

D A T I N G & R O M A N C E

TWO

DATE IDEAS

BY THE
HUNDREDS

P. 67

WHAT THEY'RE THINKING

FROM HEELS TO
CHIVALRY

P. 48

;) TEXT DECODER

P. 33

TABLE FOR 2

MEALS YOU CAN
ACTUALLY MAKE

P. 35



Bring a Date...



WSC 1151 • (801) 422-4470 thewall.byu.edu

The Wall

EST.
2013



Open Mic Night

EVERY TUESDAY
NIGHT @ 7:30 PM
COME SHOW US
YOUR TALENTS!



Karaoke Night

EVERY WEDNESDAY
NIGHT @ 7:00 PM
SHOW US YOUR
SINGING VOICE!



Follow us on Facebook & Twitter!

LEGENDS *grille*™



BUY 2 ENTREES

GET 2 FREE DRINKS

AND 1 MONSTER COOKIE

FREE | OFFER
| EXPIRES
| 12.13.13

COUPON MUST BE PRESENTED AT TIME OF PURCHASE
ONE PER CUSTOMER. NO CASH VALUE



FIND US ON
FACEBOOK

dining.byu.edu/legendsgrille | 106 SAB BYU | 801.422.3757

The Ultimate Group Date Activity!



Located in Orem South of UVU, across from Walmart

www.getairhangtime.com



Special Pricing for College Students!

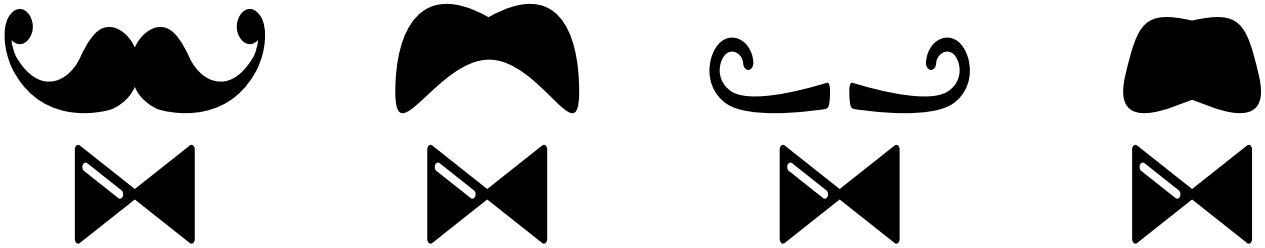
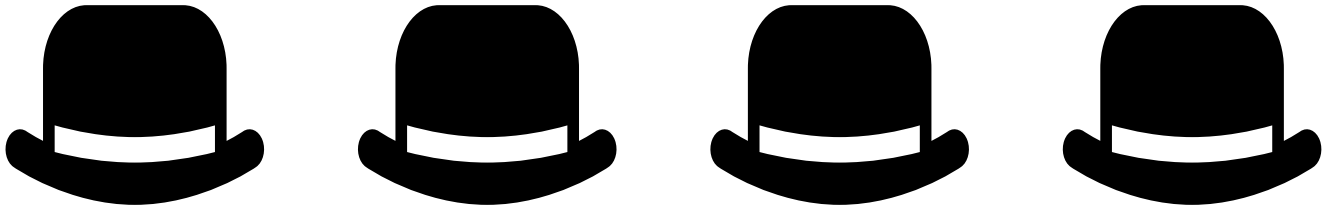
Monday Nights
Family Home Evening
Only \$5/hour
(for groups of 4+)

All Week!
College Night
\$6/ hour
after 9 PM (show ID)

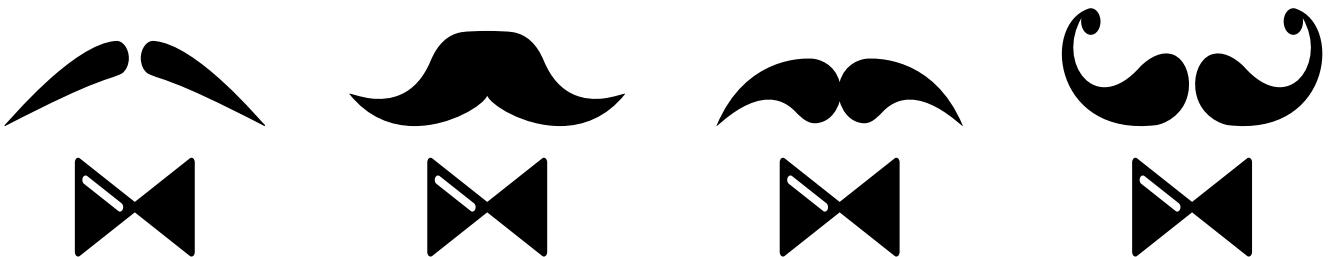
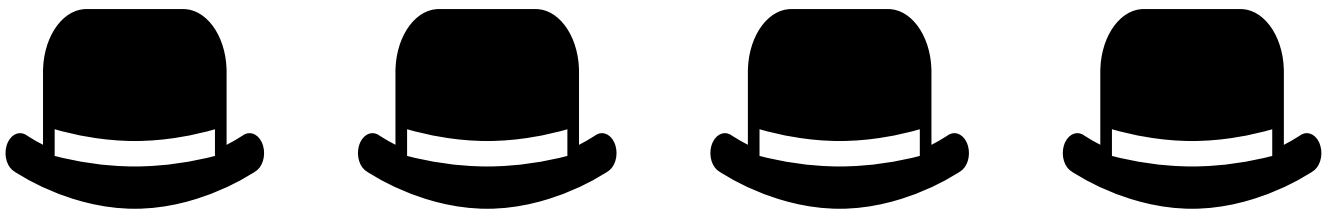
Dodgeball Teams
(of 5 vs. 5)
Pick Up Games
Wednesday Nights
10 PM

DC TUXEDOS

A Style for Every Man



www.dctuxedos.com



Come See Our Selection

1774 N. University Parkway-Provo UT

801-377-7828

TWO

Table of Contents

31

Ask Her, Not an 8 Ball

Asking someone out sounds great in theory, but can be difficult when the moment arrives. Six scenarios and how you can impress a future date.

50

Becoming Your Best Self

Becoming the best person you can be is going to get you a lot further in life than "becoming the person you want to marry."

66

Dating Ideas

Need an idea for your next date? We have over 350 ideas for every season, situation and budget. The days of not knowing what to do Friday night are gone.

35

Winning Their Heart with Food

INSIDE
THIS
EDITION

- 33 Decoding Texts
- 48 What I Wish He/She Knew
- 53 Dating Decision Tree
- 54 The Thoughtful Plan
- 58 Men's Fashion
- 60 Handling a Bad Breakup
- 62 Women's Fashion

- 44 Questions to Ask before Marriage



- 12** **Date Supplies**
- 14** **Going for the Kiss**
More than Small Talk
Smellin' Good
- 16** **Cruising Control**
Five Minute Maid Service
- 18** **The Best You**
Making Up
- 20** **Dos and Don'ts**
The Cinderella Dilemma
- 24** **Meet the Fam**
Dating While Engaged
- 26** **Don't Date a Banana**
- 28** **Crazy Girl/Boyfriend**
Body Language



Cover photo by James Gardner.
Special thanks to models Taylor
Laughlin and Emily Herdt and
to Mustang owners Tyson and
Jessie Grigg.

ADVERTISERS

Alpine Apartments	82
Bountiful Court Apartments	7
Bowling & Games Center	28, 29
The Branbury	BC
BYU Alumni.	22
BYU Arts	25
BYU Bookstore.	17
BYU Creamery on Ninth	18, 19
BYU Spectacular!	23
Carriage Cove Apartments.	11
Color Me Mine	85
Cougareat Cougar Café.	21
DC Tuxedos.	4
Get Air Hang Time.	3, 85
Grifols Biomat USA	30, 85
Hang Time	85
Intermountain North Canyon OB/GYN	12, 13
Intermountain Utah Valley Women's Center	12, 13
The Jeweler's Bench	77
Legends Grille	2
Lindon Marina	85
Losee Jewelers & Company	IBC
Lowes Xtreme Airsports.	85, 87
MOA Café	66
Museum of Peoples and Cultures.	83
Ninth East Dental	84
Orville & Wilbur's.	28, 29
Provo Beach	9
The Quarry	81, 85
Riveria.	83
The Shops at Riverwoods	8
Sierra West	44, 45
Studio 1030.	26, 27
Subzero Ice Cream & Yogurt	78, 85
Sweetheart Bridal & Prom	81
Utah Valley	79
The Village at South Campus. . . .	76
The Wall	IBC, 1

SPECIAL SECTIONS COORDINATORS REPORTERS

CONTRIBUTORS GRAPHIC DESIGNERS

PHOTOGRAPHER PRODUCTION ASSISTANTS ADVERTISING SALES

ACCOUNTING CIRCULATION UNIVERSE DIRECTOR BUSINESS MANAGER DESIGN MANAGER

Britania Busath, Miranda Facer
Aubrey Greene, Shelby Hintze,
JJ Knechtel
Lauren Procelo, David Taylor
James Gardner, Brad Davis,
Brett Bertola, Jennifer Foote,
Thomas Busath, Britania Busath
James Gardner
Tom Busath, David Taylor
Corey Noyes, Jesse Bringhamst,
Taylor Laughlin, Ashlie Lewis,
Aaron McReynolds
Steen Sargent, Aron Proconiar
Nathan Allen, Mitchell Marshall
Steve Fidel
Ellen Hernandez
Warren Bingham

TWO

We extend a special thank you to Banana Republic, Buckle, Dillard's and The Gap for allowing us to use products from their stores for our fashion spreads.

©Copyright 2013 The Universe, Brigham Young University. All rights reserved. No part of this publication may be reproduced without the express written permission of the copyright holder. The Daily Universe is a registered trademark of Brigham Young University.

**LIVE AT THE
CENTER
OF IT ALL.**

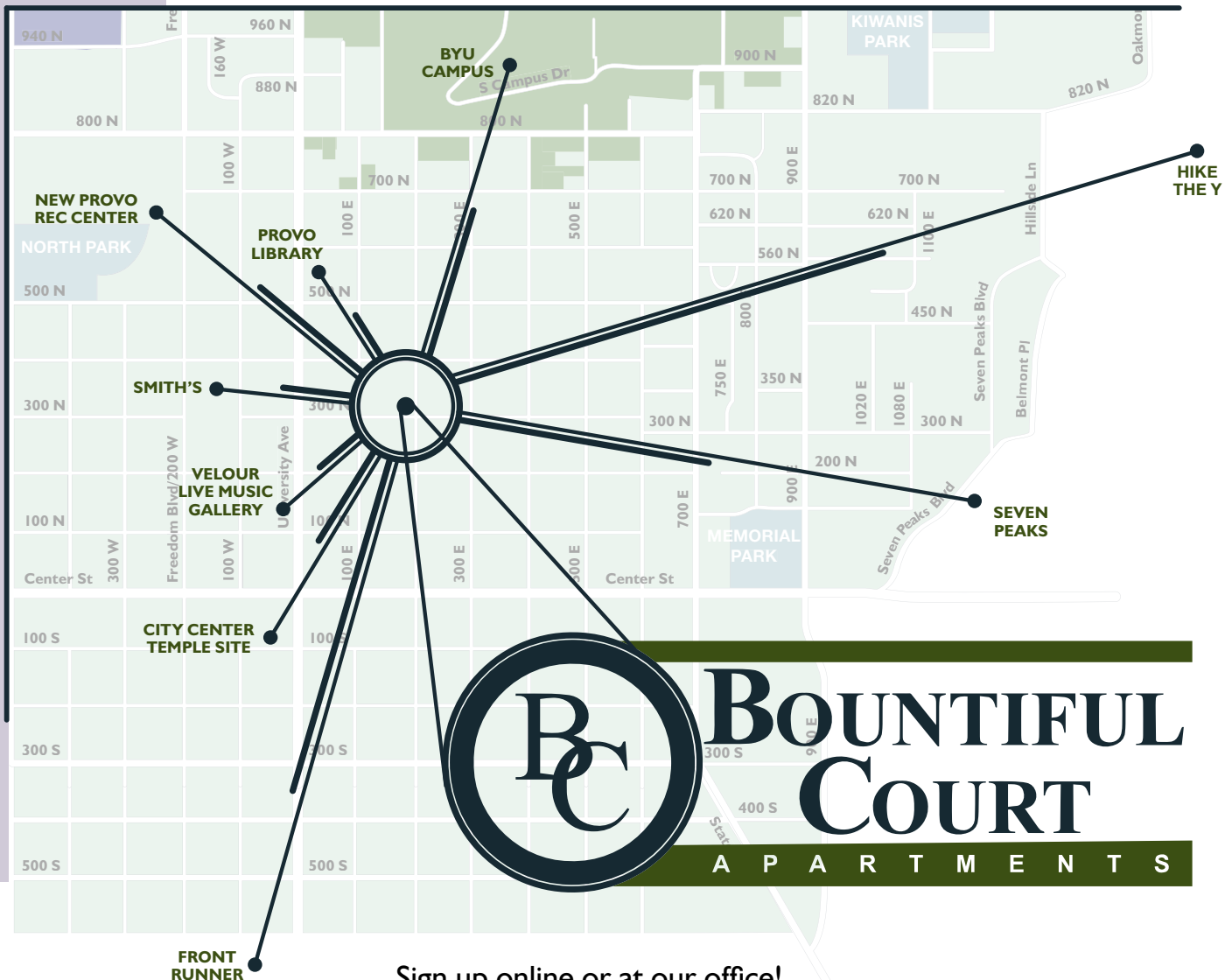
- Just 4.5 blocks South of BYU campus
- Only 3 blocks from Smith's groceries
- 6 different banks within 3 blocks
- City Library, new Rec Center and city parks close by
- Short walk to your favorite music, art and eats in downtown
- Easy walk or bike to Front Runner

Sp/Su **\$119**

F/W **\$249**

Year **\$198**

Ask how to lower F/W rates to \$225.



Sign up online or at our office!

BCProvo.com · 185 East 300 North · 801-374-5533

MORE to REMEMBER



THE SHOPS AT
RIVERWOODS

SHOPSATRIVERWOODS.COM 801-802-8430
4801 N UNIVERSITY AVENUE, PROVO UT. 84604

SURFING
CROQUET
ICE CREAM
BOWLING
ROPES COURSE
PIER CAFE
ARCADE

PROVO BEACH

— *Surf • Dine • Play* —

PROVOBEACHRESORT.COM

LOCATED IN



THE SHOPS AT
RIVERWOODS

Not Interested? What to Do

There's a knock at the door and you don't need to look through

the peephole to know who it is. Everybody has one at some point or another: the adamant admirer whose intentions are sweet but unwanted. Their constant texts, gifts and visits are intended to woo you but leave you creeped out or annoyed. So how do you let him or her know you don't return the affection without being rude?



Talk About Your Crush: If you have a boyfriend or girlfriend, introduce them to your admirer—not in a bragging way but in a friendly, “this person is important to me I want you to meet him/her” manner. If your admirer brings up romance or asks about your feelings, mention the guy or girl you’re crushing on to show they occupy your heart.

Set boundaries: Show your admirer through your actions that you are not interested in them romantically: refer to him or her as a friend, limit physical affection and don't flirt (with your eyes, body language or words).

Be Busy: It's OK to not answer the door or the text if you don't want to talk to someone. Limiting your interactions will send a message. Totally ignoring someone can be mean, but if you are genuinely creeped out by someone or feel unsafe, don't talk to them and don't let them in your house.

Tell It Like It Is: If he or she isn't getting the message, sit your admirer down privately and explain that you are not interested and feel uncomfortable with their advances. This can be hard to do, but honesty is the best policy and it's unfair to string someone along in the name of being nice.

TWO Tones Girls Pre-date Pump-up

1	22
2	Crazy in Love
3	Cups
4	I Need Your Love
5	Mirrors
6	Kiss You
7	Ready or Not
8	Treasure (Edited)
9	Are You Gonna Kiss Me or Not
10	Roar

TWO SENSE

ON YOUR WING

In aviation, a wingman flies in a support role to the lead pilot. Keeping his/her plane behind the lead pilot provides an extra set of eyes, ears and ordnance to increase the chance of a mission's success. When navigating the often-difficult airspace of dating, a proverbial wingman can be an invaluable asset in helping you acquire your target.

—Miranda Facer

THE CONNECTION

Some wingmen are already tuned to your target's frequency, whether they're friends or in the same ward. This connection can help you transition from stranger to comrade in no time.

THE CONFIDENCE

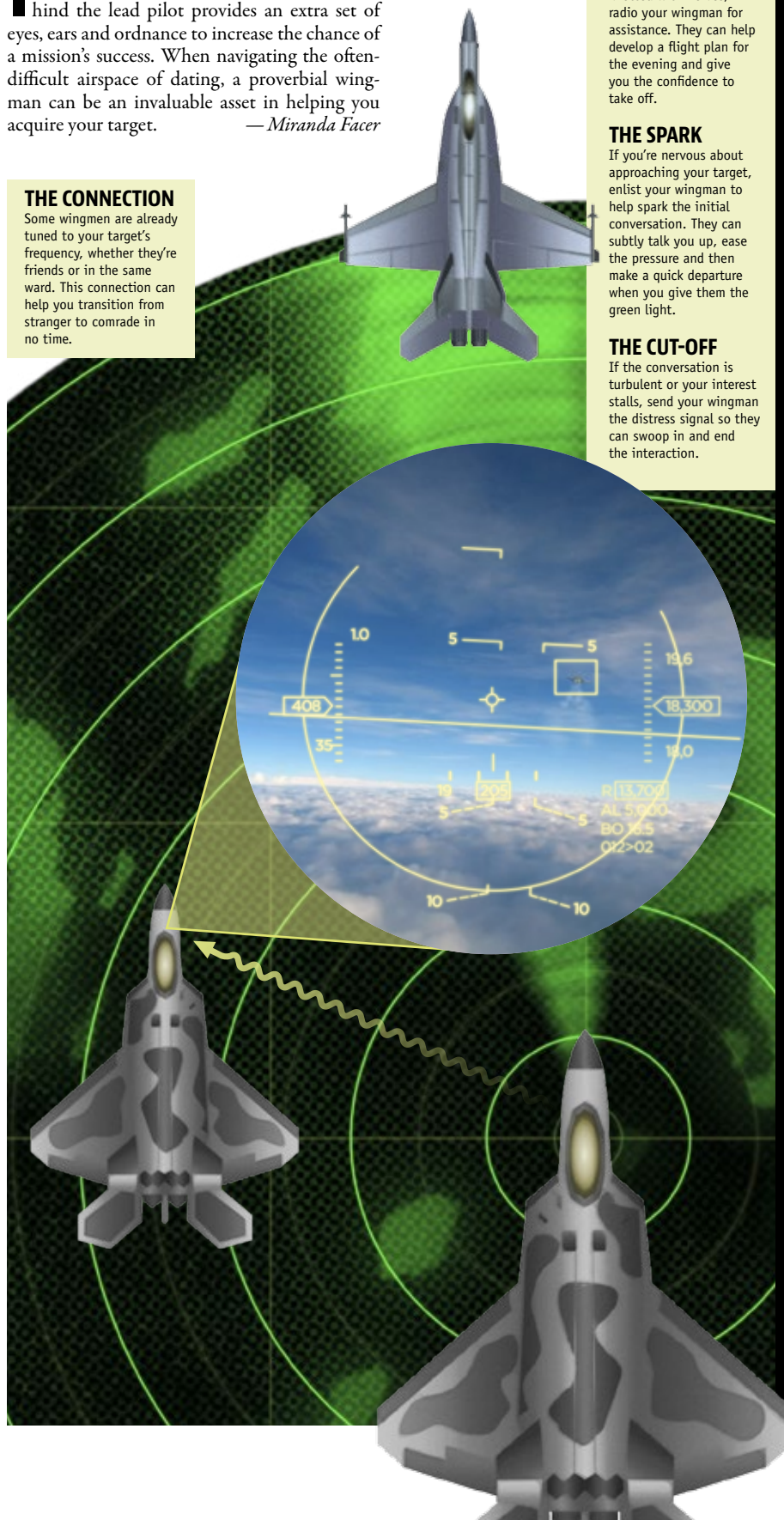
If your stomach is knotted with nerves, radio your wingman for assistance. They can help develop a flight plan for the evening and give you the confidence to take off.

THE SPARK

If you're nervous about approaching your target, enlist your wingman to help spark the initial conversation. They can subtly talk you up, ease the pressure and then make a quick departure when you give them the green light.

THE CUT-OFF

If the conversation is turbulent or your interest stalls, send your wingman the distress signal so they can swoop in and end the interaction.





