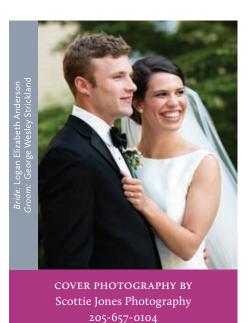
TUSCALOOSA **DIRECTORY** Fall 2018–Winter 2019 FREE Scottie ones PHOTOGRAPHY TuscaloosaBridalDirectory.com •



DIRECTORY

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The Tuscaloosa Bridal Directory is a unique Directory full of useful information about planning your wedding. It includes checklists of what to do when, lists of who pays for what, and facts about invitations, announcements and much more.

Your Wedding Day is very special and we encourage you to use professionals like those you will find in the Directory. When contacting those professionals listed in the Directory, let them know how you found them. Finally, please let us hear from you—your comments will help us provide a better service to you and others in the future. Congratulations!

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The 50/50 Marriage Myth

by Dick Hastings, M. Div., EDUCARE

he most common plan for marriage today is the "50/50 plan." This approach to marriage centers around the idea, *I'll do my part, and you do yours.* "Performance" becomes the glue that holds the marriage together, although, as one wife discovered, it may be more like Velcro. She acknowledged, "When my husband and I first got married we agreed to split household chores 50/50. That lasted until the house needed to be cleaned!"

In the 50/50 relationship, the motivation for action is based upon how one *feels*. If I *feel* I have done *my* part and I *feel* you have *not* done your part, we are going to have a marital meltdown! The assumption is "I *expect* you to make me happy by fulfilling your responsibilities—whatever I think they might be."

While the 50/50 concept sounds like a logical blueprint for a marriage, it is a myth. One reason is because of our inability to meet all our partner's expectations, including those that may be unrealistic or unspoken. Another reason is an innate tendency to focus on others' weaknesses and what they are not doing. When this occurs, we convince ourselves we may be doing more than our fair share and our partner is doing little to nothing. This jaded perspective naturally results in a degree of disappointment toward our partner and paralyzes our own performance. Perhaps the most obvious reason the 50/50 performance relationship doesn't work is the impossibility of knowing my partner has met me halfway. As one relationship expert remarked, "The spouse who says I'll meet you halfway is usually a poor judge of distance!'

A more productive blueprint for marriage is one that promotes *two* complementary principles: unconditional acceptance of each other

and unlimited responsibility in the relationship.

Unconditional acceptance means our worth in the relationship doesn't depend upon what we do but who we are. Not that performance doesn't matter, but we don't worry about being scrutinized or graded on our contributions because we are loved "as is." Unlimited responsibility means "I'm going to give 100 percent to this relationship, regardless. I care enough about your needs, desires, and burdens that I'm willing to go above the call of duty to show my commitment to serving you."

Having a plan for a wedding ceremony is important if you want to build some great memories. Having a plan for a marriage is essential if you want to experience a successful relationship. So, what is *your* plan?







Grooming the Groom



here's no disputing that the wedding is the bride's day, but that doesn't mean the groom doesn't need to pay attention to his appearance. Take pride in knowing that you are a beautiful couple with a perfect sense of style.

Whatever the style and degree of formality you choose for your wedding, there are a few key points regarding fit when ordering formalwear for groom and groomsmen.

Shirts: Whether pleated front panels or traditional smooth-fronted ones, shirts should fit snugly around the neck.

Pants: The bottom hem of the pants should touch the top of the shoes.

Jackets: As a general rule, you should be able to cup your fingers under the sides of your suit jacket. Jackets should fit snugly, but comfortably with some room at the waist. Vents on the sides of the jacket should lay smoothly and follow bodylines.

Sleeves: Sleeves that drop below the thumb or come midway down the hand are too long; if the wristbone is showing, the jacket is too short.

Collar: The collar should hug the neck and the lapels should not buckle.

With all the attention given to the men's clothes, an important detail that is sometimes overlooked is the groomsmen's hair. Men are generally more casual about haircuts than women, but they should be sure to get a trim two weeks before the wedding to add the finishing touch to their wedding finery.

A Groom's Glossary

Tails: The ultimate formal attire, which should only be worn after 6 p.m., this ensemble features a winged-collar tuxedo shirt, ascot or bow tie, vest, tuxedo trousers and tailcoat. The full-dress ensemble comes in black, midnight blue, or grey, with a white shirt and matching or all white accessories.

Tuxedo: Either single or double-breasted, this formal suit has satin shawl or notched lapels. Matching pants sport a satin stripe down the pant-legs. Tailored in silk, mohair, wool or blend, in black, grey, ivory or white, tuxedos come in a range of styles sure to suit any taste.

Vest: This is often referred to as a waistcoat and comes in single- or double-breasted styles easily worn with nearly any tuxedo ensemble. With the open back vest, a band goes around the neck and another is fastened across the back. Tails, strollers, white-tie and director's suits require a different style of vest.

White tie: Worn only to the most formal evening weddings, this ensemble consists of a black tailcoat and black tuxedo trousers with a white bow tie, winged-collar shirt and white yest.









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Newspaper Guidelines

The Tuscaloosa News

Engagement Announcements

Package A is \$195, which includes a two-column announcement up to 5 inches tall, including a one-column photo printed in color or black & white, and online posting.

Package B is \$350, which includes two-column and up to 10 inches tall, including a two-column photo printed in color or black & white, and online posting.

Wedding Announcements

Package choices for weddings include:

- Free basic announcement with no photo. No additional information can be added to the announcement form.
- Free basic announcement with photo for \$125.
- Free basic announcement with photo and online for \$138.50.
- Package A is \$195 and includes a two-column wide announcement up to 5 inches tall, including a one-column photo printed in color or black & white, and online posting.
- Package B is \$350 and includes a two-column wide announcement up to 10 inches tall, including a one-column (more copy-450 words) or two-column photo (less copy-225 words) printed in color or black & white, and online posting.
- Package C is \$495 and includes a two-column wide announcement (500 words) up to 15 inches tall, including a two-column photo printed in color or black & white, and online posting.

Deadlines

Deadline for submissions is 2 weeks prior to publish date (at least 1 month in advance, but not more than 3 months of wedding date for

engagements and within 6 weeks after wedding date for weddings. Payment is required in advance.

