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SUMMER 2010

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Focusing on a Temple Marriage, Not a Temple Wedding

BY CAITLIN MCCAIN

Four months to go before the wedding day and your mind is full of the usual details – finding the dress, scheduling the reception, ordering the flowers. Considering the stress of the day and the preparation, it can be difficult to remember what is most significant.

“The only really important thing is what happens for those 20 minutes in the temple,” said President Robert Todd of the BYU 2nd Stake. Although the temple ceremony is brief, couples need to take the time to prepare for the covenants they will make inside the temple. Todd said the best indicator a couple is ready to make that commitment is when he sees their willingness to follow his preparatory counsel regarding temple marriage.

“When they sense the counsel I give them and see its importance and relevancy, then they are eager to make those covenants with God, and they will do whatever it takes,” he said.

After a couple is married in the temple, Todd said they must realize the fulfillment of those covenants comes in serving each other.

“Love is a verb,” he said. “The only way to love someone is to serve them.”

A temple wedding is only the first step. President Gordon Lindsay of the BYU 7th Stake said couples must understand that temple marriage is long term and then live for that.

“Just because you have a wedding doesn’t mean you have a marriage,” he said.

Lindsay said the secret to a successful temple marriage is simply living the Christian principles of kindness, thoughtfulness, forgiveness and charity.

“You choose the person you love, and then you love the person you chose,” he said.

To keep a temple marriage strong, Todd advises the couple to have a gospel-centered relationship, pray together every night, thank each other, apologize for miscommunication and simply hold hands.

“Getting married in the temple isn’t the end,” he said. “In fact, it’s only the beginning.”

“I would admonish you to maintain an eternal perspective. Make certain that the marriage in your future is a temple marriage. There is no scene so sweet, no time so sacred as that very special day of your marriage. Then and there you glimpse celestial joy.”

President Thomas S. Monson

“Whom Shall I Marry?” New Era, October 2004
Temple Marriage Preparation

TEMPLE RECOMMENDS

Schedule an interview with your bishop to obtain a Recommend for Living Ordinances for your own endowment (if not previously endowed) and for the temple marriage/sealing. If you have previously been married in the temple, discuss the next steps with your bishop.

After your interview with the bishop, schedule a temple recommend interview with your stake president. Receive your endowment on or before your wedding day.

The day of the wedding bring to the temple:

- Your individual Recommend for Living Ordinances (bride and groom)
- Marriage license

Brides

Your wedding dress should meet the following guidelines:

- Be white. No off-white, ivory or cream-colored dresses. Please avoid fastened color ribbons, sequins and elaborate ornamentation. Colored sashes, worn for photographs and reception activities, will need to be removed in the temple.
- Have long sleeves. If your dress has short sleeves, the temple can provide a bolero or sleeve inserts.
- Have a modest neckline, and be modest in design and fabric. Sheer fabric should be lined.
- Have a removable train or one that can be pinned up or fastened out of the way.

If a wedding dress does not meet the guidelines above, you may wish to wear one of the wedding dresses available at the temple. Wedding dresses should always cover the sacred garments. Temple garments should not be altered or removed in order to accommodate the style of the wedding dress. Brides being endowed the same day as their marriage or sealing may wear a white temple dress (available at the temple if needed) for the endowment session.

Temple Clothing Standards

Grooms

White temple clothing is worn for the marriage ceremony.

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Choosing a photographer may be one of the most important planning decisions a bride and groom make. There are countless photographers to choose from; so which one is the perfect fit? The first step is knowing where to look. The Web and social networking open up a whole new realm of possibilities. Jenny Swingle, a BYU graduate who got married in April 2009, suggested a couple first go to friends for referrals rather than looking online or going to bridal shows. Justin Hackworth, a nationally recognized wedding photographer, gave three suggestions when looking for a photographer. “First you have to love their images,” Hackworth said. Finding a photographer that fits the couple’s personality is imperative. “What you wear says a lot,” said Tara Butler, a local wedding photographer. “I’ll switch locations so their pictures reflect who they are.” A couple needs to be relaxed and natural when taking engagement photos. Knowing the photographer’s personality can make this situation a smooth or a nerve-racking one. The second suggestion Hackworth gave is that the couple needs to love how the photographer tells the story. “Look at how they sequence images,” Hackworth said. When photographers post pictures on their Web sites, they are usually their best images and don’t necessarily show how they tell the entire story. Whitney Lewis of Whitney Lewis Photography suggested the couple ask to see a wedding the photographer shot from beginning to end. A photographer’s experience can make a huge difference. Of course, every photographer needs to start somewhere. Having an experienced photographer versus a less-experienced photographer is a decision the couple needs to make. The third element when choosing a photographer is the couple should love their photographer. He/she is going to be around the bride and groom a lot on the special day.
Bridals
A new trend is evolving: bridals are no longer just for the bride, but also for the groom.