801-374-2700

Welcome to Carriage Cove!
(Marriage)

Voted
Provo's
Best

Large private rooms

Affordable and fun

BYU/UVU friendly

Visit us at www.CarriageCove.com





Is your
backpack
wishing you
would say
YES
to a few more
opportunities?

*L*adies, come see us
if you feel like your body
is holding you back.


Intermountain®
North Canyon OB/GYN

3200 North Canyon Rd.
#C, Provo

801-714-3422

Centraloremclinic.org


Intermountain®
Utah Valley Women's Center

1157 N. 300 W. #301, Provo

801-357-7009

Utahvalleywomenscenter.org

TWO SENSE

DATE SUPPLIES



There's nothing worse than showing up for a date unprepared. Here is a dating survival guide with all the bare necessities you should have.

ON ANY DATE

- Phone
- GPS or map application
- Easy snack (fresh fruit, animal crackers, granola bars)
- Two chilled water bottles
- Mints or gum
- Floss (not in front of date)
- Lip balm
- Camera

SUMMER OUTDOOR DATE

- Sunscreen
- Sunglasses
- Cooler with frozen wash cloths and cold treats (to cool down)
- Bug spray
- Zip-top bags for electronics
- Flashlight

WINTER OUTDOOR DATE

- Thermos with hot cocoa
- Hand and feet warmers
- Thermals or leggings
- Extra sweater (in case your date isn't warm enough)
- Layered socks



Nothing makes you more thirsty than discovering you don't have anything to drink. A parched date makes for a bad date.

Chapped lips are uncomfortable for you and can be distracting for your date. Keep a fresh tube or two of lip balm on hand.



Safe is always better than sorry; getting in the habit of periodically popping mints won't hurt anybody.



Yep. This is much better than staying home!

*L*adies don't let anything *cramp* your style. Our doctors are here to help you find the best ways to manage those issues that may keep you from taking full advantage of all the great opportunities that come your way.

The skilled gynecologists, gynecology physician assistants, and staff at our clinics are dedicated to providing a comfortable, safe and personal environment where each woman's needs can be met.

Call today to schedule an appointment!



Intermountain®
North Canyon OB/GYN

3200 North Canyon Rd. #C, Provo
801-714-3422

Centraloremclinic.org



Intermountain®
Utah Valley Women's Center

1157 N. 300 W. #301, Provo
801-357-7009

Utahvalleywomenscenter.org

GOING OUT ON A LIMB... FOR A KISS

It's happening: you're dating that special guy or girl who has occupied your thoughts and they're giving you the look.

The Look Eye contact that is playful, flirtatious and occasionally punctuated by subtle glances at the lips.

IF SOMEONE IS GIVING YOU THE LOOK AND YOU DON'T FEEL THE SAME WAY

Once you two start exchanging the look, move in a little closer. The proximity is subtle – don't rush it and don't invade his or her space. Get close but leave them wanting more.

The Proximity If you're sitting, gradually shift into the other person and angle your shoulders to them as you talk. If you're standing, step a little closer than you normally would and look into their face during the conversation.

While this cue isn't required, some people feel more comfortable going in for the kiss after seeing how their date would feel about it. Steer the conversation away from last night's NBA game and drop the hint about what's on your mind.

The Hint Whether it's asking about your date's first kiss or joking about kissing in general, this will tell him or her what you're thinking about.

You don't have to talk about kissing before it happens though – there are physical cues to show your date that you're feeling it.

The Lingering Hug If the goodbye hug leaves you wanting more, don't let go: gaze up/down into your date's face

and if they smile or give you the look, that's your cue to go for it!

The Giggles A woman tends to giggle around the guy she's interested in to boost his confidence. If she seems to laugh a lot around you, it's generally safe to say she's enjoying her time with you and might be receptive to your affection.

The 90/10 If he or she leans in (most of the time it's generally not the full "90 percent," but definitely over "50"), it's up to you to close the distance and make the kiss happen.

— Miranda Facer

YOU DON'T WANT TO KISS

Whether your date is giving you the look or already leaning in, there are ways to avoid a kiss if you're not feeling it. It's OK to not want to kiss someone. Try to be kind when you reject his or her advances.

Be Honest from the Get Go If you know from the start that you don't want to kiss your date, don't lead them on with flirty body language. "I feel like there are ways to avoid being kissed if you don't want it," said Savanna Rush, a freshman studying exercise science. "Keep your distance from the beginning."

Start Talking If a lull in the conversation occurs and it looks like your date is moving in for a kiss, start talking before they get too close. "If the guy (or girl) comes in for it and you don't want it, back up or start talking to distract them," said Heather Hansen, a recent graduate of the School of Family Life.

Move Away If your date seems intent on kissing you and doesn't pick up on your subtle clues that you don't feel the same way, be more obvious with your body language. "If you don't want a guy to kiss you, put your head down and pull away," said Taylor Turley, a freshman studying health science.

TWO Tones Setting the Mood

- 1 **Kiss the Girl**
Little Mermaid
- 2 **Fall for You**
Secondhand Serenade
- 3 **I'll Be**
Edwin McCain
- 4 **Take My Breath Away**
Berlin
- 5 **Everything I Do**
Bryan Adams
- 6 **Thriller**
Michael Jackson
- 7 **Stolen**
Dashboard Confessional
- 8 **Songbird**
Kenny G
- 9 **I Just Called to Say I Love You**
Stevie Wonder
- 10 **If I Saw You in Heaven**
Wayne Douglas

MORE THAN SMALL TALK

Dating involves more than just asking a person out and then going on a date. You need to have some sort of conversation on the date, hopefully with substance and enjoyment.

Don't Interrupt

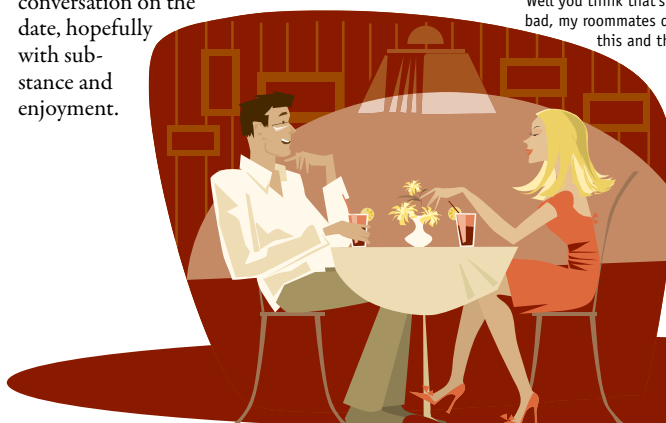
- Let your date finish their thought before interjecting your own. Wait for a pause in the conversation.

Don't Hijack the Conversation

- In other words don't try to "one up" your date. For example, if your date is venting about their crazy roommates, don't interrupt by saying, "Well you think that's bad, my roommates do this and this."

Don't Be Negative

- Few things are more of a turn off than being negative about the activity or life in general.
- Venting about a hard time in your life with someone you have built a relationship with is okay, but it shouldn't become a habit to vent to your date on the first few dates.





Ask Open-ended Questions

- Questions that involve more than just a yes or no answers.
- Often you can reword close-ended questions to develop a deeper conversation. For example, instead of asking "Do you like your roommates?" say "Tell me about your roommates. Have you known them for a while?"
- Follow up a closed-ended question with an open-ended related question.

Make Eye Contact

- This goes for the person talking, as well as for the one listening.
- Wandering eyes will signal to your date that you are not interested, even if you may be.
- Men tend to give stronger eye contact when they are truly listening, but they do like to break away for a few seconds and then return to deep eye contact Allred said.

Listen to Your Date

- Give signs you are listening, nod your head, offer feedback and conversation interjections at appropriate times.
- "Women give occasional verbal cues called 'listening noises' such as 'yea,' 'mmm,' 'oh,' 'uh huh'," Jennifer Allred, adjunct instructor in interpersonal communications at BYU Idaho, said.



Perfumes, colognes, eau de toilettes and many other names cover the scents that men and women spray on their bodies to smell good and appeal to the opposite sex. Darlene Jensen, a 20-year veteran in the fragrance industry, has many tips about fragrances. Jensen uses four criteria that should be considered when choosing a fragrance: season, climate, occupation and occasion.



Season During fall and winter fragrances are warm, spicy and often have chocolate as an ingredient. For spring and summer, scents are light, fresh and citrusy.



Climate A rainy day may make you feel colder than usual, so wearing richer body fragrances may be what you wear to "warm up."



Occupation If you were to work in a healthcare setting you would want to wear clean and fresh scents, to maintain a professional appearance.



Occasion Different occasions change how you may dress and dress changes what fragrances you would wear. For a night out you may want to wear warmer fragrances. But season and climate most often should be taken into account with occasion.

Scents She Likes on You

Many men assume women prefer woody, musky scents, but that's not necessarily true. There aren't specific scents men and women like on each other. Jensen says a person's mood can change how a fragrance smells, so depending on your personality, the scent may alter to fit you. Because of this, a scent she may like in the bottle may smell completely different on your skin. Try sample size colognes and let her smell them on you before making a purchase.

Scents that Go Well with You

Your body chemistry should be considered as well. Fragrances may also smell differently from one person to another. To ensure you purchase a scent that suits you, spray a sample on your forearm then let it sit for a few minutes – move away from the fragrance counter then smell it. This will give the scent long enough to settle and you won't be bombarded by the other options.

Where to Apply Fragrance

Pulse points are the most important places to apply fragrances because they emanate heat. Some pulse points are on your neck, wrists and even the back of the knee. "Never spray it in the air and let it just fall on you," Jensen said. "That's just expensive room freshener." Fragrances should not be rubbed because the movement changes their components. Jensen suggests letting your body "marinate" in your fragrance before putting on clothes to avoid staining them. Fragrances do not last, as long in higher, dryer climates, so in climates like Provo you may need to reapply more often. If an individual has oily skin or lives in a more humid climate their fragrances will last longer.

— *Britania Busath*

CRUISING CONTROL



DATING DIARIES

WENT ON A DATE with my roommate's friend last fall. I'd met him once briefly and he seemed harmless enough. We had a lovely time on the date—we played with his dog and had dinner together. Then he **tried to kiss me on the first date!** I'd known him for two days and suddenly he thought

I wanted his tongue in my throat! I told him I wasn't going to kiss him on a first date. He spent the remainder of the date telling me about how that was my conditioned response, I had been corrupted/brainwashed by society and I was being ridiculous. I finally had to **demand** that he take me home.

—Morgan, Junior

FIVE MINUTE MAID SERVICE

It's the night before you bring your love interest back to your apartment for the first time. You survey the pile of dirty dishes, a hole in the love sac and an assortment of food wrappers littered around the common area with panic. There's no need to fear, however. In a manner of minutes you can transform your space from bachelor pad grunge to responsible male charm with a few quick fixes.

WHAT TO CLEAN

The Dishes. The leftover easy mac chilling in the pot on your stove has got to go before she arrives. Make sure to clean any dishes or utensils as well so your counters and sink are clear. This will save you the embarrassment of having to fish your only clean glass, aka your crusty Gatorade bottle, from the back of the cupboard when she asks for a drink.

The Floor. This is especially important in the warmer months when she might not be wearing socks. Getting crushed Cheerios in between her toes or stepping on a sticky spot of tile is not what you want. A quick sweep of the kitchen and vacuum of the carpet won't take long but will make a big impact to her.

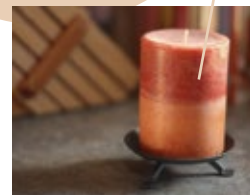


WHAT YOU CAN INVEST IN

Scents. Women have very adept noses.

Purchasing a candle or an air freshener will disguise any lingering odors you don't want her to notice. The scent doesn't need to be feminine or flowery—look for options like mahogany teakwood, sandalwood or seasonal like pumpkin or fresh grass.

Alone Time. If you happen to slip your roommates some cash for the latest dollar movie, you can reserve an empty apartment for a few hours of uninterrupted quality time.



WHAT TO HIDE

Holes/Tears. If your love sac, couch, armchair, etc. has any unsightly tears or rips, drape a blanket over the offending spot to hide the damage. Cheap throws and blankets can be found at local bedding or discount stores. Be sure to choose a darker color if your apartment is prone to spills.

Clutter. If your roommate's laundry basket has taken up permanent residence in the living room, ask him if he can keep it in his room for the night. The same applies for gym bags, shoes, random papers and textbooks. Things like this can be shoved in a cabinet or in your room for the evening to give an appearance of cleanliness.

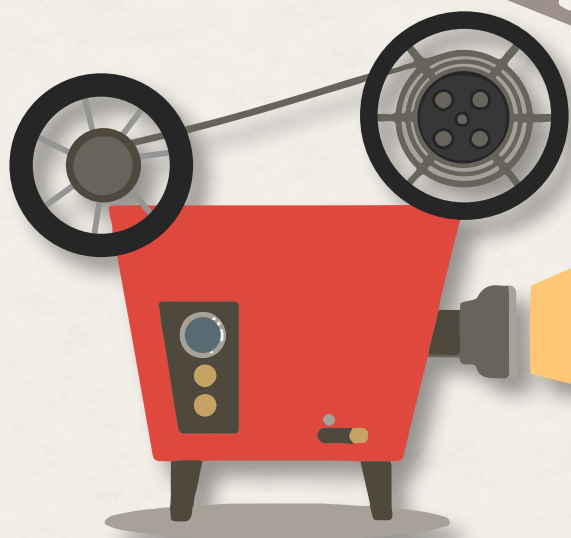


Looking For A

G-RATED

Romance?

TAKE A LOOK AT OUR SELECTION
OF MOVIES LIKE: SOUND OF MUSIC,
PRIDE & PREJUDICE, & TANGLED
JUST TO NAME A FEW!



RENT A
MOVIE @
COUGAR TECH!

BYU BOOKSTORE

The Store With More | byubookstore.com

The BYU Bookstore is owned and operated by
Brigham Young University

DATE DEAL



Buy one combo
meal and get the
second one

HALF OFF

Expires December 30, 2013.
Not Valid with any other offer.
Must present coupon at time
of purchase. No cash value.
Good only at the Creamery on
Ninth Location.

1209 N 900 E, Provo



TWO SENSE

THE CHECKLIST FOR YOUR BEST YOU

GIRLS

Smooth Legs: While shaving should be a regular personal practice, be sure to take care of your legs before going out. Use shaving cream for a smoother finish than soap and then hydrate after your shower with lotion or body butter.

Smart Clothes and Shoes: Hopefully he informed you of his plans for the date so you have an idea of what to wear. If you're in the dark, either ask him for clarification or opt for a neutral look like jeans, a nice shirt and cute flats. There's nothing worse than feeling like you're over-or-under-dressed or have the wrong shoes for a date, so plan a look that fits the occasion.

Blended Scents: Most beauty products have a distinct scent. Be aware of the different smells you wear to avoid smelling like a chemical concoction. When shopping, purchase products that fall into a similar scent family (like citrus, floral, etc.) for easy blending: see page 15 for more details.

BOTH

Clean Mouth: Brush and floss your teeth before leaving your apartment. If you have chapped lips, get in the habit of applying lip balm to relieve your skin.

Fresh Breath: Keep breath mints or gum on hand to ward off bad breath. Also, if your date offers you either option, take it. No exceptions.

GUYS

Subtle Cologne: Only someone who is close to you should be able to catch a whiff of your cologne, not a stranger ten feet away. A little goes a long way, and she'll appreciate the effort. For more about scents, see page 15.

Date Attire: While your style is your own, show your date that you took time to look nice for your time together. For example, baggy shorts and athletic shoes are generally not an appropriate choice unless you are playing basketball or at the gym. See pages 58 and 59 to learn how to painlessly distinguish your look on a date from an everyday outfit.

Thoughtful Facial Hair: Some men look better clean-shaven, while others can rock stubble. Decide what look you're going for and then put it together. If you're shaving, take time to get close and moisturize your face afterwards. If you're embracing your stubble, trim up any areas that look unkempt.



MAKING UP

Looking nice for a date
doesn't need to take
two hours and a gallon
of foundation.



- 1 Set your base: moisturizer, face primer and/or eyelid primer.
- 2 Apply a foundation that's formulated best for your skin type, i.e. look for brands that label for oily, dry or sensitive skin.
- 3 Apply your bronzer or blush; bronzer should be applied to the areas on your face where the sun would naturally hit, like the cheekbones, forehead, chin and nose. Don't apply it everywhere, otherwise it may look like you had a spray tan go wrong. Blush should be applied only to the cheekbones, smile big and apply to the apples of your cheeks.
- 4 Use translucent top powder to set everything in place.
- 5 Apply a shimmer eye base, especially in the tear duct area and under the brow.
- 6 Next apply a shadow that is not over-powering and complements your eye color and your skin tone. The backs of eye shadow palettes often specify which shades work best for your eye color.
- 7 Apply eyeliner to define your eyes and give the illusion of having longer eyelashes. Eyeliner can be applied to the inside of the eyelid or right above the eyelashes.
- 8 Curl eyelashes and apply mascara.
- 9 To complete your look, apply a lipstick or lip gloss that complements your skin tone.

*You had me at **combo meal**...*



DATE DEAL AT THE CREAMERY ON NINTH

*Buy any combo and get the second for **half price***

Must present coupon at time of purchase. Expires December 30, 2013.

FALL/WINTER STORE HOURS:

Mon - Thurs: 7am - 11pm
Fri - Sat: 7am - 12 midnight

Fountain Hours:

Mon - Thurs: 11am - 11pm
Fri - Sat: 11am - 12 midnight

Grill Hours:

Mon - Fri: 11am - 9pm

1209 N 900 E, Provo



find us on
facebook



dining.byu.edu/creamery

WHAT TO DO AND NOT DO

Men

- Let her know what you're doing to a certain extent so she can dress to the occasion
- Pick her up and drop her off at her door
- Open doors for your date
- Let your date order before you
- If walking on a sidewalk, walk closest to the street
- Walk beside, not behind or in front of, your date, especially if she is in heels
- a baseball game or yoga pants to a sit down dinner
- Allow the man to be a gentleman, like pull out your chair, pay for the check etc.
- If you asked him on a date, be willing to pay
- Be considerate of his money, don't expect a Bachelorette date
- Thank him

Both

- Have manners – eat with your mouth closed and wait for your date to get their dinner before you start eating yours
- Make eye contact
- Be yourself
- Have fun

Women

- Dress to the occasion, i.e. don't wear heels to

Don't

- Assume you know what your date likes and dislikes; let them speak for themselves
- Text or call on the date; it makes you appear uninterested in your date
- Ogle at another member of the opposite sex, talk about past dates or past relationships
- Bring up controversial topics
- Criticize your date
- Treat your date like a child
- Assume since he asked you on a date that he wants to marry you
- Ditch your date



THE CINDERELLA DILEMMA

When trying to determine when you should end a date, look for cues from your partner that show he or she is ready to be done.

Conversation

If your date mentions sentiments similar to one of these examples, consider calling it a night and taking them home:

"I'm feeling kind of tired."

"Wow, it's getting really late..."

"I have a lot of studying to do before class tomorrow."

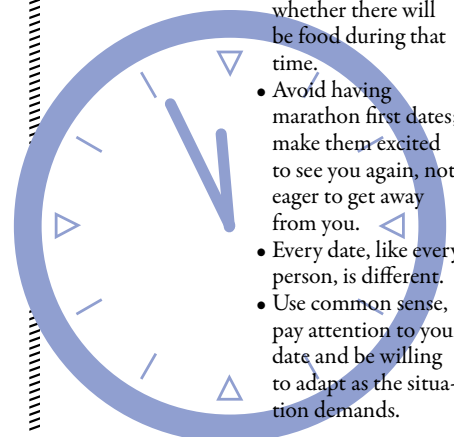


Technology

If your date frequently takes out their phone to text or check Facebook, their attention is probably wavering and you should begin to wrap up.

Time

- First dates shouldn't last more than two or three hours. You should specify whether there will be food during that time.
- Avoid having marathon first dates; make them excited to see you again, not eager to get away from you.
- Every date, like every person, is different.
- Use common sense, pay attention to your date and be willing to adapt as the situation demands.



TWO Tones Guys Pre-Date Pump-Up

- 1 You Make My Dreams**
Hall and Oats
- 2 Party in the U.S.A.**
Miley Cyrus
- 3 Walking on Sunshine**
Katrina & The Waves
- 4 The Middle**
Jimmy Eat World
- 5 Eye of the Tiger**
Survivor
- 6 I Want It That Way**
Backstreet Boys
- 7 Best Song Ever**
One Direction
- 8 On Top of the World**
Imagine Dragons
- 9 Twist and Shout**
The Beatles
- 10 I'll Make a Man Out of You**
Mulan

A few months ago, a boy in my ward took me to his last girlfriend's wedding reception before expressing

DATING DIARIES

interest in me on the drive home! I couldn't tell if I was considered a downgrade or not.

