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TWO



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P. 12

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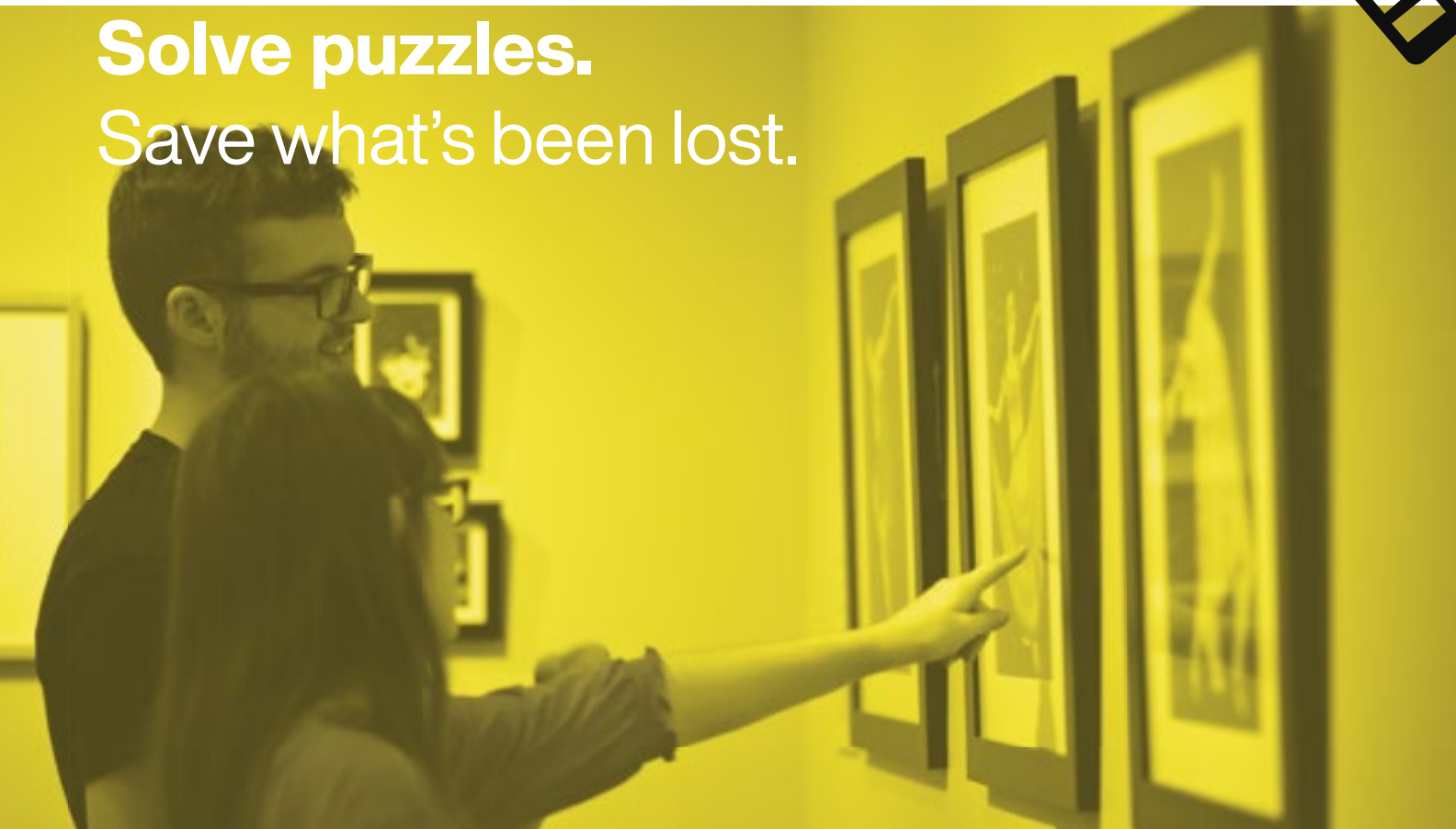
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BYU



Milk &
Cookies

**A match
made
in heaven**

YOU'RE DOIN' GREAT

Be confident in yourself! That helps with everything, including dating. Build a foundation of confidence. Repeating daily affirmations like these can help. You can even cut these out and tape them to your mirror so you can remember them every morning!





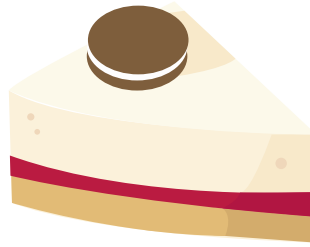
What Your Favorite Dessert Says About Your Dating Life

By Payton Pingree



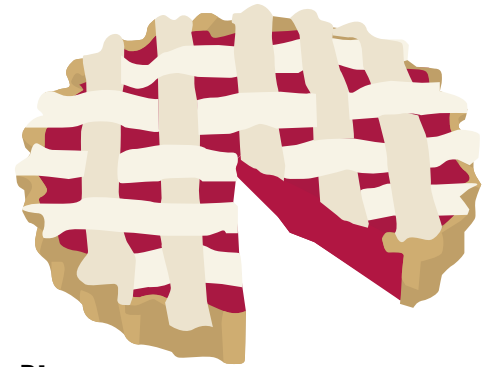
Ice Cream

Let's be honest. Chances are you're single and have had more than enough experience with that first date trip to the Creamery. Don't give up hope, that second date is sure to present itself soon.



Cake

You're a hopeless romantic who may or may not claim to fall in love every other day. While you tend to think with your heart rather than your head, don't let that sugarcoat your reality. Keep an eye out for someone who makes YOU feel special.



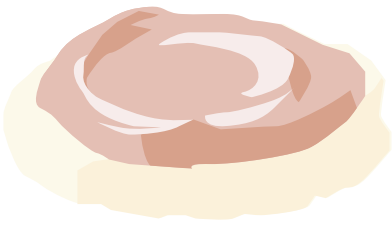
Pie

Like this well-loved classic, you're an old soul. You like to keep things traditional with the classic dinner date and kiss at the doorstep. You may be afraid to branch out into the contemporary unknowns of dating, but you could be surprised with what you discover.



Root Beer Float

You are the master of group dates. You are super fun to be around and just about everyone loves you, but you're not looking for anything serious right now. Keep enjoying getting to know all kinds of people.

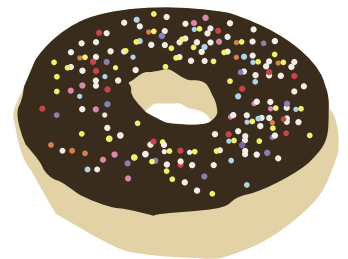


Cookie

You're a really sweet person, but also slightly reserved. You might have a hard time going after what you want, or even knowing what you want when it comes to dating. Remember that confidence is key, you got this.

Doughnut

You're a team player. You aren't afraid to let your date take the lead, but you've been known to rise to the occasion when it comes to planning as well. And although you may be willing to dumpster dive for those leftover treats, maybe scratch that from the first date plans.



Brownie

You're a relationship person and gravitate towards developing rich connections. You've had some solid experience, but don't get caught up in needing a significant other at all times to feel complete.



Jell-O

I don't know what to tell you. You're a lost cause.

ALLIE PETERSON



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CHEESY ON THE EYES

Making food is always a great date idea. You get to spend time together, talk, and all while enjoying something delicious! What better way to keep it simple and low-budget than with grilled cheese? Here are some ideas on how to level-up your grilled cheese for your next date.

PLAIN GRILLED CHEESE

The classic

- French bread
- Cheddar cheese
- Optional dips: pesto, hot honey, balsamic glaze



PEACH PROSCIUTTO MOZZARELLA

Sweet and savory

- Sourdough bread
- Mozzarella cheese
- Prosciutto
- Peach
- Basil

APPLE PIE DESSERT GRILLED CHEESE

Unlike anything you've had before

- French bread
- Cream cheese
- Apple
- Cinnamon sugar





BLACKBERRY BACON JALAPEÑO

Different and delicious

- Sourdough bread
- Blackberries
- Bacon
- Jalapeño
- White cheddar cheese



GARLIC BREAD GRILLED CHEESE

A simple twist on a classic

- French bread
- Garlic butter
- Mozzarella cheese



PEAR PROSCIUTTO BRIE

Super fancy and fun

- Sourdough bread
- Brie cheese
- Pear
- Prosciutto
- Rosemary

MELISSA COLLADO, DALLIN WILKS

SEAL OF APPROVAL

We set up a whiteboard in the Wilk and asked students what their favorite date they've ever been on was. These are the ones that got the seal of approval:

INDOOR

- Massage chairs at the mall
- Nickel City arcade
- Disco roller skating
- Escape room
- Playing with cats and dogs at a shelter
- Bowling
- Axe throwing

OUTDOOR

- Hot springs and stargazing
- Feeding ducks at the duck pond
- Watching fireworks
- Hitting golf balls covered in glow stick goo
- Sundance ski lift on full moon
- Rock climbing to a waterfall

FOOD

- Picnic at the park
- Sonic
- Blindfolded cooking
- Murder mystery dinner
- Acai bowls in Provo temple park
- Baking cookies
- Making pizza

ETC.

