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# INSIDE TWO

#### 36 **TRUST**

Ten ways to lose trust, how to avoid them and how to repair lost trust.

### **SLOW COOKING**

You and your date can heat things up (literally) with these slow cooker recipes.

### **STYLE GUIDE**

These tips will help you know what to wear on the date. They also might help you get the date if that's where you're struggling.

35 YOUR BEST SELF

46 MOVE ON

48 MEN'S FASHION

**50** STOP HANGING OUT

**53** DATING IDEAS

























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#### Being present on a date

eing present both mentally and physically on a date can be a struggle for some. Whether he can't stop talking about his high school glory days or she's stuck on Instagram, being present can determine if there will be a second date.

"She was really bad at talking but good at texting," said Sam Millar, 18, of Fresno, Calif., when referring to a girl he took out who struggled in face-to-face conversations but could chat away with her thumbs. Avoid awkward situations by engaging socially.

"Engage in a conversation.

If you're mentally present, focus on them. It's easy to stop thinking about yourself if you're talking about them," said Kylie Martinez, a 22-year-old human development major who was married in December 2012.

Focus on `your date

\*\* "Be open to having a good time," said Ray Millar, who is studying computer science. "Be laid back." Talk and focus on enjoying your time together and there's a good chance it'll lead to more dates in the future.

— JOSHUA JAMIAS

# Put the phone down

Be open to a good time

#### The 6 Bs of Car-less Dating



#### **....**









#### **BIKE**

Ride a bike to her house, put her on your handlebars and you're off! Or you could ask if she has a bike. That works too.

#### **BORROW**

Ask a friend for a car. Make sure to reimburse him for the gas.

#### **BIMSHEE**

Bimsheeing is a good option, but a five-mile walk might change the smell of her perfume.



#### BUY

Some guys can't afford cars because they are paying for college, but start saving money now so you can buy one in the future.

#### **BLADE**

Flash back to the '90s and take her on a rollerblading date. Soon every girl will want a chance to go out with the Provo "blader dater."

#### BUM

Ask the girl if she is willing to drive. "I don't mind. He can still open the door for me" said Jamie Baumgartner, a junior from Littleton, Colorado.

-MATTHEW SMITH



#### **Opt-out Options**

Tom and Summer have been on a date for a couple hours and as they exit the record shop, Summer apprehensively says, "Now, I think I'm going to call it a day."

But Tom persists, "Yeah? You want to maybe get some dinner or something?"

Summer protests, obviously wanting to get away from Tom, but he ignorantly doesn't notice and continues pressuring her into prolonging the date.

"I've got a great idea! Let's get breakfast! Pancakes?"

Summer finally gives up and goes with Tom to get pancakes, where she ultimately breaks up with him.

Wednesday

Guys, don't be like Tom from "500 Days of Summer." If your date wants to go home, take her home. She'll probably go along with your marathon date if you twist her arm long enough, but that won't lead either of you to have a good time.

Some girls don't wear their emotions on their sleeves like Summer, so it's a good idea for you to bring up the option to continue the date or go home early. But you shouldn't guilt them by saying, "I spent a long time planning this super fun thing to do afterward, do you want do that? Or would you rather go

**Thursday** 

home?"

"You have to make sure it's a real option," said Sarah Griffes, a BYU sophomore. "You have to say something like, 'so we could go do this thing, but if you don't want to, that's totally fine."

Don't just recognize the warning signs as they come up, give your date the option to go home before she grows bored or tired.

— DONOVAN BALTICH

Saturday

Tweet your date stories

BYUdates

**Friday** 

their daily routines.



#### **Weekday Dating**

**Tuesday** 

the Cougareat or

Monday

	,		*	"	,
►► Busy students	Shorter, more casual dates allow	studying at the library. Other	YOGA DATE with Kenzie	endure the seven day gap between	Eating, studying and exercising make
dating during the week. Weekday	you to interact in a different setting	examples of weekday dates include	WITH NEHZIE	Friday night dates.  Weekday dates allow	great dates.  Dates during
dates don't have to  be long, extravagant	than the traditional weekend date.	going for a walk, grabbing lunch	crowded and the prices aren't as	you to get to know someone faster.	the week also give
or expensive. In fact, weekday dates are	Sophie Hansen, an art history major	together or doing a short activity,	high," said Murphy Campbell, a	Lucia Blasko, an English teaching	relax. Madeline
exactly the opposite:	from Boise, said, "You get to see a	like bowling in the Wilk. These dates	business major from Tampa, Florida.	major from Ellicott,	Hansen, a journalism major
LUNCH DATE with Kenzie	more realistic side	allow you to see the  person in day-to-	Happy hours, weekday specials	LUNCH DATE with Jodie	from Boise said, "Weekday dates
	STUDY DATE with Jordan	day circumstances,	and other deals are available throughout		are good because
casual, short and		LUNCH DATE with Suzie	the week. Dates  during the week are	Maryland, said, "If it's a weekday date,	break."  More weekday
cheap. "Dates are	of the person during	With Suzic	also cheaper because	and you like the	dates means less
longer and more formal on the	a weekday date. On the weekend, people	rather than just on a	they generally involve fewer	person, then you don't have to wait	stress from school, more money in your
weekend," said Annie Mckell,	put on their date faces."	formal date. "Weekday dates	activities. Another benefit	as long to see them again."	wallet and a higher quality dating life.
an exercise science major	DINNER DATE	are good because places aren't as	of weekday dating is not having to	Some people struggle to find	FUN NIGHT OUT
from Riverside, California. "But	with Johann	STUDY DATE	DINNER DATE	time for weekday dating. Students	with Jodie first see the museum, then off
they are shorter and more casual	Weekday		with Jodie plus go bowling after and	who fall into this category should	to a fancy restaurant, to finish it off ice
on weekdays. It	dates can include routine activities,		maybe a movie?	consider scheduling	cream!!
pressure when it's	such as lunch at			already a part of	

during the week."

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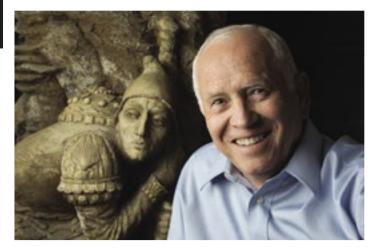








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#### **VAGUELY INTERESTED**

Guide to football for those who have to feign interest

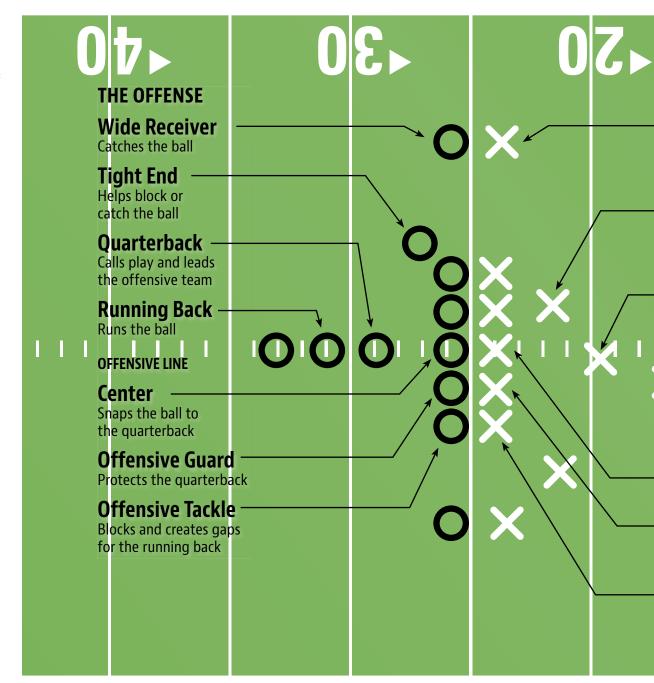
It's horrible when you sit there for four hours and don't know what's going on. Now you know.

#### **General Rules**

- ► Each team has 11 players on the field.
- The team with the ball has four plays (called downs) to advance 10 yards closer to the end zone.
- ►► If the team drives the ball forward 10 yards or more they get another four downs.
- be If a team gets the ball into the other team's end zone, they score a touchdown (six points) and can choose between attempting to kick an extra point or to run the ball into the end zone from the two-yard line for two extra points.
- by A team may score by kicking a field goal. The football must go between the goal posts. Field goals are worth three points and turn the ball over to the other team after the attempt.
- ► If the defense tackles the offensive player carrying the ball in to the defense's end zone, they receive two points and possession of the ball.

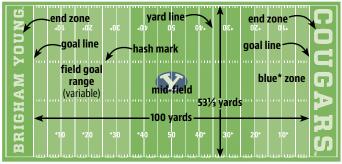
#### Scoring

- +1 Extra point/P.A.T. (point after touchdown)
- +3 Field goal
- +2 Safety
- +6 Touchdown
- +2 Two point conversion (after touchdown)



#### **Game Basics**

- The field is 100 yards long and 53½ yards wide. The field is labeled with major divisions every five years and minor division every yard.
- Teams alternate which direction they defend each quarter. A game consists of four 12-minute quarters. A coin toss settles the side the teams choose for the initial quarter.
- ▶► The clock stops running briefly when a down ends with a first down, an incomplete pass, a penalty or the ball goes out of bounds.



'The color used to name the zone changes based on the team. Often it will be referred to as "the red zone."



#### **Important Terms**

**blitz** Linebackers are sent to rush the quarterback.

end zone The 10-yard-deep area beyond the goal line. Getting the ball into the end zone generally results in scoring points.

false start The offense moves before the ball is snapped resulting in a penalty.

field goal The offense kicks the ball though the uprights, scoring three points.

first down The offense advances the ball more than 10 yards, gaining a new set of four downs to progress 10 yards or into the end zone.

flag on the play Droll comment from announcer after an official pulls a yellow cloth from his pocket to indicate an infraction of the rules occurred.

**fourth and long** The offense has more than 10 yards to progress to the first down marker. Often a team will choose to lose possession and punt the ball in fourthand-long situations.

**fumble** A player holding the ball drops it before he is tackled to the ground. Whichever team recovers the ball gets possession

Gatorade shower The winning team of a big game dumps a five-gallon bucket of Gatorade on their coach in the last seconds of the game.

**interception** A defensive player catches a ball intended for an offense's receiver.

lateral pass The football is passed backward or to the side.

**line of scrimmage** Imaginary line teams cannot cross until the ball is snapped at the start of a down.

**offsides** The defense moves before the ball is snapped by the offense, resulting in a penalty.

**passing** Throwing the ball to a receiver to gain yards.

pass interference A defender grabs an offender's arm preventing the offender from catching the ball.

penalty A rule is broken by an individual or team. Teams are assessed a penalty through the loss of downs, yards

pigskin Nickname for the football.

**possession** The team that has the football and is on offense, moving toward the opponent's end zone.

**punt** A team that cannot make it to the next first down marker kicks the ball down the field on their final down so the opposing team will gain possession of the ball in a worse position.

red zone\* The area from the 20-yard line to the end

rushing Running with the ball to gain yards.

sack Quarterback gets tackled behind the line of scrimmage.

**snap** The center throws the ball between his legs to the quarterback, starting play for the down.

**tackle** The player with the ball touches the ground with anything but his hand or feet. Play is stopped when someone is tackled.

**third down conversion** The ability of a team to advance at least 10 yards forward after three downs.

touchdown Getting the ball into the opponent's end

**turnover** The ball changes possession from one team to the other either through downs, an interception or a

**turnover on downs** A team is forced to give up the ball because it could not move the ball 10 yards or score a touchdown in four plays.

**two-point conversion** After a touchdown, if a team chooses, it receives one play to get into the end zone from the two-yard line.



#### **Referee Calls**

- ►► Delay of game: Offense does not start their next play within the 40 seconds allotted.
- ►► Encroachment: A player lines up on the wrong side of the ball and the ball is snapped.
- ► Face mask: Using a player's helmet cage to pull them to the ground.
- ►► False start: An offensive player moves before the ball is snapped.
- ►► Forward lateral: The ball is passed forward, in front of the line of scrimmage.
- ►► Holding: Illegally blocking another player.
- **▶▶**Intentional grounding: The quarterback is threatened and throws the ball to an area with no receivers present.
- ►► Offside: A defensive player has crossed the line of scrimmage before the ball is snapped.
- ►► Pass interference: A defensive player harasses an offensive player in order to hamper with the receiver's opportunity to catch the ball.
- ►► Technical foul: An egregious infraction by a player or coach, who may be removed from the game.







**Embrace Your Natural Flirt** 

☐ lirting is not as hard as the world makes it out to be. Flirting for many people is a natural habit. But for those people who have realized that flirting doesn't come naturally, there are a few easy steps to follow to become a master at it.



**Know the signs** when others are flirting

One of the biggest indicators that a person is flirting is their body language. Body language includes touching one's hair, physical proximity and physical touch.

Natural flirts use

Breanne Vance, a dietetics major from Springville, said that eye contact is a great way to know if someone is really flirting. "It's all in the way they look at you," Vance

#### Master the art of teasing

Teasing is one of the funniest ways to flirt with a person. Being able to make a person laugh is a good way to break the ice and become more comfortable around them.

"I like to joke around and tease," said Webber. "Teasing is a lot of fun; if I can get a girl to laugh, it means a good thing."

There is a line when teasing. It is important not to go from flirting to hurting someone's feelings. When one becomes too personal

with teasing is when feelings get hurt.

Learn the different degrees of flirting and how far to go

Kelsey Pollard,

a junior majoring in family

studies, says that there are two degrees of

"There is flirting to go past friendship and general flirting that is only for fun," Pollard said.

It's important to find the balance between friendly flirting and more serious flirting to avoid sending the wrong message.

#### Be careful with physical touch

Don't creep the other person out. Physical touch, when used sparingly, can be a good way to show someone you are interested. Physical touch can be anything from touching their arm to seating close enough to them that legs touch.

"Physical touch is OK when you are making your intentions clear you like someone," said Scott Webster, an engineering major from Arizona.

#### Find out what works best

The best way to become a natural flirt is practice. Find out what you are most comfortable doing. Be aware of the comfort level of the person you're flirting with.

