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The Utah Statesman Wedding Guide 2017



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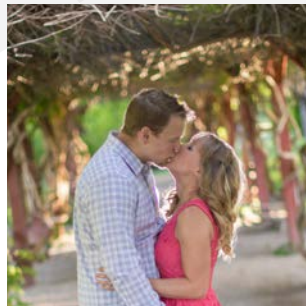
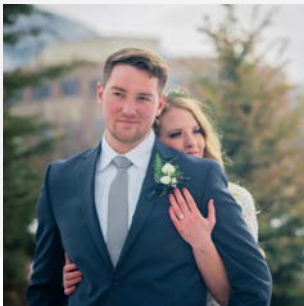
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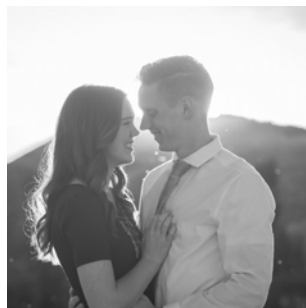
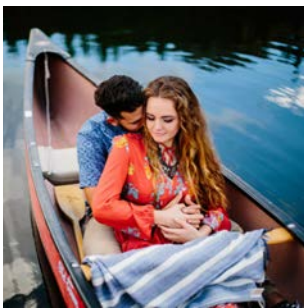
Letter from the Editor



It is with great pleasure that I present you with the 2017 edition of Hitched, the Utah Statesman wedding guide. I hope you enjoy reading this as much as the Hitched team has enjoyed writing and putting this magazine together.



If you've been a reader of Hitched in the past, you'll notice a slight change we have made. This year instead of publishing a "bridal guide," we opted to produce a "wedding guide." Hitched isn't just for brides, nor is it just for those planning a wedding, it's for everyone. We all attend weddings, there's a good chance that we will all participate in one at some point or another in our lives. Whether as a guest, bridesmaid, groomsman, parent or the happy couple, you can benefit from Hitched.



So pick up a copy, they are free after all! Take one to your son, daughter, significant other or that annoying roommate couple making out on the couch in your apartment. On behalf of the Hitched team, I wish you many happy weddings.

Richard Poll



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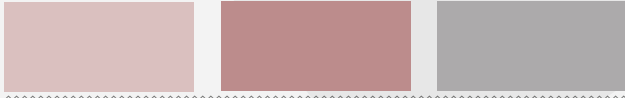
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Color Considerations

By Mekenna Malan

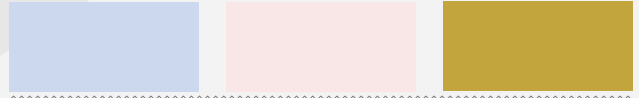
Winter Maive + Grey



The white backdrop of snow perfectly contrasts dusty mauve and grey. This simple color palette will ensure your wedding stands out, but is pleasantly muted.



Spring French Blue, Blush, + Gold



For a romantic wedding, an antique french blue exudes classiness and love that's worthy of a Jane Austen novel. Metallic gold make the color palette unique, while soft blush adds femininity.



Color Considerations

By Mekenna Malan

Summer

Natural White + Green



An elegant white wedding decorated with green foliage and natural brown wood delights the most earthy (and down-to-earth) couples. The key to this palette: plants, plants, and more plants.



Fall

Cranberry, Orange, + Ivory



The best inspiration for wedding colors comes from the Autumn trees. Rich cranberry and orange are balanced by ivory. Seasonal touches - such as an apple cider beverage station - are highly encouraged.



Decor for Every Season

By Isabel Forinash

Cue the “I do” and pop the cider bottles because any season can be wedding season for a girl with a Pinterest account.

Whether it was a pleasant surprise or a thoughtful decision, dream boy finally popped the question and now it’s time to get down to business.

Time is literally of the essence because decorations, bridesmaids dresses, and engagement photos that all your friends are going to tack on their refrigerator doors will only look good if the design of the wedding is fitting for the time of year.

Keep in mind the styles for the season to make sure your big day decorations stand out and don’t end up looking like a church christmas party.



Winter

Since it is a six-month long season in Utah, winter is a popular time for couples to get real cozy with each other. Your winter wedding can be the envy of the year as long as you keep it simple.

Stick with White

Too much white may seem blinding, but avoiding warm and bright colors during this time of year will keep your wedding elegant and chic. White can be textured differently to create a unique look.

Frost: Glass vases and drinking cups can be frosted to create a fancy look for your beverages.

look for your beverages. **Powder:** Sprinkle fake snow across tabletops or down the aisle to make it feel like you’re getting married in a winter wonderland without all the cold and ice.

Glitter: Make your centerpieces sparkle by dousing all elements of your centerpieces in glitter. Even add a little glitz to your wedding invite to really catch someone’s attention.

Make Like a Tree ... of Sorts

Stick with flowers and greenery that aren’t noisy but still make a statement. Flowers that are in full bloom this time of year and would make for






exquisite bouquets and centerpieces include:

- Calla Lilies
- Orchids
- Lily of the Valley
- ‘Movie Star’ Rose

Pair these florals with different wooden materials that will accent the white wedding. Frost tipped pinecones or smooth tree trunk rounds used as food platter stands will create an authentic setting.

