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WINTER 2011

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ENTERING THE TEMPLE
Being appropriate, prepared and recommend ready

THE RING
Suggestions on what to wear for the rest of your life

DO-ING WELL
Choosing the perfect hairstyle for your wedding day

BLOOMING BOUQUETS
Making the bridal bouquet reflect who you are

ICING ON THE CAKE
The plan for buttercream, fondant, royal or glaze

LAW ABIDING
How and where to update the world to your new status

PRESIDING COUNSEL
Learning from a BYU stake president and his wife

THE ART OF DRESSING
Ten pointers for a dress that will be a success

LOOK WITHIN
Keep it humble and keep moving on

HOW DO YOU KNOW?
Saying “I love you” in a different way

BURDEN-FREE BUDGET
Common sense approach to family finance

CENTER OF ATTRACTION
Scaling a reception, the decorations to fit

PICTURE POLICIES
Taking bridals and preserving the memories

WEDDING CHECKLIST
What to do the months before the wedding

ADVERTISERS
Abigail Wright Designs, 17
Allyse’s Bridal, 6
Blom International, Inside Front Cover
BYU Skyroom Restaurant, 20
Cambridge Court, 14
Carmelle Reception Center, 25
Clarks Tuxedos, 16
Creative Light Photography, 9
Fred Meyer Jewelers, 10
Gowns By Pamela, 11
Hayley Burk Photography, 32
Gateway Bridal and Prom, 4
Le Chateau, 22
Losee Jewelers and Company, 2
Los Hermanos, 23
Millennial Falls Wedding and Reception Center, 26
The Perfect Dress, 23
Rowley Press, 29
Salon K, 31
Schubach Jewelers, Inside Back Cover
Sierra-West Jewelers, Back Cover
Sleepy Ridge Reception Center, 1
StrongerMarriage.org, 26
Sweetheart Bridal, 21
University Obstetrics and Gynecology, 30
Utah Celebrations, 22
Valley Obstetrics & Gynecology, 24
Wilson Diamonds, 15
The Woods on Ninth, 31

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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.

On the day of the wedding, bring to the temple:
- Your individual Recommend for Living Ordinances (both bride and groom)
- Marriage license

Clothing Standards

**BRIDES**
Your wedding dress should meet the following temple 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.

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Different hairstyles can create different looks. Leaving your hair down for your wedding can create a casual, carefree look, while putting it up creates a more formal one.

However, one trend seems universal among modern brides: forget tight and in-place, and go for soft and comfortable.

“Recently brides really like big curls pulled up loosely,” said Chelsea Jones, a student at Paul Mitchell Beauty School in Provo. “They want it to be soft instead of slicked back.”

Cydnee Graham, who was recently married, decided to wear her hair simply down and curly.

“It looks more natural,” Graham said. “It’s fun to get dressed up and really pretty, but you don’t want to look fake.”

For a modern twist on the traditional wedding veil, brides are using hair accessories such as flowers and feathers. Shorter veils, such as the birdcage veil, have also become popular.

Graham decided to use a flower-accented headband instead of a veil for her wedding.

“Veils are very traditional and I wanted to do something non-traditional,” Graham said. “It’s elegant but simple.”

It’s good to note that bridal shops often give brides a discount for purchasing their wedding gown and veil at the same location. However, Cassandra Beck
decided to create her own birdcage style veil for her wedding this past May.

After ordering the needed material online, Beck created the veil by adding white feathers and a vintage pin she bought at an antique shop.

“They cost about $60 in the stores but only about $5 to make,” Beck said. “I wore my hair in a low up-do, and I thought the veil worked really nicely with that style.”

In addition to the veil selection, a bride should be careful when choosing accessories. The jewelry shouldn’t overpower her gown or distract from her face.

Graham decided to wear some classic crystals her grandmother gave her for her wedding, while Beck decided to wear no accessories at all.

“I’ve heard that the only jewelry necessary on your wedding day is your ring, and I think that’s classy.”

From hairstyle to accessories, the completed look is really about the bride and her personal style.

“I would suggest brides look through magazines to see different styles,” Jones said. “It all depends on the bride and what she likes.”
**At the center of every wedding is a bride, and at the center of nearly every bride is her bouquet. The process of selecting colors, styles and details of your wedding culminates in your bridal bouquet. It should reflect your personality and creativity.**

The key to having a memorable bouquet is to take the time to add touches of you. This can be as simple as adding a sentimental piece of vintage jewelry or asking your florist to wrap your bouquet handle with an unused piece of fabric from your mother’s wedding dress. The good news is there are no rules, and there are unlimited possibilities.