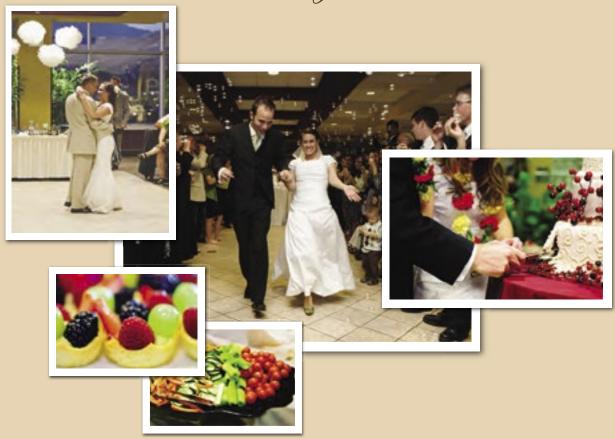
-HANNAH CHILDS

many kids does she have?

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#### THE CHEMISTRY BEHIND RELATIONSHIPS

What happens inside our bodies as we date? Allan Judd, a physiology and developmental biology professor, explained some of the basic physiology behind dating.



Positive experiences trigger the release of a neurotransmitter called **epinephrine**. This hormone causes your pupils to dilate, which allows more light into your eyes, causing them to sparkle.



When you anticipate kissing or holding someone's hand, your body releases epinephrine. This hormone causes your heart to beat faster, your palms to sweat and your blood pressure to rise.



A good boyfriend gives his girlfriend chocolate, but a wise boyfriend makes it dark chocolate. Dark chocolate contains cannabinoids, a neurotransmitter that makes people think everything in the world is better!

#### The Art of Humor

Humor breaks barriers in social settings. People have courage if they can use laughter to address a situation or problem. Humor also allows individuals to get to know each other and connect on a higher level.

"Flirting with humor is a two-way street," said James Hodgson, a sophomore majoring in political science. "It allows people to connect on the same page." Establishing a connection through laughter sends a message that you are friendly. If you feel a little shaky on the art of humor, don't let that deter you from having fun.

Be careful of is using too much self-deprecating humor. It's unattractive and comes off like you are not confident in yourself. Instead, use



humor that is witty and uplifting. It allows you to break the ice and get a good laugh, but not at your own or someone else's expense.

If you think you are bad with humor, this could be because you haven't been talking to the right people. "Humor is subjective, you have to find the right person that has the same humor," Hodgson said. So whether your humor involves knee slappers, dry humor or witty humor, it is all good humor when you find the right person to share it with.



Oxytocin is a powerful neurotransmitter that influences us to trust the person we are with when the hormone is released. This is why you sometimes long for your ex again.



Kissing triggers the release of oxytocin. As the hormone flows through your body, you begin to trust the person you are with. This is why our bodies trust people with whom we are physically intimate.



Fear is another trigger that causes the release of oxytocin and epinephrine. These hormones keep people coming back to scary movies, midnight hikes and haunted houses.



Oxytocin also influences us to think others are more attractive – especially the person we are with when the hormone is released. This is why people get "twitterpated."



Good dates consist of food for a reason. Eating triggers the release of dopamine, which sends endorphins and cephalin into the body. These hormones create feel-good sensations.



Knowing these hormones affect our decisions of who to date and who to marry, Judd encouraged students to include their hearts and minds in those important decisions. Don't leave them up to your emotions, Judd said.



Women go to so much more trouble and spend so much more time getting ready for the day than men do, and most men don't even notice. Case in point: hair. When guys talk about what they're most attracted to in women, they don't say, "Oh my gosh! I just love it when their hair is really shiny!" But guys miss more than that! Here are some other things that men and women around campus identified as things guys just don't notice:

I don't ever notice whether or not my girlfriend is wearing that eyelash makeup stuff. Andrew Manwar-ING, Seattle, Wash. (Yes, he was referring to mascara.) • I have to admit: most recently, when my wife dyed her hair the exact same color as it already was, I didn't notice. Sue me — she lasted a few hours before she finally burst, and told me she had colored it. SCOTT LIBUTTI, Provo They can't always tell whether or not I'm wearing makeup. I had one guy tell me that I looked the same as I did on a normal day, even

Frisbee in the mud. LAUREN EHLEN, Los Angeles (Just to be clear, not all guys are that dense.) • Guys don't tend to notice when girls don't like each other, or when there is tension between girls in the room. Lauren Ehlen • Boys don't notice when we drive well, they only notice when we are bad. JENESSA CHERRY, Provo . They also don't notice when their apartments stink, and they bring us over anyway. JENESSA CHERRY And sometimes, they just don't notice when we're there. JENESSA CHERRY • I don't notice eyebrows, and if they

are large, small, thin etc. JACOB SHUSS, Pittsburgh, Pennsylvania • Guys don't notice when a girl is interested in them. CASSANDRA FREEMAN, Saint Charles, Mo. • Men don't notice when women are trying to make moves or hit on them. For example, a girl tells a guy, 'Hey you're cute we should hang out sometime.' Then five seconds of silence go by when the guy says,

'Hey you're adorable we should go out sometime.' Like did you not notice I said the exact same thing?
Psh, men. PEYTON

CRAM, Orem •
Girls seem to always notice when other girls have split ends. Guys

wouldn't see a split end even if you tried to show them! JUSTIN CALVERT, Parker, Colorado I don't notice when there's a chance to get out of the friend-zone.

MCKAY JONES, Sandy Guys don't notice how much work, thought and effort girls put into their appearance. That is, until they get married. ALDINA ROSDAHL, Austin, Texas

Guys don't notice how much effort girls put in to look good for them. Kelson Wheeler, Dayton, Ohio

I don't notice when girls have split ends in their hair. STEVE CLARKE, American Fork

#### **Dating Diary**

though we had just played ultimate

I WENT ON A DATE to an aquarium with a guy I barely knew, and from the way he made it sound I thought it was just going to be us. But he picked me up in a minivan...along with his entire family. At the aquarium you could stick your hand in the water to pet the wildlife, but I didn't want to because I was wearing a dry clean-only jacket. He grabbed my hand and forced it into the water anyway. When we got home I was locked out and he tried to make me come home with his family. It was the longest, worst date ever.

—Carolina



# HOW TO SCORE AWESOME SEATS

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#### **Dating Diary**

MY FIRST DATE of sophomore year was a wreck. He forgot his wallet, and when we went to his house to get it he was lingering there and told me he wanted to teach me how to tie a tie. We'd barely met, so I was really uncomfortable when he insisted on teaching me by tying it around my neck. When we finally left to go get yogurt his roommate met us there and they just talked to each other. As my date and I drove off to go home, I noticed he was headed up the canyon. He said he just wanted to show me the "scenic way" as we approached Squaw Peak, but I told him I needed to get back so we turned around. When he dropped me off he asked how I felt about being a conservative governor's wife, since he's going to be a governor one day. I told him I was a democrat.

Mandy

#### **Recovering from** embarrassing situations

>> You spilled juicy red tomato sauce on your white blouse. You passed gas as you opened the door for her walking into the theater. You shared slobber on a first kiss.

Embarrassing situations happen on dates. Sometimes they're completely preventable and other times you just can't help it.

Maddi Dayton, 19, of Evans, Georgia, believes in a simple solution to awkward, potentially scarring events.

"As long as you laugh about it, you'll be OK," said Dayton who is studying English education. "Don't be too hard on yourself."

Dayton emphasized the importance of

understanding that BYU has a different dating culture than others parts of the world. Take each date one at time and focus on having fun.

Whether it's passing gas or burning dinner, there's a chance you'll have an embarrassing moment on your journey to find your special someone. Instead of letting it ruin your time together, go with the flow and laugh it off. Your date will remember how you reacted more than what actually happened.

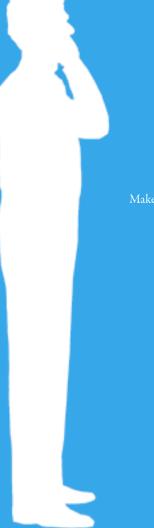
—JOSHUA JAMIAS





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Make the move



# Stop Trying to Fix Him

Women have a habit of wanting to fix the men in their lives. Women do not have the right to fix men. Women need to stop.

"I tried changing a guy because there were things about him that I wished were



different," said Jessica Albert, a sophomore from Oregon. "If I wanted to keep being interested in him. I needed him to change."

A person will only change when they want to, though some encouragement can help.

"It is OK to want to help a guy be their best, but you cannot force the guy to change," said Tatinana Hernandez, a junior from Provo. "It is better to be a good influence in his life. If he becomes resistant, you need to back off."

That's the thing: the call for change comes from the love interest, not the person in question. For a change to be effective, the guy has to choose to change himself.

Even if a woman has good intentions and she really cares about the guy, she shouldn't try to change him. No one is perfect. Every man is going to have quirks about him that bother the woman interested in him. A woman needs to learn to love every part

of him

When a woman tries to make a guy into the person she wants him to be, most likely he is not going to change. This will lead to disappointment and frustration.

"When a girl has tried to change me, obviously I failed. Because she is not with me now," said Kevin Kofford, an engineering major from Colorado.

If a woman finds herself wanting to fix a major problem about a guy, he may not be the right man for her. If things end because there is something he really needs to work on, it is OK. A woman shouldn't be trying to make the man she wants, she needs to go out and find him.

Women shouldn't become too picky because there is no perfect guy, just like women are not perfect. With some encouragement from each other, two people can learn to help bring out the best in one another.



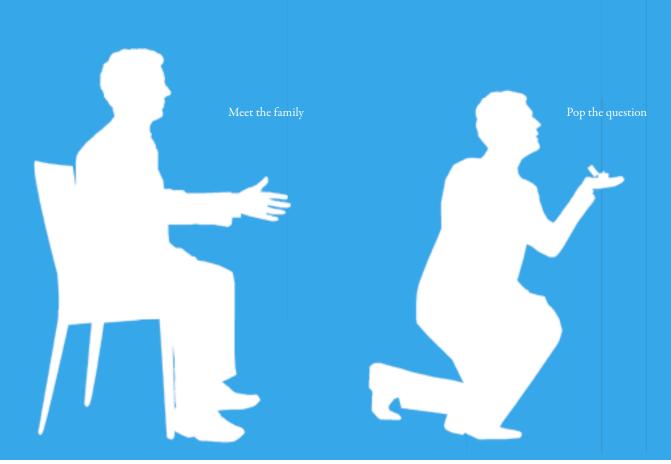


ILLUSTRATION BY SETH PRESTWICH

#### **Keeping Up With Friends**

You found the girl of your dreams. You start dating and soon find yourself spending all of your time together. Things are going really well until you receive unwelcome news: she doesn't want to date you anymore.

After the breakup, you go back to your old life, and find out while you were caught up in the relationship, you neglected everyone and no longer have any friends. This happens to many of

us. We think we've found the one and can survive with just his or her interactions for the rest of our life. "Don't get so caught up in your exciting love life that you ignore the needs of people who are there for you," said Aimee Elder, a sophomore studying statistics. "Schedule time to be with your friends, and really be with them." The familiar adage, "don't put all your eggs in one basket," refers to more than just monetary investments.

"Oh man, while we love to spend time with each other, (my boyfriend and I) both know that we need our own time with our own friends," said Ashea Hanna, a junior studying nursing. "We know that it is just as imperative to spend time apart as it is together." Finding that appropriate balance is easier said than done. The best way is to not make radical changes when you start

dating someone. If you and your friends have post-work "Friday Night Fun," keep that tradition. They are still six other

nights in a week that you can spend together. Don't put your life on hold for someone you may or may not marry. Keep investing in your current friends, just like you're investing in your new love interest.

- DONOVAN BALTICH



#### Museum of Peoples and Cultures

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Mystery Dinner Date Night October 25 6 p.m. Day of the Dead Open House November 1 6-9 p.m. Christmas Around the World Date Night
November 1
7 p.m.

Tickets will be available for Date Nights at the Wilk Info desk a week before each event.

#### Should You Go Back To Your Ex?

Why you want Why you shouldn't to go back It's easy when you're reminiscing to only remember You miss them the good times, but there was a reason you broke up. Keeping that in mind will help you look at the person objectively and prevent impulsive, emotional mistakes. It's not the No matter how many people you meet or dates you go on, no one can live up to your ex. Try to stop comparsame ing potential love interests to that one guy or girl; with other believe you deserve someone who is better for you people and open yourself up to find them. They're People can change, but if you've been burned once (or twice...or three times....), you need to wake up. Words comfortable are easy, and while it's tempting to believe them, but if his or her actions don't match their talk, you need Nobody likes the awkward get-to-know-you conversa-They say tions and tiptoeing of a new relationship. Your ex is thev've comfortable; they know you and you have a routine. changed Just remember that it wasn't always like that. If you put in effort and have patience, you can establish that kind of comfort with someone you like even more.

Ultimately, there's a reason it didn't work in the first

place. It can be hard to let go of an ex, but if they're

still in your arms, there won't be a place for someone

new. Some bridges need to be burned.

If you're official: The conversation must be private and in person (unless you're long distance; then try to Skype or video chat if you can). Keep it brief and do it as soon as you know things aren't working

out, though do try to avoid breakups

right before major events and holidays.

you're "friends": Most people

end things. Even if it's just a text, let the

other person know you're done and want

If you've been on three or less dates: This

situation doesn't need an official ending,

but if he or she is asking why you haven't

gone out again, give them a call

and explain you had fun but

don't see

it going anywhere.

tend to use the fade out method, but that's not the best way to

to keep things strictly platonic.

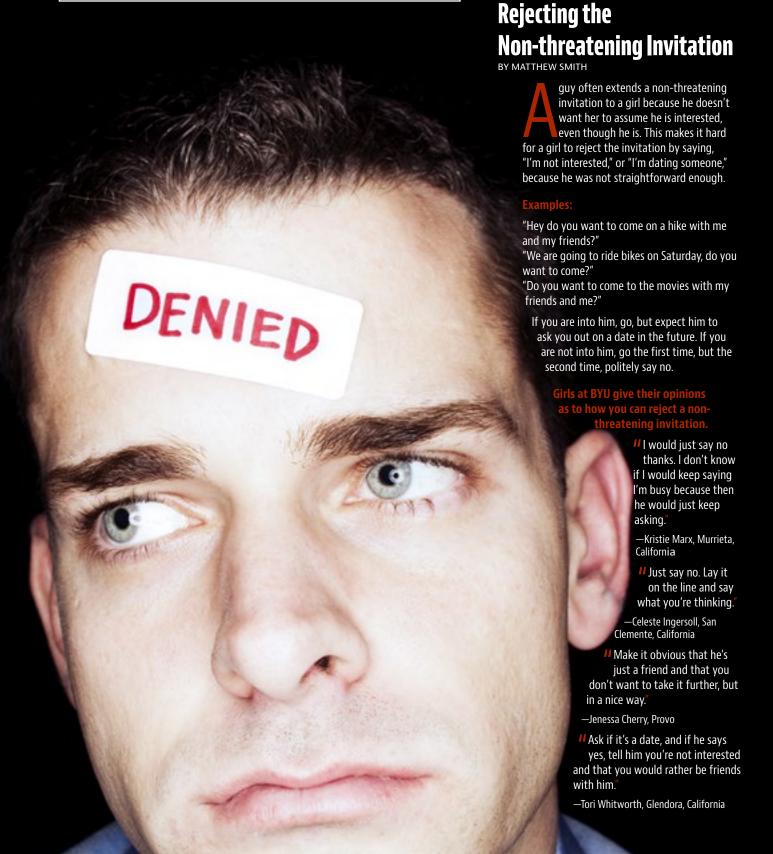
BREAK IT OFF

If you're serious: Again, must be private and in person. Explain why you're ending the relationship in a sensitive but firm way. It might be wise to give them a heads up by saying you need to talk later so they have time to prepare before you launch into the breakup.