Unveil the Pale

If your wedding is still blending in with the freshly fallen snow, throw in some pale shades to complement the white. Popular 2017 color schemes for a winter wedding include various combinations of the following:

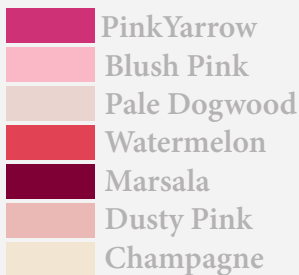
-  Hazelnut
-  Island Paradise
-  White
-  Pale Dogwood
-  Niagra

Spring

Avoid the rain showers and embrace the rebirth of flowers as your wedding lights up during the spring season. This is the perfect time of year to fluff up your bouquet and get creative with your bridesmaids dresses and wedding decorations.

Pretty in Pink

A charming color scheme for a spring wedding includes all different shades of pink. You could incorporate every possible hue on the pink scale and your colors would still look carefully planned out and matching. Popular pinks include:



Pink Isn't My Thing

If pretty pinks don't really suit your style, no worries. Baby blues, pale purples and deep reds make for great color combinations



with pinks and whites so you don't feel like you're drowning in cotton candy. Some color combinations are:

Lavender & Blush Pink



Burgundy & Dusty Pink



Baby Blue & White



Purple Chiffon, Silver & White



Keep It Lit

Your wedding could be

the party of the century, but without the proper lighting it could turn drab fast. Use a variety of lighting arrays to illuminate your night.

Candles: Real candles with a burning flame may be dangerous, but mini, electric candles are a great substitute. Strategically place them around centerpieces or outside the entryway to your reception location to light the way for guests.

Strings of lights: Hang strings of lights across the ceiling or as an arch over the doorway to create a magical vibe for the special day.

Chandeliers: No, they don't have to be huge and expensive to be beautiful. Make simple chandeliers out of lights and wire to hang from the ceiling of your wedding or reception.



Summer

This season is prime time for bright, vibrant colors and sunny vibes. If you're wanting a wedding that is fun and vibrant summer is the wedding season for you.



Fresh and Fruity

Throw the watermelon eating contests and lemonade stands you used to go to as a kid into your wedding celebration by using sweet pinks, yellows and blues as your color scheme. These color combinations will keep your wedding bright and beautiful.

Peach & Patina



Lemon Yellow, Orange & Burgundy



Cyclamen, Cornflower & Mulberry



Orange, Burgundy & Green



Flower-Wear

If you're looking for something a little more unique, try wearing your flowers instead of just holding them. A crown laced with vines and blossoms adds a special touch to your pictures and enhances a lacy wedding dress well. Flowers that are in full bloom this time of year include:

'Tis the season of wedding bells and love letters because with this list of color schemes and florals your big day will be one for the books.



Poppies
'Mosaico' Rose
Sunflowers



Autumn

The fall colors may come and go fast, but people will remember your wedding for months with these seasonal suggestions.

The Fall Basics

Fall colors are the perfect color scheme for a fall wedding. Dark browns, oranges, golds and reds are as warm and inviting as a Pumpkin Spice Latte. Suggested color combinations include:

Olive and Oxblood



Berry and Magenta



Dark Orange, Peach and Soft Yellow

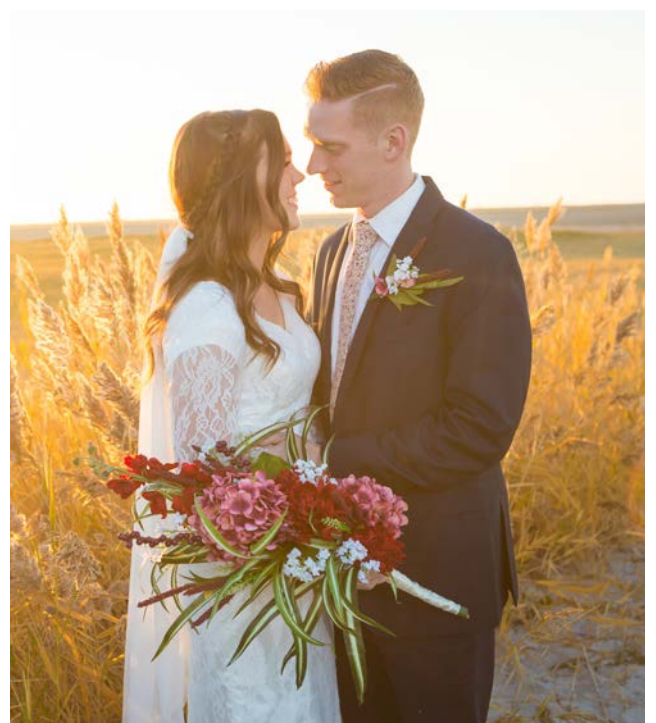


Pumpkin and Pear



Keep the Leaves

Leaves are a great addition to fall-themed centerpieces and decorations. Dip them in gold or tint them with transparent browns to create an enchanted or rustic vibe.





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Personal Wedding Planner

By Kortni Wells

People in Utah are known for their short engagements. We are here to help you plan your perfect wedding in three months!

