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Being present on a date

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

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

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

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

— JOSHUA JAMIAS

The 6 Bs of Car-less Dating

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

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

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

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

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

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

— MATTHEW SMITH
**Opt-out Options**

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

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

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

“I’ve got a great idea! Let’s get breakfast! Pancakes?”

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

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

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

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

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

— DONOVAN BALITCH

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**Weekday Dating**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
| Busy students can make time for dating during the week. Weekday dates don’t have to be long, extravagant or expensive. In fact, weekday dates are exactly the opposite: | Shorter, more casual dates allow you to interact in a different setting than the traditional weekend date. | studying at the library. Other examples of weekday dates include going for a walk, grabbing lunch together or doing a short activity, like bowling in the Wilk. These dates allow you to see the person in day-to-day circumstances, crowded and the prices aren’t as high,” said Murphy Campbell, a business major from Tampa, Florida. | endure the seven day gap between Friday night dates. Weekday dates allow you to get to know someone faster. | Eating, studying and exercising make great dates. Dates during the week also give students a chance to relax. | Maryland, said, “If it’s a weekday date, and you like the person, then you don’t have to wait as long to see them again.” |}
| LUNCH DATE with Kenzie | STUDY DATE with Jordan | LUNCH DATE with Suzie | YOGA DATE with Kenzie | LUNCH DATE with Jodie | FUN NIGHT OUT with Jodie first see the museum, then off to a fancy restaurant, to finish it off ice cream! |
| casual, short and cheap. “Dates are longer and more formal on the weekend,” said Annie Mckell, an exercise science major from Riverside, California. “But they are shorter and more casual on weekdays. It seems to take off the pressure when it’s during the week.” | of the person during a weekday date. On the weekend, people put on their date faces.” | rather than just on a formal date. “Weekday dates are good because places aren’t as | | | }
| DINNER DATE with Johann | DINNER DATE with Kristi | | | | | }
| Weekday dates can include routine activities, such as lunch at the Cougareat or | | | | | | }
| DINNER DATE with Jodie plus go bowling after and maybe a movie? | | | | | | |
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General Rules
▶ Each team has 11 players on the field.
▶ The team with the ball has four plays (called downs) to advance 10 yards closer to the end zone.
▶ If the team drives the ball forward 10 yards or more they get another four downs.
▶ If a team gets the ball into the other team’s end zone, they score a touchdown (six points) and can choose between attempting to kick an extra point or to run the ball into the end zone from the two-yard line for two extra points.
▶ A team may score by kicking a field goal. The football must go between the goal posts. Field goals are worth three points and turn the ball over to the other team after the attempt.
▶ If the defense tackles the offensive player carrying the ball into the defense’s end zone, they receive two points and possession of the ball.

Scoreing
- Extra point/P.A.T. (point after touchdown)
- Field goal
- Safety
- Touchdown
- Two point conversion (after touchdown)

Game Basics
▶ The field is 100 yards long and 53⅓ yards wide. The field is labeled with major divisions every five years and minor division every yard.
▶ Teams alternate which direction they defend each quarter. A game consists of four 12-minute quarters. A coin toss settles the side the teams choose for the initial quarter.
▶ The clock stops running briefly when a down ends with a first down, an incomplete pass, a penalty or the ball goes out of bounds.
THE DEFENSE

Corner Back
Prevents the wide receiver from catching the ball

Linebacker
Rushes the quarterback during a blitz or stops close passes

Middle Linebacker
Calls defensive plays and blocks passes

Safety
The last line of defense, prevents touchdowns

DEFENSIVE LINE

Nose Guard
Tackles the quarterback

Defensive Tackle
Blocks passes or tackles the quarterback

Defensive End
Tackles the quarterback and keeps the play up in the middle of the field

Important Terms

blitz Linebackers are sent to rush the quarterback.
end zone The 10-yard-deep area beyond the goal line.
  Getting the ball into the end zone generally results in scoring points.
false start The offense moves before the ball is snapped resulting in a penalty.
field goal The offense kicks the ball through the uprights, scoring three points.

first down The offense advances the ball more than 10 yards, gaining a new set of four downs to progress 10 yards or into the end zone.
flag on the play Droll comment from announcer after an official pulls a yellow cloth from his pocket to indicate an infraction of the rules occurred.
fourth and long The offense has more than 10 yards to progress to the first down marker. Often a team will choose to lose possession and punt the ball in fourth-and-long situations.
fumble A player holding the ball drops it before he is tackled to the ground. Whichever team recovers the ball gets possession.
Gatorade shower The winning team of a big game dumps a five-gallon bucket of Gatorade on their coach in the last seconds of the game.
interception A defensive player catches a ball intended for an offense's receiver.
lateral pass The football is passed backward or to the side.
line of scrimmage Imaginary line teams cannot cross until the ball is snapped at the start of a down.
offsides The defense moves the ball before the ball is snapped by the offense, resulting in a penalty.
passing Throwing the ball to a receiver to gain yards.
pass interference A defender grabs an offender's arm preventing the offender from catching the ball.
penalty A rule is broken by an individual or team. Teams are assessed a penalty through the loss of downs, yards or both.
pigskin Nickname for the football.
possession The team that has the football and is on offense, moving toward the opponent's end zone.
punt A team that cannot make it to the next first down marker kicks the ball down the field on their final down so the opposing team will gain possession of the ball in a worse position.
red zone* The area from the 20-yard line to the end zone.
rushing Running with the ball to gain yards.
sack Quarterback gets tackled behind the line of scrimmage.
Snap The center throws the ball between his legs to the quarterback, starting play for the down.
tackle The player with the ball touches the ground with anything but his hand or feet. Play is stopped when someone is tackled.
third down conversion The ability of a team to advance at least 10 yards forward after three downs.
touchdown Getting the ball into the opponent's end zone.
turnover The ball changes possession from one team to the other either through downs, an interception or a fumble.
turnover on downs A team is forced to give up the ball because it could not move the ball 10 yards or score a touchdown in four plays.
two-point conversion After a touchdown, if a team chooses, it receives one play to get into the end zone from the two-yard line.

Referee Calls

Delay of game:
Offense does not start their next play within the 40 seconds allotted.
Encroachment:
A player lines up on the wrong side of the ball and the ball is snapped.
Face mask:
Using a player's helmet cage to pull them to the ground.
False start:
An offensive player moves before the ball is snapped.
Forward lateral:
The ball is passed forward, in front of the line of scrimmage.

Holding:
Illegally blocking another player.
Intentional grounding:
The quarterback is threatened and throws the ball to an area with no receivers present.
Offside:
A defensive player has crossed the line of scrimmage before the ball is snapped.
Pass interference:
A defensive player harasses an offensive player in order to hamper with the receiver's opportunity to catch the ball.
Technical foul:
An egregious infraction by a player or coach, who may be removed from the game.
Embrace Your Natural Flirt

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

**Know the signs when others are flirting**
One of the biggest indicators that a person is flirting is their body language. Body language includes touching one’s hair, physical proximity and physical touch.
Natural flirts use their eyes. Eye contact tells a lot about body language. If a person is a bashful flirt, they probably won’t make as much eye contact.
Breanne Vance, a dietetics major from Springville, said that eye contact is a great way to know if someone is really flirting. “It’s all in the way they look at you,” Vance said.