Know what you would like with you on your wedding day, and make it a part of your bouquet. Something old? Something new? Something borrowed? Something blue?

Don’t be afraid to try something different. Bouquet shapes and styles are starting to shift. A popular trend we are seeing is an updated cascade bouquet with lots of orchids, embellishments and personal touches. I guarantee you will find some amazing things.

Michelle Virtue is the manager of BYU’s Campus Craft and Floral.
Full service bridal package includes: headpiece, petticoat, cleaning fee, and yes, even alteration.

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- Ribbon buckles
A wedding cake is more than just a tiered pastry designed to fit your personality and wedding color scheme. It can be a sweet symbol of love that everyone enjoys.

Brides should consider all of their options before deciding on a cake and its maker. Choosing whether to have a professional, family member or friend make your cake should be a well thought out decision.

“If you know someone that can make a gorgeous cake, why not have them do it?” said Katie Nelson, BYU student. “Allow someone to showcase their talents.”

Nelson said an advantage of using a professional is it allows the bride to be direct about what she wants in terms of look and taste, without hurting anyone’s feelings.
“Another advantage of hiring a professional is a higher level of accountability and responsibility to perform,” Nelson said.

Michelle Andrew, a BYU senior, chose a family friend to make her wedding cake.

“I could talk to my friend comfortably about what I wanted,” Andrew said.

It is ideal to begin speaking with your desired cake decorator several months before your wedding date.

“We started working on what we wanted for the cake early in our engagement, because we wanted to be able to describe exactly what we wanted,” Andrew said.

When choosing the cake, consider the wedding budget.

Heather Nord, a professional cake decorator and owner of The Pink Icing in Springville, said the more detail a cake requires, the more expensive it will be.

Nord said if a bride wants to cut costs, she should consider doing a smaller, less extravagant cake.

Wedding cakes are no longer the traditional plain white, she said. Brides are requesting colorful, whimsical cakes with fresh flowers and new flavors.

“There is something so beautiful about a wedding cake, something so timeless,” Nelson said. “A wedding cake should symbolize a lifetime of romance.”
Marriage License

Requirements vary from state to state. Some states may require a blood test or physical. Find out the specific requirements of the county where the wedding will be performed.

The requirements for Utah County are:

- Applicants must appear together at the same time at the Utah County Clerk's Office (100 East Center Street, Room 3600, Provo; Monday-Friday, 8 a.m. to 4:30 p.m.).
- Pay a fee of $50.
- Provide required information (full names, Social Security numbers, current addresses, dates and places of birth, names and birthplaces of parents, one form of ID such as a driver’s license or passport).

The marriage license will be issued at the time of application and is valid for 30 days. The temple will return the completed marriage license to the County Clerk's Office for you.

Updated Social Security Card

Visit the Social Security office (485 North Freedom Blvd., Provo; Monday–Friday, 9 a.m.–4 p.m.; 801-377-5651) and submit form SS-5 (form available at socialsecurity.gov).

ID Needed: US Citizen/Permanent Resident: driver’s license, marriage license, student ID; International Students: I-20 ID form, passport, student ID.

Updated Driver’s License

Provide the following information at the Driver’s License Office (759 N. 1370 West, Orem; Monday–Thursday, 7 a.m.–6 p.m.; 801-234-8260):

- Proof of identity (birth certificate in English or a translated copy if in another language)
- Proof of legal/lawful presence
- Proof of Social Security number or ITIN
- Two proofs of Utah residence address
- Evidence of name change
- Marriage certificate indicating the change of name

Arrive at least one hour before closing.

Updated Vehicle Title and Registration

Changes must be made at a Utah Department of Motor Vehicle office (150 East Center Street, Provo; Monday – Thursday, 7 a.m. – 6 p.m.; 801-368-8824).

Bring your current title, registration card and marriage certificate. You’ll also need to complete a new registration form. You can change your registration and title with just one form. If there’s a lien on the vehicle, you’ll need to receive permission from the lienholder before applying for the change.

BYU Marital Status

Go to the Records Office (B-150 ASB) and fill out the marital status change form. If the university record continues to show your status as single after your marriage, you can be fined for living in non-contracted housing.
For when he finally catches you.
Reflecting back on their marriage, President Thomas E. and Sister Susie Mullen were grateful for the learning process and growth they have shared together in raising a family.