3 Months to Go

- **Set your date.** Enough said.
- **Reserve your desired ceremony location or temple sealing.** Make sure that the date you want and the temple or location you want are available if that is a high priority for you.
- **Set a budget.** Remember to include all contributing parties in the conversation so that everyone is on the same page.
- **Book your desired place(s)** for the wedding reception and/or dinner.
- **Compile the guest lists** for the ceremony and wedding reception.
- **Compare photographers,** and pick one or multiple that you would like to have for the engagements, save the date cards, wedding day, reception etc.
- **Schedule engagement photos.**
- **Wedding dress and wedding party shopping.**



2 Months to Go

- **Sign up for a wedding registry** if desired. Don't forget to include information on how to access your registry on your save the date cards or wedding invitations when you send them out.
- **Plan the menu** for the wedding reception and/or wedding luncheon or dinner.
- **Hire a caterer.**
- **Order a wedding cake.**
- **Choose a florist and order the flowers.** Remember to include not only the bridal and bridesmaid bouquets, but any boutonnieres, corsages, and arrangements for decorations you may need. Silk flowers are also an option you might consider exploring.



1 Month to Go

- **Design and send out your wedding invitations.**
- **Write and send out thank you cards** as wedding gifts are received. This will save you hours after the wedding if you send out some of your thank you notes before the big day.
- **Take some time**, just you and your soon-to-be-spouse, to relax and do something fun. Taking a small break in the wedding planning process helps to keep you calm and excited for your big day.

To the Groom: As soon as possible, sit down with your fiancé(e) and make a priority list. You get three things that you can't live without at your wedding. Plan those into your budget first, the rest will fill in.

2 Weeks to Go

- **Obtain your marriage license.**
- **Check with your florist, caterer, and photographer** to confirm the date and time of your wedding so that there are no potential mix-ups.

The Day Before

- **Pack your bags** for the honeymoon.
- **Put together a wedding day emergency kit** filled with things you may need the day of. These might include tissues, makeup, a sewing kit, nylons, etc.

The Wedding Day

- **Breathe and enjoy your special day!** Let others make sure everything goes smoothly while you celebrate with your new spouse.



The Life of a Six-Time Bridesmaid

By Paige Cavaness

It's a rare occasion when one witnesses the marriage of their best friend.

That is, unless all four of your best friends are married in one year... then a rarity becomes a routine.

Such was the case for me this Spring and Summer. But the story started in the seasons beforehand, when each of my four best friends gave me that phone call.

It's not that the idea of them getting married to the people they had

been dating at the time was surprising, but there is a certain shock that accompanied me when I heard "We're engaged!" for the first, second, third and fourth times.

I didn't get used to that life-changing news, but there are some things about the #bridesmaidLYFE that I have gotten used to, and I think sharing them might help those who are in the same boat as me.

The first thing I learned quickly to get used to is the reaction from everyone else when they

found out my friends were getting married.

I had been in and out of serious relationships for the past year or so and that seemed to give people the idea that I would naturally struggle with the idea of seeing my best friends find their life partners.

I can't blame those people for thinking that -- I even expected a little bitterness from myself knowing that I was nowhere near the marriage my friends were starting but that I so badly wanted to be there.

When the first wedding came up in March, I prepared myself for whatever salt I was going to experience but was surprised to find that my own pathetic dating life was drowned out by my sincere happiness for my friend on this perfect day.

That same happiness accompanied me to the next three weddings. Even though my dating life only got more and more pathetic, I got used to getting caught up in making sure my best friends had the best day



and that made all the difference. It didn't come without taking my job as best friend and bridesmaid seriously, though. The first two times I was a bridesmaid I was a teenager and it was for an older friend and my brother. For those times, I was simply a decoration to their big day -- the pretty dress and bouquet were my accessories and I was the bride's accessory. It was a simple job then, and I loved being a part of the wedding party. As a best friend to the bride, I learned that there is a lot more that goes with the title. At each of the four weddings I've been a part of in the last 12 months, I had a very specific job. The first was making sure parents and step-parents of the bride didn't get salty when they had to switch out for pictures. The second was to make sure the dance floor was never dull and that no presents got stolen. The third wedding was especially fun because I got to MC and DJ for the dance. For the fourth wedding, which was my brother's, I was in charge of choreographing a flash mob as a surprise to the bride and groom -- as you can see, my jobs got progressively more

entertaining. The point of this is: when I had a job, I had a purpose. And that purpose helped me find ways to make sure my best friends were perfectly happy on this one perfect day. But speaking of perfect, that doesn't literally happen for anyone. I've learned that it's important for any bride or bridesmaid to remain calm if things don't go as planned and remember what's most important. Yeah, you might have to wear a dress you're not particularly stoked about. You might worry that the whole wedding party doesn't have the secret flash mob down perfectly. Or you might mess up the sound system and send a blaring noise through the speakers in the middle of the first dance. You could even have to deal with rain over an outdoor ceremony. But let's be honest here, those things are minor when you compare them to the actual idea behind weddings and receptions -- to celebrate love with those you love. The dress will end up looking great in the pictures (even if it doesn't, the bride will, and that's really all you're dressed up for, anyway), the sound system will start working again, and the rain will

only last for so long. What's most important are the things you can control: like your smile while wearing the dress, your smooth lines that catch the crowd when the sound system kicks back in, your awesome dance moves, and your ability to pop an umbrella up over the bride's hair to save it for pictures in the rain. Remember all the picture-perfect moments you've had with that friend in the past -- nothing was absolutely perfect about those moments either, but you don't remember that. All you remember is whatever you were doing with your best friend and that the two of you made it perfect in your own way. These pictures will be a little different, though. And whether we like it or not, you have to get used to the new face that will join you for the pictures on the wedding day. Getting used to the groom being your bestie's new number one is not easy, but when you see how in love they are, you'll realize that they are living the dream you two have always talked about. Which brings me to the last but arguably most important thing all bridesmaids should learn to get used to: the weird, childish feeling of

