Head over to Moon's Rare Books and see everything from first editions of the Hobbit to rare antiques. Moon's Rare Books, 4801 N. University Ave. 801-623-0450 moonsrarebooks.com

Laser tag

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

Humor U

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

Divine Comedy

Various locations on BYU Campus. byudivinecomedy.com

Go country dancing

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

Salsa Thursdays

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

Comedy Sportz

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

ImprovBroadway

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

BYU's International Cinema

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

Downtown Provo Art Stroll

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

Highlights

- On-campus dates
- Free dates
- Dress dapper
- Outdoor dates
- Indoor dates
- Best for introverts
- Best for extroverts
- Active dates
- Requires a car

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 Theater. studentleadership.byu.edu/stab/byu-s-got-talent

Open Mic Night

Every Tuesday from 8 p.m.- midnight. The Roll Up Crepe, 1605 S. State, Orem. 801-882-7773 therollupcrepe.com

Karaoke, Open Mic & Poetry slams at the Wall

Check out thewallbyu.com for dates and details.

Dry Bar Comedy

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

Rodeos

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

Food Truck Roundup

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

Take a cooking class

Offered at Williams-Sonoma at the Riverwoods or through Provo City. 4801 N. University Ave. 801-229-1901 william-sonoma.com

Attend a lecture

See what lectures are being offered through BYU's colleges, schools and 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 more hobbies to do together.

Learn how to blow glass

Sundance or Thanksgiving Point offer classes.

Take an art class at A&A Art & Frame

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

Rent electric scooters

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

Go ice-blocking

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

Go high-speed go karting

It's like Fast and Furious, but indoors and with less explosions. The Grid.

Movie Theaters

AMC 12

4925 N. Edgewood Dr.

Cinemark 16

1200 Towne Centre Blvd.

Cinemark American Fork

715 W. Main St., American Fork.

Cinemark Draper and XD

12129 S. State, 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, Sandy.

Megaplex Vineyard

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

Stadium Cinemas

633 S. 950 West, Payson.

Water Gardens Pleasant Grove 6

912 W. Garden Dr., Pleasant Grove.

Museums

Museum of Ancient Life

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

Historic Pioneer Relic Hall

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

BYU Museum of Art

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

Monte L. Bean Museum

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

Springville Museum of Art

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

Woodbury Art Museum

Check up on UVU's art museum at University Mall. 575 University Pkwy., 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 St., Park City. parkcityhistory.org

Museum of Peoples and Cultures

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

BYU planetarium in the Eyring Science Center

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

Education in Zion

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

Utah Museum of Contemporary Art

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

Museum of Mormon History of the Americas

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

Hill Air Force Base Aerospace Museum

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

Clark Planetarium

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

Orem Heritage Museum

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

Hikes

Battle Creek Falls

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

Bridal Veil Falls

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

Bonneville Shoreline Trail

Moderate. 14.9 miles singletrack. Slide Canyon Trail 062, Provo, UT 84604 (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, Lindon.

Mt. Timpanogos

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

Rock Canyon Trail

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

Slate Canyon Trailhead

Difficult. 7.3 miles out and back. Slate Canyon Trail 061, 84606.

Squaw Peak Trail

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

Stewart Falls

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

Timpanogos Cave

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

Y-Mountain

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

Parks

Bicentennial Park

1440 S. 1600 East.

Big Springs Park

6560 South Fork Rd.

Bonneville Park

1450 N. 800 West, Orem.

Carterville Park

2400 N. Carterville Rd.

Exchange Park

900 N. 750 West.

Fort Utah Park

200 N. Geneva Rd.

Grandview Park

1460 N. 1050 West.

Joaquin Park

400 N. 400 East.

Kiwanis Park

820 N. 1100 East.

Lions Park

950 W. 1280 North.

Memorial Park

800 E. Center.

North Park

280 W. 940 North.

Paul Ream Wilderness Park

1600 W. 500 North.

Pioneer Park

500 W. Center.

Rock Canyon Park

2620 N. 1200 East.

SCERA Park

600 S. State St., Orem.

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801-373-7200

1086 W South Jordan Pkwy
Suite 111, South Jordan
801-302-0777
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Highlights

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

  
Provo Canyon.

Resorts

Alta Ski Area

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

Brighton Ski Resort

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

Deer Valley

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

Park City Mountain

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

Snowbird Ski and Summer Resort

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

Solitude Mountain Resort

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

Sundance Mountain Resort

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

Outdoors

Four-wheeling

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

White water rafting

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

Go canoeing

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

Take sailing lessons

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

Go paddleboarding

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

Go to a drive-in movie

 
Bring a classic date to modern times.

Carve a watermelon or pineapple

 
Relive the Halloween season with a summer twist.

