

He gets down on bended knee, asks for your hand in marriage, and you emphatically tell him YES! You brag to all your family and friends about your great news, and you excitedly run out and purchase every wedding magazine you can carry out of the store. Enjoy these moments of bridal euphoria before the panic sets in about planning your wedding. The truth is, today's weddings can be as traditional as your grandmother's or as unique as the couple being married. Here's a rundown of some of latest and greatest trends for couples looking to plan their dream wedding.

Grooms Want To Be Involved

Grooms are not just showing up at the altar, as in weddings of the past. A major trend is to include the groom in the planning from the moment you say yes. Grooms want

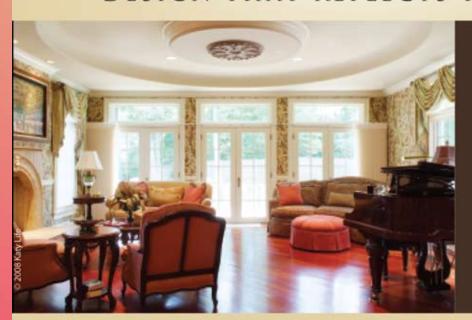


celebration and have lots of ideas regarding the music, menus, and his cake. A wedding marks the first opportunity for the bride and groom to entertain their friends and family, so it's no wonder the groom wants to have a hand in the planning and to have his family and interests represented. At Katyites Hagan Heiligbrodt and Blair Ferguson wedding earlier this year, the groom's cake was topped with a hand-painted blue marlin fishing scene, which represented an activity Hagan has enjoyed with his family throughout his life. "It was important to us to infuse our strong family backgrounds into the wedding," says Ferguson.

input in the tone of the

Andrea Seay with flower girl Sydney

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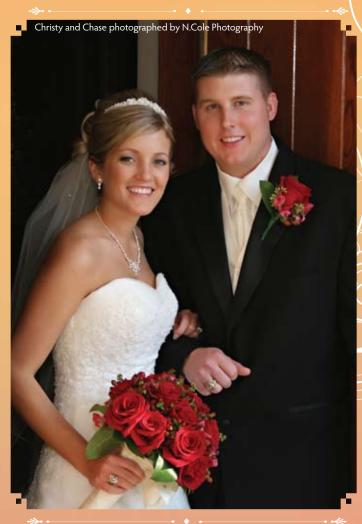
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Make it Unique to You

Brides today want their weddings to be unique to her and her groom. Ferguson recounts how she and Heiligbrodt personalized their own wedding, "On the bride's cake table we displayed a framed picture of my parents and Hagan's parents on their wedding days, 30 and 45 years ago, respectively. Both sets of parents remain happily married today. Our guest favors were cakeballs, a treat that has become a Christmas tradition in my family. Most importantly, we included our siblings and nephews in our ceremony as bridesmaids, groomsmen, or ring-bearers."

A major trend is to include the groom in the planning from the moment you say yes.





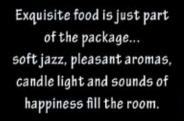
Weekend Celebrations

Some couples are now hosting entire wedding weekend celebrations. Brides are no longer just celebrating the day of, but are now inviting friends and family, who travel from far ends of the world, to a fun and memorable experience. Many brides host luncheons for their bridesmaids and extended wedding parties, or throw welcome









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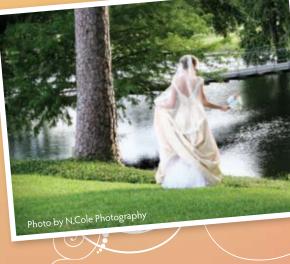


parties to introduce the two families together. After parties have also seen a growth in popularity with couples hosting a more casual get together after the reception. Some couples, especially those with many out of town guests, even have a day-after brunch so family and friends can say good bye to the newlyweds and send them off on their honeymoon.

A Romantic Destination

Destination weddings have become fashionable in the last several years. Couples planning a destination wedding seek to find a fun and meaningful location for their celebration. Some couples choose an exotic island or beach locales, while others may gravitate toward big cities like Manhattan. And others choose international locations such as Italy or the South of France. The guest lists for destination weddings tend to be a bit smaller since not everyone can travel to the set locale. Because they are more intimate events, the weddings also tend to be more casual.









Create a Wedding Website

Today's couples are tech savvy and have created elaborate websites for their guests. The couple may choose to share their story of how they met and got engaged. It also serves as a source of pertinent wedding details to aide guests in planning their attendance. Couples might include details about hotel accommodations as well as an itinerary of wedding activities. The goal is to make sure that guests are informed and can look forward to enjoying the wedding.