believing in love again when you see your best friends find it. Cliche, cheesy and sappy as it may sound, there is something about seeing those you love most find their life partner and genuinely enjoy the first day of the rest of forever together. You're celebrating for a reason, even if that reason is what makes you weary of your own dating life-- the idea that love is possible and real. So yes, your Aunt Becky might bother you with the "you're next, right??" comments, and your parents' friends might ask way too many questions about why you're not there with a date. And you might feel like you're a far behind the band of brides that found love in 2015-16. But looking into my best friends' eyes and seeing their love for their new life with this new person made me feel real hope for love -- in spite of the fact that everything around me made it look insane. I've learned to get used to that feeling, I've learned to get used to the idea that love -- crazy and hectic as it may seem -- is in actuality a real thing.

Always a Groomsman...

A guide for grooms and their bros

By Parker Atkinson

So, your buddy is getting married and he has asked you to be one of his groomsmen. Here are a couple quick tips.

The Look

You'll be in the wedding line, so you better be looking spiffy. It can also be a supremely A+ opportunity to find a date if you're looking for one, so get a haircut and get trimmed up. More likely than not you'll wind up photographically immortalized on your buddy's mantle piece

for the next 40 years, so you don't want to be looking like a scrub.

The Bachelor Party

Chances are you'll be in charge of it, or at the very least you'll play a part in the planning. Don't let Hollywood cliches go to your head and go too crazy with it though. Think subtle. Refined. Personal. Preferably not X-rated. You're a gentleman and a groomsman, and you don't want your groom-bro's new better half to hate you right out of the gate if she hears rumors

of how over-the-top things got.

Life of the Party

If there is dancing at the wedding, it's up to you to really get things going. Without the groomsmen kicking it around on the dance floor, the whole affair will all-too-quickly devolve into the painful, unfortunately common tragedy of the bridesmaids and a handful of flower girls halfheartedly jumping around for a bit while the rest of the wedding attendees awkwardly

shuffle about waiting for the next part of the wedding. Don't let it happen. Get out there and groove. Related Side note: Don't be lame! Fight for the garter. It's more fun for everyone.

The Car

Since, presumably, you're one of the best friends of the groom, (or perhaps the odd brother of the bride thrown in with the group to avoid offense) at a certain point during the wedding you'll probably have to slink



off to the parking lot, get some car chalk and try to find the perfect balance between amusingly lewd yet still heartwarming sentiments to write on the windows of the newlyweds' getaway car. It can be an easy line to cross, so be cautious, because once again, one can assume that you will want to continue your friendship with the groom after the nuptials, and an angry, upset bride can be a fearsome gatekeeper of that hoped-for-brohood if some of those jokes get a little too ribald.

Note to the Groom
Utah's wedding culture seems to minimize the importance of a

groomsman gift. The bridesmaids almost always get some cutesy gift from the bride, but most groomsmen don't actually get anything. Make sure you get them a gift! The manlier the better. Think handcrafted cedar boxes, perhaps with each groomsman's initials lovingly emblazoned on the top. What might such a manly box hold? Monogrammed hip flasks perhaps. Or maybe a dual-edge safety razor kit complete with a boar brush, mixing bowl, and a couple of different blades to try out. Perhaps an affordable, but cool automatic watch, with a trendy NATO strap.

That way everyone can match. Maybe the best man gets a different color. You could also consider something useful, like a slick new everyday-carry knife. This gift doesn't have to be anything too fancy or expensive, but they'll appreciate the sentiment. Besides, let's be honest, as the groom, you really don't have too much else to worry about other than showing up on time

and nodding a whole bunch to 10 million suggestions from the ladies during the planning process.

You can afford to spend a little initiative on your bros.



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How Cliche!

By Shelby Stoor

When a couple tries to plan a wedding, there is one thing that every bride and groom usually want to avoid — having a wedding that is filled with cliches. Some people would argue that some of the things mentioned here are wedding classics, but when it comes right down to it, many would agree that they are a little bit tired and tacky. Traditions are traditions for a reason, but they are also meant to be broken.

Cliche #1: Smashing cake on your new spouse's face.

Sure, it's kind of cute. But just think about it for a minute. If the cake gets all over the bride's dress or the groom's tux then you've ruined something that cost you a great deal of money and in the end, was it really worth it?

Cliche #2: The wedding day 'glow.'

At some point in your life, you've probably seen that person who got a bad spray tan or spent WAY too much time in a tanning bed. You don't want to look like an oompa loompa on your big day. Make sure if you are going to get your tan on before the wedding, that you do it in a way that



still looks natural. Do whatever makes you feel the most confident on your big day.

Cliche #3: The garter toss.

Truly, this ends up being the most awkward part of many weddings for most people. It's a bit too personal to be done in front of an entire room full of your family and friends, and everyone ends up feeling uncomfortable

which is something you do not want.

Cliche #4: Trying to please everyone.

Your wedding day is for YOU. Granted, your family and friends are there too but it's not about them or for them. If your mom wants you to wear her dress but it's not your style, tell her so that you don't

dislike the way you look in all your photos. Don't invite people that you don't want to just because they are old family friends. Don't change the flowers, venue, photographer or anything else to accommodate what someone else wants. Make those choices with your bride or groom-to-be so that you two are happy with your wedding day.