**Master the art of teasing**
Teasing is one of the funniest ways to flirt with a person. Being able to make a person laugh is a good way to break the ice and become more comfortable around them.
“I like to joke around and tease,” said Webber. “Teasing is a lot of fun; if I can get a girl to laugh, it means a good thing.”
There is a line when teasing. It is important not to go from flirting to hurting someone’s feelings. When one becomes too personal with teasing is when feelings get hurt.

**Learn the different degrees of flirting and how far to go**
Kelsey Pollard, a junior majoring in family studies, says that there are two degrees of flirting.
“There is flirting to go past friendship and general flirting that is only for fun,” Pollard said.
It’s important to find the balance between friendly flirting and more serious flirting to avoid sending the wrong message.

**Be careful with physical touch**
Don’t creep the other person out. Physical touch, when used sparingly, can be a good way to show someone you are interested. Physical touch can be anything from touching their arm to seating close enough to them that legs touch.
“Physical touch is OK when you are making your intentions clear you like someone,” said Scott Webster, an engineering major from Arizona.

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

—HANNAH CHILDS
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The Art of Humor

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

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

Be careful of using too much self-deprecating humor. It’s unattractive and comes off like you are not confident in yourself. Instead, use humor that is witty and uplifting. It allows you to break the ice and get a good laugh, but not at your own or someone else’s expense.

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

## The Chemistry Behind Relationships

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

| Positive experiences trigger the release of a neurotransmitter called **epinephrine**. This hormone causes your pupils to dilate, which allows more light into your eyes, causing them to sparkle. |
| When you anticipate kissing or holding someone’s hand, your body releases epinephrine. This hormone causes your heart to beat faster, your palms to sweat and your blood pressure to rise. |
| A good boyfriend gives his girlfriend chocolate, but a wise boyfriend makes it dark chocolate. Dark chocolate contains **cannabinoids**, a neurotransmitter that makes people think everything in the world is better! |

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

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

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

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

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

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

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

**Dating Diary**

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

—Carolina
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#ROCtheUniverse
Look for us in the ROC section before every home football game and during conference basketball games for a chance to win upgraded seats.
Recovering from embarrassing situations

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

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

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

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

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

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

—Joshua Jamias
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Stop Trying to Fix Him

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

"I tried changing a guy because there were things about him that I wished were different," said Jessica Albert, a sophomore from Oregon. "If I wanted to keep being interested in him, I needed him to change."

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

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

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

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

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

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

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

Women shouldn't become too picky because there is no perfect guy, just like women are not perfect. With some encouragement from each other, two people can learn to help bring out the best in one another.
You found the girl of your dreams. You start dating and soon find yourself spending all of your time together. Things are going really well until you receive unwelcome news: she doesn’t want to date you anymore.

After the breakup, you go back to your old life, and find out while you were caught up in the relationship, you neglected everyone and no longer have any friends. This happens to many of us. We think we’ve found the one and can survive with just his or her interactions for the rest of our life. “Don’t get so caught up in your exciting love life that you ignore the needs of people who are there for you,” said Aimee Elder, a sophomore studying statistics. “Schedule time to be with your friends, and really be with them.” The familiar adage, “don’t put all your eggs in one basket,” refers to more than just monetary investments.

“Oh man, while we love to spend time with each other, (my boyfriend and I) both know that we need our own time with our own friends,” said Ashea Hanna, a junior studying nursing. “We know that it is just as imperative to spend time apart as it is together.” Finding that appropriate balance is easier said than done. The best way is to not make radical changes when you start dating someone. If you and your friends have post-work “Friday Night Fun,” keep that tradition. They are still six other nights in a week that you can spend together. Don’t put your life on hold for someone you may or may not marry. Keep investing in your current friends, just like you’re investing in your new love interest.

— DONOVAN BALTICH
Date Nights at the Museum!

- **Mystery Dinner Date Night**
  - October 25
  - 6 p.m.

- **Day of the Dead Open House**
  - November 1
  - 6-9 p.m.

- **Christmas Around the World Date Night**
  - November 1
  - 7 p.m.

Tickets will be available for Date Nights at the Wilk Info desk a week before each event.
### Should You Go Back To Your Ex?

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

Ultimately, there’s a reason it didn’t work in the first place. It can be hard to let go of an ex, but if they’re still in your arms, there won’t be a place for someone new. Some bridges need to be burned.

### Dating Diary

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

—Jake
A guy often extends a non-threatening invitation to a girl because he doesn’t want her to assume he is interested, even though he is. This makes it hard for a girl to reject the invitation by saying, “I’m not interested,” or “I’m dating someone,” because he was not straightforward enough.

Examples:

“Hey do you want to come on a hike with me and my friends?”
“We are going to ride bikes on Saturday, do you want to come?”
“Do you want to come to the movies with my friends and me?”

If you are into him, go, but expect him to ask you out on a date in the future. If you are not into him, go the first time, but the second time, politely say no.

Girls at BYU give their opinions as to how you can reject a non-threatening invitation.

“I would just say no thanks. I don’t know if I would keep saying I’m busy because then he would just keep asking.”
—Kristie Marx, Murrieta, California

“Just say no. Lay it on the line and say what you’re thinking.”
—Celeste Ingersoll, San Clemente, California

“Make it obvious that he’s just a friend and that you don’t want to take it further, but in a nice way.”
—Jenessa Cherry, Provo

“Ask if it’s a date, and if he says yes, tell him you’re not interested and that you would rather be friends with him.”
—Tori Whitworth, Glendora, California
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DID YA HEAR?

BY DONOVAN BALTICH

You just kissed the guy of your dreams and can’t wait to get home so you can tell your roommates all about it. You shell out the details as fast as you can, but they keep grilling you to tell them more.

Most people like to talk about how their relationships are progressing. Sometimes talking through things with someone else helps you figure out what you want and know how to advance, but other times your words will just become the week’s gossip. It’s important to analyze the specific reason why you tell what you tell.

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

It’s also important to consider what kind of person you’re confiding in. There are friends who keep your words totally private, others who share some compromising details and yet others that blab every word you tell them.

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

Dangerous DATING TERRAIN

Tinder

THREAT LEVEL: 2

Your Tinder date might not be as attractive in person as they were in pictures, but the good news is you never have to see them again if you don’t want to.

Ward

THREAT LEVEL: 3

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

Class

THREAT LEVEL: 1

Generally a safe option, but be careful if you’re in a group together in case he or she decides to sabotage your project if you break up.

Work

THREAT LEVEL: 4

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

Your BFF’s Ex

THREAT LEVEL: 5

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

RELATIONSHIP RED FLAGS

- He only works three months of the year. #summersales
- Her phone is a third wheel on dates.
- He has a mustache.
- She has crazy eyes.
- He doesn’t like Krabby Patties.
- She has a mustache.
TRAFFIC SIGNALS OF MEN

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

He smiled at you.
- Is he really nice to everyone?
  - Yes
  - No
- Did he just get back from a mission?
  - Yes
  - No
  - He smiles at everyone.

He flirts with you a lot.
- How long have you known him?
  - We’ve been friends for over a year.
  - We just met.
- How often do you see him?
  - Every day.
  - Wait a week.
  - Wait a month.
  - He didn’t ask me out.
  - He asked me to do something!

He asked you to do something.
- Alone.
  - After 11 p.m.
  - Chapstick. Breathmints. You know the drill.
  - It’s still daylight.
- In a group.
  - Right before a group date with his friends.
  - Well in advance.