#### **Dating Diary**

ONE TIME I went on a four-wheeler date with a girl from my ward, and she'd never been before. She was driving and we were going up a hill when the four-wheeler stopped. I was sitting behind her and I told her to rev the engine really slightly to get us over, but she accidentally gunned it and I fell off the back. She braked to keep from doing a wheelie, but when she did the four-wheeler started rolling backwards and almost ran over me. It was actually one of the most fun dates, even though it was almost tragic.

—Jake







#### PROCEED WITH CAUTION

Watch your step; the floor ahead may be wet with tears



#### **DID YA HEAR?**

BY DONOVAN BALTICH

ou just kissed the guy of your dreams and can't wait to



get home so you can tell your roommates all about it. You shell out the details as fast as you can, but they keep grilling you to tell them

> Most people like to talk about how their relationships are progressing. Sometimes talking

through things with someone else helps you figure out what you want and know how to advance, but other times your words will just become the week's gossip. It's important to analyze the specific reason why you tell what you tell.

For example, if you're only telling your friends to brag, you probably need to keep your experience to yourself. Sharing because you're excited is a little more reasonable, especially if you keep the more intimate details to yourself.

It's also important to consider what kind of person you're confiding in. There are friends who keep your words totally private, others who share some uncompromising

details and yet others that blab every word you tell them.

The most important lesson you can learn about sharing the intimate details of your life is to be aware. Know how far you want things to travel, consider who you're telling and know your reason for sharing what you do before you open your mouth.

#### Dangerous

**DATING TERRAIN** 

Tinder ~ − THREAT LEVEL: Your Tinder date might not be as attractive in person as they were in pictures, but the good news is you never have to see them again if you

don't want to.

Class & THREAT LEVEL: Generally a safe option, but be careful if you're in a group together in case he or she decides to sabotage your project if you break up.

#### ↑ Ward THREAT LEVEL:

If people in your ward consider your relationship their business, you might get some awkward questions when you aren't holding hands in sacrament meeting anymore.



If you work closely (i.e. see the person every day), getting over an ex can be hard because he or she is still an active part of your life.

> Your BFF's Ex

THREAT LEVEL:

There is a line in girl/guy code called the ex. You can cross it, but you will probably lose a friend if you do.

RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP

He only works three months of the year. #summersales

Her phone is a third wheel on dates.

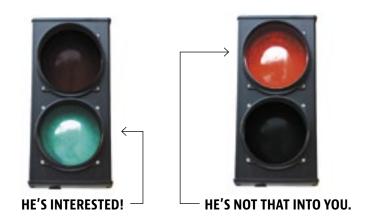
He has a mustache.

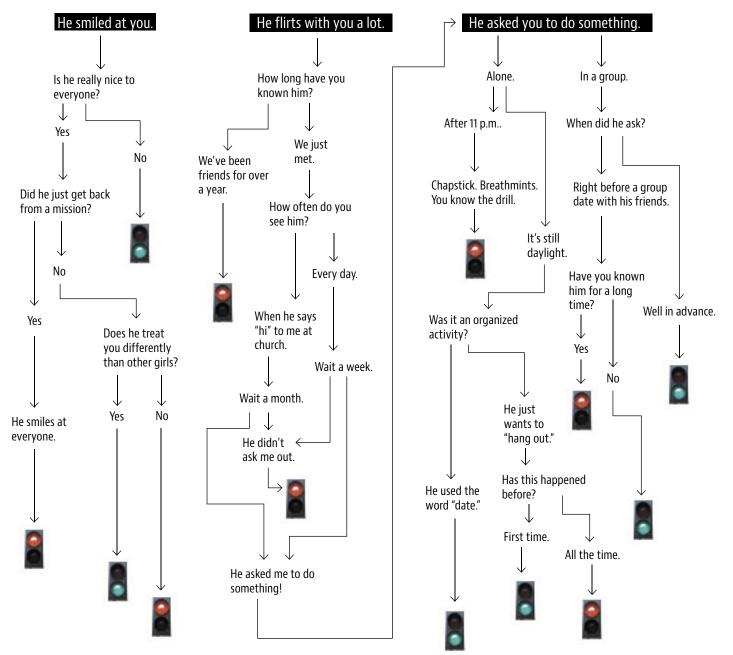
She has crazy eyes. He doesn't like Krabby Patties.

She has a mustache.

#### TRAFFIC SIGNALS OF MEN

Ladies, if your crush is giving you signs that he might be interested, this chart will help you know whether you should keep going or stop. If you think there's a yellow, it is a red. Stop now.





IP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS · RELATIONSHIP RED FLAGS



# The same guy-girl ratio that Noah used.

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A P A R T M E N T S



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F/W	\$247	\$297	\$357

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Explore BYU's music, dance, theatre, and visual arts events in the Harris Fine Arts Center, Museum of Art, and Richards Building Dance Studio.

Visit us at byuarts.com to sign up for free newsletters of dating ideas and calendar of events.

# Your Best You

re you stuck in a dating rut? Are you not sure what you're looking for in a relationship? Are you uninterested in dating in general?

Before you can love someone else, you have to learn to love yourself. In turn, you can't love yourself if you don't know who you are. What are your passions? What makes

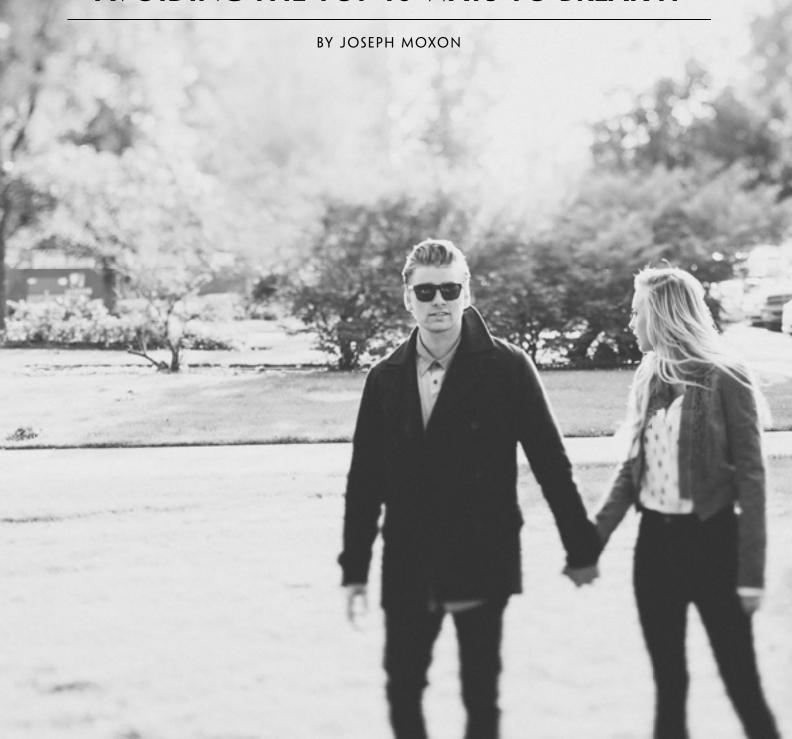
you feel alive? What brings you joy?

Being single grants you the time and opportunities to explore your interests. You can go out and have experiences that will shape you as an individual. You can also personally cultivate the skills, traits, and habits you seek in a potential spouse.

—Miranda Facer



#### AVOIDING THE TOP 10 WAYS TO BREAK IT



### TOP TEN TRUST BREAKERS

1 EXCLUSION: Excluding your love interest is a sure-fire way to break some of that trust. Whether you're telling private jokes around them without explaining them or not inviting them to movie night at your apartment, your love interest will feel like you don't want them in your life.

2 SECRETS: Being secretive is not advised. It may annoy you that your love interest wants to read your text messages (that might seem like they don't trust you), but when you lock your phone and won't share the password, it looks like there's something you're trying to hide.

3 JEALOUSY: Most people are going to get a little jealous if their love interest spends their free time with somebody else — especially someone of the opposite sex. Acting jealous might lead your love interest to think you don't trust them, and you've got to give trust to receive it.

4 STALKING: Keeping tabs on your love interest by following them around campus, or sending friends out to spy on them will go south when they find out what you're doing. Like jealousy, this displays lack of trust on your part.

5 NOT SHARING YOUR FEELINGS: You don't have to wear your heart on your sleeve, but just like you, your love interest needs to feel needed. If you aren't willing to share the way you feel, you aren't displaying much trust in your love interest. Your love interest's feelings are his or hers to share, not yours. It takes trust to share the way you're feeling. Don't violate that trust by sharing with others what you're told in confidence.

6 LYING ...duh.

7 NOT DOING WHAT YOU SAY YOU'RE GOING TO DO: Integrity is trust's middle name. Do what you say you'll do when you say you'll do it. Otherwise you'll lose credibility, and trust crumbles soon after.

PHOTOS BY TYSON FRENCH TYSONFRENCH.COM



8 CHEATING: This one should seem pretty obvious, but cheating is more than just hooking up with someone other than your love interest. Remember: "Whosoever looketh on a woman to lust after her hath (cheated) with her already in his heart." (Matthew 5:28) Words to live by.

9 HOSTILITY: Trust is about feeling safe with someone else. Abuse of any kind is never OK.

10 HAVING LOW TRUST: This has already been mentioned, but trust is a give-and-take process. Give your love interest the benefit of the doubt. Listen when they have an explanation for an offense. Treating their behavior as suspect doesn't instill trust.



### EARNING TRUST BACK

Professor of family life Rick Miller said, "The way to build trust in a relationship is by both partners being trustworthy. ... With this pattern of consistent honesty, integrity and dependability, partners develop a trust for each other. They don't expect each other to be perfect, but they learn that their partner is dependable and worthy of their trust."

Professor of family life Jeffry Larson cautions not to merely grant trust to a person—they should earn it first.

"Trust is on a continuum: zero to 10 — not black and white. And, you may trust a person in one area (e.g. being true to me) but not trust them in another (e.g. staying to a budget like agreed)."

You may have noticed that you or your love interest have stubbed your respective toes from time to time with one or more trust trashers. Maybe your love interest's trust in you is waning, and maybe you deserve it. Fortunately, there is a silver lining: you can get trust back.

Miller said that trust can be regained. If you violate your love interest's trust, it's your responsibility to earn it back, but you don't have the right to demand it. You've got to work for it, and that may take some time.

"Trust is developed by a consistent pattern of dependable, honest behavior," Miller said. "Consequently, rebuilding trust requires the patience of both partners."

Larson agrees. "A sincere apology starts the process, and a commitment to be trustworthy in the future."

THE GAME

It's because everyone is doing it, and sometimes fire can only be fought with fire.

By Donovan Baltich & Joseph Moxon

"Let's see, he took 10 minutes to text me back. I'll wait 15 minutes to reply, so I don't seem too into him."

"Oh! There she is! I'm going to go talk to her - wait - I initiated our last three conversations. I'll wait for her to come talk to me."

Thoughts like those are the meat of what has come to be known in society as "the game," and playing the game has become the dating norm. Nearly everyone participates even though nearly everyone seems to hate it.

A lot of people believe that playing the game is manipulative, dishonest, stressful or even just stupid. It isn't often that people talk about how beneficial or fun it is — even if they do thrive on it — because people usually don't like to self-identify with negative connotations.

So why does it seem like everyone plays the game, despite their moral (or at least admitted moral) exception to it?

It's because everyone is doing it, and sometimes fire can only be fought with fire.

Sure, it's better to fight fire with water. Water extinguishes fires. But the flames of the dating game have risen pretty high, and there isn't enough water in the mains of BYU to put it out. It would take an eleventh commandment to squash it here, so embracing the flames seems to be the only way to go.

There are really only a few ways to deal with playing the game. Let's break this down:

#### Fighting Fire with Fire

You can justify playing the game by only participating once in a while or maybe just when you're getting to know someone, so you don't come on too strong. Those that are unsure

of what they want often take this approach. This is playing the game without being a player. And after the DTR, it should be GAME OVER.

"Playing the game is necessary to approach someone and show interest while not becoming too vulnerable. However after you enter a relationship, both parties need to be vulnerable and open to form a significant relationship," said Evan Long, a junior studying biophysics.

#### Fireworks in the Woods

When people light fireworks in the woods that end up burning down the forest, they would be in pretty deep trouble if they came forward and admitted to it.

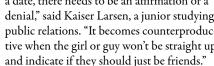
Likewise, some of the game's heaviest hitters are those that say they're assertive and "all about clear and honest communication." They deny playing the game, but secretly they're playing it, hitting home runs, scoring touchdowns and loving it. They may even tell themselves it's everyone else that plays the game, but not them.

#### The Fire Extinguisher

Let's face it; there are some people with enough good looks, charm or backbone to simply refuse to play the game, and still get away with it. They extinguish the fires of the game by not playing it at all.

For everyone else, being up front with someone else and telling them how you feel is risky. It puts you in a position of vulnerability, and may not turn out they way you want it to. But it also has the potential to add kindling to the sparks of a relationship so that it can really take off. People usually don't play this card initially though. They'll usually - and understandably—wait for some "signs" first.

"I feel that after a serious encounter, like a date, there needs to be an affirmation or a denial," said Kaiser Larsen, a junior studying public relations. "It becomes counterproductive when the girl or guy won't be straight up and indicate if they should just be friends."



#### Analysis

The game isn't going away any time soon. If you morally object to it, like most people do, you'll have to cope with it somehow.

"I regard the game unfortunately an inevitable part of life," said Zachary Baldauf, a sophomore studying social science teaching. "If you don't like it, you have to at least tolerate it."