Bridals are done to relieve stress from the wedding day. It gives the bride an opportunity to test out her make-up, hair and the exact lay of the dress.

The bride and groom photo shoot can offer an opportunity to take artistic shots.

“It’s becoming a smart trend, because people are more practical,” Butler said.

A lot of thought goes into choosing a photographer, but good research and smart decision-making can ease the process.

“Make sure you do your research,” Lewis said. “You can’t invite the guests back, so it’s a very important decision.”
If marriage is the pathway toward long-lasting bliss, then the actual engagement is the gateway, and there is no scarier gatekeeper than a young woman's father.

Traditionally a man must ask his girlfriend's father's permission to marry the daughter. "Before you get married, you should make it a priority to impress her dad," said John Lund, an information systems major from Augusta, Ga.

Today that trend is still common, but for many the purpose behind it has altered. The process of asking should not be simply to get a positive reaction from the family, said Quinton Pearson, a food science major from San Clemente, Calif.

"Asking in person is a great sign of respect," Pearson said.

Joining a family under any situation is difficult and humbling — asking a father's permission will hopefully ease the process for everyone involved.

"I think it's a good idea to talk to her dad," Lund said. "You're not just marrying a girl, you're marrying a family, and you want to start on the right foot."

Some people still think asking a father's permission is a tradition, however many people believe the process has changed to hold a more practical purpose.

"I'd appreciate it, but it's not necessary," said Amy Brugger, a physiology development major from South Jordan.

"Asking permission will stimulate discussion, and it's a good time to get advice."

Courtney Neves, a sophomore majoring in accounting, said the one person who really needs to say yes to a proposed union is the woman.

"In the end it's your and the girl's decision," Neves said. "Talking to her dad is more to inform him of your desire."

Heather Morgan, a sophomore from Orem who was recently engaged, agrees with Neves. Morgan said she was present when her fiancé asked her parent's permission to get engaged.

"I didn't think it was necessary; I had already talked to my parents about it," Morgan said. "He believed he should, so it wasn't so much of him asking permission as it was more figuring out things like money."

But what if a father says no to a young man asking permission?

"I'd stand in shock for five minutes," Neves said. "Then I'd ask why and try again."
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This is my life. I’ve been doing this since I was 19,” JoAnn said. Dick Losee was 21 and JoAnn Bullock was 17 when they married on July 4, 1954. Two years later, JoAnn’s mother, Florence Bullock, and the young couple embarked on a lifelong adventure in the jewelry business.

Besides each other, diamonds have been Dick and JoAnn’s lifelong companions. Their first store on 19 North University Ave. became home to Bullock’s Jewel Box on Nov. 11, 1956. This 9 by 17 feet store was just big enough for a few display cases. “We started with a tray of diamonds with no more than 12 sets,” Dick said.

A few years later, Dick designed the French white and gold motif for their store, which eventually evolved into Bullock & Losee.

In 1989, the Losees purchased a building in CottonTree Square in north Provo. The interior reflected their motto, “Where excellence is a tradition.” Their mission was timelessness. Everything in the store was handcrafted and built to last. “We were solid and we were there to serve,” Dick said.

Since day one the Losees catered to BYU students. “We started advertising with The Daily Universe when the total student enrollment probably wasn’t more than your faculty is now,” JoAnn said. Word eventually got out and “it became like Baskin-Robbins where you have to take a ticket,” Dick said. “We opened at 10 and closed when the customers were through.”

