TWO

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TWO

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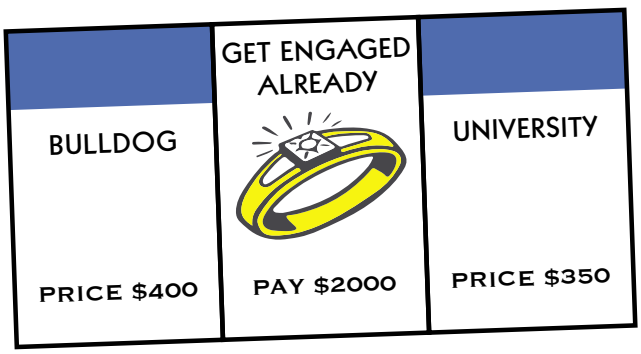
DATING IS JUST 10 BIG GAMES

When you believe dating is a game, sometimes you and your relationships end up playing out like one.

COUPLES

BATTLESHIP
Power struggles abound in this relationship, and neither partner is happy unless they have an advantage over the other. Abandoning the concept of equal partnership, this couple prefers to keep score and battle for control.

CANDY LAND
This couple can't move past the overly sweet affections of a middle-school romance.



MONOPOLY
This couple has been dating longer than all of your relationship timelines combined yet an engagement is nowhere in sight.

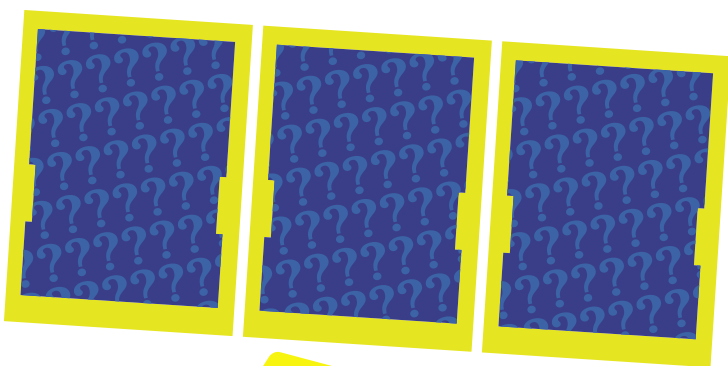
CLUE
There isn't a sentence, text or Facebook status that isn't overanalyzed by this couple. One or both partners feel like they can't speak freely because anything they say will have something read into it.

APPLES TO APPLES
From the outside, this couple doesn't look like they fit together at all. However, together they're dynamite and bring out the best in each other!

CHUTES AND LADDERS
One minute they're almost engaged and the next they can't stand one another. The ups and downs of this couple leave everyone else scratching their heads.

OPERATION
Things are so tense in this relationship that partners tiptoe around each other to avoid a fight instead of addressing the issues at hand.

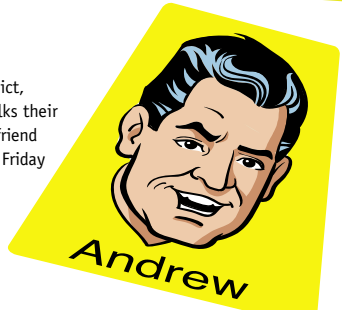
SINGLES



CATCH PHRASE
This is the person no one can hang on to. They keep playing the game, jumping from person to person until they realize they'll be happier settling down with one person.

CONNECT FOUR
The serial double dater, this person isn't comfortable one-on-one and can't face a date without an entourage.

GUESS WHO
The blind date addict, this gal or guy stalks their friends' Facebook friend lists for their next Friday night plans.



DATING DIARIES

MY FIRST DATE with my future wife was what you might call a marathon date. After going to dinner on a double date with my roommate, we left and went to a few minutes of a BYU hockey game. We moved on from that after she declared there wasn't enough blood! A Walmart run for snacks and a bit of driving around later, we found ourselves at the dollar theater watching "Reel Steel." It might seem like an unorganized evening but we felt such a strong connection that everything just flowed and we had a lot of fun!

–Brad, Senior

DINNER DATES

Many guys don't realize that deciding what to order when you're at a restaurant together for the first time can present a dilemma for your date. From trying to send the right impression to avoiding something that will get stuck in her teeth, there are considerations that run through a woman's mind before she orders.

PRICE

Women don't want to order something that costs more than you want to pay. Often they will pick a less expensive item on the menu if they don't know what your price range is. Give your date a cue to help her know what you're thinking is an appropriate choice.

"I think the fajitas or the chicken wrap sound good. What are you hungry for?" This simple line will let her reference what those choices cost and then choose her own meal at a similar price.

WHERE TO EAT

If you haven't decided on a restaurant yet, ask your date where they want to go. If you're the one being asked, speak up if you're craving something or have a favorite restaurant (if it's appropriate, i.e. don't suggest higher-end restaurants like Tucanos).

"The tacos at Las Brassas are the best but I'm also in the mood for a calzone at Nicolitalia. Do either of those places sound good to you?" If your date doesn't feel comfortable suggesting a restaurant, this cue takes some of the pressure off him or her and still gives them input in the decision.

AVOID

- Long-noodled pasta if you aren't confident in your twirl.
- Corn on the cob, spinach, popcorn and other foods that will take up residence between your teeth.
- Anything that will leave you with bad breath (cheese, onions, garlic, tuna, etc.)
- Food that requires manual labor (like crab legs, lobster, etc.) that you haven't done before.

TWO SENSE

NOT JUST HEARING, FEELING HEARD

Have you ever felt like your date has stopped opening up to you or that the conversation is lagging? The solution may not be in having better topics but in listening better to your date. Listening well will help your date trust you faster, feel valued and appreciate your company. According to H. John Pace, a professional mediator and manager for the Center for Conflict Resolution at BYU, the key to listening properly is to listen for understanding.

"There are really two kinds of listening," Pace said, "listening to understand and listening to respond. When you only listen to respond, you're looking for opportunities to win a debate, you don't really care about what the other person has to say."

Good listening is a skill that can be practiced and acquired. You do not, however, need to master every listening skill before your efforts will be recognized.

"Some people just don't have a silver tongue," Pace said. "Luckily, research shows that it's not about having the right words, but the meaning is in the heart of the person. What is most appreciated is that you are actually trying to understand."

While your attitude is the most important thing to get right, practice these skills from John H. Pace to become a truly expert listener:

Acknowledge Feelings

We do not need to agree with what the other person is saying, but we should always acknowledge their feelings are real. Acknowledgment should come before any attempts at problem solving or correcting.

Verbal Cues

You can see and hear when someone is listening to you. Occasional verbal cues, like *OK* or *mhmm*, signal to your date that you are still listening.

Question

Asking follow-up questions shows you want to hear what your date has to say. Make an effort to ask open-ended questions and inquire about things you don't fully understand.

Paraphrase

Paraphrase or summarize what your date said after they finish talking. This allows you to make sure you correctly understood what your date said and show you heard them. Comment on the last thing your date said to show you listened all the way through.

Body Language

Facial expressions, body language and tone can communicate more than words themselves. Occasionally nod your head and face the person who is talking to you.

Value What They Are Saying

Having all the skills does not make as much difference as actually valuing what the other person has to say.

CHALK TALK

dating tips for RETURNED MISSIONARIES

The RM Stereotype

People think returned missionaries can only talk about their missions. According to a campus survey, the majority of people do not mind when RMs talk about their missions on a date.

"Personally, I'm looking for someone who didn't just 'go' on a mission," said Megan Cooley, a Recreation Therapy major from Layton. "I want to know that it changed them and that they'll continue to be a better person because of it."

While many in the survey expressed interest in knowing what kind of missionary their date was, there was a strong repulse toward "mission-focused" dates.

Caroline Madsen, a music education major, emphasized this point. "When guys talk about their missions it shows that they care, but if that's all they talk about, that's not good," Madsen said.

Johanna Taylor, a pre-animation major agrees with Madsen.

"My quota is two mission stories per date — any more than that and I tune out," Taylor said. "The purpose of a date is to get to know the other person."

Andrew Fike, an accounting major from Toomball, Texas, gave his opinion about dating a returned missionary.

"If they mention it in a positive way that's a pretty good indicator of their spirituality," Fike said. However, if it feels like a girl is prideful about having served a mission he said it would rub him the wrong way.

Daniel Anderson, a senior from Fruit Heights, also gave his opinion. "I served a mission too, so it's relatable," Anderson said. "But if they just keep talking about their mission it seems like they can't find something else that's relatable."

So talk about your mission. Tell a story, make your date laugh, but be careful telling serious stories or spending a whole date talking about your mission.

Meeting People

Brent L. Top, a former mission president and the current Dean of Religious Education at BYU, gave missionaries some tips about how to transition from missionary life into dating.

"In reality, the skills we use as missionaries are the exact same," Top said. "You are going to use those same abilities to talk to people, make people feel comfortable, and be a friend."

Making Marriage a Priority

"Missionaries have taught about the plan of salvation and eternal families for 1½ to 2 years" Top said. "We better step up to the plate and say 'that's what I want in my own life.'"

Church leaders have continually urged returned missionaries and those of a similar age to make marriage their number-one priority. However, this does not mean that we should become obsessed with marriage. While marriage should be among the greatest desires of our hearts, it should not be the only thing occupying our minds.

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DATING THROUGH THE TIMES

A look back at dating trends and how they compare to the way we date now.

THE EVOLUTION OF DATING COMMUNICATION

1940s
Letters of romance were common for lovebirds in the olden days. World War I and World War II meant that a lot of women had a man they were writing in the military.

1960s
From the time of landlines until cell phones, it wasn't unusual to look up a cute girl's number in the BYU directory and call her up. If the cold call worked, eventually they were talking on the phone for hours.

1990s
Pagers shook up the dating scene in the '90s. After a date couples would send codes to each other such as 143, which meant "I love you," or 56, which meant "sweet dreams."

2000s
Cell phones revolutionized the way we date. "Our kids will never know what it's like to call their crush's home phone and be scared that the parents will pick up," said Rachel Gillie, a 2004 BYU graduate.

2010s
Today many people use social media and texting in dating. If a boy or girl meets someone they are attracted to, they look that person up on Facebook to see if they have common interests.

MATCHING. TERMS FOR MAKING OUT

Match the time period with the correct term. Answers can be found on bottom of page 13.

___ 1950

___ 1960

___ 1970

___ 1990

___ 2000

___ 2010

a. Rolling
After a date a guy might go home to his friends and say, "We rolled."

b. Parking It
"Drive-in movies were very popular," recalls Myra Smith, a woman who dated during this time period. "You can guess why."

c. Hook Up
While hook up meant hang out in the '70s and '80s, during this era is was a common phrase for making out.

d. Mackin'
Making out was abbreviated to mackin' during this era.

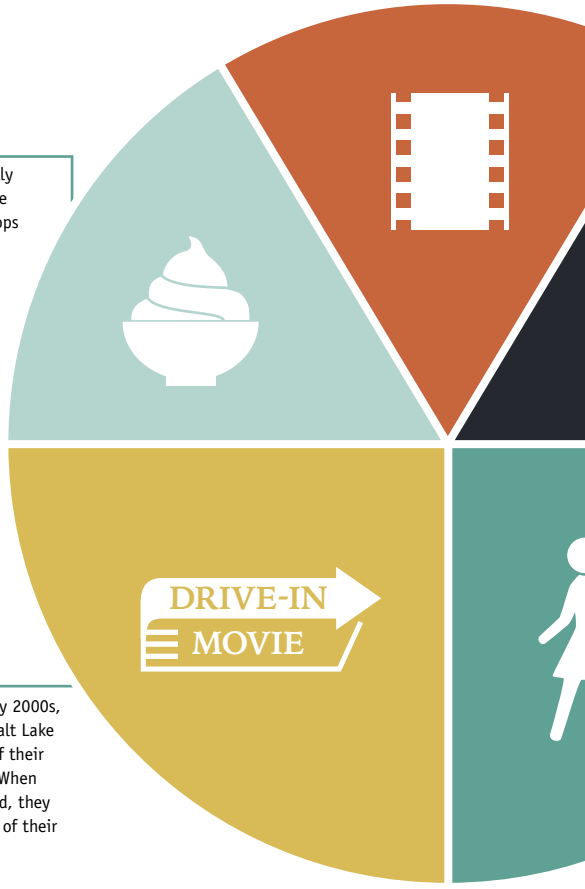
e. Necking
During this time period is when guys and girls used the term we still cock our heads at: necking. Now you know.

f. NCMO
NCMO started in this era and has survived to our day. It stands for non-commital make out.

COMMON DATES

1920–1950
From the '20s to the '50s, everybody went to the movies for a date.

2010
Frozen yogurt has become really popular as people have become more health conscious and shops have changed to the "build it yourself" model.



1990–2000
At BYU in the '90s and early 2000s, people would head up to Salt Lake with couches in the back of their truck for a drive-in movie. When the group of couples arrived, they would set up camp outside of their cars and watch the movie.

UNSCRAMBLE. TERMS FOR ATTRACTIVE PEOPLE

Unscrable the word to the left to fill in the blank. Answers can be found on bottom of page 13.

SHDI Back in the '50s, when a girl would see a cute boy she might say, "He is a _____!"

OXF "When a girl was cute we called her a _____. When she was really cute we called her a stone-_____," recalls Aaron Gardener, a BYU student from the '70s.

TPAH _____ was the term for attractive people of both sexes in the '90s. The decade re-coined the term by changing the meaning to pretty hot and tempting.

ABBE Today if a boy sees a cute girl he might say, "That girl's a _____!"

COURTSHIP TRADITIONS

Prior to 1950 The music and dancing may have been different, but dances have been the place to meet people since the turn of the century. However, in the '20s & '30s, men had to sign a girl's dance card in order to get a dance. The small booklet had all the songs for the night with lines next to them for the boys to write their names. This forced boys to think ahead in order to dance with a girl they had their eye on.

1960s Girls would knit socks for their boyfriends in the '60s. However, instead of wearing them, the gentlemen would hang them from their rear-view mirror, meaning they were taken.

1970s In the '70s it was common for guys to give girls their ring once they were dating. Because the rings were often too big, girls would wear the ring on a necklace or wrap tape around it until it fit.

1980s Back in the '70s and '80s it was common for couples to dress alike. Couples could be spotted wearing matching overalls and identical shirts they bought at Chess King.

2010s These days people change their profile picture or relationship status on Facebook to show that they are in a relationship.

1960

Heaps A Pizza, now Brick Oven, used to be blocks from campus and was a common date for students back in the '60s.

1970–1980

People in the '70s and '80s were very casual with the label "date." For example a date could be a lap around the fieldhouse track, a swim at the RB or a walk up the street.

DEFINING 'GOING STEADY'

She's pinned. Before the 1950s, when a frat member wanted to date a sorority sister, a ceremony was at hand. The girls would come out of their house and sing to the guy, who in turn would pin his fraternity pin on the girl. This tradition led to the phrase, "She's pinned."

Going steady. We've all heard of "going steady" before, but the '60s was when the term became really popular. The phrase means a couple has gone from casual to exclusive dating.

Go out. In the '90s, going from occasional dates to boyfriend and girlfriend was still a formal process. When the guy thought the relationship had progressed far enough he asked the girl, "Will you go out with me?"

