Summer DATE IDEAS

MEET THE CUTE GIRL
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The doorbell rings. Standing outside is a delivery person holding a beautiful bouquet of white daisies. The card reads, “Jen, Happy Tuesday, Love, Jake.”

A gift of flowers brings more joy to a woman than almost any other surprise. Some women enjoy big arrangements, while others enjoy a single stem red rose.

Even though women love to receive flowers, often, they aren’t given. When they are, it’s only on rare occasions.

“There is never a bad time to give flowers. Any occasion can be celebrated with flowers,” said Carrine Smith, manager of BYU’s Campus Floral.

Dating and flowers can be a tricky thing to get right.

“If one wants to make a good impression, it is appropriate to bring flowers on the first date,” Smith said. “If things continue to go well, then flowers can be given randomly throughout the relationship.”

Pay attention to the size of the arrangement because size can mean different things.

“For the first date, keep flowers simple with a wrap of a few flowers,” said Smith. “As your relationship progresses so can the flowers.”

For more serious occasion, it’s OK to give a bigger arrangement.

“If a person is getting engaged, a larger arrangement of red roses is more appropriate,” said Lana Corbitt, a junior working at Campus Floral.

Also, it’s important to pay attention to the flowers one is giving.

“Guys who come in to get flowers for the first, second or third dates don’t get a red rose because they tend to believe it means something more serious,” said Corbitt. “We offer them other flowers, such as daisies and gerbera daisies.”

Know the girl you are buying for. Know her favorite color and flowers. You don’t need a special occasion to buy flowers, so buy as often as you can. Find a good florist and get to know them. This makes flower buying easier.

---

**HOW TO MEET THE CUTE GIRL IN CLASS**

**BY HANNAH C. LUNT**

Let’s be honest: College guys waste incalculable amounts of time brainstorming (or stressing about) how to meet the cute girl in class. While there are plenty of ways to get acquainted, there’s one key component to every successful strategy: confidence.

Women intuitively know when you’re unsure, and most will make themselves scarce if you’re too timid. Once you’ve got your self-assurance nailed down, the effectiveness of your icebreaker depends on the girl’s preferences.

“I don’t mind if he tries to get to know me for a while. I feel like that way, he would have more of a chance to grow on me, so I don’t shut him down right off the bat,” says Kaeli Schneider. “But then again, there are a lot of times when I feel like the more straightforward he is, the better.”

Some guys break the ice by asking for a pencil. Some simply introduce themselves. Patient guys will often wait for a group project, then maneuver into her group.

“I usually try to get a seat somewhere near her then talk to her when I get a chance,” says Ethan Bradshaw. How you get there doesn’t matter, only that you’re close enough to start a conversation.

Generally, your opening lines don’t matter much, so long as they’re not excessively flirty or creepy.

“Just kind of open my mouth and start talking. It’s like being on a mission again – I hope whatever comes out is inspired,” says Bradshaw.

If you don’t know what to say, try this complimenting her – shoes, hair, intelligent comment she made in class, whatever – just compliment her. That’s advice straight from President Monson (and plenty of relationship experts).

Whatever you end up doing, remember the key: Stay confident.

— CONNER NEWBOLD

Like us at facebook.com/byudates
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FIRST DATE RULES
Rule your first date every time.

By saying “with me” the person will not wonder whether it is a date.

I went on a date with a boy I didn’t even know. We were Facebook friends and I knew some of the people he was friends with. He messaged me on Facebook and asked me to go on a date with him. I didn’t know how to say no, so I said yes. It was fine at first, but then it went downhill. He was really trying hard to be funny, and it just became annoying. We went to get dinner. When we sat down, he got really serious. He said, “I don’t date for fun. I want to get married.” Then he proceeded to go on talking about all the qualities he wants in a wife and how his past relationships didn’t have any of the qualities he wanted. Then he started to talk about his deep issues and how girls reject him all the time. At this point I was feeling creeped out, but I also felt bad because I was going to be one of those girls. When we were done eating, we got into the car. Once we were in, he started talking about his airsoft guns and how they make him feel manly. He said he would have to go back to his apartment to get a blanket. He also needed to use the bathroom because he can’t use public restrooms. When we got to his apartment I was hanging by the door because I didn’t feel comfortable going in. When my date came back out, he had his airsoft gun in his hand. I thought he was going to kill me. He asked if I wanted to see his gun. I said, “No, I want to go home.” He grumbled about women all the way back to my apartment. Before I got out of the car, my date asked me if I would go out with him? I said, “No!” I told him that I was going to date someone else that I liked. After, I said this to him, he told me if it didn’t work out, he would be here. Then I went into my home and cried.

—MARISSA

See page 21 for other red flags.

How much should a man spend on a date?

How much should a man spend on a date? Break her heart or break the bank? That can seem to be the question. Maybe she doesn’t care at all. Better yet, maybe you don’t care what you spend on a date. Some believe that the cost of a date depends on how much you value the woman that you are dating. Others think that expensive dates just show off how much you have sitting in the bank. Where is the line between wooing a true love and losing all funding for college?

What the Guys Say
Only blow the budget for big occasions.
“In general I don’t think more than $20 should be spent on a date even after an exclusive relationship has been established, except for special occasions,” said Trevor Hanks from Eagle Point, Oregon. “For me, the point of a date is to spend time with a person in whom one has interest and to see if a relationship can develop. The point of dating in a relationship is more focused on developing the relationship towards a more serious relationship.”

Stay cheap unless she is super special.
“I think it depends on how many dates the man has gone on with this girl. If it is a first date, I don’t think that more than $20 should be spent. Preferably less,” said Angus Cameron from Francesville, Indiana.

What the Girls Say
Go all out, but be creative.
“I would say between 30 and 40 dollars. If you consider dinner at $10 each and an activity that is $10 each, that’s still a pretty cheap date and adds up fast. But the majority of girls would be more flattered by a guy coming up with a creative and frugal or even free date,” said Kortni Greene from Queen Creek, Arizona.

“I don’t think the amount he spends really matters, as long as he puts effort into it,” said Candice Clawson from Orem. “You can always tell when they do. A simple, cheap date that was well planned means so much more than a last minute, thrown together expensive date.”

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Dos and Don’ts from David Who Doesn’t Date

DAVID’S DEFINITE DATE DOS

- Give at least three days notice when asking her out.
- Have a sense of humor.
- Treat servers well – help them get their job done expeditiously.
- Leave a tip.
- Come prepared with a conversation topic – the newspaper is great for finding fun or unusual topics.
- Thank your date.
- Use a fruit knife to peel an apple – it’s classy.

JUST DON’T

- Make out in public. It had to be said.
- Say “bae.” We will find you.
- Ditch your date.
- Wait to be asked out. This applies to girls and guys.
- Jaywalk.
- Eat the food if you don’t like it. Leave it on your plate and say you’re not hungry.
- Chew gum – carry mints for bad breath.
- Ask for extra sauce after you get your meal – it’s an insult to the chef.
- Play with your food, fork or phone.
- Talk about weight when eating.
- Deny a compliment.

— DAVID TAYLOR

BINGO Things Men Should Do On Dates

<table>
<thead>
<tr>
<th>Gave Good Compliments</th>
<th>Didn’t Jaywalk</th>
<th>Had Phone on Silent</th>
<th>Brought Flowers or Chocolate</th>
<th>Made Good Eye Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Left a Tip</td>
<td>Asked Good Questions</td>
<td>Had Good Table Manners</td>
<td>Smiled a Lot</td>
<td>Came on Time</td>
</tr>
<tr>
<td>Gave a Hug Goodnight</td>
<td>Drove the Speed Limit</td>
<td>Free Space</td>
<td>Had Good Hygiene</td>
<td>Made a Fun Atmosphere</td>
</tr>
<tr>
<td>Planned Date in Advance</td>
<td>Said Please and Thank You</td>
<td>Remembered What I Said</td>
<td>Didn’t Complain</td>
<td>Picked Me Up at the Door</td>
</tr>
<tr>
<td>Listened Closely</td>
<td>Opened the Door</td>
<td>Was Genuine</td>
<td>Didn’t Bring Up the Ex</td>
<td>Pulled Out My Chair</td>
</tr>
</tbody>
</table>

The Basics

Palms sweating, heart racing, blood pumping. There is a common event, other than working out, that can cause the body to react like this: a first date. The unknowns of a first date can be nerve wracking. There can be many surprises, some not so pleasant, throughout the date.

A few first date rules can provide some structure to help limit surprises and stress:

- “If you are a young man trying to get to know a young girl, for heaven’s sake, don’t take her to a movie!” – Elder Richard G. Scott
- “Do an activity where you can actually talk,” said Ashley Taylor, a junior from Utah. The activity can be bowling or hiking, it doesn’t matter, as long as the couple can get to know each other.
- “Don’t go anything longer than an hour and a half,” said Robbie Dorius, a junior from Idaho. “They think it’s great to spend forever with the person, but not on the first date.” Keep it short; the limit is three hours.
- “One shouldn’t be afraid to be themself. Being true to oneself will help find out if they want to go on a second date or not.” Do something that shows your personality, like something you really enjoy,” said Dorius.
- “Listen to your date to find out the things that they really love so if there is a second date, you can plan the date around that,” said Dorius. Listening will help an individual get to know what their date likes and the kind of person they are.
- “Pay attention to the way the person talks about themselves,” said Dorius. “That’s a great indication of how that person treats themselves, treats others and will treat you.”

Even though these rules may seem simple, following them will help eliminate some surprises and relieve pressure off of you.
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Basic Hygiene

It doesn’t matter if you are on a date or just out in the world, good hygiene is a must. People don’t want to smell your morning breath or look at your bed hair. Take a few minutes every day to keep yourself in check.

Melanie Meyers, a senior studying art history, said that the most important hygiene rule for all genders is to shower every day and to put on deodorant.

“Deodorant is the number one most important thing for both men and women to put on,” Meyers said. “Showering every day is a given. Girls don’t have to wash their hair every day, but they need to shower.”

Some other basic hygiene rules for men and women, include keeping nails short. Men’s nails shouldn’t go above the figure tips. For women it’s OK to have long nails, but not too long.

It’s also important to smell good, but not to be overwhelming about it. Men and women shouldn’t put on large amounts of cologne/perfume. People want to be able to breathe when they are near you.

Maggie Andersen, a sophomore studying psychology, said, “It is important to smell good, but don’t be drenched in cologne, it’s distracting.”

Finally, everyone needs to brush his or her teeth twice a day. Not only does brushing teeth help prevent cavities and help teeth look clean, but it also helps with bad breath. People don’t want to look at yellow teeth or have to deal with someone’s smelly breath.

For the sake of your social life and for those around you, practice hygiene every day.

How much makeup?

There are a few simple tips to keep in mind when putting on makeup. Breecia Lunt, studying at Paul Mitchell, shared the most helpful ones:

1. Don’t have a heavy hand. “Don’t pack the makeup on. Less is more. Start light and slowly build.”
2. Wear red lipstick if the event calls for it. This also includes dark lipstick.
4. Magnify the eyes. “Always curl lashes, even if you already have curled eye lashes.”
5. Control the shadow. “For eye shadow and also foundation, start light and build.”
6. Watch the powder. A woman should put on just enough powder that her face doesn’t look oily.

What does her style say to you?

Hey girl, what are you wearing? No, seriously, what are you wearing? Sweats? Jeans? Leather pants? Whatever it is, it sends a message. We showed these pictures to some people on campus and asked what their impressions were based on the girls’ styles.

Josh Leazenby, California
“She looks edgy. She doesn’t care what other people think. She has her own independence.”

Madeleine Wallis, Colorado
“Edgy. Reminds me of Colorado or people in Southern California. She looks hipster, but somewhat dressy. She looks like a free spirit.”

Danielle Storm, Brazil
“She is very relaxed. Ready to have some fun. She is stylish and confident.”

Olivia Gardner, Idaho
“She is a lot more feminine. She has the hourglass figure with the skirt. She still wants to be edgy with the leather.”

Mason Collett, Arizona
“Professional. She looks like the business type. She looks like she would attract an older crowd by being the business type. She doesn’t look like she is focused on dating; instead she is focused on other things. I like the scarf; it looks nice.”

Joseph Lawrence, Washington
“She looks sophisticated, confident and she cares about the way she looks.”

How you dress says something about you. So if you care what people think, think about what you wear.