The couple can recount several priceless stories of their experiences with BYU students. JoAnn remembers one day when three roommates came in together to find rings for their future fiancées. Oddly enough, all three fell in love with the same ring. “Well,” JoAnn said, “are you planning on living in the same place after graduation?” After responding no, each young man left with the same style of ring.

When the store first opened, BYU couples came in so often that the Losees labeled one engagement ring set “The Betty BYU.” For only $125, this style of ring included both the engagement ring and the wedding band with a ¼ to ⅓ carat diamond in the center. Today, most couples spend upward of $800 for around a half-carat or more. “This [the ring] is an investment,” Dick said. “It will never go away; it will always go up in value. Invest what is comfortable, and you’ll always have it.”

Florence Bullock (left), Dick Losee and JoAnn Losee posed for this photo in their downtown Provo store in the mid-1960s.

Rings Change, but Love Stays the same

Dick & JoAnn Losee Share 53 Years of Jewelry Experience

BY CAITLIN MCCAIN & ASHLEY JONES
One thing that has remained constant is the cut, which JoAnn describes as the personality and brilliance of the diamond. In the '50s and '60s, almost every couple purchased the brilliant cut, a round diamond, which is still the most popular today. Some also chose what jewelers called “fancy cuts.” These included: emerald, oval and marquise. Today, the equivalents of fancy cuts are: princess (which is a close second in popularity to the brilliant cut), emerald, cushion and asscher.

JoAnn said a dominating factor in the couples’ decision used to be the actual diamond. Today couples tend to put more focus on the design of the mounting and choose a diamond that is complementary to the ring’s design.

The color of the gold in the ring is also a transitioning preference. Throughout the years, trends have shifted from white-gold to yellow-gold and mixed metals, such as platinum and palladium, back to white-gold. Today, seven out of 10 couples choose white-gold.

The terminology has also changed when describing the color and clarity of the diamond. In the '50s and '60s, “cleanish” referred to the clarity of the diamond and “whitish to yellowish” referred to the color. Today, the clarity of a diamond is judged by its inclusions or flaws, seen through a professional 10-power diamond loupe. Now the color is rated on a D to Z scale – D, E and F being colorless. “Perfect color is colorless and has the ability to pick up any color around,” Dick said.

It used to be standard that women got an engagement ring and a wedding band, which were soldered together after the wedding.

When the occasion called, women wore a sport band, which matched their husband’s ring. “They wore these when they were skiing, gardening, etc.,” JoAnn said.

“Stackables” are popular today. They are individual rings that provide variety for your finger and fit on the sides of the engagement ring. “You can stack as high as your knuckle will hold on,” JoAnn said. Three other strong styles include vintage, micro-pave and halo designs.
While today couples register at places like Target and Bed, Bath and Beyond, in the past they also registered at jewelry stores. JoAnn said registering for fine china and sterling silver flatware was an enormous business, but it started to change around the ’80s. “People just don’t want to polish silver anymore; they are more casual.”

With all the changes in trends, one thing has remained constant: the groom decides if he will choose the ring alone or if it will be a joint decision. It’s a personal preference on which route the couple takes. “If you bring your girl, give her what she wants,” JoAnn said. “If you decide to not take her to choose the ring, remember her real choice is you, she wants you.” JoAnn’s advice for the groom is to choose a timeless ring. “Pick out the ring you’d love to see your wife wear for the rest of her life,” JoAnn said.

“Jewelry is permanent. It lasts forever, and says so much with few words,” Dick said.

More than 53 years in the jewelry business taught Dick and JoAnn that though the faces were different, the love was the same. “People remember,” JoAnn said. “Just yesterday a couple came up to me and said, ‘47 years ago, you helped us with this ring.’” Even with different characters entering the stage, Dick and JoAnn’s role remains constant in the love stories of thousands of BYU students.

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With wave after wave of taffeta and chiffon crashing around you, a sea of endless white staring back at you, and a baffling whirl of options engulfing you, it’s easy for any bride to get swept out with the tide.

Fortunately for anyone who has stared wide-eyed at a seemingly eternal line of wedding gowns, there are people specifically trained to help brides stay afloat.

Wedding gown consultants like Molly Steffensen and Emily Sloan are happy to toss out a live preserver.

Steffensen and Sloan suggest preparing a survival kit of must-haves to keep you on course.