–Erin, sophomore

TWO CONES

are better than one



COUGAREAT
FOOD COURT
Cougar Café

DINING.BYU.EDU/COUGAREAT



find us on
facebook



BUY ONE SINGLE SCOOP **1/2** *after*
get one **CONE** **OFF 3 PM**

NO CASH VALUE. MUST PRESENT COUPON. EXPIRES DEC. 20, 2013 *Cougar Café*

Every student needs a mentor.

Every student needs a
matchmaker.

We'll leave the dating
up to you.

Expand your network.
Try the BYU Alumni Career Networking Tool.

AlumniCareers.byu.edu



Connected for Good

BYU *Spectacular!*

with:
YOUNG AMBASSADORS
LIVING LEGENDS
WOMEN'S CHORUS
WIND SYMPHONY
COUGARETTES
COLLEEN WEST TAP

featuring:
**NATHAN
PACHECO**

THURSDAY 2-for-1 DATE NIGHT

Students: Use the promo code "studentalumni"
to get 2 tickets to Thursday's show for **\$10**.

OCTOBER 10-11 Marriott Center

Tickets available at the
BYU Ticket Office (MC/HFAC)
byutickets.com



BYU ALUMNI
Connected for Good

BYU
BOOKSTORE


Continuing Education

 bluehost

 Liberty
Mutual

LOWE'S
NEVER STOP
IMPROVING

'I'D LIKE YOU TO MEET MY FAMILY'



1

BE YOURSELF. Your boyfriend or girlfriend has fallen for who you really are, and that person is who they want their family to meet. While it's healthy to feel nervous and want to impress the people who are closest to your significant other, don't let those feelings alter your behavior. Focus on accentuating the best parts of your personality instead of feeling self-conscious about your flaws or trying to be someone you're not.

girlfriend. Speak well of him or her and share some of your best experiences as a couple with the family. Remember, everything you say should be authentic and not forced. Families want to feel assured that you care about their child/sister/brother and recognize how wonderful they are.

6

IF THE FIRST IMPRESSION DIDN'T GO WELL ... Unless

you broke the heirloom vase while passing the carrots, stepped on the cat and scraped Aunt Martha's car while backing out, things probably didn't go that bad. If you really think the first meeting didn't go well, there are ways to recover.

First, remember everyone understands you were nervous so they will automatically cut you some slack. Second, talk to your significant other about how they think it went. He or she can give you tips on how to fit in with the family and make a better impression. Finally, give the family a call or write a brief note expressing your appreciation for the opportunity to meet them and to date their son or daughter.

—Miranda Facer

2

GET TO KNOW THEM. While the emphasis during the first meeting tends to be on you, don't forget to ask the family members about themselves and look for common interests. This will take some of the pressure off of you and help the meeting feel like a conversation instead of an interview.

4

PARTICIPATE. If your boyfriend or girlfriend's family are ping-pong enthusiasts or love to cook meals together, find a way to incorporate yourself into their traditions. Even if you've never played kickball before, don't be afraid to take a turn and participate. His or her family will appreciate your willingness to try new things and be a part of the group.

5

BE RESPECTFUL.

This may seem like a no-brainer, but it's a good tip to keep in the back of your mind. If his or her family tells you to treat their house like home, you should take that to mean make yourself

3

SPEAK WELL OF YOUR SIGNIFICANT OTHER. During your time with the family, demonstrate your genuine love for your boyfriend or

DATING WHILE ENGAGED

Keep fun in the relationship while planning a wedding.

» **Plan an actual activity.** This doesn't need to be an extravagant event. Sometimes all you need is a Redbox and a bowl of popcorn to take your mind off the many tasks you have ahead.

» **Don't always talk about the wedding.** Forget about the venue you are trying to book, how expensive the flowers are and if your in-laws are going to accept you or not. Take time away from planning and focus on something less stressful.

» **Include other couples or friends.** Often you can get so consumed in wedding planning you forget about your other friends and the outside world altogether. Plan a group date or activity with your fiancé and friends you haven't really seen in awhile.

» **If you have wedding-related tasks to do, make them something both of you can enjoy.** Try turning the task into a mini-date like going to dinner or seeing a movie after.

» **Being engaged doesn't mean there isn't room for fun in your relationship; actually it's quite the opposite.** Just remember to push the stress aside and have some fun, couple time.

—Britania Busby



DATING DIARIES

AFTER EATING LUNCH with a guy I had just started dating, I dropped him off at his apartment. He got out of the car and I leaned over the passenger seat to kiss him goodbye. Flustered at my inability to stop blushing, I forgot to put the car into park, took my foot off the brake and almost ran over his feet!

—Erin, sophomore

TWO Tones

Classic Dating Songs



1 You Can't Hurry Love
The Supremes

2 Jessie's Girl
Rick Springfield

3 Summer of '69
Bryan Adams

4 I Want to Hold Your Hand
The Beatles

5 I Will Always Love You
Whitney Houston


6 Wouldn't It Be Nice
Beach Boys

7 I Can't Help Myself
The Four Tops

8 You're the Inspiration
Chicago

9 You're the One That I Want
John Travolta, Olivia Newton-John

10 L-O-V-E
Nat King Cole



Where the magic happens.

BYU*arts*
(801) 422-2981
BYUARTS.COM

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.

DATE DEAL

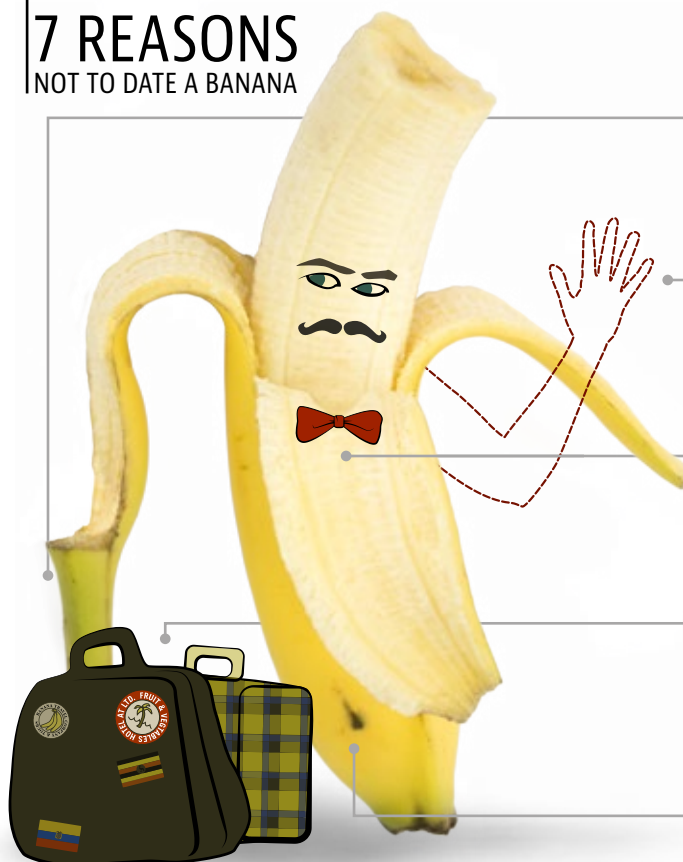
Buy one service, get the second 50% off

Expires Dec. 31, 2013. Sale item must be of equal or lesser value. Cannot be combined with any other offer. Some restrictions may apply. No cash value.



TWO SENSE

7 REASONS NOT TO DATE A BANANA



2-7

Bananas Change Their Colors When you're love interest acts differently around other people, how can you be sure you know their true self?

Bananas Can't Hold Hands Holding hands is a great way to show affection to someone you care about, and a banana only offers a limp peel.

Bananas Are Slippery Whether they won't commit or they like to trip you up, these shady characters won't help you keep both feet on the ground.

Bananas Have a Bunch of Baggage Emotional trauma needs to be dealt with before beginning a new relationship, but a banana pretends its fine when it's not.

Bananas Buise Easily A banana gets offended at jokes on the back of a candy wrapper and can't take a little teasing.

Bananas Get Mushy Too Fast Sharing your emotions makes your relationship stronger, but coming on too strong too soon may frighten your partner.

1

Bananas GO Rotten

Nobody is perfect, but someone who doesn't respect you should be tossed in the trash.

TWO Tones Breakup Helpers

- 1 **Big Girls Don't Cry**
Fergie
- 2 **We Are Never Ever Getting Back Together**
Taylor Swift
- 3 **Fighter**
Christina Aguilera
- 4 **I Hate This Part**
The Pussycat Dolls
- 5 **Jar of Hearts**
Christina Perri
- 6 **Cold as Stone**
Lady Antebellum
- 7 **Irreplaceable**
Beyoncé
- 8 **Take a Bow**
Rihanna
- 9 **You've Lost That Lovin' Feelin'**
The Righteous Brothers
- 10 **Brave**
Sara Bareilles



DATING DIARIES

My friend and I thought it would be fun to put a double date together and go ice skating. He asked his girlfriend, and I asked one of his friends. When we arrived at the rink we were the only ones there, so we split up into couples and began skating around and basically just enjoying our free reign of the ice. After a few minutes she asked me if she could complain about something for a minute. When I said yes, she told me that she liked my friend (who was ice skating with us). She said she knew they would be together if his girlfriend wasn't in the picture and then talked about how annoying she found his girlfriend to be in general. She then hugged me and told me that I was a much better listener than most people. After that I was her go-to for talking about guy problems. She gets married next week.

—Brogan, junior



26582JG2

TREAT YOURSELF
to a more perfect you

manicures
shellac
scalp wax
treatments
makeup
cut & style
lash color
hair facial
pedicures

To make an appointment,
call us or go online.



Find us online!

1030 WSC 1st Floor
801.422.1030
studio1030.byu.edu



DATE NIGHT

2 for \$20

1 game of bowling
and
1 party platter

No cash value.

Must present coupon at purchase.

Not available with any other offer.

Expires December 31, 2013.

Pick up voucher for food.



bowling.byu.edu

1171 Wilkinson Student Center

Phone: 801-422-8690

Bowling Center Fall/Winter Hours

Mon – Thurs: 10 am – 11 pm

Friday: 10 am – Midnight

Saturday: 10 am – 11 pm



dining.byu.edu/ow

Mon – Sat: 11 am – 10 pm

Bowling &
Games Center

Dining
Services



find us on
Facebook



YOUR GIRLFRIEND IS CRAZY!

—J.J.K.

WARNING SIGNS

⚠ The significant other acts differently around you than they do around your roommate.

⚠ The significant other says bad things about their relationship or your roommate behind your roommate's back.

⚠ The significant other frequently participates in activities that are inappropriate or would suggest problems in the future.

⚠ Your roommate doesn't seem happy when they are around their significant other. They may mention that they are only sticking with their significant other because they want to "help them" or because they think it's "the right thing to do."

⚠ Things seem to be moving so fast that they could be married by tomorrow when they met yesterday.

⚠ The relationship has caused your roommate to make changes in their life that are not for the better.

That's it; you can't take it anymore. It's undeniable: your roommate is dating a crazy person.

Some of you have been here before. You may have heard the significant other say something demeaning or cruel and see it as a sign of terrible things to come. You may simply just get the "heebie jeebies" or other creepy feelings when you are around them.

Either way, from what you've observed, you think your friend is going out with Mr. Hyde. Naturally, you want to do something about it.

So how do you approach the situation? You can't just come right out and tell your roommate you think they're dating someone from the asylum. That would just cause drama.

The first step is to let your roommate know you are merely sharing observations because you care about them. Tell them you honestly want to avoid any drama and emphasize that you are only trying to help. Share your observations only as observations – avoid giving too much of your opinion because it isn't your relationship. Finish by telling them you're worried about them and this relationship, but you respect their opinion and decision.

Before you go that far, you may want to look for more concrete evidence that your roommate's significant other isn't a good fit. Make absolutely sure your roommate's significant other is as bad as you think he or she is and try to see their relationship from another perspective. Try to remove as much bias from the situation as possible.

If that doesn't work, the list to the left has some pretty straightforward signs that your concern is warranted.

However, this is an inconclusive list and there are other signs that something could be fundamentally wrong with the relationship – consult with a trusted friend, relative or counselor for further help.

On the other hand, if there aren't any clear signs like these, you might not want to get involved. It might be difficult, but perhaps the best thing you can do is stay out of it and let things take their natural course. If your roommate and their significant other truly aren't a good fit, then the natural forces of relationships and catalyst events in their lives will help them realize it eventually.

The reality is you don't know the whole situation. If your roommate asks you to remove yourself from the situation, respect their decision and move on.

TWO SENSE

UNDERSTANDING BODY HINTS

Your date's body language can give you insight on how he or she really feels about you. Jennifer Allred, adjunct instructor in Interpersonal Communications at BYU-Idaho, suggests these as common nonverbal cues.

👁 **Eye contact** (they hold your glance longer than typical)

👁 **Dilated pupils** (the pupil of the eye enlarges) this can be hard to discern, especially in low-light conditions, where eyes naturally dilate.

👁 **Self-grooming gestures** (Re-adjusting their clothes or touching and fixing their hair)

👁 **Touch** (touching your arm or elbow, legs when seated or the small of the back or shoulders)

👁 **Your date's stance** can also subconsciously show they're interested. An open stance (which is keeping your arms unfolded, legs parallel or uncrossed and keeping relaxed eye contact.) portrays they are relaxed and, in turn, often makes the other person feel more comfortable.

👁 **You may notice that your date is mirroring your actions,** gestures and mood. This is not their attempt to annoy you or make fun, it's a sign of affection and them paying attention. Keep it natural.



TWO-IN-ONE: FOOD AND FUN



*For \$20. Two people can get
1 game of bowling and 1 party platter.*

(Platter includes 2 medium fountain drinks. Must present coupon at time of purchase.)

Save Lives & be Rewarded at Grifols Biomat USA

Donate Blood-Plasma

Biomat USA

501 North 900 East

Provo, UT 84604

(801) 375-2279

Mon–Fri: 8 a.m.–7 p.m.

Saturday: 8 a.m.–4 p.m.

Proof of address, social security card, and valid photo I.D. are required.

Located three blocks south of campus, across from Gold's Gym.

**Earn up to
\$220 every
month!**



No Need to Shake It

Tips on how to ask someone out

BY MIRANDA FACER



Asking someone out sounds great in theory, but can be difficult when the moment arrives.

Situation 1: You can't tell if she is interested.

"I think girls need to show if they are interested in guys," Brian Parkinson said. "Guys won't likely ask girls out who show no emotion toward them."

Ladies, it's hard enough for the guys to work up the courage to ask you out—don't make it more difficult by acting indifferent or detached around them. If you like the guy, show him.

Guys, one way to avoid this problem is to specify that you are taking the girl on an actual date. Girls often feel confused if the guy invites them to "hang out" or come along on a group activity; should they act like they came with you or should they just act like a friend?

It's hard for girls to show emotion if they don't know if the guy is interested, just like it's hard for the guys to ask a girl out if they don't know if she'll say yes.

Solution: *Act how you feel! If you like someone, show them. If you don't like someone, tell them.*

The ball's in your court, bucko.

Situation 2: You want to get to know that cute guy or girl you see around campus but don't know how to introduce yourself.

The key here is to make sure you come across as friendly, not creepy. If it seems like the other person notices you too, introduce yourself the next time you see them and invite them to get a Jamba Juice or study together sometime. If your first real interaction goes well, proceed with asking them on a real date.

However, if the other person avoids eye contact, seems to be in a hurry, is with another person or looks worried when you approach, abort the mission.

Solution: Introduce yourself, but respect the other person and read their body language. If they seem uninterested, gracefully end the conversation and move on.

U want 2 see a movie 2nite?

That's not a suitable alternative to picking up the phone and taking the three minutes for a call. Extend me the courtesy of a call and you will earn bonus points before you even pick me up.

Situation 3: You don't know which method to use to ask someone on a date.

The unanimous response to an informal survey of BYU females found they prefer to be asked on a date in person.

"Every girl wants a guy who makes them feel wanted," Jessica Alessi said. She went on to explain that when guys ask girls out in person it makes them feel appreciated and special.

If you need pointers on what to say, see situation four.

If you're uncomfortable asking someone out in person, the next best option is over the phone. By calling. NOT TEXTING.

Facebook, Gchat, Twitter, etc. are not preferable outlets for asking someone out. It takes courage to ask someone out using your own voice, but it's always better to hear from you than the impassive silence of technology.

Solution: Ask someone out in person if you can, and if you can't call them on the phone.

Situation 4: You're asking someone out in person but don't know what to say.

When you ask someone out face-to-face, don't feel like you have to go up and ask him or her on the date then walk away. There are ways to bring up going out without making it awkward or putting either of you on the spot too much.

Solutions:

Ways to ask them out:

A. Find a way to do something alone after a group activity:

"Do you want to grab a milkshake after the football game on Saturday?"

B. Follow his or her lead:

"Oh you like MGMT too? We should go to the Twilight Concert Series next week!"

C. Invite him or her to a school event:

"Hey I've got this extra credit lecture I have to go to but I don't know anybody who will be there—do you want to come with me?"

D. Look for interesting activities:

"Did you see the poster for the Dating Game activity this week? We should go!"

Situation 5: You are under the impression that asking someone out needs to be an extravagant spectacle.

No. This is not prom; this is real life. Please do not feel like you need to make a big deal out of asking someone on a date.

All this will do is put pressure on both of you, which will make it difficult to really get to know your date.

When you ask him or her on the date, don't try to be someone you're not. Don't think you need to buy dozens of flowers, ask them to a super expensive restaurant or write their name in glitter on the front porch.

You want the person you ask on the date to say "yes" because they like you, not because they feel like they have to go because you asked them in such an elaborate way.

Solution: Show the person you are asking out that you are interested, but don't make them uncomfortable when you go about the asking.

Situation 6: You believe girls can't ask guys out.

Ladies, most guys we surveyed said they love it when girls ask them out. Sometimes they don't know if you are interested, but when you ask them out they know.

"I asked a guy on a date a while back and it was really fun and I would do it again, but I'd plan better," Brittany Hiatt said.

Some guys may not like it if you ask them out, but you won't know until you try. At the worst they say no, at the best you have a wonderful time together because you took a chance.

Solution: Go for it!

Txt Decoded

Hey, girl hey! Hey good lookin', what's cookin? Wanna hang out? ;))

These are all text messages that you may have received or may even sent out. But what does 'wanna hang out' really mean? And are emoticons really that important? Let me break it down for you. In a questionnaire conducted over multiple days at the Cougareat, we were able to find out what people really think about texting.

"It's all a game," said sophomore Tommy Higham. "If your going to text be careful, but then you have to play the game." Tommy, his friends Tanner Olson and Jordan Rogers, all agreed there is a texting game. If you get a text message you have to wait a little while before responding, otherwise you look too needy and too eager. Rogers notes that "playing the game" should not last into the relationship; it should stop once two people are together.

The consensus for texting in general is girls overthink text messages far more than guys. They analyze each syllable, emoticon, punctuation or lack thereof. While some guys admittedly said they overanalyze text messages, they said women are more likely to.

Emoticons:

Just by the name, emoticons are used to show emotion. They are used to show friendliness and flirtation. However, this is a tricky sign to read. Some girls add emoticons after every sentence, which the men explained could be very distracting to the text in the message. Some girls don't use them at all. Rachel Fisher, a senior studying Biophysics, said she would never consciously put emoticons, but then one of her friends reprimanded her, so she now uses them.

The majority of the men we questioned said they don't send emoticons to their male friends. Some even thought sending them to girls is too feminine, but receiving emoticons is always good.

All students we asked about emoticons said they are a good sign, and that they typically mean that he or she is trying to flirt and not be so serious. One thing to take into consideration is the person's personality. They may just be perpetual flirts, you need to watch more than just ;) :) or :P, see how they act face-to-face.

Emoticons
are a
good
sign ;)



Wanna hang out?

Girls that have voiced their concern that this statement can be confusing. Does this mean it's going to be the two of you or a whole group? Is it a date or not? Surveys said a date should not be initiated over a text message. But if you are going to ask someone out through text message, use words that let the other know it is a date, like saying "Do you want to go out Saturday night?" or "Do you want to go on a date?"

If this statement is sent past 10 at night it implies more than just playing Apples to Apples. The person that sent that text message is probably implying they want to play a game of tonsil hockey. They do not want a date in this situation, more of a casual make out session. When asking people about this late night text message, many of them said, unsolicited, that if someone texts them "Do you want to watch a movie?" they're implying they want to have a NCMO (non-committal make out).