RELATIONSHIP RED FLAGS

He takes longer to do his hair than you do. She keeps you on a tighter leash than her dog. He wears a necklace. Her ex is in her top Snapchat friends. He doesn’t read TWO magazine.
The same guy-girl ratio that Noah used.
The same
guy-girl ratio
that Noah used.

The odds are in
your favor with a
1:1 guy-girl ratio.

That’s not the only reason to live at the BC. Check out these other cool features:

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Where the magic happens.

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

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

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

—Miranda Facer
TRUST

AVOIDING THE TOP 10 WAYS TO BREAK IT

BY JOSEPH MOXON
TOP TEN TRUST BREAKERS

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

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

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

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

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

6 LYING ...duh.

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

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

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

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

EARNING TRUST BACK

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

Professor of family life Jeffry Larson cautions not to merely grant trust to a person—they should earn it first. “Trust is on a continuum: zero to 10 — not black and white. And, you may trust a person in one area (e.g. being true to me) but not trust them in another (e.g. staying to a budget like agreed).”

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

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

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

Larson agrees. “A sincere apology starts the process, and a commitment to be trustworthy in the future.”
“Let’s see, he took 10 minutes to text me back. I’ll wait 15 minutes to reply, so I don’t seem too into him.”

“Oh! There she is! I’m going to go talk to her — wait — I initiated our last three conversations. I’ll wait for her to come talk to me.”

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

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

So why does it seem like everyone plays the game, despite their moral (or at least admitted moral) exception to it? It’s because everyone is doing it, and sometimes fire can only be fought with fire.

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

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

Fighting Fire with Fire
You can justify playing the game by only participating once in a while or maybe just when you’re getting to know someone, so you don’t come on too strong. Those that are unsure of what they want often take this approach. This is playing the game without being a player. And after the DTR, it should be GAME OVER.

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

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

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

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

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

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

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

“I regard the game unfortunately an inevitable part of life,” said Zachary Baldauf, a sophomore studying social science teaching. “If you don’t like it, you have to at least tolerate it.”
You already know slow dancing is romantic. Now it’s time to master the art of Slow Cooking.

Delicious slow cooker recipes for:
- Cinnamon apple dessert
- Mexican taco bowls
- Balsamic beef dinner
- Tailgate party snacks

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

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

Serves 4 › Recipe by Karen Bellessa Petersen › 365daysofcrockpot.com
INGREDIENTS
- 1½ lbs. chicken breasts
- 1 (16 oz.) jar salsa
- 1 (15 oz.) can black beans, drained
- ½ lb. (8 oz.) frozen corn
- 1 Tbsp. chili powder
- ½ Tbsp. cumin
- ½ Tbsp. minced garlic
- ¼ tsp. dried oregano
- ¼ tsp. cayenne pepper
- ¼ tsp. salt
- dash of cracked pepper
- 2 cups dry rice
- 8 oz. shredded cheddar
- ½ bunch cilantro (optional)

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

Chicken Taco Bowls
Serves 9 › Recipe by Beth › budgetbytes.com
Balsamic Beef

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

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

Carrots

INGREDIENTS
- 1 bag of baby carrots
- 1/2 cup water
- 1 1/2 Tbsp. butter
- 1 1/2 Tbsp. brown sugar
- Salt and pepper to taste

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

Serves 4  
Recipe by Sarah  
magica.lsslowcooker.com

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

**INSTRUCTIONS**
- Add the chicken, sauce, and butter (slice it up and lay on top of wings) to the slow cooker. Cook on high for 2-2½ hours.
- After cooking time is done, take the wings out of the slow cooker, leave the sauce in the slow cooker, and put the wings on a baking sheet.
- Broil the wings in the oven for a few minutes on each side until browned and crisp.
- Add the wings back to the slow cooker and stir them back into the sauce.
- Serve with blue cheese, carrot, and celery.
On a college student’s budget, it’s hard to keep up with constantly shifting trends. You don’t need to invest in a new wardrobe every season. Simple tweaks to outfits you already own can keep them relevant year-round.

Roll your skinny jeans at the bottom to show off your sweet kicks or your cool socks.

Dress up a graphic tee with a kimono or sweater and some chunky jewelry.
If you’re feeling ambitious, do loose waves in your hair. If you don’t have time to shower, top knots, side braids, and headbands also look killer. (But wear extra deodorant.)

Don’t be afraid to wear denim on denim. Mixing a light, distressed wash with a dark one is a good way to add contrast.

Most importantly, wear whatever you feel confident in. Even if that means socks with Birkenstocks.

Hit up local antique stores to find vintage rings. The more the merrier!

Overalls, sunglasses, white t-shirt, kimono courtesy Unhinged, Provo
Black hat courtesy Urban Outfitters
Photos by Peter Inouye peterinouye.photography
move on

BY MIRANDA FACER

Step 1: Grieve

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

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

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

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

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

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

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

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

Step 2: Get busy

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

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

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

“When you’re busy you have less time to sit at home and think about him,” Wagner said.

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

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

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

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

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

Life moves on, including your ex, but you find yourself stuck in the past. If you’ve realized you’re in a bad emotional state, don’t despair. Things will get better if you’re willing to take the time and have the self-control to finally move on.
Step 3: Recognize

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

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

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

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

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

Step 4: Accept

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

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

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

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

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

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

That’s OK.

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

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

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

stay trendy

Don’t feel obligated to button the top button every time you wear a collared shirt, but it does add an air of sophistication.
If you’re going on a more formal date, a tie with a print shirt will keep you from looking like you’re going to church.

Layering sweaters, jackets, button ups, and t-shirts will make your outfit look more put together.

Three words: Windbreakers are in.

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Three words: Windbreakers are in.
Interactions with the opposite sex at BYU tend to fall under three stages before a committed relationship is established.

By Miranda Facer

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

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

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

Hanging out is the most common type of social interaction at BYU. According to a 2002 research survey by Bruce Chadwick, 28 percent of men and 23 percent of women hang out in a group at least six times a week. Elder Dallin H. Oaks addressed this practice and the “demise of dating” in his May 2005 CES fireside.

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

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

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

After his fireside, it became apparent that young single adults need to reevaluate how they approach their social interactions with
the opposite sex and break down obstacles that may be hindering the dating experience.

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

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

**Date means commitment?**

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

Many young adults choose to hang out instead of going on dates to avoid this appearance of serious interest.

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

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

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

**Too much just hanging out**

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

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

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

**'SHOP AROUND’**

—ELDER OAKS

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

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

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

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

**Hanging out has its place**

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

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

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

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

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

**Dates should be simple**

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

"It’s worth the risk (to try now)."

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

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

**A ‘DATE’ MUST PASS THE TEST OF THE THREE Ps:**

- Planned Ahead
- Paid For
- Paired Off

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

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

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

**‘SHOP AROUND’**

—ELDER OAKS

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

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

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

“Just make it light,” Boberg said. “If you’re laughing, being social and having fun, it won’t feel awkward or serious.”
YOU CAN DO BETTER THAN THAT.