A Day to Cherish

Years from now you will look back on your wedding day and remember it as one of the best days of your life together. The most important thing is to surround yourselves with family and friends who care and love you. The rest is icing on the cake.

"The most important thing is to surround yourselves with family and friends who care and love you."





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Compiled By Megan Hodges

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Flower Girl GUIDELINES

- The flower girl should be 4-8 years old; the younger she is the more challenging it could be.
- 🂸 Make sure the flower girl's dress and shoes are comfortable.
- Have the flower girl attend the rehearsal, but she should go to bed early the night before the wedding.
- * No sugar should be allowed before the ceremony.
- 🌺 Keep the flower girl calm by resisting the urge to hype up her role.
- ** Play games with the flower girl or tell her stories as you are waiting to walk down the aisle.
- Make sure she knows where her parents are sitting during the ceremony.
- 🌺 Take pictures with the flower girl as early in the day as possible.
- Show your appreciation to your flower girl by giving her a small gift.
- Remember, kids are unpredictable so don't expect perfection.





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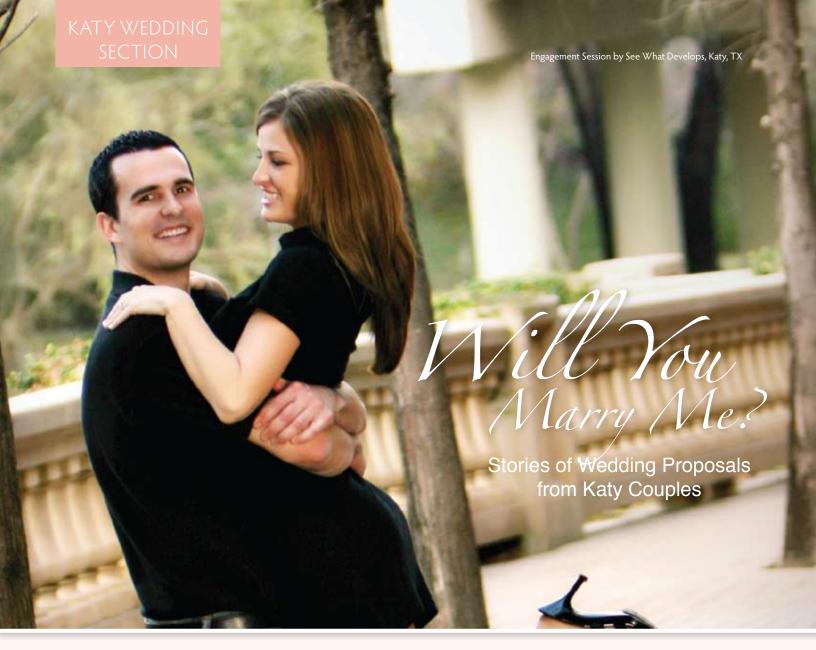
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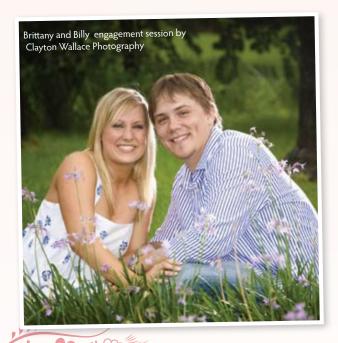
SAID BINA, M.D., P.A., F.A.C.S. with a few of his success stories

Dr. Bina is a bariatric and general surgeon who has been in practice since 1982. He has been board certified by the American Board of Surgery since 1981. He is a full member of the American Society of Metobolic and Bariatric Surgeons as well as American College of Surgeons. Dr. Bina has performed several hundreds of successful Laparoscopic Gastric Bypass and LapBand procedures.

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Written by Stephanie K. Rice



Ask most any married couple and they can recount every detail of the how, when, and where those four little words were uttered - Will you marry me? Some men propose in dramatic, romantic gestures, while others are a bit more reserved. Either way we have rounded up the best of the best to share with you.