# **INGREDIENTS** cooker. cinnamon. until tender. Caramel Apple Bake

- 4 large tart apples, cored
- ½ cup apple juice
- 8 Tbsp. brown sugar
- 12 hot cinnamon candies
- 4 Tbsp. butter
- 8 caramel candies
- ¼ tsp. ground cinnamon
- Vanilla ice cream (optional)

#### **INSTRUCTIONS**

- Place each apple on a piece of foil; wrap the foil around the apple so the filling can't escape.
- Place apples in bottom of slow-
- Pour apple juice over apples.
- Fill the center of each apple with 2 Tbsp. brown sugar, 3 hot cinnamon candies, 1Tbsp. butter, and 2 caramel candies. Sprinkle with
- Cover and cook on low for 4-6 hours or on high for 2-3 hours, or
- Serve hot with ice cream if desired.

Serves 4 > Recipe by Karen Bellessa Petersen > 365daysofcrockpot.com

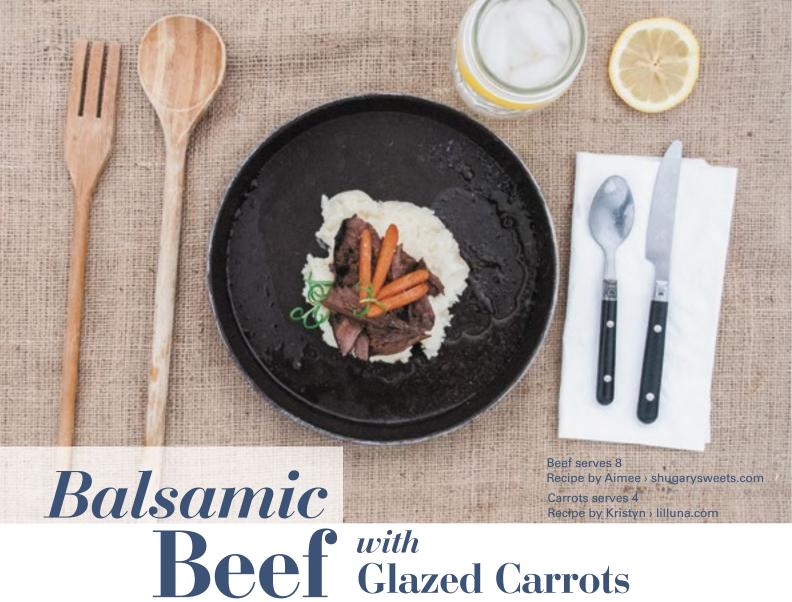
#### **INGREDIENTS**

- 1½ lbs. chicken breasts
- 1 (16 oz.) jar salsa
- 1 (15 oz.) can black beans, drained
- ½ lb. (8 oz.) frozen corn
- 1 Tbsp. chili powder
- ½Tbsp. cumin
- ½Tbsp. minced garlic
- ½ tsp. dried oregano
- ¼ tsp. cayenne pepper
- ½ tsp. salt
- dash of cracked pepper
- 2 cups dry rice
- 8 oz. shredded cheddar
- ½ bunch cilantro (optional)

#### **INSTRUCTIONS**

- Add everything except the rice, cheese, and cilantro to the slow cooker along with ¼ cup of water (for good measure). Give everything a good stir and make sure the chicken is covered in the mixture.
- Secure the lid on the slow cooker and cook on low for 8 hours.
- Near the end of the cooking time, cook the two cups of rice according to the package directions (Bring the rice and 3 cups of water to a boil in a medium pot with a lid in place, as soon as it reaches a boil, reduced the heat to low and let simmer for 20 minutes. Fluff with a fork before serving).
- After 8 hours of cooking, carefully remove the lid of the slow cooker. Stir with a fork to shred the chicken (it should be super tender and will shred easily). Build the taco bowls by placing rice on the bottom, then the taco chicken mix, shredded cheese and fresh cilantro.

# Chicken Caco Boyls Serves 9 - Recipe by Beth - budgetbytes.com



#### **INGREDIENTS**

- 4-5 lbs. beef chuck roast
- 1 cup beef broth
- 1/2 cup light brown sugar
- 1/4 cup balsamic vinegar
- 1Tbsp. soy sauce
- 1 tsp. kosher salt
- 1/4 tsp. crushed red pepper flakes
- 3 cloves garlic, pressed

#### **INSTRUCTIONS**

- Whisk together all the ingredients and add to the bottom of a slow cooker.
   Add roast.
- Cover and cook on low for 6-8 hours. Remove roast and shred with a fork, return to juices.
- Serve and enjoy.

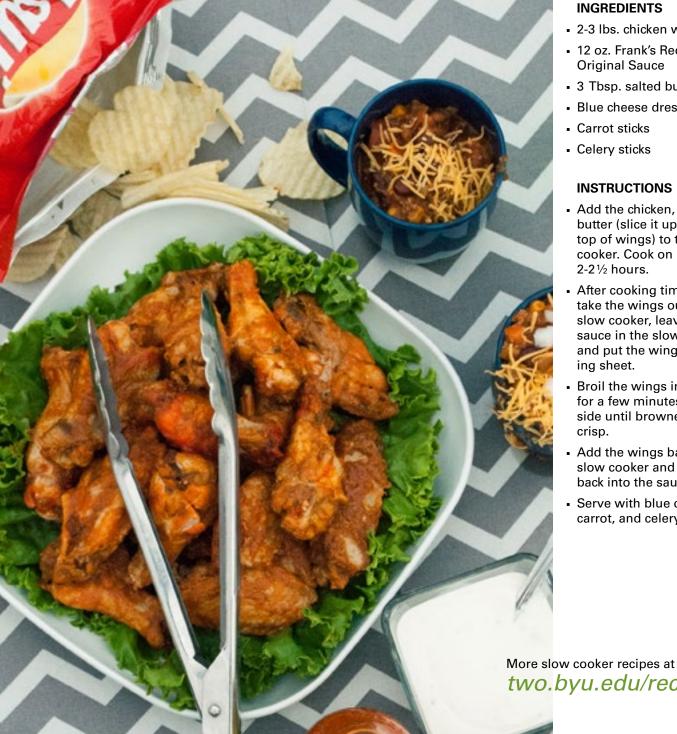
#### **INGREDIENTS**

- 1 bag of baby carrots
- ½ cup water
- 1½Tbsp. butter
- 1½Tbsp. brown sugar
- Salt and pepper to taste

#### **INSTRUCTIONS**

- Bring carrots, water, butter and brown sugar to a boil in a pan over medium-high heat.
- Turn to low and simmer for approximately 6 minutes.
- Turn back to high and cook until all the water is evaporated and carrots are tender. It should take another 5-6 minutes.
- Remove from heat. Salt and pepper, and enjoy!

### Slow Cooker uffalo 1 Serves 4 > Recipe by Sarah > magicalslowcooker.com



#### **INGREDIENTS**

- 2-3 lbs. chicken wings
- 12 oz. Frank's Red Hot **Original Sauce**
- 3 Tbsp. salted butter
- Blue cheese dressing
- Carrot sticks
- Celery sticks

#### **INSTRUCTIONS**

- Add the chicken, sauce, and butter (slice it up and lay on top of wings) to the slow cooker. Cook on high for 2-21/2 hours.
- After cooking time is done, take the wings out of the slow cooker, leave the sauce in the slow cooker, and put the wings on a baking sheet.
- Broil the wings in the oven for a few minutes on each side until browned and
- Add the wings back to the slow cooker and stir them back into the sauce.
- Serve with blue cheese, carrot, and celery.

two.byu.edu/recipes







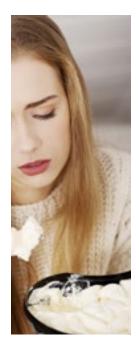






### moveon

BY MIRANDA FACER





#### Step 1: Grieve

Give yourself time to grieve. Coming to terms with the end of a relationship is difficult. It's natural to feel sad about a breakup, no matter how long or serious it may have been.

"It's natural to feel sad because you're mourning a real loss," said Macie Bayer, a senior studying sociology. "Whether or not you were talking about marriage, you were thinking about the future and you're mourning a future that no longer exists."

Utilize your coping mechanism for a little while, be it running, eating ice cream, watching romantic comedies or spending time with friends and family.

Take the time to process your emotions and don't try to brush the hard and uncomfortable feelings under the table by moving on too quickly. Doing this won't allow you to properly confront the hurt, thus you will never fully heal, Bayer said.

While sorting through your feelings, it can also be helpful to recognize you will not always feel like this.

"Acknowledge you are not your emotions: you're not sad, you're feeling sad," Bayer said. "To say you're sad invalidates all of your other feelings, especially the good ones. You're feeling sad today, but (eventually) that will pass."

#### Step 2: Get busy

While you do need to take time to sort through your feelings, you also don't want to let yourself slip into a state of endless wallowing.

Whether it's throwing yourself into schoolwork, joining a club or intramural team or learning a new skill, commit to something that will take your mind off of your ex. While you don't want to overschedule yourself, it will be easier to move on if you have other people and activities to occupy your thoughts.

Freshman Mackenzie Wagner, a neuropsychology major, said getting busy helps you move on because it gives you less time to dwell on the past.

"When you're busy you have less time to sit at home and think about him," Wagner said.

Now that you're unattached you have time to go do the things you might not have been able to while in a relationship. Change your look, go on a study abroad, apply for a new job or earn your black belt. The sooner you start filling your life with positive activities and habits, the sooner you will start to feel positive again.

reakups are a messy business. From the discarded chocolate wrappers under your bed to the emotional carnage, the end of a meaningful relationship can turn your life upside down.

His song comes on the radio and suddenly you're back at his apartment, slow dancing in the kitchen. His favorite sports team is on Monday Night Football and you find yourself watching it because you know somewhere he is too. It can feel like everything you do is tied back to your ex and you're worried your constant thoughts about him are borderline obsessive.

You know you're obsessed with your ex when you frequently...

- Check your old Facebook message thread to see if he's online
- Make excuses to bump into him
- Stalk the girls who like his social media posts
- Read through his old texts
- Walk/drive by his apartment
- Refresh his Snapchat best friends
- Listen to music that reminds you of him
- Stop yourself from texting him

Life moves on, including your ex, but you find yourself stuck in the past. If you've realized you're in a bad emotional state, don't despair. Things will get better if you're willing to take the time and have the self-control to finally move on.







Step 3: Recognize

It can be tempting to take the breakup personally. Don't give into those thoughts, don't Facebook stalk his new girlfriend and compare yourself and don't read through your old texts and beat yourself up over what you should've said.

"If someone breaks up with you, don't get too worked up about it and just remember things are going to work out," said Nick Smith, a junior studying business. "Be optimistic and get back in the social circle and put yourself out there."

As time passes, you will also slowly but surely be able to look back on your relationship and realize things weren't perfect like you might have thought at the time.

"When you're fresh after breakup, you feel really emotional," said Justine Carre, a sophomore who is undecided on her major. "But after some time away from it, you can look back and see your mistakes and their mistakes more clearly."

Recognize these mistakes, write them down and learn from them for your future relationships. People tend to either be blessings or lessons in your life. Your ex can be both if you use your experience with him to grow and prepare for your next better, healthier relationship.

#### Step 4: Accept

Just because you and your ex didn't work out doesn't mean things won't work out with someone else later on. Dean Busby, the director of the School of Family Life, said breakups are a natural and necessary part of the dating process.

"Dating is supposed to be a challenging process with failures and difficulties because you're getting to the one person you're eventually going to marry," Busby said.

Once you understand that the end of this relationship, while painful, is an important step on the road to your eternal companion, it will be easier to accept the breakup.

Stay strong and know you are going to be fine. Have faith in yourself and in Heavenly Father's plan for you. By going through the healing process, you are moving your ex out of your heart and making room for someone new. If you never let go of the past you will never be open to the future. You deserve the joy that's coming, you just have to let go and move on so it can.

It's important to remember these steps are not all-inclusive and may not fit the exact pattern of your personal healing process. You also may experience the steps in a different order or multiple times; many people heal in a cyclical

For example, you may have a really great day or week or month and then something may happen that leaves you feeling sad again.

#### That's OK.

Returning to those feelings doesn't make you weak, nor does it mean you've lost progress in getting over

"You might think you're over someone then something hits you and you're sad," Bayer said. "You don't have to grieve all over again but you can acknowledge you're sad and that that's okay."

When those rough days come, don't cave. Don't call him, don't text him and don't go over to his house and beg him to try again. Call a friend to come over then turn off your phone. Re-read the lessons you wrote down in step three. Two maintains a Heartbreak Therapy Pinterest board with relevant quotes. Visit two.byu.edu for the link.

# Don't feel obligated to button the top button every time you wear a collared shirt, but it does add an air of sophistication. GENTLEMEN, STAY LICENTIAL LICENTERIAL LICE 48 TWO.BYU.EDU





# STOP HANGING OUT AND GO ON A DATE

Interactions with the opposite sex at BYU tend to fall under three stages before a committed relationship is established.

By Miranda Facer

#### Hanging out

Casually gathering in a group for an unplanned activity. Members of the opposite sex have no commitment to one another (i.e. are not paired off and do not have an obligation to leave with a specific member of the group).

Reciprocal affection (aka "Do you want to share a blanket"): This is the informal stage where one member of a potential couple tests how interested the other person is. A common way to do this is to ask if someone wants to share a blanket while watching a movie. If the other person accepts, then the touch barrier is broken and you can assume there is at least a basic level of romantic interest.

#### Dates

A paired off and planned activity where the couple is either alone, or together in a group of other couples. In this scenario there is a temporary (for the duration of the date) commitment to each other.

Hanging out is the most common type of social interaction at BYU. According to a 2002 research survey by Bruce Chadwick,

28 percent of men and 23 percent of women hang out in a group at least six times a week. Elder Dallin H. Oaks addressed this practice and the "demise of dating" in his May 2005 CES fireside.

"Knowledgeable observers report that dating has nearly disappeared from college campuses and among young adults generally," Elder Oaks said. "It has been replaced by something called 'hanging out."

Elder Oaks referenced four opportunities young single adults miss out on when they shun frequent, casual dating in favor of hanging out:

- The ability to "shop around in a way that allows extensive evaluation of (one's) prospects."
- More opportunities for conversation
- The chance "to see how you treat others and how you are treated in a one-on-one situation."
- More "opportunities to learn how to initiate and sustain a mature relationship."

After his fireside, it became apparent that young single adults need to reevaluate how they approach their social interactions with

the opposite sex and break down obstacles that may be hindering the dating experience.

"I think we know in the back of our heads that we need to be dating instead of hanging out because that's what our leaders (like Elder Oaks) tell us to do," said Mitchell Boberg, a sophomore studying psychology.