- Carving pumpkins
- Making ceramic mugs
- IKEA
- Swing dancing
- Shopping for Christmas gifts for a family in need
- Karaoke
- Building Legos



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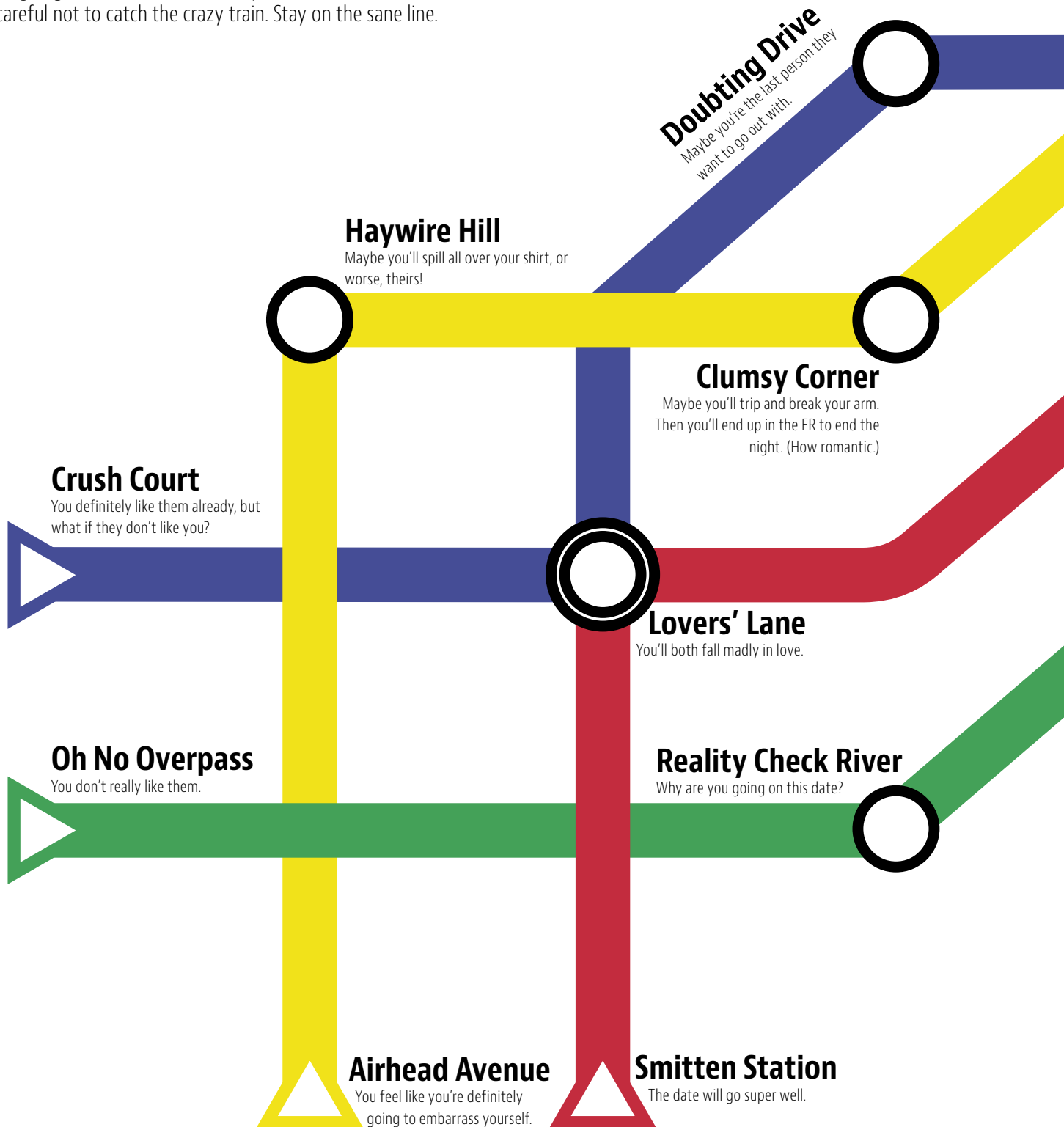
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ANTICIPATION DESTINATIONS

BY PAYTON PINGREE AND EMILY ANDERSON

It's T minus one hour until your first date with someone new. Your mind may be going over a million different possibilities of what could unfold, but be careful not to catch the crazy train. Stay on the sane line.



Malfunction Meadows

Maybe your jeans will rip!

Sympathy Circle

If you accepted a date out of pity, that's not very nice. Don't waste someone else's time, even if you know you're sparing their feelings. If you know you're just going to turn them down anyway, do it as kindly as possible right away. If there's a small part of you that wants to accept the date, maybe it isn't a pity date.

Broccoli Base

Maybe you'll have something stuck in your teeth all night!

Ring Road

You'll be engaged within the week, or at least within the semester.

Wedding Way

You're already planning the colors, cake, bridesmaids and more.

Bummed Blvd.

Better call and cancel so you don't humiliate yourself.

Gleeful Glen

OK, calm down. Dress to impress, but also in something that will be comfortable and unlikely to cause any wardrobe malfunctions. Order food that's unlikely to spill all over you. A general rule of thumb is to avoid things like spaghetti if possible. When you're done eating, take a quick trip to the bathroom to make sure everything is looking good. If you trip or something, just be playful about it. Everyone has moments like that!

Take It Easy Terrace

Listen, if you're going on a date with someone, there's a high chance that they're at least a little bit interested. You're a person worth getting to know! Put your best foot forward in your appearance and what you say, and the rest will follow. Have fun! As long as you and your date have fun, it definitely wasn't a waste of time, even if they don't end up wanting to go out again.

Slow Down Square

Slow down, cowboy! Take time to get to know your date before jumping to conclusions like this one. Don't go planning the wedding yet. Assumptions like this put a lot of unneeded pressure on both you and your date. Try to curb them and just go have fun.



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Post Missionary Training Center

By Payton Pingree

Talking about your mission on the first date is possibly the most frustrating cliché of BYU dating. After spending eighteen months or more serving people of a different culture (have you been to Idaho?), it can be difficult to think of what else to discuss! Here are new, relevant topics that can help with a more comfortable conversation.



DON'T

"One time, my companion and I ..."



DO

"Have you seen that new movie ____, that came out?"

MOVIES

- "A Quiet Place Part II"
- "Black Widow"
- "In The Heights"
- "Tenet"



DON'T

"Well the translation in my mission language is ..."



DO

"Did you hear about that one sports game where ..."

SPORTS

- The U.S. won the most gold medals at the Tokyo 2020 Summer Olympics (that actually happened this year).
- The Tampa Bay Buccaneers, led by Tom Brady, beat the Kansas City Chiefs in Super Bowl LV.
- The Utah Jazz lost in the NBA conference semifinals. It was a sad day.



DON'T

"One time my mission president told me ..."



DO

"You know that one part of the show in ____?"

SHOWS

- "Outer Banks"
- "High School Musical: The Musical: The Series"
- "The Bachelor" or "The Bachelorette"
- "Wandavision"



DON'T

"I ate the most gnarly thing one transfer ..."



DO

"I found this really great song called ____."

ALBUMS

- Olivia Rodrigo "Sour"
- Justin Bieber "Justice"
- Glass Animals "Dreamland"
- Taylor Swift "Folklore"

Other Topics to Avoid

- The 2020 election (or anything political for that matter, leave that for your Poli Sci class).
 - The COVID-19 pandemic. They have heard enough of that.
 - Anything that starts with "When I was zone leader ..."

Talking about your mission isn't a bad thing. If a relevant story happens to come up about something interesting that happened on your mission, then go with it! But chances are, your date has heard similar mission stories from a handful of other people, and you want to be remembered and not redundant. You can make it harder for your date to relate to you if they have not served a mission. Keep the mission talk brief.

SECRET CARBO-NATIONS

By Kate Slobodian

Your favorite soda says more about you than you would think. It is an integral part of your personality and can even help you find out who you are compatible with. On your next date ask them about their favorite soda and consult this list.