DTR. Determining the relationship didn't come about until the past decade. When one of the partners in a relationship wants to progress, they usually talk about it and decide if they will be boyfriend and girlfriend. Once a couple is going out, they change their status and make it FBO (Facebook official).

Answers:
MATCHING. 1950 b, 1960 e, 1970 a, 1990 f, 2000 d, 2010 c
UNSCRAMBLE. Dish, fox, phat, babe

GIRLS, DON'T GET PLAYED

by Miranda Facer

There's nothing like a romance with a player; everything is amplified. One moment you're together and higher than life, the next he ignores you and it's the end of the world. Then you have another text session/hang out, and the toxic cycle begins again.

Somewhere in your heart you know this isn't healthy. Those closest to you say to drop him and find someone who will treat you well, but you tell them they just don't know him like you do. He says he's going through a hard time, he's scared of commitment, he's not sure what he wants, etc. and you give him the benefit of the doubt, just like he knows you will.

Then one day you wake up and find out he's dating someone, and it's not you. You see the happy couple holding hands, cringe at his continuous #wcw (Woman Crush Wednesday) Instagrams of his girlfriend and find yourself listening to an unusual amount of Adele wondering where everything went wrong.

While every relationship is different, there are telltale signs you might be a victim of the game. If you experience one or more of the following red flags, re-evaluate your feelings and consider moving on.

You're the Convenient Option
He only invites you over on the day he wants to hang out. You think he's spontaneous, but this may mean he's just been keeping his schedule free in case better plans pop up. On the days when they don't he knows you'll be ready and waiting.

"If you're the convenient date, watch out; if you're the friend he calls when everyone else is busy, watch out," said Ryan Workman, a junior studying neuroscience.

He Ignores You
If a guy likes you, he's not going to ignore you. Don't freak out if he doesn't respond to your text five minutes after you send it, but if you're initiating most of the communication and he often blows it off, stop pursuing.

He's All Talk
When you're together he references fun plans you'll do "next time" or "one day" but he never plans the dates and you're left wondering if you imagined the invitation in the first place.

"I think it takes time to realize it, but if he's all talk and doesn't follow through on anything you know you're getting played," said freshman Olivia Madsen.

You're in the Toxic Cycle
Do you want a toxic marriage? If not, why are you enabling a toxic relationship? Ups and downs are a natural part of life, but a rollercoaster dating experience probably won't transition into steady married life without serious work and commitment.

You're All In and He's Dipping His Toes
You're enamored and thinking about the future while he's noncommittal and disinclined to show you're a couple around other girls.

"A lot of times a guy will date a girl because he thinks she's fun to pass the time while he's keeping his eyes open for the girl of his dreams," said Elijah Hess, a junior studying construction management.

The best thing you can do to avoid getting played is to keep your emotions in check at the beginning of any relationship and to try to look at everything objectively. If something doesn't feel right, it probably isn't. Save yourself the heartache and end the game before he wins.

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SAYING GOODNIGHT

The date is ending, you're at the doorstep and it's time to say goodnight. What do you do? The majority of BYU guys interviewed for this article agree that a hug is the way to go.

"At the end of a date you default to a hug," said Richard Williams, a senior studying music. All hugs are not created equal. You wouldn't think wrapping your arms around another person could vary that much, yet different kinds of hugs signal different things.

"I like to be the one to initiate where the arms go; if I put them up around his neck it shows I want to kiss him, if they're down around his waist it means I want to hug him," said Jennifer Cowley, a junior studying exercise and wellness. The duration of the hug also sends a different message.

"You can tell when you're hugging and she holds on and then looks up at you without talking; that's how you know you've broken the barrier," said Jeff Brown, a pre-med sophomore. Brown emphasized the need to be sure the girl wants to be kissed, and to always stick with a hug unless she is lingering.

I DON'T WANT TO GO OUT WITH YOU

Telling someone you're not into them is hard. You may be tempted to put off the inevitable to temporarily spare their feelings, but that isn't the way to do it. Hiding your true feelings (or lack thereof) causes the other person more pain than if you are honest upfront.

"If a girl isn't interested in a guy, she needs to be honest," said Dane Christiansen, a junior studying business strategy. "She needs to communicate it to the guy early and save him time and his feelings – we'll respect you for it."

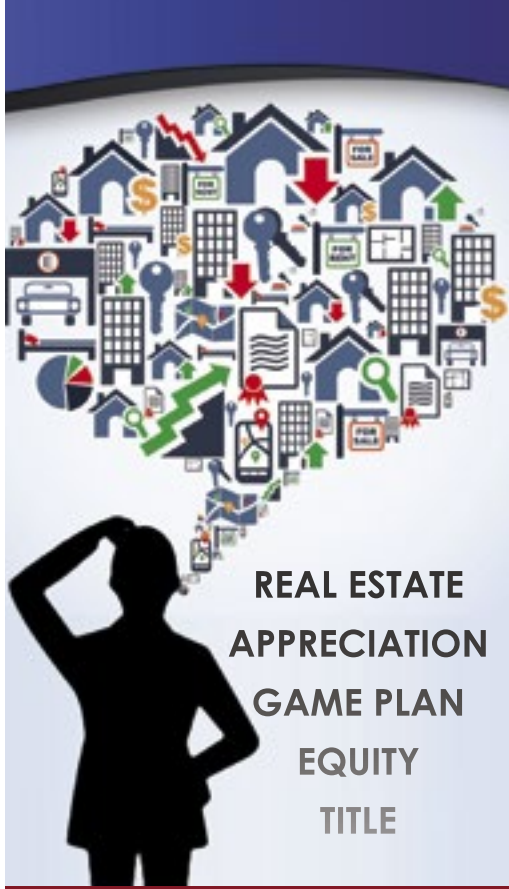
Saying "no" to a guy or girl who is interested in you is hard because you don't want to hurt the other person. However, if you truly do not see anything happening between the two of you, let them know and don't hide behind excuses.

"Just be straight up with them," said Melissa Law, a freshman studying nursing. "But if you think there might be a possibility, go on the date to find out."

First dates do not imply a commitment and they can be a great way to get to know someone, even if it only leads to friendship.

"I think a girl should always give a guy a first date," said Jeff Brown, a sophomore who is pre-med. "But if she's not interested, it's not going to work, so she needs to tell you."

You don't owe any one a first date, but if you think you could at least be friends, give the guy or girl a chance. If you really don't see it going anywhere or you've been asked on a second or third date and know it's not working out, be honest and kind when you let the other person down. Express gratitude for their time but be clear about your feelings.



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dating tips for

THE RECENTLY SINGLE

It's Not You ... It's Us

After you have broken up with someone, it is easy to become discouraged. Many feel rejected as they walk away from a relationship that brought them validation and a person whom they loved and admired.

According to Nate Lambert, a professor from the School of Family Life, one of the key things to remember when breaking up, is not to take the breakup too personally.

"The problem wasn't with you as a person, but maybe it was just 'us.'" Instead of getting down on yourself, realize that a breakup usually means you were not a good match, Lambert said.

Relationship with Your Ex

Although you probably still care about the person you dated, it is best not to see each other for a while, especially alone.

Resist the urge to follow him or her on social media. Doing so will help avoid past feelings and memories that may hinder you from progressing in other relationships.

Focus on Others

"When we are feeling down in life, the best thing we can do is take the focus off of ourselves," Lambert said.

There are many opportunities to serve around BYU. As you do so you will interact with good people who can help build you up.

Meeting People

The most important part of post-break-up dating is meeting people. While service is a great way to meet people, there are also many activities that provide students opportunities to make new friends.

Some things you can do are join a club, play intramural sports, attend sports games, dances, art performances and enjoy other events put on by BYU and the community.

As you do this, your circle of friends will expand, and when the timing is right, you will not have to start from square one when you step back into dating.

Relationship Status

✓ Single
In a relationship

Several years ago I remember seeing a friend's relationship status on Facebook change from In a relationship to Single. It came as a surprise. As far as I knew she was happy in her relationship and showed no sign of wanting out. More importantly, she was my girlfriend. I quickly sent a text, followed by a phone call, and sure enough things were over before we hung up. While breaking up is not the fairy tale ending we might hope for, sometimes it is right and necessary.

"I always tell my students that it's OK to break up with good, decent people," said Brian Willoughby, assistant professor in the School of Family Life. "People struggle with break ups because we feel like we have to await for some big issue to arrive."

Breaking up with someone can be intimidating, but we all deserve more than a status update or text to let us know it is happening. Here are some tips from students and professionals to help it happen properly.

DON'T PROCRASTINATE

"People struggle with breakups because we feel like we have to wait for some big issue to arise," Willoughby said. "So we get stuck in these relationships where we are like, 'I'm pretty sure I want to end this, I'm pretty sure I don't want to marry you, but I kind of have to wait until we have that big fight, and I have an excuse.' We end up in these relationships for weeks or months longer than we sh ould."

While it takes courage to initiate a breakup, putting it off will delay future opportunities and can create unnecessary pain.

BE KIND AND CONSIDERATE

You should not treat unkindly someone who has invested so much time and effort into you. It's not good for your reputation, and most importantly, knowing we are all children of God we should respect each other.

"Give little hints that it is coming so they are not completely blindsided," said Alyssa Smith, a freshman from Gainesville, Va. "That's the worst."

Hints can be given by letting them know you want to speak to them privately or kindly letting them know you don't think next week's plans are a good idea. Location and timing are also important. Even the kindest and most anticipated break up can be emotional. Avoid breakups in front of roommates or right before an important event like a birthday or job interview. It will leave you and them better off.

DO IT IN PERSON

Do not break up over Facebook, Twitter, texting, or the phone. According to Willoughby, rule number one about breaking up is that something this personal deserves to be done in person. Though it may seem more intimidating, it shows you are mature enough to be in a relationship in the first place.

THINK IT THROUGH BEFOREHAND

"Once the decision has been made, stick to it," said Knight. "I don't know that I would recommend rehearsing it, but think it through and don't let them talk you out of it."

It is hard to know what you're going to say is going to hurt someone, especially someone you care about. Because of this, people try to soften the blow by dancing around the issue. Don't leave them hoping things will pick up again in six months if it won't. If you're not sure about breaking up, keep dating, but communicate what you are having difficulty with.

According to Willoughby, another important aspect to think through is what you want the relationship to be after the breakup has occurred.

"Make the decision beforehand what you want the relationship to look like moving forward," he said." Do you want to try to maintain some sort of friendship or relationship, or do you not? Don't try to make that decision in the moment. There are just so many emotions going back and forth that you don't want to make a rash decision."

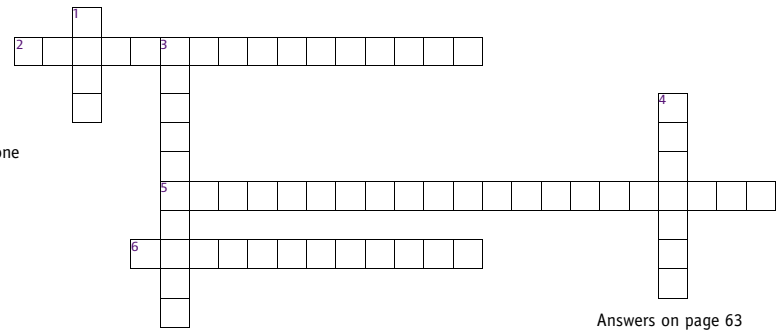
DATING
CROSSWORD PUZZLE

ACROSS

2. FOMO
5. DTR
6. PDT

DOWN

1. A way to get to know someone and move towards a relationship.
3. The dreaded place where relationship dreams die.
4. Guy who lives for the gym, snapbacks, hot tubs, and mirror selfies.



Answers on page 63

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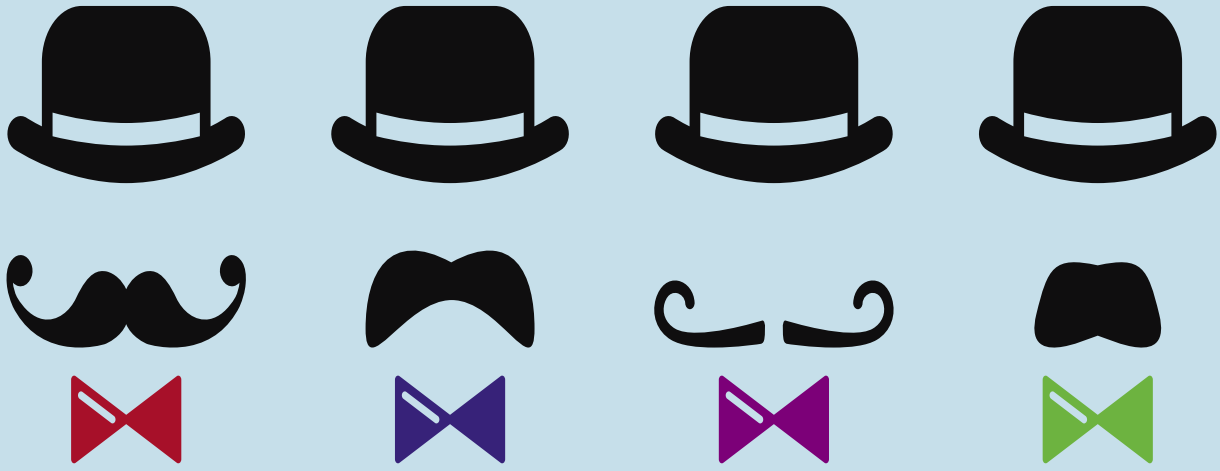

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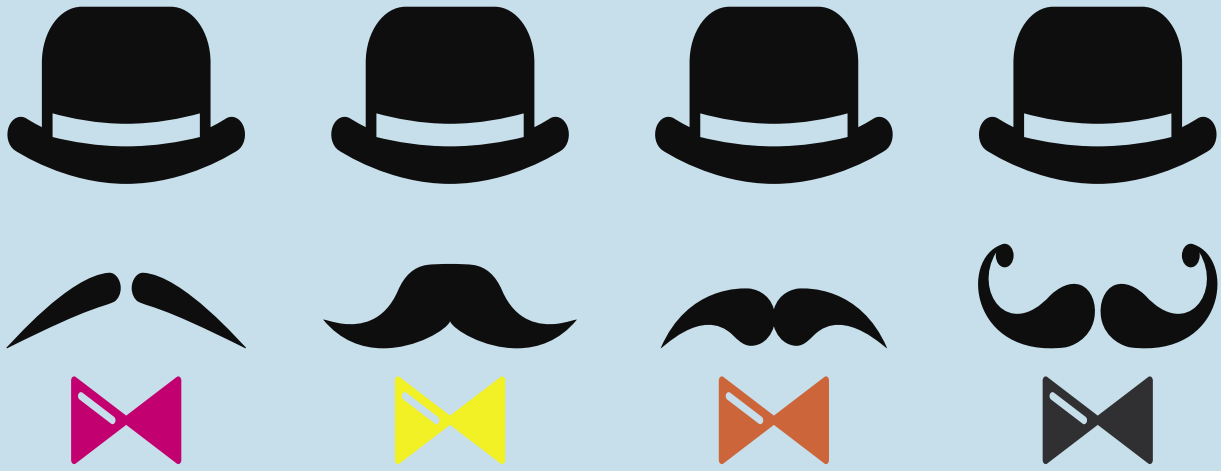

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HOW TO SET YOUR FRIENDS UP

Blind dates should be opportunities for singles to get to know other singles in fun, non-threatening situations. However, the "horror stories" about set-ups gone bad often deter many singles from pursuing what could be fulfilling connections. So how do you set-up your friends without making them resent you and dating as a whole? It's not as hard as you think. Just follow a few simple guidelines and let the sparks ignite!