Enjoy Splash Summit

 
Go wild while playing in the wave pool or sliding down the slides. Lay out in the sun and enjoy the warm weather. 1330 E. 300 North. 385-309-2388 sevenpeaks.com

Beach day

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

Provo Recreational Center

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

Go paragliding

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

Go to a ropes course

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

Hit a bucket of balls at a driving range

 
It might be wise to try this before playing all 18 holes. East Bay Golf Course, 380 E. Lakeview Pkwy. 801-852-7529 eastbaygolf.com

Go snorkeling at Midway Crater

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

Go horseback riding

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

Go rappelling in Provo Canyon

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

Go to a shooting range

  
Take that city boy or girl to the shooting range and show off your skills. Ready Gunner, 1066 S. State, Orem. 801-607-5363 readygunner.com

Play paintball

  
Engage in a paintball war at a free paintball field. Rent the equipment from Saints Paintball in Provo and head out to a field. Saints Paintball, 1920 W. Center, Orem. 801-709-1624

Try foot golf

  
Love golf? Love soccer? Indecisive? Combine the two and try out this unique sport. East Bay Golf Course, 1860 E. Bay Blvd. 801-852-7529 eastbaygolf.com

Hike to the Fifth Water Hot Springs

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

Attend the Salt Lake City Farmer's Market

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

Train for a race together

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

Sign up for a mud run

  
Go running through mud and other obstacles. mudrunguide.com

Plan a bike ride

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

Try disc golf

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

Skip rocks

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

Fly a kite

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

Outdoor movie night

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

Visit the Castle Amphitheater

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

Tour Melville Stables

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

Experience a real life 'Secret Garden'

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

Walk the boardwalk at Bicentennial Park

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

Rent a Segway at Thanksgiving Point Gardens

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

Sundance Full Moon Lift ride

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

Visit the Utah Olympic Park

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

Drive the Alpine Loop

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

Yoga in the Mountains

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

Pick fruit at an orchard

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

Sailboat rides on Lindon Marina

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

Take a dip at the hot springs

Go to the Inlet Hot Springs in Saratoga Springs or Fifth Water Hot Springs in Spanish Fork Canyon. utahfishinginfo.com/utahriver/provoviver.php

Fish along the Provo River

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

Take a self-guided historic Provo buildings walking tour

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

Go hammocking

Relax together as you hang from trees.

Have a picnic outside

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

Have fun with spray paint

Spray paint street art on cardboard with stencils.

Go tunnel singing on Sunday night

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

Find the deer on campus

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

Feed the ducks at the pond

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

Cup-fence design

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

Race paper boats

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

Clean up a local park

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

Float the Provo River

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

Plant flowers for someone

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

Make a timelapse

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

Go exploring with cameras

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

Go bird watching

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

Watch a meteor shower

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

Watch the sunset

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

Go geocaching

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

Play tourist

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

Cloud watch

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

Turn dinner into a picnic

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

Pool hop

See how many complexes you can visit.

Play hopscotch

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

Take an evening drive

Drive through the canyon with your windows down.

Go to a water park

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

Visit Utah Lake

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

Hit the trails

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

Have a water balloon war

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

Hit the playground

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

Go stargazing

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

Play watermelon bomb

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

Topgolf

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

Water balloon baseball

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

Visit Antelope Island

Explore natural wildlife and stunning views.

Make a bonfire and roast s'mores

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

Sports

BYU Men's Golf

Home games: Apr 23-24, PING Cougar Classic.

BYU Baseball

Home games: Apr 8 vs. Portland, 9 vs. Portland, 10 vs. Portland, 13 vs. Utah, 20 vs. Dixie State, 26 vs. Arizona State, 29 vs. Saint Mary's, 30 vs. Saint Mary's; May 1 vs. Saint Mary's.

BYU Softball

Home games: Apr 1 vs. Baylor, 2 vs. Baylor, 6 vs. Utah State, 14 vs. Utah Valley, 15 vs. Southern Utah, 21 vs. Utah, 23 vs. San Diego; 23 vs. San Diego, 24 vs. San Diego, May 10 vs. Dixie State, 14 vs. Pacific, 14 vs. Pacific, 15 vs. Pacific.

Utah Jazz (basketball)

Home games: Apr 2 vs. Bulls, 3 vs. Magic, 8 vs. Trail Blazers, 10 vs. Kings, 12 vs. Wizards, 13 vs. Thunder, 16 vs. Pacers, 24 vs. Timberwolves, May 1 vs. Raptors, 3 vs. Spurs, 5 vs. Spurs, 7 vs. Nuggets, 8 vs. Rockets, 12 vs. Trail Blazers.