Cliche #5: Ball and Chain jokes.

This one is a true classic. Everyone has seen a wedding cake topper where the bride is dragging the groom off by his coat, or the signs that say "Last chance to run," etc. Nothing takes away more from a beautiful day than the idea that one of the people saying their vows would rather be anywhere else. For goodness sakes, you're committing to spend the rest of your life with a person you love. Why turn something that is supposed to be celebrated into a joke about being 'stuck' with your significant other? In the end, it is YOUR day. If some of these things are things that you think fit your wedding, go for it. Don't let some article in a magazine sway you if any of these things are what you want. As long as you're happy on that special day, that's all that matters.

Worth a Thousand Words

By Parker Atkinson

Preparing for a wedding can seem daunting for any couple looking to tie the knot. It's all too easy to become utterly obsessed with even the most minute little details. Choosing wedding colors will keep you awake at night. Who's in the line, what food and how much should be served are all things that need to be considered. Who to invite, and what music to play? More boxes that need to be checked off. What's the budget, what's the date, what's the time, and wait, what's the reason you even want to get married again?

Take a deep breath.

The truth is, in the long run, you won't remember the best man's speech, or the drama from a spurned would-be maid of honor. All those things that seem so important at the time will all slip away. In fact, most of those seemingly vital

wedding details will fade and the only things left are the photos and video that survive the day. When you look back on it, whatever was captured is exactly how you're going to remember your special day. That's why it is one of the most important



decisions of the entire wedding preparation process.

You're on board with hiring a wedding photographer, but what about a wedding videographer? **If a picture is worth a thousand words, then a video is undoubtedly worth a million.** Not only will you be able to look back and see how those living, breathing, fleeting moments will be

permanently captured. Movement, emotion, and excitement will be caught by a lens and can be cherished long-term. A wedding video will be the easiest way to look back and remember your big day. Chances are, if you hire a pro-photographer,

you'll get several thousand photos to sift through, which is great. But a single, well-edited and beautifully-filmed video can capture and preserve the entire essence of the day in a way no photos can. Things like the vows can be re-experienced in their full glory. The magical glow of the sparklers as the happy couple leaves the reception.

The emotions shining through the tear-streaked face of a proud father as he gives away the bride. The bouquet flying through the air as single ladies jockey for position. All these priceless moments from your wedding deserve to be remembered.

An ever increasingly popular wedding video must-have is the "first look", where the exact moment the groom sees the bride in her dress for the first time is recorded. Does he immediately pull her into a long, sweet kiss? Maybe he spins her around as the camera circles the couple, perfectly timed with an excellent song, and your heart skips a beat every time you see it.

Moments like these are what wedding videos are all about: capturing emotion. Capturing the moment and freezing it in time, forever, so that with the click of a button, you can relive it all, over and over again.

Suit Up!

By Logan Jones

You're getting married, and after weeks of planning the perfect day you realize maybe those pleated pants hanging way back in your closet aren't going to cut it. So what do you do? Follow these simple bullet points, and you'll be sure to compliment your glowing bride splendidly come wedding day.

Classic Trumps Trendy - Always

Your day will forever be memorialized upon the walls of your home and at least for a few months on the refrigerators of your friends and family, so remember to stick to the classics. Trends fade. You don't want to cringe anytime you dig out your wedding photos just because your younger self couldn't grow up for his own wedding. Wear a color your fiancée approves of, a cut that accentuates your form without appearing

undersized or overly flashy, and remember that understated elegance can't help but appear photogenic.

Get it Tailored

Take the time to be fitted for a suit. Don't assume a steep price equals a perfect fit either.



Dropping a grand on some big brand name suit won't do you any good if the waist is too big, or the sleeves too short. Get a jacket with the correct length off the rack and go from there. Make sure there are no wrinkles around your shoulders. Sleeves should be long enough

to show only a small portion of your dress shirt underneath. If you're wearing a short sleeve dress shirt under your suit, stop reading now and go thank your fiancée for putting up with you, then ask her to take you shopping. Button the top button

of your jacket and make sure you're not drowning in it nor are you flashing that "I'm too huge for this suit" X-shape across the chest. It doesn't make you look buff - it makes you look like you ordered a jacket online without measuring yourself.

Suit Pants, not Jeans

Suit pants are designed to sit higher than your jeans. Don't be afraid of this, embrace it and make sure the legs of your pants are not bunching or sagging at any point. Do not wear pants so skinny you are stretching them to their limit. Instead, make sure you can pinch a little fabric around your thigh and look for a slight taper toward your ankles. They should be just long enough for a slight break, so be wearing the shoes you plan on getting married in to get this just right.

Lapels and Buttons

Let's keep this simple - don't mess around with peak or shawl lapels. Notched lapels are timeless and classy as hell. As for buttons, don't overthink it. Get yourself a two button suit and use it for literally every formal event until you grow out of the fitting or wear it out.