The first and most important rule to setting couples up is to take your time and think about the two people you want to get together. This goes beyond whether they both like the same bands. So, when you begin flexing your match-making muscles, honestly consider how your friends will interact with each other. Is he a hot-head and she a drama queen? This could possibly lead to a volatile relationship. But maybe they are both just emotionally sensitive and would understand each other well. While you can't totally predict whether they will hit it off, thoughtful consideration will always improve your chances.

Remember the people you setup may see their date as a reflection of what you think of them. Gordie Minter, a BYU graduate from Kennewick, Wash., said he doesn't mind being set up on dates for this reason. His friends, he said, can see you more objectively as a person.

"People can see stuff about us that we would not necessarily see," said Minter.

Next, it's important to remember you can't make anyone fall in love. All you can do is facilitate connections, which are the basis of any good relationship. Elder Marlin K. Jensen said in an April 1999 General Conference for The Church of Jesus Christ of Latter-day Saints:

"A relationship between a man and a woman that begins with friendship and then ripens into romance and eventually marriage will usually become an enduring, eternal friendship."

FACILITATING CONNECTIONS FOR THOSE YOU'VE SET UP

KEEP IT CHEAP

Dating is always hit-or-miss. Stephanie Lacey, a multimedia journalism student from Wenatchee Wash., said it's the same with being set up. Whether you're going out with the cute boy from stats or it's a set-up, you have to just try things out to see if they work.

This can add up to a lot of cash if you're not careful. Instead, look for free or inexpensive activities that allow for good communication. Your friends will be more willing to be set up if a night out with your mystery friend doesn't end up breaking the bank.

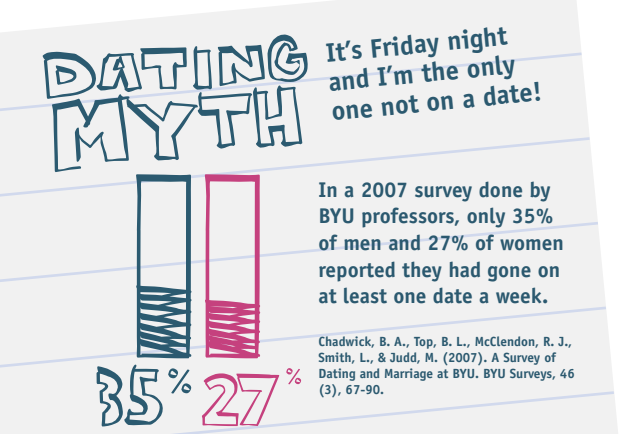
KEEP IT CASUAL

Just because you think Sam and Sally would be "oh so cute!" together doesn't mean you should start planning their wedding. Putting that kind of pressure on your friends will most likely have the reverse effect.

Rather than preparing your friends for the altar, try and emphasize the fun they would have getting to know each other. Then, things will either work out or they won't. No big deal. You friends shouldn't feel that you will be disappointed just because the set-up didn't go well.

KEEP IT COMFORTABLE

Everyone has their own comfort level and you don't want to push your friends too far out of their comfort zone. Only set your friends up on one-on-one blind dates if both parties are willing and comfortable. Figure out how open your friend is to being set up and plan accordingly. If your friends are a little more daring, but still aren't too keen on the idea of a blind setup, go on a group date. You'll be there to help if things don't go too well and if they hit it off you can see the fruits of your labor.



I WENT ON A DATE where the guy honked at me to signal his arrival then texted me to come outside when I didn't respond to the honk. Once I got to his car, he started backing up before I was fully inside and the doorframe cut my face and gave me a huge black eye. He didn't acknowledge this or apologize, and when we got to ice cream he didn't have enough money so I had to pay for my own. He didn't talk the entire date...it was a terrible experience.

–Christine, junior

CHALK TALK
dating tips for
FRESHMEN

How You Date

Your perspective on dating depends on your situation as a freshman. Professor Jeffrey Hill from the School of Family Life encouraged freshmen preparing to serve missions to avoid serious relationships.

"Have fun!" Hill said. "Just think of dating as having fun."

It takes self-control to avoid serious dating before a mission. However, focusing on creating strong relationships offers the most happiness in the long run. Hill also encouraged pre-missionaries to avoid romance before their missions. It is much easier to continue a strong friendship you developed before your mission, rather than one built on physical intimacy.

If you are not planning on serving a mission, begin practicing principles of mature dating. Work on becoming more comfortable with members of the opposite sex in one-on-one situations. Learn to ask questions, focus on others and be yourself.

Dating Upperclassmen

As a freshman, you may choose to date upperclassmen. Professor Hill advised freshmen who date older students to consider where they are on the dating-marriage continuum before starting a relationship.

"Realize that that relationship could develop faster than you're ready for it to develop," Hill said.

Freshmen who are not comfortable dating upperclassmen should be honest and learn to say "no." If you struggle with how to say no, read "I Don't Want to Go Out with You" on page 15.

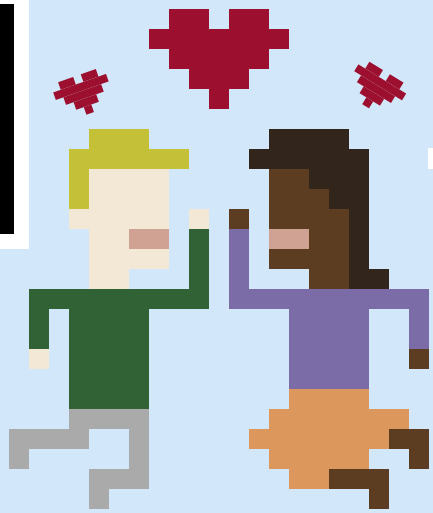
If you decide to take the leap, here are a few important tips to consider.

First, relax. It's natural to be nervous, but do your best to be yourself. Remember the person you are dating is probably nervous too, so do your best to make them feel comfortable.

Second, get to know your date. Learn the art of good conversation: asking questions and being genuinely interested in the other person's responses. The more you focus on other people the more you can relax.

Regardless of what you decide to do in the world of dating, have fun being a BYU freshman!

LEVEL UP!



TAKING DATING TO THE NEXT LEVEL
FROM GOING ON DATES TO MAKING THINGS EXCLUSIVE

Men and women rarely feel ready to move forward in a relationship at the same time. When you're feeling ready to move into an exclusive relationship, how can you tell if he/she is on the same page?

NOTICE THEIR ACTIONS

Do they seem happy to be around you? Do they stand close to you? Do they talk about activities you could do in the future together? These are all signals they enjoy having you around. Do they laugh at your jokes? Offer you compliments? Walk across the room to talk to you? Take heart, at the very least they think your worth their while.

PAY ATTENTION TO COMMUNICATION

According to Brian Willoughby, a professor of family life, if someone is opening up and sharing their feelings with you, it is a good sign they feel comfortable around you. Conversation should flow and feel natural. However, if you are the only one opening up, they might not feel as comfortable in the relationship as you do.

"If I'm in a dating relationship, where we've gone on a couple of dates and we're starting to have that sharing back and forth," Willoughby said. "I see that person starting to share their emotions and feelings about life. That can be a good indicator that person is getting more connected and more invested in the relationship."

LOOK FOR GIVE AND TAKE

"I always judged if someone was interested by whether or not they wanted to keep in contact during the week," said Fred Nelson, a senior majoring in public health.

If they are sending occasional texts or making contact throughout the week, they are usually interested in keeping the relationship going. Keep in mind you shouldn't initiate all of the contact. Make sure that if you are interested you're not just waiting around either. However, if you're love interest doesn't reciprocate, don't fret.

Occasionally people will be shy or overwhelmed with school, and hesitate to reach out. Think about their responses, If they seem happy you reached out, don't give up yet just because you are doing most of the work for now.

DON'T PUSH TOO HARD

There is no set timeline for when a serious relationship should develop. Depending on a person's background, they may move faster or slower into commitment. Take things one date at a time. If they seem happy on your dates, keep in contact and keep asking them out. Dates don't have to be once a week or take much planning. They can be as simple as asking someone on a walk. Things will naturally move in the right direction. Sometimes it will only take a few dates, but it could also take several months.

ASK FOR CLARITY

Sometimes all of the signs are there, but you still cannot tell if they are interested in becoming exclusive or if they think of you as just a friend. If you feel this way, step up and ask for clarity. It takes courage, but your peace of mind is worth it. Express how you are feeling about things first, and then ask how they are feeling.

"It's a collaborative process," Willoughby said. "Express your feelings and ask for theirs. Sometimes that can lead to the disappointment that they just want to be friends, but at least you have clarity. Now you know what this is and can decide from a romantic stand point if you need to move on."

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DATING & COMMUNICATING

Questions answered about communicating through the first date

By Samuel Gale

Think back to the last date you went on with someone new. Chances are you spent at least a little time worrying about what to say or not to say, hoping not to make a fool of yourself. Despite hearing stories of poor first encounters ending happily ever after, we still fret about making a good first impression.

When isn't it appropriate to send a text? How do I ask someone on a date? Should I wait before making contact after the first date? When should you send a post-date text? There aren't very many set rules when it comes to dating communication; however, following these guides will help you play it safe.

HOW DO I MAKE THE INTRODUCTION?

Introductions are simpler than we make them. Despite our worries that we will seem unimaginative or boring, asking basic questions about someone is a great way to start a conversation. Look for interesting aspects of a person's background and inquire further to keep the discussion flowing.

Brynne Turville, a junior from Holladay, said meeting new people on campus really comes down to being open to starting up conversations. Often, our situation will make the introduction for us.

"Sometimes people would come sit down by me in the library and sometimes I would choose to sit by other people," Turville said. "If they were really studying hard I wouldn't bother them, but otherwise I would just ask what they were studying, where they were from and we would talk. I was actually asked to lunch several times."

Starting up a conversation can be as simple as asking a classmate what they thought of last night's assignment, or a asking fellow ward member if they enjoyed Sunday School. But even total strangers on their way to class or sitting around campus will very rarely be bothered by a friendly introduction.

> **"Honestly, I don't think there is a situation on campus that I would be offended if someone approached me as long they didn't try to talk for too long."**
>
> SIERRA BAKER; JUNIOR; IDAHO FALLS, IDAHO

HOW DO I ASK?

Simple is best when it comes to asking someone on a date. Ask in person or over the phone and make it obvious you intend to take them on a date, not just hang out. Otherwise you may end up meeting both them and their friend for lunch. Texting is not an appropriate way to ask someone on a date.

"If you are not asking in person, you should definitely use the phone," said Emily-Jane Proudfoot, a freshman from Colchester, England. "I like at least to hear a voice. From text it's hard to communicate whether they are excited or not, and they don't really know how you're feeling."

Asking if you can take someone out to lunch makes for a simple, convenient and comfortable first date. It also leaves little to question about whether or not tag-a-longs are invited.

WHAT SHOULD I COMMUNICATE BEFORE THE DATE?

Do everything you can to make sure your date does not come ill prepared.

"You should really communicate, if you're asking someone on a date, where you're going, what day and time, if you're paying and how she should dress and prepare for it," said Eric Smith, a senior from Chicago.

Give your date enough notice so they can prepare ahead of time. Waiting until the last second to inform your date of an awesome hike you have planned may not be adequate notice for them to change into sneakers.

"I like to plan, so I like to have everything in my head figured out," Proudfoot said. "I have had guys not tell me what we're doing until the time and that's not easy."

There is no need, however, to assume you need to tell your date everything in your head and heart. Some things should go without saying, according to Smith.

"What you shouldn't need to communicate to your date is whether or not you're interested in them. ... What's the point of asking someone on a date if you're not somewhat interested in them as a person?" Smith said. "If a girl is being asked on a date, she should be able to expect that the guy has some sort of interest in her."

SHOULD WE TEXT?

Texting before and between dates can be a great tool for solidifying plans, but keeping texting light before the date can help dialogue on the date feel more natural.

"I like texting for going over details or confirming things, but I am not a fan of having conversations over texting," said Dallas Hileman, a sophomore from Bountiful. "Unless I know them well in person already, I can't stand it. If you text too much, then when you meet up in person it makes conversation awkward."

Choosing to call, visit in person, or deliver a note instead of texting can add a great personal touch, said Stafford Newsome, a sophomore from Nashville.

"I think texting is important to keep conversation open," Newsome said, "but I think texting can be a hindrance in a way. There are so many old fashioned ways that have more appeal and can show that you mean something a lot more."

WHAT DO WE TALK ABOUT ON THE DATE?

The entire goal of a date should be to learn about the other person. Follow up on things you learned about your date previously and fill in the gaps in their background.

"Really get to know the person on the date," Smith said. "Find out where they're from, what they like or don't like, gain insights beyond just basic talk and have fun with it."

Keep conversation from becoming too one sided. Dialogue should involve both parties talking. This is easiest to achieve by looking for similar interests or shared experiences.

"The only reason I've ever felt uncomfortable (on a date) is if the guy isn't talking, and I'm having to make the conversation," Proudfoot said. "That's OK in some situations, but if he's just sitting there while I'm talking, that's not good. If he's just talking at me and I'm only passively responding, that's probably not good either." As the date is winding down, be sure to thank your date for their time. If you are interested in seeing the person again, this can also be a good time to let them know.

"You can make it clear if you are expecting to ask a girl on a second date," Smith said. "If you hint, they can let you know if they're interested in a second date as well."

WHAT ABOUT POST-DATE TEXTS?

A common form of stress after the first date is caused by post-date texts. Unfortunately, despite their popularity and perceived importance, very few people agree upon their meaning.

"On almost all dates I will send a post-date text," Sierra Baker said. "The guy took you out, and even if it didn't cost any money, he took time out of his schedule. So in almost all cases I think you should send a quick text saying 'thank you.' If it's a guy that I might be interested in, I try to make the text a little more embellished."

Like Baker, some girls will always send a post-date text as a way of saying "thank you" for your time, not intending to imply any sort of interest or lack of. Other girls have more complex systems for letting a guy know her feelings through the text.

In the end, the safest advice for post-date texts is to stress less and not place importance on it. Take any texts at face value and try not to read into it any more. If you had a fun time and expect they might have as well, ask them out again.

> **"I kind of wish all the speculation around post-date texts wasn't a social norm. Occasionally you don't get anything and you're left wondering 'maybe she just isn't in on post-date texts,' but you just don't know. It just complicates things."**
>
> ALEX WHITTIER; SOPHOMORE ; MECHANICAL ENGINEERING

HOW SOON AFTER A DATE SHOULD I MAKE CONTACT?

If you are hoping for future opportunities with this person, it is a good idea to get in contact soon after the date. Ask about upcoming events they may have told you about on the date.

"You should text her that night or soon after," Proudfoot said. "You might wait two or three days, but make casual conversation over the next week just seeing how their day is going or something."

Try not to overwhelm them by sending constant messages or stopping them every time you see them. An occasional message or two should suffice unless they seem interested in picking up a conversation.