– JOSEPH MOXON
FA\NY\STY\N\ LAND
This is not reality mate. Seriously.

Your boyfriend/girlfriend has it all: the looks, hobbies, smarts and money. You name it and they have that quality and more. They are the perfect person. Nothing they do is wrong. They are successful in everything they do. Before you get caught up in this fantasy, check to see if they really exist. Use our chart to determine what kind of person you are dating.

Where are they on the spectrum?

<table>
<thead>
<tr>
<th>What attributes tell you this?</th>
<th>Communication</th>
<th>Attachment</th>
<th>Intelligence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celestial Being</td>
<td>Never had a problem</td>
<td>Only calls when you want them to call</td>
<td>Reads minds</td>
</tr>
<tr>
<td>Temple-ready Person</td>
<td>Feels natural</td>
<td>Always there when you need them</td>
<td>Smarter than you</td>
</tr>
<tr>
<td>Crazy</td>
<td>DTR every night</td>
<td>Calls for hourly GPS update</td>
<td>Tries to answer every question</td>
</tr>
<tr>
<td>Non-invested</td>
<td>What relationship?</td>
<td>Won’t give you the time of day</td>
<td>Dumber than you</td>
</tr>
</tbody>
</table>

Hobbies

- Has done everything you could think of
- Has hobbies they do with you
- Doesn’t find time to eat food
- Doesn’t spend a dime or spent every dime

Finances

- Heir to Bill Gates’ fortune
- Can budget and have fun
- Was on Rich Kids of Instagram
- Need their daily base jump to get by

Physical Activity

- Perfect body; never sweats
- Takes care of themselves
- Needs their daily base jump to get by
- Couch potato

Humor

- Makes everyone laugh without trying
- Laughs at your jokes
- Never laughs
- Thinks all your jokes are inappropriate

There are four kinds of people in fantasy land:
1. **Celestial Being** They don’t exist. Yet.
2. **Temple-ready Person** Go get a ring, STAT.
3. **Crazy Person** Not great to be around, not great to live with.
4. **Non-invested Person** They have other priorities. Move on.

**INSTANT PET NAME GENERATOR**
Create a pet name for your imaginary significant other. It’s simple and fun – just pick a word from each category and boom you did it. A favorite is the

**SMART BACON PANDA**
(Don’t forget to say it in a cute loving voice)

---

\*HANNAH C. LUNT, DAVID TAYLOR, SETH PRESTWICH

---

THE NEXT BEST THING

Many of us have a friend who always seems to be waiting around for the next best thing. He or she is always in some sort of relationship or another but never seems to really commit to it: there might be someone even more compatible that comes along, and they don’t want to miss that perfect companion.

That friend may be charting dangerous ground. Maybe that friend is enough of a catch that they can get away with this for a little while longer, but eventually things will catch up to them.

Remember, there is no such thing as one person who will make you happy where no one else can. President Spencer W. Kimball said, “Soul mates are fiction and an illusion ... it is certain that almost any good man and any good woman can have happiness and a successful marriage if both are willing to pay the price” (The Teachings of Spencer W. Kimball, p. 305).

Be a good friend; suggest that the under-committed friend take their current relationship seriously. If another cool person comes onto the scene, have your friend introduce him or her to another single friend, instead of immediately wondering whether to uproot a current relationship.

– JOSEPH MOXON
FAIR EXPECTATIONS—BEING WHAT YOU WANT

You've probably thought about the kind of person you want to be with. Maybe you even have a list titled “Qualities I Want in My Spouse” tucked away in an old journal somewhere. There's nothing wrong with that, but there are some principles you should keep in mind.

First, remember that some things are more important than others. Religious beliefs for instance. “Without common faith, trouble lies ahead,” President Spencer W. Kimball said. “When two people marry who have different standards, different approaches and different backgrounds, it is a very difficult thing.”

Second, remember that you usually have to first develop for yourself the qualities you want in a future spouse. If your list is more temporal nature, and you want someone who loves to work out or communicates well, you need to start developing these now.

No matter what your list includes, you need make sure it includes realistic expectations, and you need to be willing to put forth effort to be worthy of your own list.

— JOSEPH MOXON

ILLUSTRATION BY SETH PRESTWICH
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Phone rings. “Do you believe in second chances?” he asks. The girl shudders. She wasn’t that into him on the first date. But reluctantly she responds, “Sure.” In the back of her mind she feels guilty if she says no, but nervous to say yes. Going on a second date is just the nice thing to do, right? Or is it? Going could mean that he gets the wrong idea, but not going could mean that you missed out on a real gem. Should girls have to go on a second date?

Use your judgment to decide whether going on a second date will give you the opportunity to see if there is potential for a better relationship or if it will just lead on a guy you’ll never actually be interested in. Be fair to yourself and also to the guy that is asking you out on a second date. You don’t have to go out with him a second time just to be nice; it is better to be honest and move on.

If your date says something that makes you think “eww what?” This is usually an indication of a red flag. This list has only a few red flags that a person can say; there are thousands more. That is why we want to hear from you. Tweet Two @byudates #redflags, the red flags that people have said to you.
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Awkward silence: the haunting feeling on a date when both parties are painfully racking their brains to try to come up with something – anything – to say to each other.

Good conversation is a crucial part of dating and developing life-long relationships. Conversational skills can affect the longevity of a relationship and will affect the chances of you really getting to know the person you are dating. So how exactly do you keep the conversation flowing with ease?

There is always the option of talking non-stop to fill silence. But often that can turn into a dry, sappy life story. You may find that you end up talking about last week's chemistry midterm, which could be a deal-breaker.

“The best way to keep it going is to ask lots of questions. I have always loved storytelling and the purpose to any story is to supply information. A conversation is the same thing as a story in that I am getting information about the person or the world around me,” said Matthew Hodgson from Rocklin, California.

After all the generic first-date questions are out of the way, sometimes you need to go deeper.

“Don’t be afraid to get personal. People like talking about themselves. Be personal about yourself and be real,” said Aricka Wilde from Ventura, California.

Get to know them and be yourself, but also do things that will allow the other person to feel comfortable around you. Create opportunities where you can both laugh and create happy memories together.

“There are two categories to keep a conversation alive—first, ask the basics. The basics are vital for the ice to be broken and to make the other person feel comfortable around you,” said Chris Armstrong from Cleveland, Ohio.

“The second way to keep a conversation alive is to actually do something fun on your date that you can talk about. If you master both categories then you’ll be able to have inside jokes that will make your next date more fun,” Armstrong said.

“Keep it light and focused on them “Don’t talk about yourself because then you look like a jerk. Keep it light – talk about their family and their background. I like to figure out what makes them the person that they are. I also like talking about embarrassing stuff because it lightens the mood,” said Jordan Steward from Orem.

Keep it simple; get to know them “On first dates it’s important to cover those basic things like major, hometown and siblings. But also I think it is really important to see what kind of person the other person is,” said Montana Beifuss from Camarillo, California.

What should a girl do on a date with a boy? “Give a kiss at the end of the date, but not on the lips because you are not married.”

“Bring me a surprise.”

—Kyler, age 9

See if there is potential “I think a lot of it is finding out if they are weird or if they are a good fit for you. But also on the first date you have to make sure that you aren’t pulling out marriage questions. You have just got to be chill, you know?” said Julissa Wilcox from Layton.

What should you do on a date? Go to the movie and treat him nice.

—Allee, age 6

— BROOKE WEENIG

SHARING TIME
Keys to communication

One on One with the Experts
Children are smarter than one may think. And if one would take a second to ask for their advice, one may be surprised that the child’s insight could be the trick to help their dating life.

What to Talk About On a First Date
First dates can get awkward – especially when the conversation is dry and you start rambling on about your grandma’s cats. After you have exhausted introducing yourself, your hometown, your major and your favorite color, what do you talk about on the first date? This is the time to make a good first impression and you don’t want to blow it.

Keep it light and focused on them “Don’t talk about yourself because then you look like a jerk. Keep it light – talk about their family and their background. I like to figure out what makes them the person that they are. I also like talking about embarrassing stuff because it lightens the mood,” said Jordan Steward from Orem.

What should a girl do on a date with a boy? “Give a kiss at the end of the date, but not on the lips because you are not married.”

“Bring me a surprise.”

—Kyler, age 9

Keep it simple; get to know them “On first dates it’s important to cover those basic things like major, hometown and siblings. But also I think it is really important to see what kind of person the other person is,” said Montana Beifuss from Camarillo, California.

See if there is potential “I think a lot of it is finding out if they are weird or if they are a good fit for you. But also on the first date you have to make sure that you aren’t pulling out marriage questions. You have just got to be chill, you know?” said Julissa Wilcox from Layton.

What should you do on a date? Go to the movie and treat him nice.

—Allee, age 6

— BROOKE WEENIG
SHARING TIME
Keys to communication

Nonverbal Communication

Have you ever talked to a person, only to find out later they thought you were flirting with them? Most people don’t realize the messages they send through eye contact, facial expressions and body language can have more meaning than the words they say.

Albert Mehrabian, Ph.D., studied nonverbal communication. His research found that, “Nonverbal communication takes 93 percent of communication.” This means only seven percent of a person’s words actually count in a conversation.

“A lot of the time the nonverbal supersedes the verbal,” BYU communications professor Clark Callahan said.

According to Callahan, nonverbal communication is generally different for men and women. Women are better at reading nonverbal cues, whereas men are more literal. Also, women are generally higher context-saying one thing, but really meaning something else. Men on the other hand tend to say exactly what they mean.

When it comes to nonverbal language and flirting, there are certain things to be aware of.

“Women will accentuate their positive physical characteristics,” said Callahan. “If they have nice hair they will touch it. Men will accentuate power through humor, touch and space.”

By looking for these different nonverbal reactions, a person will be able to tell if a person is flirting with them or not.

Because nonverbal communication has a large role in communication, it is missed when a conversation is written. When sending a text it is hard to know the meaning of the words used. Callahan suggests not texting something important or serious because people cannot see the nonverbal cues that would accompany the information.

“It’s not what you say, but how you say it,” said Callahan. “It can have multiple meanings.”

How do you have a good marriage?

You have to make your wife happy to have a happy life.

—Hadley, age 9

What should a boy bring a girl on a date?

He would give me money.

What should they do on the date?

I don’t know!

—Aniston, age 3

What should a boy do on a date with a girl?

Be romantic.

What is romantic?

I don’t know.

—Jackie, age 8
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Third Wheelin’ It

Let’s be honest – no one wants to be stuck as the third wheel. There is nothing worse than being the odd man out. However, if you ever end up as the third wheel there are some things you can do.

“Disappear,” said Evan Magnusson, a senior majoring in economics and mathematics. You could try and disappear either before you go out. If you don’t have notice, disappear once you are out with your friends. Disappearing may not be an option for you, especially when there isn’t a place to disappear to, but if you can disappear, do it.

If you are not able to disappear, there are a few things to keep in mind that may help improve the situation.

First, have fun and make the best of the situation. By being fun everyone is able to get along and no one feels out of place.

“The best third wheels are there to entertain, like a clown giving a private performance for his two friends,” said Weston Rhodes, a senior majoring in information systems. “Just have fun.”

Second, you can be yourself without the pressure a date creates.

“I feel like it is easier to be myself as a third wheel because I’m not trying to impress anyone,” said Mikkel Andreas, a senior majoring in chemical engineering.

Third, as a third wheel you have more power than you know.

“Being a third wheel is like bringing a member to a missionary lesson,” Andreas said. “They are there to make everyone feel comfortable and not let things get too awkward.”

Not only are you in control over the atmosphere, but also the destination.

“It’s like a tricycle. You’re there to steer while they sit back and cuddle,” Magnusson said.

No matter what your third wheel situation is, there are things you can do to improve it. If you are unhappy that you are the third wheel, remember it could always be worse: you could be the fifth wheel.

— Hannah C. Lunt
Best Buds Who Help You Fly

BY CONNER NEWBOLD

Playing wingman is a tough, often thankless gig. However, there’s much to be said for taking the supporting role – it takes a noble friend, a truly selfless bro, to spend a Friday night maneuvering interest away from himself. We studied the world’s best wingmen and documented their three most important traits.