OUTDOORS UNLIMITED
WHERE ADVENTURE NEVER ENDS

EQUIPMENT RENTALS
Skis, bikes, games, and more

Check out our new website at
byououtdoorsunlimited.com
Serving students and the BYU community
Date Ideas

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

### Active

<table>
<thead>
<tr>
<th>Activity</th>
<th>Expense</th>
<th>Transportation</th>
<th>Relationship Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor archery Rent equipment to shoot a bow and arrows. It is $10 to rent the equipment. They also have group rates. <a href="https://www.callynoshowing.com/indoor.archy">link</a>.range</td>
<td>$free</td>
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</tr>
<tr>
<td>Go for a bike ride Even pack a picnic for when you reach your destination. Bikes are available at BYU Outdoors. <a href="https://www.outdoors.byu.edu">link</a></td>
<td>$free</td>
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<tr>
<td>Get a group and play <strong>Frisbee golf</strong> It is a fun new way to play Frisbee. An individual has to throw a Frisbee at a target and try to get it in. As long as you have Frisbee, the place will provide everything else. <a href="https://www.utahvalleyfrisbeegolf.com">link</a></td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Break a sweat jumping trampoline</strong> Visit an extreme trampoline park. It is a lot of fun and a great way to show off. <a href="http://getairhartime.com">link</a>, facebook.com/lowesairsports</td>
<td>$free</td>
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<tr>
<td>Go on a hike Go somewhere like Aspen Grove, Battle Creek Falls, Big Springs, Bridal Veil Falls, the Y, Mill Canyon, Provo River Parkway, Rock Canyon or Stewart Falls. Be smart: check the weather forecast before you go; charge your phones; wear appropriate clothing; have sufficient food and water; and make sure someone knows where you are going and when you will return.</td>
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<tr>
<td><strong>Go ice skating</strong> Ice skating is the perfect excuse to accidentally grab her hand as you lose balance on the ice. Or become her hero when you save her from a fall. <a href="https://provo.org/community/peaks-ice-arena">link</a></td>
<td>$free</td>
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<tr>
<td><strong>Escape the cold and go to Provo Beach Resort</strong> They have miniature crocket, ropes course, flow rider, a golf simulator and so much more. $5-$20 per person.</td>
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<td><strong>Play racquetball</strong> Go to BYU’s racquetball courts in the RB and play a game.</td>
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<tr>
<td><strong>Go rock climbing</strong> The Quarry is a popular indoor rock climbing facility in Provo. Just the two of you can go, or you can bring a group. <a href="https://quarryclimbing.com">link</a></td>
<td>$free</td>
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<tr>
<td><strong>Go roller skating</strong> See ice skating above. Less cold. <a href="https://classicfuncenter.arenm.com">link</a></td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Go to one of Utah’s many ski resorts</strong> Get cheap rates for rentals at BYU Outdoors and go skiing. <a href="https://outdoors.byu.edu">link</a></td>
<td>$free</td>
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<tr>
<td><strong>Go snowboarding</strong> Utah does have the best Snow on earth. Go to one of the many snowboarding resorts in Utah and test out the snow. Pack snacks because it will make you hungry. <a href="https://utah.com/ski/">link</a></td>
<td>$free</td>
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<td><strong>Play tennis</strong> The perfect sport for men and women.</td>
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<tr>
<td><strong>Train for a run together</strong> Sign up for a race that is coming up, and train together. Working towards a goal together will make your relationship stronger. Find local races online.</td>
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<tr>
<td><strong>Try Zumba</strong> Combine exercise and dancing and have a blast.</td>
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### Explore

<table>
<thead>
<tr>
<th>Activity</th>
<th>Expense</th>
<th>Relationship Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Drive the Alpine Loop</strong> Check out the scenic Uinta National Forest on this 20 mile loop.</td>
<td>$free</td>
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<tr>
<td><strong>Visit the aquarium</strong> See sharks and penguins at The Living Planet Aquarium. <a href="https://www.thelivingplanet.com/">link</a></td>
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<tr>
<td><strong>Go to an art walk</strong> Galleries in downtown Provo are open late every first Friday of the month for the Downtown Provo Art Stroll.</td>
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<tr>
<td><strong>Visit the Cathedral of the Madeleine</strong> You don’t need to go to Europe to see incredible architecture, just Salt Lake City. <a href="https://utotm.org">link</a></td>
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<tr>
<td><strong>Drive around town looking at Christmas lights</strong> Get into the Christmas spirit.</td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Go through a corn maze</strong> Try the 12-acre corn maze at Cornbely’s, located at Thanksgiving Point. <a href="https://cornbelyss.com">link</a></td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Visit the Crandall Historical Printing Museum</strong> The printing museum is one of the hidden treasures of Provo. Take a date to learn together about printing and typography throughout history. <a href="https://crandallmuseum.org">link</a></td>
<td>$free</td>
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<tr>
<td><strong>Go to the farmers market</strong> The Provo Farmers Market is full of fresh foods and crafts. It is open through October from 9 a.m. to 2 p.m. every Saturday at Pioneer Park. The LaVell Edwards Stadium Farmers Market runs from 3 to 7 p.m. or dusk (whichever is earlier) in the south stadium parking lot, Thursdays until late October. <a href="https://www.unvr.se/byufarmers">link</a></td>
<td>$free</td>
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<tr>
<td><strong>Take FrontRunner</strong> Ditch the car and take FrontRunner to downtown Salt Lake City. <a href="https://rideuta.com">link</a></td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Go geocaching</strong> Grab a GPS and seek out various locations. <a href="https://geocaching.com">link</a></td>
<td>$free</td>
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</tr>
<tr>
<td><strong>Visit Hatch’s Chocolates</strong> This Salt Lake City chocolate shop has many handmade chocolates and famous hot chocolate that is</td>
<td>$free</td>
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</tbody>
</table>
made using a blend of melted solid chocolates. hatchfamilychocolates.com

Go to IKEA
Play house with the room setups.

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

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

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

Restaurant hopping
Go to different restaurants and only order desserts.

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

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

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

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

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

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

Go to the Ice Castles
Handmade ice castles in Midway are a must see.

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

Go to the Heber Creeper
Go on a scenic train ride. Themed rides are offered before multiple holidays. hebervalley.org

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

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

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

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

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

Ride the Heber Creeper
Go on a scenic train ride. Themed rides are offered before multiple holidays. hebervalley.org

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

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

Go the Ice Castles
Handmade ice castles in Midway are a must see.

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

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

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

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

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

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

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

Go to the Ice Castles
Handmade ice castles in Midway are a must see.

First Dates

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

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

Make a reservation at Homestead Crater
There is a warm spring in a crater. People can soak, snorkel or scuba dive. 700 North Homestead Drive, Midway. homesteadadesort.com

Experience a meal from the ’50s at Johnny Rockets
Experience the ‘original hamburger’ from the ’50s at Johnny Rockets. It is located at the Traverse Mountain Outlets. johnnyrockets.com

Go to a poetry reading at a coffee place
You don’t need coffee to have a great time.

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

Make a shirt for each other
Buy plain white T-shirts and either tie dye or use fabric markers to decorate them.

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

Have fun with spray paint
Spray paint street art on cardboard with stencils.

Make a tin foil dinner
Pretend you’re camping and make tin foil dinners.

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

Have fun with spray paint
Spray paint street art on cardboard with stencils.

Make a tin foil dinner
Pretend you’re camping and make tin foil dinners.

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

Have a chocolate tasting night
Sample a variety of rich, creamy chocolates. The BYU Store has a wide variety.

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

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

Have a fancy fast food night
Set up a tablecloth and candles and eat your favorite fast food as if you were at a five-star restaurant.