Indie Wedding Playlist

By Mekenna Malan

Skinnybone - SEA OF BEES

Something about Your Love - MASON JENNINGS

You Really Got a Hold on Me - SHE & HIM

Fade into You - MAZZY STAR

Heartbeats - JOSE GONZALEZ

Sea of Love - CAT POWER

Marry Song - BAND OF HORSES

Shine - WILD BELLE

All You Need is Love - THE BEATLES

Awake my Soul - MUMFORD & SONS

Do You Realize?? - THE FLAMING LIPS

Home - EDWARD SHARPE & THE MAGNETIC ZEROS

Rivers & Roads - THE HEAD & THE HEART

Flowers in Your Hair - THE LUMINEERS

Mushaboom - FEIST

To Be Alone with You - SUFJAN STEVENS

Northern Lights - BOWERBIRDS

You Are the Best Thing - RAY LAMONTAGNE

My Little Love - THE WEEPIES

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The History of Traditions

By Michael Burnham

Through the even be disheartening sight of to some to realize that fresh floral the special and often blooms, white the special and often dresses, groomsmen, sacred celebration of a bridesmaids and cake wedding has long-held traditions steeped in are not surprising at superstition and less-than-virtuous customs. wedding, the origins For instance veils. of these traditions might be. It might Though veils have

religious meaning to some people, to some ancient and medieval peoples they were believed to ward off evil spirits and witches, and were worn to protect the bride. Even worse, what we now call the wedding party, was

originally a group of decoys and bodyguards against thieves or angry family members (see below). No matter what traditions you pick to observe, the origin of them may not be what you would expect.

The Best Man

The origin of the best man is less innocent than it may seem. Dating back to the German Goths in the 16th century when “marriage by capture” was practiced, the best man was “best” probably because he was the most talented swordsman. After grooms had literally kidnapped their brides from their homes (showing no regard for ceremony) they naturally wished to hold a wedding (showing inconsistent regard for ceremony). The best man was present to fight and protect his friend’s special day at the end of a sword, should any pesky family members attempt to rescue their daughter. Groomsmen were also present as back up bodyguards and bridesmaids were supposed to dress similar to the bride, to act as decoys.

The Honeymoon

Bridenapping may have even influenced the custom of a honeymoon, giving the family time to calm down and hopefully accept their thieving new son-in-law without violence. However, the honeymoon we know today started forming in 19th century Britain, where the original tradition was almost a reverse of today’s. The purpose of the trip was not to be alone but to visit friends and family who couldn’t come to the wedding celebration. The phrase honeymoon itself is an old one, the first-known records of it dating back to the 16th century. There are a handful of meanings ascribed to it, the most common (and cynical) says the honey represents sweetness and joy and a moon represents one moon-cycle, meaning the happiness of marriage will be short-lived.



The Bouquet

Like most other wedding traditions, the origins of the bouquet toss are not so refined. Wedding guests would attempt to rip some piece of the bride's dress to keep for good luck. This same mentality is what started the garter toss, with guests -- particularly men -- seeking after coveted garter, which was supposed to bring romantic fortune. Eventually some bride or brides got wise and must have insisted the groom be the only who sought the garter. They also began throwing their bouquets to satisfy the handsy guests.

The Dress

The tradition of having a white and elegant wedding dress has a more definite starting point than some of the other traditions. When Queen Victoria wed Prince Albert in 1840 she broke custom with her pure and simple dress. Normally, royalty wore their most luxurious gowns and commoners simply wore whatever their best dress was, no matter the color.

The Cake

In ancient Rome, a wedding was finalized by breaking a cake over the bride's head, a symbol of good fortune. The couple then ate the crumbs together in a ritual known as *confarreatio*. (If someone tells you you're being tasteless by smashing cake in each other's faces, just say you're paying homage to your Roman heritage). Later, in medieval England, couples were challenged to kiss over a high stack of baked cakes, the reward of good luck being the motive if accomplished. In the 19th century, tiered cakes had already been gaining popularity, but were solidified as wedding custom at the wedding of Victoria and Albert in 1840 (they knew how to throw a good wedding). Their royal cake measured more than nine feet in its circumference.



Wedding Traditions

Keep 'em? or Ditch 'em?

By Mekenna Malan

Trends in the rings, colors, and dress styles change quickly from year to year, but the functional aspects of the special day take a bit longer to evolve. Is it time for you to say goodbye to some of the long-held traditions in the rule book of marriage? Read on to find out.

DITCH: Matching bridesmaid dresses. It is so much more cost-efficient to give your bridesmaids a color (or two) as a guide and allow them to choose their own dresses to wear to your wedding. In some cases, they might not even need to buy a new one, and the individual personalities of each girl will shine through with her personal style.

KEEP: Feeding each other cake. Actually, it doesn't even have to be cake. It could be cupcakes, or cake pops, or any other dessert of your choice. But there's nothing like that cute picture of you smashing frosting up your new hubby's nose.

DITCH: The pressure to put silverware, toiletries, etc. on your registry. Guests are still buying gifts they don't want to buy, and the bride and groom are still left with armfuls of items they don't need. Most of us have been in college for a few years and have already accumulated an acceptable collection of plates, so maybe what you and your babe really need is money for your honeymoon. If nothing on your registry excites you, consider asking for cash instead. PS - I already have three crock pots, so don't even try getting me another one, grandma.

DITCH: Receiving lines. Greeting your guests by having them wait in a line to shake your hand has been a tradition since forever, but how functional is it? You just spent months planning your big event, only to stand in line for five hours when it finally arrives. As an alternative, walk around and greet your guests instead. It's much less formal, allows you have more fun, and lets you to be a part of the party, too.



D I T C H: Full meals at receptions. Most guests don't expect this anymore, and thank goodness, because it can cause unnecessary strain on your big day (especially if you have a lot of people coming). Instead of serving up a banquet, think of all the "bars" you could create according to the season - a hot chocolate bar, an ice cream station - the options are endless.