You have to have an email address or will have to ok the copy in person after it is printed out. No corrections or permission to print of copy taken by phone.

Call Peggy Skelton at 205-722-0199 or email peggy.skelton@tuscaloosanews.com for forms and information.

Northport Gazette

Deadlines for announcements/articles:

- All photographs and text must be turned in the Monday prior to when it should run, no later than 5:00 pm.
- *The Gazette* is published every Wednesday afternoon.
- Photos and text can be emailed to: northportgazette@northportgazette.com or brought into our office at 401 20th Ave., Suite 5, Northport (phone 749-3091).

Photos should be in the best and clearest form possible. Text may also be faxed to 759-5449.







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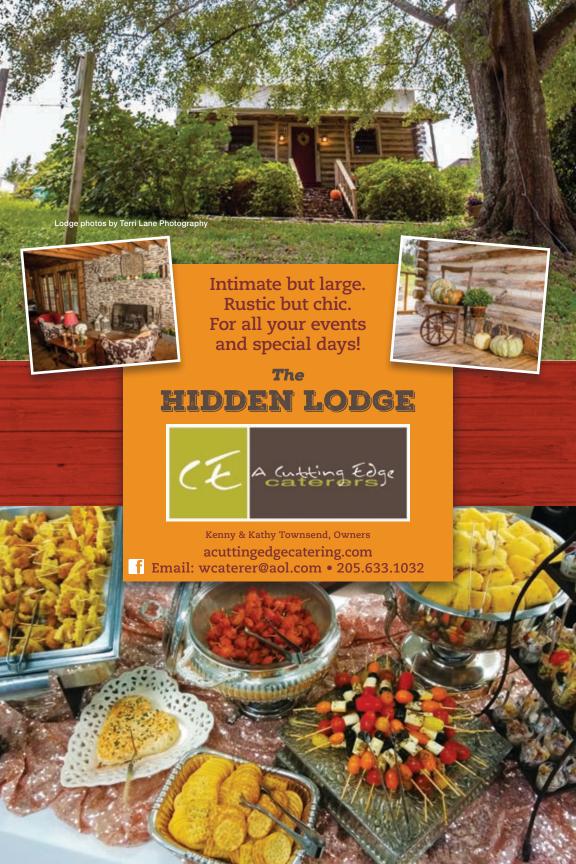
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Addressing Formal Invitations Today

by Andrea Watson, The Fine Hand: Calligraphy, Etc.



very issue of the Tuscaloosa Bridal Directory contains an excellent guide on "How to address invitations." It is, however, necessarily brief, and inevitably questions arise as individual cases present themselves. Though formal wedding invitations maintain a sense of tradition, life in twenty-first century America has given rise to many changes in family life and nomenclature. Your guest list will have many variants from the usual *Mr. and Mrs.* As a calligrapher I have made a study over the years of correct traditional forms and contemporary practices. Following are a few special cases that should help you avoid common errors.

When a married woman retains her maiden name, the invitation should have her name first, followed by the word and and the name of her spouse. The and indicates that this is a married couple:

Ms. Mary Elizabeth Jones and Mr. Steven Smith

Married couples using professional honorifics who share the same last name:

Both are doctors:

Drs. Kathryn Anne and William Edward Coates or

The Doctors Coates

If she is a doctor and he is not:

Dr. Kathryn Anne Coates and Mr. William Edward Coates

If she retains her maiden name:

Dr. Kathryn Anne Turner and Mr. William Edward Coates

Unmarried persons whose invitation will be sent to one address should have their names on separate lines:

> Dr. Kathryn Anne Turner Mr. Steven James Smith

Using Mrs. with a woman's given name is poor form. Whether married, widowed, or divorced, a woman should be Ms. Mary Smith or Mrs. John Smith. The Mrs. comes with the man's name. If a divorced woman retains her exhusband's surname and wishes to continue to use the honorific Mrs. it should be followed by her maiden surname and her former husband's surname. If Mary and John Smith divorce, she may correctly be Ms. Mary Smith or Mrs. Jones Smith, but never Mrs. Mary Smith.

When using first names, it's ladies first: Mary and John Smith. This isn't merely etiquette, it logically keeps the man's name together.

When children are invited you will need to know their ages and sexes to list them properly. Age is a factor in deciding whether they should be sent separate invitations. The contemporary custom of giving surnames to girls as well as boys creates confusion. Note that double envelope sets make this somewhat easier, as children's names can be listed on the inner envelope. Single envelopes can't support more than two lines for names, so unless the children are of the same sex, separate invitations become a necessity.

There are bound to be other special cases that are real stumpers. An experienced calligrapher can help you sort these out while maintaining good form.

















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Wording Your Invitation

by Andrea Watson, Fine Hand Calligraphy, Etc.

types and styles of wedding invitations, ranging from exquisitely engraved beauties to DIY specimens. Unfortunately, none of them is immune to error. When ordering invitations from a stationer or creating them yourself, you are the one who bears ultimate responsibility for the finished product. Don't rely on others; make it your business to know proper forms and usage.

Here are a few common errors to avoid, along with some other hints that will make your invitation not only beautiful but correct.

Honour of your presence/pleasure of your company: The phrase honour of your presence should be used only when the ceremony is held in a house of worship. This excludes even very formal weddings held in elegant hotels or clubs. If it isn't in a house of worship, the correct phrase is request the pleasure of your company. This is by far the most common error I see.

Time expression: evening begins at 6 p.m. That means that any time between noon and 6 p.m. is afternoon (*e.g.* half after five in the afternoon). Many etiquette mavens say that stating *in the afternoon* or *in the evening* is unnecessary. Their reasoning is that recipients will assume your wedding ceremony is at a reasonable time of day. These phrases sound so delightfully romantic, though, that using one may be irresistible. In that case, take care to apply it accurately.

State names: do not abbreviate in the wording of your invitation or follow the state name with a ZIP code. The return address on the envelope flap should also have the state name spelled out in full and should be followed by the ZIP code.

Capitalization: avoid unnecessary capitals. Some word-processing programs and online services automatically capitalize the first word of every line. Take the time to check and manually change these supplied, but often incorrect, capitals.