Honey, sugar, baby, handsome, beautiful

When is it OK to use pet names in text messages? Most guys said they would only use pet names if they were already in the relationship with the girl. But if they aren't in a relationship with you they are just trying to be flirty. Some of the girls believed it didn't really mean anything. If you're going to use pet names you have to at least know the person better than just a first date.

Pet peeves

- Hang out: Fisher said she hates when boys send her, "Wanna hang out?" text messages. She thinks it's a gray area; they should just use their words and ask the girl out!
- Ooops, ya, k, haha: Business junior, Torey Ellis, said his biggest pet peeve when it comes to text messaging is the one word answers, he believes they are stupid and pointless. He also finds it annoying when girls ask a question he already answered a few texts ago.
- Conversation: Sam Rockwood, from Diamond Bar, Calif., doesn't like the pointless conversation and the play-by-plays. One of the reasons for this is because when he actually sees the girl he won't have anything to talk about because they have already texted about everything.



While texting can be fun and flirty, don't depend solely on it for your conversation. Face-to-face interaction is always preferred. Games don't have to be played when you are engaging in real conversation, because you can see the person's body language and emotion. Being authentic is best!

:)

;)

:P

:/

:(

WINNING THEIR HEART *with Food*

*8 recipes
to impress
your date from
Brunch to Dessert*

Find the recipe
for this meal
on page 40



OH MY OMELETS

Yields 2 omelets

- 4 eggs
- ½ cup shredded cheddar cheese
- 4 tablespoons milk
- ½ cup bacon, crumbled
- ½ cup green onions, chopped
- ½ cup yellow onion, chopped

Start by bringing the frying pan up to temperature on medium heat.

Using a fork, combine 2 eggs in a bowl until the yolks have broken and the mixture is a pale yellow. Add 2 tablespoons milk and use a whisk

to beat the eggs and milk until the liquid has lots of bubbles (use your muscles – you want the omelet to be light and airy)

Grease the pan with butter or cooking spray and pour the mixture into the pan.

When the eggs start to solidify, gently tilt the pan so the excess liquid runs onto the pan. Add the cheese, onions and peppers. Use a spatula to help direct the liquid and form a circle in the pan. Once the omelet is reasonably solid, let it sit in the pan for a few seconds then flip it onto a plate.

Top omelet with extra cheese and vegetables if desired. Serve immediately. Repeat process.



CINNAMON ROLL PANCAKES

Yields 18 pancakes

CINNAMON FILLING

- 1 stick softened butter
- 1 cup packed brown sugar
- 2 tablespoons cinnamon

In a large bowl, using a hand mixer, mix butter, brown sugar and cinnamon until smooth.

Use a rubber spatula to scrape the sides and pour this mixture into a large pastry bag. Put the bag in a tall tumbler to support it while you fill it. A large zip-top bag would work too.

CREAM CHEESE ICING

- 2 cups powdered sugar
- 2 ounces cream cheese
- 1 teaspoon vanilla
- 4 tablespoons milk

In a bowl, mix powdered sugar, cream cheese, vanilla and of milk, using the hand mixer.

When smooth, pour into a second pastry bag using the same method as the cinnamon filling.

PANCAKES

- 2 cups pancake mix
- 3 eggs
- ¼ cup canola or vegetable oil
- 1 tablespoon powdered sugar
- 1¼ cup milk

Mix together in a bowl the pancake mix, eggs, oil, powdered sugar, and milk. Blend until smooth.

Ladel pancake mix onto a large non-stick skillet, over medium to medium-low heat, using a ¼-cup dry measuring cup. Snip the tip off the pastry bag containing the cinnamon filling so that the opening is ½-inch wide. Swirl filling onto cooking pancakes in a spiral. Continue to cook the pancakes until bubbles form evenly through each cake. Gently flip each pancake and cook for 30-45 seconds more. Remove to a serving platter. Drizzle with icing before serving.

Recipe courtesy Robin Sue at BigRedKitchen.com



Find the recipes
for these meals
on page 40





STEAK

Yields 2 steaks

Large cast iron skillet

2 steaks (we used t-bone)

Salt

Pepper

Vegetable or canola oil

Place your cast-iron skillet in a cold oven and preheat to 500 degrees F. This will allow the skillet to get warm with the oven and it will create that steakhouse steak sear on your meat.

While the oven is pre-heating, remove the meat from the refrigerator and bring it to room temperature. This allows for even cooking.

Once the meat is at room temperature rub both sides with oil. You need oil, like vegetable or canola, that can sustain high temperatures. Olive oil is not an option because high heat will change the flavor complex of the oil and make it very bitter.

Next, season your meat with salt and pepper.

Once the oven is pre-heated, remove the skillet from the oven and place it on the stove onto a burner turned to high heat. Let it sit on the burner for 4-5 minutes. You want the skillet screaming hot.

Now, place the meat in the middle of the hot, dry skillet.

DO NOT TOUCH THE MEAT. Let it sear – untouched, for three minutes. After three minutes turn the steak over. Let the steaks sear on the other side for another three minutes – you are looking for a nice brown crust. Once your meat is seared, put the skillet back into the oven.

This is where you cook the steaks to your degree of doneness. For medium-rare to medium it takes 4 minutes on each side.

If you like rare, bump the time down two minutes. If you like well-done, bump the time up by a minute or two (more like 5–6 minutes on each side).

Once your meat is cooked to your preferred temperature, remove the skillet from the oven. Place the steaks on a platter and tent with foil.

Let the meat rest for at least 5 minutes. If the meat doesn't rest, the juices will pour out – and the steak will become tough and less juicy. Resting allows the juices to distribute throughout the meat so you get the perfect bite every time.

Recipe courtesy Ali at OurSavoryLife.com

TERRIFIC TURKEY SANDWICHES

Yields about 8 sandwiches

Loaf of bread

9 ounces deli sliced turkey

8 slices provolone cheese

Mustard

Large tomato

Small bag of fresh spinach

Lay out 16 slices of bread. Place slices of turkey on eight of them, followed by a slice of cheese and squirt of mustard. Layer spinach and a tomato slice to finish each sandwich, add the second slice of bread to each sandwich and serve.

SLOW COOKER PULLED PORK

Yields about 12 sandwiches

2 pounds pork tenderloin

12 ounces root beer

18 ounces BBQ sauce

Whole wheat buns

Place pork in a slow cooker and pour root beer over the top. Cover and cook on low for 7-8 hours. Drain well, shred with a fork and mix in BBQ sauce.

Serve on toasted buns with a little extra BBQ sauce. Add coleslaw for a real down-home take on this meal.

Recipe courtesy Corey at TheHinzAdventures.com

Mix 1 liter of Sprite into a liter of your favorite raspberry lemonade and serve with fresh raspberries for sparkling refreshment a step up from root beer.



RAY'S CHICKEN TACOS

Yields 12 tacos

1 pound shredded chicken (use a pre-cooked rotisserie chicken)

3 bell peppers, chopped

1 yellow onion, chopped

1 bunch cilantro, minced

Monterrey Jack cheese

Sriracha sauce

1 packet taco seasoning

12 flour tortillas

Sour cream

2–3 cups water

3 limes

Heat tortillas in a frying pan, leaving each side on the heat for a few seconds until crisp. Wrap in aluminum foil and set aside.

Pour the water into a large pot (start with two cups and add more if the chicken seems dry). Add half of the pack of taco seasoning and a few squirts of Sriracha (if you do not like spicy food, use caution). Stir and let simmer. Once the sauce bubbles, slowly add the shredded chicken and stir until the chicken absorbs the sauce. Let simmer on low heat for five minutes.

Once the chicken is cooked, start assembling the tacos. Line a tortilla with sour cream and Sriracha, add a heaping spoonful of chicken down the middle of the tortilla and sprinkle with cheese. Add some onions, peppers and cilantro then finish with a squeeze of lime.





SUGAR COOKIES

Yields 48 cookies

2¾ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
1 cup butter, softened
1½ cups white sugar
1 egg
1 teaspoon vanilla extract
Assorted sprinkles

In a bowl, sift together flour, baking soda and baking powder. Set aside.

In the bowl of a stand mixer, cream butter for about 3 minutes. Add sugar and cream together butter and sugar for about 5 minutes more. Add vanilla and egg and stir together. Add flour mixture a ½ cup at a time until combined.

Scoop out about 1 teaspoon of dough per cookie and roll into a ball. Place on cookie sheet about 1–2 inches apart. Bake 8–10 minutes or until golden. Remove from oven and let cook for 1–2 minutes.

Place on a wire rack and sprinkle with sprinkles if desired while cookies are warm.

*Recipe courtesy Amanda at
HighHeelsToHotwheels.com*

OATMEAL CHOCOLATE CHIP COOKIES

Yields 30 lowfat cookies

1 cup all purpose flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ teaspoon ground cinnamon
2 tablespoons unsalted butter, room temperature
½ cup sugar
½ cup unpacked brown sugar
1 large egg
¼ cup unsweetened apple sauce
½ teaspoon vanilla extract
2 cups quick oats
¾ cup dark chocolate chips

Preheat oven to 350 degrees F. Line two baking sheets with parchment paper.

In a medium bowl, whisk together flour, baking powder, baking soda, salt and cinnamon. In a large bowl, cream together with a mixer the butter and the sugars on medium speed.

Add the egg, followed by the applesauce and vanilla extract to the butter and sugar mixture.

Working by hand, stir in the flour mixture and the oats until just combined and no streaks of flour remain; stir in the chocolate chips.

Drop heaping tablespoonfuls (approximately 1 tablespoon each) of the dough onto prepared baking sheets, flattening each cookie slightly. Bake for about 10–12 minutes, or until cookies become light brown at the edges.

Let cool on baking sheet for 3–4 minutes, then transfer to a wire rack to cool completely.

Recipe courtesy Gina at SkinnyTaste.com

See page 83 for recipes for Snickerdoodle Blondies and Peanut Butter Cookies.



YOU ARE MY ROCK



ZEGHANI
BY Simon



Sierra~West
JEWELLERS

1344 South 800 East, Orem ■ Southeast of University Mall ■ 801-226-6006 ■ 800-411-8067
60 East 10600 South, Sandy ■ East of South Towne Mall ■ 801-984-6870
6190A South State Street, Murray ■ West of Fashion Place Mall ■ 801-713-1900
www.sierrawestjewellers.com



With a purchase over \$1,500 you'll receive VIP pricing and three, 2-night hotel stays. With any purchase over \$2,500 you'll also receive a 50-inch pearl strand and bracelet and 45% off any men's band. No prior sales apply. Offer good 4/1/2013 through 5/1/2014.



www.sierrawestjewelers.com
www.sierrawest.blogspot.com

f Find us on Facebook: Sierra-West Jewelers

Beaudry BEAUTIQUE



Sierra-West
JEWELERS

1344 South 800 East, Orem • Southeast of University Mall • 801-226-6006 • 800-658-8478
60 East 10600 South, Sandy • East of South Towne Mall • 801-984-6870
6190A South State Street, Murray • West of Fashion Place Mall • 801-713-1900
www.sierrawestjewelers.com



Christopher Designs Crisscut®



Sierra-West
JEWELERS

1344 South 800 East, Orem • Southeast of University Mall • 801-226-6006 • 800-658-8478
60 East 10600 South, Sandy • East of South Towne Mall • 801-984-6870
6190A South State Street, Murray • West of Fashion Place Mall • 801-713-1900
www.sierrawestjewelers.com



Simon G.®



Sierra-West
JEWELERS

1344 South 800 East, Orem • Southeast of University Mall • 801-226-6006 • 800-658-8478
60 East 10600 South, Sandy • East of South Towne Mall • 801-984-6870
6190A South State Street, Murray • West of Fashion Place Mall • 801-713-1900
www.sierrawestjewelers.com



Sierra-West
JEWELERS

1344 South 800 East, Orem • Southeast of University Mall • 801-226-6006 • 800-658-8478
60 East 10600 South, Sandy • East of South Towne Mall • 801-984-6870
6190A South State Street, Murray • West of Fashion Place Mall • 801-713-1900
www.sierrawestjewelers.com



Where Is Our Relationship

By Britania Busath

As you are dating you should ask questions and learn about the other person, not necessarily just for marriage, but to continue in the pursuit of the person you are interested in. You don't want to wait six months into the relationship to ask questions about topics that are important to you. What are those questions that should be discussed?

ARE WE EVEN COMPATIBLE?

Dean Busby, Director of School and Family Life, said it's a common misconception to say you're compatible with someone. He said there are four things that bring two people together: where you live, your social networks, your values and your lifestyles. "Those are compatible and draw people together, not the things that keep them together and keep them happy, that's more of a personality issue," Busby said.

Compatibility implies that you match a person up with someone similar, so would you want to match someone who is neurotic with

someone else who is also neurotic, no. Personality quality, not compatibility, determines satisfaction in a relationship. Busby said the goal in dating is to determine if the person is easy for you to get along with, not necessarily if you are compatible.

WILL WE GET ALONG LONG TERM?

and your partner does not feel the same way, then you may want to rethink the relationship

Busby said it really all comes down to the bottom line for you. If something is core to your life, and your partner does not feel the same way, then you may want to rethink the relationship

or evaluate how important that aspect of your life is. For example, if one of your core values or ways of living is to not eat any junk food, and you're dating someone that loves chips and candy, your "cores" do not align. This can cause disagreements and even unhappiness. It's subjective in what you think is important.

There are a few aspects that everyone should take into consideration, like if the person is controlling or you can't be yourself around the other. You can also determine what is important to your partner and if it is in agreement to your values by just watching the way they act and speak.

SOME TOPICS COUPLES SHOULD CONSIDER

If the answers to these questions do not arise naturally, and your relationship is moving towards long-term commitment, you may want to bring up these topics.



Finances

- Who is going to handle finances?
- Who will be the main breadwinner in the family?
- Do you want individual or shared bank accounts?
- When does he or she pay tithing?



Church

- Does church come before work or vice versa?
- Family home evenings, family prayer and scripture study
- Couple prayer
- Does he or she look at pornography?



Family and Friends

- Do you both get along with each other's family and friends?
- Busby notes that if a guy's friends do not like the girl it will not have an effect on the relationship, but if the girl's friends do not like the guy it's a pretty good indicator of whether the relationship will work out in the long run. The same goes for the female's parents, especially the mother. "It's probably because females

pick up on relational issues and relational dynamics more than males," he said.

- Does he or she want children? If so, how many?
- Does your partner talk badly about their family or friends?
- What traditions will you take from each family?
- Do you have family vacations? How many a year, what kind and is everything planned or a free for all?



Recreation

- If a form a recreation is important to you, is it OK that your significant other does not enjoy the same interest?
- Are you OK with doing the interest by yourself? Or are you willing to join your significant other in their hobby even if it's not your favorite?

Going?



Long-term Goals

- Education
- Mission
- Career
- Location

Miscellaneous

- Does your partner embarrass you, frequently?
- Does your partner act one way around you and then another way around others?
- Has he or she been able to hold a job?

ENGAGEMENT?

You've found the answers to all your burning questions and you've decided this might be the person you want to spend eternity with, but when is the right time to get engaged? You ask some friends and they say a year, people who are not submersed in the LDS culture say five years and that includes living with each other. But what is the right answer?

"It depends on the dating period," Busby said. If an engagement occurred early in a relationship, than you would want to be engaged longer than a couple who dated for a long time before engagement. He does emphasize that if an engagement occurs early in a relationship then the engagement period should be viewed as a testing period, it doesn't mean everything is set in stone and you cannot get out of the relationship, which is the way it is often viewed in this culture. Busby said

that from meeting, dating and engagement it should span out between six months to a year, and even six months is early. Different variables should be taken into account, age, maturity and how well you know yourself and your partner.

What it all comes down to is knowing what is important to you and finding out how your partner feels about it. Finding this information does not need to take a formal sit down question and answer session, just listen and watch your partner. If you still don't know what the person thinks, be willing to ask.

I Wish **He** Knew

WHAT I'M LOOKING FOR

"I notice if he's conceited. A lot of times guys will try to sell themselves and confidence is attractive, but being conceited is not."

Jessica Wall, senior, English teaching

"If they don't have a plan for their life, that's a warning sign. If they don't have a direction, I might not be interested as much."

Kaelene Fenn, junior, psychology

MAKEUP

"Makeup looks good and helps you look professional."

Jessica Staples, senior, communication disorders

"I choose to wear makeup for myself. I feel confident when I have mascara on."

Kaelene Fenn, junior, psychology

HIGH HEELS

"High heels hurt! They make your calves look really good though.... I think it also depends on your guy. If he's tall, it's fine, but if he's not it can be awkward."

Jessica Wall, senior, English teaching

CHIVALRY

"I expect chivalry because that's the way my dad treated me. My dad opened doors for my mom and I and that's what I look for."

Kaelene Fenn, junior, psychology

"Sometimes I get annoyed by chivalry. Some guys can pull it off but occasionally it's annoying. I feel like sometimes it's overblown and it feels like it's for the wrong reason; like they do it because they feel like they're supposed to not because they want to."

Jessica Staples, senior, communication disorders

ASKING FOR A DATE

"I feel like freshman boys are all afraid to ask girls on dates because they're getting ready to go on a mission but I wish they'd ask so we can be friends. I think you can be friends and go on dates."

Carli Cramer, freshman, undecided major

WHEN SHOULD HE CONTACT YOU AFTER THE DATE?

"I don't care how long it takes a guy to call, but it's good when it's not longer than a week."

Jessica Staples, senior, communication disorders

LITTLE EXTRAS

"Guys think they have to spend a lot of money on you so they don't date, but some of the most fun dates are free because girls like to go on dates. It gets annoying to hang out with the same group of guys and not go out."

Hailey Beckstrand, junior, public relations

"I've had a lot of issues with timing. I get asked out when I'm stressed or during finals week and it's stressful to go out during a completely hectic week. You don't want to say no but it's hard to add more when you're already busy."

Nikki Barney, junior, molecular biology

"I think the big thing to remember is the little stuff matters. (Guys) don't have to spend a lot of money, just a little bit of effort. It goes a long way."

Kaelene Fenn, junior, psychology



I Wish *The* Knew

WHAT I'M LOOKING FOR

"A girl that's confident. They're OK with who they are, they're content and they don't come across as someone who is gonna be clingy. They show they're fine without you but they like you."

Justin Madsen, Senior, ISYS

"I think absolute honesty is important. I admired a girl who had been on a few dates with my roommate for her courage to be honest. She didn't like him and she told him but didn't say it in a mean way. She was up front and it meant he didn't have to keep investing in a relationship in that wasn't going the way he wanted. They're still friends."

Derek Gurr, graduate, public relations

MAKEUP

"I'm not a big fan of girls who wear a lot of makeup. I like a natural look more."

Justin Madsen, senior, ISYS

"I don't feel makeup is necessary but if it makes the girl feel better, it makes them more attractive."

Galeen Card, junior, exercise science

HIGH HEELS

"Why do women wear high heels? I don't know why anyone would do that to themselves. The few inches aren't helping."

Alexander Cranney, junior, Mechanical Engineering

ASKING FOR A DATE

"I wish girls knew they can show more initiative. If they like a guy they can ask him out. I was more than flattered when girls asked me out."

Joseph Naylor, graduate, geography

CHIVALRY

"I'm all for chivalry. I still open the door for my wife and protect her honor: it should be the same in dating because the way you treat the girls is the way you will treat your wife."

Joseph Naylor, graduate, geography

"Chivalry shows you're being polite and you respect your date. I see guys who go on dates and do nothing and it's annoying."

Bridger West, sophomore, molecular biology

WHEN DO I CONTACT HER AFTER THE DATE?

"I would say that it depends on how well the first date went. If there was chemistry there you can ask her on the actual first date. My wife and I kind of just knew we wanted to ask each other out again so we did before the night was over."

Derek Gurr, graduate, public relations

LITTLE EXTRAS

"When girls assume things it makes us assume things."

Sam Rockwood, junior, business

"If you both like each other, it's OK for the girl to ask you to do something."

Jordan Rogers, junior, business

"(When I was dating), I looked for someone who could talk and carry on a conversation. It wasn't a big deal if we had the same interests, more that she could vary the conversation."

Joseph Naylor, senior, geography

"Guys are weird. We do strange things to get girls' attention. A lot of times we make a fool of ourselves to get them to notice us. Don't judge us right off the bat because we're trying to impress you."