When you feel comfortable asking them on another date, take the same approach as the first date. Ask in person or over the phone and keep it straight forward and simple.

"If you want to ask me out again, go for it," Proudfoot said. "I don't like games or sneaking around. Confidence is more attractive."

Social Media and Dating

By Miranda Facer

While relationship fundamentals may not have changed much since our parents' day, the way we get to know one another and communicate has shifted. Technology is tightly woven into our lives, from texting to tweeting to Tindering. We make so much information about ourselves available online that some of the mystery is eliminated as soon as someone checks our Facebook page. When the ability to "connect" with someone is just a click away, it can be difficult to know when we've made a real connection.

One of the hardest distinctions to make when using social media is to decide when to share something and when to keep it to yourself.

"I think (social media) makes people's relationships more public," said Sinclaire Hancock, a freshman who is undecided about her major. "It can be cute to post certain things but it can definitely be overused."

With the rise of personal sharing online, potential suitors can find out more about you from your profiles in a matter of minutes than they might learn in person on a first date.

"I think Facebook can be a good dating tool," said Taylor Ottensen, a senior studying neuroscience. "It lets you Facebook stalk someone."

The ability to research someone's interests and photos can be a useful resource, but it can also cause you to pass up people because you aren't compatible on screen, though you may hit it off in reality.

With the rise of personal sharing online, potential suitors can find out more about you from your profiles in a matter of minutes than they might learn in person on a first date.

"I feel like there's no such thing as a blind date anymore because you can Facebook and Instagram everyone now," said Tim Nixon, a freshman studying Chinese and manufacturing engineering. "People aren't going out as much and meeting new people anymore because they can hide behind their computers and make judgments before they even know someone."

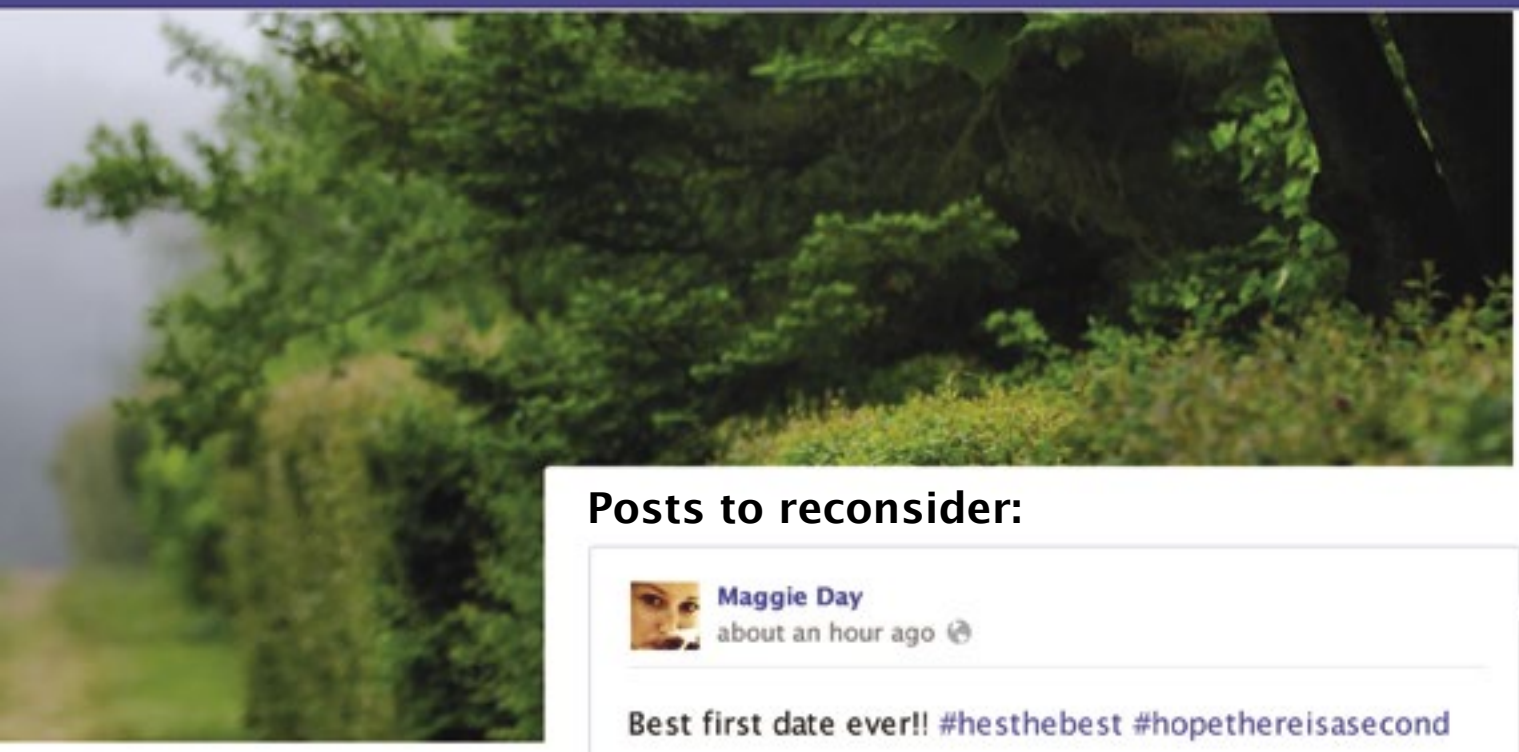
While it may be commonplace to research someone's social media profiles before you ask them out, remember who they are online may not be consistent with who they are in reality.

"People are sometimes different than the image they portray on their page, but it's still good to learn how they want to be portrayed because that also tells you something," Ottensen said.

Using social media to connect with new people and friends is an acceptable form of communication, but we shouldn't become dependent on it.

"People are so focused on social media that now it's different when we meet in person," said Montana Jones, a sophomore studying sports broadcasting.

In the end, social media is a place to learn a person's interests and activities, but don't mistake a page for a person. You won't see their true colors until the Instagram filters are gone, the tweets have tone and you're making conversation outside of a chat box. You may make a connection online, but don't get too attached until the spark translates beyond social media.



If you're on the fence about posting something, consult the following guide before you send your feelings off to the Internet.

Post

- If it's a major life event and you've already told close family and friends (i.e. an engagement, or a change in relationship if you've both decided you want to post it online).
- If it's something you won't regret sharing even if you break up. The Internet is a pretty permanent place, and while you can delete statuses and pictures, you don't know who will see them before you do.

Reconsider Post

- If it's bragging. #blessed #hesthebest #besthusband/boyfriendever #pleasedontpostthatkthanx
- If it's venting. If your status references metaphorical dirty laundry, ends in "you know who you are" or features song lyrics of any type, don't share it.
- If it's a picture from a first date. Doing so may make it seem like the outing was a bigger deal than it really was, which causes confusion for your friends and your date.

Posts to reconsider:

Status updates to reconsider:

KEEP IT SIMPLE THIS SUMMER

Invest in an all-weather jacket that goes with multiple outfits. Blue, black, or grey go with almost anything.

GAP

GAP

Shirts should hug your body, not squeeze.
A form fitting white shirt and some dark jeans is perfect for a spring stroll.

The way you wear your shirt is almost as important as the shirt. Rolling the sleeves with two buttons unbuttoned says "I'm relaxed." This spring, it's OK to mix patterns, but be careful. Mixes can be a home run or a strikeout.

COTTON ON

GAP

Print shirts can be worn with a white undershirt or buttoned up to the top.

Safari boots and leather shoes are universal. You can dress them up or you can dress them down.
Shoe patterns should match your whole outfit, or compliment one piece.
Casual leather shoes are a smart buy because they form to your foot and become comfortable, everyday shoes.

TUANI

COTTON ON

Spring 2014: Flowers should be on you, not just in gardens. Confidence makes the shirt. The shirt doesn't make the confidence.

COTTON ON

Buy a few pairs of casual shorts that go with several outfits. Muted colors allow you to wear bold colors on top, or vice versa.

COTTON ON

GAP

Prominent colors can be fun, but wear flashy with dull, not flashy with flashy. It can be really fun wearing prominent colors but be careful – they can make or break you. Wear rolled up jeans with Vans or Sperrys and hidden socks.

COTTON ON

PHOTOS BY JENNIFER FOOTE

GAP

COTTON ON

Color coordination is key. Blue with gray sends off a casual feel. Red and black screams attention. This outfit says I'm ready to grab a bite to eat and then do something active.

TUANI

Wear skinny, comfortable shoes with fitted pants and a slim-fit shirt. No socks.

COTTON ON

Colors That Don't Go

- Black and dark brown
- Red and orange
- Red and green (unless it's Christmas)
- Brown on bottom and green on top (tree)
- Red and dark brown
- Red goes with black, but not on campus. Big no no.

Test your knowledge. Which sentences imply a date?

1. "Hey we're having a bonfire this weekend, do you want to come?"

2. "Hey do you want to come with me to a bonfire this weekend?"

3. "Hey my friends and I are going to the soccer game on Saturday. Want to go?"

4. "Hey do you want to do something Friday night?"

5. "Do you want to go with me to the volleyball game Friday?"

Is it a DATE?

by Matt Smith

Does that scenario sound familiar? And what do you think, is it a date? Men and women have different opinions on the subject.

Jordan Beal, a political science major from Layton, said calling something a date brings an element of seriousness to the event.

"Using the word 'date' makes it feel like it's more than just two friends," Beal said.

Guys may be intimidated, not by the date, but by what a girl might be thinking when she is asked out on the date. They think the clearer they are, the more serious the date.

On the other hand, girls become frustrated when guys are unclear about labeling activities as dates.

Coco Mack, a film major, expressed frustration about unclear dating. "I hate fake dates," Mack said. "Sometimes I get asked to hang out, and then all of a sudden we're alone and he's buying me dinner!"

According to Jeffrey Hill, a School of Family Life professor, the dating culture has made it hard to be straightforward when asking someone on a date. "We've gotten away from the dating culture," Hill said. "We're more of a hangout culture so it's awkward."

While men have the mentality, "the clearer we make it the more serious they take it," women want dates to be clear so they know what to wear, what to bring and what to expect. So how can we balance the two?

JUST A 'DATE'

Because hanging out has become the norm, dating is viewed as an elevated, serious activity.

In a May 2005 CES fireside, Elder Dallin H. Oaks said, "If we are to persuade young men to ask for dates more frequently, we must establish a mutual expectation that to go on a date is not to imply a continuing commitment." Essentially, Elder Oaks is saying: Don't take one date too seriously.

If a date simply means "I want to get to know you" instead of "I'm really into you," it will help guys to ask more girls on dates. Students can do their part by asking more people to go on dates, by recognizing that one date simply means one date and by seeking to develop friendships through dating.

'DATE' IN OTHER WORDS

When you ask or are being asked on a date, there are a few keys things that should be a part of the conversation:

First, it should be clear that you are going together. "Do you want to go to bowling together?" constitutes a date. However, "Hey do you want to go bowling with me and my friends?" is clearly not a date. And if it is, the person asking needs to be clearer.

Second, there should be a mutual understanding about who is buying. Food is a classic example. "Can I buy you lunch?" or "Do you want to get dinner Friday?" imply that the asker is buying and are both clearly dates.

Third, consider who will be on the date. If you are alone doing an activity where you can get to know each other, it is a date. If someone asks you out and you're not sure who is going, feel free to ask who will be there.

Today, it may not be necessary to use the word "date" when asking someone out, but it is important to be clear and give the right cues when you do extend the invitation. Regardless of whether you consider it a date, see the event as an opportunity to have fun, get to know another person and expand your circle of friends.

6. "My friends and I are going to get ice cream after the game, do you want to come?"

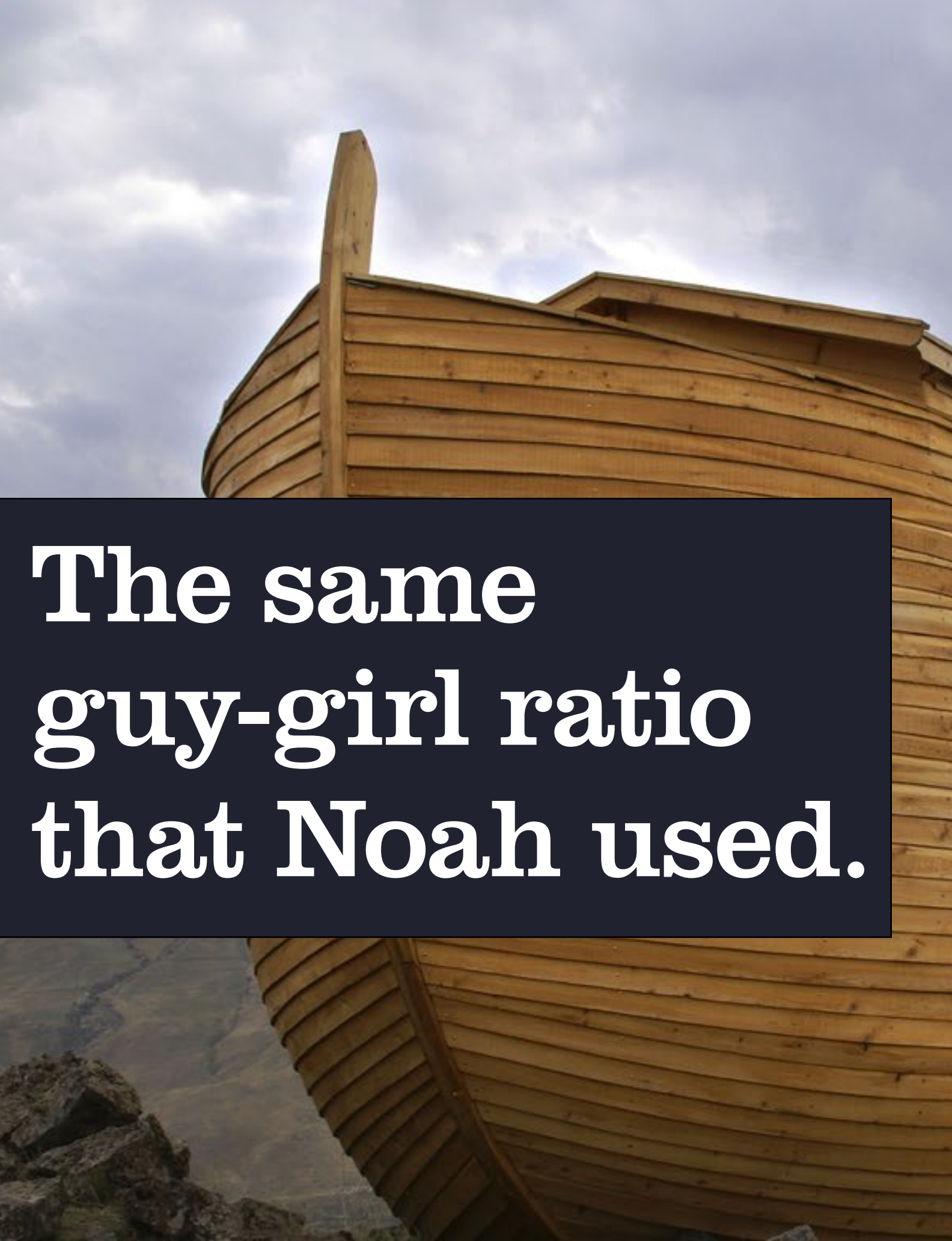
7. "Do you want to get some ice cream together on Friday?"