COKE

- Isn't scared of anything...except clowns
- Wears the same pair of shoes every day
- Crying is their favorite hobby

Compatible with Mountain Dew, Pepsi and Coke Zero



SPRITE

- The innocent friend
- Loves to cook and has a refined palate
- Has perfect hair

Compatible with Root Beer, Dr. Pepper and Fanta



PEPSI

- The most loyal person you will ever meet
- Puts stickers on everything
- Thinks they can break dance...they can't

Compatible with Mountain Dew and Coke



ROOT BEER

- Always offers to pray at the beginning of class
- Wasn't allowed to watch SpongeBob as a kid
- Holds the door open for EVERYONE

Compatible with Diet Coke and Sprite



COKE ZERO

- Has the most interesting stories
- Not athletic whatsoever
- Smells like fresh laundry

Compatible with root beer and Coke



SPARKLING WATER

- Everyone thinks they're pretentious, but they're totally not
- Loves throwing parties
- Will hold hands with anyone

Compatible with Mountain Dew and Diet Coke



FANTA

- Exclusively wears Chacos
- The person playing a guitar in the corner at every party they go to
- The best person to take on an outdoor adventure

Compatible with Sprite and Dr. Pepper



DIET COKE

- Emotionally unavailable
- Really good at word searches
- Secretly wants a pet snake but would never admit it

Compatible with root beer, Dr. Pepper and sparkling water



MTN DEW

- Plays the drums in a band
- Closet nerd
- Always carries a pocket knife even though they have never needed to use it

Compatible with Coke, Pepsi and sparkling water



DR. PEPPER

- Knows a lot about classic rock
- The life of every party
- Hot and they know it

Compatible with Sprite, Diet Coke and Fanta

Become the Ultimate Dating Sleuth

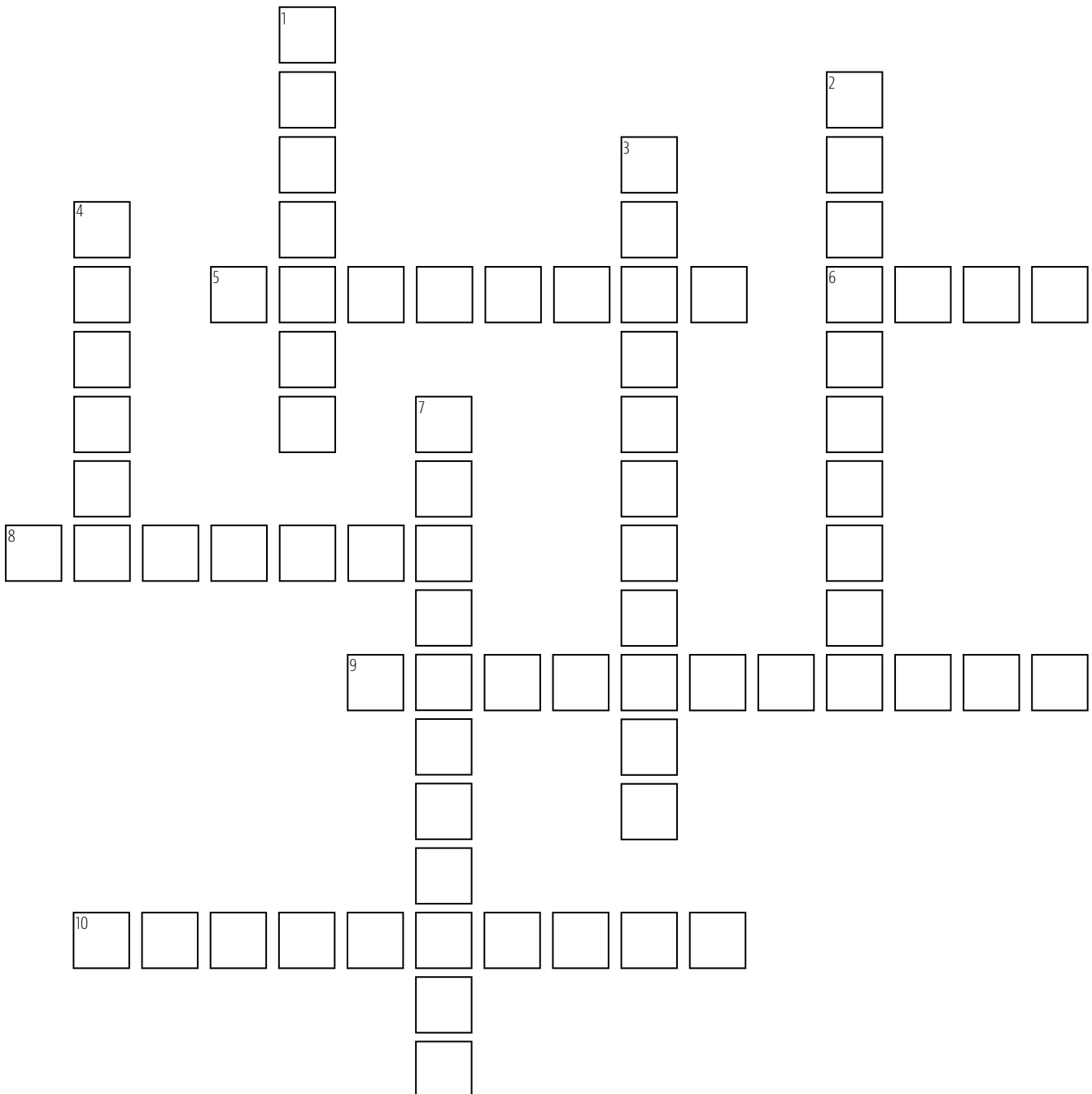
By *Emily Anderson*

Down

1. A great snack to share while watching a movie together
2. What your favorite roommate ends up becoming after you get a significant other
3. The go-to hot spot for on-campus dates
4. The most common way to find a cute date during COVID-19
7. The classiest place on campus to take a date

Across

5. Where your date will likely end
6. If all goes well, you might get/receive one of these after a certain question is asked (wink wink)
8. A sweet-smelling gift to show you care
9. What you get inside your stomach before a date
10. If you get asked on this date, you'll probably be holding hands the whole time. Make sure to wear gloves!



Find the answers on page 43

SHARE A CONE

at the Creamery on Ninth East





ENJOY DAT

BY PAYTON PINGREE

Between the constant questions from friends and family about how dating is going and the stress over finding the right person, even the thought of dating can trigger a plethora of worries and anxiety. Every once in a while, it's important to redirect your outlook on dating, and make a conscious effort to create a fun, positive experience for yourself. Dating is meant to be enjoyable, not something you consider a burden.

FEELING DOWN ABOUT DATING

Back in high school, dating meant getting to do something fun and low-pressure with someone you liked, with little to no commitment in mind. As you've grown older, chances are you've observed how dating has become an integral part of life as a college student. Among classes, work and church callings, it's another stressful responsibility you have weighing on your shoulders.

The social pressures and stigmas surrounding dating culture at BYU often leads students to feel like dating might be hopeless or just too difficult to navigate. You may feel the need to be dating for marriage, or maybe you just got back from your mission and people are urging you to "get back out there!" With the constant

bombardment from friends, family, and the "social norm," it's easy to feel down about dating.

Many shy away from asking or going on dates because things have been "complicated" or haven't worked out thus far. "There's obviously also a lot of pressure on dating in terms of both getting married and picking the 'right' person to marry," said Brian Willoughby, a professor in the School of Family Life. "These pressures create a lot of fears and anxieties among many BYU students that can make even deciding to go on dates sometimes challenging."

BACK TO BASICS

While all these added pressures may seem daunting, dating doesn't have to be some-



ING AGAIN

ISTOCK

thing to dread or avoid. In fact, dating should still be an entertaining and beneficial experience in your college years.

First things first, make sure you have a positive goal going into any date. “If you go into dating without any clear idea of what you want out of the experience, you’re more likely to have a bad experience,” Willoughby said. “If you know why you’re going on a date, your likelihood of having a good experience drastically improves.” Before a date, remind yourself that you are going out with this person because you want to have an enjoyable of couple hours together and get to know them a little more. Try not to fall into the rabbit hole of “what ifs” and stress about what happens after.

If you find that your fight-or-flight response kicks in whenever you think about dating, it’s probably time to get back to the basics and discover how you can make dating fun again. A date doesn’t need to be lengthy or elaborate to be enjoyable and every date doesn’t have to be with someone you’re madly in love with. At the very least, dating is a way to get to know others and have a good time while doing it.

If you’re at a loss for date ideas and feel

like the classic ice cream or bowling just isn’t doing it for you anymore, TWO has a list of fun and unique date ideas for any occasion (page 32).

A HEALTHY MINDSET

“The most important thing is to remember that no amount of rejection or frustration in the dating process should diminish your sense of divine worth,” Willoughby said. Your dating experiences do not define who you are as an individual, whether you would consider them good or bad. Everyone finds success in dating at different times.

And, as simple and corny as it sounds, if at first you don’t succeed, try, try again! “The research suggests that daters who have a resilient mindset, those who continue to put effort into the process, often eventually find a lot of success,” Willoughby added. When you go on an awkward date (which is likely to happen a few times in college), take it as another experience under your belt and a funny story to tell!

There is so much to learn from the dating process, and with a healthy mindset, anyone can enjoy the process that will hopefully lead to finding your person.

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IT'S

JUST

D I N N E R

BY EMILY ANDERSON



Tom Robinson, advertising professor and host of the "It's Just Dinner" podcast, is on a mission to take the pressure out of dating at BYU and help people have fun with it again. He believes having fun and getting to know people are some of the most important things students can do with their time at BYU. He urges students to look for opportunities to get to know others, rather than being constantly on the prowl for a marriage companion. When talking about the pressure for marriage on campus, he said, "Just stop it, just stop it."