Punctuation: avoid unnecessary commas. In names that are followed by numerals it is not necessary to use a comma before the numeral. Strictly speaking, it is not incorrect to do so, but neither is it necessary, so don't clutter up the name. When a man's name includes Jr. it may be so abbreviated and should be preceded by a comma. If you choose to spell the word out, the comma is not required, nor is capitalization. Thus, Mr. James Richard Gibson, Jr. is correct and so is Mr. James Richard Gibson junior.

Choice of font: there are countless fonts available and choosing one for your invitation can be both time-consuming and dizzying. For script fonts, one shortcut is to check the capitals that will be frequently used in your invitation and addresses. Obviously, M is everywhere (Mr. and Mrs.). The capitals in your and your fiancé's names are of paramount importance. Those in your hometown and state will appear in your invitation, return address, and the addresses of many recipients.

This is a very basic set of rules. For complexities, particularly in the case of names of those giving the wedding (e.g. divorced parents, the bride and groom themselves, etc.), you should consult a definitive etiquette source, such as *Crane's Wedding Blue Book* or *Emily Post's Wedding Etiquette*. Beware of sites available online; they themselves are often imperfectly edited.



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Wedding Expenses—Who Pays?

The bride's family is entirely responsible for the wedding ceremony. The groom's family may offer to share in the cost of the reception, and the bride's family may accept, if they wish. By tradition, wedding costs are divided as follows:

The Bride (or family) pays for:

- Invitations and Announcements
- The Bridal Outfit and Trousseau
- Bridal Photographs/Video
- All Costs of the Reception
- Flowers for the Church, Attendants and Reception
- Music at the Church and Reception
- Sexton, Organist and Choir Fees
- Bridesmaids' Luncheon

- All Rented Equipment for Large Weddings and Receptions
- A Limousine for the Bride and Cars for Transportation
- Groom's Wedding Band
- Groom's Gift
- Gifts for the Bride's Attendants
- Lodging (if necessary) for Out-of-town Bridesmaids
- Bride's Personal Stationery

The Groom (or family) pays for:

- Bride's Engagement and Wedding Rings
- Marriage License
- Clergyman's Fee (\$10-\$100, inquire)
- Bride's Flowers
- Boutonnieres, Gloves, Ties for Men of Wedding Party
- Wedding Gift for the Bride

- Complete Wedding Trip or Honeymoon Expenses
- Gifts for Best Man and Ushers
- Lodging (if necessary) for Out-of-town Ushers

Optional Expenses:

- Bride's Bouquet, usually gift of the groom, may be purchased by the bride's family
- Corsages for mothers and grandmothers are usually provided by the groom, may be purchased by the bride for her mother and grandmother
- Bachelor Dinner is usually given by groom or family, but may be given by the bride's family or friends
- Rehearsal Dinner is usually given by the groom or family, but may be given by the bride's family or friends
- Attendants' Dresses are usually bought by each girl, but the bride may provide them, if she wishes

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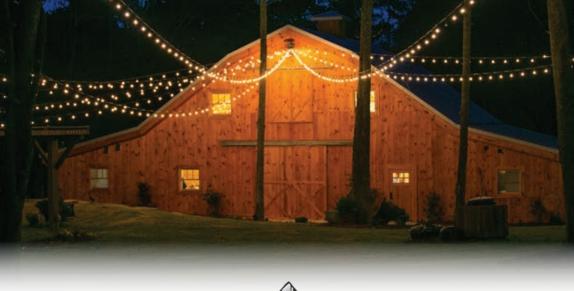
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The Perfect Wedding Toast

erious, humorous, or poignant, toasts are an integral part of almost every wedding celebration. Every toast is different, and on such a special occasion, many will be eager to share their sentiments. You're not alone if you fear public speaking, but at your best friend's wedding, you're bound to want to say a few words in her (or his) honor. If you're truly prepared to speak in front of people, you'll find it's much easier to let the words flow.

Here are some tips to help you get ready:

The best toasts are those that are heartfelt. So start by pouring your heart out. List everything you want people to know about your friends. (Remember to talk about both the bride *and* the groom in your toast.)

Start with the best qualities. Include memories of good times together—especially the first time they spoke of their beloved. Scribble some thoughts about what makes them a great couple and your wish for their future.

You have two audiences. One is the bride and groom, and you can make them happy by not saying anything that would cause them embarrassment. Your other audience is the assembly of friends and family. Stories of drunken revels and bad relationships may be appropriate at the bachelor(ette) party, but *not* at the wedding reception!

A toast is a speech. It should have a beginning, a middle, and an end, and make sense throughout. When you stand up to speak, it's best to have a single card with a few notes written down to help you remember the key points. Rehearse before the big day.

Many wedding toasters aim for lyricism in song or rhyming poetry. That's a great idea, if it's you. But a direct, from-the-heart talk works well also. Be sincere and be yourself.



One of the classic rules of public speaking is to open with a joke. One of the classic rules of wedding toasting is to end by tugging on the heartstrings. If you can't be sentimental at a wedding, where can you be? On the other hand, while a couple of well-placed jokes can win the crowd, you're not there to do a stand-up routine.

A toast should last no longer than three minutes, which translates to no more than five double-spaced pages. Rehearse your toasts with a stopwatch. If it's five minutes or under, don't worry, since under the glare of the spotlight, you may speak faster.

At the Rehearsal Dinner, the first toast is made by the dinner's host, usually the groom's father, during the main course. The toast is often met by a "return toast" from the bride's father. Then it's open season—the mothers of the bride and groom, the best man and maid/matron of honor, other wedding attendants, family, and close friends.

The Groom's Toast: Keep it short. Be sincere. Thank everyone for coming, including your parents and hers. Share a brief personal (not too personal) story of experiences shared with your bride, but don't tell embarrassing stories or go on and on. Turn to your bride and look her in the eye, tell her how proud you are to be her husband, how happy you are today, and how much you love her!