One perceived obstacle to dating that young adults need to overcome is the assumption that a date implies significant commitment.

#### Date means commitment?

"As soon as you put the label 'date' on it, it becomes an eternal companion interview," said Wes Curtin, a junior studying computer science.

Many young adults choose to hang out instead of going on dates to avoid this

ELDER OAKS

appearance of serious interest.

"I know people who are afraid to call a date a date (even though it is) because they're not sure about someone and they don't want it to seem like it's moving towards a relationship if they don't know," said Austin Anderson, a junior studying supply chain management.

Elder Oaks encouraged young adults to avoid this obstacle by not reading too much into a date in the first place.

"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," Elder Oaks said.

Another obstacle to dating in today's culture is the practice of hanging out with someone too much and not transitioning into casual dates.

#### Too much just hanging out

You're together all the time, you text constantly and one of the best parts of your day is being with that one "friend." But the thought of dating and having it end badly (and therefore losing your original friendship) keeps you from progressing out of hanging out.

Elliott Miller, a senior studying economics, said he understands being afraid to take the relationship to the next level because you might lose a friend or hurt someone's feelings. However, it's important to consider the big picture before you rule out the risk, he said.

"If you try it and do lose them as a friend, you probably weren't going to be best friends for the rest of your life anyway," Miller said.

You don't need to ask a girl on a date with flowers, you don't need to spend lots of money (or any at all) and you don't need to act like a different person just because you're on a date. All you have to do is follow the three ps:

"A 'date' must pass the test of the three ps: (1) planned ahead, (2) paid for and (3) paired off," Elder Oaks said.

Those are simple guidelines to help you create a good time for you and your date. They aren't there to constrict you or make you follow a rigid pattern; instead they aim to help you have the optimal experience for getting to know someone.

"Just make it light," Boberg said. "If you're laughing, being social and having fun, it won't feel awkward or serious."

#### Hanging out has its place

Hanging out can be a great way to meet people and enjoy your friends' company; it is not inherently bad. When mixed with dates, hanging out can help you develop healthy social relationships.

"I don't think it makes sense to feel like you can only go on dates or only hang out," Curtin said. "Why not increase the dates and the hanging out and just be social?"

Hanging out only becomes a problem when it begins to replace regular, casual dates that allow you to get to know someone.

"My single young friends, we counsel you to channel your associations with the opposite sex into dating patterns that have the potential to mature into marriage, not hanging-out patterns that only have the prospect to mature into team sports like touch football," Elder Oaks said.

Develop those healthy patterns now. By doing so you'll avoid falling into the hang out-only trap that can keep you from achieving your potential in relationships.

## 'SHOP AROUN

"It's worth the risk (to try now)."

In the end, neither of you will know if it can work unless you try. Leaving the hang out zone is a risk, but so is staying where you are and looking back with regret when your friend walks away.

An additional obstacle to dating at BYU is the assumption that a date needs to be a formal, lavish affair.

#### Dates should be simple

One of the allures of hanging out is the informal, low-pressure atmosphere it fosters. But what BYU students don't realize is that dates can (and should) have this atmosphere too.

#### A 'DATE' MUST PASS THE TEST OF THE THREE Ps:

#### Planned Ahead



#### **Paid For**



#### **Paired Off**



# FROZEN YOGURT & A MOVIE?

YOU CAN DO BETTER THAN THAT.



### **JUST A FEW**

# Date Ideas

When you're stumped for something to do, here are a few suggestions to update your dates. Do you have a suggestion or update? Fill us in at two.byu.edu, at @byudates on Twitter or BYUDates on Facebook.

	Relationship status
•	First date
**	Dating
***	Serious dating

	Expense
free	Nocharge
\$	Affordable
\$\$	A bit rich
¢¢¢	Expensive

<del></del>	Need car/
<del></del>	transportation
$\blacksquare$	Long date
N	Short date
† <b>†</b> † <b>†</b>	Group date

Active
Explore 53
First Dates 54
Restaurants 55
Ice cream, Yogurt, Dessert 55
Free
Learn
Movies 58
On Campus58
Outdoors 59
Performing Arts 60
Play 60
Serious Relationships 62
Serve 62

#### Active

#### Indoor archery

Rent equipment to shoot a bow and arrows. It is \$10 to rent the equipment. They also have group rates. jakesarchery.com/indoor\_archery\_range

#### Go for a bike ride

#### Get a group and play Frisbee golf

It is a fun new way to play Frisbee. An individual has to throw a Frisbee at a target and try to get it in it. As long as you have Frisbee, the place will provide everything else. utahvalleyfrisbeegolf.com

#### Break a sweat jumping

trampoline

Visit an extreme trampoline park. It is a lot of fun and a great way to show off. getairhangtime.com, facebook.com/lowesairsports

♥ \$ <del>=</del> ×

#### Go on a hike

Go somewhere like Aspen Grove, Battle Creek Falls, Big Springs, Bridal Veil Falls, the Y, Mill Canyon, Provo River Parkway, Rock Canyon or Stewart Falls. Be smart: check the weather forecast before you go; charge your phones; wear appropriate clothing; have sufficient food and water; and make sure someone knows where you are going and when you will return.

#### 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. provo. org/community/peaks-ice-arena

♥ \$\$ 🖨 ×

#### Escape the cold and go to Provo Beach Resort

They have miniature croquet, ropes course, flow rider, a golf simulator and so much more. \$5-\$20 per person.

🔻 varies 🖨 🖊

#### Play racquetball

Go to BYU's racquetball courts in the RB and play a game.

♥ free 🖊

#### 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

\$\$ 🖨

#### Go roller skating

See ice skating above. Less cold. classicfuncenterorem.com

🛡 \$ 🚘 💉

#### Go to one of Utah's many ski resorts

Get cheap rates for rentals at BYU
Outdoors and go skiing. outdoors.byu.edu
\$\$

#### Go snowboarding

Utah does have the best Snow on earth. Go to one of the many snowboarding resorts in Utah and test out the snow. Pack snacks because it will make you hungry. utah.com/ski/ board.htm

\$\$ 🖨

#### Hike at sunrise

Get up early and hike to the top of a mountain to watch the sunrise from an incredible view.

♥♥ 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

**♥♥**\$ *N* 

#### Play tennis

#### 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.

**\*\*\*** \$\$

#### **Try Zumba**

Combine exercise and dancing and have a blast.

♥ \$ *N* 

#### **Explore**

#### **Drive the Alpine Loop**

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

\$ 🖨

#### Visit the aquarium

See sharks and penguins at The Living Planet Aquarium. thelivingplanet.com/index.php

**♥♥ \$\$\$** 

#### 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 🖊 🛚

#### Visit the Cathedral of the Madeleine

You don't need to go to Europe to see incredible architecture, just Salt Lake City. utcotm.org

free

#### Drive around town looking at Christmas lights

Get into the Christmas spirit.

\$ N X

#### Go through a corn maze

Try the 12-acre corn maze at Cornbelly's, located at Thanksgiving Point. cornbellys.com

\$\$

#### 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

♥ free

#### Go to the farmers market

The Provo Farmers Market is full of fresh foods and crafts. It is open through October from 9 a.m. to 2 p.m. every Saturday at Pioneer Park. The LaVell Edwards Stadium Farmers Market runs from 3 to 7 p.m. or dusk (whichever is earlier) in the south

stadium parking lot, Thursdays until late October. unvr.se/byufarmers

**♥**\$ **= /** 

#### **Take FrontRunner**

Ditch the car and take Frontrunner to downtown Salt Lake City. rideuta.com

**\*\*** \$\$

#### Go geocaching

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

Visit Hatch's Chocolates

This Salt Lake City chocolate shop has many handmade chocolates and famous hot chocolate that is

made using a blend of melted solid chocolates. hatchfamilychocolates.com

♥♥♥ \$\$\$ 😝

#### Go to a haunted house

There are the many haunted houses in Utah during October. Getting spooked is the perfect excuse to hold hands.

♥ \$ 🖨 ×

#### **Ride the Heber Creeper**

Go on a scenic train ride. Themed rides are offered before multiple holidays. hebervalleyrr.org

**♥♥**\$\$ **≘** 

#### 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

\$\$

#### Go to the hot springs

Go at a cool time of the year or at night during the summer.

♥♥♥ free 🖨 🛚

#### Go to the Ice Castles

Handmade ice castles in Midway are a must see.

**v** \$ 🚍

#### Go to IKEA

Play house with the room setups.

**y** 📻

#### See what everyone is talking about at the Museum of Natural Curiosity

The Museum of Natural Curiosity is a new exhibit at Thanksgiving Point. It if fun for all ages, with a lot to explore and find out about. thanksgivingpoint. org/curious

♥\$\$ <del>==</del> \*

#### Experience Oktoberfest at Snowbird

Go to Snowbird's Oktoberfest that includes a Mountain Coaster, Aerial Tram, the Alpine Slide and so much more. Only on Fridays, Saturdays, and Sundays until mid-October. snowbird. com/oktoberfest-getaway

**♥♥**\$\$ <del>=</del>

#### **Tour the Peppermint Place**

Located in American Fork, you can watch candy being made and sample a few.

♥♥ free 🖨 🗡

#### **Restaurant hopping**

Go to different restaurants and only order desserts.

♥ \$\$ × ¤

#### Take a mini road trip

A short road trip to nowhere creates the perfect atmosphere for spending time together. Who knows what you'll discover outside of Provo.

♥♥ free 😝 🛚

#### Do a ropes course

Try the CLAS Ropes Course in Provo. clasropes.com

\$\$ †<del>†</del>†† 😝

#### Visit the Springville Museum of Art

See new galleries and enjoy impressive works of art. smofa.org

free 🖨

#### **Visit the State Hospital Castle**

Wander the ramparts of the old State Hospital Castle. There's an outdoor amphitheater, fireplace and a couple of parks for games and picnics. But go there early. When the sun sets, security will kick you out.

♥ free 🖨 🖊 🛚

#### Go see and experience

#### The Leonardo

The Leonardo once in a life time exhibits that come and go. You better see the one that is there now before it leaves for good. theleonardo.org

**♥ \$\$** 🖨

#### Go thrift shop hopping

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

🛡 \$ 🚘 🖊 🛚

#### **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

**♥♥**\$\$ 🖨

#### Take a walk

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

🛡 free 🖊 🛚

#### Visit the Woodbury Art Museum

Go to an exhibit that interests both you and your date. uvu.edu/museum

🛡 free 🖨 🗡

#### **First Dates**

#### Have a picnic in your apartment

Set up a picnic on the floor of your apartment. This is a great idea for a rainy day.

♥ free 🖊 🛚

#### See who can get the best buy

Go to the mall and see who can get the best buy with \$5.

♥ \$ N

#### Draw with sidewalk chalk

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

♥ free 🖊 🛚

#### **Get Chinese food**

Go to an authentic Chinese place and try what real Chinese food is like.

#### Find a Christmas concert

It can be anything form a middle school concert to an angelic orchestra.

**♥** \$ <del>=</del>

#### 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

#### Have a French toast bar

Get a group together and have everyone bring an item to put on their French toast.

**♥** \$ ††† *×* 

#### Make a reservation at Homestead Crater

There is a warm spring in a crater. People can soak, snorkel or scuba dive. 700 North Homestead Drive, Midway. homesteadresort.com

**V** \$\$ 🚍

#### Experience a meal from the '50s at Johnny Rockets

Experience the "original hamburger" from the '50s at Johnny Rockets. It is located at the Traverse Mountain Outlets. johnnyrockets.com

♥ \$\$ 🖨 N

#### Go to a poetry reading at a coffee place

You don't need coffee to have a great time.

**♥**\$ ₩

#### Go roller blading

If you do not own roller blades, go to the classic fun center to go roller blading. It is \$6 per adult for an hour. classicskating.com

♥ \$ <del>=</del> \*

#### Make a shirt for each other

Buy plain white T-shirts and either tie dye or use fabric markers to decorate them.

**\*** \$ **\*** 

#### Make/design the handle of a spoon

Buy clay that can be baked, mold it and design the clay around the spoon's handle. When finished bake the spoons in the oven so the clay will set.

**♥** \$ *⋈* 

#### Have fun with spray paint

Spray paint street art on cardboard with stencils.

> M

#### Make a tin foil dinner

Pretend you're camping and make tinfoil dinners.

**w** \$

#### Go to the Utah Valley Renaissance Faire

Located at Thanksgiving Point, the Renaissance Faire is held Sept. 27 and 28. Tickets can be purchased online. utahvalleyrenaissancefaire.com

**♥♥** \$\$ **≘** 

#### Have a chocolate tasting night

Sample a variety of rich, creamy chocolates. The BYU Store has a wide variety.

♥♥ \$\$ 🚔 🗡 🛚

#### Go to the dollar store

See what games and trinkets you can find to use that night.

\$ 🖨 🖊 🛚

#### Cook with a Dutch oven

Find a Dutch oven (available for rent at BYU Outdoors) and enjoy meat, potatoes or even apple crisp.

. • \$\$

#### 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.

♥\$ 🖨 N

#### Make fondue

Have a fondue night and make cheese fondue to dip bread and apples. For dessert, make chocolate fondue and dip strawberries and bananas.

₩¥\$ N

#### Cook and bake in your kitchen

Instead of going out to eat, find some good recipes and make dinner and dessert together.

♥ \$ ×

#### Go country dancing

Grab a cowboy hat and head to The Center in Provo.

♥ \$ <del>=</del> ₩

#### **Cook mission food**

Show off a piece of your mission's culture. If your date served a mission, invite them to make a course from their mission.

₩ **\$** ₩

#### Play games at Nickel City

The Nickel City arcade will bring you both back to your childhood years.

#### **Restaurants**

#### **Aubergine & Company**

1365 S State St, Orem,. 801-224-7484

#### **Bamboo Hut**

This Hawaiian grill serves lunch and dinner. 2304 N University Pkwy. bamboohutprovo.com 801-655-1911

#### **Bangkok Grill**

Located in Orem. Bangkok Grill offers Asian cuisine. 338 E 800 S, Orem. yelp.com/ biz/bangkok-grill-orem 801-434-8424 \$\$

#### **Bombay House**

Submerse yourself in the culture of India as you smell the aroma of the many exotic Indian spices. 463 N University Ave. bombayhouse.com 801-373-6677

\$\$\$

#### **Brick Oven**

Located right by campus, these pizzas are always made from scratch. 111 E 800 N. brickovenrestaurants.com 801-374-8800 \$\$

Play all of your favorite classic arcade games. nickelcityorem.com

♥ \$ 🚔 N

#### Design something out of Post-it Notes

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

♥ \$ 💉 🛚

#### Plan a progressive dinner

Get three or four couples together and jump from apartment to apartment for each course of the meal.