#1: Trustworthiness
Remember your purpose: Help your friend get the girl.
“I’ve really got to know I can rely on him,” says Matt Holmes, a business administration major and proficient dater.
You’re playing the supporting role. Don’t go Benedict Arnold if the girl starts showing interest in you – that’s a great way to lose a friend. He’s got to be able to trust you to reflect the attention back onto him if she gets distracted by your handsome mug.

#2: Social Savvy
Blocking: A key technique that involves distracting women that aren’t an ideal fit for your friend. You’re the social filter, and that requires the ability to judge a good fit for your friend with just a short conversation.
“He’s got to chime in on your conversation when things flounder and then blend into the background when things are back in hand. A wingman with terrible social skills will destroy your game,” explains Stephen Mills, an adept wingman.

#3: Fearlessness
“Sometimes he’s got to do stuff that’ll make him look bad, in order for me to look good. It’s not fun, but that’s the mark of a really good wingman,” says Chris Tryon, a criminal justice major.
In addition to the aforementioned social savvy, the wingman has to be willing to sacrifice himself for the good of his buddy – whether that’s to break up a pack of females or spend the evening with the target’s wing-woman.

GETTING SET UP

Letitia Baldrige, author of New Manners for New Times, provides tips to “approach blind dates with an open mind, if not enthusiasm.” Her tips are:

1. Be grateful to your friends for trying to set you up, even if they have no idea what you find attractive in the opposite sex. “It would be a lot worse if they never tired.”
2. “Remember the statistics,” said Baldrige. There is a chance you could be one of the statistics who meets their spouse on a blind date.
3. The person you are on a blind date with is not hopeless because he or she has friends.
4. You can be taken to new places and experience new things on a blind date.
5. One day you might need past blind dates to round out a dinner party.
6. “Don’t always trust your first negative impression. You might be very wrong.”
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Your best friend got a boyfriend. What now?

Your best friend just got a boyfriend. At first you are filled with joy for her, not to mention pleased that your texting tips and curling iron skills helped this moment happen in the first place. But as the relationship develops, you realize your friendship is changing.
You may feel like you’ve lost your best friend and gained a new roommate who dominates the couch and eats your food!

“At first it’s a little weird when your best friend gets a boyfriend and starts spending more time with him than with you,” said Nicole Benson, a sophomore studying communication disorders. “It kind of makes you feel like you’re not quite as important as you used to be!”

While you may wish your friendship could go back to the way it was, try to be supportive of her new relationship and appreciate the time you do get to spend together.

“There will come a time where your friend will get really serious with someone and need to spend a lot of time with him so they can get to know each other and decide whether or not their relationship will go to the next step,” Benson said.

When that time comes, remember your friend’s focus on her boyfriend isn’t to slight you. “(She’s) not doing it intentionally,” said Hannah Leon, a sophomore studying microbiology. “Her behavior isn’t a reflection on you or your friendship; she’s probably not even aware that she’s not paying much attention to you.”

If you are feeling hurt about not seeing your friend enough, however, don’t let it build up. “Let her know how you’re feeling; don’t let it build up for months without saying anything because she probably doesn’t even realize she’s doing it,” Leon said.

The big thing to remember is your friendship is changing, not ending. If you’re really struggling with your situation, try to think about how you would want your friend to act if your roles were reversed and do that for her.

If you’re worried your best friend is feeling abandoned or replaced, there are steps you can take to ensure she knows you still care.

**Step One:**
Make Time for Just Her
While you (understandably) want to spend all of your free time with your boyfriend, make time for your best friend too. If you two have a tradition of watching “The Bachelor” or going to Zumba, don’t bail now that you’re dating someone. At the same time, when you do hang out with your friend, don’t bring your boyfriend!

**Step Two:**
Listen to Her
It’s easy to get swept up in your own fairytale when you’re dating someone. While your life may be dreamy, your best friend’s may not. Don’t feel bad for talking about your happiness, but make sure your boyfriend isn’t your only topic of conversation. Listen to her and ask her questions about her life too.

**Step Three:**
Include Her
Have alone time with your best friend, but also invite her to hang out with you and your boyfriend so they can become friends. Going on double dates and having apartment game nights will let the two main people in your life get to know each other.
It's tempting to read into a guy's words or actions when you're emotionally invested in him. You don't want to be blindsided later on, so you take careful inventory of all the "clues" you think he's giving you now. But what many girls (and sometimes guys too) don't realize is these "clues" often aren't about you at all. Take this quiz to see if you're sabotaging your own relationship or maintaining a healthy perspective.

**ARE YOU READING INTO IT?**

1. **You sent a risky text and he hasn't responded for over an hour. You:**
   - A. Wallow and assume he is laughing at you with his roommates.
   - B. Send a "haha" to play it off like you were kidding.
   - C. Worry he's been in a car accident and call all of the local hospitals to check.
   - D. Figure he either hasn't seen it or doesn't know what to say.

2. **He likes one of his ex-girlfriend's pictures on Instagram. You:**
   - A. Assume this means he's bored of you and prepare for a breakup.
   - B. Like two of your ex's photos.
   - C. Look through all 234 of her pictures to see how many he's liked.
   - D. Feel a twinge of jealousy but decide it's not worth getting upset over.

3. **You're at Buffalo Wild Wings watching his favorite team play in the championship game with his buddies. He's said 10 words to you since you walked in the restaurant. You:**
   - A. Pretend you're sick so he feels guilty and has to take you home.
   - B. Strike up a text conversation with your lab partner. It's good to keep your options open, right?
   - C. Try to steer the guys' conversation away from the game.
   - D. Dominate Trivia Crack and silently vow to never tag along on guys' night again (unless your team is playing).

4. **He's 30 minutes late for your date and you haven't heard from him. You:**
   - A. Give him the silent treatment when he rings your doorbell in five minutes.
   - B. Act like nothing's wrong once you're with him but stew about it internally.
   - C. Leave him a third voicemail and message all of his roommates to ask where he is.
   - D. Send a brief text asking if everything's okay and start a new episode of the Mindy Project.

5. **You're looking up something on his laptop and notice one of his tabs is a jewelry store. You:**
   - A. Send a snapshot to all your girlfriends with the caption "We're getting married!" Use emoticons of a wedding ring, face with hearts, bride, etc.
   - B. Mention how you prefer yellow gold and then say, "but it's not like we're getting married so it doesn't matter."
   - C. Open a new tab with your Pinterest wedding board to give him inspiration.
   - D. Ask him if he's been looking at rings and if he says yes, you casually tell him what kind you like. If he says no, you let it go and don't read into it.

---

**Drama Queen**
Mostly As, Calm down, pretty lady! It's wonderful that you are passionate, but he may not feel things on the same level of extremes (and that's OK!). When you're tempted to think the worst or assume the best, take a step back and look at the situation objectively. Try to see things how they really are, instead of just how they feel.

**Cool Cucumber**
Mostly Bs, You know how to play it cool, but are you being authentic? Maybe you've been hurt before or maybe you're just not ready to commit so you're being cautious. It's smart (and healthy) to keep expectations low in the beginning, but don't let that keep you from expressing your feelings.

**Control Freak**
Mostly Cs, You trust your man but you can't help checking up on him. You feel a sense of security by monitoring his every move, but you're missing out on the beauty of a real relationship. If you control everything he does, you won't ever know if he truly wants to be with you or if you're just making it so he doesn't have another choice.

**Balanced Babe**
Mostly Ds, You may still have moments when you read too much into things, but so does everyone else at some point or another. Your relationship thrives because you trust your partner, regulate your emotions and talk about what's bothering you instead of expecting him to read your mind.
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THE DOUBLE TAKE

All of us have that clothing item that we only know how to wear with one outfit. Thanks to fashion bloggers Jessica and Brittany, it has never been easier to know how to wear the same item in multiple ways. Follow their blog at tailoredtogether.com.

Photos by Steffany Beddes
Photographed at Nuskin and Ivie Juice Bar in downtown Provo
Thanks to Gap, Charming Charlie and Unhinged for providing clothing and accessories.

The Cardigan
Every man should have some form of cardigan in their wardrobe. Add layers to complete your look. The great thing about a cardigan is its endless versatility. Plain v-neck tees, graphic tees, patterned oxfords, shirt and tie, you name it; the cardigan can go with it.

Photos by Steffany Beddes
Photographed at Nuskin and Ivie Juice Bar in downtown Provo
Thanks to Gap, Charming Charlie and Unhinged for providing clothing and accessories.
The Oxford Look
Try a new approach when it comes to purchasing your next oxford shirt. Look for a light hearted, fun, colorful print. Wear it open with a graphic tee paired with shorts or jeans for a more casual feel or class it up with a color block tie and chinos.

Colored Shorts
We know it’s easy to buy and wear shorts in dark blue, light blue, black and grey. That’s boring! This season go outside the box and find a short in a bright color or print. Style like you normally would, and watch and see the difference it can make in elevating your fashion.
The Knit Dress

Dresses are an easy go-to for comfort and effortless dressing. Find a classic hue like grey or try a neutral stripe. When styling this dress, layering is key. Add a denim top, a printed bomber jacket or a pullover sweater to develop the look of this staple piece.

Here are only a couple of options on how staple pieces could be worn. The possibilities are limitless. This guide is to get you started on pieces everyone must have.

Photos by Steffany Beddes
Photographed at Nuskin and Ivie Juice Bar in downtown Provo
Thanks to Gap, Charming Charlie and Unhinged for providing clothing and accessories.
The Denim Shirt
It can be combined with almost anything and will never look out of place. Look effortless by throwing on your favorite dark skinnies and loosely buttoned denim top half tucked. Go opposite with shorts and a light washed top. Button all the way up and add a statement necklace.

The Jogger Pants
They are the perfect way to look chic and comfortable. It can be casually worn with a tee and flat sandals or can look completely put together when paired with a blouse or peplum top. If your pants are loose, wear a fitted top. If your bottom is slim, wear a blouse or loose top.
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ENGAGE WITH US
**TERIYAKI CHICKEN SHISH-KABOBS**

1-2 large boneless skinless chicken breasts  
1 medium green bell pepper  
1 medium red bell pepper  
1 small pineapple  
1 medium white or red onion  
Teriyaki sauce (below)

Trim and cut chicken into large chunks.

Place in zip-top bag and add 1 cup teriyaki sauce. Marinate in refrigerator for 1 to 3 hours. Chicken can marinate overnight.

Cut peppers, pineapple and onion into large pieces (about the same size as the chicken). Set aside.

Assemble kabobs on skewers alternating meat, vegetables and fruit.

Brush with teriyaki sauce and place on grill. Cook until chicken is cooked through, carefully turning skewers to ensure even cooking.

**TERIYAKI SAUCE**

¾ cup brown sugar  
½ cup soy sauce  
2 tablespoons sugar  
1 teaspoon minced garlic or garlic powder  
1 teaspoon minced ginger or ground ginger  
¼ cup pineapple juice (optional)

Whisk all ingredients together until completely dissolved. Store in covered container in refrigerator. To thicken sauce for a glaze, mix 2 tablespoons cornstarch with ¼ cup water. Put teriyaki sauce in a small sauce pan and bring to a boil. Slowly add cornstarch mixture a little at a time, stirring constantly until desired thickness is achieved.
**SUMMER SPINACH SALAD**

2 pounds fresh baby spinach  
6 ounces fresh raspberries  
4 ounces mandarin oranges  
2-3 ounces honey roasted almonds  
Honey-lemon salad dressing (below)

Wash fruit and vegetables, dry and place in large bowl. Gently toss all ingredients together. Drizzle dressing over salad just before serving. Toss lightly to coat.

**HONEY-LEMON SALAD DRESSING**

¼ cup olive oil  
2 tablespoons fresh lemon juice (about the juice from a large lemon)  
1 tablespoon honey  
Salt and pepper

Whisk oil, lemon juice and honey together until blended. Add salt and pepper taste.

Pour over salad just before serving.

**RED POTATO SALAD**

2-3 pounds red potatoes  
1 bunch green onion, chopped  
½ pound bacon  
2 cups sour cream  
Salt and pepper

Wash and boil potatoes until tender. Drain.

Cut bacon into small pieces and cook until crisp. Place on paper towel to absorb grease.

Dice potatoes into bite size pieces and place in large bowl. Add bacon and green onion and mix. Season with salt and pepper. Mix well.

Blend in sour cream, using small amounts until ingredients are completely coated.