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Groom's Checklist

THREE TO TWELVE MONTHS BEF	ORE WEDDING
Set budget and division of financial obliga	ations
Buy engagement ring	
Choose best man and ushers (one usher p	per 50 guests)
Set appointment with clergyman	
Furnish family guest list to fiancée	
Plan honeymoon with fiancée (check pass	sports and visas, if necessary)
Order bride's flowers	
Order mother's flowers	
Plan correct formal attire with fiancée an	d groomsmen
Make reservations for rehearsal dinner	
☐ Take dance lessons	
Order groom's cake	
Reserve limousine and/or special transpo	rtation
TWO MONTHS BEFORE WEDDING	G
Select your wardrobe for honeymoon	
Select wedding rings with fiancée	
Choose gifts for ushers and best man	
Select bride's gift	
ONE MONTH BEFORE WEDDING	
Arrange all needed insurance and review	legal/medical/religious documents
Arrange lodging and transportation for o	ut-of-town guests
☐ Have medical examination and blood test	t
TWO WEEKS TO ONE DAY BEFOR	E WEDDING DAY
Get marriage license	
Provide final guest count for rehearsal dir	nner to caterer or restaurant
Arrange for clergyman's fee	
Plan bachelor dinner or party with best m	nan
☐ Pick up wedding bands	
Pack for honeymoon	
Best Man's Checklist	
Take charge of ushers	Be responsible for license
Be responsible for wedding rings	Check on all travel arrangements
Be responsible for clergyman's fee	for honeymoon
	Prepare to toast bride and groom

Marriage License

TUSCALOOSA COUNTY MARRIAGE LICENSE REQUIREMENTS

- 1. You must be at least 18 years old.
- If you are under the age of 18, both parents must come in and sign the
 application, as well as a Marriage Bond. We MUST see the parent's driver's
 license and the minor's certified birth certificate issued from the Health
 Department in the last 30 days.

3. YOU MUST HAVE:

- a. Driver's License; State issued Non-driver's license or a passport for identification.
- b. Social Security cards are required if you have a social security number.
- c. If you do not have a social security number, a notarized affidavit attesting to the fact that you were never issued and/or have never had a social security number must be submitted at the time you purchase your marriage license.
- d. Divorce decrees if either party has been divorced or death certificate if spouse is deceased.
- e. \$74.00 CASH for the license. (Checks, debit cards or credit cards NOT ACCEPTED.)
- 4. Blood tests are NOT required!
- 5. Marriage licenses are valid for 30 days in the State of Alabama. That means once the license is issued to you, you must get married within 30 days. The license is void after 30 days and valid ONLY in Alabama. You may purchase your license in any county in Alabama. It is not required that you buy it in the county where you are to be married.

Tuscaloosa County Courthouse

Monday – Friday 8:30 a.m. – 5:00 p.m.
(4:15 if applying for license)

Marriage Clerk:
349-3870, Extension #315

Wedding Checklist

THREE TO TWELVE MONTHS BEFORE WEDDING Determine budget with parents / number of guests Create a website for your wedding Type of wedding (very formal, formal, semi-formal) Date, time and place for ceremony Visit officiating clergy for consultation Choose bridal consultant if desired Type of reception Reserve facility for reception Wedding dress Bridal attendants Attendants' dresses and mothers' gowns Start compiling guest list Wedding invitations and announcements / calligrapher if desired Thank you notes and personal stationery Choose photographer and videographer Register for gifts Buy a wedding album, gift and guest record file Find a new home and plan furnishings Start your make-up lessons, skin care, hairstyling program Start workout program with personal trainer Ceremony and reception music Take dance lessons Meet with florist Make appointment for pre-marital examination Consult caterer Discuss honeymoon with groom Reserve a block of hotel rooms for out-of-town guests TWO MONTHS BEFORE WEDDING Check state requirements for marriage license Order bride's cake Address and mail invitations Develop system for organizing RSVPs Wedding gown fittings Shop for trousseau Coordinate men's formalwear attire Select attendants' and groom's gifts

Wedding Checklist

ONE MONTH BEFORE WEDDING
Begin dental treatments to whiten teeth
☐ Have programs printed
Set appointment to have make-up and hairstyling
Check with groom regarding wedding ring(s)
Final fitting of wedding dress and all gowns
☐ Make sure musicians/DJ have playlists
Send portrait to newspapers
Complete arrangements for reception
Arrange transportation for out-of-town guests
Arrange for moving (if necessary)
Arrange for party rental equipment
Arrange transportation to ceremony and reception
Arrange for your joint or new checking accounts
Have all charge accounts changed / change of address to post office
Acknowledge each gift as it arrives
Arrange for yoga class to help with stress from the above
Pick up marriage license
TWO WEEKS TO ONE DAY BEFORE WEDDING DAY
Arrange final seating for the rehearsal/reception
Write toasts for rehearsal dinner
Check all gowns and accessories / break in wedding shoes at home
Complete trousseau and going away clothes
☐ Write checks to vendors, put in envelope and give to event planner to distribute
Give caterer final estimate of attendance at reception
Discuss specific shots with photographer
Make arrangements with Best Man to return tuxedo rentals
Attend bridesmaid's luncheon and present gifts
Deliver welcome bags to hotel
Arrange any last minute transportation
Put all wedding clothes in one place
Provide any readers scripture for readings
Arrange wedding day time schedule with event planner
Get lots of beauty rest
WEDDING DAY
Relax – Have a leisurely breakfast
☐ Take time to bathe and dress leisurely
☐ Make-up by an artist, manicure, hair styled
Leave all details to those responsible <i>This is your day. Enjoy!</i>

Setting Your Budget

There are many details to investigate before signing any contractual agreements for your wedding services. Once you've checked off the items listed below and made your decisions, get in writing everything you expect.