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.

Cook and bake in your kitchen
Instead of going out to eat, find some good recipes and make dinner and dessert together.

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

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

Play games at Nickel City
The Nickel City arcade will bring you both back to your childhood years.
Restaurants

Aubergine & Company
1365 S State St, Orem, 801-224-7484 $  

Bamboo Hut
This Hawaiian grill serves lunch and dinner. 2364 N University Pkwy bamboohutprovo.com 801-655-1911 $  

Bangkok Grill

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

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

Burgers Supreme
This classic burger joint is a Provo favorite. 1976 N University Pkwy. burgerrsupreme.com 801-373-5713 $  

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

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

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

Chef’s Table
Experience fine dining at this four-star restaurant. 2005 S State St, Orem. chefs-table.com 801-285-9111 $  

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

Crown Burger
Crown Burger is family owned with multiple locations in Salt Lake. 371 E 200 S, Salt Lake City. crown-burgers.com 801-532-1105 $  

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

Eating House
This intimate and cozy wine bar and bistro offers delicious dishes and a variety of wines and drinks. 57 W Center Ave. eatinghouse.com 801-225-5757 $  

El Salvador Restaurant
This modest restaurant offers authentic Salvadoran food. 332 W Center St. yelp.com/biz/el-salvador-restaurant-provo 801-373-5107 $  

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

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

Guru’s Cafe
Open for breakfast, lunch and dinner. Guru’s Cafe offers unique soul food. 45 East Center Street. guruscafe.com 801-375-4878 $$  

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

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

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

Jimmy John’s Gourmet Sandwiches
This sub shop even offers delivery — perfect for a quick bite. 2306 N University Pkwy. jimmyjohns.com 801-375-7777 $  

Kneaders Bakery and Cafe
Kneaders offers soups and sandwiches and is particularly famous for its French toast. 295 W 1250 N. kneadersbakery.com 801-812-2200 $  

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

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

Legends Grill
Right on campus, this sports grill offers classic dishes before any big game. dining.byu.edu/legendsgrille 801-422-3575 $$  

Los Hermanos
Los Hermanos offers Mexican dishes and drinks including their famous non-alcoholic specialty drinks. 71 East Center Street. loshermanosutah.com 801-573-5732 $$  

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

Magleby’s Fresh
Try their breakfast menu or their famous chocolate cake. 3626 N. University Ave. maglebysfresh.com 801-852-8620 $$  

Malawi’s Pizza
Malawi’s is a fast casual restaurant with a purpose. For every meal you buy, one is provided for children. malawispizza.com 801-439-9285 $$  

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

Design something out of Post-It Notes
Make pictures and patterns to display in your window or on your wall with sticky notes.  play  $  

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

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

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

Host a tea party
Make sandwiches and fruit punch. Dress up and enjoy a sophisticated brunch.  play  $  

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

Ice Cream, Yogurt, Dessert

Baskin Robbins
Try one of the 31 flavors. 29 E 1230 N. baskinrobbins.com 801-377-0931 $  

Cold Stone Creamery
Classic ice cream shop. 2362 North University Parkway. coldstonecreamery.com 801-373-4203 $$  

Coney’s Frozen Custard
A yummy treat. 242 East University Parkway, Orem. coneyscustard.com 801-371-0500 $  

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

Farr’s Fresh Ice Cream
1073 South 750 East, Orem. farrsfresh.com 801-616-5001 $  

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

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

Macey’s Kong Cone
This epic ice cream cone is a must have! 1400 North State St. 801-356-4296 $  

Sub Zero
1747 N University Pkwy. subzeroicecream.com 801-375-0104 $  

The Chocolate
The Chocolate is known as the perfect place for a DTR. Naturally, it’s the perfect place for a date night. Find a quiet corner in this sweet bakery and share a dessert. 222 S State St Orem. thechocolatedc.com 801-224-7334 $  

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

Two BYU.EDU  55
in Africa. 4801 N University Ave #110. malawispizza.com 801-225-2800

Mountain West Burrito
Enjoy casual Mexican cuisine just south of BYU campus. 815 N 700 E. mountainwestburrito.com 801-805-1670

Nicolitalia Pizzeria
This pizzeria offers 16 specialty pizzas inspired from the east and west coasts. 2296 N University Pkwy. nicolitaliapizzeria.com 801-356-7900

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

Pizza Pie Cafe
This family-owned restaurant started in Rexburg, Idaho and has developed and grown into what it is today. 2235 North University Parkway. pizzapiefaceno.com 801-373-5561

Pizzaria Seven Twelve
The chefs at this casual restaurant have a “heartfelt desire for sharing the beauty of good, simple food.” 320 S State St Orem. pizzaria712.com 801-623-6712

Rancherito’s Mexican Food
Rancherito’s has multiple locations in Utah and serves Mexican cuisine. 1314 N State St. 801-374-0822

Roll Up Cafe
Go to Roll Up Cafe and get one of their relationship-themed desert crepes. See which one defines your relationship. 605 S State Street, Orem. rollupmycrepe.com 801-882-7373

Romano’s Macaroni Grill
The Macaroni Grill strives to combine tradition and innovation to create memorable Italian dishes. 4801 N University Ave #56. macaronigrill.com 801-765-4688

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

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

Sam Hawk Korean Restaurant
This restaurant is one of few that offer Korean cuisine. 660 N Freedam Blvd. yelp.com/biz/sam-hawk-korean-restaurant-provo 801-377-7766

Sammy’s
Sammy’s serves delicious burgers and fries — not to mention the “date shake,” which is perfect for two. 27 N 110 W. sammysplishshake.com 801-805-9298

Skyroom (in the Wilk)
The Skyroom is a perfect lunch date that is right on BYU campus. dining.byu.edu/skyroom 801-422-9100

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

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

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

Terra Mia
This restaurant offers authentic Italian cuisine for lunch and dinner. 1950 S 750 E, Orem. terramiaonline.com 801-226-4757

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

Thai Village
Thai Village offers authentic Thai cuisine. 469 N University Ave. thavillageprovo.com 801-691-9922

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

The Pie Pizzeria
Known as “The Pie” to locals, this pizzeria is known to many as “the best kept secret” in Salt Lake City. 2735 S 3100 E. Salt Lake City. thepie.com 801-582-5700

The Sensuous Sandwich
The Sensuous Sandwich offers a variety of succulent subs. 161 West Center Street. sensuoussandwich.com 801-377-9244

Tucanos Brazilian Grill
Located at The Riverwoods, Tucanos offers all-you-can-eat Brazilian cuisine. Apply to their birthday club and during the month of your birthday you will get a free meal. 4801 N University Ave #780. tucanos.com 801-224-4774

Thai Ruby offers authentic Thai cuisine. 469 N University Ave. thavillageprovo.com 801-691-9922

Pizza Pie Cafe
This family-owned restaurant started in Rexburg, Idaho and has developed and grown into what it is today. 2235 North University Parkway. pizzapiefaceno.com 801-373-5561

Pizzaria Seven Twelve
The chefs at this casual restaurant have a “heartfelt desire for sharing the beauty of good, simple food.” 320 S State St Orem. pizzaria712.com 801-623-6712

Rancherito’s Mexican Food
Rancherito’s has multiple locations in Utah and serves Mexican cuisine. 1314 N State St. 801-374-0822