Salad can be served warm or cold.
FALL OFF THE BONE
BABY BACK RIBS

1-2 slabs of pork baby back ribs
½ cup Smokin’ Daddy barbecue rub
(above)
1 cup brown sugar
1 cup honey
1 cup tangy barbecue sauce

Mix brown sugar, honey and barbecue sauce
together in small bowl. Set aside.

Remove membrane from the bone side (under-
side) of the ribs. Pat ribs dry with paper towel. 
Generously rub with Smokin’ Daddy barbecue 
rub and let it rest for an hour to allow the rub 
to sink into the meat. Loosely wrap each slab in 
foil and place on medium heat grill. Slow cook 
ribs for about 1 hour in foil.

Open foil and baste top of ribs with barbecue 
sauce mixture. Place basted side down directly 
on grill (not on the foil). Make sure the flame is 
not high to avoid burning ribs. Baste underside 
of ribs with barbecue sauce. Cook for 15 to 20 
minutes and turn ribs over. Repeat basting of 
the topside with barbecue sauce while bottom 
is cooking. Ribs are done when end bones 
begin to pull away from the meat and the meat 
between the bones is tender when pierced with 
a fork.

Allow ribs to rest 10 minutes after removing 
from grill. Cut between the bones for serving 
pieces. Serve with additional barbecue sauce.

SMOKIN’ DADDY’S 
BARBECUE RUB

4 tablespoons kosher salt
2 tablespoons granulated (white) sugar
2 tablespoons light brown sugar
2 tablespoons chili powder
2 tablespoons paprika
1 tablespoon dried coriander
1 tablespoon ground cumin
1 tablespoon garlic powder
1 tablespoons black pepper
½ teaspoon cayenne pepper

Combine all ingredients in small bowl. Store in 
airtight container or zip-top bag.

GRILLING TIPS 
AND TECHNIQUES

Get It Hot  Preheat your grill 15 to 25 
minutes before cooking.

Brush It Off  Remove debris from grill with 
wire brush after it’s hot.

Marinate  Marinating meat not only gives 
great flavor, it also inhibits the formation of 
HCAs (heterocyclic amines) which can form 
when grilling poultry, red meat and fish.

Warm It Up  Allow meat to reach room 
temperature before grilling to keep it from 
sticking to the grill.

Is It Done  Check meat with a thermometer 
to ensure it is cooked properly.

Give It a Rest  Let meat rest 10 minutes 
before slicing to redistribute juices evenly.

Let It Lie  Allow meat to cook through on 
one side before turning.

Keep It Plump  Don’t flatten meat with a 
spatula. Keep the juices inside.
**HELPFUL HINTS**

Place meat on either foil or waxed paper sheet to flatten.

Layer your filling beginning with a slice of cheese and finishing with a slice of cheese.

Don’t fill the meat too full or your burger will be out of proportion.

Be careful with sauces or condiments, go sparingly to avoid leaking out.

Seal all edges before cooking.

**STUFFED PASTRAMI BURGER**

1-2 slices deli pastrami
2 slices havarti, Munster or smoked Gouda cheese (put one slice on bottom of the pastrami and the other on top of pastrami, pickle and mustard)
Spicy brown mustard
Dill pickle chips

**STUFFED HAWAIIAN TURKEY BURGER**

2 slices Monterey Jack or mozzarella cheese
3-4 slices Canadian bacon
1 slice pineapple
2-3 slices green bell pepper
Teriyaki sauce

**SOUTHWESTERN STUFFED TURKEY BURGER**

1 fresh roasted or canned green Anaheim chili
2 slices Monterey Jack or pepper jack cheese
2-3 slices avocado
Garlic salt

**STUFFED PHILLY CHEESESTEAK BURGER**

2 slices Provolone cheese
2-3 slices onion
2-3 slices green and red bell peppers
1-2 mushrooms sliced
Steak sauce

**STUFFED PIZZA BURGER**

2 slices mozzarella cheese
2-3 slices pepperoni
Sliced black olives
Sliced mushrooms
1 tablespoon pizza sauce

**CLASSIC STUFFED BACON CHEESEBURGER**

2 slices cheddar cheese
2-3 strips cooked bacon
1-2 slices onion
Steak sauce

Begin with about 1/3 pound ground beef or ground turkey. Split meat in half with a slightly larger portion for the bottom. Flatten meat to be slightly larger than your bun size. The meat will shrink while cooking. Place fillings of your choice in the center of the meat making sure it doesn’t protrude over the edge. Flatten other half of meat and place on top. Gently seal edges of meat together securing the stuffing inside. Generously put your favorite seasoning on both sides of the burger or use any of the ones listed to the right.
BURGER SEASONING OPTIONS

- Sea salt
- Ground black pepper
- Garlic salt
- Onion powder
- Canadian steak seasoning
- McCormick Grill Mates Worcestershire Pub Burger Seasoning
- McCormick Grill Mates Fiery 5 Pepper Seasoning

HOMEMADE ICE CREAM

2 cups half and half (use whipping cream or whole milk for more or less creamy ice cream)

¾ cup granulated sugar

⅛ teaspoon vanilla extract

Mix ingredients until sugar dissolves. Put in a quart size zip-top plastic bag and seal tight. Put bag in gallon-sized zip-top bag, layer ice and salt in the outer bag and throw the bag around until ice cream freezes. Top servings with fresh berries, salted caramel or hot fudge.
My girlfriend of two weeks just found out that her mom is really sick. How do I support her in our new relationship? Should I stick around and try to provide support or should I break up with her?

Even though this is an extreme example, questions regarding support can come up during any stage of a relationship. Questions such as, when should support start, are there different degrees of support and is it OK to ever stop providing support?

Lauren Drean, a graduate student studying marriage and family therapy, has been able to gain insights into supportive relationships. From her thesis, “Attachment Behaviors as a Moderator of the Relationship Between Approval and Relationship Satisfaction,” she has been able provide answers to these questions.

Support Early in a Relationship
Support is a precursor. A strong relationship has to be supportive from the beginning.

“It starts before dating,” Drean said. “You don’t want to date someone who doesn’t want to support you.”

Support in a new relationship is different than support in a long-standing relationship. In a new relationship the commitment is low, therefore support is lacking. It takes work and practice to build a strong, supportive relationship. Usually, if there is not support from the start, the relationship won’t last because the couple is not willing to sacrifice for each other.

The End of Support
If the relationship becomes too much to handle and is no longer healthy, then it is OK to end it. Drean said a relationship should end if the person feels a sense of obligation to provide support rather than a desire.

“When dating, it is OK to be picky,” said Drean. “If it isn’t best for the person, and if red flags come up in this (unexpected) event, it is OK to back out.”

Providing Support During the Unexpected
All relationships are different, and during unexpected events or hard times couples need to work together to find and provide support that helps them.

“It depends on the relationship and each individual,” Drean said. “Some people need more support than others. The couple must constantly talk about things because the situation may change. ‘They need to have open communication.’

It is not OK to back out of a relationship if boyfriend or girlfriend is not willing to work through the unexpected hard times. Sometimes hard times bring a couple closer together.

An example of open communication is when a person’s close friend or family member dies and the significant other doesn’t know what support to provide. Drean said it is important to talk to the partner about it. One way to approach this conversation is by saying, “Hey, I know this person is important to you. How can I help you? Would you like me to come with you to the funeral?” Along with communicating comes the willingness to accept their decision and act on what they ask. By having open communication, neither party is guessing on what they should or shouldn’t do.

Putting One’s Needs First
It is important to be supportive, but one also needs to keep their own needs in mind.

“A relationship is about everyone, not just one person,” said Drean. “It should be about giving, but not at one person’s expense.”

It is essential for one to express the need to put their needs first at the present time.

“Collaboration is key,” said Drean. “There are too many unrealistic expectations of what a relationship should be.”

A person should be clear, they are willing to help and be there for their significant other, but their personal needs should be meet.

Supportive and Enmeshed Relationships
A supportive relationship is good, but too much of a good thing can turn bad. Drean defined support when a person is there for the other and notices them. For example if someone has a bad day their significant other doesn’t let it affect them. Support can turn into an unhealthy relationship called “enmeshed.”

Drean defined enmeshed as when a couple becomes too involved in each other’s lives. An example of this is if a person feels responsible for the happiness of their significant other.

A relationship may be enmeshed when one or both people feel like the other is overbearing or controlling. Another possible indication is the other person feels incompetent instead of empowered to handle the changes of life with their partner.

Benefits of Being Supportive
Providing support is providing service to another. According to Drean, when a person serves they feel better about themselves and the outcomes are usually better.

“Everyone should invest and work in their relationships, even if they don’t work out. At least a person has put their all into it,” said Drean. “They will be able to look back and learn. But if a person doesn’t give it their all, they will wonder what could have happened.”

Developing support at the start of a relationship is important. By paying attention to the signs and communicating, support will no longer be a guessing game. Instead, it will be a comfort in one’s life. Go on and provide support to the one you care about and see what happens.
Fear can tempt you to cut ties or never make them at all because you may wind up with your heart broken. It can confuse you when something about your girlfriend or boyfriend doesn’t meet your expectations. It can demotivate you when you and your romantic interest go through a rough patch together. It can paralyze you when it’s time to make a decision of such eternal scale.

In short, fear can be a powerful obstacle to dating that can keep you from achieving your relationship goals if you do not address it. At the same time, recognizing that experiencing fear is very common and not a sign that something is wrong with you or your partner, especially when a relationship becomes more serious.

“All major life choices (including dating) will naturally bring up fear,” said Rachael Pinkerman, a doctoral candidate studying counseling psychology. “You can accept that fear is there, but also recognize that it doesn’t have to define you.”

To keep fear from defining you, you need to understand where it is coming from so you know how to proceed with your relationship and your life.

“Fear needs to be worked through, not around,” said Lauren Smith, a senior studying communications. “Let your partner know how you are feeling and try to help them understand your position.”

Often talking about fear with someone else helps you gain perspective on the situation because you have to verbalize your emotions. Opening up instead of shutting your partner out will strengthen your relationship and show you that you can confide in him or her.

If talking to your partner or a trusted friend or family member does not relieve some of your stress, consider talking to a counselor at the Counseling and Psychological Services Center in the Wilkinson Center. Individual sessions, couples counseling and workshops are free to full-time students.

Learning to deal with your feelings now and communicate them to your partner will help you move past the fear. You will either come out of this experience with a stronger relationship or more prepared for the next, depending on what the situation calls for.

“I believe that at some point in time in every relationship there will be a little turmoil,” Pinkerman said. “You’ll know if they’re the right partner for you if you can work through this with them.”
Conflict

By Hannah C. Lunt

“Every couple has to find their own way to handle conflict.”

If you know a person who says, “Oh my boyfriend/girlfriend and I never disagree,” well, most likely they are lying. If they are not lying, usually one person in the relationship doesn’t have a voice, which is not healthy.

Conflict cannot be avoided, no matter how hard a couple tries. It can and will always arise at any stage of a relationship. Conflict is and always will be a part of relationships. But it doesn’t mean a relationship is hopeless.

“Conflict is expected in any relationship,” said Russell Bailey, Ph.D., and an assistant clinical professor and psychologist at BYU’s Counseling and Psychological Services. “When you get two different people together they will have different opinions and conflict will happen.”

Even though conflict is expected, it doesn’t mean it is always unhealthy. “Healthy conflict is when a couple has different opinions and discusses them,” said Bailey. “It is OK if you feel upset, but you need to be able to approach conflict instead of avoiding it.” If a person isn’t sharing how they truly feel it can be unhealthy.

“Unhealthy conflict is in cases abuse,” said Bailey. “It is hard to understand, especially when a person is in a unhealthy relationship.” Warning signs of an unhealthy conflict are when an individual is put down, made to feel guilty or manipulated. Bailey said if conflict ever turns into something abusive it is best for a person to get out of the relationship instead of trying to fix it.

There is not a single correct way to handle conflict. Every couple is different; therefore the best way to handle conflict will be different.

“It depends on the couple—one set way will not work for everyone,” said Bailey. “Every couple has to find their own way to handle conflict.”

There are tools a couple can use to help with conflict. One of the best tools is highlighting the positives in a relationship. It is hard to be mad when all a person sees is the good.” An example of a strength could be, ‘I feel loved when this or that happens,’” said Bailey.