**♥** \$ †††

#### Redbox

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

♥ \$ 🖨 🗡 🛚

#### Make chocolate-covered strawberries

This rich dessert is a romantic finish to an enjoyable evening.

**♥** \$ *N* 

#### Host a tea party

Make sandwiches and fruit punch. Dress up and enjoy a sophisticated brunch.

**♥** \$ ††† *N* 

#### Go to the Varsity Theater

See a movie for just \$1 per person.

**♥** \$ *⋈* 

#### **Burgers Supreme**

This classic burger joint is a Provo favorite. 1796 N University Pkwy. burgerssupreme.com 801-373-5713

#### Cafe Rio

Enjoy some fresh Mexican food. 2250 N University Pkwy. caferio.com 801-375-5133 \$\$

#### **Cafe West**

Located on the 1st floor of the West building in the Intermountain Utah Valley Regional Medical Center, this restaurant offers American food for breakfast, lunch and dinner. 1034 North 500 West. intermountainhealthcare.org 801-357-7625

\$

#### Cafe Zupas

Soup, salads and desserts. Perfect for a date. 408 West 2230 North. cafezupas.com 801-377-7687

\$

#### Chef's Table

**Experience fine dining at this four-star restaurant.** 2005 S State St, Orem. chefstable.net 801-235-9111

\$\$\$

#### Costa Vida

Catch the wave for this fresh Mex food. 575 E. University Ave. costavida.net 801-225-5220

¢

#### Crown Burger

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

\$

#### **Demae Japanese Restaurant**

Demae has been in Provo for many years and offers classic Japanese dishes. 82 W Center St. demae-japanese.com 801-374-0306

\$

#### **El Salvador Restaurant**

This modest restaurant offers authentic Salvadoran food. 332 W Center St. yelp.com/biz/el-salvador-restaurant-provo 801-373-5377

¢

#### Four Seasons Hot Pot & Dumplings

This Chinese restaurant offers a unique dining experience. 236 N University Ave. yelp.com/biz/four-seasons-hot-pot-and-dumpling-provo 801-375-6888

Gloria's Little Italy

This Italian restaurant is located off University Avenue in downtown Provo. 1E Center St. gloriaslittleitaly.com 801-805-4913

\$\$\$

#### Guru's Cafe

Open for breakfast, lunch and dinner, Guru's Cafe offers unique soul food. 45 East Center Street. guruscafe.com

801-375-4878 **\$\$** 

#### **Happy Sumo**

Located at the Riverwoods, this sushi restaurant offers fresh sushi. 4801 N. University Avenue. happysumosushi.com/ index.php 801-225-9100

\$\$\$

#### India Palace

India Palace offers classic Indian dishes such as tika masala and nan. 98 W Center St. indiapalaceut.com 801-373-7200

#### **JDawgs**

JDawgs, located just south of campus, is an iconic restaurant for BYU Cougars. 858 N 700 E. jdawgs.com 801-373-3294

#### Jimmy John's Gourmet Sandwiches

This sub shop even offers delivery — perfect for a quick bite. 2308 N University Pkwy. jimmyjohns.com 801-375-7777

**Kneaders Bakery and Cafe** 

Kneaders offers soups and sandwiches and is particularly famous for its French toast. 295 W 1230 N, kneadersbakery.com 801-812-2200

¢

#### La Dolce Vita Ristorante Italiano

This family-owned Italian restaurant seeks to bring foods of Naples to Provo. 61 N 100 E. ladolcevitaprovo.com 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. lajollagroves.com 801-224-5111

\$\$\$

#### **Legends Grille**

Right on campus, this sports grill offers classic dishes before any big game. dining.byu.edu/legendsgrille 801-422-3757

\$\$

#### **Los Hermanos**

Los Hermanos offers Mexican dishes and drinks including their famous nonalcoholic specialty drinks. 71 East Center Street. loshermanosutah.com 801-375-5732 \$\$

#### **Lotus Garden Restaurant**

This Chinese restaurant offers online ordering for both takeout and reservations. 56 W Center St. lotusgardenprovo.com 801-374-0753

#### Magleby's Fresh

Try their breakfast menu or their famous chocolate cake. 3362 N. University Ave. maglebysfresh.com 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

#### lce Cream, Yogurt, Dessert

#### **Baskin Robbins**

Try one of the 31 flavors. 29 E 1230 N. baskinrobbins.com 801-377-0031

\$

#### **Cold Stone Creamery**

Classic ice cream shop. 2302 North University Parkway. coldstonecreamery.com 801-373-4703

#### Coney's Frozen Custard

**A yummy treat.** 242 East University Parkway, Orem. coneyscustard.com 801-371-0500

#### **Creamery on Ninth**

Delicious soft-serve and packed ice cream as well as shakes and a smorgasbord of toppings. 1209 N 900 E, Provo. dining.byu.edu/creamery 801-422-2663

#### Farr's Fresh Ice Cream

1073 South 750 East, Orem. farrsfresh.com 801-616-5001

#### **Hello Yogurt**

Frozen Yogurt 376 East University Parkway, Orem. yelp.com/biz/hello-yogurt-orem 801-802-7888

#### **Ike's Creamery**

Incredible Blue Bell Ice Cream. Worth every penny. 4801 University Avenue, Provo, Utah 84604. facebook.com/ikescreamery 801-224-5001

#### Macey's Kong Kone

This epic ice cream cone is a must have! 1400 North State St.. 801-356-3216

#### Sub Zero

1774 N University Pkwy. subzeroicecream.com 801-375-0104

#### The Chocolate

The Chocolate is known as the perfect place for a DTR. Naturally, it's the perfect place for a date night. Find a quiet corner in this sweet bakery and share a dessert. 212 S State St Orem. thechocolatedc.com 801-224-7334

\$

#### Yogurtland

The land for all yogurts. 534 East University Parkway. yogurt-land.com 801-225-5440

\$

in Africa. 4801 N University Ave #110. malawispizza.com 801-225-2800

#### **Mountain West Burrito**

Enjoy casual Mexican cuisine just south of BYU campus. 815 N 700 E. mountainwestburrito.com 801-805-1870

#### Nicolitalia Pizzeria

This pizzeria offers 16 specialty pizzas inspired from the east and west coasts. 2295 N University Pkwy. nicolitaliapizzeria. com 801-356-7900

#### . .

#### **Pantrucas Chilean Restaurant**

Enjoy the food and the people at this authentic Chilean restaurant. 3161 North Canyon Road. pantrucas.com/food 801-373-9712

#### ⊅

#### Pita Pit

Try fresh and healthy flat bread dishes. 240 N University Ave. pitapit.com 801-356-7482

#### Pizza Pie Cafe

This family-owned restaurant started in Rexburg, Idaho and has developed and grown into what it is today. 2235 North University Parkway. pizzapiecafe.co 801-373-5561 \$\$

#### Pizzaria Seven Twelve

The chefs at this casual restaurant have a "heartfelt desire for sharing

the beauty of good, simple food." 320 State St Orem. pizzeria712.com 801-623-6712

#### Rancherito's Mexican Food

Rancherito's has multiple locations in Utah and serves Mexican cuisine. 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 Street, Orem. rollupmycrepe.com 801-882-7373

#### Romano's Macaroni Grill

The Macaroni Grill strives to combine tradition and innovation to create memorable Italian dishes. 4801 N University Ave #50. macaronigrill.com 801-765-1688

#### **Ruby River**

Eat at this American steakhouse in southern Provo. 1454 S. University Ave. rubyriver.com 801-371-0648

#### Saigon Cafe

This family-owned restaurant offers Chinese cuisine. 440 W 300 S. saigoncafeprovo.biz 801-812-1173

#### Sam Hawk Korean Restaurant

This restaurant is one of few that offer Korean cuisine. 660 N Freedom Blvd. yelp.

com/biz/sam-hawk-korean-restaurant-provo 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. sammyspieshake.com 801-805-9208 \$

#### Skyroom (in the Wilk)

The Skyroom is a perfect lunch date that is right on BYU campus. dining.byu. edu/skyroom 801-422-9020

#### Slab Pizza

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

#### **Spicy Corea**

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

#### Sweet's Island Place

Sweet's Island Place offers tropical drinks and dishes. 711 Columbia Ln. yelp. com/biz/sweets-island-restaurant-provo 801-374-0000

#### Torra Mir

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

#### **Thai Ruby Restaurant**

Thai Ruby menu items include five elements: hot, sour, sweet, salty and bitter. 744 East 820 North. thairubyfood.com 801-375-6840 

◆◆

#### Thai Village

Thai Village offers authentic Thai cuisine. 410 N University Ave. thaivillageprovo.com 801-691-0922

#### The Banana Leaf

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

#### The Pie Pizzeria

Known as "The Pie" to locals, this pizzeria is known to many as "the best kept secret" in Salt Lake City. 273 S 1300 E, Salt Lake City. thepie.com 801-582-5700 \$\$

#### The Sensuous Sandwich

The Sensuous Sandwich offers a variety of succulent subs. 163 West Center Street. sensuoussandwich.com 801-377-9244

#### Tucanos Brazilian Grill

Located at The Riverwoods, Tucanos offers all-you-can-eat Brazilian cuisine. Apply to their birthday club and during the month of your birthday you will get a free meal. 4801 N University Ave #790. tucanos.com 801-224-4774

#### Free (or almost free) Dates

#### Watch "Adventure Time"

#### Collect rubbish from around the apartment and make art

See if you can make something cool out of random objects.

free ✓ 

✓

#### Write a bucket list

Share your lifelong goals and ambitions with your date.

♥♥♥ free 🖊 🛚

#### Make cards for each other and then send them in the mail

Draw pictures and get creative.

**\*\*\*** \* **X** 

#### Do the crossword puzzle together

Pull out a crossword. If a date is going well, you can spend a little more time together.

free 🖊 🛚

#### Dance in your living room

If you know how to swing dance or cha-cha, make a playlist and dance together in your living room.

♥♥ free 🖋 🛚

#### Make a fort

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

♥♥ free 🖊 🛚

#### Make a movie

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

free

#### Check out a movie from

#### the media center

Get a movie for free at the HBLL's media center.

♥ free 🖊 🛭

#### Watch an entire TV series together

Pop in a series you've been dying to watch and start from the beginning.

♥♥♥ free 🏻

#### Watch a black and white movie or a silent film

Rent an old movie and see if you can stay interested in it the entire time. Make sure to have some popcorn.

♥♥ \$ ៷ 🛚

#### Origami with newspapers

Check out a book from the library on origami, and make fun shapes with newspaper. It is a great way to decorate an apartment. origami-instructions.com

♥ free 🖊 🛚

#### Go to the mall and people watch

See what interesting people you can find as you peruse the mall.

🕶 free 🖨 🖊 🛭

#### Visit a pet store

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

♥♥ free 🖨 🖊 🛚

#### 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 🖊 🛚

#### Have a photo shoot

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

♥♥♥ free 🖊 🛚

#### Make paper sail hats

Watch YouTube for instructions on how to make paper sail hats and make them. Take silly pictures in them.

♥ free 🖊 🛚

#### **Visit Santa Claus**

Go to the closest mall, sit on Santa's lap and tell him what you want for Christmas.

♥ free 🖨 🖊

#### Star gaze

Get out of the city and find a place where you can see the stars.

♥♥ free 😑 🖊 🛚

#### Find a good lookout spot and watch the sunset

Drive to the base of the Y hike parking lot and watch the sun go down.

♥♥♥ free 🖨 🗡 🛚

#### Go tunnel singing Sunday night

On Sunday evenings go down and sing hymns at the Marriott Center tunnel.

♥ free 🖊 🛚

campus newspaper

# Pick it up!

New editions out every

Online at universe.byu.edu

@UniverseBYU

#### Movies

#### **Upcoming Major Movies**

Annie

Opens Dec. 19

Big Hero 6

Opens Nov. 7

**Book of Life** 

Opens Oct. 17

Interstellar

Opens Nov. 7

Into the Woods

Opens Dec. 25

Night at the Museum: Secret of the Tomb

Opens Dec. 19

The Boxtrolls

Opens Sept. 25

The Hobbit: The Battle of Five Armies

Opens Dec. 17

The Hunger Games: Mockingjay, Part 1

Opens Nov. 21

#### **Local Theaters**

#### **Carmike Wynnsong 12**

4925 N Edgewood Dr

Cinemark 16

1200 Towne Centre Blvd

**Cinemark American Fork** 

715 W 180 N. American Fork

**Cinemark Draper and XD** 

12129 S State St. Draper

Cinemark Moves 9

9539 S 700 F Sandy

**Cinemark Movie 8** 

2424 N University Pkwy

**Cinemark University Mall** 

1010 S 800 E, Orem

**Mammoth Screen Theater** 

2929 N Thanksgiving Way, Lehi

Megaplex Theatres Lehi

2935 N Thanksgiving Way, Lehi

Megaplex 17 Jordan Commons

9400 S State St, Sandy

**Stadium Cinemas** 

633 S 950 W, Payson

**Towne Cinema** 

120 W Main St. American Fork

Water Gardens **Pleasant Grove 6** 

912 W Garden Dr, Pleasant Grove

**Water Gardens Spanish Fork 8** 

790 Expressway Ln, Spanish Fork

#### **Varsity Theater**

**Hocus Pocus** 

Oct. 31, WSC.

Maleficent

Oct. 10-11, 17, WSC.