	BUDGET	EST.COST		BUDGET	EST.COST
Stationery	\$		Wedding Parties	\$	
Invitations			Bridesmaids Luncheor	1	
Announcements			Rehearsal Dinner		
Thank you Notes			Out-of-town Guests		
Reply Cards			Fees	\$	
Monogrammed Napki	ns		Church/Synagogue	Ŧ	
Photography	\$		Officiant		
Formal Portraits			Assistants (cantors, alt	ar hove)	
Engagement			Gifts		
Wedding				\$	
Wedding Album			Maid of Honor		
Parent's Album			Best Man		
Videography	\$		Bridesmaids		
Reception	\$		Groomsmen		
Food			Other		
Beverage			Flowers	\$	
Wedding Cake			Ceremony		
Groom's Cake			Bridal Bouquet		
Gratuities and Taxes			Attendants'		
Valet Parking			(male, female)		
Officer			Mothers' Corsages		
Music\$			Reception		
Wedding			Miscellaneous	\$	
Reception			Hotel Accommodation		
Soloist					
Bridal Attire	\$		(for out-of-town guest		
Dress			Honeymoon	\$	
Headpiece and Veil			Transportation		
Undergarments			Accommodations		
Jewelry			Daily Allowance		
Shoes			Total Budget	\$	
Trousseau			Total Est. Cost	\$	
Garter				Ŧ	
Preservation-Gown					
Hair / Makeup			Typical Proakdown of	: Wodding Evn	oncos
Nails	_		Typical Breakdown of		letises
Wedding Consultant			Reception Costs	30%	
Transportation	\$		Clothes and Gifts	30%	
Limousines			Ceremony Costs	11%	
Carriage, etc.			Photography	11%	
Parking			Invitations & Statione	,	
			Miscellaneous	12%	

Coming Home

 Notify parents and family you are home, Don't forget to thank them for their cooperation. Finish sending thank-you notes. Check your wedding gifts. If you have duplicates or ones that don't fit your taste, return them immediately. Select your wedding photographs. Change all previous addresses such as driver's licenses, charge cards, insurance policies, etc. 	 Notify business associates. Discuss with each other and lawyer the need for insurance such as homeowner, jewelry and maternity benefits on your medical insurance. Work up a budget on a weekly and monthly basis. Invite parents to dinner. Have a party inviting groomsmen and bride's attendants. Show them the wedding and honeymoon photographs. 		
Changing Your Name Following is a list of whom to inform and what to modify when your name changes. Driver's License Lending Institutions			
Auto Registration & Title	Medical/School records		
Auto Insurance	Wills		
Social Security Card	Accountant		
Credit Cards	Securities Broker		
Checking/Savings Accounts	Leases with Landlord		
Health Insurance Policies	Library Card		
Life Insurance Policies	─ Voter Registration Card		
Telephone Number & Listing	Organization Memberships		
Post Office			
Charge Accounts	Passport		
Charge / recounts	☐ Passport☐ Safe Deposit Box		

Directory of Services

Directory or services		
ALTERATIONS	LADY IN LACE	
ALTERATIONS BY BECKY Becky Hebert Hogue	410 Downtown Plaza	
	inquiry@ladyinlace.net	
	BRIDAL REGISTRY	
	HUDSON-POOLE JEWELERS	
ARTIST - WEDDING PAINTER	1111 Greensboro Avenue	
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JKelleyStudio@gmail.com205-310-3731 IG: JKelleyStudio BAKERS	THE FINE HAND CALLIGRAPHY, ETC.	
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Riverfront Village	www.foxyfoodsgordo.com	
bridal@blogohair.com www.blogohair.com	HERITAGE HOUSE COFFEE & TEA	
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bamabandb@gmail.com	2370 Jack Warner Pkwy, Ste A 108205-562-9135	
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University Mall	1530 McFarland Blvd. N	
1701 McFarland Blvd. East #107	Southern Ale House.com	
classythreadsbridalandformal.com	catering@holthospitality.com	

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Keely Duke	www.travelpi.com
keelyduke1982@gmail.com	HORSE & CARRIAGE SERVICE
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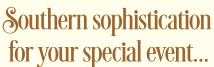












430 Walnut Street Centreville, AL 35042 (205) 225-0044

























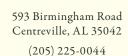














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Advantages of Friday and Sunday Weddings



f you decide to have your wedding on a Friday or a Sunday, you'll reap several rewards: both financial and otherwise. You'll save time, you'll probably save a significant amount of money, and you'll find that your guests may appreciate having a Saturday free to spend time with you and the other guests they know.

Maximize Your Dollar

For Friday or Sunday weddings, the majority of banquet facilities, photographers, video producers, musicians/entertainers and limousine services are much more willing to negotiate in order to reach a price that suits your budget. Vendors tend to see Friday and Sunday as bonus days, a time when they can earn income. Savings on these services can really add up, making this option a great way to save money without having to sacrifice the quality of your wedding.

Save Time

On a Friday, you'll probably have your wedding in the evening, which means that the ceremony is followed immediately by dinner. This means that you will avoid the extra cost and hassle of

a one-to-two hour interim reception or cocktail party. Having the ceremony and reception back to back may ensure more people at the church ceremony.

Additionally, a Friday/Sunday wedding frees up at least one day of the weekend, generally making your family, friends and guests more appreciative of the extra time, especially if they are traveling.

Save the Date

Planning for a Friday or a Sunday wedding makes it much more likely that you will be able to reserve the church, hall, music and other services on the date of your choice. Choosing a Friday or Sunday date allows you to avoid making several calls to numerous vendors, only to hear, "Sorry, we're booked on that date."

Rehearsal Is Easy

Restaurants are usually thrilled to have rehearsal dinners booked on Thursdays or other evenings during the week, since those are typically their slower business days. You will find a more relaxed atmosphere and the staff will be more attentive to your party's needs.

In selecting a Friday or Sunday date for your event, you'll help both your budget and your odds of getting exactly the wedding you want, while also allowing for more time dedicated to finalizing last minute details. You can use the extra day to catch your breath, and use the extra money to purchase something special.









Is Stress Sabotaging Your Weight?

by Cindy Huggins, MS, RDN, LD Nutrition Communications Expert & Blogger at www.NewlyWedNutrition.net

at right and move more has long been the advice to promote weight loss. Those who have ever struggled with weight would argue that there is more to it than just food and exercise. Emotions play an equal role, but tend to be overlooked. How many times have you thought, I just need to cry and I'll feel better? Shutting down your emotions causes hormone imbalance, which is linked to weight gain and chronic diseases.

The human body is amazing at doing its job - almost too amazing. Stress is a powerful emotion that causes the body to release the "flight or fight" hormone, cortisol. While cortisol makes energy readily available to run or fight, it also elevates blood sugar and blood pressure. Having too much cortisol causes energy to be stored in a convenient location for quicker use -- your belly. Studies suggest that this may be why we crave sweets when stressed. Appetite hormones are also negatively affected by cortisol.2 The body thinks that it is literally starving so it signals release of a hormone that tells us we are hungry. This vicious cycle even suppresses the "feel-good" hormones possibly leading to depression.