Another tool is communication. Having an open conversation will help the relationship because no one is guessing how the other person feels or what he or she needs.
A final tool is validating. “Validating is a form of listening,” said Bailey. Being able to restate what the person said is a way to show one is listening. “It helps a couple to feel that they are being listened to,” said Bailey.

Another way to show validating is through empathy. “Empathy is feeling what they feel and showing you care, but it doesn’t mean you have to agree with them,” said Bailey.

However, before a couple decides what tools to use and how to handle conflict, they need to have an open discussion. In the discussion, each individual needs to express his or her emotion prior to coming up with a solution.

There are many solutions to conflicts, but one possible solution is compromise. Bailey said a couple should compromise frequently. “For both people to feel satisfied, there has to be some form of compromise, but it will look different for every couple and each conflict.”

Compromise is not always easy. An individual may feel like they are letting someone have their way, and they are not getting theirs. Compromise becomes easier when one listens to the other person and tries to understand where the other person is coming from. By doing this, it won’t feel like they are losing and letting the other person win.

Compromise is not the only solution, so if it doesn’t work there are other solutions to try. “Compromise is a possible solution when approaching conflict and helping you feel better,” said Bailey. For more solutions to conflict, Bailey suggested reading *The Seven Principles of Making Marriage Work* by John M. Gottman and Nan Silver.

There are dos and don’ts when in a conflict or compromising. Do approach conflict, and state your conflict in a way that doesn’t offend.

“Using ‘I’ statements instead of ‘you’ statement” is a good way not to offend,” said Bailey. “Saying ‘you’ sounds like a person is attacking, but ‘I’ is an assertive way without being aggressive.” Don’t avoiding conflict and avoid listening.

Whether a person’s conflict is big or little, it doesn’t matter. If a couple approaches it in a healthy manner and is willing to find a solution, such as compromising, conflict can have a positive outcome.
Pizza... like most things in life, is always better when it comes in a pair!

Date Night at Pizza Studio!
Buy One, Get One FREE!

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575 E UNIVERSITY PKWY (UNIVERSITY MALL- SOUTH) | OREM

Date Night!
Buy 1 pizza, get one FREE!
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.

<table>
<thead>
<tr>
<th>Relationship status</th>
<th>Expense</th>
<th>Need car/transportation</th>
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<tr>
<td>First date</td>
<td>free</td>
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<td>Dating</td>
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<tr>
<td>Serious dating</td>
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**Active**

**Go ice skating**
Ice skating is the perfect excuse to accidentally grab her hand as you lose balance on the ice. Become her hero when you save her from a fall. [provo.org/community/parks-ice-arena](http://provo.org/community/parks-ice-arena)

**Go rock climbing**
The Quarry is a popular indoor rock climbing facility in Provo. The two of you can go, or you can bring a group. [quarryclimbing.com](http://quarryclimbing.com)

**Walk the boardwalk at Bicentennial Park**
In south Provo this park features a duck pond with a natural spring and wetlands area. It is also a favorite for disc golfers, sporting a seven hole disc golf course. [provo.org/Home/Components/FacilityDirectory/FacilityDirectory/2/200](http://provo.org/Home/Components/FacilityDirectory/FacilityDirectory/2/200)

**Go to a shooting range**
Practice your target shooting at a gun range. [Drem-utah.us/get-some-shooting-range.html](http://Drem-utah.us/get-some-shooting-range.html)

**Race segways**
Go to Thanksgiving Point Gardens in Lehi and rent a segway and cruise through the 15 themed gardens. [thanksgivingpoint.org/visit/thanksgivingpointgardens](http://thanksgivingpoint.org/visit/thanksgivingpointgardens)

**Go to a ropes course**
Conquer your fear of heights while jumping 32 feet above ground. [Provo Beach Resort](http://provo.org/) offers a indoor climbing facility. [maxzipline.com](http://maxzipline.com)

**Go horse back riding**
Travel through Sundance Ski Resort meadows and mountains while riding next to your date. [sundancersort.com/lift-rides/other-activities-en.html](http://sundancersort.com/lift-rides/other-activities-en.html)

**Go to the batting cages at Trafalga Fun Center**
Located in Orem, go to the batting cages with softballs and baseballs pitched at 3 different speeds. Bonus: If you have a Pass of all Passes, it’s free! [sevenpeaks.com/FunCenterOrem](http://sevenpeaks.com/FunCenterOrem)

**Go to Thanksgiving Point Gardens**
Go to the batting cages with softballs and baseballs pitched at 3 different speeds. Bonus: If you have a Pass of all Passes, it’s free! [jakesarchery.com/indoor_archery_range](http://jakesarchery.com/indoor_archery_range)

**Go to a shooting range**
Practice your target shooting at a gun range. [Drem-utah.us/get-some-shooting-range.html](http://Drem-utah.us/get-some-shooting-range.html)

**Hit some balls at a driving range**
Go to East Bay Golf Course and practice your swing. [eastbaygolf.com](http://eastbaygolf.com)

**Go to a Jump On It gym**
Do you and your date have lots of energy that you have to get out? Head to a trampline gym and get your jump on. [jumponitparty.com](http://jumponitparty.com)

**Play tennis**
Take ping pong to the next level and actually play the game the way it was meant to be played, on a court. [rbfacilities.byu.edu/content/tennis-indoor](http://rbfacilities.byu.edu/content/tennis-indoor)

**Go boating**
Do you know a friend who has access to a boat? Go with them to go tubing and wakeboarding for a warm day in the summer. [two.byu.edu](http://two.byu.edu)

**FootGolf at East Bay Golf Course**
Love golf? Love soccer? Indecisive? Combine the two and try out this unique sport. [eastbaygolf.com](http://eastbaygolf.com)

**Go indoor skydiving at Ifly Utah**
Cross off a bucket list item and go skydiving (sort of). Located in Ogden, make it a day your date will never forget. [flyUtah.com](http://flyUtah.com)

**Indoor archery**
Rent equipment to shoot a bow and arrows. It is $10 to rent the equipment. They also have group rates. [jakesarchery.com/indoor_archery_range](http://jakesarchery.com/indoor_archery_range)

**Hike to the Fifth Water hot springs**
Up Spanish Fork Canyon, you can find this 2.5 mile hike up to beautiful man made hot springs. The pools are shallow but be sure to bring your swimsuit! [two.byu.edu](http://two.byu.edu)

**Go to the Saratoga hot springs**
Looking to go on a nice hot dip in a deeper pool and a short walk? These are the hot springs for you then! [Saratoga Dr, Saratoga Springs, UT 84045](http://Saratoga Dr, Saratoga Springs, UT 84045)

**Go to a shooting range**
Practice your target shooting at a gun range. [Drem-utah.us/get-some-shooting-range.html](http://Drem-utah.us/get-some-shooting-range.html)

**Festivals**
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Outdoors

Seven Peaks
Get wet and wild while playing in the wave pool or sliding down the slides. Lay out in the sun and enjoy the warm weather with your friends. Use your Pass of all Passes to get in for free.
sevenpeaks.com

Provo Recreational Center
Go play at the new rec center. It features a indoor and outdoor aquatic center with slides and rock climbing walls, basketball courts, workout facility and dance facilities.
provo.org/community/recreation-center

Go to a fruit orchard and pick fruit
At Allred Orchards, you can pick peaches, nectarines, plums and apples.
allredorchards.com

Go sailing with a guide at the Lindon Marina
You and other couples sail the night away. Dinner is included. Friday nights from Memorial Day to Labor Day.
lidonmarina.com

Watch a meteor shower
Check the calender and have a stake out with snacks and warm blankets. Go somewhere without a lot of lights and look towards the stars and enjoy the night.

Make a bonfire and roast s’mores
Pick up some chocolate, grahams, marshmallows and firewood and roast some s’mores. To add a flare, bring more unique toppings like white chocolate or Twix bars.

Have a picnic outside
Grab some friends and pack a picnic. Bring blankets and games and enjoy your food in the outdoors of Utah.

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Rock Canyon Trail
5.3 miles
3 hour hike

Bicentennial Park
1489 E 1440 S
7 minute drive

Big Springs Park
6560 S Fork Rd
23 minute drive

Carterville Park
2400 N Carterville Rd
8 min drive

Exchange Park
900 N 750 W
5 min drive

Fort Utah Park
200 N 2050 W Geneva Rd
10 min drive

Grandview Park
1460 N 1050 W
7 min drive

Kiwanis Park
820 N 1100 E
1 min drive

Lions Park
950 W 1280 N St
7 min drive

North Park
1063 N Freedom Blvd
5 min drive

Paul Ream Wilderness Park
1600 W 500 N
8 min drive

Pioneer Park
500 W Center St
7 min drive

Rock Canyon Park
E 2620 N
3 min drive

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Have a picnic outside
Grab some friends and pack a picnic. Bring blankets and games and enjoy your food in the outdoors of Utah.
Mon-/Thurs $15
($10 per person with 8 or more people)
Weekends/Holidays $20

TUBING

Mon-/Thurs $15
Weekends/Holidays $20

KAYAKING

Mon-/Thurs $15
1-man $25
2-man $45

RAFTING

Mon-/Thurs $15
Weekends/Holidays $30

Make your date an Adventure
Float the Provo River

ALL RENTALS INCLUDE:
Life jacket | Flotation device | Shuttle | Paddle

Make reservations online | www.HighCountryAdventure.com | 801-224-2500
Provo Outdoor Summer Cinema
The Outdoor Summer Cinema features several free movies to watch. facebook.com/RooftopConcertSeries

Firesides
Be spiritually uplifted together.

Go birdwatching
Check out a bird-watching book from the library and find some binoculars for a quaint date.

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

Have a movie marathon
Pop a lot of popcorn and watch movie trilogies or a series of your favorite genres.

Youtube video marathon
See what’s popular or check out your favorite youtuber’s channels.

Find all your unused gift cards and use them
A technically free date with a montage of eating at a variety of restaurants and shopping at multiple stores.

Cloud watch
Lay out a picnic blanket and make up storylines for the characters you see in the skies.

Star-gaze
Download a star-gazing app or check out a book and point out the constellations.

Balloon Fest
500 South 200 East. Watch the colorful hot air balloons launch from the grass field at Cherry Creek Elementary.

Have a book club date night
Pick out an interesting read together and set a date to discuss it.

Play video games from your childhood
Dust off your old childhood favorites and play Mario Kart and Donkey Kong.

Go to a high rooftop and enjoy the view
Consider the JFSB rooftop and bringing a camera to capture the moment.

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

Test drive your dream car
Make a dream a reality, for at least a little while.

Make a video and post on youtube
Mimic your favorite youtubers with a video of your own. You and your date could become the next youtube sensation.

Write a song together
Win your date’s heart with your witty rhymes or silly sense of humor.

Turn a TV show on silent, make up lines for actors
Or turn on a foreign film, without subtitles and guess the storyline.

Geocache (find buried treasure with GPS)
Experience this real-life treasure hunt.

Fly a kite
Don’t be afraid to actually make the kite and test your handiwork.

Download a vintage radio program podcast
Go listen to it in a unique location; think horror story in the woods at dusk.

Do Mad Libs together
The sillier the better.

Pool hop
Go from one complex to another and see how many you can do in one day.

Take a personality test
See how compatible you are. colorcode.com

Have wood/soap carving contest
Carve out your favorite animal or your date’s face and give each other the final product.

Make cards for each other and then send them in the mail
Bring back the art of snail mail. Don’t forget to spray on a little perfume or cologne.

Golfing
Shuffle 18 holes for a quaint date.

Cloud watch
Lay out a picnic blanket and make up storylines for the characters you see in the skies.

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Go to a high rooftop and enjoy the view
Consider the JFSB rooftop and bringing a camera to capture the moment.