Have an idea of what you want

“You have to know what you want for your wedding,” Steffensen said. “Do you want it to be more traditional, do you want to be a princess, or do you want to have a more vintage look? How do you feel about beading? Do you like lace? Simple or ornate? If you don’t have at least a picture in your mind, you’re going to be mixed-up between three completely different dresses.”

**Empire**

The waistline of this dress sits just below the bust. The flared skirt is ideal for covering problematic body features.

**Ball Gown**

A fitted bodice and full skirt are featured on this dress. It is most flattering on slender or pear-shaped brides. The full skirt emphasizes an hourglass figure.
Keep an open mind
“Oftentimes, you’re going to come in here, and we’re going to have a dress for you that you would have never dreamed about getting,” Steffensen said. “And if you have that open mind, you’re going to see yourself in a dress you’d never imagined wearing, and you’re going to love it.”

Choose the right board of advisers
“Bring a small group of people that you trust,” Sloan said. “Mothers, sisters and friends are great for advice and encouragement, but beware of the bossy friend that will try to tell you what you want.”

Know your budget
Wedding gown prices can range from as little as $150 to well over $5,000. It’s important to know what you are willing to spend. Generally, more beading and detail means more money.

Take a camera
“[Having a camera] not only allows you to quickly compare multiple dresses,” Sloan said, “but you can also see how the dress photographs.”

Both Steffensen and Sloan advocated looking for your dress as soon as you get engaged. “You never know how long finding the dress is going to take,” Steffensen said. “Alterations, if needed, will take four to six weeks.”

A-line
This gown features a fitted bodice with a flowing skirt. It is flattering on most body types, because the clean lines elongate the body.

Mermaid
This dress hugs the body from the chest to the knee, and then flares out to the hem. It accentuates curves.
Some women find that after the “honeymoon phase” it is often hard to adjust to married life and being a wife. There is no clear-cut book on how “to do” married life. Being a wife takes practice and time, but, a little advice doesn’t hurt either.

**Keep Him at the Top of Your List**

A wife should tell her husband first about important things. “We should not have any intimate partner other than our husband,” said Merrilee Boyack, author of “Strangling Your Husband Is Not an Option.” “We confide in him above all others – above Mom, best friends or anyone.”

**Don’t Take His Name in Vain**

Women should focus on the positives of their husbands. When the time does come to complain, wives should take a soft approach and bring their husbands up instead of tearing them down, said Stephen Duncan, BYU professor of family life.

**Don’t Be Glued to Him**

“One of the difficulties in working out a new marriage relationship is the amount of time the spouses feel they should spend together,” Boyack said. “To be a smart wife, we need to give our husbands space and time off, and we also need to take our own.”

**Don’t Kill What Was Working in the Beginning**

After women get married, some tend to “let themselves go,” physically and personally. “Continue what you did when you were dating to attract your husband,” Duncan said.

Boyack also emphasized the vitality of a weekly date. “If God asks us for three...
hours a week, our other crucial eternal relationship requires the same.”

**A Man is a Man**

Women need to learn and understand the stylistic and communication differences in men, Duncan said. A marriage comes together when a woman understands and appreciates her husband’s differences.

**Turn Toward Your Husband**

Duncan said each partner needs to “turn toward” one another. In relationships we throw out bids for attention, such as a husband saying he had a bad day. By acknowledging his bid for attention and vice versa, both spouses will create “effective synchrony” and develop “emotional intelligence.”

**Be His Cheerleader**

“He needs someone to cheer him on and that’s you, his bride,” said Gary and Joy Lundberg, authors of “Love That Lasts.” It is crucial to be there for him and his interests.

Duncan said a wife should be actively engaged in her husband’s life.

“Couples should have a time where they go over each other’s agenda and then at night have pillow talk in order to decompress and share how things went that day.”

**Hold On Through Tough Times**

“Everybody’s going to have tough times, so stick with it and don’t fall apart,” the Lundbergs said. “People don’t fall out of love, they forget to love.”

**Value Your Marriage**

The Lundbergs said not only should spouses pray together, they should also pray for one another individually. When this happens in a marriage, you gain a greater love, respect and concern.

**Be a Dreamer**

At first this may seem easy to accomplish, but this task gets harder as the years go on, Duncan said.