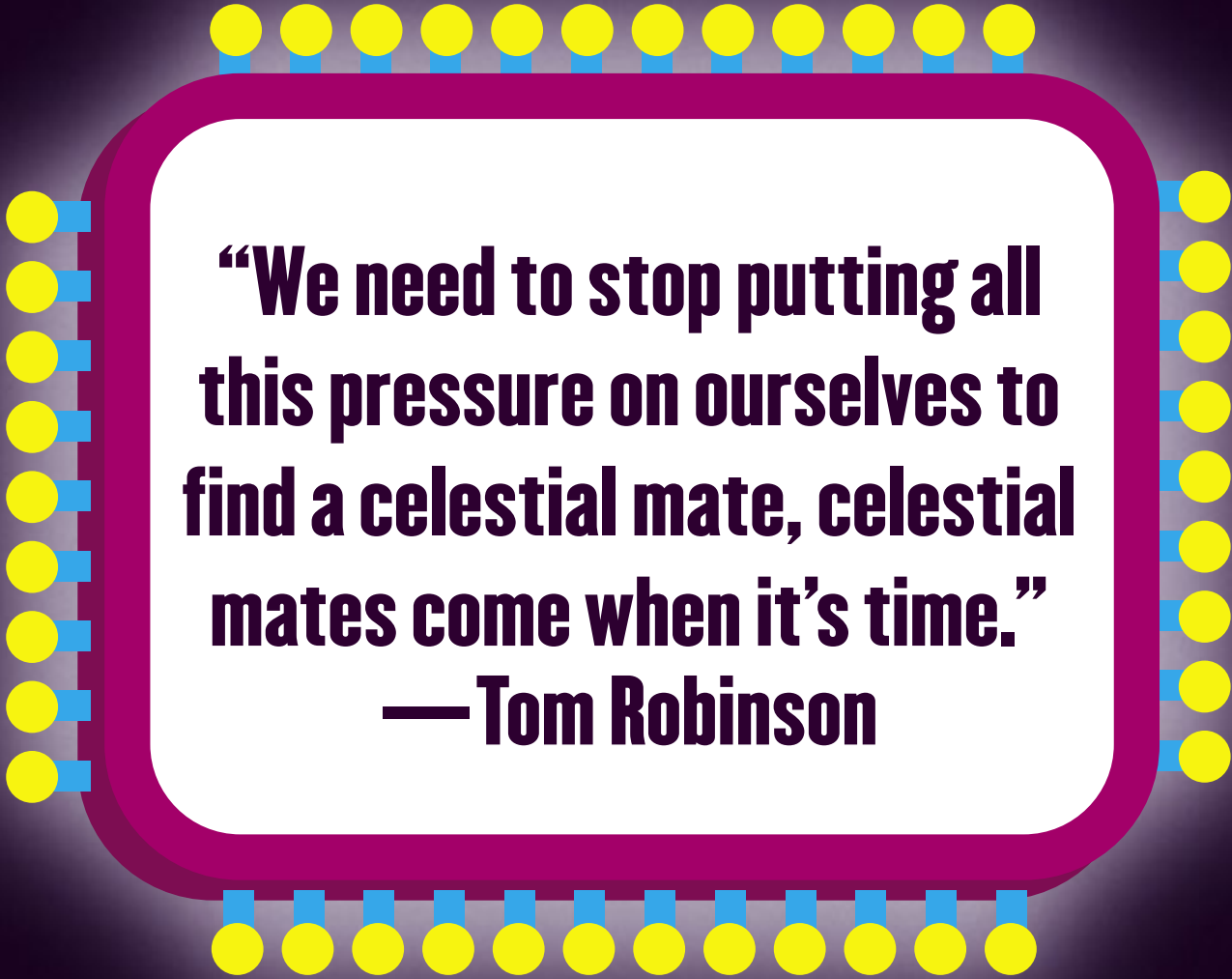
As a bishop of a singles' ward, Robinson noticed a lot of individuals staying home on Friday nights. A lot of the girls in his ward never got asked out on dates. He wanted to change this, so he suggested the boys, and the girls too, find someone and ask to have a meal with them. "Everyone eats, that's the one thing we all have in common," he said

For some, the prospect of finding someone to ask to dinner might seem daunting. The options in one's ward or classes may seem bleak, especially in school programs where the majority of students are one gender. In these situations, Robinson suggested going to the Wilkinson Student Center, or another busy place on campus, finding someone cute and asking them if they'd like to run and grab some lunch right then or dinner later. When asking someone to have a meal, Robinson said a good rule of thumb is that whoever asks pays, regardless of gender.



HAVE

FUN



**“We need to stop putting all
this pressure on ourselves to
find a celestial mate, celestial
mates come when it’s time.”
—Tom Robinson**

Robinson said it's not helpful to have a "type" when thinking about who to date. He urged students to go out and get to know lots of different kinds of people to figure out what qualities they like in someone and what values they want them to have.

"You've got to get past first impressions. You've got to get to

know people. You need to investigate to figure out what someone is genuinely like," said sophomore Harrison Morford.

After going to dinner with someone, there is a chance that they won't want to get together again. They may even choose not to text back, but, according to Robinson, if they do, at least

they've made clear exactly where they stand in terms of wanting to get together again. "Here's the thing about dinner, there are no expectations, so if I never call or text you again, that's OK because it was just dinner. No pressure," Robinson said.

Robinson suggested being as direct as possible with someone

if there is no interest in getting together again; that's much better than leading them on and making them believe they have a chance. "That's going to be less painful. It's going to hurt, but it's only going to hurt for a while," he said.

"The best thing when you're dating is to be direct. Being direct takes some courage, but it's polite. People appreciate directness. I think it's OK to say 'I don't think it's going to be a good fit,'" Morford said.

One of the points of mortality, and a BYU education, is to get to know as many of Heavenly Father's children as possible, explained Robinson. He sees going out to dinner with lots of people is an excellent way to do that.

As highlighted, dating doesn't have to be solely about finding an eternal companion. "This is about having fun. This is about enjoying college. This is about getting out of the apartment. This is about meeting someone. That's what this is about. We need to stop putting all this pressure on ourselves to find a celestial mate, celestial mates come when it's time," Robinson said. He reflected that dating is such a small portion of eternal existence, and that small period of time should be enjoyable.

"Don't worry about how your timing compares to anyone else's - everyone is different," said Lydia Gardner, a senior studying communications.

Robinson reminisced on dating culture from when he was in that stage of life. He said people really were in it to have fun, not just find someone to marry. People went out and really got to know each other. They enjoyed each other's company. This is what he wants to bring back to dating culture.

Above all else, Robinson urged students at BYU to go out, get to know someone, and have fun. According to him, dating should be valuable and enjoyable for everyone.



YOU ARE IN THE

ARE YOU SEEING THESE RELATIONSHIP WARNING SIGNS?

By Emily Anderson

The questions of how to break up with someone, what red flags to look for and how to figure out what someone needs in a relationship can be constant worries while dating. Professor Alan Hawkins from the School of Family Life suggested not only looking at what a dating partner is doing, but looking at yourself and your actions while considering these issues.

WARNING SIGNS FOR ENDING A RELATIONSHIP

Professor Alan Hawkins views controlling behavior, jealousy and sexual pushiness as red flags.

“(Controlling behavior) in romantic relationships at first can seem like ‘he or she must think I’m really special and is really committed to me,’ but behavior that controls the people you see, or other kinds of things, is really inappropriate,” said Hawkins. “Jealousy (is also) really not very appropriate. It indicates a kind of insecurity, and potentially a kind of controlling personality. Look out for someone being kind of sexually pushy. This can also indicate (a controlling personality).”

Red flags are things Hawkins said students should look for in a dating partner and in themselves.

Another concern is the inability to keep a commitment. “Making and breaking a commitment over and over is what we call cycling,” said Hawkins, “and that is a pretty big red flag in a relationship.”

Hawkins believes red flags indicate things just aren’t going to work out. If those items come up in a relationship, it’s probably time to end it. “You want to (end the relationship) firmly, kindly and as clearly as possible,” Hawkins said.

He also mentioned some yellow flags, defined as warning signs that indicate there may be a problem. It may be possible

to work on these together.

“With yellow flags, stop, look and listen,” said Hawkins. “See if you can work on those things. See if they are capable of changing.”

Mental health is one of those yellow flags, he said. “A lot of people in their twenties struggle with mental health. You want to be aware of this. Ask if this is something they’re working on and that they are aware of,” he said.

Also, be aware of the dating partner’s family. Hawkins described certain familial behaviors that can be yellow flags.

“Is there really heavy enmeshment, meaning is it hard for them to separate themselves as an individual from their family? The family can also put you in a very difficult situation where your partner has to choose between you and them. You need to be aware of this situation. If the family is not supportive of you, you need to be aware of that,” he said.

Hawkins strongly suggested taking lots of time in dating and getting to know someone well before jumping into wedding planning. Taking more time allows additional situations for red and yellow flags to pop up, giving more opportunities to assess whether an individual is marriage material.

Master’s licensed associate marriage and family therapist Sami Simpson said students should ask themselves what times the emotions that are coming up in a relationship have been felt before. This

practice should be employed especially when a response seems out of proportion to the situation at hand.

“Be very aware of how much your previous experiences carry into dating,” said Simpson.

She suggested that the human body will show in its body-language and feelings what the conscious mind does not yet register, and those are important things to pay attention to.