Festivals

Downtown Yoga Festival at the Leonardo
Relax, participate in a variety of yoga classes and learn how to eat healthier. Salt Lake City, May 9-10. downtownyogafest.com

Cedar Hills Family Festival
Get ready to participate in a fun run, geocache, children’s games and fireworks. June 1-6. cedarhills.org/news-events/family-festival

Springville Art City Days
This year is the 50th anniversary of Art City Days. It includes a balloon fest, 3 on 3 basketball, a concert, I spy photo hunt and a fun-a-rama. June 6-13. springville.org/art-city-days

Orem Summerfest
This festival is closer to BYU and features a baby contest, children’s parade, firefighter association 5K, student marshals and kids crafts. June 12-13. summerfest.orem.org

Pleasant Grove Strawberry Days
The 2015 theme is Strawberry Days. Forever and this festival includes a pie eating contest, dances, food stands, a carnival and strawberries and cream. June 15-20. pleasantgrovestrawberrydays.org

Lehi Round-up Celebration
This years theme is Take a Look. It’s in a book. A golf tournament, western barbecue, art show, rodeo royalty and a tennis tournament are all things included on the schedule. June 20-28. lehi-ut.gov/discover/roundup

Utah Arts Festival
This festival has an art gallery, color me rad 5K, masquerade and lots more. Salt Lake City, June 25-28. uaf.org

American Fork Steel Days
This festival includes a baby contest, art show, picnic in the park and a big carnival. July 16-18. afcity.org

Spanish Fork Fiesta Days
Spanish Fork has a rodeo, western heritage parade, a car show and food vendors. Watch bronc riding, steer wrestling, team roping, bull riding and women’s barrel racing. July 18-25. spanishfork.org/newsevents/events/Fiestadays

Alpine Days
This festival includes a pet show, Alpine’s Got Talent, sports day, a rodeo and a pancake breakfast. Aug. 3-8. alpinecity.org/alpine-days

Utah County Fair
Located at the Spanish Fork Fairgrounds, the fair has a monster truck rally, tails and scales and pig wrestling. Aug. 12-15. utahcountyfair.org

Snowbird’s Oktoberfest
Voted one of America’s 10 Best Oktoberfests, enjoy German culture and food. Every Saturday and Sunday Aug 15 – Oct. 11. snowbird.com/events/oktoberfest
Local Events

Any Echo Theatre performance
Check out their latest performances at theherotheatre.com.

Go to a concert at Muse or Velour
Listen to local artists and discover the next Imagine Dragons. velourlive.com, museumusicafe.com

Stadium of Fire
Celebrate America’s birthday by watching local performances and listen to singers. July 4 at 8 p.m. freedomfestival.org/event/stadium-of-fire

Go to a Covey Center for Fine Arts event
Check the website for upcoming performances. coveycenter.org

Provo Latino Americano Festival
This festival is a big party! There’s lots of singing and dancers, a talent show and lots of amazing food. Aug. 28-31. festivalprovo.com

Lindon Days
This fair has been going since 1981 and includes a parade, car show, mini rodeo, 5K dash, a lawnmower race and other family events. August. lindoncity.org/lindon-days.htm

Utah State Fair
Although you have to pay an entrance fee, this fair is packed with fun. Located in Salt Lake City. Sept. 10-20. utahstatefair.com/home

Utah Pasifika Festival
Two day festival featuring dancing, music, food and craft booths celebrating the Polynesian cultures. May 23-25. utpasifikafestival.com

Go to SLC’s “Days of ’47” events
Watch the royalty pageant, parade, rodeo and all the other events. July 15-24. daysof47.com

Provo Freedom Festival
Embrace your American pride as you participate in multiple events that Provo put on including a carnival, parade and balloon festival. July 2-4. freedomfestival.org/event/freedom-days

Fetal Fotos
Prenatal Ultrasound & Maternity Massage

Introducing the NEW Fetal Fotos in American Fork.
Specializing in 2D, 3D and 4D Ultrasound and Maternity Massage.

First comes love, then comes marriage, then comes a baby in a baby carriage!

Call today for an appointment 801-756-5234 or visit our website www.FetalFotosUtah.com for more information and pricing.

Bring this ad with you to your visit and receive 15% off any ultrasound or massage service.

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801 374-3400

Fun for the whole family, kids, teens, adults!! Pizza parties, Birthday parties, Team parties, church groups, school and youth groups, scouts and more! Video arcade. We also have Black Light Mini Golf.

www.laserassault.net
Serious Relationships

Take a luxury helicopter tour with Helicopter Charters Provo
Save up for this special date for a special someone. helicopter-charter-saltlake-city.com

Sundance Full Moon Lift ride
Every month during the summer you can head up to Sundance Resort in the heart of Provo Canyon to enjoy a lift ride. From 8:30-11 p.m. you can enjoy the beautiful views of natural and take in the full moon. sundanceresort.com/lift-rides.

Road trip
Take a drive somewhere together and listen to music from when you first started dating.

Garden together at the Provo Community Garden
Practice your gardening together and do some good service while you’re at it. facebook.com/ProvoCommunityGarden

Book love letters
Choose a page in a book and blot out words and sentences to create a love letter with remaining words.

Train for a 5K and run/walk with each other
Sign up for the next 5K and set a time to train together every week.

Games

Murder Mystery dinner
Dress up as a unique character, put on a foreign accent and enjoy a dinner of intrigue with friends. murdermystery.byu.edu

Twister with Paint
Make sure to wear clothes you don’t mind ruining. Also make sure that you do this outside.

Around the World Ping Pong
Switch sides of the table while keeping the ball bouncing with a bunch of friends. Whoever lasts the longest wins.

Relay Games
Go to a local park and set up relay games for you and your friends’ dates.

Three-legged soccer
Tie opposite legs together and try playing soccer. Work together with your date to win.

Create a parachute for an egg, compete to see which egg is least damaged
Rummage on old 9th grade science projects and build a parachute for your egg. Go to the Tanner building and let them go off the fourth floor.

Make marshmallow guns and have a marshmallow war
Make a marshmallow gun from UV pipes – or just throw marshmallows at each other if that’s your style.

Play Skittle-bowling at the Wilk bowling alley
Make each colored Skittle a specific action while bowling. This works well with Uno cards as well.

Do a puzzle together
Go to DI and grab a puzzle. Spend the afternoon making the pieces fit.

Mini-golf at Trafalga
Play the real way and see who can get the least amount of hits to get it in the hole or play by whoever makes the coolest shots. sevenpeaks.com/FunCenterGreem

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

Play a video game together
Do you or your date have a game console? Play Just Dance or Mario Kart.

Play Ultimate Frisbee
Get your frisbee out and head to a field. Have fun!

Have a water balloon/water gun fight
Take a break from the summer heat and cool off only the best way you can.

Play chess
Play this classic game and prepare to claim “check mate.”

Play life-sized Battleship
Find a gym, hang up a large sheet, buy foam balls, lay everyone down like battleships and let the war commence.

Play a card/board game
Rediscover your love of Uno and classic games like Monopoly.

Play capture the flag
Throwback to high school and play this classic game with your date.

Nerf gun war
Play couples vs. couples and see who the best duo is.

On-campus Performing Arts

BYU Jazz Voices
Madsen Recital Hall, HFAC, April 2. arts.byu.edu/events/5626

50th Anniversary Celebration
HFAC, April 3. arts.byu.edu/events/5627

Group for Experimental Music
Madsen Recital Hall, HFAC, April 7. arts.byu.edu/events/5629

Evening of Percussion
de Jong Concert Hall, HFAC, April 7. arts.byu.edu/events/5630

BYU Wind Symphony
de Jong Concert Hall, HFAC, April 9. arts.byu.edu/events/5631

BFA New York Showcase
Neke Theatre, HFAC, April 9-10. arts.byu.edu/events/5632

BYU Philharmonic
de Jong Concert Hall, HFAC, April 10. arts.byu.edu/events/5634

Ballroom in Concert
Marriott Center, April 10-11. arts.byu.edu/events/5635

University Bands
de Jong Concert Hall, HFAC, April 11. arts.byu.edu/events/5641

University Orchestra and University Strings
de Jong Concert Hall, HFAC, April 11. arts.byu.edu/events/5643

BYU Final Cut Film Festival
Pardoe Theatre, HFAC, April 10-11 arts.byu.edu/events/5638

University Chorale
de Jong Concert Hall, HFAC, April 14. arts.byu.edu/events/5649

Evening of Dance
de Jong Concert Hall, HFAC, May 8-9. arts.byu.edu/events/5650

Princess Academy
Pardoe Theatre, HFAC, May 29-30, June 4-6, 10-13. arts.byu.edu/events/princess-academy-6

Hansel and Gretel
de Jong Concert Hall, HFAC, June 10-13. arts.byu.edu/events/5652
Serve

Give away flowers
Buy flowers and give them to random people who look like they need a “pick-me-up.” campusfloral.byu.edu

Put motivational Post-it notes in textbooks
“You can do it!” might just be what someone needs to hear when studying for a psychology final.

Plant flowers for someone
Ask that friendly old neighbor if they would like some more color in their front-lawn flower beds.

Do family history on the second floor of HBLL
Find out a little bit more about your and your date’s ancestors and find some family names. familysearch.org

Donate blood together
Talk your way through the ordeal with your lovely date and save someone’s life while you’re at it. redcrossblood.org

Volunteer at a soup kitchen
Offer your services at a local soup kitchen and help serve food to the homeless. foodandcare.org

Take care of animals at an animal shelter
Beautiful date, adorable animals, how could it go wrong? suvas.org

Clean up a local park
Preserve the beauty around you with a date by your side. Just go to a park and walk around and pick up trash.

Volunteer for Y-Serve
Ask Y-Serve if they have anything fun planned for the week and sign up you and your date. yserve.byu.edu

Go to the temple and perform baptisms for the dead
Put all those hours doing family history work to good use and bring some names and a date. lds.org/church/temple/provo-utah?lang=eng

Bake cookies for friends
Ask your mom for her secret recipe, make delicious cookies and give them to your roommates. And save some for you and your date!

Write letters to ward missionaries
Have a friend or know someone in your home ward on a mission? Write them a letter.
**First Dates**

**Comedy Sportz**
Battle of the comedians! Every Thursday, Friday and Saturday nights.
[comedy sportz utah.com](http://comedy sportz utah.com)

**Salsa Chocolate Thursdays**
Salsa lesson 9-10 p.m., social dance until 12:30 a.m. every Thursday.
[salsachocolate.com](http://salsachocolate.com)

**Play blacklight miniature golf**
This is the premier miniature golf experience in the valley, with nine holes of intense creatures and adventures. [laserrassault.net](http://laserrassault.net)

**Laser tag at Laser Assault**
Play on two levels of fun. Crouch behind things and hide from players from the other team. [laserrassault.net](http://laserrassault.net)

**Paint your own ceramics at Color Me Mine**
Pick a ceramic from plates and bowls and lots of other things. Become an artist and paint it. They fire it and you get to take it home a few days later.
[colormemine.com](http://colormemine.com)

**Humor U**
Laugh the night away at BYU’s stand-up comedy club. They have shows all the time, so check their Facebook page for updates. [facebook.com/officialhumoru](http://facebook.com/officialhumoru)

**Go to Nickel City**
Pool together your change and play lots of arcade games for just five cents each. Rack up the tickets and exchange them for prizes. [nickelcityorem.com](http://nickelcityorem.com)

**Go bowling at Fat Cats**
Enjoy a fun atmosphere and see who can bowl the best or play some games or eat some food. The atmosphere is fun and easygoing.
[fatcatsfun.com](http://fatcatsfun.com)

**Rent a puppy**
Cuddle and pet these furry balls of energy with your date. If you like the puppy so much, you can even adopt them!
[puppiesforrent.com](http://puppiesforrent.com)

**Visit a pet store**
Talk about childhood pets and possible pet names while looking at the Guinea pigs and snakes. [stores.petsmart.com/171](http://stores.petsmart.com/171)

**Carve a watermelon**
Who needs pumpkins when you have watermelons? Carve a face or picture into a watermelon. When you are finished you can even eat your creation.

**Buy coloring books and color**
Nostalgically color while talking about the “good ol’ days” with each other. See who can create the best masterpiece.

**Make clay and sculpt**
Find a salt-dough recipe, sculpt it and let it dry before painting. You can create anything you can imagine.

**Progressive dinner with friends**
Do this as a group date or with a group of friends. Each couple is in charge of one course of a meal, go from one house to another to eat your whole meal.

**Go ice blocking**
Buy a large chunk of ice from the gas station and slide down a grassy hill. Buy two blocks and you can race your date.

**Design something out of Post-it notes**
Make pictures or a pattern to display in your window or on your wall with sticky notes. You can also stick them on a poster and create something fun.