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

Romano’s Macaroni Grill
The Macaroni Grill strives to combine tradition and innovation to create memorable Italian dishes. 4801 N University Ave #56. macaronigrill.com 801-765-4688

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

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

Sam Hawk Korean Restaurant
This restaurant is one of few that offer Korean cuisine. 660 N Freedam Blvd. yelp.com/biz/sam-hawk-korean-restaurant-provo 801-377-7766

Sammy’s
Sammy’s serves delicious burgers and fries — not to mention the “date shake,” which is perfect for two. 27 N 110 W. sammysplishshake.com 801-805-9298

Skyroom (in the Wilk)
The Skyroom is a perfect lunch date that is right on BYU campus. dining.byu.edu/skyroom 801-422-9100

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

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

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

Terra Mia
This restaurant offers authentic Italian cuisine for lunch and dinner. 1950 S 750 E, Orem. terramiaonline.com 801-226-4757

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

Thai Village
Thai Village offers authentic Thai cuisine. 469 N University Ave. thavillageprovo.com 801-691-9922

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

Free (or almost free) Dates

Watch “Adventure Time”
Jake the Dog and Finn the Human want you to date because the HBLL has first few seasons on Blu-ray. free

Collect rubbish from around the apartment and make art
See if you can make something cool out of random objects. free

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

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

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

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

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

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

Check out a movie from the media center
Get a movie for free at the HBLL’s media center. **free**

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

Watch a black and white movie or a silent film
Rent an old movie and see if you can stay interested in it the entire time. Make sure to have some popcorn. **free**

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

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

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

Visit Santa Claus
Go to the closest mall, sit on Santa’s lap and tell him what you want for Christmas. **free**

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

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

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

Make a photo shoot
Gather props and take cute pictures together. Find a Polaroid camera for an old-school twist. ***free**
YOUR campus newspaper
FREE
Pick it up!
New editions out every TUES
THE UNIVERSE
Online at universe.byu.edu
@UniverseBYU
Movies

Upcoming Major Movies

<table>
<thead>
<tr>
<th>Movie</th>
<th>Opening Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Annie</td>
<td>Dec. 19</td>
</tr>
<tr>
<td>The Big Hero</td>
<td>Nov. 7</td>
</tr>
<tr>
<td>Book of Life</td>
<td>Oct. 17</td>
</tr>
<tr>
<td>Interstellar</td>
<td>Nov. 7</td>
</tr>
<tr>
<td>Into the Woods</td>
<td>Dec. 25</td>
</tr>
<tr>
<td>Night at the Museum: Secret</td>
<td>Dec. 25</td>
</tr>
<tr>
<td>of the Tomb</td>
<td>Nov. 15</td>
</tr>
<tr>
<td>The Hobbit: Battle of Five</td>
<td>Oct. 17</td>
</tr>
<tr>
<td>Armies</td>
<td>Nov. 21</td>
</tr>
<tr>
<td>The Hunger Games: Mockingjay:</td>
<td>Nov. 21</td>
</tr>
<tr>
<td>Part 1</td>
<td></td>
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</tbody>
</table>

Varsity Theater

<table>
<thead>
<tr>
<th>Movie</th>
<th>Opening Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hocus Pocus</td>
<td>Oct. 31, WSC.</td>
</tr>
<tr>
<td>Maleficent</td>
<td>Oct. 10-11, 12, WSC.</td>
</tr>
</tbody>
</table>

International Cinema

<table>
<thead>
<tr>
<th>Movie</th>
<th>Opening Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Better Life (English)</td>
<td>Nov. 11-15</td>
</tr>
<tr>
<td>A Christmas Carol (1951)</td>
<td>Dec. 2-6</td>
</tr>
<tr>
<td>All Quiet on the Western Front (English)</td>
<td>Oct. 7-11</td>
</tr>
<tr>
<td>Amal (Hindi)</td>
<td>Oct. 7-11</td>
</tr>
<tr>
<td>Come Drink with Me (Cantonese)</td>
<td>Oct. 14-18</td>
</tr>
<tr>
<td>Crouching Tiger Hidden Dragon (Mandarin)</td>
<td>Oct. 14-18</td>
</tr>
<tr>
<td>Dirty Hearts (Japanese)</td>
<td>Nov. 4-8</td>
</tr>
<tr>
<td>Favela Rising (Portuguese)</td>
<td>Nov. 18-22</td>
</tr>
<tr>
<td>Gallipoli (English)</td>
<td>Sept. 23-27</td>
</tr>
<tr>
<td>Henry V (English)</td>
<td>Oct. 7-11</td>
</tr>
<tr>
<td>Hotel (German)</td>
<td>Oct. 28-Nov. 1</td>
</tr>
<tr>
<td>James’ Journey (Hebrew)</td>
<td>Nov. 11-15</td>
</tr>
<tr>
<td>Joyeux Noel (French)</td>
<td>Dec. 2-6</td>
</tr>
<tr>
<td>Lawrence of Arabia (English)</td>
<td>Sept. 30-Oct. 4</td>
</tr>
<tr>
<td>More Than Honey (German)</td>
<td>Nov. 4-8</td>
</tr>
<tr>
<td>Rare Exports (Finnish)</td>
<td>Dec. 2-6</td>
</tr>
<tr>
<td>Still Mine (English)</td>
<td>Nov. 4-8</td>
</tr>
<tr>
<td>The Well Digger’s Daughter</td>
<td>Oct. 21-25</td>
</tr>
<tr>
<td>Vertical Ray of the Sun (Vietnamese)</td>
<td>Oct. 21-25</td>
</tr>
<tr>
<td>Wadjda (Arabic)</td>
<td>Oct. 21-25</td>
</tr>
<tr>
<td>Winter Light (Swedish)</td>
<td>Sept. 30-Oct. 4</td>
</tr>
</tbody>
</table>

Local Theatres

Carmike Wynnsong 12
4925 N Edgewood Dr

Cinemax 16
1200 Towne Centre Blvd

Cinemax American Fork
715 W 180 N, American Fork

Cinemax Draper and XD
1219 S State St, Draper

Cinemax Draper 9
9539 S 700 E, Sandy

Cinemax Movie 8
2424 N University Pkwy

Cinemax University Mall
1010 S 800 E, Orem

Mammoth Screen Theater
2929 N Thanksgiving Way, Lehi

Megaplex Theatres Lehi
2935 N Thanksgiving Way, Lehi

Megaplex 17 Jordan Commons
9400 S State St, Sandy

Stadium Cinemas
635 S 950 W, Payson

Towne Cinema
120 W Main St, American Fork

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

Water Gardens Spanish Fork 8
790 Expressway Ln, Spanish Fork

Lincoln Cinema
3001 N University Pkwy

L. Tom Perry Special Collections
Auditorium, Level 1, HBLL sites.lib.byu.edu/artcomm

Archive Film Series

<table>
<thead>
<tr>
<th>Movie</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glass Menagerie [1950]</td>
<td>Nov. 7</td>
</tr>
<tr>
<td>Laura [1944]</td>
<td>Sept. 26</td>
</tr>
<tr>
<td>Mark Twain [1944]</td>
<td>Nov. 21</td>
</tr>
<tr>
<td>Miracle on 34th Street [1947]</td>
<td>Dec. 11</td>
</tr>
<tr>
<td>O Henry’s Full House [1952]</td>
<td>Oct. 10</td>
</tr>
<tr>
<td>Ramona [1928]</td>
<td>Sept. 12</td>
</tr>
<tr>
<td>Sorry, Wrong Number [1948]</td>
<td>Oct. 24</td>
</tr>
</tbody>
</table>

Learn

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

Melting crayons
Create crayon art.