WHAT YOU NEED IN A RELATIONSHIP

Figuring out what qualities are important in a relationship partner can be difficult. Hawkins said dating itself is a great way to figure out what qualities are important.

“You need to be careful about drawing hard lines, but you get a sense as you’re dating people of what you really want. That can be different from what you are attracted to. Research suggests that it’s similarity and connection that help you build a strong relationship,” he said.

“It is valuable to be clear about what values you really want and need,” said Hawkins. He explained that while dating, finding someone who prioritizes the same values is important.

Hawkins highlighted the value of being realistic in requirements for a dating partner.

THE DRIVER'S SEAT

“Understand that you can’t ask for yourself or your partner to already be in the ninety-fifth percentile on something,” he said. “Look at their trajectory, not just where they are right now.”

“The most important quality to look for in yourself and in a partner is maturity,” Hawkins said. “Maturity is not the same as age. People can be pretty mature at 21, they can be pretty immature at 29. You have to look deeper than that.

“Someone who is mature can be future-oriented. That doesn’t mean they can’t be in the moment and appreciate the moment, but they’ve got a plan. They can see and along with that, they can delay gratification. They can make sacrifices.

“Another thing you look for is that they can self-regulate. Can they control their emotions to some extent? Can they see how they affect other people? This is a really important skill that we have and a sign of maturity. Being able to make and keep a commitment is a sign of maturity.”

Simpson views non-defensiveness as an important quality to look for in a dating partner.

“So, when there is an issue, because there’s always an issue, it’s not that we don’t want any disagreements or arguments or anything to come up,” said Simpson. “(When they do) is this person able to manage their emotions enough to be curious about my experience?”

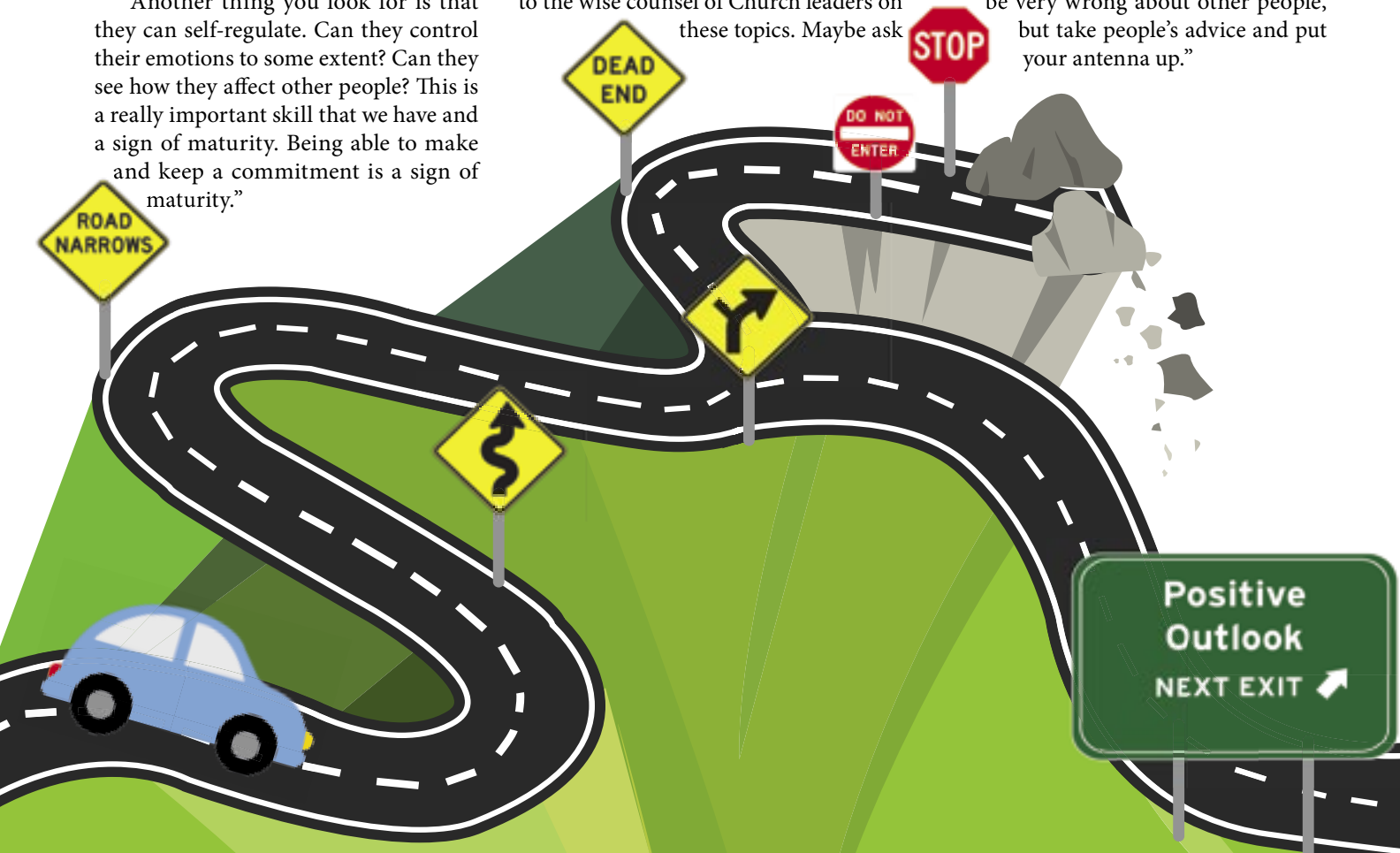
Simpson highlighted the importance of being interested and aware of the emotions of oneself and the other person in a relationship.

An additional resource can be the teachings of Church leaders. “I can confidently recommend that we should listen to the wise counsel of Church leaders on these topics. Maybe ask

some married people you really trust what they would look for in a partner,” said Hawkins.

One of the most important pieces of advice Hawkins gave is the ability to think through dating and marriage decisions.

“The more you can engage your brain, the better. It is a wise thing to listen to other people’s opinions about who you are dating,” said Hawkins. “They may not be right, but you should certainly be listening to them. They can sometimes see things that you miss, or maybe they know someone else who has dated (the person) you are seeing. Allow some time for those things to come out. People can be very wrong about other people, but take people’s advice and put your antenna up.”



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HUNDREDS OF DATE IDEAS



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A WORD OR TWO ON DATING IDEAS

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

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

★★★★★ American (Traditional).
256 N. Main, Springville. 801-489-8585
artcitytrolley.com

\$\$ Aubergine Kitchen

★★★★★ Salad. 1365 S. State, Orem.
801-224-7484 aubergineandcompany.com

\$\$ Black Bear Diner

★★★★★ Diners. 771 E. University
Pkwy., Orem. 385-236-2782
blackbeardiner.com

\$\$ Black Sheep Cafe

★★★★★ American. 19 N. University
Ave. 801-607-2485 blacksheepcafe.com

Choices

★★★★★ American. Ernest L. Wilkinson
Student Center, Cougar Food Court.
801-422-4134 dining.byu.edu/choices

\$ Chubby's Cafe

★★★★★ American. 576 N. Mill Road,
Vineyard. 801-922-5254 chubbyscafeut.com

\$\$\$ Communal

★★★★★ Salad. 102 N. University Ave.
801-373-8000

\$ Cubby's

★★★★★ American (Traditional). 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

★★★★★ American (Traditional).
1800 S. Novell Pl.

\$ Ernie's Sports Deli Provo

★★★★★ American. 265 W. Center.
801-373-0159 erniesportsdeli.com

\$\$ Good Move Cafe

★★★★★ Cafes. 1 E. Center.
801-850-9113 goodmovecafe.com

The Hut

★★★★★ American. 495 E. 600 North.

\$ 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, Orem 801-226-4166

\$\$ La Jolla Groves

★★★★★ American (New). 4801 N.
University Ave. 801-224-5111
lajollagroves.com

\$ Legends Grille

★★★★★ American (Traditional).
106 SAB, BYU. 801-422-3757 dining.byu.edu

\$\$ Lovebirds Hot Chicken

★★★★★ American (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

★★★★★ American (Traditional).
75 W. Center. 801-345-2110

\$ Spuds

★★★★★ American. 668 N. Main,
Springville. 801-917-6860
spudsunderground.square.site

\$\$ Station 22 Cafe

★★★★★ American (New).
22 W. Center. 801-607-1803 station22cafe.
com

\$\$ Texas Roadhouse

★★★★★ Steakhouses. 1265 S. State,
Orem. 801-226-2742 texasroadhouse.com

\$ The Italian Place

★★★★★ Cheesesteaks. 1086 S. State,
Orem. 801-224-6317 italianplaceutah.com

Vanders Keep

★★★★★ American. 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

★★★★★ American (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.
Provo 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 Bars.
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. 1
700 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

Noodle-N-Roll

★★★★★ Korean. 575 E. University
Pkwy., Orem. 385-225-5850

\$ Oh Mai

★★★★★ Vietnamese. 575 E. University
Pkwy., Orem. 801-607-2992 ohmaut.com

\$\$\$ Oishii Sushi

★★★★★ Japanese. 902 N. State, Orem.
801-691-0425 oishiisushiore.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 spicythaiprovo.com