8. "Do you want to go out to dinner Friday night?"

9. "What are you doing tonight? Do you want to go for a walk?"

10. "Do you want to go to the movies on Saturday?"

Answers: 1 No; 2 Yes; 3 No; 4 Yes; 5 Yes; 6 No; 7 Yes; 8 Yes; 9 Yes; 10 Yes


The same guy-girl ratio that Noah used.

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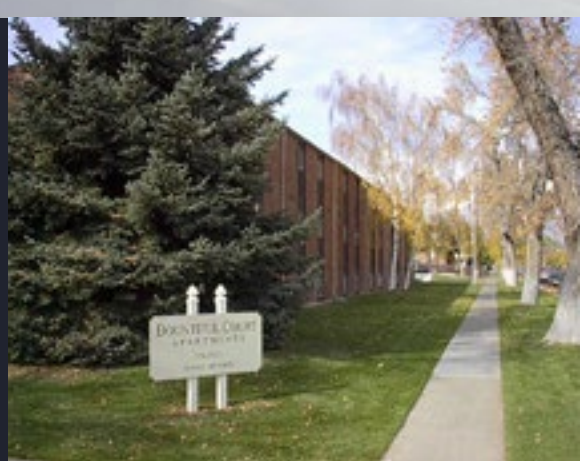

THE FOUNDATION OF CONFIDENCE

isn't foundation

BY MATTHEW SMITH

Wear more make-up. Act more timid. Be more assertive. Act more intelligent. Be ditsier. Act more mysterious. Wear less make-up. Dress sexier. Change your standards. Play the bad girl. Be indifferent. Act vulnerable. Be flirtatious.

While women are often overwhelmed by these mixed messages shoved at them by the media, men are also victims of these stereotypes.

These stereotypes have developed from the unreasonable idea that there is only one type of woman that attracts a man. Truth be told, a worthwhile man wants a woman who is comfortable and confident in who she is.

Become the Best You

Instead of considering what men find attractive, do things that make you happy. What are your likes and dislikes? What interests you? What styles make you *you*? *(continued on page 62)*

COOKING MEALS *together*

This edition's food section is dedicated to cooking as a couple. Interactive, easy meals can be a great date activity and help you get to know your date in a fun way.

PHOTOS BY JAMES GARDNER

Crepe Batter

1 cup flour
2 eggs
½ cup milk
½ cup water
¼ teaspoon salt
2 tablespoons butter
Cooking spray

YIELDS TEN CREPES

1. Heat pan over medium heat.

2. Melt butter.

3. In mixing bowl, whisk flour and eggs. Add milk and water and continue whisking. Add salt and butter and beat until smooth.

4. Spray pan with cooking spray.

5. Pour ½ cup of batter into center of pan. Tilt pan in circular motion to evenly disperse batter.

6. Cook for almost two minutes, or until brown. Flip and repeat.

Crepe Fillings

LEMON

6 lemons, halved
Powdered sugar

When crepe is fresh off pan, rub both sides with lemon halves then sprinkle with powdered sugar for a light treat perfect for breakfast or dessert.

NUTELLA BANANA

Nutella
2 bananas, sliced

Fill crepes with Nutella and add sliced bananas.

RASPBERRY CREAM CHEESE

Raspberries
8 ounce package cream cheese
½ cup butter (1 stick)
½ cup milk
2 cups powdered sugar
1 teaspoon vanilla

Soften butter in microwave or leave out before you make the frosting. Combine butter, cream cheese and 1 cup powdered sugar and begin mixing. Gradually add more powdered sugar and milk if you desire a thinner consistency. Add vanilla and finish mixing.

Pork Tenderloin and Veggie Skewers

1 fresh pork tenderloin
¾ – 1 cup olive oil
2 tablespoons minced garlic
2 teaspoons salt
2 teaspoons pepper
3 bell peppers
1 red onion
1 package mushrooms

YIELDS FOUR LARGE SKEWERS

1. Light the grill.

2. Cut tenderloin, peppers and onions into small chunks.

3. Create the marinade by combining a couple spoons of garlic, a couple shakes of salt and pepper and a liberal amount of olive oil in a bowl.

4. Coat mushrooms, peppers, onions and pork with the marinade and place them on the skewers.

5. Grill for twenty minutes or until nicely browned.

Brazilian Lemonade

1 can 100% pineapple juice
1 can sweetened condensed milk
6 lemons
3 – 4 cups chilled water (add to dilute, if desired)
Ice

YIELDS SIX LARGE GLASSES

1. Stir ½ can of sweetened condensed milk, ¾ of the pineapple juice and 3 cups of chilled water in a large pitcher.

2. Squeeze lemons into the mixture and stir again.

3. Add more condensed milk if you want the drink to be creamier and more water if you want it to be lighter. Serve with ice.

Summer Farfalle

- 2 raw chicken breasts
- 1 lemon
- 1 tablespoon salt
- 1 tablespoon cracked pepper
- 2 tablespoons minced garlic
- 2 cups olive oil
- 1 box farfalle pasta
- 1 package fresh mozzarella
- 8–10 fresh basil leaves
- 1 pound of fresh spinach
- 1 carton of cherry tomatoes

1. Light the grill.

2. Marinade raw chicken with lemon juice and a little bit of salt, pepper and garlic. Make sure to cover both sides.

3. Start grilling the chicken – each side will need around five minutes, but be sure to check by cutting and seeing if the flesh is white (if it's pink, it's not done).

4. Boil a pot of water. Add farfalle once water is at a rolling boil and cook pasta for seven minutes or until just soft.

5. Heat olive oil, garlic and spinach in a skillet. Sautee until fragrant.

6. Once pasta is done, strain it and return to original pot. Toss farfalle with olive oil to keep from sticking together.

7. Add spinach and garlic to the pasta.

8. Add tomatoes and chunks of fresh mozzarella to the pasta.

9. Toss pasta well and serve hot.

10. Add extra basil leaves and fresh parmesan to serve.

The BALT

2 croissants
1 package of bacon
1 head of butter lettuce
2 avocados
1 tomato
Mayonnaise

MAKES TWO SANDWICHES

1. Cook bacon.

2. Cut tomatoes, avocados and lettuce.

3. Spread a thin layer of mayonnaise on one half of the croissant.

4. Layer ingredients to create sandwich.

Perfectly Simple Pizza

1 tube refrigerated pizza dough
1 can tomato sauce
1 package shredded mozzarella
1 package pepperoni
4-6 fresh basil leaves

YIELDS ONE EIGHT-SLICE PIZZA

1. Roll dough onto lightly floured pizza pan.

2. Bake dough according to tube directions.

3. Spread a couple scoops of tomato sauce across dough, leaving a little bit of dough uncoated around the edges.

4. Sprinkle mozzarella across the sauce.

5. Add pepperoni and basil leaves.

6. Cook according to dough directions, ours needed about twenty minutes.

Milkshakes

MINT CHOCOLATE BROWNIE SHAKE

1 gallon mint chocolate chip ice cream
½ cup milk
1 brownie, crumbled
1 dollop whipped cream

1. Blend four scoops of ice cream with milk. Add more milk if thinner consistency is desired.

2. Once blended, add brownie bites and stir manually.

3. Top with whipped cream.

VERY BERRY SHAKE

1 gallon vanilla ice cream
1 handful raspberries
1 handful strawberries
1 handful blueberries
1 dollop whipped cream

Soften butter in microwave or leave out before you make the frosting. Combine butter, cream cheese and 1 cup powdered sugar and begin mixing. Gradually add more powdered sugar and milk if you desire a thinner consistency. Add vanilla and finish mixing.

Ice Cream Sandwiches

COOKIE

2¼ cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup (2 sticks) butter, softened
¾ cup sugar
¾ cup brown sugar
1 teaspoon vanilla
2 large eggs
2 cups milk chocolate chips

1. Preheat oven to 375 degrees Fahrenheit.

2. Sift flour, baking soda and salt in small bowl. Beat butter, sugar, brown sugar and vanilla in large bowl until creamy. Add eggs individually, beating well after each addition. Add flour mixture gradually. Stir in chocolate chips with a wooden spoon. Drop by rounded tablespoon onto ungreased baking sheets.

3. Bake for ten minutes, or until slightly browned. You don't want the cookies to be too crisp otherwise they will crumble when you make the sandwiches.

4. Cool cookies on a rack.

5. Once cookies are cool, place them in a plastic bag and refrigerate an hour or so before you want to assemble sandwiches.

FILLING

1 gallon vanilla ice cream
1 bag miniature chocolate chips

1. Take ice cream out of freezer five to ten minutes before you want to create the sandwiches so it can unthaw a little.

2. Once ice cream is malleable, remove frozen cookies from freezer and lay out two rows of ten cookies that are paired to be similar in size.

3. Scoop ice cream onto one cookie then lightly press the top cookie into the ice cream.

4. If you want to add extra chocolate, clean a section of your counter and then pour the bag of miniature chocolate chips on it and space them out.

5. Roll the sandwich on its side into the chips and add extras with your hands if they don't stick.

6. If you want the sandwiches to be less messy when you serve them, stick them in the freezer until it's time to eat.

SINGLE IN A COUPL

By Miranda Facer

BYU sometimes feels like a couples culture. The engagement rings, handholding couples who block sidewalks and posters for relationship seminars are seemingly everywhere. The constant focus on dating can be overwhelming, especially for single students.

"There is a persistent pressure to become couples because of the value we place on marriage," said Steve Duncan, a professor in the School of Family Life. "At this campus, probably more than any campus in the world, there's an emphasis on getting married."

This emphasis can start to hurt students if they take it too seriously. Marriage is a beautiful relationship Heavenly Father wants His children to experience, and it will come in His timing. Dwelling on one's lack of a significant other or subscribing to the idea that you need to be in a relationship to move forward in life will not bring you closer to marriage. Rather it will lead you down a path of unhappiness and drive you farther from the people and experiences that will prepare you to make that commitment.

"The important thing is to de-stress about this perception that everyone is getting married, because if you feed into that perception there's going to be more tension and more discomfort," Duncan said.

If you are single at BYU, you're not alone. According to university spokesman Todd Hollingshead, 49 percent of BYU graduates leave Provo unmarried. While many people want to leave BYU with a degree and a spouse, don't let that desire consume you and keep you from having meaningful experiences right now.

"Dating isn't everything," said Cameron Kimbal, a sophomore studying accounting. "You don't have to have someone in your life to be happy; go do things you enjoy."

You can be happy when you're not in a relationship. Singlehood is a necessary stage of life when you get to decide who you are and make meaningful relationships and experiences.

"You always hear that you should learn who you are and learn to be happy with yourself before you get in a relationship and that's true because when you're with someone else you want to take care of their needs and may not have time for your own," said Victoria Whitaker, a senior studying human development.

While being single is a necessary stage of life, it isn't always an easy or enjoyable one. If you are struggling, that is completely OK and there are thousands of other people at BYU who share similar feelings. The key is to move forward with faith.

IF YOU'RE LONELY

President Gordon B. Hinckley advised those who struggle with loneliness to devote their energies and hearts to service in the name of the Father.

"I believe that for most of us the best medicine for loneliness is work, service in behalf of others," Hinckley said. "I do not minimize your problems, but I do not hesitate to say that there are many others whose problems are more serious than are yours. Reach out to serve them, to help them, to encourage them."

Service doesn't have to mean Y-Serve, though that is an option. Much good can be done simply by listening to what is happening in the lives of people around you and acting how the Savior would. You don't need a t-shirt or an organization to do service; you just need the desire to serve and if you express that to Heavenly Father, He will show

ES CULTURE

you countless ways to help and love His children.

In addition to doing service, seek out people who lift you up and inspire you to be a better person. This can be friends and family, whose warmth and love will remind you of your worth.

"Guys, enjoy your bromances," said Sean Terry, a junior studying economics.

Terry's sentiment is gender neutral, of course; women can also find solace and enjoyment in their friends.

Shifting your focus from yourself to others will fill your mind with thoughts about how to love and support those around you. As you turn your time and efforts outward, your worries and insecurities will slowly but surely fade away.

IF YOU FEEL LIKE SOMETHING IS WRONG WITH YOU

As more and more of your friends get into relationships and become engaged, it can be tempting to compare yourself to where they are in life. You see them moving on to different stages than the ones you are experiencing and you might think there's something wrong with you for not moving at the same pace.

"I feel like everyone gets the idea that something's wrong with them if they're single," said Scott Vaughn, a senior studying computer science animation. "I don't think that's true at all though."

Not having a significant other is not a negative reflection of who you are. Your worth is not tied to whether there is a ring on your finger or whether you have someone to text goodnight.

"I feel like a lot of (people) think they have to be in a relationship and they start to feel incomplete and they're not OK with themselves unless they are," said Jazmin Cybukski, a junior studying English.

When you start to believe there must be something wrong with you if you're single, you experience self-doubt. These thoughts cloud your ability to see yourself for who you truly are: a child of God.

> **"I believe that for most of us the best medicine for loneliness is work, service in behalf of others."**
>
> President
> ***Gordon B. Hinckley***

If negative, self-defeating thoughts enter your mind, President Thomas S. Monson said to rise above them and to not give the adversary power over you.

"I forbid you, agnostic, doubting thoughts, to destroy the house of my faith," Monson said.

Everyone has weaknesses and aspects of themselves they want to change, and working on those things can be healthy to an extent. Progress is an integral part of this life and there are steps you can take to prepare for a relationship and marriage as a single person.

"Something I've learned from my classes is to think about all of things you want in a spouse and to become those yourself, because you can't expect someone else to have those qualities if you don't," Whitaker said.

Whether that means developing patience, learning to better manage your money or mastering the art of active listening, trying to (*continued on page 61*)

Make a

Finding a cute, comfortable one-piece swimsuit is a victory. You don't want to look like you're wearing your grandmother's suit (unless she has one from the '50s – retro is in!), but you still want to make sure you're modest and feel attractive in the one you choose.

Key features to look for in "the one" include padded cups for support, fun colors and patterns for personality and reliable straps if you want to actually swim and move around. A quality one-piece is an investment, so take your time and try on lots of options to make sure you find a suit that fits your style and your body well.

Splash

SWIMSUITS COURTESY LIME RICKI • PHOTO BY JENNIFER FOOTE

DRESS

THE PART

Dresses aren't just for Sundays, and summer is the perfect time to find a frock and rock it. Whether you're rushing to class or going on a date, you can make a dress appropriate for almost any look.