Bridger West, sophomore, molecular biology





BECOMING Your Best Self

BY SHELBY HINTZE

IN GREEK MYTHOLOGY, THERE IS A STORY ABOUT

soul mates. Zeus feared how powerful humans would be so he split them in two, forcing them to roam the Earth until they found their “other half.” In the story of Cinderella, the Prince loved the glamorous version of Cinderella. She feared that he wouldn’t love the real her, even though she was the same kind person he met at the ball, but with uglier clothes. In Grease, Sandy and Danny both changed the way they acted and dressed to please each other, when in reality, they liked the person they met on the beach at the beginning of summer. Summer loving had them a blast. (Stuck in your head yet?)



Becoming the best person you can be is going to get you a lot further in life than “becoming the person you want to marry.” When you really examine yourself, your personality, your strengths and weaknesses, you are able to better understand yourself and then extend that understanding to others.

Girls, you are not a princess that needs to be rescued. Guys, you are not a punk that needs a woman to reform you. You are you.

Why is self-improvement important?

Self-improvement is not just a buzzword created to sell books. Self-improvement and reflection are a vital part of becoming happy and comfortable with yourself. When you work to improve yourself, you can have higher self-esteem.

Aimee Heffernan, a licensed marriage and family therapist, describes self-esteem as having a warm regard towards yourself. It’s not thinking you are perfect and great at everything. Rather it is being able to recognize your weaknesses but still believing you are a good person and are of worth. Sure, you may need to work on your gossiping problem (who doesn’t?) but that does not mean you are a bad person who deserves to be unhappy. But self-esteem does a lot more for us than just giving us good feelings.

“When you have self-esteem you make better choices,” Heffernan said. “In order for you to be

happy, married or not married, you need to have self-esteem so that you make good choices no matter what. I see that on so many levels, every day, all the time.”

Without self-esteem, people often look outward to gain the recognition and worth they crave. This can often put them in danger of having dependent, abusive and generally unhealthy relationships, accord-

ing to Kristin Hodson, a therapist specializing in sex and intimacy therapy at The Healing Group in Salt Lake City.

Another reason to work on self, echoed by many, is that when it comes to dating, you are the only person you can control. You cannot control other people’s thoughts, feelings or even who you meet.

Marty Erickson, a counselor in BYU’s Counseling and Psychological Services, said, “So much energy goes into being angry or frustrated about not being in a

relationship. Put that energy into becoming a better person.”

Josh Weed, a licensed Marriage and Family Therapist, echoed that sentiment. “We can definitely fine tune ourselves and our own spirituality and our own sense of self,” he said, “so that when we do encounter that person that feels right and it feels comfortable and it’s working, we’re able to recognize it for what it is.

By becoming your true and best self, you put yourself in a better place to meet someone. And whether

“So much energy goes into being angry or frustrated about not being in a relationship. Put that energy into becoming a better person.”

Marty Erickson

BYU Counseling and Psychological Services

you get married or not, you will be happy and comfortable with yourself.

Check yourself before you wreck yourself

Popular culture often tells us that you need to change to get the girl or have a happily ever after but according to Weed, changing yourself just because you want to get married is not going to help you in the long run.

“When I see people that are trying to improve themselves in order to achieve a relationship or something having to do with interactions with others I find that self-improvement work is less genuine and it’s not really them improving themselves,” Weed said. “It’s not them taking an assessment of their own personalities and traits and trying to improve those things. Instead it’s usually someone trying to fit a mold or somebody else’s expectations. That can work for a little while but it’s bound to crumble over time.”

People often say that they need to be worthy of the person they want to marry. But Erickson said, not only does that perfect person not exist; it’s going to be incredibly difficult to live up to that person.

Heffernan also explained that we undermine our personalities and ourselves when we act a certain way because we think we are supposed to as opposed to because we want to.

“If you fake it and you put on a facade, you’re doing yourself no favors at all because then you are married and you realize, this person doesn’t love the true me,” she said. “And it’s a really painful place to be. You have to show up 100% yourself, imperfections and all. You have to realize that your spouse will have imperfections too.”

Just do it

The best way to begin the process is to hold an honest inventory of yourself. What are my strengths and weaknesses? What makes me happy? What makes me uncomfortable? Am I surrounding myself with good people?

While this can be done on your own, it will be more productive with a little help. Of course, prayer is really important.

“Heavenly Father is amazing in that He helps you see your strengths while showing us our weaknesses so that you’re not discouraged but you’re able to want to improve and want to become your best self,” Weed said.

He also said that listening to feedback from those that you love and that love you will help you see strengths and weaknesses. Most people will see a pattern in the feedback and that’s what we need to embrace.

Ask the therapists; they can help you

If you don’t feel comfortable talking about it with friends and family, you can also see a counselor. Counseling is not just for people who are depressed or have a mental illness. Just like you go to a medical

doctor just to check up on your physical health, you can go to a counselor to check up on your mental health. It can be very beneficial to anyone who genuinely wants to start this process. A counselor can help you with the process of self-discovery. Any full-time BYU student can receive free counseling services through the Counseling and Psychological Services office in the Wilkinson Center.

A few things to remember

No one is perfect. You have weaknesses and that’s ok. By accepting your weaknesses, you will become more comfortable accepting weakness in other people. On the flip side, when you see your worth, you are more likely to see worth in others. You will also be more comfortable accepting when you are wrong in a situation, instead of placing blame on the other person, according to Hodson.

There are parts you won’t be able to fix. Some things are just part of your personality. When you do a self-inventory, you will be able to find these areas. However, according to Weed, no matter the problem, you can always find “negotiation corners.” If you are sarcastic, your “negotiation corner” may be to not use sarcasm to belittle others.

It takes time. I once heard someone say he wanted to find a girl just like his mom because she is just perfect. He did not realize though that his mom had been working on becoming that way for 50 years. Neither you nor your partner is going to be and remain “perfect” when you turn 24. Weed said self-improvement is not something that should only be a priority while single but also while dating, engaged and married. It is a continual process as people and situations change and grow. And remember, things will change.

Expectations. All us girls have those lists we made at sleepovers of the traits we want in a husband. Throw

those lists away. While we should have a basic set of values we want (kindness, spirituality, respect etc.) things like “well-dressed” or “intellectual” are not as important. We should be focused on values, not behaviors.

“The marriages that I see work are marriages that are people that are pleasantly surprised with who they ended up with,” Weed said.

Whitney Lawter, a BYU graduate living in Kansas City, Missouri remembers getting ready to start the next chapter in her life and meeting the right person.

“After thinking about it *way* too much, I decided to give up,” she said. “I actually wrote in my journal ‘I’m just going to focus on my goals, be the best Whitney I can be, and let the Lord take care of the rest.’”

Two weeks later, she met the man she eventually married. So while it probably won’t happen that fast for you, when you are working on yourself and trusting in the Lord, good things happen.

“Heavenly Father is amazing in that He helps you see your strengths while showing us our weaknesses so that you’re not discouraged but you’re able to want to improve and want to become your best self.”

Marty Erickson
BYU Counseling and Psychological Services

TWO DATE DECISION TREE

D

Due
Homework due?

A

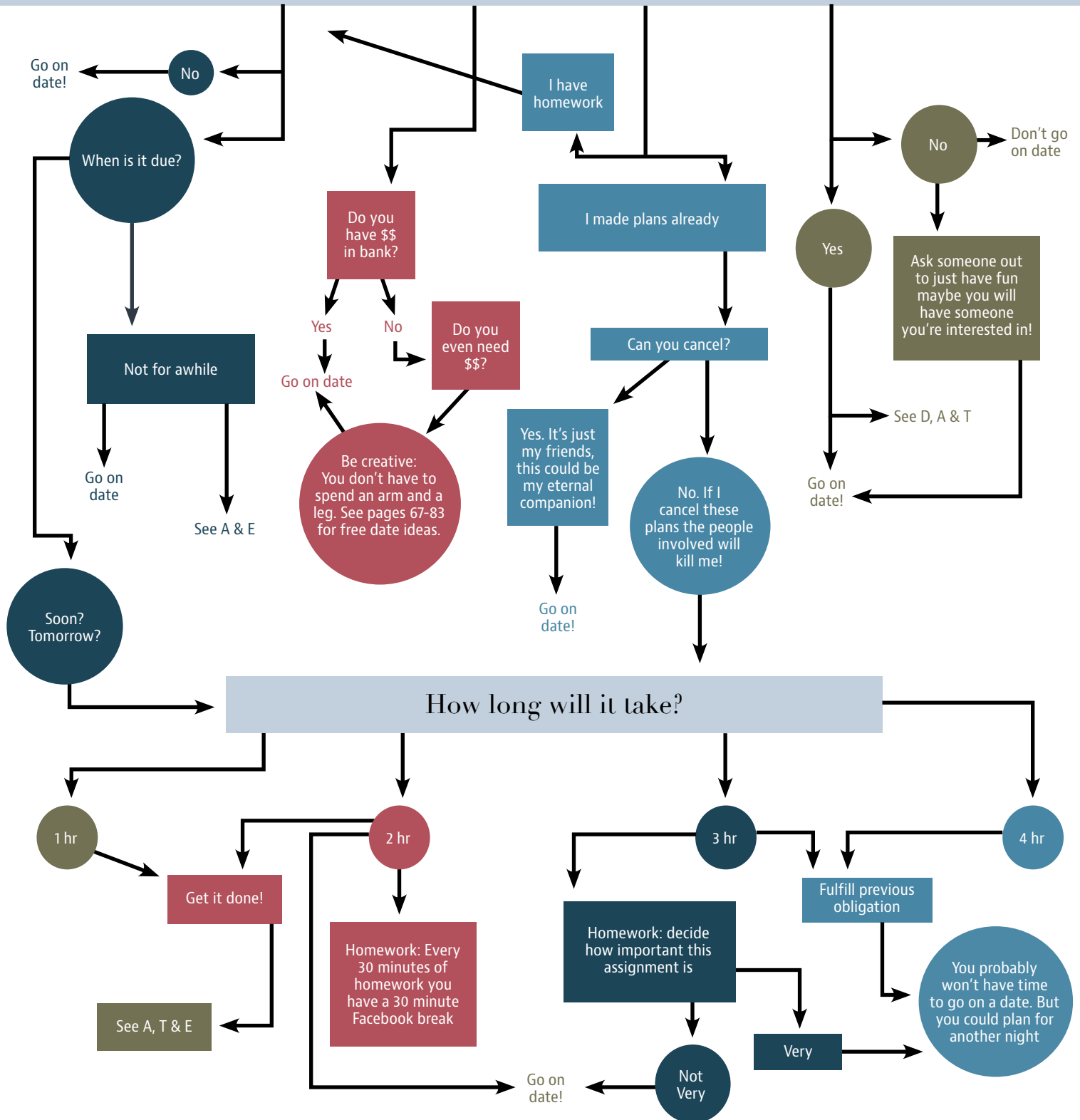
Afford
Spending money?

T

Time
Plans already?

E

Ease
Someone you're interested in?



A romantic couple is captured in a tender moment on a dirt path. The man, wearing a blue sweater and dark pants, is on a dark blue bicycle, leaning towards the woman. The woman, wearing a red and blue plaid shirt and red pants, is on a purple bicycle with a basket of yellow and pink flowers. They are kissing as the sun sets in the background, casting a warm, golden glow over the scene. The path is flanked by tall, dry grass, and distant hills are visible under a hazy sky.

The Thoughtful Plan

By Aubrey Greene

As Marilyn Brodeur became absorbed in “The Soloist,” a movie about a homeless man who had a passion for playing the cello, tears slowly streamed down her face. Brodeur had played in symphonies most of her life, but three years ago her cello cracked down the back and she hadn’t played since.

“Grad school kept me really busy and I didn’t have time to get my cello fixed,” Brodeur said. “Playing the cello had always been a part of my life since I was in fourth grade. The movie caused a flood of memories to come back and made me a little emotional.”

Her husband noticed her damp cheek and knew why she was crying. A few days later, he went out and researched cello repairers and found a good company. He had her cello fixed for a surprise gift on her birthday. Brodeur was completely surprised and felt cared for; in turn, she cared for her husband more. She said it meant a lot to her because he paid attention and made her feel like her talents were important.

Everyone has different preferences on what they would appreciate most as an act of service, but almost everyone will appreciate any thoughtful action that shows they are understood and cared for. As shown in Brodeur’s situation, her husband knew to fix her cello because he paid attention to her and knew her talents.

There are four main questions to consider when choosing how to be thoughtful:

1. When is it appropriate?
2. Why are you doing it?
3. What would make them happy?
4. How are you going to carry it out?

WHEN IS IT APPROPRIATE?

Depending on where you are in a relationship determines how extravagant your thoughtfulness should go.

For someone you are interested in and haven’t gone out with yet, just getting to know them and giving them your undivided attention is the first step, said Marty Erickson, a Marriage and Family therapist and BYU professor. You can also do nice little things for them like helping with homework.



After you have been on a few dates with someone and you notice there is mutual interest, (see page 28) being thoughtful to your crush may increase the chance of forming a relationship. Listening and being observant are the main keys to learning what the person would appreciate.

Erickson explained a few tips for someone of interest. “Talk to them about them, be cautious and don’t assume too much, be interested in them for who they are, and not who you want them to be.”

After talking to them and you realize they love tennis, take them on a date to play tennis. If you find out they love chocolate chip cookies, make some together. But offering things like foot massages when they don’t feel comfortable around you yet is probably not a good idea.

If there is mutual interest, find out if they appreciate creative dates, small gifts, hand written notes, hugs, etc. You will find these things out the more you talk and spend time together.

When in an exclusive relationship, many of the same concepts apply as when you weren’t dating yet. Really get to know the person and apply what you have noticed they enjoy.

A great time to do something for someone is when you recognize they are going through, or about to go through, something hard. Here are a few examples of people who experienced the thoughtful acts of their significant other during a difficult circumstance:

“In the nursing program, we have clinical once or twice a week at a hospital in Salt Lake very early in the morning, so we have to leave Provo by 5 a.m. Very disappointingly, we had an all day clinical scheduled on Valentine’s Day this year. My boyfriend at the time surprised me that morning by showing up in my kitchen and having a huge hot breakfast all prepared for me at 4 a.m. I ate while he rubbed my feet, and I got to see him before I left for my long day at the hospital.”

—Jannette Perry, BYU nursing student

“My boyfriend and I had to be apart for about a week and a half after the semester ended because I was leaving on a vacation, so he made me a little gift. He took one of those week-long medicine containers and filled each day with candy and a cute little note for each day we were apart. It was so cute and helped the time go by faster because each day I got to look forward to reading another note and each one said something cute or talked about a funny moment we had together.”

—Alaura Berg, BYU student

WHY ARE YOU DOING IT?

There are many occasions to do something thoughtful for someone, but you really don’t need an actual reason to be nice. The main reason people do thoughtful things is because they care for the person they are doing it for and want them to be happy.

“The key to being thoughtful is to really be interested in the person,” Erickson said. “By being interested and digesting the information you learn, it is easy to be truly thoughtful.”

If you are doing it to make yourself look good or to make the other person do nice things for you, you may want to reconsider your priorities.

Now that you know you want to be thoughtful, how do you go about making your special someone feel cared for?

WHAT WOULD MAKE THEM HAPPY?

After getting to know the person you’re interested in, it’s time to get creative. What are their favorite things? In the beginning of this article, Brodeur’s husband knew she missed her cello so he had it fixed for her. What could you do that would make your significant someone smile?

Service encompasses almost all acts of thoughtfulness. Merriam-Webster Dictionary defines services as a contribution to the welfare of others.



Service is a way many are emotionally touched; here are a few real examples:

“When Eric and I first started going on dates, I had to go study for a big test and couldn’t hang out with him. I told him I had no idea how I was going to get everything done plus laundry (I didn’t have quarters). After spending hours in the library I came home to a bag of quarters and a gallon of my favorite chocolate milk. After that I really liked him.” (Meg and Eric are now married, so it worked for him!)

—Meg Mena, BYU-Idaho alumna

“I had gone to my boyfriend’s house (who was just a friend at the time) to hang out one winter night, but we decided to leave to get food and then go to my house down the street. We ended up taking his car to get the food, so mine was left at his house. I didn’t bother getting my car that evening. So the next morning when I walked over to go get my car at his house I saw he had cleared all the snow off my windshield and windows. It was very sweet.”

—Kayla Abilez, BYU alumna

There are many self-help books that give different suggestions about how to know what your significant other will most appreciate. One

book that is widely used is *The 5 Love Languages*. Languages is written by Gary Champan, a marriage and family therapist, who noticed a reoccurring theme in his clients. Many of them received love in certain “languages” and not in others; he discovered many spouses had different primary languages that didn’t mean the same thing to their spouse. His theory is everyone has a primary love language of touch, gifts, acts of service, words of affirmation or quality time.

Consider taking the free love language test at www.5lovelanguages.com with your significant other to find out about their preferences then adapt the way you show love to them accordingly.

HOW ARE YOU GOING TO CARRY IT OUT?

Just go for it! Try to make sure your act of thoughtfulness will be something they will enjoy. If you are doing something extravagant, check with one of his/her friends to see if that is something they would appreciate. Also if you need help you might want to ask some of them to be in on it.

It is important to know you don’t have to do something outrageous to be thoughtful. Being helpful (doing the dishes, looking up the movie schedule, etc.), giving a hug or taking time to actively listen to the person you care about are all great ways to show your love.



MAN UP

TAILOR YOUR SUIT

One classic suit that fits your body is worth much more than a couple cheap suits that sag and bunch in all the wrong places.

Charcoal is a versatile suit color—you can dress it up for a wedding, pair it with a white shirt for sacrament meeting and use it to channel your inner businessman for a job interview.

If you wear a **two-button** suit, only close the top button so your suit has shape without looking uptight.

Don't be afraid to show **a little sleeve**—the color from your shirt will add interest and keep your arms from blending into your pants when your hands are down.

Pleated pants add pounds and make you look dated—opt for a **slim or athletic** fit to flatter your legs.

You want your pants to break before they hit the ground so you see a **hint of your socks** when you sit down.

A tie **shouldn't look like a shoelace** around your neck, but it shouldn't look like you put your cape on backwards either. Choose a tie that maintains the proportions of the jacket. Patterns should vary in scale from the suit and shirt patterns.

Accessories like a belt or watch are for **more than just telling time** or keeping your pants up. Make sure they complement your ensemble and don't clash.

Suit, shirt and ties courtesy Dillard's. Belt courtesy Buckle.

STOCK UP ON STAPLES

There are certain pieces every man needs in his closet. Ditch the high school relics and update your wardrobe with masculine essentials.

A bright t-shirt is a great way to make an otherwise neutral outfit pop.

Provo weather is known for being unpredictable. A lightweight jacket with fleece lining can keep you warm after an unexpected late-night study session or keep you and your date dry during a random rain shower.

Dark jeans take your look from class to classic. They look more formal than a traditional wash but still capture the casual vibe jeans are known for.

Your shoe closet should include more than black Sunday shoes and athletic sneakers – branch out with boat shoes, loafers and suede options.



Jeans courtesy Gap.
Jacket and t-shirt
courtesy Banana Republic.
Shoes and socks
courtesy Dillards.



How to Handle a Bad Break Up

You were in a relationship for a few months, thought you were going to marry your significant other and then out of the blue he/she breaks up with you. What went wrong and could you have fixed the situation before the break up?

By *Britania Busath*



Sometimes coping with a relationship ending may lead you down the path of the five grieving stages: denial and isolation, depression, anger, bargaining and acceptance.

DENIAL AND ISOLATION

In this area of grieving you probably are more likely to be in the isolation mode. Isolation statistically seems more common with men than women, in the sense that they don't want to talk about the situation. In a study published in the *Journal of Health and Social Behavior*, researchers found young men's mental health is more affected when an ongoing relationship ends. Often men's partners are their main source of intimacy, where as women have intimate relationship with friends and family. This could lead to men becoming more isolated because they will not talk about the relationship with their friends, whereas women will.

To come out of isolation, hang out with those friends that you may have disconnected yourself with while you were in your relationship. If you're not

one to talk about your feelings then you don't have to, just go out and have fun so you won't slip into depression. Everyone should look over his or her relationships to see where you can improve. Maybe what she said about you being rude is actually true and it might help in your next relationship to change your ways a little.

DEPRESSION

It can literally feel like someone close to you has passed away because you are no longer seeing him or her. You don't have any communication together, seeing pictures of your ex just brings backs the times you had together and even going to restaurants that you used to eat at makes you want to curl up in a ball and cry.

Breaking out a tub of ice cream and chick flicks will only make you feel worse about what just happened. A study done by the *International Journal of Obesity* found eating those fatty foods will make you feel worse because it releases cortisol, a stress hormone. It's a cycle: when you feel de-

pressed it will make you want to overeat which makes you feel worse and more depressed.