\$ Sushi Burrito

★★★★★ Japanese. 283 E. 300 South.
801-377-0909 sushiburritoprovo.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 tamashiramen.
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 zaoasiancafe.com

Bakery

\$ Corner Bakery Cafe
 ★★★★★ Bakeries. 115 W. Center, Orem.
 801-221-3740 cornerbakerycafe.com

\$ Enliten Bakery & Cafe
 ★★★★★ Coffee & Tea. 43 E. Center.
 801-919-3838 enlitenbakery.com

\$ Great Harvest Bread
 ★★★★★ Sandwiches.
 1774 N. University Pkwy. 801-373-9816
 greatharvestutah.com

\$ La Brioche Bakery
 ★★★★★ Bakery. 845 N. 100 West.
 801-802-7740 labriocheargentina.com

Memo's Bakery & Cafe
 ★★★★★ Bakery. 37 W. Center, Orem.
 801-960-9044

Milk & Cookies
 Bakery. Ernest L. Wilkinson Student Center,
 Cougarat Food Court. 801-422-4134
 dining.byu.edu/milkandcookies

New Grains Gluten Free Bakery
 ★★★★★ Bakery. 1281 W. 200 North.
 801-980-5751 newgrains.com

\$ Shirley's Bakery & Cafe
 ★★★★★ Bakery. 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 randrbq.com

\$ Smokin Star BBQ
 ★★★★★ Barbeque. 1200 Provo Towne
 Centre Blvd. 801-995-5403

Brazilian

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

\$\$\$ Rodizio Grill - Provo
 ★★★★★ Brazilian. 4801 N. University
 Ave. 801-374-0100 rodiziogrill.com

\$\$\$ Tucanos Brazilian Grill
 ★★★★★ Brazilian. 545 E. University
 Pkwy., Orem. 801-224-4774 tucanos.com

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

\$ Hobbie Creek Coffee on Main
 ★★★★★ Breakfast & Brunch.
 388 N. Main, Springville. 385-259-1580
 hobbiecreekcoffeeonmain.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 joescafeore.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

Klucky'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. Orem
 801-224-2238

\$ Lotus Garden
 ★★★★★ Chinese. 56 W. Center.
 801-374-0753

\$ Saigon Cafe
 ★★★★★ Chinese. 440 W. 300 South.
 801-812-1173 saigoncafeoprovo.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 801ohanagrill.business.site

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

Hybrid

Mixturas Fusion

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

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 tandoorindiangrill.com

Italian

Antonella's Café

★★★★★ Pizza. 154 S. State, Orem.
801-607-2127 antonellascafe.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 fatdaddypizzeria.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 ladolcevitaaprovo.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

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

La Carreta Peruvian Restaurant

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

Lomito's

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

Se Llama Peru

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

Tamale Market

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

Mediterranean

King Kebab

★★★★★ Mediterranean. 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. 350 N Freedom Blvd. 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 Catrina 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 mariabonitaagril.com

Mi Lindo Guadalajara

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

Mi Ranchito

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

Rancharito's Mexican Food

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

Tacos Paraiso

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

Taqueria San Marcos

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

Pacific Island

\$ Aloha Plate

★★★★★ Pacific Island. Wilkinson Student Center, Cougarreat. 801-422-4134
dining.byu.edu/alohaplate

Rekava Café

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

Pita

\$ Pita Pit

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

Seafood

\$\$ King Buffet

★★★★★ Seafood. 123 S. State, Orem.
801-960-9669 kingbuffetorem.business.site

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. 495 E. 600 North.
801-674-3242 jurassictaco.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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OUT OF 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


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

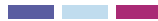
Paint your own ceramics

 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

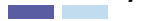
Visit the Cathedral of the Madeleine

 Enjoy the organ, art and beauty at 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


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

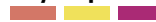
Learn to crochet

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

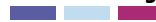
Learn Photoshop together

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

Play croquet

 Find a grassy area and a 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 specialty 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.

Re-create 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.


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 HBL 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.

Flowrider

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

Karaoke

Show off your singing skills with karaoke at Heart and Soul. Heart & Seoul, 52 W. Center. 385-325-1672 provokaraoke.com

Thrift store games

Got to any thrift store and you each pick out a ridiculous outfit for the other and wear them to dinner Savers, 81 N. State St., Orem. 801-225-9445 stores.savers.com

Make a ring

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

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

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1985 N Pointe Meadow Dr, Lehi

Orem
(801)224-3635
1450 W 800 N, Orem

Mapleton
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920 N 2000 W, Mapleton

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

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

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

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Highlights

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

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

Tie dye shirts

Create something totally groovy together at Club Tie Dye. Book an appointment online and bring your own shirt or buy one there. 275 N University Ave., Provo. clubtiedye.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 at Peak Nights. Friday and Saturday nights, 9:00 p.m.-12:00 a.m. Peak Nights, 505 E 1860 South.

Salsa Thursdays

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

Comedy Sportz

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

ImprovBroadway

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

BYU's International Cinema

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

Downtown Provo Art Stroll

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

Attend an artist lecture

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

BYU's Got Talent

Cheer on our favorite acts throughout the semester. WSC 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

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 various departments like the Kennedy Center or Marriott School.

Attend a fireside

Be spiritually uplifted together.

Join a book club

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

Take a DIY class at Home Depot

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

Take a yoga class

Step outside your fitness comfort zone.

Go to a premarital workshop

Contact BYU Counseling and Psychological Services for dates.

Take a class from each other's major

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

Take an elective together

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

Learn how to blow glass

Sundance or Thanksgiving Point offer classes.

Take an art class at A&A Art & Frame

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

Rent electric scooters

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

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.

Arts

SCERA Live Theatre

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

Covey Center for the Arts

Theater, dance, music. 425 W. Center. 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. Check the website for cancellations or adjustments. thetabernaclechoir.org

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

The Secret Garden, Aug. 30-Oct. 23; The Mouse Trap, Sept. 13-Nov. 20; Chitty Chitty Bang Bang, Nov. 8-Jan. 8; A Christmas Carol, Nov. 29-Dec. 27 9900 S. Monroe St., Sandy. hct.org

Broadway at Eccles Theatre

Mean Girls, Nov. 30-Dec. 2; Disney's Frozen, Oct. 26-Nov. 13; Hamilton, Dec. 28-Jan. 23

Live at Eccles Theatre

Tom Segura, Oct. 14; David Sedaris, Nov. 17; Hasan Minhaj, Nov. 19; Alton Brown Live, Nov. 20; Cirque Musica Holiday Spectacular, Nov. 21; Gentri - The Gentlemen Trio, Nov. 26-27; A Kurt Bestor Christmas, Dec. 9-11; Mat & Savanna Shaw: Believe, Dec. 18; An Evening with Fran Lebowitz, Jan. 29 Live-at-the-eccles.com

Hale Center Theater Orem

The 39 Steps, Aug. 20-Sep.25; The Hunchback of Notre Dame, Oct. . 8-Nov. 20; A Christmas Carol, Nov. 27-Dec. 23; Over the River & Through the Woods, Jan. 7-Feb. 12 225 W. 400 North, Orem. orem.haletheater.org

BYU Bravo!

7 Things I've Learned: An Evening with Ira Glass, Nov. 6; The Westerlies, Nov. 11; Utah Symphony with Shiyeon Sung, Nov. 18; Christmas with The King's Singers, Dec. 10; Berlin Philharmonic Piano Quartet, Jan. 25; Ballet Hispanico, Feb. 4 arts.byu.edu

BYU Theater

BYU Young Company: Luna, Oct. 6; Microburst Theater, Oct. 21-23; Escape from Planet Death Oct. 29-Nov. 13; Julius Caesar, Nov. 12-Dec. 4; Fiddler on the Roof, TBD; Young Company: As You Like It, TBD; Contemporary Voices: Play Readings, TBD; Pride and Prejudice, TBD arts.byu.edu

BYU Symphony Orchestra

Nov. 2. Some of BYU's finest musicians. Live Stream.

BYU Symphonic Band

Oct. 29; Winter Celebration, Dec. 9. Hear great classical works from music and non-music majors. Live Stream.

BYU Singers and BYU Concert Choir

A Choral Kaleidoscope, Nov. 13. Listen to the glorious music of BYU students. Live Stream.

University Chorale

Dec. 7. Hear the singing talents of fellow students in BYU's non-auditioned choir. Live Stream.

Synthesis

Nov. 17. Ya like Jazz? Live Stream.

Jazz Combos

Nov. 10. Live Stream.

BYU Philharmonic

Nov. 16. Live Stream.

BYU String Chamber Night

Dec. 1. Live Stream.

BYU Percussion

Classical Percussion, Nov. 6; Faculty Recital: Matt Coleman, Feb. 5. Live Stream.

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

2129 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.

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Highlights

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Museums

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

Museum of Ancient Life

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

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.