How well do you handle stress? A study published in the Journal of Obesity examined the association between abdominal fat and cortisol levels.2 It was found that cortisol levels and abdominal fat decreased in participants with improved mindfulness and chronic stress.2 Here are recommendations to help promote hormone homeostasis and yield weight loss.

Eating Right

- · Eat foods that are high in antioxidants like dried beans, blueberries, dark red or purple grapes and apples.
- · Limit refined carbohydrates (processed carbohydrates), excessive alcohol and caffeine.
- A daily dose of probiotics can stimulate good

gut bacteria. Yogurt and fermented milk like Kefir are good sources. If you plan to use an over-the-counter probiotic supplement, speak to a physician first.

- Follow a low glycemic load diet: 100% whole grains, oatmeal, pasta, sweet potatoes, and non-starchy vegetables.
- Keep a daily journal to document food, exercise, and emotions. This may highlight some eating and behavioral patterns.

Daily Stress Management Strategies

- · Practice good time management skills.
- Relax your mind and body by taking a short walk, closing your eyes and taking a few deep breaths, or stretching.
- · Ensure you are getting enough sleep each night. Adults need 6-8 hours every night.
- · Participate in a variety of exercises as continuous vigorous activity may stimulate cortisol. It is well-documented that yoga can strengthen physically, mentally, spiritually, and emotionally.
- · Start slow and choose one of the above recommendations to incorporate this week. Once comfortable, add another. If stress feels like it cannot be controlled then talk with your doctor. One last recommendation is this: force a smile. Seriously, do it right now. A simple smile has the power to improve mood and happiness.4



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2. Stress and overeating: Stress hormones increase appetites and a crawing for high-flat, sugary food. Harvard Health Letter [serial online]. September 20:13(61):6. Available from: MAS Ultra - School Edition, Ipswich, MA. Accessed
MAS Jubremier (S. Kisteller), Hetch FM, et al. Mindfulness Intervention for Stress
Eating to Reduce Cortisol and Abdominal Fat among Overweight and Obese Women: An Exploratory Randomized Controlled Study, Journal of Obesity. 20:112011:651936.

An Exporatory Nationalized Controlled Subsystems (1997) and Goldon. 1955/2015/65195.

4. Kraft, T. L., Pressman, S. D. Grin and Bear It: The Influence of Manipulated Facial Expression on the Stress Response. Psychological Science, November 2012; vol. 23, 11: pp. 1372-1378., first published on September 24, 2012



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Wedding Program Pointers

by Andrea Watson, The Fine Hand Calligraphy, Etc.

edding programs are becoming increasingly popular today. Although they may not be absolutely essential for a traditional wedding ceremony, they are a virtual necessity for ceremonies that combine elements from different religions and cultures or if the bride and groom have written their own vows. Should special songs or prayers be included, a wedding program will enable guests to participate more fully in the service. In any case, an attractively designed and carefully thought-out wedding program that complements you other wedding stationery will serve as a lovely record of the event and its participants.

Essential items to include are (1) the title of the event, (2) the names of the bride and groom, (3) day and date, (4) place, (5) the order of the service which also notes titles of musical selections and soloists if any, as well as citations to sources of readings, (6) officiants, (7) parents and grandparents, (8) members of the wedding, and (9) any helpful translations and explanations of rituals. The first four elements can easily be combined in a title phrase with appropriate line breaks, e.g. The Celebration of Marriage / uniting / Anna Kathryn Leigh / and /William Arthur Wells / Saturday, the eleventh of August / Two thousand twelve / at half after five o'clock / First Presbyterian Church / Tuscaloosa, Alabama,

Other optional elements that you may wish to include are expressions of thanks to parents, tributes to deceased relatives, a special verse of scripture or poetry, and other useful information, *e.g.* directions to the reception venue and/ or your new names and address following the

phrase At home. If your wedding will be in a church, the pastor likely want approve any artwork vou wish to use and proofread your program to check terminology and the citations to scripture readings. Take advantage of this free expertise. Marriage may be properly called a sacrament in some churches, not in others. Presbyterians have cross bearers; Episcopalians have crucifers. Your clergy will know the correct forms and be happy to help you. Music directors can also provide advice for the accurate listing of musical selections.

It is possible to produce an attractive wedding program yourself at very little cost using your own computer and printer. You should be proficient with word processing or layout software and be absolutely certain that you have the time and patience to do a thorough job. Good design skills and meticulous attention to spelling and punctuation are essential, also. Cutting and assembly require tools and time. If you are unsure of your abilities and resources in any of these areas, seek help from a professional graphic designer or a reputable printer who offers these services. Even when working with a professional, you must still exercise your own best judgment and taste. When it comes to creating a wedding program that will become a treasured keepsake, remember always that there is much elegance in simplicity.



Two of Tuscaloosa's most romantic wedding and reception venues are also two of the most affordable. A gazebo overlooking Lake Tuscaloosa or the historic ruins of Capitol Park each offer a spectacular setting for your special event. Call today to book your fairytale wedding date.



Reception Checklist

When planning your wedding, set a budget and stick with it. The following checklist will help you keep track of your expenses.

The Location

- O Proximity to the ceremony site
- O Date availability and discount days to consider
- O Rental fee and what it includes
- O Time allowed to decorate the space for the day of the wedding
- Using the location for a ceremony as well, if desired
- Whether there will be other receptions that day
- Number of guests the space will accommodate comfortably
- O Terms of liability insurance
- O Ratio of staff to guests
- Overtime charges
- O Postponement/cancellation refund policy
- Gratuities and taxes
- Availability of valet parking
- O Clean restroom facilities
- Room for changing
- Means of handicapped access
- The availability of a nursery or babysitter

Food and Drink

- Meal options, from a seated dinner to a dessert-only reception
- Special meals to accommodate restricted diets
- O Price per guest
- Method of payment
- A date for tasting menu and tour of the site with a wedding in progress
- O Dessert table policy
- Availability of non-alcoholic beer, wine, and beverages
- O Top-shelf wine and alcohol vs. house brands
- Cost of open bar vs. one/two hour cocktail service or host's per-drink tab arrangement

- Possibility of bringing in your alcohol and amount of corking fee
- Supplier of the wedding cake and cutting fee
- On-site wedding coordinator

Miscellaneous

- Musicians
- Florist
- Photographer
- Videographer
- O Cake knife/server
- O Food for band, etc.
- Wedding guest book
- Seating plans
- Place cards
- Decorations
- Favors
- List of photos

Basic Rentals for Off-site locations

- Tent
- Chairs
- Tables
- O China
- Cutlery
- Glassware
- Tableskirts
- O Dance floor
- Serving trays and dishes
- Linens
- Lighting
- O Heaters and/or air conditioners
- Restroom facilities
- Electrical outlets
- O Bar equipment





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by Andrea Watson, The Fine Hand: Calligraphy, Etc.

ou lucky girl! You've got a great guy, a stunning diamond ring on your finger, fabulous wedding plans in the works, and tons of people offering to give parties and showers for you. No princess ever led such a charmed life, and you deserve it, don't you? We'll see.