D I T C H: The venue change. A luncheon and a wedding and a reception in three different places? Your guests will be wondering what to do with their odd hour and a half in between, and why would you waste time when you've got a honeymoon to get to? Consider having the reception a night before your actual wedding day to allow you focus on what's really important during your ceremony, or choose venues that are close in distance.

D I T C H: Singling out the singles. If you're not into the idea of throwing the bouquet or tossing a garter, consider taking your bouquet apart and giving individual flowers to your loved ones, or have a bouquet and boutonniere station where guests can create their own. Another fun idea: celebrate all the married couples at your wedding by inviting them all onto the dance floor. Play a song and eliminate each couple depending on how long they've been married. The last couple remaining is presented with the bouquet as a gift - awww!

K E E P: First looks. There's something really special about documenting the first time the soon-to-be-wed lay eyes on each other. I never really cry at random posts on social media, until I see a video of a groom shedding a proud tear at the first sight of his bride. That makes me shed a little tear, too.

D I T C H: Inviting everyone you know - like your hair stylist, your second-grade teacher, or the person you sat by in art class. Weddings can be pricey, and it's ok to keep the occasion between your families and close friends. Contrary to popular belief, you don't need to make a public Facebook event for your wedding. Keep it classy and small if that's your style.

: Marriage. Marriage rates are declining (in fact, they are the lowest they've been in at least 150 years), but the benefits to marriage have not. What could be better than making your best friend your spouse? It's like Beyonce said - if you like it, (don't be afraid to) put a ring on it.



Choosing a Wedding Gift

By Megan Nielsen

Guests usually have it easy at weddings, but they do have one daunting task: the wedding gift. As simple as it may seem, picking out a wedding gift that's actually useful is quite the challenge. But with these tips and tricks, you can be ready for the challenge.

The first thing you should do is look for a gift registry. Many couples will make a wedding registry — you can usually find the details on the wedding invitation. Be sure to look at their registry! If anyone knows best what the couple needs, it's the couple. You don't have to guess what items they want or need, it's all conveniently listed right there. Items tend to be a variety of prices as well, so you shouldn't have a problem finding a gift in your price range. Registries also allow you to check things off once you've purchased them, preventing duplicate wedding

gifts. The registry is a great way to choose a useful wedding gift and make your shopping experience less stressful!



Sometimes a gift off the registry feels a little impersonal. Writing a nice card makes every gift a lot more personal. Be sure to include your congratulatory remarks, along with anything else you'd like to say. Mentioning the

gift you chose can be great as well, it shows the couple that the gift is coming from you, not just a gift registry.

Although a gift registry

with caution. Avoid choosing your own gift if you don't know the couple well. It's hard to pick things out when you don't know the couple. You should also avoid buying artwork and home decor; you probably have different taste than that of the couple. Just because you love something, doesn't mean others will love it. For example: instead of buying the couple some fabulous art you found, buy them some nice frames. A frame gives them more freedom to choose their own art for their home.

Though it may seem intimidating at first, just put a little thought into it and you'll have a great wedding gift in no time. Just remember that you're giving this gift to offer congratulations to the new couple, and at the end of the day they're just happy you came to celebrate with them!

Whether going off the registry or deciding to go with your own gift, here are some things to consider, as well as some gift giving etiquette:

- Let your relationship with the couple, as well as your budget, guide your gift selection.
- Typically you are expected to send the present before the wedding, or very soon after.
- Always include a gift receipt. Always.
- Think about the couple. What are their likes and interests? What are their hobbies? It's nice if you can find a gift that reflects them as a couple, not just one of them.
- Is the couple just starting out, or do they already have the essentials? Some couples already have homes together, or items from previous homes. Depending on what stage they are at in life can make a big difference in what items they may need.
- Consider splitting the cost. If you want to do a big gift, you can go in on something with a group of people. It's really not a bad idea for your wallet, or for the couple's big gift items.
- Put money towards a honeymoon. This a fun thing that many websites offer. Instead of buying a gift, you can contribute to their honeymoon fund. That way they can hopefully go somewhere nice! If you do need just a little bit of a jumping off point, household items make some of the best wedding gifts — especially ones you love: weekend bags, enamel pots and pans, blankets, kitchenware, plants, cash, heirlooms and food baskets.



Honeymoon Hotspots

By Bobbee Russell

Imagine this. You and your spouse are newlyweds looking for somewhere to get away for the weekend. You spout out a few different places to go, then you remember both of you have class at 8:30 a.m. on Monday. However, there are plenty of places around Utah that will help you get away for the weekend.

Logan, Utah

If you and your special someone are looking to de-stress after the big day and need to stay in or near Logan, some options include cheap hotels like the La Quinta, fancy dining at the Logan Steakhouse and a show at the Ellen Eccles or Caine Lyric Theater.

Or, if you want to go really far but have to stay near home, book a room at the Anniversary Inn. They have rooms that have a wide range of themes from King Arthur's Castle to Las Vegas.

You will probably forget you're in Logan. If a little bit of a drive is desired, they have locations in Boise and Salt Lake City.

Cache Valley has many options for outdoor adventures as well. There are tons of RV parks and campsites to choose from in Logan canyon and Smithfield canyon. While you're in Logan canyon, you might as well take advantage of the hiking trails. The Right Hand Fork Trails draw a

lot of people to Old Ephraim's cave — a popular stopping spot on this trail. There are also trails for ATVs and horseback riding.