#### **International Cinema**

250 SWKT. ic.bvu.edu/now 801-422-5751

A Better Life (English)

Nov 11-15

A Christmas Carol [1951] (English)

Dec 2-6

All Ouiet on the Western

Front (English)

Oct. 7-11

Amal (Hindi)

Oct. 7-11

Come Drink with Me

(Cantonese)

Oct 14-18

**Crouching Tiger Hidden** Dragon (Mandarin)

Oct. 14-18

Dirty Hearts (Japanese)

Nov. 4-8

Favela Rising (Portuguese)

Nov 18-22

Gallipolli (English)

Sept. 23-27

Henry V (English)

Oct. 7-11

Hotel (German)

Oct. 28-Nov. 1

James' Journey (Hebrew)

Nov. 11-15

Joyeux Noel (French)

Dec. 2-6

Lawrence of Arabia (English)

Sept. 30-Oct. 4

More Than Honey (German)

Nov. 4-8

Rare Exports (Finnish)

Dec. 2-6

Still Mine (English)

Nov 4-8

#### Take Care of My Cat (Korean)

Nov. 18-22

Terraferma (Italian)

Nov. 11-15

The Cabinet of

Dr. Caligari (Silent)

Oct. 28-Nov. 1

The Eye (Cantonese)

Oct. 28-Nov. 1

The Grandmaster (Mandarin)

Oct. 14-18

The Italian (Russian)

Nov 18-22

The Missing Picture (French)

Sept. 23-27

The Well Digger's Daughter (French)

Oct. 21-25

Valentin (Spanish)

Sept. 23-27

Vertical Ray of the Sun (Vietnamese)

Oct. 21-25

Wadida (Arabic)

Oct. 21-25

Winter Light (Swedish)

Sept. 30-Oct. 4

#### L. Tom Perry **Special Collections Archive Film Series**

Auditorium, Level 1, HBLL. sites.lib.byu.edu/ artcomm

Christmas in Connecticut [1945]

free

Glass Menagerie [1950]

Nov 7

Laura [1944]

Sept. 26.

Mark Twain [1944] Nov. 21.

Miracle on 34th Street [1947]

Dec. 11.

O Henry's Full House [1952] Oct 10

Ramona [1928]

Sept 12.

Sorry, Wrong Number [1948]

Oct 24

#### Learn

#### Play 20 Ouestions

Write a list of 20 questions to ask each other. Share your answers afterward.

♥ free 🖊 🛚

#### Melting crayons

Create crayon art.

\$\$

#### Read children's books at the HBLL

Pick out your favorites from childhood and read them together.

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 😝 🖊

#### Take a certification class together

Become certified together it can be anything from scuba to hunters safety.

**\*\*** \$\$

#### 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.

**♥♥** \$\$ †††

#### 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

♥ free

#### Make gingerbread houses

Use graham crackers instead of gingerbread for a cheaper and more easily accessible option.

#### On campus

#### See what is at the

Bean Museum Go to the Bean Museum or Museum of Paleontology and sketch what you see. free 🖊

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

See University Singers BYU's top choral group is preparing for a spring 2015 tour in China and a 30 year reunion.

Go to a BYU sports game

Show your team spirit and support one of the many different sports teams at BYU. byucougars.com

Go caroling

Go Christmas caroling around campus. free †††† 💉

#### Visit the Museum of Ancient Life

This dinosaur museum is located at Thanksgiving Point. thanksgivingpoint. org/visit/museumofancientlife

free

#### 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 🖊

#### Make paper airplanes

See who builds the most sound aircraft.

♥ free 🖊 🛚

#### Learn Photoshop at the HBLL

Basic photography skills will be useful for the rest of your life. train.byu.edu ♥ free

#### Go on Pinterest and find a DIY project

Find a craft that you both will enjoy.

**\*\*** \$

#### Make rock candy

Look up instructions on YouTube and dive in to sugar secrets of the culinary arts.

\$ =

#### Go Couponina

Gather coupons and score some killer deals.

\$\$ 🖨

#### Outdoors

#### Have a barbecue for two

Grill chicken or burgers outside and enjoy a sunny day in the spring or summer.

**\$\$** 

#### Go to the Chalk the Block art festival

See impressive chalk art at the Riverwoods.

🛡 free 🖨 🖊

#### Hit balls at the driving range

Take your date to a driving range. Show off your swing.

**♥** \$\$ <del>=</del>

#### Take a hav ride

Go for a hay ride around town.

#### Visit the Hogle Zoo

Admission is \$11.95 October through April and \$14.95 from May to September. Tickets are available online. hoalezoo.ora

♥♥ \$\$ 🚔

#### Roast marshmallows

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

**♥** \$ *N* 

#### 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 🖊 🛚

#### **Zion Canyon Music Festival**

Sept. 26-27 126 Lion Boulevard, Springdale. zioncanyonmusicfestival.com

VV \$ 😝

#### Have a picnic in Provo Canyon

Don't forget a blanket and picnic basket to share!

♥♥ \$ 🚔 🗡

#### Have a picnic on the roof

Add a twist to your typical picnic.

**\*\*\*** \$ *N* 

#### Take a sleigh ride

Go for a fun sleigh ride around town.

**♥♥** \$\$ *N* 

#### Play Annie Oakley at a shooting range

Take that city boy/girl to the shooting range and show off your shooting skills. They offer activities from trap doubles to sporting clays. provo-canyonfun.weeblv.com/shooting.html

🕶 \$\$ 🚖 🗡

#### Go sledding

Find the biggest hill in Provo and go sledding.

free 🖊

#### Construct a snow cave

Play in the snow during winter months. free \*

#### Build a snowman

Build a snowman in your front yard.

#### See the Christmas lights on Temple Square

During the Christmas season, drive to Salt Lake City and enjoy the lights while walking around Temple Square.

#### Ride a Zipline

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

#### **Local Parks**

#### **Bicentennial Park**

1440 S 1600 E. parkfinder.provo.org

#### Bonneville Park

1450 N 800 W. oremrecreation.com

#### Joaquin Park

400 N 400 E. parkfinder.provo.org

#### **Kiwanis Park**

820 N 1100 E. parkfinder.provo.org

#### **Memorial Park**

800 E Center St. parkfinder.provo.org

#### Paul Ream Wilderness Park

1600 W 500 N. parkfinder.provo.org

#### Pioneer Park

500 W Center St. parkfinder.provo.org

#### Rock Canyon Park

2620 N 1200 E. parkfinder.provo.org

#### SCERA Park

600 S State St, Orem. oremrecreation.com

#### **Vivian Park**

Provo Canyon. utahcounty.gov/Parks

#### **Ski Resorts**

utah.com/ski

Alta Ski Resort **Brighton** Canyons **Deer Valley** Park City Snowbird Solitude

Sundance

#### Attend Divine Comedy

Take a lovely lady to Divine Comedy. Tickets are \$5 each. For an even cheaper date, go to a Divine Comedy tech show. It's free! byudivinecomedy. wordpress.com

♥ \$ N

#### Experience one of the **Education in Zion date nights**

The Education in Zion Gallery in the Joseph F. Smith Building, has different activities that you can for a date and it is all free. Some of the activities are Old Nauvoo Dancing, Hispanic Heritage programs, and more. Some nights they offer free food as well, educationingion. byu.edu

♥ free †††† ×

#### Play at the Eyring Science Center

The lobby of the science center is interactive and educational.

♥ free 🖊 🛚

#### 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

♥ free

#### **Attend BYU International** Cinema

Watch an international cinema. Films are shown in 250 SWKT. ic.byu.edu

♥ free ✓

#### Perform karaoke at the Wall

Every Wednesday night is karaoke at the Wall. thewall by u edu

♥♥ free 💉

#### See a student recital at the Madsen Recital Hall

In the evenings the School of Music holds student and faculty recitals including solos, small ensembles and chamber music. 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.bvu.edu

♥ free,\$ ×

#### 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 💉

#### See a show at the Nelke **Experimental Theatre**

The Nelke Experimental Theatre is designed for playwrights and directors to create new theatre experiences. A performance here would be unforgettable. Look in the Performing **box** arts.byu.edu

\$ 1

#### 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

♥ free 🖊

#### Go to the Planetarium

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

♥ \$ N

#### See a Student Show at the HFAC

New shows are constantly being displayed at the HFAC. Enjoy the artwork on all three floors and find your inner art critic.

ree 🖊

#### Take a Stroll

Strolls are the perfect date You can get to know someone for a first date, have deep conversations, or play around as you walk and improvise on the stroll.

#### **Campus Stroll**

Stop by fruit trees throughout campus and end at the JFSB balcony.

#### Center Street Stroll

Walk down Center and check out some of the shops and restaurants that look interesting to you. This could easily lead to another date.

#### Eyring Science Center/ **Planetarium Stroll**

Walk up to campus and end at the Eyring Science Center to experiment with some of the exhibits.

#### **Fruit Orchards Stroll**

Look up a fruit in season and go walk the orchards together as you pick fresh fruit. pickyourown.org/UT.htm

#### Museum of Art Gardens & HFAC

There are beautiful sculptures in between the MOA and the HFAC. If you are enjoying your time together, pop into either building and take a look at the art

**Performing Arts** 

Nov. 11 800 W University Pkwy, Orem.

41955 Maverik Center, 3200 S. Decker Lake

Take part in this interactive improv

experience. Tickets are \$8 online or \$10 at the door. comedysportzutah.com

Downtown Provo has a great concert

scene. Venues like Muse and Velour

have concerts throughout the week

Get tickets to a concert from UVU's

Sorensen Student Center. Find more

information online. uvu.edu/ragan

for reasonable prices (\$3 to \$7).

musemusiccafe.com, velourlive.com

See a concert at the

Ragan Theater

Drive, West Valley. maverikcenter.com

Experience a show at

**Comedy Sports** 

Go to a concert at

**Muse or Velour** 

uccucenter.com 801-467-8499

The Black Keys

800-745-3000

\$\$\$

\$\$\$

#### **Riverwoods Stroll**

Walk through the Riverwoods and stop by some of the shops to play with the toys.

#### **South of Campus Stroll**

It's fun to stroll the streets south of campus and look for a park to play at. Only a few have swings so you might want to check them out ahead of time.

#### Temple Grounds Stroll

A walk around the temple can help you connect with the person you are dating on a different level. Just make sure it's the right time before you go.

#### **Thanksgiving Point**

Stroll through the gardens.

#### University Avenue Stroll

Walk down University and check out all the shops. Take one side on the way up and the other on the way back down.

#### On-campus

#### **Performing Arts**

arts.byu.edu 801-422-2981

#### A Midsummer Night's Dream

Feb. 4-7, 11-14 Nelke Theatre, HFAC

#### Actors From the London Stage/ **Much Ado About Nothing**

Sept. 25-27 JFSB outdoor courtyard

#### American Piano Ouartet

Sept. 24 de Jong Concert Hall, HFAC.

#### An Evening with the **Opera Chorus**

Dec. 10 Madsen Recital Hall, HFAC.

#### **Ballet in Concert**

Jan. 29-31 Pardoe Theatre, HFAC.

#### **Ballet Showcase**

Nov 7-8 169 RB

#### **Ballroom in Concert**

Apr. 10-11 Marriott Center.

#### **BFA New York Showcase**

Apr. 9-10 Nelke Theatre, HFAC.

#### **BYU Choir Showcase**

Sept. 25-26 de Jong Concert Hall, HFAC.

#### BYU Folk Music Ensemble

Nov. 11 Madsen Recital Hall, HFAC.

#### **BYU Instrumental Showcase**

Oct. 1 de Jong Concert Hall, HFAC. familyconcerts.byu.edu 801-422-2981

#### **BYU Jazz Ensemble**

Nov. 6 de Jong Concert Hall, HFAC.

#### BYU Jazz Showcase

Sept. 30 de Jong Concert Hall, HFAC.

#### **BYU Philharmonic**

Nov. 19 de Jong Concert Hall, HFAC.

#### BYU Philharmonic: **Evening of Concertos**

Feb. 11 de Jong Concert Hall, HFAC.

#### **BYU Singers & Concert Choir**

Mar. 13, Nov. 14-15 de Jong Concert Hall, HFAC.

#### **BYU Singers 30th Anniversary Concert**

Mar. 27 de Jong Concert Hall, HFAC.

#### BYU Spectacular

Oct. 16-17 Marriott Center.

#### BYU Symphonic Band

Oct. 28 de Jong Concert Hall, HFAC.

#### **BYU Symphony Orchestra**

Oct. 29 de Jong Concert Hall, HFAC.

#### **BYU Wind Symphony**

Nov. 5 de Jong Concert Hall, HFAC.

#### **Celebration of Christmas**

Dec. 5-6 de Jong Concert Hall, HFAC.

#### Chamber Orchestra

Dec. 2, Mar. 19 de Jong Concert Hall, HFAC.

#### Christmas Around the World

Dec 5-6 Marriott Center

#### **Classical Greek Theatre** Festival: Hecuba

Sept. 22 de Jong Concert Hall, HFAC.

#### Compagnie sens Dessus Dessous: Linea

Feb. 5-7 Pardoe Theatre, HFAC.

#### Cougar Marching Band

Nov. 18 de Jong Concert Hall, HFAC.

#### **Center Theatre** Get tickets to musicals including "A

Christmas Carol" and "Mary Poppins." hct.org

See a performance at the

**Covey Center for the Arts** 

enjoy. coveycenter.org

♥ \$\$ <del>=</del>

The Covey Center hosts plays, musicals

and concerts throughout the year. Get tickets to a show that you will both

See a show at the Echo Theatre

Support the local theatre. A

performance here would be

See a show at Hale

unforgettable. theechotheatre.com

\$\$\$ 🖨

#### The Piano Guys

Dec. 20 Energy Solutions Arena, 301 W South Temple St, Salt Lake. energysolutionsarena. com 801-355-7328

#### Watch a performance of The Nutcracker

Go to the Mountain West Ballet and watch The Nutcracker. mountainwestballet.org

**♥♥** \$\$\$ <del>=</del>

#### Play Apples to Apples while eating apples

Add a quirky twist to a gaming favorite.

**♥ \$ ††† \* ∑** 

#### **Play Battleship**

Have a intense game. free **៷** 🏻

#### Play three-legged bowling

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

\$\$ t+t+ ×

#### Make your own bubble soap, blow bubbles Learn how to make bubbles.

♥ \$ ៷ 🏻

#### Get a disposable camera and get off Instagram

Buy a disposable camera and have a competition to see you takes the best pictures with them.

**♥** \$ *N* 

#### Play a card/board game

Play a game and find out how competitive your date is. Also, it gives room to talk and get to know one another.

♥ free 🖊 🛚

\$\$

**y** \$ 📻

Cougarettes

Feb. 19 Covey Center for the Arts.

**Dance in Concert** 

Feb. 20-21 de Jong Concert Hall, HFAC.

dancEnsemble

Nov. 14-15, Mar. 20-21 169 RB.

DanceSport

Nov. 14-15 Ballroom, WSC. Mar. 11-14 Marriott Center.

**Evening of Percussion** 

Nov. 11 de Jong Concert Hall, HFAC.

Extracts from "The Fall of the House of Usher"

Oct. 28 Madsen Recital Hall, HFAC.

**Family Concert Series:** A Singing Adventure

Mar. 21 de Jong Concert Hall, HFAC

Many Flavors of Winds and Percussion

Feb. 28 de Jong Concert Hall, HFAC

Peter and the Wolf and Friends

Nov. 15 de Jong Concert Hall, HFAC.