BRUNCH WITH THE GIRLS

Dress, **Anthropologie** | Jacket, **Cotton On** | Necklace, **Sidecca** | Shoes, **Ross** | Wallet, **Steve Madden**

DATE TO THE MIDNIGHT PREMIERE

Dress, **Target** | Wedges, **Old Navy** | Earrings, **Bealls Outlet** | Bag, **Big Buddha Santa Barbara**

PHOTOS BY JENNIFER FOOTE AND MIRANDA FACER

STUDYING: SUMMER

Dress, **Gap** | Shirt, **Gap** | Necklace, **Nordstrom** | Bracelets, **JC Penny** | Shoes, **Gap** | Bag, **Cotton On**

JOB-SWITCH IN JULY

Dress, **Gap** | Cardigan, **Ann Taylor Loft** | Necklace, **Buckle** | Shoes, **Payless** | Clutch, **Jessica Simpson**

PEOPLE WATCHING AT THE PARK

Dress, **Gap** | Shoes, **Gap** | Bag, **Coach**

THE GAME

By Shelby Hintze

Oh "The Game." For something that is the subject of a ridiculous number of movies, books and magazine articles, you'd think we'd have it figured out by now. "Men Are from Mars, Women Are from Venus" was written 21 years ago for goodness sake! However, we are still just as lost as we have always been. The onset of texting and social media may have made it even harder.

Should I (the person from Venus) send a post-date text? Should he send it? When? How long should I wait to text him back? Can I ask him out or is that too forward? Have I liked too many of his Facebook photos? Oh shoot, that one was from before his mission. ...

Playing mind games is generally frowned upon in polite society. But so is declaring your feelings for another after only knowing him or her for a short time. This begs the question: do games have a place? Is it possible to not play the game? A lot of people have very strong opinions on the subject.

Mind games

The most prevalent dating game is the mind game. Initially, this sounds just like playing hard to get – not texting back immediately to create interest. However, it can mean so much more.

"I don't know how not to play the game," said Bowman Bagley, a senior from San Diego studying neuroscience. "I played the game for sure with my now girlfriend. We hung out once and texted back and forth and it created flirting."

He says that the chase is important and creates interest in both parties. However, games shouldn't be a part of an established relationship.

"After you go on a few dates, you then know she likes you and you begin acting more natural and more like yourself," he said.

Brooklyn Nenneman, a sophomore from Las Vegas studying communication disorders, believes that by playing the game, she is able to play it safe.

"The game can kind of be a safety net," she said. "It lets you see if the other person really is interested before putting yourself all out there."

For Taylor Street, a senior studying communications, playing the game keeps her from getting played.

She uses a point system she read about on the blog Easter Closet. In this system, every type of interaction is awarded a point value. For example, if a guy calls a girl, she is given a point. If she calls him, then subtract the point. The goal is to stay under three points. If you hit three, its time to move on because the other person is not interested.

One important rule is to only keep score after you've kissed twice – because then you're in a real game.

"If I would have kept score, I never would have started dating my girlfriend!" said Ryan Sommerfeldt, a sophomore from Cardston, Alberta.

> "If there was a chance that I could be with her then I knew I couldn't let her slip through my fingers."

While his girlfriend did text first sometimes, in the beginning of their relationship, Sommerfeldt began most of their conversations. He knew she was at least interested in being friends and ran with it.

"If there was a chance that I could be with her then I knew I couldn't let her slip through my fingers," he said.

Some believe, however, that playing games may hurt instead of help a girl's chances of being asked out.

"I have always made it extremely clear when I liked someone," said Analisa Edmonds, a BYU graduate from Boston. "I made it extremely clear to (my husband) that I liked him. I think boys are scared of rejection so they tend to ask out girls that they are pretty sure will say 'yes.' ...Girls need to help boys out by showing they are interested. This also helps out the girl because she gets asked out by the boy she likes in a quicker manner!"

While holding back a little can keep you emotionally safe, it shouldn't be intentional.

"If one intentionally plays hot and cold with someone, that isn't the natural game anymore, but is intentional feeling-manipulation," said Nathan Craig, a senior from Mooresville, N. C.

Just be yourself

My second-grade self loved Pokemon. Why? Because John Linari loved Pokemon. In fact, we both just happened to like basketball and chess too. ... (What's the statute of limitations on embarrassing boy stories?)

As silly and immature as this sounds, everyone still does this. How many movies you had no desire to watch have you sat through, just to sit on the same couch as someone you're interested in? And it can go the other way too.

"I've put things I'm very passionate about under the radar because I thought it might be embarrassing," said Lizzie Jenkins, a senior from Yuba City, Calif.

I eventually did actually like Pokemon, basketball and chess, so it wasn't a completely lost endeavor. I learned to try new things but I also learned I probably shouldn't pretend to be really good at chess because it will blow up in my face.

We've all heard we need to be ourselves in relationships but we also need to be comfortable with the idea that there are many different versions of ourselves. They can all be real and genuine but different. You probably talk to your little brother differently than you do your professor. It doesn't mean that either of those are less "you."

Corey Tyndall, a sophomore from Las Vegas, explains that people are multi-faceted. On a first date, she won't be as animated as she is around her roommates because that could be intimidating to someone just meeting her. It doesn't mean she is being fake.

Overall, like everything else in life, moderation in all things. You can play the game but play it safe and don't manipulate. Be yourself but don't be crazy. Like what you like but also try new things.

BRINGING THE PLANETS TOGETHER

Are the opinions of the genders really coming from different planets? Or are they closer than you thought?

WHAT DO YOU THINK ABOUT THE IDEA OF A GUY WALKING UP TO A GIRL ON CAMPUS AND ASKING HER ON A DATE?
"If you're brave, go for it, but I don't think it's a very good idea. Talk to her first."
Spencer Anderson, communications, Burley, Idaho
"It's simultaneously bold and arrogant, but it depends on how it's done. It's happened to me before and seemed like he thought I should be happy he was asking me out."
Anne Hart, humanities, Provo
"I'd be OK with it. It shows that they're confident so it's good."
Mackenzie Riches, human development, Mesa, Ariz.
"I think that's weird. It has the potential to be super awkward. There is high risk and low reward."
Evan Fiala, undeclared, Aurora, Colo.
"No. Kissing is only personal if you decide that it's personal."
Elizabeth Holby, accounting, Belmar, N.J.
"Yes. It's a big sign of commitment and trust."
Brett Maughn, media art, Twin Falls, Idaho
"No. You can kiss without exclusively dating."
Scott Peery, business, San Diego
DOES KISSING MEAN A COUPLE IS EXCLUSIVELY DATING?
"Yes. Kisses are a physical demonstration of commitment and shouldn't just be given out."
Chloe Coleman, wildlife and wild land conservation, Sandy

WHEN IS THE APPROPRIATE TIME TO HAVE A DTR?

"3 – 4 dates, but have a lot of little talks. It doesn't have to be awkward if you have open communication."

Jessica Jensen, chemistry, Orem

"Never. People make the entire dating scene too serious. Labeling things makes it awkward. Let it progress naturally."

Matt Krantz, music, dance, theatre, Orange County, Calif.

"It depends on the situation, like if you're going on dates with other people."

Becca Horton, Portuguese, Eugene, Ore.

"If it's going some place, you don't need to have a DTR. Don't take it so seriously. It's going to happen when it happens."

Michael Easterling, humanities, Junction City, Kan.

WHAT ARE SIGNS GIRLS GIVE TO GUYS TO SHOW THEY'RE INTERESTED?

"It's all about how she talks to him. If she touches the guy's arm or asks what he's doing one night then she's interested."

Briana Anderson, biology education, Seattle

"I think being flirtatious in general, or putting emphasis on certain things, like commenting on your clothing."

Trevor Pierce, information systems, Alpine

"If I like a guy, I try to make an effort to go talk to him so he can get to know me."

Camille Newbold, physiology and developmental biology, Sacramento

"They make themselves available in order to spend time with you."

Trevor Cowan, mechanical engineering, Mesa, Ariz.

FROZEN YOGURT & A MOVIE?

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DATE IDEAS

Do you ever let the opportunity to ask someone out pass you by because you don't have a good date idea? Look no further: we have assembled hundreds of dates for every budget, stage of dating and interest. Dates are categorized by generic verbs, which can be found using the index below.

PAGE

54 attend · eat

55 exercise · explore
Ice cream & desserts

56 learn · make
Take a hike

57 perform · play · serve
Local parks

58 shop
Local restaurants

59 visit

60 watch
Movie theatres

Expense
free — No charge
$ — Affordable
$$ — A bit rich
$$$ — Expensive

Relationship status
♥ — First date
♥♥ — Dating
♥♥♥ — Serious dating

Need car
Outdoors
Long date
Short date
Group date
Fall
Summer
Spring

attend

Schedule a live animal show.
Courtesy of the Monte L. Bean Museum, you can schedule a live animal show for $35. But plan ahead, because an event requires scheduling two weeks in advance.
mlbean.byu.edu
♥ $$$

Go to Open Mic Night at the Wall
Play an instrument or like to sing? The Wall provides an open stage every Tuesday night.
thewall.byu.edu
♥

See BYU's Men's Chorus
Go so see the largest collegiate men's choir in America.
♥

See a student recital at the Madsen Recital Hall
The School of Music holds student and faculty recitals including solos, small ensembles and chamber music in the evenings. Often the recitals are in the Madsen Recital Hall in the HFAC. At noon, other small groups perform in the main gallery space of the HFAC
arts.byu.edu
♥ free, $

See a Vocal Point performance
Enjoy a evening of a capella music.
byuvocalpoint.com
♥ $$

See a concert at the Ragan Theater
Get tickets to a concert from UVU's Sorensen Student Center. Find more information online.
uvu.edu/ragan

Go to a rodeo
There are many rodeos in the Utah Valley that are fun to attend.
♥♥

See a student show at the HFAC
New shows are constantly being displayed at the HFAC. Enjoy the artwork on all three floors and channel your inner art critic.
♥ free

Attend Divine Comedy
Let laughter bring you together at Divine Comedy. Tickets are $5 each. For an even cheaper date, go to a Divine Comedy tech show. It's free!
byudivinecomedy.wordpress.com
♥ $

See a show at Comedy Sports
Take part in this interactive improv experience. Tickets are $8 online or $10 at the door.
comedysportzutah.com
♥♥ $$

Go to a concert at Muse or Velour
Downtown Provo has a great concert scene. Venues like Muse and Velour have concerts throughout the week for reasonable prices ($3 to $7).
musemusiccafe.com, velourlive.com
♥ $

eat

Make a tinfoil dinner
Pretend you're camping and make tinfoil dinners.
♥

Visit Hatch's Chocolates
This chocolate shop located in Salt Lake City has many handmade chocolates. It is known for its famous Hatch's hot chocolate that is made using a blend of melted solid chocolate.
hatchfamilychocolates.com
♥♥♥ $$$

Have a picnic in Provo Canyon
Don't forget a blanket and picnic basket!
♥♥ $

Cook and bake in your kitchen
Instead of going out to eat, find some good recipes and make dinner and dessert together. Check out the recipes on page 35 for some ideas.
♥ $

Make breakfast
Who says a date has to be dinner? Try breakfast. Make pancakes or crepes and enjoy an early meal together.

Plan a progressive dinner
Get three or four couples together and move from apartment to apartment for each course of the meal.
♥ $

Have a picnic on the roof
Add a twist to your typical picnic by elevating the date.
♥♥♥ $

Roast marshmallows
Make a fire in Provo Canyon, or roast marshmallows over your stove.
♥

Cook mission food
Show her a piece of your mission's culture. If she served a mission, make a course that is from where she served.
♥

Have a fancy fast food night
Set up a tablecloth and candles and eat your favorite fast food as if you were at a five-star restaurant. Eating on fine china is optional.
♥ $

Have a chocolate tasting night
Sample a variety of rich, creamy chocolates. The BYU bookstore has a good variety.
♥♥ $$

Make chocolate-covered strawberries
This rich dessert is a romantic finish to an enjoyable evening.
♥ $

Make fondue
Have a fondue night and make cheese fondue to dip bread and apples. For dessert, make chocolate fondue and dip pineapple and bananas.
♥♥ $

Have a barbecue for two
Grill chicken or burgers outside and enjoy a sunny day in the spring or summer.
♥ $$

Cook with a dutch oven
Find a dutch oven (available for rent at Outdoors Unlimited) and enjoy meat, potatoes or even apple crisp.
♥

exercise

Go ice skating
Ice skating is the perfect excuse to accidently grab her hand as you lose balance on the ice. Or become her hero when you save her from a fall.
classicfuncenterorem.com
♥ $$

Go rock climbing
The Quarry is a popular indoor rock climbing facility in Provo. Just the two of you can go, or you can bring a group.
quarryclimbing.com

Train for a run together
Sign up for a race that is coming up and train together. Working towards a goal together will make your relationship stronger. Find local races online.
utahrunning.com
♥♥♥ $$

Go for a bike ride
Pack a picnic for when you reach your destination. Bikes are available at Outdoors Unlimited.
outdoors.byu.edu

Go kayaking
Rent kayaks in Provo and spend a day on the water.
♥♥

Play tennis
Winner buys yogurt!
♥ free

Rent a tandem bike
Go for a ride with your sweetheart. Rent one from BYU Outdoors for $7 per hour or $25 for the day.
outdoors.byu.edu
♥♥ $

explore

Ride the Heber Creeper
Go on a scenic train ride. Themed rides are offered for certain holidays. Tickets can be purchased online.
hebervalleyrr.org
♥♥ $$

Go geocaching
Grab a GPS and seek out various locations.
geocaching.com

Drive the Alpine Loop
Check out the scenic Uinta National Forest on this 20 mile loop.

Do a ropes course
Try the CLAS Ropes Course in Provo.
clasropes.com

Go to the hot springs
Go at a cool time of the year or at night during the summer.
♥♥♥ Free

Go to the lake
As the sun sets each night, the lake turns into a romantic getaway.
♥♥♥

Ice Cream & Desserts

Cool down with some ice cream or frozen yogurt at some of these Utah Valley dessert spots.

Terra Mia
Delicious Gelato (free on your birthday).
facebook.com/spoonitup
1050 S 750 E, Orem
(801) 226-4757

Cold Stone Creamery
It's not just ice cream, it's a personalized work of art.
coldstonecreamery.com
2302 North University Parkway
155 N University Ave

Coney's Frozen Custard
This gourmet dessert is super smooth with smaller ice crystals.
coneyscustard.com
242 East University Parkway, Orem

Macey's Kong Kone
This epic ice cream cone is a must have!
unvr.se/MaceyKong
1400 North State St.
(801) 356-3216

Hokulia Shave Ice
Bring some "Island Love" into your life.
hokuliashaveice.com

Ike's Creamery
Incredible Blue Bell Ice Cream. Worth every penny.
facebook.com/ikescreamery
4801 University Avenue, Provo
(801) 224-5001

Creamery on 9th
Delicious BYU ice cream and shakes with a smorgasbord of toppings to choose from.
dining.byu.edu/creamery
1209 N 900 E, Provo
(801) 422-2663

Hello Yogurt
376 East University Parkway, Orem
yelp.com/biz/hello-yogurt-orem

Farr's Fresh Ice Cream
Can't decide on ice cream, frozen custard, or frozen yogurt? Farr's Fresh serves all three.
farrsfresh.com
1073 South 750 East, Orem
(801) 616-5001

Yogurtland
Everyone loves Yogurtland.
yogurt-land.com
534 East University Parkway
(801) 225-5440

Take a walk
Take a stroll through Provo and visit your favorite parks and ponds.

Go to an art walk
Galleries in downtown Provo are open late every first Friday of the month for the Downtown Provo Art Stroll.
free

Take a mini road trip
A short road trip to nowhere creates the perfect atmosphere for spending time and talking with your significant other. And who knows what you'll discover in the outskirts of Utah.
Free

Go-kart
Race to the finish and see who is faster behind the wheel.