Instead of eating junk foods while watching

TV, try exercising. Exercising boosts your mood because of the release of endorphins. A breakup can lower your self-esteem, but exercising heightens both your self-esteem and confidence. This will help you get back in the saddle to date.

ANGER

Let's face it – breaking up can be a situation that puts you in a bitter and negative mood. This chain of events probably leads you to being alone

which isn't very good when you're "grieving" a relationship.

You become mad not only at the person who broke up with you, but at others and yourself. You think that you ruined the relationship. Your anger may even stay with you a few months after the break up and you find yourself, lurking on facebook and telling all your friends, "He/she really downgraded, their girlfriend/boyfriend is not half as cute as me, look at that hair, face, body etc." It's not uncommon to have these emotions and actions, but there are better ways

DEPRESSION

"I put off telling people about for a while because whenever I talked about it I would break down crying. Also, at night, I would take my convertible and drive fast down lonely country roads while blasting and singing angry break up songs at the top of my lungs. Keep in mind, this was in the wintertime and the cold air did me a lot of good."

— Devon M.

DENIAL AND ISOLATION

"I left the country for six months."
— Molly M.



to address anger.

Don't blame anyone, unless he or she cheated on you or harmed you in some way, then you can definitely blame him or her. The most common situation is you and your significant other were just not right for the other, and that's okay. You are not a failure in the relationship. Dean Busby, Director of School of Family Life, has heard many times that BYU college students feel like they are failures after a significant relationship ends. As human beings we want relationships so badly and at BYU it's magnified because of the emphasis on marriage. He says that a common response is to feel like a lost cause and like you will never get married. This isn't how a break up should be viewed; it should be viewed as a way to reflect on the past relationship and see what went wrong and what can be fixed, if anything.

Another way to get the anger out is to not focus on yourself so much. You've been taught time and time again the best way to feel good about your situation is to

BARGAINING

"When I started dating my boyfriend my ex got jealous and said he would change to be like my current boyfriend: he got a new car, a new job, and said he would move closer to me."

—Becky W.

BARGAINING

Sure, maybe you should have shown more affection to your significant other so he or she would have known you care about her, but crawling back to your ex shouldn't be the go-to option. In a study done at Kansas State University by associate professor Amber Veenum, she found that those who are cyclical couples (couples who break up and get back together) have less satisfaction with their relationships, because they have worse communication and have a higher uncertainty to the future of their relationship.

Before you go back to your ex, think about the reason you broke up in the first place, would

help those who have it worse than you. It's hard yes, but it really could be worse. Help others and do things to get your mind off the person who broke your heart.

this person really make you happy or are you just lonely? Do your personalities go together, did you get along? In a nutshell, don't make any rash decisions!

ACCEPTANCE... FINALLY

After going through all, or even just one of these steps you will eventually hit the point where you accept what has happened. Everyone copes with a break up differently; you may not feel any of these steps, or they may just be a fleeting thought. It's okay if you don't bounce back from a breakup in a week, or even a month. "If you really were in love, or even engaged and it broke, that's going to be about a three month process before you aren't

ACCEPTANCE

"Running, exercise and counting my blessings."

—Caitlyn M.

so tangled up in what was that you mess up what is," Busby said. "Emotionally you do need this much time, and some people need much longer, three months is on the minimal side, to figure out what happened." He said this time is good for you to step away from the relationship and really interpret why it didn't work out, "you may learn some important things about yourself." As harsh as it sounds, pain is how we grow, and instead of fighting it, work through it.

ANGER

"I dropped the clay vases he made me out my seventh story window. I made a mix CD of the sappiest breakup songs I could find, wore all black with my roommates, ordered pizza, and watched movies with lots of explosions in them. I felt better the next day."

—Marilyn B.

MEET THE JEAN

A great pair of jeans should be a staple in your wardrobe because they work for almost any college occasion. Whether you're hitting the books, going to a movie or out to impress a date, dark wash skinny jeans have your back. Avoid the typical tee and jeans uniform and branch out with unique tops to transform one pair of pants into many different looks.



Gap



GIRL'S NIGHT

The peplum shape is especially flattering because it cinches you in at the waist then flares out around the hips to give you an hourglass figure.

Banana Republic



CRAZY WEATHER

Some days the walk to class is freezing and then the afternoon is scorching—a bright cardigan can keep you warm when you need it and a lightweight button-up stays cool in the sun or a hot classroom.

Gap

STUDY SESSION

Who says you have to give up comfort for style? A slouchy sweater with a fun print and color will help you stand out when it's time to hit the books.



Buckle



FIRST IMPRESSION

When it's time to make a good impression, opt for a ruffle shirt layered with a tailored cardigan. The ruffles and jewel tone of the top give the outfit personality while the solid cardigan keeps things professional.




FIRST DATE

Mastering the "nice casual" look isn't as hard as you may think—this striped top is comfortable but the gold buttons on the shoulder dress it up to show you're putting effort into your look.

Banana Republic

ULTIMATE VERSATILITY




UV When the weather gets cooler, cuddle up in a warm pea coat to keep the chill at bay. The crisp collar of the white shirt looks great peeking out of this orange coat.

Banana Republic


The white button-down is potentially the most versatile piece in a woman's closet. You can dress it up or down and accessorize to create a unique look every time you wear it.

Because this white shirt from Gap is such a neutral, try to pair it with bright colors and unique textures to keep it young. Add a statement necklace or standout bag from the next page and you're ready to go!



UV A button-down doesn't just belong in the office. Throw on a leather (or pleather) jacket for a classic yet edgy take on this wardrobe staple.

Buckle



UV If you have a more formal occasion, rock the white shirt with a crisp blazer. Add red skinny jeans for some flare, it looks great with this navy blazer for meeting the parents or getting yogurt with friends.

Gap



Buckle



Banana Republic



Buckle

THE EXTRA TOUCH

Sometimes all an outfit needs is an accessory to make a statement.



Buckle



Banana Republic

Be bold with your jewelry if you are wearing a solid colored shirt. You can also wear statement pieces with patterned tops, but be careful with texture and color to avoid clashing or creating unwanted kaleidoscope effect.



Sometimes all you need is your ID, money and lip balm—a clutch is a great option to carry when you're on the go.

Left - right:
Buckle, Steve Madden,
Coach, Jessica Simpson



Gap

If sparkles are your style, this ombre glitter bag will certainly stand out.



Buckle

This cross-body bag is big enough to hold your iPad and notebook for class on days when you want to leave the backpack at home.



Papaya

MOA Café



480 MOA • 801.422.2571 • dining.byu.edu/moacafe

\$4 OFF

WHEN YOU BUY 2 ENTREES

OFFER EXPIRES 12.13.13

COUPON MUST BE PRESENTED AT TIME OF PURCHASE
ONE COUPON PER CUSTOMER. NO CASH VALUE



FIND US ON FACEBOOK



Need an idea for your next date?

Do you ever let the opportunity to ask someone out pass you by because you don't have a good date idea? Look no further: we have assembled hundreds of dates for every budget, stage of dating and interest. The ideas are organized a generic verb: attend, eat, exercise, explore, learn, make, perform, play, serve, shop visit and watch. In addition, we've compiled lists of other activities, events and venues nearby. Explore and let an idea spark your own ideas for a great date.

attend

- 1 **Go to a BYU basketball game**
Cheer on your cougars!
byucougars.com
♥ \$\$\$ ❄️
- 2 **Go to a city council meeting**
Be informed about what's happening in your neighborhood. provo.org
♥♥ 🚗
- 3 **See a show at Comedy Sports**
Take part in this interactive improv experience. Tickets are \$8 online or \$10 at the door. comedysportzutah.com
♥♥ \$\$\$ 🚗
- 4 **Go to a concert at Muse or Velour**
Downtown Provo has a great concert scene. Venues like Muse and Velour have concerts throughout the week for reasonable prices (\$3 to \$7). musemusiccafe.com, velourlive.com
♥♥ \$\$\$ 🚗
- 5 **See a concert at the Ragan Theater**
Get tickets to a concert from UVU's Sorensen Student Center. Find more information online. uvu.edu/ragan
- 6 **Attend Divine Comedy**
Tickets are \$5 each. For an even cheaper date, go to a Divine Comedy tech show. It's free! byudivinecomedy.wordpress.com
♥ \$
- 7 **Go to a BYU football game**
Show her that your blood bleeds blue, and root for your team. byucougars.com
♥ \$\$\$ 🇺🇸 🍁
- 8 **Schedule a live animal show**
Courtesy of the 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
♥ \$\$\$ 🧑🧑🧑🧑
- 9 **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.byu.edu
♥ free/\$
- 10 **Go to a BYU's Mens Chorus concert**
Go so see the largest collegiate men's choir in America. choirs.byu.edu
♥ \$
- 11 **See a show at the Nelke Experimental Theatre**
The HFAC's Nelke Experimental Theatre is designed for playwrights and directors to create new theatre experiences. A performance here would be unforgettable. arts.byu.edu
- 12 **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
♥ ⚡
- 13 **Go to a rodeo**
There are many rodeos in the Utah Valley that are fun to attend.
♥♥ 🚗 🇺🇸 🌳 🌞
- 14 **See a student show at the HFAC**
Shows are always on display in the HFAC. Enjoy the artwork on all three floors and find your inner art critic. cfac.byu.edu
♥ free ⚡
- 15 **See the Utah Symphony**
Get tickets to a memorable performance. Concert venues include Abravanel Hall in Salt Lake, Deer Valley and the de Jong Concert Hall. utahsymphony.org
♥ \$\$\$ ❄️
- 16 **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
♥♥ 🚗 🇺🇸 🍁
- 17 **See a Vocal Point performance**
Enjoy a evening of a capella music. byuvocalpoint.com
♥ \$\$\$

free	Expense
\$	No charge
\$\$	Affordable
\$\$\$	A bit rich
	Expensive
	Relationship status
♥	First date
♥♥	Dating
♥♥♥	Serious dating
🚗	Need car
🌳	Outdoors
⌚	Long date
⚡	Short date
🧑🧑🧑	Group date
❄️	Winter
🍁	Fall
🌞	Summer
🌸	Spring

eat

18 Have a picnic in your apartment

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

♥ free ❄️

19 Have a barbecue for two

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

♥ \$\$\$ ☀️

20 Make breakfast

No need to go out to eat, and no need to do dinner. Try breakfast. Make pancakes or crepes, and enjoy an early meal together.

21 Have a chocolate tasting night

Sample a variety of rich, creamy chocolates. The BYU bookstore has a good variety.

♥♥♥ \$\$\$ 🚗

22 Cook with a dutch oven

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

♥ ☔

23 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.

♥♥ \$\$\$ 🚗

24 Cook your favorite childhood recipes

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

♥

25 Cuddle by a fireplace with hot chocolate

This is perfect for a snowy day.

♥♥♥♥ ❄️ 🌨️

26 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.

♥♥♥ \$\$\$

27 Visit Hatch's Chocolates

This chocolate shop located in Salt Lake City has many handmade chocolates and a famous Hatch's hot chocolate that is made using a blend of melted solid chocolate. hatchfamilychocolates.com

♥♥♥♥ \$\$\$ 🚗

28 Cook and bake in your kitchen

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

♥ \$\$\$

29 Roast marshmallows

Make a fire in an approved location in Provo Canyon, at a city park, or roast marshmallows over your stove and make smores.

♥ 🏕️

30 Cook mission food

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

♥

31 Plan a potluck picnic

Have every couple bring something to a group date.

♥ \$\$\$ 🚗

32 Plan a progressive dinner

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

♥ \$\$\$ 🚗

33 Have a picnic in Provo Canyon

Don't forget a blanket and picnic basket!

♥♥♥ \$\$\$ 🚗 🍁

34 Have a picnic on the roof

Add a twist to your typical picnic.

♥♥♥♥ \$\$\$ 🌻

35 Have dinner on a median/roundabout

Set up a table and have a nice dinner in the middle of the street.

♥♥♥ 🌸



36 Make chocolate-covered strawberries

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

♥ \$\$\$

37 Make taffy or honey candy

Enjoy making as well as eating this sweet treat.

♥

38 Host a tea party

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

♥ ☔ 🚗 🚗 🚗

39 Make a tinfoil dinner

Pretend you're camping and make tinfoil dinners.

♥ ☔



exercise

40 Go for a bike ride

Pack a picnic for when you reach your destination. Bikes are available at BYU's Outdoors Unlimited. outdoors.byu.edu



41 Hike Bridal Veil Falls

Bridal Veil Falls is a short scenic hike, and it makes for a scenic day date.

♥ free 🚗 ⌚ 🌲 🍁

42 Go ice skating

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

♥ \$\$\$ 🚗

43 Go kayaking

Rent kayaks from Outdoors Unlimited and spend a day on the water. outdoors.byu.edu

♥♥♥ 🚗 ⌚ 🌲 ☀️

44 Go rockclimbing

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

🚗 ⌚ 🍁

45 Ski

Get cheap rates for rentals at BYU's Outdoors Unlimited. outdoors.byu.edu

♥♥♥ 🚗 ⌚ 🌲

46 Hike at sunrise

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

♥♥♥ free 🚗 ⌚ 🌲

47 Rent a tandem bike

Go for a ride with your sweetheart. Rent bikes from BYU's Outdoors Unlimited for \$7 per hour or \$25 for the day. outdoors.byu.edu

♥♥♥ \$ ⌚ 🌲 🍁

48 Play tennis

Team up for doubles against another couple or go head-to-head in singles.

♥ free 🌲

49 Hike the Y

Hiking the Y is a BYU tradition. Make sure to wear good shoes and bring water.

♥ free 🚗 ⌚ 🍁

50 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



Nearby Ski Resorts

1 Alta Ski Area

Highway 210
Little Cottonwood Canyon
Alta 84092
801-359-1078
alta.com

2 Brighton Ski Resort

Big Cottonwood Canyon
8302 S Brighton Loop Rd
Brighton 84121
801-532-4731
brightonresort.com

3 Canyons Resort

4000 Canyons Resort Dr
Park City 84098
435-649-5400
canyonsresort.com

4 Deer Valley Resort

2250 Deer Valley Dr S
Park City 84060
deervalley.com

5 Park City Mountain Resort

1345 Lowell Ave
Park City, 84060
parkcitymountain.com

6 Snowbird Ski and Summer Resort

Highway 210
Little Cottonwood Canyon
Snowbird, 84092
800-232-9542
snowbird.com

7 Solitude Mountain Resort

12000 Big Cottonwood Canyon
Solitude, 84121
801-534-1400
skisolitude.com

8 Sundance Resort

8841 N Alpine Loop Rd
Sundance, 84604
866-259-7468
sundanceresort.com

relationship stronger. Find local races online. utahrunning.com

♥♥♥♥ \$\$\$

51 Try Zumba

Combine exercise and dancing and have a blast.



explore

52 Play the alphabet game at the MOA

Look for objects that start with each letter of the alphabet.

♥ free ⚡

53 Drive the Alpine Loop

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

🚗 ⏰ 🍁

54 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 🚗

55 Drive around town looking at Christmas lights

Get into the Christmas spirit and stay warm.

♥ free 🚗 ❄️

56 Go through a corn maze

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

♥♥ \$\$\$ 🚗 🍁

57 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 p.m. to 7 p.m. or dusk (whichever is earlier) in the south stadium parking lot, Thursdays from Aug. 1 to Oct. 31. unvr.se/byufarmers

♥ \$ 🚗 🍁

58 Go geocaching

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



On-campus Performing Arts

BYU has an extensive lineup of performances you can enjoy at prices that fit in a student's budget. Purchase tickets ahead of time to ensure you have seats. arts.byu.edu

1 The Adventures of Alvin Sputnik: Deep Sea Explorer

Jan. 23-25
Nelke Theatre, HFAC

2 American Piano Quartet

Nov. 23
Madsen Recital Hall, HFAC

3 Ballet Showcase

Nov. 22
Dance Studio Theatre, RB

4 Ballroom in Concert

Apr. 11, 12
Marriott Center

5 BFA New York Showcase

Apr. 10, 11
Nelke Theatre, HFAC

6 Broadway Revue

Feb. 21, 22
Pardoe Theatre, HFAC

7 BYU Philharmonic with Marc-André Hamelin

Feb. 13
de Jong Concert Hall, HFAC

8 BYU Singers & Concert Choir

Nov. 15, 16
de Jong Concert Hall, HFAC

9 BYU Spectacular! with Nathan Pacheco

Oct. 10
Marriott Center

10 BYU Symphony Orchestra

Oct. 30
de Jong Concert Hall, HFAC

11 BYU Wind Symphony

Nov. 9
de Jong Concert Hall, HFAC

12 Celebration of Christmas

Dec. 6, 7
de Jong Concert Hall, HFAC

13 Choir Showcase

Sept. 26
de Jong Concert Hall, HFAC

14 Christmas Around the World

Dec. 6, 7
Marriott Center

15 Cymbeline

Jan. 31-Feb. 7
Margetts Theatre, HFAC

16 Dance in Concert

Feb. 13-15
Pardoe Theatre, HFAC

17 Dancensemble

Nov. 15
Dance Studio Theatre, RB

18 Die Fledermaus

Oct. 19
de Jong Concert Hall, HFAC

19 Evening of Percussion

Nov. 20, Apr. 12
de Jong Concert Hall, HFAC

20 Final Cut Film Festival

Apr. 10-12
Pardoe Theatre, HFAC

21 John Lithgow: Stories By Heart

Feb. 28
de Jong Concert Hall, HFAC

22 Joshua Bell

Nov. 14
de Jong Concert Hall, HFAC

23 The Light in the Piazza

Nov. 15-Dec. 7
Pardoe Theatre, HFAC

24 Living Legends

Feb. 21-22
de Jong Concert Hall, HFAC

25 A Man for All Seasons

Mar. 7-22
Margetts Theatre, HFAC

26 Microburst Theatre Festival

Oct 23-26
Nelke Theatre, HFAC



Violinist Joshua Bell

PHOTO BY MARC HOMI; COURTESY BYUARTS

- 59 **Go-kart**
Race to the finish and see who is faster behind the wheel.
♥ 🚗 ⌚
- 60 **Ride the Heber Creeper**
Go on a scenic train ride. Themed rides are offered for certain holidays. Tickets can be purchased online. hebervalleyrr.org
♥♥ \$\$\$ 🚗 ⌚ 🍁
- 61 **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
⌚
- 62 **Go to the hot springs**
Go at a cool time of the year or at night during the summer.
♥♥♥♥ free 🚗 ⌚ 🍁
- 63 **Go to the lake**
As the sun sets each night, the lake turns into a romantic moment.
♥♥♥♥ 🚗 ⌚ 🌳 🌅
- 64 **Take a mini road trip**
A short road trip to nowhere creates the perfect atmosphere for spending time and talking with your significant other. And who knows what you'll discover in the outskirts of Utah.
♥♥♥♥ free 🚗 ⌚
- 65 **Do a ropes course**
Try the CLAS Ropes Course in Provo. clasropes.com
🚗 ⌚ 🧑🧑🧑🧑 🧗
- 66 **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.
♥♥♥ free 🚗 ❄️
- 67 **Take a walk**
Take a stroll through Provo and visit your favorite parks and ponds.
♥ ⚡
- 68 **Ride the Zipline**
Fly over the Wasatch Mountains near Provo River. maxzipline.com
\$\$\$ ⌚

- 27 **The Nightingale**
Sept. 27–Oct. 12
Margetts Theatre, HFAC
- 28 **Octubafest**
Oct. 17
Madsen Recital Hall, HFAC
free
- 29 **Oedipus the King**
Sept. 23
de Jong Concert Hall, HFAC
- 30 **Opera Scenes**
Feb. 19–22
Madsen Recital Hall, HFAC
- 31 **Pride and Prejudice**
Mar. 21–Apr. 4
Pardoe Theatre, HFAC
- 32 **Senior Dance Projects Showcase**
Nov. 8, Mar. 28
Dance Studio Theatre, RB
- 33 **The Sound of Music: Salzburg Marionette Theatre**
Nov. 1–2
de Jong Concert Hall, HFAC
- 34 **Swan Lake**
Jan. 30–Feb. 1
de Jong Concert Hall, HFAC
- 35 **Synthesis**
Nov. 23, Mar. 1
de Jong Concert Hall, HFAC
- 36 **Translunar Paradise**
Jan. 23–25
Pardoe Theatre, HFAC
- 37 **U.S. National Amateur Dancesport Championships**
Mar. 12–15



PHOTO BY SANDEFUR SCHMIDT; COURTESY BYUARTS

Professor Rosalind Hall conducts the BYU Concert Choir.