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

20 N. 1100 East.

Lions Park

950 W. 1280 North.

Memorial Park

800 E. Center.

North Park

80 W. 940 North.

Paul Ream Wilderness Park

1600 W. 500 North.

Pioneer Park

500 W. Center.

Rock Canyon Park

2620 N. 1200 East.

SCERA Park

600 S. State St., Orem.

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

Provo Canyon.

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

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. Redwood Drive-in Theater. 3688 Redwood Rd., West Valley City. 801-973-7088 redwooddrivein.com

Provo Recreational Center

It features an indoor and outdoor aquatic center with slides and rock climbing walls, basketball courts, and 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. Boulderville Rd., Kamas. 866-683-5819 bouldermountainranch.com

Visit the Castle Amphitheater

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

Drive the Alpine Loop

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

Tour Melville Stables

Schedule a free guided tour at horse riding and training facilities. Melville Stables, 1920 Sandhill Rd., Orem. 801-921-8953 melvilllestables.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. 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

Grab some blankets, hot popcorn, and some warm drinks and prepare to cozy up for a great movie.

Visit 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

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

Rent a Segway at Thanksgiving Point Gardens

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

Sundance Full Moon Lift ride

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

Drive the Alpine Loop

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

Yoga in the Mountains

Be one with nature and your date. Allred Orchards, 2109 N. University Ave. 801-377-0748 allredorchards.com

Pick fruit at an orchard

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

Sailboat rides on Lindon Marina

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

Take a dip at the hot springs

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

Fish along the Provo River

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

Take a self-guided historic Provo buildings walking tour

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

Go hammocking

Relax together as you hang from trees.

Have a picnic outside

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

Have fun with spray paint

Spray paint street art on cardboard with stencils.

Go tunnel singing on Sunday night

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

Find the deer on campus

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

Feed the ducks at the pond

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

Cup-fence design

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

Race paper boats

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

Clean up a local park

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

Plant flowers for someone

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

Make a timelapse

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

Go exploring with cameras

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

Go bird watching

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

Watch a meteor shower

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

Watch the sunset

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

Go geocaching

Download the app and discover a geocache. It's always a surprise!

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.

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.

Hit the trails

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

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.

Answers to the crossword puzzle on page 20

1. Popcorn
2. Thirdwheel
3. The Creamery
4. Mutual
5. Doorstep
6. Ring
7. Museum of Art
8. Flowers
9. Butterflies
10. Ice skating

Highlights

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

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

Visit Antelope Island

Explore natural wildlife and stunning views.

Make a bonfire and roast s'mores

Pick up some chocolate, graham crackers, marshmallows and firewood to roast some s'mores. To add some flair, bring unique toppings like white chocolate or Twix bars. Sundance Mountain Resort, 8841 N. Alpine Loop Rd., Sundance. 801-225-4107 sundanceresort.com"

Sports

BYU Football

Home games: Sept. 18 vs. Arizona State; Sept. 25 vs. South Florida; Oct. 9 vs. Boise State; Oct. 30 vs. Virginia; Nov. 6 vs. Idaho State

Real Salt Lake (soccer)

Home games: Sept. 18 vs. Seattle Sounders FC; Sept. 29 vs. LA Galaxy; Oct. 16 vs. Colorado Rapids; Oct. 30 vs. San Jose Earthquakes; Nov. 3 vs. Portland Timbers

Utah Jazz (basketball)

Home games: Oct. 26 vs. Nuggets; Nov. 2 vs. Kings; Nov. 9 vs. Hawks; Nov. 11 vs. Pacers; Nov. 13 vs. Heat; Nov. 16 vs. 76ers; Nov. 18 vs. Raptors; Nov. 22 vs. Grizzlies; Nov. 26-27 vs. Pelicans; Nov. 29 vs. Trail Blazers; Dec. 3 vs. Celtics; Dec. 15 vs. Clippers; Dec. 17 vs. Spurs; Dec. 18 vs. Wizards; Dec. 20 vs. Hornets; Dec. 23 vs. Timberwolves

BYU Men's and Women's Swimming and Diving

Home meets: Oct. 23 vs. Dixie State; Jan. 14-15 vs. Air Force; Jan. 21 vs. Colorado Mesa and Denver

Women's Volleyball

Home games: Sept. 16 vs. Utah; Sept. 23 vs. Pacific; Sept. 25 vs. Saint Mary's; Oct. 7 vs. Portland; Oct. 9 vs. Gonzaga; Oct. 22 vs. San Diego; Oct. 28 vs. San Francisco; Oct. 30 vs. Santa Clara; Nov. 11 vs. Pepperdine; Nov. 13 vs. Loyola Marymount University;

Utah Grizzlies (hockey)

Home games: Oct. 23-24 vs. Steelheads; Nov. 5-6 vs. Rapid City Rush; Nov. 19-21 vs. Kansas City Mavericks; Dec. 3-6 vs. Kalamazoo Wings; Dec. 15-19 vs. Wichita Thunder; Jan. 15-17 vs. Idaho Steelheads; Jan. 21-23 vs. Allen Americans

Women's Soccer

Home games: Sept. 16 vs. Idaho State; Sept. 18 vs. Utah State; Oct. 6 vs. Saint Mary's; Oct. 9 vs. San Diego; Oct. 16 vs. Pacific; Oct. 23 vs. Loyola Marymount University; Nov. 6 vs. Pepperdine

Autumn Dates

Play in the leaves

Find a rake and pile together fallen leaves from a nearby tree. Enjoy the fall colors and see how big you can make the pile.

Hit the trails

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

Take a romantic hayride

Enjoy a scenic tour. Grab a blanket, cuddle up and bring a thermos of hot cocoa to keep warm.

Go apple picking

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

Visit a pumpkin patch

Pick a few good ones and set up a second date to carve them. Most pumpkin patches also have additional activities like petting zoos and pumpkin tosses.

Halloween lift ride

This family-friendly lift ride at Sundance will take you up and down the mountain with Halloween attractions along the way.

Tailgate a BYU football game

Grab a grill and some good food. Get pumped before a big game.

Go zip-lining through the autumn leaves

Enjoy the thrill of flying through the treetops. There are two local zip lines: one up Provo Canyon and another at Sundance.

Corn Mazes

Cornbelly's Corn Maze and Pumpkin Fest at Thanksgiving Point

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

Glen Ray's Corn Maze and Pumpkin Patch

1750 W. 8000 S., Spanish Fork.

Hee Haw Farms and Corn Maze

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

Jaker's Jack-O-Lanterns

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

Rowley's Red Barn

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

Wilkerson Farm

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

Haunted Houses

Haunted Forest

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

Strangling Brother's Haunted Circus

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

Nightmare on 13th

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

Castle of Chaos

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

Dead City Haunted House

Experience a maze of terror in over 60 rooms of themed chaos and scares. 5425 S. Vine St., Murray. 801-890-5335 deadcityhauntedhouse.com

Fear Factory

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

Haunted Hollow

Haunted Forest's creepy monotoned twin sister. 1550 S. 1990 W., New Haven. 801-888-0281 haunteddutah.com

Asylum 49

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

Haunted Halloween Haven

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

Frightmares

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

Hee Haw Farms

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

Sleepy Hollow

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

Resorts

Alta Ski Area

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

Brighton Ski Resort

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

Deer Valley

Skiing, snowboarding, outdoor amphitheater and fly fishing. 2250 Deer Valley Dr., Park City. 435-649-1000 deervalley.com

Nordic Valley

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

Park City Mountain

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

Powder Mountain

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

Snowbasin

Snow sports, mountain biking, yoga, gondola rides. 3925 E. Snowbasin Road, Huntsville. 888-437-5488 snowbasin.com



Snowbird

Snow sports, 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

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

Sundance Mountain Resort

Snow sports, Full Moon Lift Rides, zip lines, hiking, etc. 8841 N. Alpine Loop Rd., Sundance. 801-225-4107 sundanceresort.com

Winter Dates

Hot Chocolate Tour

Visit Taste, The Chocolate, and Maverick and award Provo's best cup of hot chocolate

Go ice skating

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

Try ice fishing

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

Take a sleigh ride

Snuggle up next to your date and enjoy a romantic horse-drawn sleigh ride. Check out Burch & Sons, Park City Sleigh Rides, or Broken Arrow Sleigh Rides.

Go snowshoeing

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

Go sledding

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

Go cross-country skiing

Skis are available to rent at Outdoors Unlimited.

Go to an ice sculpture show

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

Make a gingerbread house

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

Visit the ice castles

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

Build a snowman

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

Attend a hockey match

Visit local teams like the Utah Grizzlies.

ZooLights at the Hogle Zoo

See the animals in their most festive colors for a stroll at the zoo. 2600 Sunnyside Avenue 840 S., Salt Lake City. 801-584-1700 hoglezoo.org/promo/zoo_lights

Spanish Fork Festival of Lights

Bask in the glory of over 3 million bulbs as you listen to themed music on the radio. Canyon View Park, 3300 E., Spanish Fork. 801-804-4600 spanishfork.org

Try gourmet hot chocolate recipes

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

Make an indoor wonderland

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

Take a romantic walk while drinking hot cocoa together

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

Make Christmas cookies

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

IN THE HOUSE

Book love letters

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

Read excerpts from favorite books to each other

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

Share embarrassing photos of each other

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

Make a blog together

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

Write cheesy poems to each other

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

Have a coloring book marathon

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

Create pixel art with Post-it Notes

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

Create balloon paint art

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

Learn calligraphy

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

Learn how to make melted crayon art

Learn online and then post images of your art.