Zipline
Fly over the Wasatch Mountains near Provo River.
maxzipline.com
$$$

Go horseback riding
Become a cowboy and cowgirl for the day. High Country Adventure offers online registration for rides in Provo. There are also other horseback riding services in the Utah Valley area.
highcountryrafting.com

learn

Read children's books at the HBLL
Pick out your favorites from childhood and read them together.
unvr.se/14sacqq
free

Go to a local bookstore to read and drink hot chocolate
Take a trip to Barnes & Noble, and search for some interesting finds.
free

Play Twenty Questions.
Write a list of 20 questions to ask each other. Share your answers afterward.
Free

Have a culture-themed night
Pick a culture and play its music, eat its food, and do an activity that is popular in that culture.

make

Make a movie
Check out a camera and tripod at the Multimedia Lab. Even try making a music video or a stop-motion film using a series of pictures.

Make paper airplanes
See who builds the most sturdy aircraft.
free

Scrapbook
Share the memories you both love. Try using Shutterfly.

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

Go on a color-themed date
For example, wear orange, eat orange and play orange games.

Make a paper lantern
Make floating lanterns like the ones in Disney's "Tangled," and let them go over the lake.
$

Go on Pinterest and find a DIY Project
Find a craft that you both will enjoy.
$

Spell your names in photography
Pose in the shapes of different letters, or look for letters in objects on the street. For example, a light post could be an "r."
Free

Write a bucket list
Share your lifelong goals and ambitions with your date.

Make cards for each other and then send them in the mail.
Draw pictures and get creative.
$

Make a fort
Make a fort in your apartment with blankets and chairs. Then eat dinner or watch a movie inside it.
free

Make boats and race them
Build boats out of paper or popsicle sticks. Go to the stream by Heritage Halls and watch the boats float or flop.
free

Draw with sidewalk chalk
During mild weather months, draw pictures with chalk on the sidewalk together. When the weather isn't so pleasant, go the The Wall or The Awful Waffle and draw on their chalkboard walls.
free

Have a photoshoot
Gather props and take cute pictures together. Find a Polaroid camera for an old school twist.
Free

Take a Hike!

Stewart Falls
Head east on Hwy 189, turn left on UT 92, go past Sundance, continue past the Forest Fee Booth and enter the Aspen Grove trail head parking lot on the left.

Provo River Parkway
4800 N 14 W

Battle Creek Falls
Once in Pleasant Grove, take 200 S to the east end of town where you will dead-end at the trail head.

Mill Canyon
In Sandy, go East on 3800 South (Mill Creek Canyon Road) from 3500 East (Wasatch Blvd.)

Bridal Veil Falls
Head east on Hwy 189 and look for the signs to find parking.

Timpanogos Cave
Utah 92, American Fork, UT 84003

Rock Canyon
Head E on Center St., turn L onto 900 E. Go 1.8 mi. and turn R onto Temple View Dr. In .5 mi., turn R onto E 2300 N; follow .4 mi. to parking lot.

Aspen Grove
9521 Alpine Scenic Hwy, Provo

Big Springs
From the mouth of Provo Canyon, travel east up Provo Canyon Road to Vivian Park (approx. 8 miles.) Turn right onto South Fork Road, past Vivian Park, Past South Fork Park, and on to Big Springs Park (approx 2.5 miles.) The hike to Cascade Saddle starts at the Big Springs Park's upper (west-most) parking lot on the north-side.

Y Mountain
Once in Provo, follow 820 North towards the mountain (eastward) from the southeast corner of BYU campus. A short distance after Kiwanis Park, 820 North curves north and becomes Oakmont Lane. Take the first right, and then another quick right to get onto Oak Cliff Drive. At the top of this road, turn right yet again onto Terrace Drive, and follow the signs to the Y Mountain parking lot.

Paint pottery
Go to Color Me Mine. Paint pottery and then exchange your creations.
colormemine.com
♥ $$

perform

Record a song at the HBLL sound booth
Visit the Media Center at the 4th floor and try out the equipment.
mediaviewrooms.lib.byu.edu
♥

Perform karaoke at the Wall
Every Wednesday night is karaoke at the Wall.
thewall.byu.edu
♥♥

Go country line dancing
Grab a cowboy hat and head to The Center in Provo.
♥

play

Play four-square
This classic game will bring back old memories.
squarefour.org/rules
♥ Free

Play Apples to Apples while eating apples
Add a quirky twist to a gaming favorite.
♥ $

Play in a playground
Enjoy the swings and slides that you still love.
♥♥ Free

Plant a garden.
Watch flowers grow as your love blooms.
♥♥♥ $

Play three-legged bowling
Tie your legs together. The girl bowls first, and then the guy bowls second, left-handed.
$$

Fly a kite
When the weather is nice, and the wind is steady, go to one of the many parks in Provo and fly a kite.
♥♥

Play at the Eyring Science Center
The lobby of the science center is interactive and educational.
♥ free

Make a slip-n-slide
Grab a mat, hose and soap and play in the summer sun.
♥♥

Tube down the Provo River
Check to see safe areas beforehand.
♥♥ coupon in paper

Play ping pong
See who has the best table tennis skills.
♥ free

Play with Legos
Build castles and fortresses.
♥

Play frisbee
Go to a park and throw a frisbee.
♥ Free

Play laser tag
Laser Assault charges $8 per person for 30 minutes and $13 per person for 60 minutes. See who can take the other one down first!
laserassault.net
♥ $$

Rent a puppy
Contact Puppies for Rent and rent a cuddly friend. It costs $15 for an hour.
puppiesforrent.com
♥♥♥ $$

Do a puzzle together
Buy a puzzle (Barnes & Noble has a good collection), and finish it together in one night.
♥ $

Hit balls at the driving range
Take your date to a driving range. Show off your skills.
♥

Have a classy dress up night
Dress up for an evening and have a classy date night.
♥♥ $

Go fishing
Relax on a lake or river front.
♥ Free

Have a water balloon fight
Fill up balloons and prepare for battle.

Have a water gun war
Fill up your squirt guns and prepare for war.
♥

Play croquet
There are plenty of places on campus that are perfect for croquet. Find a grassy area and a croquet kit and have fun.

Skip rocks
Teach her your technique. Skip rocks in the dark by opening up glow sticks and pouring the liquid onto the rocks.
♥♥ free

Play Wii olympics
Compete with another couple in Wii Sports.
♥

Local Parks

Bicentennial Park
1440 S 1600 E

Kiwanis Park
820 N 1100 E

Pioneer Park
500 W Center St.

Paul Ream Wilderness Park
1600 W 500 N

Memorial Park
800 E Center St

Rock Canyon Park
2620 N 1200 E

Scera Park
600 S State St, Orem

Bonneville Park
1450 N 800 W

Joaquin Park
400 N 400 E

Vivian Park
Provo Canyon

Play chess
Play this intellectual game and prepare to claim "check mate."
♥♥ free

serve

Spend Saturday cleaning up outdoor spaces
Look for dirty public spots or the lawn of an elderly resident who desires help.

Index names for FamilySearch
Get together with your laptops and index when the weather doesn't permit an outdoor date.
familysearch.org

Visit an old folks' home
Volunteer your time to help the elderly.
♥ free

Make cupcakes for someone and deliver them
Show off your baking skills and deliver cupcakes to someone else.
♥

Send care packages to members of the military
Show your appreciation by sending treats to servicemen and women.

Make cards or treats for close friends
Surprise your friends by thinking of them while you are on your date.
♥♥

Write nice notes
Write little notes of encouragement or support to friends and people you know. Leave them at their doors. They will be pleasantly surprised.

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

Bring "get well" balloons to the hospital
Leave them with the nurse for someone who is alone. No latex balloons allowed.

Find a service activity through Y-serve
Take time to think of another and grow close through service.

shop

Go to the mall and people watch
See what interesting people you can find as you peruse the mall.
♥♥ free

Go to the dollar store
See what games and trinkets you can find to use that night.
$

Scout out yard sales
Bring a few dollars to spend on a unique find.
♥♥ $$

Visit a pet store
Visit a pet store and play with the cats and dogs that are up for adoption.
♥♥ free

Go thrift shopping
Map out a few thrift shops around town and see what cool, vintage items you find.
♥

Go to IKEA
Play house with the room setups.
♥♥ $

Go shopping and pick out outfits for each other
Both of you can branch out of your wardrobe comfort zone.
♥♥♥ $$$

Local Restaurants

Banana Leaf
This Singaporean restaurant offers a unique atmosphere and an out-of-the-ordinary menu. 409 N University Ave, 801-205-7619
$$

Bangkok Grill
Located in Orem. Bangkok Grill offers Asian cuisine. 338 E 800 S, Orem, 801-434-8424
$$

Bombay House
Submerse yourself in the culture of India as you smell the aroma of the many exotic spices it offers. 463 N University Ave, 801-373-6677
$$$

Brick Oven
Located right across campus, these pizzas are always made from scratch. 111 E 800 N, 801-374-8800
$$

Burgers Supreme
This classic burger joint is a Provo favorite. 1796 N University Pkwy, 801-373-5713
$

Cafe Rio
Enjoy some fresh Mexican food. 2250 N University Pkwy, 801-375-5133
$$

Cafe West
Located on the first floor of the West building in the Intermountain Utah Valley Regional Medical Center, this restaurant offers American food for breakfast, lunch and dinner. 1034 N 500 W, 801-357-7625
$

Cafe Zupas
Everyone's favorite date restaurant, perfect for any season. 408 W 2230 N, 801-377-7687
$

Chef's Table
Experience fine dining at this four star restaurant. 2005 S State St, Orem, 801-235-9111
$$$

Costa Vida
Catch the wave for this fresh Mexican food. 1200 N University Ave, 801-373-1876
$

Crown Burger
Crown Burger is family-owned with multiple locations in Salt Lake. 377 E 200 S, Salt Lake City, 801-532-1155
$

Demae Japanese Restaurant
Demae has resided in Provo for many years and offers many classic Japanese dishes. 82 W Center St, 801-374-0306
$

Diego's Taco Shop
This small restaurant offers classic Mexican food. 45 W 300 N, 801-377-4710
$

El Salvador Restaurant
This restaurant offers authentic Salvadoran food. 332 W Center St, 801-373-5377
$

Four Seasons Hot Pot & Dumplings
This Chinese restaurant offers a unique dining experience. 236 N University Ave, 801-375-6888
$

Gloria's Little Italy
This Italian restaurant is located off University Avenue in downtown Provo. 1 E Center St, 801-805-4913
$$$

Guru's Cafe
Open for breakfast, lunch and dinner, Guru's Cafe offers unique soul foods. 45 E Center St, 801-375-4878
$$

Happy Sumo
Located at the Riverwoods, this restaurant offers fresh sushi. 4801 N University Ave, 801-225-9100
$$$

India Palace
India Palace offers classic Indian dishes such as tika masala and naan. 98 W Center St, 801-373-7200
$

J-Dawgs
Located just south of BYU campus, J-Dawgs is an iconic restaurant for BYU Cougars. 858 N 700 E, 801-373-3294
$

Jimmy John's Gourmet Sandwiches
This sub shop even offers delivery – perfect for a quick bite. 2308 N University Pkwy, 801-375-7777
$

Kneaders Bakery and Cafe
Kneaders offers soups and sandwiches and is particularly famous for its french toast. 295 W 1230 N, 801-812-2200
$

La Dolce Vita Ristorante Italiano
This family owned Italian restaurant seeks to bring the foods of Naples, Italy to Provo. 61 N 100 E, 801-373-8482
$$

La Jolla Groves
This restaurant, set in a unique atmosphere, claims "insanely good food" and "healthier ingredients." 4801 N University Ave #610, 801-224-5111
$$$

Legends Grille
Right on campus, this sports grill offers classic dishes before any big game. SAB, BYU campus, 801-422-2571
$$

Los Hermanos
Los Hermanos offers Mexican dishes and drinks including their famous non-alcoholic specialty drinks. 71 E Center St, 801-375-5732
$$

visit

Visit the Cathedral of the Madeleine in SLC
You don't need to go to Europe to see incredible architecture.
utcotm.org
free

Visit the family history library
Go to the second floor of the HBLL and learn something cool about each other's heritage.
sites.lib.byu.edu/familyhistory

Tour Peppermint Place
Located in American Fork, the Peppermint Place has a variety of tasty candies.
unvr.se/AFPeppermint
free

Visit the Crandall Historical Printing Museum
The Printing Museum is one of the hidden treasures of Provo. Take a date to learn together about printing and typography throughout history.
crandallmuseum.org

Go miniature golfing
Play miniature golf at Trafalga
unvr.se/7PMiniGolf

Provo Recreation Center
Slide down the water slide, use the work-out equipment, or hit the skate park.
provo.org/rec_center.main.html
$

Visit the Museum of Peoples and Cultures
This museum, located at 100 E 700 N, circulates through many exhibits about different peoples and cultures.
mpc.byu.edu
Free

Lotus Garden Restaurant
This Chinese restaurant offers online ordering for both takeout and reservations.
56 W Center St, 801-374-0753
$

Magleby's Fresh
Try their breakfast menu or their famous chocolate cake. 3362 N University Ave, 801-852-8620
$$

Malawi's Pizza
Malawi's is a fast casual restaurant with a purpose. For every meal you buy, one is provided for children in Malawi, Africa.
4801 N University Ave #110, 801-225-2800
$$

Mountain West Burrito
Enjoy casual Mexican cuisine just south of BYU campus. 815 N 700 E
$

Nicolitalia Pizzeria
This pizzeria offers sixteen specialty pizzas inspired from both the East Coast and the West. 2295 N University Pkwy, 801-356-7900
$$

Pantrucas Chilean Restaurant
Enjoy the food and the people at this authentic Chilean restaurant.
3161 N Canyon Rd, 801-373-9712
$

Pie Pizzeria
Known as "The Pie" to locals, this pizzeria is said to be "the best kept secret" in Salt Lake City. 273 S 1300 E, Salt Lake City, 801-582-5700
$$

Pita Pit
Try fresh and healthy dishes wrapped in a pita.
240 N University Ave, 801-356-7482
$

Pizza Pie Cafe
This family-owned restaurant started in Rexburg, Idaho and has developed and grown to what it is today. 2235 N University Pkwy, 801-373-5561$$

Pizzeria 712
The chefs at this casual restaurant have a "heartfelt desire for sharing the beauty of good, simple food." 320 S State St, Orem, 801-623-6712
$$

Rancherito's Mexican Food
Rancherito's has multiple locations in Utah.
1314 N State St, 801-374-0822
$

Roll Up Cafe
Go to Roll Up Cafe and get one of their relationship-themed dessert crepes. See which one defines your relationship.
605 S State St, Orem, 801-882-7373
$$

Romano's Macaroni Grill
Strives to combine tradition and innovation to create memorable Italian dishes.
4801 N University Ave #50, 801-765-1688
$$

Ruby River
Eat at this American steakhouse in southern Provo. 1454 S. University Ave, 801-371-0648
$$

Saigon Cafe
This family-owned restaurant offers Chinese cuisine. 440 W 300 S, 801-812-1173
$

Sam Hawk Korean Restaurant
One of few Utah County restaurants that offer Korean cuisine. 660 N Freedom Blvd, 801-377-7766
$