“You don’t realize what you’ve done over 27 years,” Sister Mullen said. “There are floods of memories that are ours forever, ours as a team.”

President Mullen presides over the Brigham Young University 22nd Stake and counsels couples to focus on the significance of the covenants they are about to make.

“As a couple looks back, their temple sealing will be one of the very most important events that has happened to them in this life and the eternities,” President Mullen said.

Just as a ward is organized in a church building, so are families organized in the temple.

“In the temple, in the Lord’s house, we organize families the way the Lord has set forward,” President Mullen said. “It’s not of course just for this life, but forever.”

Couples, especially the bride and her mother, want the wedding day to be perfect. Yet, having a carefree day is an unrealistic expectation.

“Everyone wants a perfect wedding day, but something inevitably always happens,” President Mullen said.

President and Sister Mullen recalled their wedding day and how plans did not go as smoothly as planned. The wedding cake, which President Mullen’s younger sister had made, was ruined on the way to the reception after toppling over in the car. A damaged cake didn’t stop them from having a perfect day.

“When people ask about our wedding day, I always tell them it was perfect, because I married the girl I love; we were worthy; and we got married in the temple,” said President Mullen.

There are only three elements needed in order to have the ideal wedding day. Those three components, President Mullen said, are marrying the person you love, being worthy and being sealed in the temple.

Having that eternal perspective is the only way a couple is going to have a perfect wedding day, he said.

“Once they have established that, it becomes a perfect day,” President Mullen said. “Everything else is just stuff.”

After being married, it’s important for a couple to make a commitment to go to the temple on a regular basis. President Mullen encourages couples to attend the temple as often as circumstances and situations allow. He also reminds couples to be realistic about their temple worship.

“It’s the best date night you can have, and it...
centers your life,” Sister Mullen said.

At the temple a person is taught at a greater depth about Heavenly Father’s plan.

“As you understand more about the Savior, the Atonement and the plan of salvation, it’s going to help you become stronger as a couple,” President Mullen said. “It’s going to help you understand why we have families and why we do what we do.”

President Mullen said it’s natural to get nervous beforehand for those entering the temple for the first time.

“Every time we do something new we get a little nervous and a little anxious, but it’s OK,” he said.

“‘When people ask about our wedding day, I always tell them it was perfect, because I married the girl I love.’

PRESIDENT THOMAS E. MULLEN, BYU 22ND STAKE

Just as the Savior taught with symbols, temple instruction uses symbols, President Mullen said.

“Temple ordinances were given by revelation, so the way we understand it is by revelation,” he said.

Through diligent preparation, regular attendance and guidance by the Spirit we can leave the temple a better person than when we entered.

“Every time we go to the temple we will come away with something,” President Mullen said. “‘It may not be anything that is grand and overwhelming, but it will be a thought or impression.’

Such impressions may be as small as catching your breath or feeling God’s love for you.

President Mullen said it is important to remember we are children of our Father in Heaven and we are part of His plan. Doing so helps us keep a proper perspective and reminds us of what we are trying to accomplish in this life.

“The temple helps us remember who we really are,” President Mullen said.

There are not many places where a person can get away from the world. President Mullen said in this technological era, more than ever, it is necessary to have a place of refuge.

“It’s like coming back home,” he said.
Research your style
Attend bridal shows and look through bridal magazines and wedding websites to familiarize yourself with the latest wedding gown trends.

Begin the search early
Start shopping as soon as you set your date. It is important to get a dress three to four months before your wedding day. Searching early on in the engagement will allow time for fittings, alterations and coordination.

Be mindful of temple requirements
Take time to research the guidelines that the LDS Church sets for temple wedding dresses. Specific requirements can be found on page 5. Many brides choose to wear a temple dress for the ceremony and then wear their wedding dress for their reception. Decide what works best for your situation, and adhere to the temple guidelines.

Be aware of your wedding gown budget
Many brides don’t take into account the various expenses that go into a single dress. When creating a budget, a bride should be prepared to plan for additional costs such as alterations as well as press and cleaning.

Take your time finding a dress
To make your day a pleasant and rewarding one, try not to visit too many bridal shops in the same day. To make the dress search less stressful, set aside several days where you can go look at your own leisure.