- Marriott Center
- 38 **Utah Symphony**
Jan. 9
de Jong Concert Hall, HFAC
- 39 **Vocal Point**
Jan. 17, 18
de Jong Concert Hall, HFAC
- 40 **Winter Choirfest**
Feb. 4
de Jong Concert Hall, HFAC
- 41 **Wrench: A Choreography Between Music and Image**
Sept. 25
de Jong Concert Hall, HFAC
free
- 42 **Young Ambassadors**
Mar. 6–8
de Jong Concert Hall, HFAC
- 43 **Young Artists of Voice**
Jan. 21
Madsen Recital Hall, HFAC
free

learn

make

- 69 **Play twenty questions.**
Write a list of 20 questions to ask each other. Share your answers afterward.
♥ free ⚡
- 70 **Read children's books at the HBLL**
Pick out your favorites from childhood and read them together.
unvr.se/14sacq
free ⚡
- 71 **Go to a local bookstore to read and drink hot chocolate**
Take a trip to Barnes & Noble, and search for some interesting finds.
♥ free 🚗
- 72 **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.
♥♥♥ 🧑🧑🧑
- 73 **Interview your date's grandparents**
Listen to dating stories from when they were your age.
♥♥♥ free 🚗 ⌚
- 74 **Learn Photoshop at the HBLL**
Basic photography skills will be useful for the rest of your life.
train.byu.edu
♥ free
- 75 **Share mission pictures**
Learn about each other's best two years.
♥♥♥ free ⚡
- 76 **Take BYU's compatibility test**
For \$20/person, learn what kind of person is most compatible with you
relate-institute.org
♥♥♥ \$\$\$
- 77 **Learn vehicle maintenance**
Change the oil in your cars, change a tire, or jump start the engine or try all three.
♥♥♥ ⌚
- 78 **Make a blog together**
There are plenty of free services such as Blogger or Tumblr.
♥♥♥ free ⚡
- 79 **Sketch out a blueprint of your dream house**
Discover each other's ambitions and show off your drafting skills.
♥♥♥ ⚡
- 80 **Make boats and race them**
Build boats out of paper or popsicle sticks. Go to the stream by Heritage Halls and watch the boats float or flop.
♥ free 🧑🧑🧑
- 81 **Write a bucket list**
Share your lifelong goals and ambitions with your date.
♥♥♥ ⚡
- 82 **Make cards for each other and then send them in the mail.**
Draw pictures and get creative.
♥♥♥ \$ ⚡
- 83 **Draw with sidewalk chalk**
During mild months, draw pictures with chalk on the sidewalk together. When the weather isn't so pleasant, go the The Wall or The Awful Waffle and draw on their chalkboard walls.
♥ free ⚡ 🌲
- 84 **Decorate a Christmas tree**
Decorate a christmas tree together. Your decorations could be homemade, or you could buy cheap ones from the dollar store.
♥ \$ 🌲
- 85 **Cup fence design**
Using plastic cups, design a picture or message in a fence.
♥ \$ 🌲
- 86 **Dye Easter eggs**
Pick up a kit at a grocery store or make your own dye.
♥ \$ 🌲
- 87 **Make a fort**
Make a fort in your apartment with blankets and chairs. Then eat dinner or watch a movie inside it.
♥♥ free ⚡
- 88 **Have a homemade gift exchange**
See what you can make without spending any money.
♥♥ 🌲
- 89 **Build gingerbread houses**
Use graham crackers instead of gingerbread for a cheaper and more easily accessible option.
♥ \$ 🌲
- 90 **Go on a color-themed date**
For example, wear orange, eat orange, play orange games.
♥ 🧑🧑🧑
- 91 **Make a movie**
Check out a camera and tripod at the HBLL Multimedia Lab. Try making a music video or a stop-motion film using a series of pictures.
♥ ⌚
- 92 **Cut up a newspaper and make a story**
Say something about your date using only the words you find in the paper.
♥ free
- 93 **Make paper airplanes**
See who builds the most sound aircraft.
♥ free ⚡
- 94 **Make a paper lantern**
Make floating lanterns like the ones in Disney's "Tangled," and let them go over the lake.
♥♥ \$ 🚗
- 95 **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 ⚡
- 96 **Have a photoshoot**
Gather props and take cute pictures together. Find a Polaroid camera for an old school twist.
♥♥♥ free ⌚
- 97 **Go on Pinterest and find a DIY project**
Find a craft that you both will enjoy.
♥♥ \$ ⌚
- 98 **Write cheesy poems for each other**
See what sappy rhymes you can conjure.
♥♥ free ⚡

99 **Design something out of Post-it Notes**

Using Post-it Notes, make pictures and patterns to display in your window or on your wall.



100 **Paint pottery**

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



101 **Carve pumpkins**

Carve a jack-o-lantern together and see what silly or scary face you can come up with. Try carving

watermelons when pumpkins aren't in season.



102 **Make sand castles**

Build them at a volleyball court on campus.



103 **Scrapbook**

Share the memories you both love. Try using Shutterfly.



104 **Build snowmen**

Have fun in the snow. Make snow angels.

perform

105 **Go Christmas caroling**

Sing your favorite Christmas songs.



106 **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.



107 **Learn another culture's dance**

Explore new parts of the world through dance.



108 **Record a song at the HBLL sound booth**

Visit the Library's Media Center on the 4th floor and try out the equipment. mediaviewrooms.lib.byu.edu



109 **Perform karaoke at the Wall**

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



110 **Go country line dancing**

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



Ice Cream & Desserts

Indulge your sweetheart's sweet tooth at one of the many dessert spots in Utah Valley.

1 **Awful Waffle**

602 E 600 N

1 **Baskin Robbins**

Try one of the thirty-one flavors. 29 E 1230 N, (801) 377-0031

2 **BYU Creamery on Ninth**

The Creamery on Ninth is a must-visit for all Cougars. 1209 N 900 E, (801) 422-2663

3 **Cold Stone Creamery**

2302 N University Pkwy

4 **Coney's Frozen Custard**

242 E University Pkwy, Orem

5 **Dairy Queen**

1545 N Canyon Rd

6 **Farr's Fresh Ice Cream**

1073 S 750 E, Orem

7 **Hello Yogurt**

376 East University Parkway, Orem

8 **The Malt Shoppe**

Go to the Malt Shoppe and pick some songs for the juke box to play. Dance to them. 1290 N University Ave

9 **Spoon it Up**

800 N 700 E

10 **Sub Zero**

1774 N University Pkwy

11 **TCBY**

University Mall

12 **Yogurtland**

534 E University Pkwy

Sometimes you just need chocolate

13 **The Choc'late Mousse**

The Choc'late Mousse pie bar offers unique and personal pies. Choose a filling and a crust and enjoy a tasty dessert. 155 N University Ave

14 **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, (801) 224-7334

15 **Cocoa Bean**

1774 N University Pkwy



Local Restaurants

- 1 **Bamboo Hut**
This Hawaiian grill serves lunch and dinner. 2304 N University Pkwy, 801-655-1911
\$
- 2 **Banana Leaf**
This Singaporean restaurant offers a unique atmosphere and an out-of-the-ordinary menu. 409 N University Ave, 801-205-7619
\$\$
- 3 **Bangkok Grill**
Located in Orem. Bangkok Grill offers Asian cuisine. 338 E 800 S, Orem, 801-434-8424
\$\$
- 4 **Bombay House**
Submerge yourself in the culture of India as you smell the aroma of the many exotic spices it offers. 463 N University Ave, 801-373-6677
\$\$\$
- 5 **Brick Oven**
Located right across campus, these pizzas are always made from scratch. 111 E 800 N, 801-374-8800
\$\$
- 6 **Burgers Supreme**
This classic burger joint is a Provo favorite. 1796 N University Pkwy, 801-373-5713
\$
- 7 **Cafe Rio**
Enjoy some fresh Mexican food. 2250 N University Pkwy, 801-375-5133
\$\$
- 8 **Cafe West**
Located on the first floor of the West building in the Intermountain Utah Valley Regional Medical Center, this restaurant offers American food for breakfast, lunch and dinner. 1034 N 500 W, 801-357-7625
\$
- 9 **Cafe Zupas**
Everyone's favorite restaurant, perfect for a date. 408 W 2230 N, 801-377-7687
\$
- 10 **Chef's Table**
Experience fine dining at this four star restaurant. 2005 S State St, Orem, 801-235-9111
\$\$\$
- 11 **Costa Vida**
Catch the wave for this fresh Mexican food. 1200 N University Ave, 801-373-1876
\$
- 12 **Crown Burger**
Crown Burger is family-owned with multiple locations in Salt Lake. 377 E 200 S, Salt Lake City, 801-532-1155
\$
- 13 **Demae Japanese Restaurant**
Demae has resided in Provo for many years and offers many classic Japanese dishes. 82 W Center St, 801-374-0306
\$
- 14 **Diego's Taco Shop**
This small restaurant offers classic Mexican foods. 45 W 300 N, 801-377-4710
\$
- 15 **El Salvador Restaurant**
This modest restaurant offers authentic Salvadoran food. 332 W Center St, 801-373-5377
\$
- 16 **Four Seasons Hot Pot & Dumplings**
This Chinese restaurant offers a unique dining experience. 236 N University Ave, 801-375-6888
\$
- 17 **Gloria's Little Italy**
This Italian restaurant is located off University Avenue in downtown Provo. 1 E Center St, 801-805-4913
\$\$\$
- 18 **Guru's Cafe**
Open for breakfast, lunch and dinner, Guru's Cafe offers unique soul foods. 45 E Center St, 801-375-4878
\$\$
- 19 **Happy Sumo**
Located at the Riverwoods, this restaurant offers fresh sushi. 4801 N University Ave, 801-225-9100
\$\$\$
- 20 **India Palace**
India Palace offers classic Indian dishes such as tika masala and naan. 98 W Center St, 801-373-7200
\$
- 21 **J-Dawgs**
Located just south of BYU campus, is an iconic restaurant for BYU Cougars. 858 N 700 E, 801-373-3294
\$
- 22 **Jimmy John's Gourmet Sandwiches**
This sub shop even offers delivery – perfect for a quick bite. 2308 N University Pkwy, 801-375-7777
\$
- 23 **Kneaders Bakery and Cafe**
Kneaders offers soups and sandwiches and is particularly famous for its french toast. 295 W 1230 N, 801-812-2200
\$
- 24 **La Dolce Vita Ristorante Italiano**
This family owned Italian restaurant seeks to bring the foods of Naples, Italy to Provo. 61 N 100 E, 801-373-8482
\$\$
- 25 **La Jolla Groves**
This restaurant, set in a unique atmosphere, claims “insanely good food” and “healthier ingredients.” 4801 N University Ave #610, 801-224-5111
\$\$\$
- 26 **Legends Grille**
Right on campus, this sports grill offers classic dishes before any big game. SAB, BYU campus, 801-422-2571
\$\$
- 27 **Los Hermanos**
Los Hermanos offers Mexican dishes and drinks including their famous non-alcoholic specialty drinks. 71 E Center St, 801-375-5732
\$
- 28 **Lotus Garden Restaurant**
This Chinese restaurant offers online ordering for both takeout and reservations. 56 W Center St, 801-374-0753
\$
- 29 **Magleby's Fresh**
Try their breakfast menu or their famous chocolate cake. 3362 N University Ave, 801-852-8620
\$
- 30 **Malawi's Pizza**
Malawi's is a fast casual restaurant with a purpose. For every meal you buy, one is provided for children in Malawi, Africa. 4801 N University Ave #110, 801-225-2800
\$
- 31 **Mountain West Burrito**
Enjoy casual Mexican cuisine just south of BYU campus. 815 N 700 E
\$
- 32 **Nicolitalia Pizzeria**
This pizzeria offers sixteen specialty pizzas inspired from both the East Coast and the West. 2295 N University Pkwy, 801-356-7900
\$

- 33 **Pantrucas Chilean Restaurant**
Enjoy the food and the people at this authentic Chilean restaurant. 3161 N Canyon Rd, 801-373-9712
\$
- 34 **Pie Pizzeria**
Known as "The Pie" to locals, this pizzeria is said to be "the best kept secret" in Salt Lake City. 273 S 1300 E, Salt Lake City, 801-582-5700
\$\$
- 35 **Pita Pit**
Try fresh and healthy dishes wrapped in a pita. 240 N University Ave, 801-356-7482
\$
- 36 **Pizza Pie Cafe**
This family-owned restaurant started in Rexburg, Idaho and has developed and grown to what it is today. 2235 N University Pkwy, 801-373-5561
\$\$
- 37 **Pizzeria 712**
The chefs at this casual restaurant have a "heartfelt desire for sharing the beauty of good, simple food." 320 S State St, Orem, 801-623-6712
\$\$
- 38 **Rancherito's Mexican Food**
Rancherito's has multiple locations in Utah. 1314 N State St, 801-374-0822
\$
- 39 **Roll Up Cafe**
Go to Roll Up Cafe and get one of their relationship-themed dessert crepes. See which one defines your relationship. 605 S State St, Orem, 801-882-7373
\$\$
- 40 **Romano's Macaroni Grill**
Strives to combine tradition and innovation to create memorable Italian dishes. 4801 N University Ave #50, 801-765-1688
\$\$
- 41 **Ruby River**
Eat at this American steakhouse in southern Provo. 1454 S. University Ave, 801-371-0648
\$\$
- 42 **Saigon Cafe**
This family-owned restaurant offers Chinese cuisine. 440 W 300 S, 801-812-1173
\$
- 43 **Sam Hawk Korean Restaurant**
This restaurant is one of few that offer Korean cuisine. 660 N Freedom Blvd, 801-377-7766
\$
- 44 **Sammy's**
Sammy's serves delicious burgers and fries – not to mention the "date shake," which is perfect for two. 27 N 100 W, 801-805-9208
\$
- 45 **Sensuous Sandwich**
The Sensuous Sandwich offers a variety of succulent subs. 163 W Center St, 801-377-9244
\$
- 46 **Skyroom**
The perfect lunch date right on BYU campus. 6600 WSC, 801-422-2571
\$\$
- 47 **Slab Pizza**
Right next to campus, Slab Pizza offers unique flavors in large quantities. 669 E 800 N, 801-377-3883
\$
- 48 **Spicy Corea**
Spicy Corea serves Korean cuisine with complimentary cinnamon tea at the end of a meal. 43 N University Ave, 801-377-7330
\$\$
- 49 **Sweet's Island Place**
Sweet's Island Place offers tropical drinks and dishes. 711 Columbia Ln, 801-374-0000
\$
- 50 **Terra Mia**
This restaurant offers authentic Italian cuisine for lunch and dinner. 1050 S 750 E, Orem, 801-226-4757
\$\$
- 51 **Thai Ruby Restaurant**
Thai Ruby menu items always include five elements: hot, sour, sweet, salty and bitter. 744 E 820 N, 801-375-6840
\$\$
- 52 **Thai Village**
Thai Village offers authentic Thai cuisine. 410 N University Ave, 801-691-0922
\$\$
- 53 **Tucanos Brazilian Grill**
Located at The Riverwoods, Tucanos offers all-you--can-eat Brazilian cuisine. 4801 N University Ave #790, 801-224-4774
\$\$\$

play

- 111 **Play Apples to Apples while eating apples**
Add a quirky twist to a gaming favorite.
♥ \$ 🍏 🍏 🍏 🍏
- 112 **Play bocce ball**
Also known as lawn bowling, bocce is a fun outdoor sport.
🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷
- 113 **Play three-legged bowling**
Tie your legs together. The girl bowls first, and then the guy bowls second left-handed.
\$\$ 🍷 🍷 🍷
- 114 **Play chess**
Play this intellectual game and prepare to claim "check mate."
♥ ♥ free 🎲
- 115 **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.
🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷
- 116 **Have a classy dressup night**
Dress up for an evening and have a classy date night.
♥ ♥ ♥ \$ 🚗 🍷 🍷 🍷
- 117 **Hit balls at a driving range**
Take your date to a driving range. Show off your batting skills.
♥ 🚗 🍷 🍷
- 118 **Play at the Eyring Science Center**
The lobby of the science center is interactive and educational.
♥ free 🎲
- 119 **Go fishing**
Relax on a lake or river front.
♥ free 🚗 🍷 🍷 🍷 🍷 🍷 🍷
- 120 **Play four-square**
This classic game will bring back old memories. squarefour.org
♥ free 🍷 🍷 🍷 🍷
- 121 **Play frisbee**
Go to a park and throw a frisbee.
♥ free 🎲
- 122 **Plant a garden.**
Watch it grow.
♥ ♥ ♥ ♥ \$ 🍷 🍷 🍷 🍷 🍷 🍷
- 123 **Fly a kite**
When the weather is nice, and the wind steady, go to Provo park and fly a kite.
♥ ♥ ♥ 🍷

**FREE
DATES!**



the VILLAGE

AT SOUTH
CAMPUS

UPGRADE
YOUR DATING LIFE
AT
THE VILLAGE AT
SOUTH CAMPUS!



WWW.THEVILLAGEATSOUTHCAMPUS.COM
602 EAST 600 NORTH PROVO, UT 84606
888-436-3293



How to Pick the Perfect Engagement Ring Without Breaking the Bank

By Daniel Broadbent, Master Jeweler

Getting engaged might not be in your plans right now, or maybe it is. Regardless, that life-changing event is going to happen, and sooner than you think.

The first real sign that it's official is the engagement ring. However, selecting an engagement ring can be a daunting experience.

I've been helping newly engaged couples pick the perfect ring for more than 30 years and I can help you too.

During this time, I've learned that virtually everyone wants the same thing: an amazing ring at an unbelievable price.

At The Jeweler's Bench, I believe we provide this better than any other jewelry store in Utah County. That's why I've created a free guide to help make picking the perfect ring easy and affordable.

To Get Your FREE GUIDE

"How to Pick the Perfect Engagement Ring Without Breaking the Bank"

Visit our website:

www.provodiadmonds.com

- Or -

Visit our store:

The Jeweler's Bench

275 N. University Ave.

The Jeweler's Bench is the only jewelry store in Utah County that offers a 100% satisfaction

"Love It or Return It"
Guarantee

- 124 **Play laser tag**
Laser Assault charges \$8 per person for 30 minutes and \$13 per person for an hour. See who can take the other one down first! laserassault.net
♥ \$\$ 🚗
- 125 **Play with Legos**
Build castles and fortresses.
♥ ⚡
- 126 **Play ping pong**
See who has the best table tennis skills.
♥ free ⚡
- 127 **Play on a playground**
Enjoy the swings and slides that you loved as a child.
♥♥ free 🚗 ⚡ 🌳
- 128 **Tube down the Provo River**
Check to see safe areas beforehand.
♥♥ \$\$\$ 🚗 ⚡ ☀️
- 129 **Rent a puppy**
Contact Puppies for Rent and rent a cuddly pup. It costs \$15 for an hour. puppiesforrent.com
♥♥♥ \$\$\$ 🚗 ⚡ ☀️
- 130 **Do a puzzle together**
Buy a puzzle (Barnes & Noble has a good collection) and finish it together in one night.
♥ \$ ⚡
- 131 **Rake up 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 ⚡ 🍁
- 132 **Skip rocks**
Teach her your technique. Skip rocks in the dark by opening up glow sticks and pouring the liquid onto the rocks.
♥♥♥ free ⚡ ☀️
- 133 **Play sardines**
Get a group of friends and play this reverse hide-and-go seek.
♥ free 🚶🚶🚶🚶
- 134 **Go sledding**
Borrow a sled from a friend and have fun sliding down hills and slopes.
♥ free ⚡ ❄️
- 135 **Make a slip-n-slide**
Grab a mat, hose and soap and play in the summer sun.
♥♥♥ ⚡ 🚶🚶🚶☀️
- 136 **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 or in Provo.
♥ free ⚡ ❄️
- 137 **Tube at Soldier Hollow**
Slip and slide down the hills and have a fun and adventurous date. A two-hour session costs \$20 per person. soldierhollow.com
♥ \$\$\$ 🚗 ⚡ ☀️
- 138 **Have a water balloon fight**
Fill up balloons and prepare for battle.
🚶🚶🚶☀️
- 139 **Have a water gun war**
Fill up your squirt guns and prepare to cool down from the summer sun.
♥ ☀️
- 140 **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.
♥ \$ 🚶🚶🚶
- 141 **Play Wii Olympics**
Compete with another couple in Wii Sports.
♥ 🚶🚶🚶

serve

- 142 **Remove old ads on lamp posts**
Clean up the town while getting to know your date.
♥ ⚡
- 143 **Make cards or treats for close friends**
Surprise your friends by thinking of them while you are on your date.
♥♥
- 144 **Send care packages to members of the military**
Show your appreciation by sending treats to servicemen and women.
- 145 **Make cupcakes for someone and deliver them**
Show off your baking skills and deliver cupcakes to someone else.
♥

146 **Bring "get well" balloons to the hospital**

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

147 **Heart attack someone**

Cut out a few hearts from construction paper and write nice notes and messages. Tape them all over a friend's door or car windows.