All these people who are being so wonderful to you are going to have to be thanked, and thanked promptly. Don't think for one minute that you have a year in which to acknowledge wedding gifts. That particular etiquette theory applies to gift-giving only. Gifts, once received, should be acknowledged within two weeks. Two, count 'em, weeks!!!!!

So...don't forget to write! In this era of electronic communication, it's tempting to send thanks via e-mail. That may be adequate for some of your contemporaries, but those who truly love you will treasure a handwritten note, however brief, that is heartfelt and timely.

Your own immediate reaction to a present (provided it is not "EEUUWWW!!!!") is the best subject matter for your thank-you note. For those writer's-block days, here are a few stock phrases to get you started:

Dear Katie, Leave it to you to pick the perfect gift for us! The luxurious towels are our favorite color and will look wonderful in our new place...

Dear Mrs. Urguhart, Josh and I are honored to have received the crystal epergne that belonged to his great aunt Arabella Stanhope. We will cherish this heirloom throughout our lives, and it will remind of us of our heritage..."

Thank-you notes don't have to be



Dear Aunt Patrice, You were so kind to offer to house two of my bridesmaids during the wedding weekend. It's nice to know that they will be staying under your protection in your beautiful home...

Dear Uncle Harry, You are the most generous of uncles! Josh and I are going to use the money you sent us to buy

Lay in a supply of attractive informal notes and pens you like to write with. Don't forget to buy lots of pretty postage stamps. Keep an organized list of each gift or special kindness (remember, not every gift is tangible), its giver, date received, and the date thanks were sent. When you've been to a shower and received fifty gifts, write three or four notes a day, and you'll be finished in two weeks. Think of the motherly chiding you'll spare yourself. Think of the good will you'll create with your motherin-law to be. Best of all, think of how smug vou'll feel!







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How to Cut a Wedding Cake



he most important info is to (I) remove the top tier which is usually saved and

- (2) obviously remove the topper and any other non-edible decorations, then
- (3) start from the top and work your way down the cake.

Finally, if there are more than 3 tiers, remove the tiers before cutting to avoid having the tiers slip off while cutting.

General Guidelines

The first step is to use the right knife. Always use a sharp, thin knife. The cuts should be made by first inserting the knife straight down into the cake, and then by pulling the knife at an angle toward the outer edge. Before the next cut, wipe the knife clean with a damp cloth.

Three-Tiered Round Cake

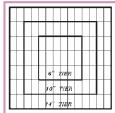


- I. Start from the top by removing the 6" tier, which is usually the bride and groom's cake to be saved.
- 2. Cut a circle about two inches from the outer edge of the 10"
- 3. Work from this circle and make vertical cuts about one inch apart, until the ring is completely sliced.
- 4. Use the same starting procedure and cut another two-inch ring, again slicing into oneinch pieces.
- 5. Repeat the procedure until the tier is completed; then repeat entire process on 14" tier until all the cake has been served.

Source: http://www.elegantaffair-ca.com/weddingcake.php

Three-Tiered Square Cake

I. Start from the top by removing the 6" tier, which is usually the bride and groom's cake to be saved.



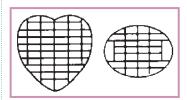
2. Work from any side to cut a horizontal line about two inches from

the outer edge of the tier.

- 3. Slice from right to left to make vertical cuts about one inch apart, until the entire row has been sliced.
- 4. Cut another horizontal line two inches from the new edge, and slice this row.
- 5. Repeat until the entire tier has been cut.
- 6. You should produce five rows in the 10" tier.
- 7. Move to the 14" and repeat the process for seven rows.

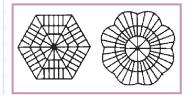
Heart and Oval Cakes

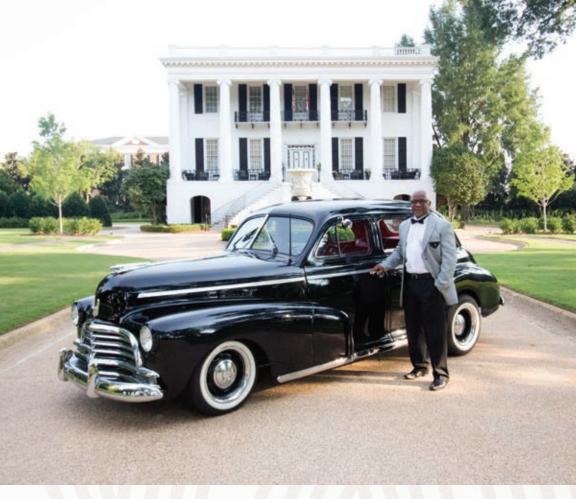
Heart and oval shaped cakes are cut in a similar fashion as square and rectangular cakes.



Hexagonal and **Petal Cakes**

Hexagonal shaped and petal shaped cakes are cut up in the same way as for round cakes.