**Create balloon paint art**
Create masterpiece pieces of art by filling balloons with paint and throwing darts at them.

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**On Campus**

**Education in Zion**
Brush up on your BYU history with your date. It is a permanent multimedia exhibition exploring the heritage of education in the LDS faith.
[educationinzion.byu.edu](http://educationinzion.byu.edu)

**Play the table video game at The Wall**
Destroy the aliens on a touch game table while enjoying some food like their famous garlic fries or their Wall burger. They also have karaoke, open mic night and more on a weekly basis.
[thewall.byu.edu](http://thewall.byu.edu)

**Workout class at RB**
Give water Zumba, power yoga or pilates a try. Get your exercise on with your date. [rbfacilities.byu.edu/content/aerobics-fitness](http://rbfacilities.byu.edu/content/aerobics-fitness)

**Find the deer on campus**
Walk around and find the deer that snuck over to campus.

**Feed the ducks at the pond**
Grab a few loaves of bread from the grocery store or whatever leftover bread you have in your pantry and go to the bottom of campus to the duck pond and make the ducks happy and full.

**Go to a park and be kids again**
Push each other back and forth on the swing and go down multi-colored slides.

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

**Have fun with spray paint**
Spray paint street art on cardboard with stencils. Make sure you do this outside on the grass.

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**Learning**

**Take an art class at Provo Art & Frame**
Take a colored pencil portrait, figure drawing, beginning drawing, or a watercolor class. These are offered throughout the year.
[provoartclasses.blogspot.com](http://provoartclasses.blogspot.com)

**Take a cooking class**
Head on up to Salt Lake City and take a cooking class. Learn a new dish or two and enjoy spending time together.

**Learn origami and give people your creations**
Grab some paper and look up some folding techniques online. Spend time trying to figure out how to fold a swan or a flower and give each other your creation.

**Learn calligraphy and write letters to each other/others**
Visit a local craft store and pick up a calligraphy nib and ink. Then go onto YouTube and find a tutorial on how to write in calligraphy. Write each other notes and give them to each other.

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**BYU’s Got Talent**
Watch the talent compete in a battle for a finale on April 1. It will begin at 7 p.m. in the Varsity Theater.

**FHE stories behind popular Church hymns**
An Education in Zion exhibit on April 6. Fun stories, hymn sing and refreshments. Programs at 7 and 8 p.m., Call 801-422-6519 for reservations.

**Passover Seder Service**
Held in 3228 WSC at 6:30 p.m. on April 10. Participants will reflect on Christ’s Passover in Jerusalem: the Last Supper. It will include biblical unleavened bread, bitter herbs and other Passover meal traditions.

**BYU planetarium at the Eyring Science Center**
Learn more about the stars and the planets in a film projected on the ceiling.
[planetarium.byu.edu](http://planetarium.byu.edu)

**Visit the Museum of Art**
Look at multiple exhibits and critique the art that is there. Talk about your favorite piece. If you go during lunchtime, visit the MOA Cafe located upstairs.
[moa.byu.edu](http://moa.byu.edu)

**BYU service dates**
Bring a date or spouse to monthly on-campus service activities. Each project benefits community agencies.
[byu.edu/programs/Service-Dates](http://byu.edu/programs/Service-Dates)

**Watch a live animal show at Monte L. Bean Life Science Museum for FHE**
These shows are free of charge, for groups in Provo. These are reptile
The Cocoa Bean is a unique experience where people can get away from their busy lifestyle and enjoy time with friends, family, or even just to be alone.

PRESENT THIS AD FOR 15% OFF ANY DRINK
Coupon good for up to two drinks on a single visit. Offer Expires 9/15/15

Date deals:
- Amazing drinking chocolates and frappes (non-coffee)
- Gourmet cupcakes, cookies, cake pops
- Open late
- Great music

1774 N. University Parkway #20 (Brighams Landing), Provo, UT • 801.356.9493
Food Adventures

Fake night in Paris or Rome
Decorate your apartment like foreign country. Have a friend be waiter with accent and eat foreign foods. You can cook it yourself or get some food to go from a restaurant.

Buy food at a farmer’s market and cook dinner
On Saturday mornings during the summer, there is a farmers market in Pioneer Park at 500 West Center Street. Grab local produce and cook something yummy. proovfarmersmarket.org

Make fried ice cream
Or some other unique treat. Try your hand at foreign desserts for more of an adventure.

Dessert

Baskin-Robbins
Ice cream
29 E 1230 N, Provo
801-377-0031
baskinrobbins.com

Bruges Waffles & Frites
Waffles
42 W Center St
801-377-3214
brugeswaffles.com

BYU Creamery
Ice cream
1209 N 900 E
801-422-2663
dining.byu.edu/creamery/cone.html

The Chocolate
Cakes, bakery
212 S State St, Orem
801-224-7334
thechocolatedc.com

Cold Stone Creamery
Ice cream
2302 N University Pkwy
801-373-4703
coldstonecreamery.com

Farr’s Fresh
Ice cream
1073 S 750 E, Orem
801-616-5001
farrsfresh.com

Gloria’s Little Italy
Gelato
1 E Center St
801-805-4913
GloriasLittleItaly.com

Hokulia Shave Ice
Shaved ice
1445 N Canyon Rd
801-602-6683
hokuliashavice.com

Iceberg Drive Inn
Ice cream
180 N State St, Orem
801-802-7430
icebergdriveinn.com

Ike’s Creamery
Ice cream
The Shops At Riverwoods, 4801 N University Ave #210
801-224-5001
provobeach.com/food-icecream/ikes

JCW’s
Ice cream
396 W 2230 N
801-374-5297
jcws.com

La Michoacana
Gelato
1700 N State St
801-404-5046
yelp.com/biz/la-michoacana-provo

Malt Shoppe
Ice cream
1290 N University Ave
801-373-5295
yelp.com/biz/malt-shoppe-provo

Menchie’s Frozen Yogurt
153 N State St, Orem
801-425-9259
menchies.com

Mrs Cavanaugh’s Chocolates
1163 S State St, Orem
801-764-1085
mrsCavanaughchocolates.com

Pop’n Sweets
Specialty candy, Soda
42 E 1230 N St
801-377-2402
popsweets.com

Roll Up Crepes
1605 S State St, Orem
801-882-7373
rollupmycrepe.com

New Movies

Divergent Series: Insurgent
Opens March 20.

Furious 7
Opens April 3.

Avengers: Age of Ultron
Opens May 1.

Far from the Madding Crowd
Opens May 1.

Hot Pursuit
Opens May 8.

Pitch Perfect 2
Opens May 15

Mad Max: Fury Road
Opens May 15.

Tommorrowland
Opens May 22.

Spy
Opens May 22.

Aloha
Opens May 29.

Jurassic World
Opens June 12.

Inside Out
Opens June 19.

Terminator: Genisys
Opens July 1.

Ant-Man
Opens July 17.

Pan
Opens July 24.

The Maze Runner: Scorch Trials
Opens Sept. 18.
Dancing here not limited to floors and holding not limited to hands.

Learning (continued from page 57)

Do a DIY project from Pinterest
Type in DIY in the search function on Pinterest. Pick a project and do it for your date. #pinterest.com

Make a paper lantern and send them into the sky
Find a tutorial on YouTube and get the supplies from the store. Make the lanterns and throw them up into the sky.

Learn how to make melted crayon art
Mimic a Pinterest creation with your date so that you have something new to hang up on your wall. Get a box of crayons, unwrap the wrapper, hot glue the crayons in the rainbow order onto a canvas. Take a blow dryer and let the wax drip onto the canvas in a colorful pattern.

Buy a Lego set and build what you see on the box. Watch the Lego Movie while doing it.
Have fun being creative with Legos and build something cool. #lego.com

Learn how to cook an authentic cultural cuisine
Find a recipe online and try something new! Try a Asian dish, or maybe Indian or Thai. Experiment with something new, but have a back up restaurant in mind just in case it doesn’t turn out like you planned.

Learn Photoshop at the HBLL
The Multimedia Lab offers free classes throughout the semester on most of the programs available on the lab computers. Classes normally take 50 minutes and target beginning to intermediate knowledge of the software. #mmlab.lib.byu.edu/mmlab/classes

Take a certification class
Have you ever wanted to learn CPR or be first aid certified? Or even be certified to become a yoga instructor? Sign up for a class and become an expert at something.

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Rita’s Italian Ice
Italian ice
1283 N University Ave Provo
801-980-5475
ritasiceutah.com

Sub Zero Ice Cream
Ice cream
1200 Towne Centre Blvd
801-919-0040
subzeroicecream.com

Sodalicious
Soda
30 W 300 N
801-800-7317
sodaliciousutah.com

The Sweet Tooth Fairy
Cupcakes
1227 S University Ave
801-375-3484
thesweettoothfairy.com

Taste
Chocolate
117 N University Ave
801-900-4061
havetaste.com

Tokyo Sweets
Candy
Provo Towne Centre, 1200 Towne Centre Blvd
801-691-0709
tokyosweetsutah.com

Waffle Love
Waffles
1796 N 950 W St
801-228-1636
waffluv.com

Yogurtland
Frozen yogurt
534 E University Pkwy, Orem
801-225-5440
yogurt-land.com

YO2 Fizzy Frozen Yogurt Stand
Frozen yogurt
facebook.com/YO2froyo

Zeke’s Cafe
Pie shakes
27 N 100 W
801-805-9208
yelp.com/biz/sammys-cafe-provo

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Restaurants

Bajio
Mexican Grill
4801 N. University Ave, Suite 760
801-224-6668
shopsatriverwoods.com/dining/bajio.html

Black Sheep Café
Southwestern Modern American
19 N University Avenue
801-607-2485

Bombay House
Indian, Vegetarian
463 N University Ave
801-373-6677
bombayhouse.com

Burger Supreme
Burgers
1796 N University Pkwy
801-373-5713
burrersupreme.com

Brassas Mexican Grill
Mexican
238 W 100 S
801-375-0240
brassas.weebly.com

Bull Oven
Pizza
111 E 800 N
801-374-8800
brickovenrestaurants.com

California Pizza Kitchen
Pizza/Italian
575 E University Pkwy B28, Orem
801-765-1777
cpk.com

Carrabba’s
Italian Grill
683 E University Pkwy, Orem
801-765-1222
carrabbas.com

China Garden
Chinese
225 W Center St
801-373-7203
chinagardenprovo.wix.com/chinagardenprovo

Golden Corral
Steakhouse
225 W University Pkwy
801-225-6299

Comunal
Italian, American
102 N University Ave
801-373-8000
comunalarestaurant.com/lunch-menu

Cubby’s Chicago Beef
Sandwiches/Subs, Vegetarian, Barbecue
1258 N State St
801-919-3023
cubbyschicagofood.blogspot.com

Dave & Crankys
American
746 E 820 N
435-625-1128
crankysprovo.com

DP Cheesesteaks
Cheesesteaks, Sandwiches/Subs
1774 N University Pky
801-709-2996
www.dpcheesesteaks.com

Emanuel’s Fresh Grill
Mexican
520 N 900 E
801-960-9343
emanuelsfreshgrill.com

Firehouse Subs
Sandwiches/Subs
64 Bulldog Blvd
801-224-5800
firehouseubs.com

Five Guys
Burgers and Fries
1051 S 750 E, Orem
801-373-9816
greatharvestutah.com/provo

Four Seasons Hot Pot
Dumpling
Chinese
236 N University Ave
801-375-6888
eyelp.com/biz/four-seasons-hot-pot-and-dumpling-provo

Gandolfo’s New York Deli
Sandwiches/Subs
18 N University Ave #90
801-475-3354
gandolfosdeli.com

Goodwood
BBQ Company
777 East University Pkwy, Orem
801-224-1962
goodwoodbbq.com

Great Harvest Bread Co
Bakery, Sandwiches/Subs
1774 N University Pky
801-373-9816
greatharvestutah.com/provo

Happy Sumo Sushi Bar
Sushi, Japanese, Seafood
4801 N University Ave
801-225-9100
happysumosushi.com

Hruska’s Kolaches
Breakfast/brunch
434 W Center St
713-962-9364
hruskaakolaches.com

Iggy’s
Grill
1087 S 750 St, Orem
801-434-7800
iggyssportsgrill.com

JCW’s The Burger Boys
Burgers, Sandwiches/Subs Greek
2230 N 369 W Provo
801-374-5297
jcwprovo.com

Green Panda Café
Vegetarian, Asian, Smoothies
3220 North University Avenue
801-377-3466
eyelp.com/biz/green-panda-cafe-provo

Guru’s
Breakfast and brunch
45 E Center St, Provo, UT 84606
801-375-4878
guruscafe.com