“It’s okay to dream; one should put their goals to that fairy tale they are living,” Duncan said. “Just don’t get caught up in it. Set realistic expectations but always dream for the future, because it will give you and your husband something to work toward together.”

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Only a person who has been through hundreds of weddings would know that baby powder, lightly dusted over the train of a wedding dress, can cover up grass and dirt stains. That's why brides benefit from wedding coordinators.

Weddings can be expensive, but wedding coordinators make it their business to develop good relationships with vendors and get the bride the best product for her price range, said Autumn Buys, bridal consultant for Mary's Bridal.

Sitting down at the desk of a wedding coordinator is one of the best ways to start the planning process. The wedding coordinator will compare prices and work with vendors to ensure the bride gets what she wants.

“I had no idea what I wanted,” said Casey Hemard, a recent bride who used Soirée Productions to help plan her wedding. “I’m not an artist or very creative, so I was so pleased when I was handed so many options to just choose from.”

At Soirée Productions, an event-planning studio based in Park City, Lillie Garrido consults with the bride-to-be and helps determine the budget,
the vision of the wedding and

gives the bride samples
from every vendor
she will need to
consider.

Garrido and many
other wedding coordina-
tors have thought of all the
details. A bridal “emergency kit”
is always present, even though
sometimes it isn’t for the bride.

“On the day of the wedding,
I have been asked if I had Visine,
buttons, even black socks,”
Garrido said.

An emergency kit is essential.
Bobby pins for the hair and veil,
safety pins for a heavy train,
breath mints for the wedding
line, hairspray for that beautiful
up-do, an extra pair of nylons in
case a run appears and Band-Aids
for the shoes that weren’t
quite broken in.

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Worded wedding invitation the traditional way while showing your personality can be one of the many stresses of planning a wedding.

“There are a lot of different ways to do it, but it’s whatever you want to do,” said Deni Ward, owner of I Do… Weddings.

Traditionally, the brides’ parents announce the marriage of their daughter and request the guests’ presence at the festivities.

“I have had some that are wordy and ridiculous, and some that are short and sweet and to the point,” Ward said.

As for sending them in a timely manner, Utahweddings.com said to mail the invitations four to six weeks prior to the wedding.

“People say six weeks, but I think that’s too long,” Ward said. “Three to four weeks so people don’t forget or lose them.”

According to Darrell Stanley, owner of Invitations Etc., to get the invitations out on time, it is a good idea to get started two months prior to the wedding. This will allow time for designing, proofreading and printing.

“The average lead time is two to three weeks to complete the invitations,” Stanley said.

When placing the order for invitations, Utahweddings.com recommends ordering 50 extra to prepare for misspellings or last-minute guests. Ordering extra invitations at the time of purchase will cost less than ordering a new round.

It is always a good idea to keep the final price in mind when designing custom invitations, and that includes postage.

Emily Neilsen, an invitation specialist at the Bridal Center in Provo, recommends going to the post office to find out how much postage will cost for the particular invitation.

“It depends on the size of the invitation,” she said. “If it is irregular, it will cost more.”

According to usps.com, the basic estimate for a one-ounce letter sent anywhere in the U.S is a 44 cent stamp. Every additional ounce needs an additional 17 cents. Once the letter reaches 3.5 ounces, it is considered flat and will cost anywhere from $1.05 to $2.75. If a square envelope is used, there is a 20 cents surcharge for each letter. Check with the Postal Service for details.
Many have heard horror stories surrounding an engagement period: Bridezillas, disengagements and high tempers abound. But there is no reason to let this happy time become a negative stress on your everyday life. There are many ways for the bride to keep her cool and still love her wedding.

Recently married Kara Remington, a senior majoring in biology teaching, knows all about planning a wedding while being pressed for time. During her three-month engagement, she played for the Women’s Rugby club, worked as a Biology 100 teaching assistant and took a 15.5 credit course load.

She recognized the need to delegate and employed her mom as her greatest help. After briefly describing some general ideas she’d like, Remington let her mother go to work.

“I think that’s probably the key: to recognize that there are more important things than every little detail,” Remington said. “I wasn’t very picky.”