Sammy's
Sammy's serves delicious burgers and fries – not to mention the "date shake," which is perfect for two. 27 N 100 W, 801-805-9208
$

Sensuous Sandwich
The Sensuous Sandwich offers a variety of succulent subs. 163 W Center St, 801-377-9244
$

Skyroom
The perfect lunch date right on BYU campus.
6600 WSC, 801-422-2571
$

Slab Pizza
Right next to campus, Slab Pizza offers unique flavors in large quantities. 669 E 800 N, 801-377-3883
$

Spicy Corea
Spicy Corea serves Korean cuisine with complimentary cinnamon tea at the end of the meal. 43 N University Ave, 801-377-7330
$$

Sweet's Island Place
Sweet's Island Place offers tropical drinks and dishes. 711 Columbia Ln, 801-374-0000
$

Terra Mia
This restaurant offers authentic Italian cuisine for lunch and dinner. 1050 S 750 E, Orem, 801-226-4757
$$

Thai Ruby Restaurant
Thai Ruby menu items always include five elements: hot, sour, sweet, salty and bitter.
744 E 820 N, 801-375-6840
$$

Thai Village
Thai Village offers authentic Thai cuisine.
410 N University Ave, 801-691-0922
$$

Tucanos Brazilian Grill
Located at The Riverwoods, Tucanos offers all-you-can-eat Brazilian cuisine.
4801 N University Ave #790, 801-224-4774
$$$

Visit the Tracy Aviary
Located in Salt Lake City, this aviary provides a unique experience with many different bird species. The student price is $6 per person.
tracyaviary.org
♥♥ $$

Visit the Woodbury Art Museum
Go to an exhibit that interests both you and your date.
uvu.edu/museum
♥

Go to Seven Peaks
During summer months, go on a day date to Seven Peaks waterpark.
sevenpeaks.com
♥ $$

Visit the Springville Museum of Art
See new galleries and enjoy impressive works of art.
smofa.org
free

Visit the aquarium
See sharks and penguins at The Living Planet Aquarium.
thelivingplanet.com
♥♥

See an exhibit at the MOA
Admission at the BYU Museum of Art is free. It is open Monday through Saturday.
moa.byu.edu
♥ free

Play games at Nickel City
The Nickel City arcade will bring you both back to your childhood years. Play all of your favorite classic arcade games.
nickelcityorem.com
♥ $

Visit the Museum of Ancient Life
This dinosaur museum is located at Thanksgiving Point.
unvr.se/TPDinos
♥ free

Go to the Chalk the Block art festival
See impressive chalk art at the Riverwoods.
♥ Free

Take a trip to the Provo Temple
Visit the Provo Temple grounds, or even do ordinance work together.
♥♥ free

Go to the duck pond and feed the ducks
Bring slices of bread or rolls and feed the families of ducks located south of BYU campus.
♥

Visit the Hogle Zoo
Admission is $11.95 October through April and $14.95 from May to September. Tickets are available online.
hoglezoo.org
♥♥ $$

Go to the Planetarium
Go to the planetarium at BYU and have a night under the stars. See the schedule online.
planetarium.byu.edu
♥ $

watch

Rent a movie from the media center
Rent a movie for free with your student I.D at the HBLL's media center.
search.lib.byu.edu/filmfinder
♥ free

See a show at Hale Center Theatre
Get tickets to musicals including "A Christmas Carol" and "Mary Poppins." Tickets can be purchased
online.hct.org

Attend BYU International Cinema
Watch an international film. Films are shown in 250 SWKT.
ic.byu.edu
♥ Free

Redbox it
For a casual date, swing by a Redbox and pick up a movie together.
♥ $

Watch the clouds
Go to a park during the day and watch the clouds. See what different shapes and animals you find in them.
♥♥ free

Go to the Varsity Theater
See a movie for just $1 per person.
♥ $

Watch an entire TV series together.
Pop in a series you've been dying to watch and start from the beginning.
♥♥♥ Free

See a performance at the Covey Center for the Arts
The Covey Center hosts plays, musicals and concerts throughout the year. Get tickets to a show you will both enjoy.
coveycenter.org
♥ $$

Attend a drive-in movie
Located in West Valley, Redwood Drive-In Theatre provides a double-feature of first-run movies for the price of one.
redwooddrive-in.com
♥♥ $

Star gaze
Get out of the city and find a place where you can see the stars.
♥♥ free

Watch fireworks
During one of the summer holidays (Fourth of July and Pioneer Day) or New Year's Eve, find a good lookout spot and watch the fireworks.
♥♥

Have an outdoor movie night
Whether you have a projector or just a laptop, an outdoor movie night can be fun and romantic. Bring a blanket and watch a movie at the park.
♥♥ Free

Find a good lookout spot and watch the sunset
Drive up to the base of the Y hike and watch the sun go down.
♥♥♥ free

See a show at the Echo Theatre
Support the local theatre. A performance here would be unforgettable.
theechotheatre.com

Movie Theatres

Cinemark Movies 8
2424 N University Pky

Cinemark 16
1200 Towne Centre Blvd

Carmike Wynnsong 12
4925 N Edgewood Dr

Cinemark University Mall
1010 S 800 E, Orem

Water Gardens Spanish Fork 8
790 Expressway Ln, Spanish Fork

Water Gardens Pleasant Grove 6
912 W Garden Dr, Pleasant Grove

Towne Cinema
120 W Main St, American Fork

Cinemark American Fork
715 W 180 N, American Fork

Stadium Cinemas
633 S 950 W, Payson

Megaplex Theatres Lehi
2935 N Thanksgiving Way, Lehi

Mammoth Screen Theater
3003 N Thanksgiving Way, Lehi

Cinemark Draper and XD
12129 S State St, Draper

Cinemark Movies 9
9539 S 700 E, Sandy

Megaplex 17 Jordan Commons
9400 S State St, Sandy

CONTINUED FROM PAGE 43

improve now will help you be a better spouse when that time comes.

Just because you aren't with someone right now does not mean you are going to be alone forever. Don't let your single status define you or make you doubt your worth. The best thing you can do with your time is to work on improving yourself and enjoying your life for where and who you are.

IF YOU'VE GIVEN UP

Whether it's been weeks, months or years of being single, you may come to the conclusion that you will never find a significant other. While you may believe having this mentality will protect you from disappointment, you are closing yourself off from experiences and people that could prove to be blessings.

"You don't know that you won't get married," said Lauren Johnson, a senior studying math education. "You might not, but nobody knows the future."

When things look down and you don't know where your life is going, your faith is tested. You can give up and turn away from Heavenly Father, or you can follow the counsel of President Hinckley and keep going.

"Those who move forward with a happy spirit will find that things always work out," he said.

Remember, you don't have an expiration date. Love is not something that can be forced to fit into a certain time frame. When it comes, it will be at the right time and with the right person.

In a culture where dating is the standard, not the exception, being single can be difficult. But even though there are trying days, never let your relationship status keep you from becoming the person you want to be and living the life you were meant to live.

"Enjoy the journey, enjoy the process of getting to know fellow sons and daughters of God," Duncan said. "Let commitments come naturally and not by social norms, whether perceived or not."

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801-539-3250
Joseph Smith Memorial Building
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the voice(s) of hope project

LDSVOICESOFHOPE.ORG

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If you're not sure, spend time doing things to discover who you are. Do things alone and in groups that will help you know what makes you happy. Explore new things and develop talents you already have.

Josh Weed, a licensed marriage and family therapist, said knowing ourselves will help us recognize when we find the right person. "We can definitely fine tune ourselves, our own spirituality and our own sense of self so that when we do encounter that person that feels right... we're able to recognize it for what it is."

As you find activities and interests that make you happy, stick with them. Become confident and comfortable with your interests. There is no need to make excuses for what makes you happy, even if others disagree. Remember that you are the most important person that validates you.

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>
> Aimee Heffernan
> Marriage and family therapist

Aimee Heffernan, a licensed marriage and family therapist, emphasized this point. "If you fake it and put on a façade, you're doing yourself no favors at all because then you are married and you realize, this person doesn't love the true me," she said. "It's a really painful place to be. You have to show up 100 percent yourself, imperfections and all."

As you date and prepare for marriage you want someone to love you for who you are, not for being someone else. Continuing to accept and develop yourself will increase your confidence. Subsequently, one of the most attractive traits that men find in women is confidence.

Men at BYU Speak Up

In interviews with more than 20 men on BYU's campus, we asked students what trait they found most attractive in a woman. Answers varied from witty, to spontaneous, to intelligent.

We also asked the follow-up question, "Between the trait you said, physical attraction, and self confidence, which trait makes a woman most attractive?"

Guys answers were intriguing because of their unanimity regardless of the guy's taste in women.

Alex Boss, a junior studying advertising, said it is really attractive when a girl is comfortable and confident in herself.

"It's about who she is that's going to keep you there," Boss said, "not what she looks like. The physical attraction will go away, but who she is will stay."

Like most men were willing to admit, Boss added that physical beauty is also an important factor. "Physical attraction is what you look at first, but it's not what's going to hold you."

A sophomore studying animation, Sean Tay said confidence adds to a woman's beauty. "You can be beautiful and not believe in yourself, but if you're confident, everything else seems to fit in."

Spencer Giles, a junior studying business, said, "I think the biggest thing I look for in a girl is someone who is an individual and doesn't need to be influenced by other things of the world." When a girl changes who she is according to the people around her, it's a turn off, Giles said.

Men don't like when women change who they are to please others, even if that person is the man she is with. Being true to yourself is a key to developing your self-confidence.

President Thomas S. Monson described how an honest person thinks and acts. When a difficult decision must be made, (she) never asks (herself), 'What will others think of me?' but rather. 'What will I think of myself?'"

A confident woman acts with integrity and is honest with herself and others.

"The most attractive thing is when you can talk to someone and they are always real. They can just be who they are," Giles said.

Being honest at all times may be difficult, but it is part of true confidence. Seek to date people who value you for your integrity.

As you act with integrity you will uplift those around you.

Taylor Campbell, an English major from Mission Viejo, California, said that a girl who is self-confident and uplifts others stands out to guys.

"Here at BYU there is a huge pick of attractive girls, and someone who is positive and makes you feel good is more attractive. Even if that person isn't as attractive and has a positive attitude, I am much more likely to hang out with that girl than a girl who is beautiful but negative," Campbell said.

Confidence enhances a woman's beauty. And the most important, enduring confidence comes from knowing she is a child of God.

True Self-Confidence

A woman who is confident in herself knows she is a daughter of God. When asked where self-confidence comes from, Sean Tay referred to the Young Women values.

"Divine nature and (individual) worth," Tay said. "If you know who you are, it doesn't matter what the world tells you. If they say you are hideous or beautiful, you know who you are."

A woman who does not know who she is will struggle when she is left without worldly validation, Tay said. "When it is just you, looking at yourself in the mirror, do you still think you're beautiful?"

A confident woman does not measure her self-worth on the backdrop of worldly values. Instead, her confidence stems from remembering her destiny and identity as a daughter of her Heavenly Father.

Men can tell the difference between a woman who bases her confidence off of worldly values and a woman who's confidence comes from the knowledge that she is a daughter of God. The latter is what men interviewed said was most attractive.

Strengthening Your Confidence

The Lord declared, "Whosoever will lose his life for my sake shall find it" (Matthew 16:25). This doctrine is key to building your confidence.

Christ taught all to focus on others in

order to find themselves. Thinking outward is a principle that should be applied in every facet of living.

Giles applied this principle to conversations with others. "Talk to people — and listen to them! I think as you get to know other people, you know yourself better," he said.

Jeffrey Hill, a School of Family Life professor, also addressed where true self-confidence comes from. "On a fundamental level (confidence) is becoming a disciple of Jesus Christ," Hill said. "When you know who you are and you are confident in that, then you can be confident in all your relationships."

If you are someone struggling with self-confidence, seek to become a true disciple of Jesus Christ by aligning your will with God. Pray, read your scriptures, attend church and worship in the temple.

Making these habits meaningful will help you accept the Lord's timing. While they are not a checklist to getting more dates, these activities will help you be patient and faithful as you wait upon the Lord.

As you do so, the promises of the Lord will sustain you in all that you do. You will be supported by an enduring confidence that stems from the spiritual witness that you are a child of God.

This confidence, true confidence, is what makes women most attractive.

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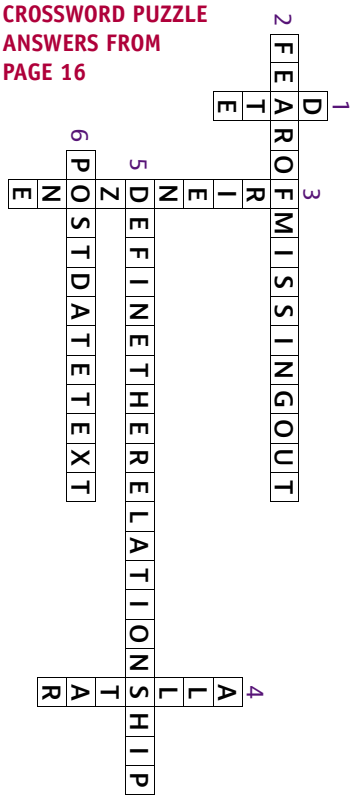

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TWO CONCLUDE – REMEMBER US?

Our cover models for the first edition of TWO, *Emily and Taylor, were the perfect choice to represent our magazine. Their chemistry and love for one another is easily seen, and we were thrilled to hear about their engagement shortly after* TWO *was published.*

Emily and Taylor were sealed in the Las Vegas Temple on January 25, 2014 and now live in Georgia. We caught up with them a few months after their wedding and they shared some dating wisdom for our readers.

"To those looking for 'the one,' stop," Taylor said. "There is no such thing as 'the one.' I am a big believer in the fact that there are many people out there that could potentially be your significant other."

Taylor and Emily both emphasized this point and encouraged students to spend time with friends and focus on having fun. They said when you find someone you want to get to know more, stop worrying and go for it.

"Stop thinking the grass could be greener on the other side and give them a chance," Emily said. "Yes there really are tons of people out there that could be 'the one,' but until you give someone a real chance, how will you know that you didn't pass one of them up?"

Once you've found someone you're interested in, Taylor and Emily recommended a longer courtship, specifically making sure you see that person in every season.

"During that time you can really get to know and understand each other," Taylor said. "Also, it gives you time to analyze each other's families, go on trips with each other, and probably the most important, argue with each other. If you still like what you see and feel right about it after all of that, get married!"

Having enough time to truly get to know one another and to experience life, not just the honeymoon stage of dating, gave Taylor and Emily a solid foundation to build their marriage on.

"After spending so much time together while dating, we both knew exactly what we were getting into," Emily said. "After marrying Taylor, I definitely couldn't see myself with anyone but him."

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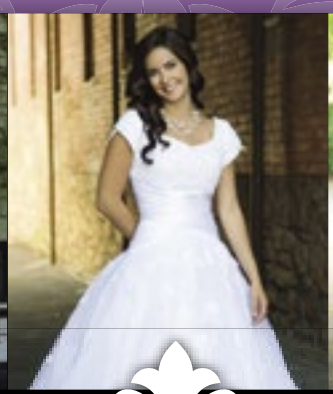

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