Bring your own consultant
Shopping is always better with two. Bring your mom, friend or roommate along to help you decide on a style that fits you. It’s a good idea to bring a camera to take pictures.

Trust your instincts
While most brides try on many dresses, some find that their favorite dress was one of the very first they tried on. Don’t be afraid to go back to your first selection. Ask yourself how you feel in each gown and what accents your personality and features the best.

Embrace your decision
Nothing is worse than buyer’s remorse. Once you have selected your wedding gown, do not question your decision. Mentally decide to love your dress from that day forward no matter what! Always remember the features that drew you to it.

Have your dress altered by someone you trust
It is important to find a professional seamstress who is familiar with wedding gown
alterations. This will ensure that your dress will fit perfectly, compliment your figure and showcase your beautiful wedding gown. Most bridal shops have recommendations and contact information for local wedding seamstresses.

Add the final touches
After choosing your wedding gown, begin looking for matching elements such as veils, shoes and jewelry. These simple, yet elegant pieces can complete your look.
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Loving Who You Are

By Leesa Allison

When it comes to loving yourself, there can be a lot of helpful and unhelpful advice from a myriad of sources. At what point does loving yourself become harmful to your relationships rather than helpful?

“It’s good to love yourself, have confidence and a positive outlook,” said Jason Carroll, Brigham Young University professor of marriage preparation. “The problem comes when we tie our confidence back to the roots that modern society teaches us.”

The media and other sources convince many they must look and act a certain way in order to love and be loved. When we begin solely focusing on ourselves, we tend to view others in a negative light.

“There are unintended negative side effects of enhancing self-love,” he said. “It can turn us inward and we get the exact opposite of loving ourselves.”

A major component of loving yourself is discovering who you really are. Knowing who you are creates a foundation that will always be there, no matter who does or does not love you, Carroll said.

“It’s an unconditional love,” he said. “We can never lose it, we can’t diminish it and it’s not connected to our GPA, hairline or hip size.”

Shalee Curtis, a BYU senior, said she found what helped her self-love the most was remembering her divine worth.

“The most was remembering her divine worth.

Loving myself came by just recognizing who I was.”

Nicole Garcia, a senior from Park City, said it is important for a person to have goals and hobbies in order to be happy and improve.

“There are times when you are alone in marriage, while he is at work or away somewhere,” Garcia said. “You could mope around and be sad that he is not spending time with you, or you could work on your goals and be doing things you like to do. By working on yourself, you will be more able to bless others lives.”
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As a couple begins to think about marriage, there are issues they must discuss besides flower arrangements, invitations and photographers. Figuring out budgets, incomes and financial goals can be harder than you think.

With the changes of income, expenses and budget it can be hard to stay on track financially if a couple does not initially make a financial plan. Talking with your fiance is the first step to finding a budget that will work after you tie the knot.

“Before we got married, we talked about budgeting and finances as much, if not more than anything else,” said Stephen Nelson, recently married from Brea, Calif.

Nelson came across wise advice in an article by Warren Buffet in which he said, “A dollar spent on something today is more than just one less dollar in your wallet. It is loss of purchasing power in the future for the things you really want.”

Nelson said Buffet’s advice made him more aware of how he spends money while putting his priorities into perspective.

If a couple is searching for financial advice, there are helpful resources available. Couples who have successfully created and managed a budget as newlyweds can be reliable sources.

Financial classes, books and articles from professionals can also offer valuable advice.

Paul Conrad, of the BYU Financial Aid Office and a teacher of family finance, gives newlyweds three points of advice.

First, do all you can to minimize debt. Second, if you have two incomes live on one and save or invest the other. Third, pay in cash for your first vehicle. A couple can save thousands of dollars in interest that would otherwise be paid for in car loans.

It can be time-consuming for newlyweds to determine a budget, but beginning a marriage with a sound financial plan can lead to future financial freedom.
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Describing a centerpiece for the reception tables can be an afterthought, but if done right, centerpieces can be an opportunity to tell the guests more about the happy couple.

"Be unique," said Laurel Farrer, former event planner from Colorado. "Think of your dining table as a place to tell your story, share your interests, encourage conversations and thank your friends and family for their support."

One simple way to show personality of a couple and make the centerpieces more meaningful is to design on a theme.

"Pick an object that relates to the theme of the wedding or the story of the couple, not just a specific trend or object that is popular," Farrer said.