In the end, a bride hardly remembers the wedding day itself. After finally arriving at that day, so much is going on that it is almost overwhelming.

“I was much more focused on that it was happening than what was happening,” Remington said.

Crystal Lyman, floral and wedding consultant for the Northampton House, supports this way of wedding planning. By eliminating as much stress as possible, a bride is able to focus on what matters most.

“The point of getting married is to enjoy it,” Lyman said.

Lyman recognizes that there are some crucial aspects to wedding planning that can make the experience more enjoyable, including allowing enough time and making sure to be organized.

“There is nothing like forgetting to remind someone two weeks before to bring the cake,” Lyman said.

When planning a wedding, a bride needs to focus on a few details first. Things like the temple date, venue, photographer and colors are good places to start. Also, go in with a budget, but don’t restrict yourself.

“Don’t be afraid to spend the money, because it’s the only chance you get,” Lyman said.

When approaching the date, Lyman recommends being flexible. Mishaps can happen on the wedding day, but it is important to remain focused.

“The most important part is being married in the temple,” Lyman said.

After getting engaged, the first thing to do is decide on a temple and the date. Keep in mind that if the bride or groom has not received their endowment, a date will also need to be scheduled for that.

It’s important to know how many guests will be attending the sealing, because sealing rooms have limited seating. Other details to prepare for the sacred sealing ordinance will be sent in a letter from the temple to the bride. Questions about temple arrangements should be directed to the temple.
Whether a wedding planner takes control suggesting the best caterers, florists, musicians and reception halls or the bride and groom use a more hands-on approach, the bills must fit the budget.

Planning a wedding can't properly begin until the budget is established, and the hardest part about making the budget is figuring out who pays for what.

According to “Emily Post’s Wedding Planner for Moms,” traditionally the bride and her family are responsible for funding essentially everything except the ring, rehearsal dinner, marriage license, honeymoon and expenses incurred by the groom’s family or attendants. These costs are left to the groom and his family.

Sometimes the rule is overlooked because parents simply can't afford the wedding their daughter has in mind while still abiding by financial rules set by tradition.

“My brother paid for the parts of the wedding I was responsible for as the bride,” said Amanda Robbins, 24, married in the Salt Lake City Temple in 2006. “My mom made my cake and I bought my own dress, which helped reduce costs.”

A common wedding practice in LDS culture is hosting a reception where the bride is from, the night of the ceremony, then an open house in the groom’s hometown after the honeymoon.

Couples needing to be financially savvy may consider splitting the cost and the guest list three ways, with the engaged couple and each set of parents covering a portion of the costs.

No matter what the budget's bottom line is, wedding finances are determined one wedding at a time.
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Choosing Wedding Music

BY MANDY TEERLINK

The last thing a bride needs to be stressed about on her wedding day is music for the reception. Oftentimes, so many other details are vying for her attention that the music can seem unimportant or be an irritation. But it is an important part of a special evening.

Choices between a more formal style of music and the energetic-dancing style need to be made based on the venue and preferences of the bride and groom.

“We usually encourage more slow music and formal music just because everybody is in really nice evening wear,” said Becky Miller, from White Willow Reception Center in Provo. “I find that when the fast songs come on, the floor kind of clears because the older people don’t really want to dance to that.”

Sometimes there are difficulties deciding what song to use for the traditional couple’s dance.

“A lot of them use music that has meaning for them,” Miller said. “The bride and groom usually choose their favorite song to do their couple’s dance to.”

Lyric Leatham, married in December 2009, chose to personalize her couple’s song.

“We picked out two songs and had my cousin sing them to us, and we picked out which one we liked better,” she said. “The first dance for me and Sam [my husband], we had my cousin playing on her guitar and then the rest of them we just had on a playlist on an iPod.”

There are so many options for a reception’s music with modern technology that it can seem overwhelming. The most cost-effective option is to simply compile a CD or playlist with love songs as Leatham did. Many reception venues offer free use of their sound system. If the reception takes place within a private residence, sound systems can be rented or borrowed.

Many couples opt for hiring a DJ, which is a more expensive route featuring more dancing-style music. This can lend a fun atmosphere to the reception, but there is a downside as well.

“A lot of brides will bring a DJ in, but they tend to emcee the event as well as play the music,” Miller said.