Take the 5 Love Languages Test

See how to improve your relationship.

Do a DIY project from Pinterest

Pick a craft tutorial. Share what you make.

Buy old art from a thrift store and paint over it

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

Make a playlist of your favorite love songs

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

Make 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.

Highlights

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

Write a song together

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

Mute a TV show, make up lines for the actors

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

Do Mad Libs together

The sillier, the better.

Take a personality test

See how compatible you are.

Wood/soap carving contest

Whittle your favorite animal or your date's face. Give each other your final products.

Hold a white elephant gift exchange

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

Plan a fake vacation

Find lodgings, activities and restaurants for your dream vacation.

Show each other your favorite songs from middle school

Get to know each other's angsty teen sides.

Play rocket scientist or expert egg saver

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

Play with face cards

There are countless games to be played.

Play a board game

Rediscover your Monopoly skills.

Learn a fantasy card or board game

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

Work on a puzzle together

Do you start with the edges or a random piece? How your date makes a puzzle can say a lot.

Have a marshmallow war

Make marshmallow gun from PVC pipes — or just throw marshmallows at each other.

Twister with paint

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

Play with Legos

Build the JFSB or the clock tower.

Download a vintage radio program

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

Binge-listen to Serial (or another podcast)

Couple it with cooking or some other activity.

Nerf gun war

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

Make clay and sculpt

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

Play video games from your childhood

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

Learn origami

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

Teach each other one of your talents

Anything you can do, your date can do better.

Learn a language together

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

Have a movie marathon

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

YouTube video marathon

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

Watch short films by BYU students

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

Watch BYU sports

Put on your BYU gear and rally the Cougars.

Make greeting cards

Create thank-you cards, get-well cards 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.

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.

Murder mystery dinner

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

Host a tea party

Try it with apple cider and finger sandwiches.

Make a pazookie

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

Bake cookies for friends

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

Make fruity pops

Have a refreshing, homemade treat.

Make pizza

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

Recreate a cooking challenge from the Great British Baking Show

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

Make desserts

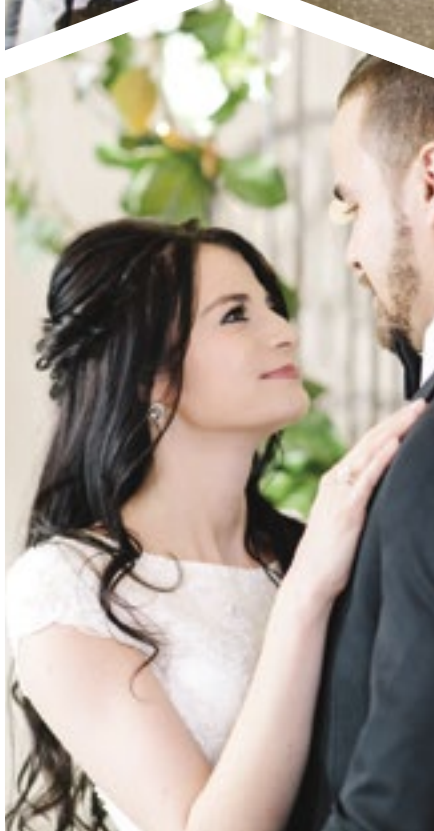
Head over to the store and make a dessert with ingredients that only start with the first letter of your last name.

Chocolate chip cookies with a twist

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

"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!



THE CHILLON



RECEPTION CENTER

**710 East Center Street
Spanish Fork, Utah
801-798-3006
www.chillon.com**



Check out our Instagram
[@chillonreceptioncenter](https://www.instagram.com/chillonreceptioncenter)



Clarity Lane Photography

TEPID TREPIDATIONS

BY PAYTON PINGREE

Obviously, everyone's post-date behaviors lie on a spectrum corresponding with the phases of water. Hopefully you can avoid being too icy when thinking about your date, but also be mindful of how you could be boiling over.



NO WAY!



SURE.



WHOA...

Post-Date Text

Ghosting

"Thanks for tonight
it was super fun!"

"R u up?"

Discussion with Roommates

Brief recap

Gushing over how
great it was

Brainstorming
bridal shower Ideas

Days before Next Date

Next date? No thanks

One week

Tomorrow! Maybe
even later today ...

Social Media Stalking

Un-add on Snapchat

Scroll through their
Instagram

Carefully examine their
photo on LDS Tools

Next Church Experience

Avoiding eye contact

Catching up with
them before
Sunday School starts

Holding hands
in sacrament meeting

Next Shopping Experience

Separately — for
an outfit — for
another date

Grocery shopping to make
grilled cheeses together

Searching for that
perfect diamond

Journal Entry Experience

Maybe they get a
sentence or two

Details about the
activity, your date, and
how you're feeling

A short novel about
your future together

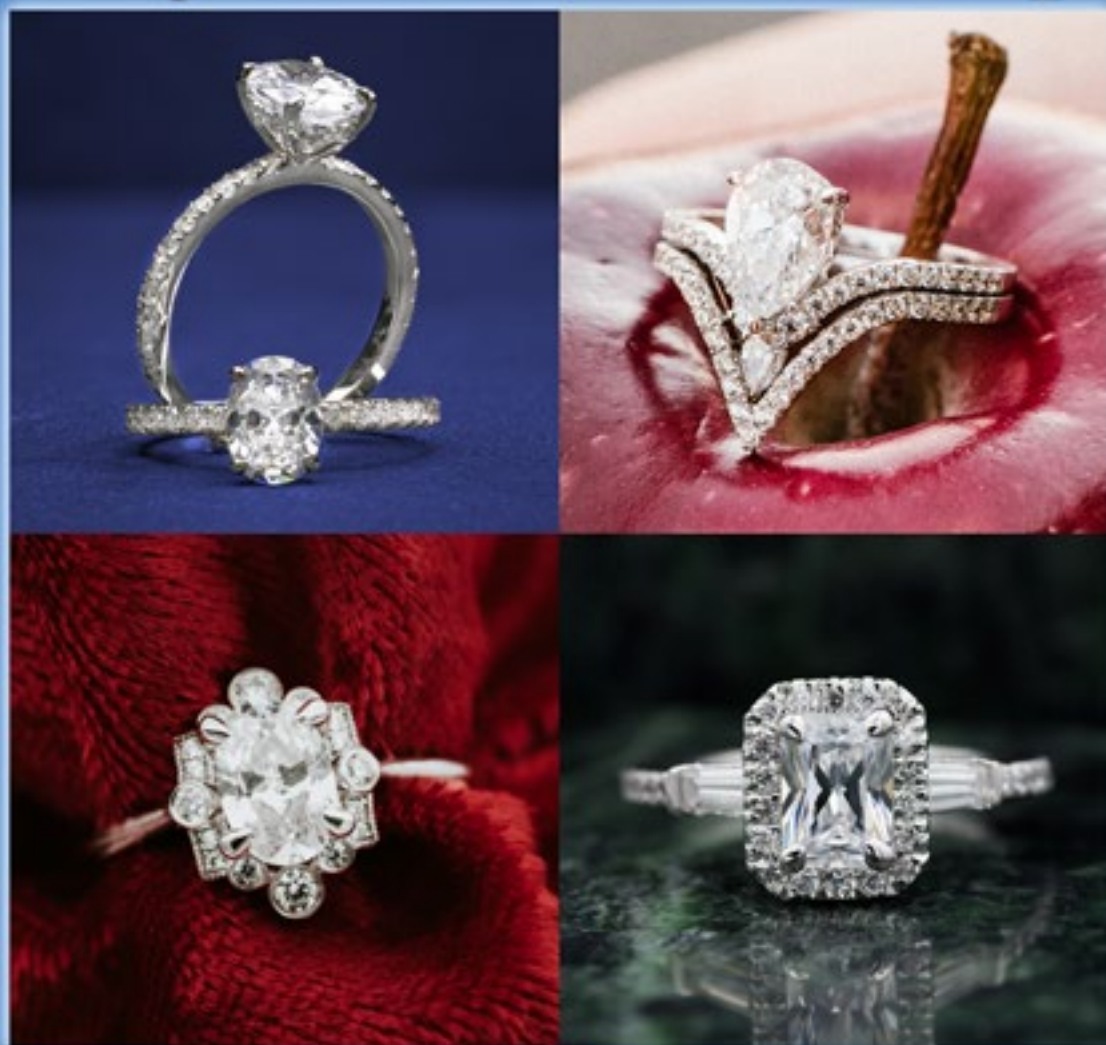
choices

for everyone



available at the **BYU** cougareat

Create a ring as unique as your relationship.



Gephardt
Approved

*Custom
Designs*



Sierra~West
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Orem ■ Sandy ■ Murray ■ 800-411-8067
www.sierrawestjewelers.com ■ Member American Gem Society