Read children’s books
at the HBLL
Pick out your favorites from childhood and read them together.

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

Take a certification class together
Become certified together it can be anything from scuba to hunters safety.

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

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

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

On campus

See what is at the Bean Museum
Go to the Bean Museum or Museum of Paleontology and sketch what you see.

See BYU’s Men’s Chorus
Go so see the largest collegian men’s choir in America.

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

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

Go caroling
Go Christmas caroling around campus.

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

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

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

Take a hay ride
Go for a hay ride around town.
♥ ♥ $ $$

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

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

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

Zion Canyon Music Festival
Sept. 26-27 Lib Lion Boulevard, Springdale. zioncanyonmusicfestival.com
♥ $ $$

Have a picnic in Provo Canyon
Don’t forget a blanket and picnic basket to share!
♥ ♥ $ $$$

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

Take a sleigh ride
Go for a fun sleigh ride around town.
♥ ♥ $ $$

Play Annie Oakley at a shooting range
Take that city boy/girl to the shooting range and show off your shooting skills. They offer activities from trap doubles to sporting clays. provo-canyonfun.weebly.com/shooting.html
♥ ♥ $ $$$

Go sledding
Find the biggest hill in Provo and go sledding.
free

Construct a snow cave
Play in the snow during winter months.
free

Build a snowman
Build a snowman in your front yard.
free

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

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

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

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

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

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

Attend BYU International Cinema
Watch an international cinema. Films are shown in 250 SWKT. it.byu.edu
♥ free

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

See a student recital at the Madsen Recital Hall
In the evenings the School of Music holds student and faculty recitals including solos, small ensembles and chamber music. Often the recitals are in the Madsen Recital Hall in the HFAC.
free

At noon, other small groups perform in the main gallery space of the HFAC. arts.byu.edu
♥ free, $ $$

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

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

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

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

See a Student Show at the HFAC
New shows are constantly being displayed at the HFAC. Enjoy the artwork on all three floors and find your inner art critic.
free
Take a Stroll
Strolls are the perfect date. You can get to know someone for a first date, have deep conversations, or play around as you walk and improvise on the stroll.

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

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

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

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

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

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

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

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

Thanksgiving Point Stroll through the gardens.

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

Performing Arts

<table>
<thead>
<tr>
<th>Performing Arts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bastille</td>
<td>Nov. 11 800 W University Pkwy, Orem.  ucctc.org</td>
</tr>
<tr>
<td></td>
<td>Ticket: $10-$30.  801-467-8499</td>
</tr>
<tr>
<td>The Black Keys</td>
<td>4195 S Maverik Center, 3200 S. Decker Lake Driv. West Valley. maverikcenter.com 801-245-3000</td>
</tr>
<tr>
<td></td>
<td>Experience a show at Comedy Sports  Take part in this interactive improv experience. Tickets are $8 online or $10 at the door. comedysportzutah.com  <a href="http://play.comedysportzutah.com">http://play.comedysportzutah.com</a></td>
</tr>
<tr>
<td></td>
<td>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  $$$</td>
</tr>
<tr>
<td></td>
<td>See a concert at the Ragan Theater  Get tickets to a concert from UVU’s Sorensen Student Center. Find more information online. uvu.edu/aragan  $</td>
</tr>
<tr>
<td></td>
<td>See a performance at the Covey Center for the Arts  The Covey Center hosts plays, musicals and concerts throughout the year. Get tickets to a show that you will both enjoy. coveycenter.org  $333</td>
</tr>
<tr>
<td></td>
<td>See a show at the Echo Theatre  Support the local theatre. A performance here would be unforgettable. theechotheatre.com</td>
</tr>
<tr>
<td></td>
<td>See a show at Hale Center Theatre  Get tickets to musicals including “A Christmas Carol” and “Mary Poppins.” hct.org  $$$</td>
</tr>
<tr>
<td></td>
<td>The Piano Guys  Dec. 20 Energy Solutions Arena, 301 W South Temple St, Salt Lake. energysolutionsarena.com 801-335-7128  $$$</td>
</tr>
<tr>
<td></td>
<td>Watch a performance of The Nutcracker  Go to the Mountain West Ballet and watch The Nutcracker. mountainwestballet.org  $333</td>
</tr>
</tbody>
</table>

On-campus Performing Arts
arts.byu.edu 801-422-2981

<table>
<thead>
<tr>
<th>Performing Arts</th>
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</tr>
</thead>
<tbody>
<tr>
<td>A Midsummer Night’s Dream</td>
<td>Feb. 4-7, 11-14 Nelke Theatre, HFAC.  Pros:  $</td>
</tr>
<tr>
<td>Actors From the London Stage/ Much Ado About Nothing</td>
<td>Sept. 25-27 JFSB outdoor courtyard  Pros:  $</td>
</tr>
<tr>
<td>American Piano Quartet</td>
<td>$</td>
</tr>
<tr>
<td>An Evening with the Opera Chorus</td>
<td>Dec. 10 Madsen Recital Hall, HFAC.  Pros: free</td>
</tr>
<tr>
<td>Bicycle in Concert</td>
<td>Jan. 29-31 Pardoe Theatre, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Ballroom in Concert</td>
<td>Apr. 10-11 Marriott Center.  Pros: $</td>
</tr>
<tr>
<td>BFA New York Showcase</td>
<td>Apr. 9-10 Nelke Theatre, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Choir Showcase</td>
<td>Sept. 25-26 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Folk Music Ensemble</td>
<td>Nov. 11 Madsen Recital Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Instrumental Showcase</td>
<td>Oct. 1 de Jong Concert Hall, HFAC. familyconcerts.byu.edu 801-422-2981  Pros: $</td>
</tr>
<tr>
<td>BYU Jazz Ensemble</td>
<td>Nov. 6 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Jazz Showcase</td>
<td>Sept. 30 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Philharmonic</td>
<td>Nov. 19 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Philharmonic: Evening of Concertos</td>
<td>Feb. 11 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Singers &amp; Concert Choir</td>
<td>Mar. 13, Nov. 14-15 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Singers 30th Anniversary Concert</td>
<td>Mar. 27 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Spectacular</td>
<td>Oct. 16-17 Marriott Center.  Pros: $</td>
</tr>
<tr>
<td>BYU Symphonic Band</td>
<td>Oct. 28 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Symphony Orchestra</td>
<td>Oct. 29 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Wind Symphony</td>
<td>Nov. 5 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Celebration of Christmas</td>
<td>Dec. 5-6 de Jong Concert Hall, HFAC.  Pros: $333</td>
</tr>
<tr>
<td>Chamber Orchestra</td>
<td>Dec. 2, Mar. 19 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Classical Greek Theatre Festival: Hecuba</td>
<td>Sept. 22 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Compagnie sens Dessus</td>
<td>Dessous: Linea  Feb. 5-7 Pardoe Theatre, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Cougar Marching Band</td>
<td>Nov. 18 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>BYU Philharmonic: Anniversary Concert</td>
<td>Mar. 27 de Jong Concert Hall, HFAC.  Pros: $</td>
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<tr>
<td>BYU Wind Symphony</td>
<td>Nov. 5 de Jong Concert Hall, HFAC.  Pros: $</td>
</tr>
<tr>
<td>Christmas Around the World</td>
<td>Dec. 5-6 Marriott Center.  Pros: $</td>
</tr>
<tr>
<td>BYU Philharmonic: Evening of Concertos</td>
<td>Feb. 11 de Jong Concert Hall, HFAC.  Pros: $</td>
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Play