Other options for background music include hiring a pianist, string quartet or live band.

Heather Cole, also married in December 2009, had a piano soloist accompany her reception.

“I told her to play whatever she wanted,” she said. “Just to be lovely and not overbearing. It was already a bit nicer than a walk-through reception, so it seemed very sophisticated.”

In the end, the decision revolves around the personalities of the bride and groom and the environment they want.

“I mean, we’ve had dances here where the bride and groom are playing the hokey-pokey and really off-the-wall music, and other dances are really slow and formal,” Miller said. “It just depends on the bride and what she wants.”
The big day has passed. The reception is finished and the thank you cards have all been sent. So now what? A new stage of life is starting, and for most new grooms the role of husband is uncharted territory.

Becoming a good husband can’t be learned through watching movies, playing sports or video games. Contrary to beliefs, one doesn’t just become Mr. Perfect after words have been pronounced across the altar. To be a good husband takes continual work and patience.

One married student had a suggestion for success in a marriage: “Love your wife and make her desires the most important in the relationship,” said Johnny Biolo, a senior from Green Bay, Wis., studying actuarial science.

There are other points of view on ways to become a better husband; however, there is no set formula that defines everything a good husband does. Men can prepare to be better spouses before they marry. Jeffrey Hill of the School of Family Life named three traits men can develop that will help them in marriage.

To Be, or To Be Better?

BY KOFI FRIAR
They are:

Learn how to become a good friend.
Learn to place others’ needs before one's self.
Learn to express feelings.

Tom Holman of the School of Family Life studies romantic relationships, which also includes the transition into marriage. He established four factors that lead to a stronger marriage:

Come to terms with yourself. Men who come from strong family backgrounds or who have come to terms with dysfunction in their families become better husbands.

Be positive. Those who have healthy personalities, no serious emotional problems and are positive and upbeat do best in marriage.

Learn how to communicate. A major predictor of a strong marriage is when a husband knows how to work out issues with his spouse through the use of positive communication. Letting her be a full partner, accepting her opinions as important, and showing love and acting in loving ways are aspects of strong communication.

Know your supporting cast. Have a supportive social network like parents who approve of the marriage, groups (like the LDS Church) that support marriage and other things that support your marriage rather than detract from it.

It is important to remember that all relationships have their high and low points. It is up to each couple to establish the significance of their relationship and work hard to maintain it.
Planning your wedding, counting down the days

BY SARA LENZ

4 MONTHS BEFORE
- Set date, time and place
- Schedule time for sealing at the temple and endowment date and time (if necessary)
- Find wedding planner (if desired)
- Figure out budget and decide who is paying for what
- Decide on theme and colors
- Select and reserve place for reception
- Choose photographer
- Take engagement pictures
- Find dress and, if needed, alter to temple standards
- Select and reserve place for luncheon/pre-wedding dinner (if desired)
- Start to gather guest lists and addresses (you will want to keep copy of addresses for thank you notes)
- Decide who you want at temple sealing (check for number of people that can fit) and luncheon
- Ask two people to be witnesses at wedding (usually fathers)
- Discuss finances, transportation, education and long and short term plans with fiance
- Schedule temple recommend interview with bishop and stake president

2 MONTHS BEFORE
- Start addressing announcements
- Register at two or three stores
- Pick out pictures for reception slideshow (if desired)
- Find place to live
- Decide on favors and order necessary items
- Make pre-marital checkup appointment
- Shop for veil, comfortable wedding shoes and jewelry

3 MONTHS BEFORE
- Pick out and order announcements
- Order wedding cake
- Choose caterer
- Meet with florist
- Pick out decorations for reception and arrange for any rental items needed
- Decide on wedding party
- Pick out or order bridesmaids’ dresses
- Find tux store
- Schedule reception music
- Choose groom’s ring
- Plan honeymoon and make reservations

6 WEEKS BEFORE
- Send announcements
- Take bridal pictures
- Make hair appointment (appointment must finish two hours before sealing)
- Trial run for your hair appointment and bring your veil (perhaps on the same day you take bridal pictures)
- Purchase gifts for bridesmaids
- Decide menu for luncheon/pre-wedding dinner and reception