Selections from "The Marriage Of Figaro"

Oct. 25 de Jong Concert Hall, HFAC familyconcerts.byu.edu 801-422-2981 free

Final Cut Film Festival

Apr. 9-11 Pardoe Theatre.

**Group for Experimental Music** 

Nov. 20 Madsen Recital Hall, HFAC.

**Group For New Music** 

Oct. 9 Madsen Recital Hall, HFAC.

**Guest Artist David** Korevaar, piano

Sept. 26 Madsen Recital Hall, HFAC. free

**Guest Artist Robert** Williams, bassoon

Oct. 17 Madsen Recital Hall, HFAC.

Harp Solo and Ensemble

Mar. 28 Madsen Recital Hall, HFAC

**HFAC 50th Festival** of the Arts Gala

Apr. 3 HFAC, MOA, WSC. free.\$

**Indian Ink Theatre Company:** The Elephant Wrestler

Feb. 5-7 Margetts Theatre, HFAC.

Jazz Legacy Dixieland Band

Nov. 5 Madsen Recital Hall, HFAC

Jazz Voices

Dec. 3 Madsen Recital Hall, HFAC.

**Jazz Voices and Jazz Ensemble** 

Feb. 12 de Jong Concert Hall, HFAC.

**Living Legends: Seasons** 

Feb. 6-7, Mar. 26 de Jong Concert Hall, HFAC.

Lynn Harrell, cello, and **BYU Philharmonic** 

Mar. 17 de Jong Concert Hall, HFAC.

Men's Chorus

Mar. 20 de Jong Concert Hall, HFAC.

Men's Chorus & Women's Chorus

Nov. 7-8 de Jong Concert Hall, HFAC.

Microburst Theatre Ensemble

Mar. 5-7, 11-14 Margetts Theatre, HFAC

Nathan Gunn, baritone: Julie Gunn, piano

Feb. 13 Madsen Recital Hall, HFAC. \$\$\$

Nishat Khan

Sept. 25 Madsen Recital Hall, HFAC.

Noteworthy

Dec. 11 de Jong Concert Hall, HFAC.

Octubafest

Oct. 23-25 Madsen Recital Hall, HFAC. free

Our Town

Nov. 21-22, Dec. 2-6, 9-11 Pardoe Theatre, HFAC

**Royal Ballet of Cambodia** 

Nov. 1 de Jong Concert Hall, HFAC

See How They Run

Nov. 7-8, 12-15, 18-22 Margetts Theatre, HFAC.

\$\$

Senior Dance Showcase

Nov. 21-22 169 RB.

Sound of Silk and Bamboo

Oct. 10 Madsen Recital Hall, HFAC.

**Student Composer Showcase** Mar. 26 Madsen Recital Hall, HFAC.

free

**Synthesis** 

Mar. 11 de Jong Concert Hall, HFAC.

**Synthesis with Essential Ellington Jazz Festival** 

Nov. 21-22 de Jong Concert Hall, HFAC.

The Count of Monte Cristo

Jan. 22-24, 27-31 de Jong Concert Hall, HFAC.

The Fisherman And His Wife

Sept. 26-27, Oct. 1-4, 8-11 Nelke Theatre, HFAC.

\$

The King's Singers

Feb. 27-28 de Jong Concert Hall, HFAC. \$\$\$

The Marriage of Figaro

Oct. 18, 21-25 de Jong Concert Hall, HFAC.

The Music Dance Theatre **Broadway Revue** 

Feb. 20-21 Pardoe Theatre, HFAC.

The Shanghai **Restoration Project** 

Feb. 5-7 Madsen Recital Hall, HFAC.

The Winter's Tale

Mar. 20-21, 24-27, 31, Apr. 1-3 Pardoe Theatre, HFAC.

**University Chorale** 

41982 de Jong Concert Hall, HFAC.

**University Orchestra and University Strings** 

41976 de Jong Concert Hall, HFAC.

**Utah Symphony with** Fumiaka Miura

41963 de Jong Concert Hall, HFAC.

**Video Game Studies Symposium** 

Feb. 12-14 B. F. Larsen Gallery, HFAC free

**Vocal Point** 

Jan. 16-17 Pardoe Theatre, HFAC.

Wind Symphony & Symphonic Band

41983 de Jong Concert Hall, HFAC.

Winter ChoirFest

42045 de Jong Concert Hall, HFAC.

Women's Chorus

42084 de Jong Concert Hall, HFAC.

Young Ambassadors: Heartsongs Mar. 5-7 de Jong Concert Hall, HFAC.

Play chess

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

♥♥ free 🖊 🛚

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.

free †††† ✓ 🏻

Cup fence design

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

♥ \$ × ¤

Make dart paint

Fill water balloons up with paint and hook them to a board. Throw darts at the balloons so they will pop and the paint comes out.

♥ \$ ×

Go fishing

Relax on a lake or river front.

🛡 free 😑

Play four-square

This classic game will bring back old memories. squarefour.org/rules

♥ free †††† 🖊 🛚

**Play Frisbee** 

♥ free 🖊 🛚

Go to a park and throw a Frisbee.

Go-kart

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

**V** \$\$ 📻

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

♥ \$\$ 🖨 N

**Play with Legos** 

Build castles and fortresses.

♥ free 🖊 🛚

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

♥ \$\$\$ †<del>†</del>†

Have a marshmallow war

Make marshmallow guns from PVC pipes, and after have a marshmallow gun war with them.

Go miniature golfing

Play miniature golf at the Orem Fun Center (Trafalga). sevenpeaks.com

🛡 \$ 🚔 🖋

**Night of Murder Mystery** 

Nov. 14-15 murdermystery.byu.edu

#### Nerf aun fiaht

Get some Nerf guns and have a war with them.

**♥** \$ ††† *★* 

#### Write poetry out of newspapers

Grab a newspaper, and make poetry piece by piece. Cut words out and move them, or cross them out with a sharpie. The sky is the limited.

♥ free 🖊 🛚

#### Try paintballing

Go rent paintball gear, and go paintballing. Make sure to wear clothes you do not care about.

**♥♥** \$\$ †††† 🚖

#### Play ping pong

See who has the best table tennis skills.

♥ free 🖊 🛚

#### Play in a playground

Enjoy the swings and slides that you still love.

♥♥ free 🖨 🖊 🛚

#### Write cheesy poems for each other

"Roses are red Violets are blue My love is great and it's all just for you" free 🖊 🛚

**Paint pottery** 

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

**♥** \$\$ <del>=</del>

#### **Provo Recreation Center**

Slide down the water slide, use the work-out equipment, or hit the skate park.

\$ 1

#### Pick pumpkins

Pick pumpkins then carve a jack-o'lantern together and see what silly or scary face you can come up with.

#### Rent a puppy

Contact Puppies for Rent and rent a cuddly critter. It costs \$15 for an hour. puppiesforrent.com

♥♥♥ \$\$ 😝 N

#### Do a puzzle together

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

#### Rake leaves and jump in

All of the leaves are changing colors and falling from the trees in the fall. Rake up the leaves and jump in them. Turn it into service, and help someone living in a house with too many leaves and too little time or strength.

♥ free 💉

#### Skip rocks

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

♥♥ free 🖊 🛚

#### Have a snowball fight

See each other's competitive edge. This would also be fun as a group date. Team up with your date, or have a battle of the sexes. Just don't do it on campus.

♥ free 🖊 🛚

#### **Tube at Soldier Hollow**

Slip and slide down the hills and have a fun and adventurous date. A twohour session costs \$20 per person. soldierhollow.com

**y** \$\$\$ 👄

#### Make bowling a little more lively with Uno bowling

Grab a deck of uno cards, and go to the bowling alley. Take a card from the top of the deck. Whatever the card says is what you do, if the card has a one on it. You can only take one step before bowling. If a wild card the person you are with picks what you have to do before bowling.

**♥** \$ †††† *×* 

#### Do a white elephant gift exchange

A white elephant gift exchange is a fun idea for a group date that will guarantee lots of laughs. Have everyone bring a wrapped gift, and cap the price at around \$5.

**♥** \$ †††† **/** 

#### Play Wii Olympics

Compete with another couple in Wii Sports.

♥ free †††† 💉 🛚

#### Serious Relationships

#### Make a blog together

There are plenty of free services such as Blogger or Tumblr.

♥♥♥ free 🖊 🛚

#### Make a book

Make an alphabet book, and give it a theme, sports, Mormon, music

Crepes for breakfast

Making crepes for breakfast is a good way to talk to a person, and also gives a good start to the day.

#### Christmas tree

Decorate a Christmas tree together. It can even be a tree outside. Your decorations could be homemade, or you could buy cheap ones from the dollar store.

\$ 1

#### Cook your favorite childhood recipes

Share meals from your childhood that remind you both of what it was like to be a kid.

♥ \$ N

#### Rent a four wheeler

Rent a four wheeler for a really special date such as a birthday and drive up the canyon. It is one of the best ways to see the changing colors.

**\*\*** \$\$\$

#### Go to Lagoon's frightmares

It a spooky but thrilling experience at Lagoon where the park becomes haunted. Sept. 19-Oct. 30 lagoonpark. com/attractions/frightmares

**♥♥** \$\$\$ ††† <del>=</del>

#### Visit one of Utah's five **National Parks**

Utah has so many beautiful national parks that people come from around the world to see. Take a day and go to one or two parks. It is only \$10 to get into a park and the ticket will allow you to get into the other parks for free. utah.com/nationalparks

♥♥ \$\$ <del>==</del>

#### Go shopping and pick out outfits for each other

Both of you can branch out of your wardrobe comfort zone.

♥♥♥ \$\$\$ 😝 🖊

#### Make a paper lantern

Make floating lanterns like the ones in Disney's "Tangled," and let them go over the lake. Don't start a fire.

♥♥\$ 🖨 🖊 🛚

#### Take a trip to the Provo Temple

Visit the Provo Temple grounds, or even do ordinance work together.

♥♥ free 💉 🛚

#### Dine at Chef's Table

Experience fine dining at this fourstar restaurant. 2005 S State St, Orem. chefstable.net 801-235-9111

#### Scrapbook

Share the memories you both love. Try using Shutterfly.

♥ \$ N

#### Bake and deliver sugar cookies

Get into the Christmas season, and bake cookies to eat and share with others

**♥** \$ *N* 

#### Make cards or treats for close friends

Surprise your friends by thinking of them while you are on your date.

**♥♥** \$ ₩ 🛭

#### Send care packages to members of the military

Show your appreciation by sending treats to servicemen and women.

#### Make cupcakes for someone and deliver them

Show off your baking skills and deliver cupcakes to someone else.

♥ \$ N

#### Bring "get well" balloons to the hospital

Leave them with the nurse for someone who is alone. No latex balloons allowed.

\$ N

#### Index names for FamilySearch

Get together with your laptops and index when the weather doesn't

permit an outdoor date. familysearch. org/volunteer/indexing

free

#### 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. free 🖊 🛭

Leave friendly

#### messages on cars

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

free 🖊 🛚

#### Visit an old folks' home

Volunteer your time to help the elderly.

🛡 free 🖨 🖊

#### Volunteer at a soup kitchen

Go help others and volunteer at a soup kitchen unvr.se/utsoupkitchen

🛡 free 🖨 🖊

#### Find a service activity through Y-serve

Show that you are charitable and service-oriented.

free 🖊

#### Spend Saturday cleaning up outdoor spaces

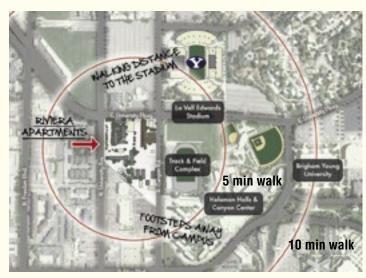
Help a neighbor rake leaves in the fall or shovel snow on a snowy day

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## I'm The Man...

... behind the dating ideas in Two since before our dating guide even had a name. Imagine having the task of coming up with hundreds of dating ideas and then six months



PHOTO BY ELLIOTT MILLER

later doing it all over again. Sometimes first-hand experiences can only get you so far. From Pinterest to Reddit, I scoured the Internet for the most interesting activities about dating. Then I wrote and wrote some more, and in many instances wrote whatever came to mind. As we approach our first anniversary as a publication I'd like to share some of my favorite ideas that never made it past the editor.

#### **Rejected Date Ideas**

#### Earn your dinner

Play music together on a street corner and see how much money you get. Good for the musically inclined.

#### Bieber fever

Write fan mail to Justin Bieber, listen to JB, record a YouTube video of you singing.

#### **Wear The Universe**

Make paper sail hats out of The Universe newspaper.

#### **Harlem Globetrotters**

Wear sweatbands, short shorts, jerseys and play horse.

#### **Banksy**

Create modern art, spray paint street art on cardboard with stencils. Try to sell it.

#### Senior citizen

Wear a sweater, listen to '50s music, watch birds, yell at kids, go to Chuck-a-Rama, get home by 7 p.m.

#### **Guinness World Record**

With over 4,000 records you can probably break at least one.

#### Walmart bingo

unvr.se/wbingo

#### Idaho

Eat potatoes, sculpt potatoes, play hot potato, admire the Gem State.

#### Attend city council meeting

Be informed about what's happening in your neighborhood.

#### WoW

Bring your laptops and download a free trial of World of Warcraft. Plenty of couples have met raiding and pillaging townships.

#### Mustaches

Wear fake mustaches to a fancy restaurant. Lavishness meets the absurd.

#### Mighty ducks

Make ducks out of duct tape at the duck pond.

#### Design newspaper clothing

This is also not an advertisement for The Universe.

#### Vehicle maintenance

Change the oil, put air in the tires, jump start the engine, etc.

#### Build a newspaper tower

I swear, we're not trying to promote The Universe.

#### **Mary Poppins**

Grab an umbrellla, broom or chimney sweep, dance, talk in horrible British accents.

#### Pet Store

Go to a pet store and watch the animals. It's like a zoo, but free.

#### Rejected Pickup Lines

- Are you Google?
   Because I've just found what I've been searching for.
- I want our love to be like pi, irrational and never ending.
- Did you have Lucky Charms for breakfast? Because you look magically delicious!
- Do you have any raisins? No? How about a date?
- Let's make like a fabric softener and snuggle!
- Your hand looks heavy. Let me hold it for you.
- Can I borrow your cell phone? I need to call animal control, because I just saw a fox!
- I just got off my mission, and I'm looking for my next companion.

# Special Courspecial day!







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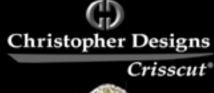
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