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<td>Play Apples to Apples while eating apples</td>
<td>Add a quirky twist to a gaming favorite.  Pros:  $333</td>
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<td>Play Battleship</td>
<td>Have an intense game.  Pros: free  $$$</td>
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<td>Play three-legged bowling</td>
<td>Tie your legs together. The girl bowls first, and then the guy bowls second left-handed.  Pros: $333</td>
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Make your own bubble soap, blow bubbles
Learn how to make bubbles.  Pros:  $333 |

Get a disposable camera and get off Instagram
Buy a disposable camera and have a competition to see you takes the best pictures with them.  Pros:  $333 |

Play a card/board game
Play a game and find out how competitive your date is. Also, it gives room to talk and get to know one another.  Pros: free  $$$
Play chess
Play this intellectual game and prepare to claim "check mate." ♥️ free ❤️

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

Cup fence design
Using plastic cups, design a picture or message in a fence. ❤️ free 🎨

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

Go-kart
Race to the finish and see who is faster behind the wheel. ♥️ $55

Have a marshmallow war
Make marshmallow guns from PVC pipes, and after have a marshmallow gun war with them. ❤️ $5

Go miniature golfing
Play miniature golf at the Orem Fun Center (Trafalga). sevenpeaks.com ❤️ 🎥

Night of Murder Mystery
Nov. 14-15 murdermystery.byu.edu ❤️ ❌

Go fishing
Relax on a lake or river front. ❤️ free 🎣

Play four-square
This classic game will bring back old memories. squarefour.org/rules ❤️ free 🎾 🎨

Play Frisbee
Go to a park and throw a Frisbee. ❤️ free 🎨

Schedule a live animal show
Courtey of the Monte L. Bean Museum, you can schedule a live animal show for $35. But plan ahead, because an event requires scheduling two weeks in advance. mlbean.byu.edu $55

Go miniature golfing
Play miniature golf at the Orem Fun Center (Trafalga). sevenpeaks.com ❤️ 🎥

Nishat Khan
Sept. 25 Madsen Recital Hall, HFAC. $

Noteworthy
Dec. 11 de Jong Concert Hall, HFAC. $

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

Our Town
Nov. 21-22, Dec. 2-6, 9-11 Pardoe Theatre, HFAC. $5

Royal Ballet of Cambodia
Nov. 1 de Jong Concert Hall, HFAC. $5

See How They Run
Nov. 7-8, 12-15, 18-22 Margetts Theatre, HFAC. $5

Senior Dance Showcase
Nov. 21-22 169 RB. $5

Sound of Silk and Bamboo
Oct. 10 Madsen Recital Hall, HFAC. $5

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

Synthesis
Mar. 11 de Jong Concert Hall, HFAC. $5

The Count of Monte Cristo
Jan. 22-24, 27-31 de Jong Concert Hall, HFAC. $5

The Fisherman And His Wife
Sept. 26-27, Oct. 1-4, 8-11 Nelke Theatre, HFAC. $5

The King’s Singers
Feb. 27-28 de Jong Concert Hall, HFAC. $55

The Marriage of Figaro
Oct. 18, 21-25 de Jong Concert Hall, HFAC. $55

The Music Dance Theatre
Broadway Revue
Feb. 20-21 Pardoe Theatre, HFAC. $5

The Shanghai Restoration Project
Feb. 5-7 Madsen Recital Hall, HFAC. $5

The Winter’s Tale
Mar. 20-21, 24-27, 31, Apr. 1-3 Pardoe Theatre, HFAC. $5

University Chorale
41982 de Jong Concert Hall, HFAC. $5

University Orchestra and University Strings
41976 de Jong Concert Hall, HFAC. $5

Utah Symphony with Fumiaki Miura
41963 de Jong Concert Hall, HFAC. $55

Video Game Studies Symposium
Feb. 12-14 B. F. Larsen Gallery, HFAC. free

Vocal Point
Jan. 16-17 Pardoe Theatre, HFAC. $5

Wind Symphony & Symphonic Band
41983 de Jong Concert Hall, HFAC. $5

Winter ChoirFest
42045 de Jong Concert Hall, HFAC. $5

Women's Chorus
42084 de Jong Concert Hall, HFAC. $5

Young Ambassadors: Heartsongs
Mar. 5-7 de Jong Concert Hall, HFAC. $5
Nerf gun fight
Get some Nerf guns and have a war with them.

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

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

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

Write cheesy poems for each other
“Roses are red
Violets are blue.
My love is great
And it’s all just for you”

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

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

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

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

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

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

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.

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.

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

Make a blog together
There are plenty of free services such as Blogger or Tumblr.

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

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

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

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

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

Go to Lagoon’s frightmores
It is spooky but thrilling experience at Lagoon where the park becomes haunted. Sept. 19-Oct. 31 lagoonpark.com/attractions/frightmores

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

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

Make a paper lantern
Make floating lanterns like the ones in Disney’s “Tangled,” and let them go over the lake. Don’t start a fire.

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

Dine at Chef’s Table
Experience fine dining at this four-star restaurant. 2005 S State St, Orem. chefstable.net 801-235-9111

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

Serve
Bake and deliver sugar cookies
Get into the Christmas season, and bake cookies to eat and share with others.

Make cards or treats for close friends
Surprise your friends by thinking of them while you are on your date. They will be pleasantly surprised.

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

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

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

Index names for FamilySearch
Get together with your laptops and index when the weather doesn’t
LIVE CLOSE TO THE ACTION!

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I’m The Man…

…behind the dating ideas in Two since before our dating guide even had a name. Imagine having the task of coming up with hundreds of dating ideas and then six months later doing it all over again. Sometimes first-hand experiences can only get you so far. From Pinterest to Reddit, I scoured the Internet for the most interesting activities about dating. Then I wrote and wrote some more, and in many instances wrote whatever came to mind. As we approach our first anniversary as a publication I’d like to share some of my favorite ideas that never made it past the editor.

Rejected Date Ideas

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

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

- Wear The Universe
  Make paper sail hats out of The Universe newspaper.

- Harlem Globetrotters
  Wear sweatbands, short shorts, jerseys and play horse.

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

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

- Guinness World Record
  With over 4,000 records you can probably break at least one.

- Walmart bingo
  unvi.se/wbingo

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

- Attend city council meeting
  Be informed about what’s happening in your neighborhood.

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

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

- Mighty ducks
  Make ducks out of duct tape at the duck pond.

- Design newspaper clothing
  This is also not an advertisement for The Universe.

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

- Build a newspaper tower
  I swear, we’re not trying to promote The Universe.

- Mary Poppins
  Grab an umbrella, broom or chimney sweep, dance, talk in horrible British accents.

- Pet Store
  Go to a pet store and watch the animals. It’s like a zoo, but free.
Special flowers for your special day!

FLOWERS • ACCESSORIES • GIFTS

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WE DELIVER on campus, to the MTC, and to Provo/Orem

Pictures by Stephanie Sunderland

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