♥ ❄️

148 **Index names for FamilySearch**

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

149 **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.

150 **Leave friendly messages on cars**

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

151 **Visit an old folks' home**

Volunteer your time to help the elderly.

♥ free 🚗

152 **Race to see who can scrape snow off the most car windshields down the street.**

Loser buys winner hot chocolate. 🍫🍫🍫

153 **Shovel snow off sidewalks and driveways.**

People will appreciate your random act of service.

154 **Take a senior citizen on a walk**

Make a new friend while performing a service.

♥♥ free

155 **Write letters to missionaries**

Spend time writing letters to those either of you know who are serving missions. They will appreciate hearing from friends.

156 **Find a service activity through Y-serve**

Show that you are charitable and service-oriented.

157 **Spend Saturday cleaning up outdoor spaces**

You don't have to work for BYU Grounds Crew to do yard work.

shop

158 **Go to Cabela's**

This huge store has everything: nice restaurants, fudge, and tons of outdoor equipment. cabelas.com

♥ \$\$\$ 🍫🍫🍫

159 **Go to a dollar store**

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

\$\$\$ 🚗 ⚡

160 **Visit an ethnic grocery store**

Find something neither one of you has had and try to cook it.

♥ 🚗

161 **Go to IKEA**

Play house with the room setups.

♥♥ \$\$\$ 🚗

162 **Go to the mall and people watch**

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

♥♥ free 🚗 ⚡

163 **Go shopping and pick out outfits for each other**

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

♥♥♥ \$\$\$ 🚗

164 **Visit a pet store**

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

♥♥ free 🚗

165 **Go thrift shop hopping**

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

♥ 🚗

166 **Scout out yard sales**

Bring a few dollars to spend on a unique find.

♥♥ \$\$\$ 🚗

visit

167 **Visit an antique store**

Be sure to go in the day because most antique stores close early.

♥♥ 🚗

168 **Visit the aquarium**

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

♥♥ 🚗 ⌚

BRING A DATE.

SHARE THE EXPERIENCE.



SUBZERO™
ICE CREAM & YOGURT

Freshly frozen with liquid nitrogen.



Community Events

If you're looking for an opportunity to make a memory she won't share with anyone else, take her to attend one of these unique events.

1 A Night of Comedy

Apr. 11
425 W Center St

2 Aaron Carter

Nov. 9
219 S 600 W, Salt Lake City

3 Bells on Temple Square Christmas Concert

Nov. 15, 16
Temple Square, Salt Lake City
free

4 BYU Young Ambassadors

Jan. 14
425 W Center St

5 Festival of India

Sept. 28
311 W 8500 S, Spanish Fork

6 Festival of Lights

Nov. 2
311 W 8500 S, Spanish Fork
free



PHOTO COURTESY LDS CHURCH

7 First Presidency Christmas Devotional

Dec. 8
Temple Square Conference Center, Salt Lake City
free

8 Foreigner

Oct. 31
425 W Center St

9 General Conference

Temple Square Conference Center
Oct. 6, 7, Apr. 5, 6

10 Jim Brickman

Feb. 28
425 W Center St

11 Josh Groban

Oct. 11
301 W South Temple, Salt Lake City

12 Joyful Noise 2013

Dec. 5-21
425 W Center St

13 Lady Antebellum

Nov. 23
301 W South Temple, Salt Lake City

14 Michael Buble

Nov. 19
301 W South Temple, Salt Lake City

15 Muse

Sept. 19
301 W South Temple, Salt Lake City

16 Orchestra at Temple Square Fall Concert

Oct. 18
Temple Square, Salt Lake City
free

17 Passion Pit

Oct. 16
536 W 100 S, Salt Lake City

18 Pink

Oct. 17
301 W South Temple, Salt Lake City

19 Selena Gomez

Nov. 14
301 W South Temple, Salt Lake City

20 Tabernacle Choir Christmas Concert

Dec. 12-15
Temple Square Conference Center
free

21 Ten Minute Play Festival

Sept. 19-21
15 N 100 E

22 The Importance of Being Ernest

Mar. 13-Apr. 8
425 W Center St

23 The King's Singers

Nov. 7
425 W Center St

24 The Lower Lights/Parlor Hawk

Oct. 4
100 N 100 W

25 The Unexpected Guest

Oct. 3-26
425 W Center St

26 Zion Canyon Music Festival

Sept. 27, 28
126 Lion Blvd, Springdale

27 Zuppets! The Musical

Nov. 14-Dec. 14
15 N 100 E

6 5 7 3 3



**IF THE
MOVIE
WAS BAD,**

she'll
remember you
that way.

**IF THE
MOVIE
WAS
GREAT,**

she won't
remember you
at all.



6 5 7 3 3

Stand out:

Unique Dates & Contests

VisitUtahValley.

blogspot.com



Utah Valley
Bring everyone together

- 169 **Visit the Cathedral of the Madeleine in Salt Lake**
You don't need to go to Europe to see incredible architecture. utcotm.org
free 🚗 🚶
- 170 **Go to the Chalk the Block art festival**
See impressive chalk art at the Riverwoods.
♥ **free** 🚗 🚶 🍁
- 171 **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. Even see a press similar to the one used to print the first edition of the Book of Mormon. crandallmuseum.org
♥
- 172 **Go to the duck pond and feed the ducks**
Bring slices of bread or rolls and feed the families of ducks located south of BYU campus.
♥ ⚡ 🍁
- 173 **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/
♥
- 174 **Visit the fire station**
The Provo Fire Department offers tours and classes throughout the week. provo.org
🚒
- 175 **Halloween Adventure Cruise**
During October ride the Provo River with scary adventures along the way. clasropes.com
👤👤👤
- 176 **Go to a haunted house**
There are the many haunted houses in Utah during October. Getting spooked is the perfect excuse to hold hands.
♥ 💰 🚗 🍁
- 177 **Visit the Hogle Zoo**
Admission is \$9.75 October through April and \$12.75 from May to September. Tickets are available online. hoglezoo.org
♥♥ 💰🚗 🚶
- 178 **Go miniature golfing**
Play miniature golf at Trafalga sevenpeaks.com
♥ 🚗 🚶
- 179 **See an exhibit at the MOA**
Rotating exhibits. Check the website for the current ones. It is open Monday through Saturday. moa.byu.edu
♥ **free** ⚡
- 180 **Visit the Museum of Ancient Life**
This dinosaur museum is located at Thanksgiving Point. thanksgivingpoint.org
♥ **free** 🚶
- 181 **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**
- 182 **Play games at Nickel City**
The Nickel City arcade brings you both back to your childhood years. Play all of your favorite classic arcade games. nickelcityorem.com
♥ 💰 🚗 ⚡
- 183 **Tour the Peppermint Place**
Located in American Fork, the Peppermint Place has a variety of tasty candies.
♥♥ **free** 🚗 🍁
- 184 **Go to the Planetarium**
Go to the planetarium at BYU and have a night under the stars. See the schedule online. planetarium.byu.edu
♥ 💰
- 185 **Try out the new Provo Recreation Center**
Slide down the water slide, use the work-out equipment or hit the skate park. provo.org
\$
- 186 **Take a trip to the Provo Temple**
Visit the Provo Temple grounds, or even do ordinance work together.
♥♥ **free**
- 187 **Go to Seven Peaks**
During summer months, go on a day date to Seven Peaks waterpark. sevenpeaks.com
♥ 💰🚗 🚶 🍁
- 188 **Visit an animal shelter**
Make sure she likes pets!
♥ **free** 🚗 🚶
- 189 **Ride the ski lift at Sundance**
Sundance turns its ski lifts into moonlight lookouts during the warmer months. sundanceresort.com
♥♥♥ 💰🚗 🚶 🍁
- 190 **Visit the Springville Museum of Art**
See new galleries and enjoy impressive works of art. smofa.org
free 🚗 🚶
- 191 **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
♥♥♥ 💰🚗 🚶
- 192 **Visit the Woodbury Art Museum**
Go to an exhibit that interests both you and your date. uvu.edu/museum
♥ 🚗

At the Hale Center Theatre in Orem

Located at 225 W 400 N in Orem, the Hale Center Theatre offers a variety of dramas and musicals. haletheater.org

1 **Disney's High School Musical Jr.**
Oct. 7–12

2 **In the Heights**
Oct. 3–Nov. 23

3 **Kiss and Tell**
Dec. 31–Feb. 8

4 **Big River**
Feb. 20–Apr. 12

5 **A Christmas Carol**
Dec. 1–23

6 **Peter Pan**
Apr. 24–June 14


7 **Damn Yankees**
Oct. 2–Nov. 22

8 **Man of La Mancha**
June 26–Aug. 9

9 **Beau Jest**
Aug. 15–Sept. 20

watch

- 193 **Go birdwatching**
See how many birds you can identify.
♥
- 194 **Watch the clouds**
Go to a park during the day and watch the clouds. See what different shapes and animals you find in them.
♥♥ free 🌈 ☀️
- 195 **See a performance at the Covey Center for the Arts**
The Covey Center hosts plays, musicals and concerts throughout the year. Get tickets to a show that you will both enjoy. coveycenter.org
♥ \$\$\$ 🚗
- 196 **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 1. redwooddrive-in.com
♥♥ \$ 🚗
- 197 **See a play at the Echo Theatre**
Get tickets to a new play, such as "Zuppets! The Musical," a zombie puppet musical spectacular. theechotheatre.com
🚗
- 198 **Go to the Final Cut Film Festival**
Do you enjoy independent films? Watch BYU film students' best work from the year. byufinalcut.com
♥ \$ ❄️
- 199 **Watch fireworks**
During one of the summer holidays (Fourth of July and Pioneer Day) or New Year's Eve, find a good lookout spot and watch the fireworks.
♥♥ ☀️
- 200 **See a show at Hale Center Theatre**
Get tickets to musicals including "A Christmas Carol" and "Mary Poppins." Tickets can be purchased online. hct.org
🚗
- 201 **Watch home videos**
Show your spouse your favorite childhood memories.
♥♥♥
- 202 **Attend BYU International Cinema**
Watch an international cinema. Films are shown in 250 SWKT. ic.byu.edu
♥ free 🌈



DANCING HERE NOT LIMITED TO FLOORS AND HOLDING NOT LIMITED TO HANDS

Day or night
Always fun
Bring a date
or your friends
Climb 2-FOR-1

THE QUARRY
INDOOR CLIMBING CENTER

2494 N. UNIVERSITY PKWY PROVO NEXT TO MOVIES 8
801 418 0266 QUARRYCLIMBING.COM

Facebook icon

Sweetheart Bridal & Prom

1774 North University PKWY
Provo, UT
801-356-2462

If you like it, put a dress on it!

www.bestgownintown.com

Follow us on Facebook and Pinterest

#1 referred Bridal shop for over 20 years!



Alpine Apartments

Men's & Women's Housing

\$290

F/W

\$110

Sp/Su

\$220

Sp/Su Private



Private study room in every apartment.

876 E 900 N, Provo

801-377-1666

801-420-4442

801-489-3332

SQUIRE CONDOS

Women's Housing

- Only 1 block from the Wilk
- Free cable and Internet
- Washer and dryer in every unit



Shared Rooms

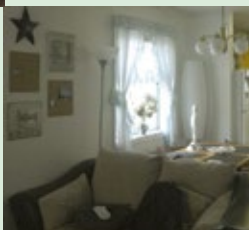
\$300 F/W

\$150 Sp/Su

Private Rooms

\$365 F/W

\$250 Sp/Su



885 N 900 E, Provo

203 **Rent a movie from the media center**
Rent a movie for free at the HBLL's media center. search.lib.byu.edu/filmfinder
♥ free 🚗

204 **Watch each other's favorite movies from childhood**
Have each person pick a movie. Watch both movies in one weekend.
♥ free

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

206 **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 ☀️

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

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

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

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

Movie Theatres

- Cinemark Movies 8**
2424 N University Pky
- Cinemark 16**
1200 Towne Centre Blvd
- Carmike Wynnsong 12**
4925 N Edgewood Dr
- Cinemark University Mall**
1010 S 800 E, Orem
- Water Gardens Spanish Fork 8**
790 Expressway Ln, Spanish Fork
- Water Gardens Pleasant Grove 6**
912 W Garden Dr, Pleasant Grove
- Towne Cinema**
120 W Main St, American Fork
- Cinemark American Fork**
715 W 180 N, American Fork
- Stadium Cinemas**
633 S 950 W, Payson
- Megaplex Theatres Lehi**
2935 N Thanksgiving Way, Lehi
- Mammoth Screen Theater**
3003 N Thanksgiving Way, Lehi
- Cinemark Draper and XD**
12129 S State St, Draper
- Cinemark Movies 9**
9539 S 700 E, Sandy
- Megaplex 17 Jordan Commons**
9400 S State St, Sandy



Winning Their Hearts with Food

Continued from page 43

SNICKERDOODLE BLONDIES

Yields 9–12 servings

2½ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon kosher salt
2 cups packed brown sugar
1 cup unsalted butter, room temperature
2 eggs, room temperature
1 tablespoon vanilla extract
2 tablespoons white sugar
2 teaspoons cinnamon

Preheat oven to 350 degrees F. Lightly grease a 9 by 13 inch pan.

Sift together flour, baking powder and salt and set aside. Only add the salt if you're using unsalted butter.

In large bowl, beat together butter, sugar, egg and vanilla until smooth.

Stir in the flour mixture until well blended. Spread evenly in prepared pan (mixture will be somewhat cookiebatter-ish.) Combine white sugar and cinnamon in a little bowl. Evenly sprinkle cinnamon sugar mixture over the top of the batter.

Bake 25–30 minutes or until surface springs back when gently pressed. Cool slightly. While still warm, cut into bars with a sharp knife.

Recipe courtesy Julia at DozenFlours.com

PEANUT BUTTER COOKIES

Yield approximately 36 cookies

¾ cup unsalted butter, softened
¾ cup granulated sugar
½ cup packed light brown sugar
2 eggs
¼ teaspoon vanilla extract
1½ cups peanut butter
2½ cups flour
1 teaspoon baking powder
Pinch salt
Sea salt for sprinkling

In a large mixing bowl with electric beaters, cream the butter and sugars on medium speed until light and fluffy. Add the eggs and vanilla, beating well after each addition. Add the peanut butter and beat until well mixed, scraping down the sides of the bowl as necessary with a rubber spatula. Carefully fold in the flour, baking powder, and pinch of salt. Cover with plastic wrap and refrigerate at least 4 hours, or overnight.

Preheat the oven to 325 degrees F. Roll the dough into tablespoon sized balls, and place them about 2 inches apart on a cookie sheet lined with parchment paper or a baking mat. With a fork dipped in flour, flatten the dough into disks about 1 inch thick. Sprinkle the tops with sea salt and bake about 15–17 minutes, until the bottoms start to brown, and the dough begins to look dry. Let cool completely on wire racks.

Recipe courtesy Kim at treatstrinkets.blogspot.com.

About photos

Unless credited on the spread where they appear or the table of contents, photos have been provided by istockphoto.com.



Tie the Knot Guarantee Get out of a year contract

after 6 months w/ proof of marriage

LIVetheRIV.COM



1505 N Canyon Rd 866-938-3154

MUSEUM of PEOPLES and CULTURES

100 E 700 N PROVO

MPC.BYU.EDU

801.422.0020



Date Nights at the Museum!



Straighten Your Teeth in One Semester

Short Walk From Campus

Across from BYU Creamery and next to Subway

- *FREE* consultation (\$50 Regular Value).
- Whitening & Retainer are *included* with braces.
- Ask about membership plans for an *extra discount*.

1234 N 900 E • Provo

NinthEastDental.com

(801) 921-4332





College Night

All Week after 9 PM

only \$6 / Hour
(show College ID)

located in Orem

South of UVU across from Walmart

www.getairhangtime.com

CLIMB 2-FOR-1
DATES / FRIENDS / FAMILY



THE QUARRY

INDOOR CLIMBING CENTER

2494 N. UNIVERSITY PKWY
PROVO (NEXT TO MOVIES 8)

QUARRYCLIMBING.COM

**Save Lives &
be Rewarded at**
Grifols Biomat USA

Donate Blood-Plasma

Biomat USA

501 North 900 East

Provo, UT 84604

(801) 375-2279

With this coupon,
on your donation,
receive a **free**
shirt and water
bottle!

+ Earn up to \$220 every month!

25% off!

1111 W. 100 S., Provo
801-374-JUMP (5867)
www.LowesAirSports.co



*Can not be combined with other offers.
Expires 8/31/14

HALF OFF



The Art Of Making Fun

**Half off the
studio fee for
up to four
people.**

Color Me Mine
5033 N Edgewood Dr,
Provo 801.434.4848
www.provo.colormemine.com

Color Me Mine does not allow specials or discounts
to be combined. Expires 12/31/13.

PADDLEBOARDS & KAYAKS

\$20 2 Boards
1 Hour

\$30 2 Boards
2 Hours

801.980.1104 LindonMarina.com

Bring coupon to waive \$5 entrance fee.

**BUY ONE
GET ONE
1/2 OFF**



Limit 1 discount per coupon. Limit 1
coupon per visit. Discounted item is
equal or lesser value. Only valid at
Provo locations. Expires 10/31/13.

SUBZERO™
ICE CREAM & YOGURT

TWO TWO

TWO *Seven* COUPONS



Great for Dates!

Schedule your FHE group and get free passes!



1111 West 100 South, Provo

(801)374-JUMP (5867)

www.lowesairsports.com

BEST TRAMPOLINES • LONGEST SESSIONS • LOWEST PRICES

**Foam Pits • Euro Trampolines • Cheer Floor
Rope Swing • Ninja Obstacle Course • Rock Wall
Trapeze • Slam Ball • Sky Café and MORE TO COME!**

**Broken World Xtreme Laser Tag & Blacklight Dodgeball
Opening Winter 2013!**

Thursday
College Night \$2 off

Friday
Date Night 2 for \$12



[Facebook.com/LowesAirSports](https://www.facebook.com/LowesAirSports)



TWO CONCLUDE

Provo is arguably the dating capital of the United States. In Provo, we flirt, we fall in love, we get engaged and we get married. On a campus where almost 25 percent of the undergraduate population is already married, it's obvious Cougars have had dating on their minds.

But what about the 75 percent still in the dating pool? Some students are happily single, others are in committed relationships and many are casually dating.

We didn't write TWO to make anyone feel bad about dating. Instead, we created this magazine to help improve your overall dating experiences. We've compiled hundreds of fun dates, interviewed experienced faculty about improving relationships and gone directly to the source: you.

Over the course of our conversations with BYU students we found a universal theme. Everyone wants to be loved. Whether someone is married, has never been kissed or is in a relationship, they always mention the desire to be with someone who understands and appreciates who they are.

So how do you fall in love? Well, we don't have the exact answer. TWO doesn't contain the five easy steps to getting engaged or a guide on how to turn texting into dinner dates. Dating is a complicated process and it's different for everyone. Our goal was to create a fun resource you can turn to for inspiration and encouragement.

We believe in dating. We celebrate the thrill of a text from your crush. We understand how it feels to be rejected and we know how much fun dates can be if you put a little effort in.

Here's to you, BYU, and your willingness to put yourself out there for love. We hope you have as much fun reading TWO as we did writing it.



Desirée

COLLECTION by

Supreme



Losee 

JEWELERS & COMPANY

"A CUT ABOVE"



2230 N. University Pkwy #3 • Provo, UT 84604

Tel: 801.373.1000 • Loseejewelersco.com

THE BRANBURY APARTMENTS



WHERE YOUR LOVE STORY BEGINS.

Chapter One – Once upon a time in Provo there was a girl. She spent her days banging her head against her school books. One day she was paying her rent at her apartment community. There was a boy paying his rent too. Interested, he asks if she is going to the speed dating activity that night in the clubhouse. Equally interested, she says with a smile, "Maybe." They bump into each other that night. Later on that weekend, they run into each other at their Ward Church Sunday School class. And, when they happen to get invited to the same movie night at their friends' apartment, their is no denying that some sort of fate keeps pulling them together. And that is where their love story begins...



To begin your Provo love story visit us @ www.thebranbury.com.
Facebook: Branbury Residents Twitter: @TheBranbury Instagram: @TheBranbury
Interested in being interested? 449 West 1720 North Provo, UT 84604 Call 801-800-8020