On the other side of Logan Canyon, less than an hour away from Cache Valley is Bear Lake. There you can enjoy their annual raspberry shakes, go paddle boarding and even glamping. Glamping tents aren't like your usual tent where you throw a sleeping bag

in. These come already outfitted with beds and bathrooms inside. If you want to feel like you're camping and at a resort at the same time, glamping at Conestoga Ranch by Bear Lake is the perfect place to stay.

Park City, Utah

For newlyweds who want to travel a little farther away from home to honeymoon, Park City is a popular Utah destination that offers activities all year round to enjoy. One such activity includes visiting Olympic Park where you and your new spouse can ride a bobsled during the winter season, or take a guided tour around the olympic venues such as the world's highest ski jumps. Olympic Park is also home to the Alf Engen Ski Museum and the Eccles Salt Lake Olympic Winter Games Museum where visitors can see videos of the olympic events held back in 2002.

If your honeymoon



comes around when there isn't any snow on the ground, you can race each other down the Alpine Slide which has four different tracks. Go down all of them and see who gets to the bottom first. If you're seeking thrill, The Alpine Coaster attraction is also an option.

The Sundance film festival brings many iconic people to Utah. Watching films is fun and all but there is also the option of sitting at a coffee shop to people-watch or stalk favorite celebrity attending the festival. The films are held in Park City, Salt Lake, Provo, and Ogden. There are many options available for passes to watch all of the films, including deals for Utah residents and college students.

Zion National Park

The Zion National Park is another popular travel spot in southern Utah, with people visiting from all over the world. Luckily for Utah State students, it is only five hours and 41 minutes away. Unfortunately, this

To the Groom: The best advice I was given after my engagement: take a short honeymoon. Go away for a couple days and relax from the stress of the wedding. Save your money and go somewhere in a few months when you can really enjoy time away with your new spouse.

doesn't include food and gas stops. There are many activities to choose from in both the winter and summer. Lodging options range from the great outdoors to luxury hotels. According to Utah.com, camping is a suitable winter activity with the right equipment. What brings so many people to Zion are the hiking trails such as Angels Landing and the Emerald Pools. Another option is a scenic drive down U.S. Highway Nine. Of course there are also a lot of options for students who want to travel to outside of Utah, if they have the time. However, if money is the issue, here are a few cheap, but still fun ideas to try for your honeymoon.

San Francisco, California

Let me guess, you want

to go to California but can't afford Disney. San Francisco is also a memorable destination. If low-key tourist destinations are your thing, there's the house from the 90s TV series "Full House," for example. After your sightseeing adventure, take a stroll down the Golden Gate Bridge. Craving an oriental trip? Sanfrancisco.com says San Francisco has the largest Chinatown outside of Asia. Ride on one of the famous trolleys and spend the day there. See the Chinatown Gateway, immerse yourselves in rich history and culture, buy each other traditional Chinese clothing, eat chow mein until your stomach does a 360, visit Woh Hei Yuen Park or tour a fortune cookie factory. Or, you can bring out your inner Al Capone

and Birdman by going to Alcatraz Island. The ominous feel of a prison is the main factor that brings people in, however, there are also rare flowers, wildlife, beautiful 19th century buildings and a blissful view of the bay area you can enjoy with your new spouse.

Airplane Tickets

Going abroad and want to save some cash? Researchers from cheapair.com found that booking your ticket 45-60 days before your flight is the prime time to book before the ticket price goes up. Keep in mind that prices will be higher if you're going to a popular place at a popular time such as; a warm place during spring break.

Cruises

Booking a cruise 30 days in advance won't save you any cash according to cruisecritic.com. If you're dead set on going, book your cruise 12 to 18 months out at the latest. If you're not so certain, book your cruise 6 to 8 months out at the latest.

That Awkward Moment

A Brief History of Embarrassing Matrimonial Malfunctions

By Vivian Gates

Many will cite their wedding day as the most important day of their life. But such a heartfelt, beautiful, exciting day is not immune to disaster. Dresses ripping, wine spills, awkward toasts to the bride and groom, honeymoon stress --the list goes on. The hope is that decades after their wedding day, a couple can simply grin, saying, "Yep. That actually happened!", laugh it off, and remember that we're only human.

Remember: someone's had it worse.

My sister gave a horribly rude toast at my other sister's wedding about how glad she was that said sister's now-husband had finally married her... because no one could possibly go through another one of their break-ups. - L

We finally took our honeymoon three years late while we saved up the money, but we got our Hawaii honeymoon. It was great, even though our lodging fell through and we spent two

nights on my uncle-in-law's couch. Oh, and I ended up in the hospital because I broke out in a weird rash after snorkeling. Clearly I was made for adventure. - C

A cousin of my husband's accidentally dumped red wine down the front of my dress. My sister had to wash it out with a bottle of water. - L

I was freaking out just before my wedding so my sister had my high school sweetheart (who was attending with his parents) join

me in the bride's room. It was awkward and uncomfortable, but it solidified my decision that I was marrying the right guy. - L

My husband and his brother are about the same height. They were also the only two in tuxes. I had had a few glasses of champagne and had been feeling a little tipsy. I touched who I thought was my husband on the arm and back, and almost made a sexy proposition, when he turned to look at me and it was his brother! - M



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