Real Salt Lake (soccer)

Home games: May 1 vs. Sporting Kansas City, 7 vs. Earthquakes, 15 vs. Nashville; May 29 vs. Minnesota United, June 18 vs. Whitecaps, 26 vs. Dynamo, Jul 3 vs. Los Angeles FC, 21 vs. Galaxy; 24 vs. Rapids, Aug 14 vs. Austin FC, 18 vs. Dynamo.

Utah Warriors (rugby)

Home games: Apr 10 vs. Seawolves, 24 vs. SaberCats; May 8 vs. Old Glory DC, 29 vs. Gilgronis, Jun 12 vs. Legion.

Utah Grizzlies (hockey)

Home games: Apr 14 vs. Mavericks, 16 vs. Mavericks, 17 vs. Mavericks, May 4 vs. Rush, 5 vs. Rush, 7 vs. Rush, 8 vs. Rush, 19 vs. Allen Americans, 21 vs. Allen Americans, 22 vs. Allen Americans, 23 vs. Allen Americans, Jun 2 vs. Komets, 4 vs. Komets.

Salt Lake Bees (baseball)

Visit their website at milb.com/salt-lake/schedule/2021-05 for the full season schedule.

BYU Men's Lacrosse

Home games: Apr 1 vs. Concordia-Irvine, 2 vs. Boise State, 24 vs. Air Force Academy, May 1 vs. Utah Valley.

BYU Women's Lacrosse

Home games: Apr 3 vs. Utah State, 4 vs. Utah Valley, 10 vs. Utah.

BYU Men's Tennis

Home games: Apr 10 vs. San Diego, 16 vs. San Francisco, 17 vs. Utah.

BYU Women's Tennis

Home games: Apr 1 vs. Washington State, 3 vs. Gonzaga, 23 vs. Pepperdine.

BYU Men's Track and Field

Home games: Apr 21-23 Robinson Invitational; May 14-15 BYU Cougar Invitational.

BYU Women's Track and Field

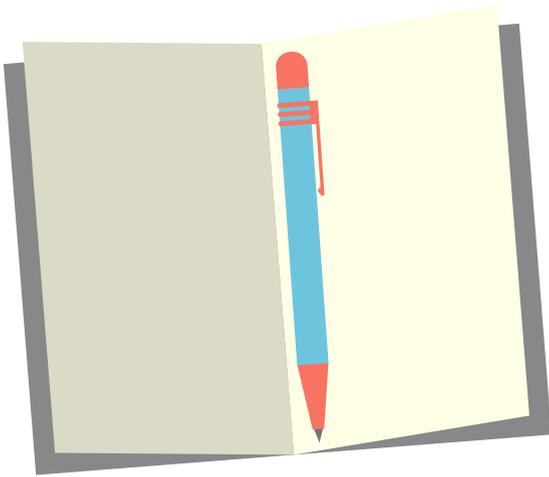
Home games: Apr 21-23 Robinson Invitational; May 14-15 BYU Cougar Invitational.

MAKING TWO

By Ben Daniel

Have you ever wondered how TWO is made? Under full-time staff supervision, TWO magazine is entirely produced by BYU students. Graphic designers, photographers, writers and

ad representatives work to create it twice a year. Overall, more than a dozen students and three full-time staff members contribute to each issue of TWO.



Stories

As planning for each issue begins, the entire TWO team comes together to brainstorm ideas for different stories. They discuss dating needs and interests of BYU students and plan stories accordingly. Fun and light-hearted stories are also planned, usually with quite a few laughs in the process. Student writers then reach out to sources and write the stories you read in TWO.

Design

Making TWO involves a substantial amount of graphic design. Student graphic designers work in Adobe Creative Cloud programs to create engaging illustrations and appealing article layouts.





Photo Shoots

TWO almost always involves several photo shoots that range from cover shoots with models to fruit and bagels for a breakfast charcuterie board. Talented Daily Universe

photographers work with designers to decide the best shots for the cover and articles. Photo shoots are several staff members' favorite part of making TWO.



Be a Part of TWO

You can be a part of TWO by sharing dating stories or opinions, volunteering as a model, or even working for the magazine. Scan the QR code if you are interested in participating in any of those ways.

JUST PROVO THINGS

When you've finally come to terms with being single but the only mail you get now are wedding invites.



DONT SWIPE UP UNTIL YOU KNOW WHICH PERSON THEY ARE IN THE GROUP PHOTO

When scouting for a date, pick one and only one. You can't have all three.

- Looks
- Personality
- Car

PROTIP: RING CHECK BEFORE YOU COMMENCE FLIRTING

**EVERYTHING YOU NEED TO
FIND YOUR NEXT PLACE,
IN ONE PLACE.**



GET YOUR COPY TODAY!

You can do it!

You can do it!