If the couple shares an interest in photography and outdoors, they could design their centerpieces with a natural outdoors theme, displaying photographs they had taken together.

The style of the couple is the most important thing, Farrer said.

"Brides design this gorgeous wedding but it doesn't reflect their personality, and that is what their guests are there to celebrate: this unique companionship, this unique personality being formed by this union of these two wonderful people," she said.

Farrer also said to let the size of the venue space determine the size of the centerpieces a bride picks for her reception.

"Large spaces, like a large ballroom or outdoor landscape, equal large centerpieces," Farrer said. "Small spaces, like an intimate restaurant or covered terrace, equal small centerpieces."

The size and shape of centerpieces will also influence the conversations taking place at the reception tables, Farrer said.

"If you can't see the person on the other side of the table, you can't easily talk to them," she said.

Farrer said to remember the dining tables are the place guests will spend most of their time at the reception.

"Make their stay enjoyable and beautiful," she said.
Many couples are foregoing a long held tradition for practicality. Instead of the groom waiting to see his bride in her white dress on their wedding day, couples are exploring the idea of a pre-wedding shoot.

Wedding specialist Heather Balliet, owner of Amorology in Southern Calif., sets up a photo shoot with the couple and photographer prior to the wedding day for what they call a “first look.”

“This is an opportunity prior to the ceremony to capture the groom seeing his bride for the first time in her gown,” said Balliet.

Many wedding photographers feel this first look should be private and intimate, away from crowds of well-wishers.

“We were preparing for the photo shoot then I walked out and saw Heather for the first time in her wedding dress,” said Jacob Wright of Provo. “It was shocking, because I had never fathomed being at this point where I had this beautiful girl I was going to marry.”

With no pressure to meet and greet guests, a couple can create relaxing and fun photos in diverse locations.

Photo shoot locations range from golden wheat fields, sunset beaches to rustic mountain backdrops.

The traditional studio photo shoot is being replaced with more playful and meaningful interactions in the outdoors, said Californian photographer Jamie Hammond of Jamie Hammond Photography.

“I take a natural approach, focused on them and their relationship,” said Hammond “I want to feel like I’m secretly capturing moments and that they didn’t even know I was there.”

Jennifer Fauset, of Fauset Photography in Salt Lake City, believes pre-wedding shoots are wonderful because she can take as much time as needed with the couple to get exactly what they want. She said all of the couples have loved doing the photos beforehand.
Storing Memories

By Frank Tovar

The wedding went beautifully, and the photos turned out perfectly but making sure your posterity can enjoy these photos for generations can be a tricky task.

With digital data, it is not a question of if you will lose data, but when it will happen.

Two photographers, Drake Busath of Busath Photography and Justin Hackworth of Justin Hackworth Photography, offer advice on how to store your valuable pictures.

The Principle of 3-2-1

This rule of thumb can help you remember how to best manage your backups.

Obviously, multiple copies of your photos should be made, and there are many online storage options available.

“Three different backups, two different types of media, one off-site (away from your home),” Busath said.

Utilizing the 3-2-1 principle can help prevent losing your pictures.

“You don’t want to take a chance with your wedding photos,” Busath said. “If anything is stolen or lost, you have an off-site backup.”

Online storage options range from free, to monthly-based services.

“Many use Flickr,” Busath said. “That is the cheapest way to do it.”

Other online storage services, such as Backblaze.com or Mozy.com, have monthly fees.

Hackworth cautions people when it comes to relying on DVDs or CDs to store photos as a long-term solution.

While some discs, such as the new CDs platted with a gold liner, claim to be more archival than others, the storage life can still deteriorate, Hackworth said.

Begin Backup With the First Picture Taken

Busath Photography stores all of the images they take, as does Justin Hackworth.

“We have every image that we have ever taken, for every client,” Busath said.

Busath Photography follows the off-site rule by using the historical archives at the University of Utah.

Hackworth also looks for a bullet-proof solution.

“You don’t want to take a chance with your wedding photos,” he said.

Hackworth backs up his photos from the moment he is finished with a memory card.

Carrying a portable hard drive, Hackworth backs up his photos following every photo shoot.

With your backups in storage and prints proudly on display, you should be able enjoy your wedding memories for ages to come.
Checking the List

STAY OF SCHEDULE FOR ALL OF YOUR WEDDING PREPARATIONS
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

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
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

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

CONTINUES ON NEXT PAGE

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**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)

**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

**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...

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