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A Musical Menu for Musical Menu A Musical Menu Jor Marching Down the Aisle

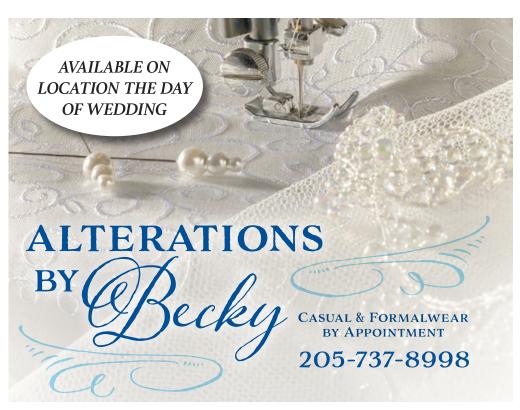
For the Procession Down the Aisle

- "Air on the G String," Bach: contemplative, passionate.
- "Allegro" from The Water Music, Handel: jaunty, uplifting ditty.
- "Andante" from String Quartet in A Minor, Op. 29, Schubert: tender theme from the opera Rosamunde.
- "Andante" from Piano Concerto No.21 K.467, Mozart: used in the movie Elvira Madigan.
- "Arioso" from Cantata 156, Bach: nice, less-used substitute for "Air on the G String."
- "Bridal Chorus" from Act III of Lohengrin, Wagner: "Here Comes the Bride."
- "Canon in D," Pachelbel: melodious round that keeps growing and growing.
- "The Four Seasons," Vivaldi: various movements that provide uplifting, classic touch.
- "Jesu, Joy of Man's Desiring," Bach: simple, swirling and sentimental.
- "Largo" from the opera Xerxes, Handel: slow, moving melody that builds to majestic climax.
- "Nocturne" from String Quartet No. 2, Borodin: passionate tune in the show Kismet.
- "Romanza" from Eine Kleine Nachtmusik, Mozart: nothing more beautiful than this stately melody.
- "See, The Conquering Hero Comes" from the oratorio Judas Maccabeus. Handel: bold tune. Perfect for the unabashed bride who idolizes her groom.
- "Sheep May Safely Graze," Bach: a heart tugger.
- "Traumerie" from Kinderscene, Schumann: dreamy.
- "Trumpet Tune," Purcell, "Trumpet Voluntary in D," Jeremiah Clarke: regal Baroque fanfares.
- "Vocaluse," Rachmaninoff: gorgeous love song with a hint of tragedy.

For the Recessional

- "Hornpipe" from *The Water Music*, Handel: noble Baroque tune.
- "Ode to Joy," Beethoven: solemnity meets hope.
- "Rondeau," Jean Joseph Mouret: theme from PBS's Masterpiece Theatre.
- "Wedding March" from Midsummernight's Dream, Mendelssohn: a joyous conclusion to start the rest of your lives together.
- "Hallelujah Chorus," by Handel: if you really want to make a statement!









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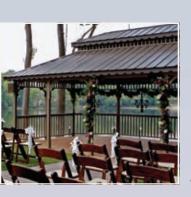
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The Henderson Park Inn— Destin, Florida

by Linda Holloway Photography by larryhollowayphotography.com

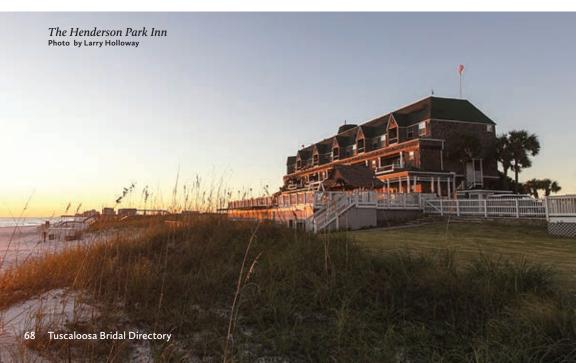
The Henderson Park Inn - Voted #1 Most Romantic Hotel

The ultimate honeymoon destination is only a short drive away in Destin, Florida. The Henderson Park Inn has an adult only policy making it a couples' favorite for their first days of forever. The Inn has claimed accolades such as About.com Reader's Choice contest naming the Inn the #I Most Romantic hotel in North America and #2 Most Romantic Hotel in the World. TripAdvisor.com readers also tapped the Inn as #I, and is ranked among the Top 15 Hotels for 2018.

Guests are greeted in their room with romantic music, a bottle of wine, a vase of roses, as well as grapes, and gourmet chocolates. The Executive Suite and Presidential Suite are popular choices, but the Corner Suite, with

its breathtaking panoramic view of the Gulf of Mexico, is ideal for newlyweds. From your balcony, you may witness a wedding—the Inn is known for their private slice of beach where "beach music" sets the tone for nuptials. The Inn's expert staff executes the details to perfection.

When booking your honeymoon, consider the over-the-top complimentary perks that come with your lodging such as a delicious gourmet breakfast prepared by acclaimed chefs, and guests are provided with boxed sandwich delights for lunch. For an invigorating excursion, pedal through the expansive Henderson State Park on the Inn's complimentary bikes. Refreshments will be waiting when you return and check out the fully stocked community fridge.





Additional Amenities and Exceptional Dining

The Henderson Park Inn guests now have access to a full array of wonderful amenities next door at their sister property, The Henderson, a Salamander Beach & Spa Resort. Here, swim at The Henderson's Adults Only Pool, which features luxury cabanas with poolside beverage service. Take time to indulge in the spa's intimate couples' massage. Complimentary beach services include chairs, umbrellas, and towels throughout your stay at the Inn. When not romping along the water, spend time in the swing on the veranda simply "gulf watching."

For an exceptional dinner, make reservations at the Henderson Park Inn's restaurant, Beach Walk Cafe. Indulge in romantic waterfront dining that has been selected as one of the top 100 most romantic restaurants in the United States by OpenTable. For the most romantic dining on the gulf, reserve Beach Walk Cafe's 'Toes in the Sand' dining experience with a private table at the water's edge complete with a dedicated server.

Walk hand in hand along this private whitepowdered sand beach with the one you love taking time to understand the receptiveness of water overlapping sand is an adult lullaby. The Henderson Park Inn is a paradise-like atmosphere where your new adventure of Mr. and Mrs. begins. Here, the emerald, crystal-clear gulf waters cast complimentary bits of dancing, colored layers—shimmering reflections of one of the world's most beautiful beaches. The last hurrah...that would be admiring the swollen sun dropping into infinity in the distance. Stay until the fading streaks of light set the Henderson Park Inn aglow—changing the gray cedar shake shingles to a golden hue for a few moments. This is the "romance zone," a place and time that is hard to duplicate, but you can try again on your first anniversary.

For more information visit, www.HendersonparkInn.com





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