ONE MONTH BEFORE
- Get marriage license (no more than 30 days before wedding date; licenses and/or social security cards may be needed)
- Schedule makeup appointment or experiment with how you want to do your makeup
- Dry clean gown (if necessary)
down the days

TWO WEEKS BEFORE
☐ Follow up on reservations: florist, photographer, cake, reception music and honeymoon accommodations
☐ Meet photographer about specific pictures you want
☐ Have groom get haircut
☐ Pick “get-a-way” outfit
☐ Buy cake knife, server and guest book

1 WEEK BEFORE
☐ Get manicure and pedicure
☐ Pack for honeymoon
☐ Pick up tuxedos
☐ Get excited, only one more week!

DAY OF WEDDING
☐ Eat light breakfast
☐ Go to hair and makeup appointments
☐ Be to temple when specified (usually one hour early)
☐ Don’t forget your marriage license, temple recommends, rings and wedding dress
☐ Take survival kit (needle and thread, extra bobby pins, safety pins, bottle of water, etc.)
☐ Enjoy one of the best days of your life!

AFTER THE HONEYMOON
☐ Make sure to change your name on your license, social security card and on school records
☐ Change insurance coverage
☐ Change address
☐ Write thank you notes
☐ Live happily ever after…

PHOTO BY MIKE CUNNINGHAM/THEDIGITALORANGE.COM.
Every bride wants to remember her wedding day as one of the happiest days of her life. Unfortunately, the stress that goes into planning a wedding is often all she can think about. To help, here are 10 tips every bride should know to relax and enjoy her wedding day.

1. **Give yourself enough time to plan.** The shorter the engagement, the simpler the wedding and reception should be. Whitney Young, who was married in August 2009, suggested brides take care of everything early so the last weeks before the wedding aren’t too hectic. “Get the engagement pictures, announcements and everything else done as early as you can,” Young said. “Then you’re free to relax in the days leading up to and the day of your wedding.”

2. **Reconfirm all your vendors.** Double check with the photographer, the caterer, the florist, etc. to make sure they have the correct date and time.

3. **Spend time relaxing together as a couple.** You don’t want your fiance feeling like the wedding is more important than him. Take a night off from planning and go on a date.

4. **Delegate responsibility.** The old saying, “If you want something done right, you have to do it yourself,” doesn’t apply when it comes to planning a wedding. Your fiance, family and maid of honor are there to help you; let them. “The worst thing I could have done is be my typical, control-freak self,” Young said. “Luckily, I wasn’t, and things were so much less stressful than they could have been.”

5. **Remember it’s not going to be perfect.** When Katrina Morgan ordered a lavender and white bouquet for her wedding in December, she was surprised to see the flowers were pink, purple and yellow. Instead of getting upset, she decided it didn’t matter. “You really don’t need decorations, flowers or good food for it to be perfect,” she said. “The thing that makes it perfect is when your families are there and are happy for you and you know what you’re doing is absolutely right.”

6. **Take time to pamper yourself.** Whether it’s a facial, pedicure, manicure or massage, be sure to treat yourself so you can look and feel your best. “Before the wedding day, a bride should always have a pedicure and massage,” said Autumn Spencer, owner of Seasons Salon and Day Spa in Orem. “Our bodies hold a lot of tension, and having a massage can help her to relax and feel pampered all over.”

7. **Wear comfortable shoes.** The moment you step into a pair of shoes, you know whether or not you can wear them all day. Don’t try to convince yourself otherwise.

8. **Don’t worry about what other people think.** You might even overhear one of your guests complaining about the food, the decor, etc. Just let it go and enjoy the day.

9. **Surround yourself with people who help you relax.** Morgan said her fiance and her family helped her relax the most on her wedding day. “Mark was perfect and I was just so happy to be with him, I didn’t really care about anyone else that day,” she said. “But both of our families made that possible.”

10. **Focus on what’s important – the wedding!** Out of all the “fluff” that goes into planning a wedding, the ceremony is what matters most. “What was really important was the marriage itself,” Young said. “Not the hair, not the flowers, not the pictures, not the luncheon, not the reception. Being sealed for eternity to my husband was the important thing.”

**PHOTO BY MIKE CUNNINGHAM/THE DIGITAL ORANGE.COM**
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