Joe’s
Burgers
490 N Freedom Blvd
801-377-5637
eyelp.com/biz/joes-provo-2

Communal
European, American
102 N University Ave
801-373-8000
comunalarestaurant.com/lunch-menu

Carrabba’s
Italian Grill
683 E University Pkwy, Orem
801-765-1222
carrabbas.com

China Garden
Chinese
225 W Center St
801-373-7203
chinagardenprovo.wix.com/chinagardenprovo

Golden Corral
Steakhouse
225 W University Pkwy
801-225-6299

Hruska’s Kolaches
Breakfast/brunch
434 W Center St
713-962-9364
hruskaakolaches.com

Iggy’s
Grill
1087 S 750 St, Orem
801-434-7800
iggyssportsgrill.com

JCW’s The Burger Boys
Burgers, Sandwiches/Subs Greek
2230 N 369 W Provo
801-374-5297
jcwprovo.com

Green Panda Café
Vegetarian, Asian, Smoothies
3220 North University Avenue
801-377-3466
eyelp.com/biz/green-panda-cafe-provo

Guru’s
Breakfast and brunch
45 E Center St, Provo, UT 84606
801-375-4878
guruscafe.com

Joe’s
Burgers
490 N Freedom Blvd
801-377-5637
eyelp.com/biz/joes-provo-2

ARI DAVIS
Kneaders Bakery and Cafe
Sandwiches, Bakedies
295 W 1230 N
801-812-2200
kneaders.com
$ $ $ $ $
La Jolla Groves
American, French, Steakhouse
4801 N University Ave Suite 610
801-224-5111
lajollagroves.com
$ $ $ $ $
Laura’s Kitchen Restaurant
Mexican
644 N Freedom Blvd
801-377-0880
$ $ $ $ $
Macaroni Grill
Italian Mediterranean
4801 N University Ave, Suite 50
801-765-1688
macaronigrill.com
$ $ $ $ $
Marley’s Gourmet Sliders
American, Grilled
4801 N University Ave, Suite 860
801-225-2720
marleys.com
$ $ $ $ $
Molly’s
Barbecue
735 W Columiba Ln, Provo
801-370-8278
mollys.com
$ $ $ $ $
Mountain West Burrito
Mexican, Organic
1796 N 950 W
801-805-1870
mountainwestburrito.com
$ $ $ $ $
Nicolitalia Pizzeria
Pizza
2295 N University Pkwy
801-356-7900
nicolitaliapizzeria.com
$ $ $ $ $
Noodles & Company
Noodles
62 W Bulldog Blvd
801-373-9670
noodles.com/locations/provo
$ $ $ $ $
Olive Garden
Italian
olivegarden.com/locations/provo/provo/700233
504 W 2230 N
801-377-0062
$ $ $ $ $
Old Spaghetti Factory
Italian
575 E University Pkwy, Orem
801-224-6199
osf.com
$ $ $ $ $
Pantryas Chilean Restaurant
Sandwiches, International, Latin American
3161 N Canyon Rd
801-379-9712
pantruras.com
$ $ $ $ $
P.F. Chang’s
Chinese
575 E University Pkwy A-20, Orem
801-426-0900
pfcchang.com
$ $ $ $ $
Pier 49 Pizza
Pizza
3210 N University Ave
801-377-4499
pier49.com
$ $ $ $ $
Pita Pit
Sandwiches
1240 N University Ave
801-356-7482
pita Pit.com
$ $ $ $ $
Pho Plus
Vietnamese
68 W Center St
801-377-8808
yelp.com/biz/pho-plus-provo
$ $ $ $ $
Red Lobster
Seafood
1215 S 800 E, Orem
801-724-4969
redlobster.com
$ $ $ $ $
Rocco’s
American, Mexican
Center Sta dn University Ave
435-669-4252
yelp.com/biz/roccos-big-city-deli-provo
$ $ $ $ $
Rice King
Chinese
275 W Center St
801-812-2278
yelp.com/biz/rice-king-provo
$ $ $ $ $
Rumbi Island Grill
Island Fresh Frilled
62 Bulldog Blvd
801-607-1129
rumbi.com
$ $ $ $ $
Saigon Café
Chinese
440 W 300 S
801-812-3173
saigoncafeoprovo.biz
$ $ $ $ $
Sauce
Seafood
275 E University Pkwy
801-377-0880
sauce.com
$ $ $ $ $
Spike’s
Sandwiches
1240 N University Ave
801-356-7482
spikes.com
$ $ $ $ $
The Pizza Factory
Italian
2230 N University Pkwy
801-812-0200
breadtwist.com
$ $ $ $ $
Thai Food
Thai
2295 N University Pkwy
801-805-1870
thai-food.com
$ $ $ $ $
Tapioca Express
Asian
2270 S 400 E
801-226-2115
tapiocaexpress.com
$ $ $ $ $
The Grilled House
Steakhouse
40 W 500 S
801-865-0444
thegrilledhouse.com
$ $ $ $ $
The Grill Sergeant
American, Burgers and Sandwiches
801-995-8723
facebook.com/pages/The-Grill-Sergeant-Food-Truck/859668734162485
$ $ $ $ $
The Keg
Steakhouse
129 S Main St
801-377-4499
thekeg.com
$ $ $ $ $
The Keg Bar & Grill
American, Bar & Grill
801-812-2200
thekeg.com
$ $ $ $ $
The Grilled House
Steakhouse
40 W 500 S
801-865-0444
thegrilledhouse.com
$ $ $ $ $
Tropical Smoothie
Smoothies
2270 S 400 E
801-226-2115
tapiocaexpress.com
$ $ $ $ $
Twisted Tacos
Mexican
275 E University Pkwy
801-377-0880
twistedtacos.com
$ $ $ $ $
Two Bites
American
275 E University Pkwy
801-377-0880
twobites.com
$ $ $ $ $
Unicorn Food
Milkshakes
275 E University Pkwy
801-377-0880
unicornfood.com
$ $ $ $ $
Vanilla Ice Cream
Ice Cream
275 E University Pkwy
801-377-0880
vanillaicecream.com
$ $ $ $ $
Vato’s Mexican Food
Mexican
275 E University Pkwy
801-377-0880
vatosmexicanfood.com
$ $ $ $ $
Wishbone’s Chicken
Chicken
275 E University Pkwy
801-377-0880
wishboneschicken.com
$ $ $ $ $
Xiao Long Bao
Chinese
2270 S 400 E
801-226-2115
tapiocaexpress.com
$ $ $ $ $
Yappy Hour
Seafood
275 E University Pkwy
801-377-0880
yappyhour.com
$ $ $ $ $
Yates Chicken
Chicken
275 E University Pkwy
801-377-0880
yateschicken.com
$ $ $ $ $
Zoes Kitchen
American
275 E University Pkwy
801-377-0880
zoesskitchen.com
$ $ $ $ $
Zupas
Salads, Soups
275 E University Pkwy
801-377-0880
zupas.com
$ $ $ $ $
Sam Hawk Korean Restaurant
Korean
660 N Freedom Blvd
801-377-7766
yelp.com/biz/sam-hawk-korean-restaurant-provo
$ $$$
Se Llama Peru
Latin American
368 W Center Street
801-377-4792
yelp.com/biz/se-llama-peru-provo
$ $$$
Sensuous Sandwich
Sandwiches/Subs, Fast Food
163 W Ctr St
801-377-9244
sensuoussandwich.com
$ $$$
Shoots
Chinese
4801 N University Ave, Suite 840
801-225-0445
shootsrestaurant.com
$ $$$
Slab Pizza
Pizza
671 E 800 N
801-377-3883
slabpizza.com
$ $$$
The Smoking Apple
Barbeque
70 N State St, Lindon
801-406-9928
smokingapplebbq.com
$ $$$
Station 22 Café
American, Modern American, Southern/Soul
22 W Center Street
801-607-1803
station22cafe.com
$ $$$
Taqueria El Vaquero
Mexican
286 N 100 W
801-607-2149
yelp.com/biz/taqueria-el-vaquero-provo
$ $$$
Texas Roadhouse
Steakhouse
1265 S. State Steet, Orem
801-226-2742
texaroadhouse.com
$ $$$
Which Wich
Sandwiches
1077 S 750 E, Orem
801-224-5424
whichwich.com
$ $$$
Zupas
408 W 2230 N
801-377-7687
cafezupas.com
$ $$$
180 Tacos
Mexican
3368 N University Ave.
801-356-8226
180tacos.com
$ $$$
Visit one of Utah's 5 national parks
Capitol Reef and Arches are the 5 national parks. Visit the Hogle Zoo
Look at all of the animals Utah's biggest zoo has to offer.
Visit the Springville Museum of Art
If you love looking at or critiquing art, go visit the oldest museum in Utah.
Visit the Tracy Aviary
If you like birds, this is the place for you.
Visit the Living Planet Aquarium
Located in Draper, see the new museum featuring more than 4,000 animals.
Visit the Museum of Ancient Life
In Thanksgiving Point, dig for fossils and look at 60 complete dinosaur skeletons.
Tours include go on a mini-road trip and explore the area
Drive around and visit the scenery. South of Provo, or drive up North and see the city.
Explore
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Experience the heritage and architecture of Provo’s Historic Buildings including 22 pioneer buildings.
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Downtown Provo gallery stroll
The first Friday of every month Provo Galleries are open late and there is also live music and refreshments.
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Free
Take the Heber Valley train
Take a train ride like they did back in the day and enjoy the beautiful views in the mountains.
hebervalleymt.org
Free
Go on a ghost bus tour
Take a spooky tour through American Fork or Lehi visiting the haunted buildings and stories.
spiritghosttours.com
$ $$
Go antiquing
Buy something vintage at Treasures Antique Mall or Planted Earth then turn it into decor or a DIY project.
$ $$$
Go to Utah Lake
Play in the water, picnic on the sand, take a walk, or just soak up the sun at the lake.
Free
Drive the Alpine Loop
Check out the scenic Uinta National Forest on this 20 mile loop.
$ $$
Visit the Cathedral of the Madeleine in SLC
The Roman Catholic Cathedral is home to beautiful architecture, art and design.
tickets.utmcm.org
Free
Visit the Hill Aerospace Museum
North of Salt Lake, go see more than 90 military aircraft.
hill.af.mil
$ $$
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$ $$
Visit the Hogle Zoo
Look at all of the animals Utah’s biggest zoo has to offer.
hoglezoo.org
$ $$$
Visit the Springville Museum of Art
If you love looking at or critiquing art, go visit the oldest museum in Utah.
smofa.org
$ $$
Visit the Tracy Aviary
If you like birds, this is the place for you.
Learn all about the different species of birds that Utah has to offer.
tracyaviary.org
$ $$
Visit the Living Planet Aquarium
Located in Draper, see the new museum featuring more than 4,000 animals.
thevlivingplanet.com
$ $$$
Visit the Museum of Ancient Life
In Thanksgiving Point, dig for fossils and look at 60 complete dinosaur skeletons.
thanksgivingpoint.org/visit/museumofancientlife
$ $$
Go on a mini-road trip and explore the area
Drive around and visit the scenery. South of Provo, or drive up North and see the city.
Free
Visit the Crandall Historical Printing Museum
If you love type and printing presses, this is the place to go. The museum has one of the first printed Bibles.
crandallmuseum.org
$ $$
Visit one of Utah’s 5 national parks
Zions, Bryce Canyon, Capitol Reef and Arches are the 5 national parks in Utah. Go hiking!
utah.com/nationalparks
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Elder Richard G. Scott

I am not saying you shouldn’t be very careful about something as significant and serious as marriage. And I certainly am not saying that a young man can get a revelation that he is to marry a certain person without that young woman getting the same confirmation. I have seen a lot of those one-way revelations in young people’s lives. Yes, there are cautions and considerations to make, but once there has been genuine illumination, beware the temptation to retreat from a good thing. If it was right when you prayed about it and trusted it and lived for it, it is right now. Don’t give up when the pressure mounts. You can find an apartment. You can win over your mother-in-law. You can sell your harmonica and therein fund one more meal. It’s been done before. Don’t give in. Certainly don’t give in to that being who is bent on the destruction of your happiness.

Elder Jeffrey R. Holland

The longer you remain single, the more comfortable you can become. But the more uncomfortable you ought to become!

Elder Quentin L. Cook

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