THE PARTING OF THE SEA

Sherry Stockman, married for 12 years to her high school sweetheart, still gets goose bumps when telling of her marriage proposal. Her husband, Clint, was a business student at the University of Texas, and Sherry was studying Child Development nearby at Austin Community College. Clint had invited Sherry to attend a UT business recruiting luncheon with him, and told her to dress up for the occasion. As Clint and Sherry walked across campus to attend the luncheon, she noticed a large group of people standing on a staircase over a fountain. As she looked closer, she began to realize it was her and Clint's family and closest friends. Knowing how important Sherry's family is to her, Clint had arranged for 30 of their loved ones to share in his proposal of marriage. As Sherry approached the group, each family member descended the staircase one by one and presented her with a single red rose. Then Clint's mom handed her a basket full of bridal magazines. "Like the parting of the Red Sea for





Moses, the crowd moved apart as if on cue, and I saw Clint down on one knee with a ring. He asked me to marry him right there in front of everyone! It was the most romantic moment I could ever imagine." The couple now live happily ever after in Katy and have three children.

SWEET ROMANCE

Nathan Cook knew Heather loved chocolate. So when he was ready to propose marriage, he used her love of that sweet treat to ensure acceptance of his proposal. The Houston Museum of Natural Science was featuring an exhibit of all types of things created from chocolate, which would be the perfect setting, thought Nathan. He approached the museum about an idea, and he says they couldn't have been more helpful. They agreed to construct a chocolate hand for him with his engagement ring for Heather on it, and placed it in a display case. As Nathan and Heather approached the display, Nathan asked Heather whether or not she thought the ring was real. She said she wasn't sure so he said, "Let's find out." He lifted the display case and removed the ring, while Heather, who truly thought it was an actual display, started to panic for fear they were going to get in trouble when the alarms started to sound. "When I noticed his hands were shaking," she says, "I realized what might be about to happen." By then, of course, Nathan had gotten on one knee and the rest is history.

HEARD IT ON THE RADIO

Scott Johnson proposed to his wife Kellie on Valentine's Day in 2005. His proposal was a very public one indeed. He contacted a local radio station, and together with the station's on-air personalities, they concocted a scheme to get Kellie to the radio station. Using Kellie's profession as a special needs teacher, the station lured her in by telling her she had been picked as teacher of the year since Scott had submitted her name into an on-air contest. Scott notified all of their family and friends of his plans and advised everyone to listen to the station or visit the station's website at the appointed time. On,



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February 14, 2005, Kelli and Scott arrived at the station to accept the teacher of the year award. The on-air personality told Kelli that Scott's letter detailing all her great work had won her the award, and that Scott had something he had wanted to say to her on the radio. Scott then got down on one knee and proposed marriage to Kelli with all of Houston listening in. Of course she said yes, and the two were married in 2006, and now have a one-year-old son, Scott Jr.



A HORSE AND CARRIAGE RIDE

When Charlie Priest proposed to his wife Katie, a preschool teacher at Crosspoint Community School, he wanted a setting as beautiful as his future bride. The Katy couple, who were living in California at the time, headed to Palm Springs for a brief day trip over the New Year holiday. Charlie escorted Katie to a candlelit dinner for two followed by a romantic horse and carriage ride amongst the twinkling white holiday lights adorning the streets of the city. Katie now admits, "I was completely distracted by the horses clomping along, and didn't even notice that Charlie had gotten down on one knee. He was trying to not tip over since the carriage was still moving, and I was wondering what are you doing?" Then, he professed his love, and proposed marriage. "It was so sweet, and I was completely surprised," says Katie. Charlie and Katie were married last summer and are the proud owners of Sophie, their beloved dog. KM

STEPHANIE K. RICE has been happily married to her British export for eight years. They have two children and reside in Katy.

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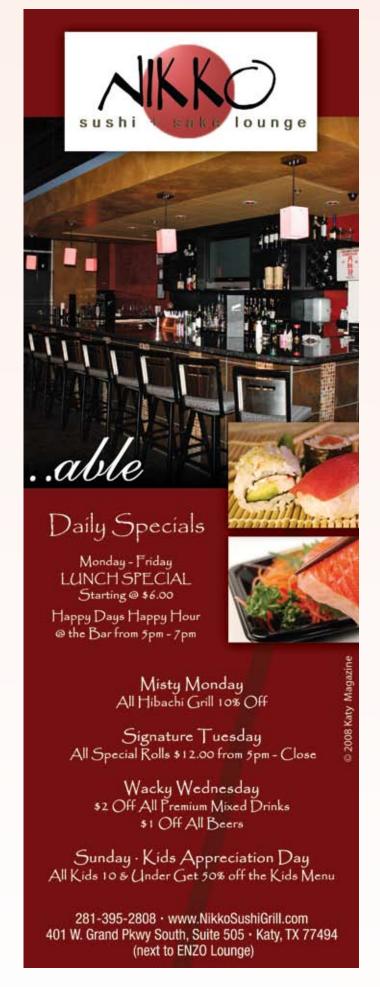


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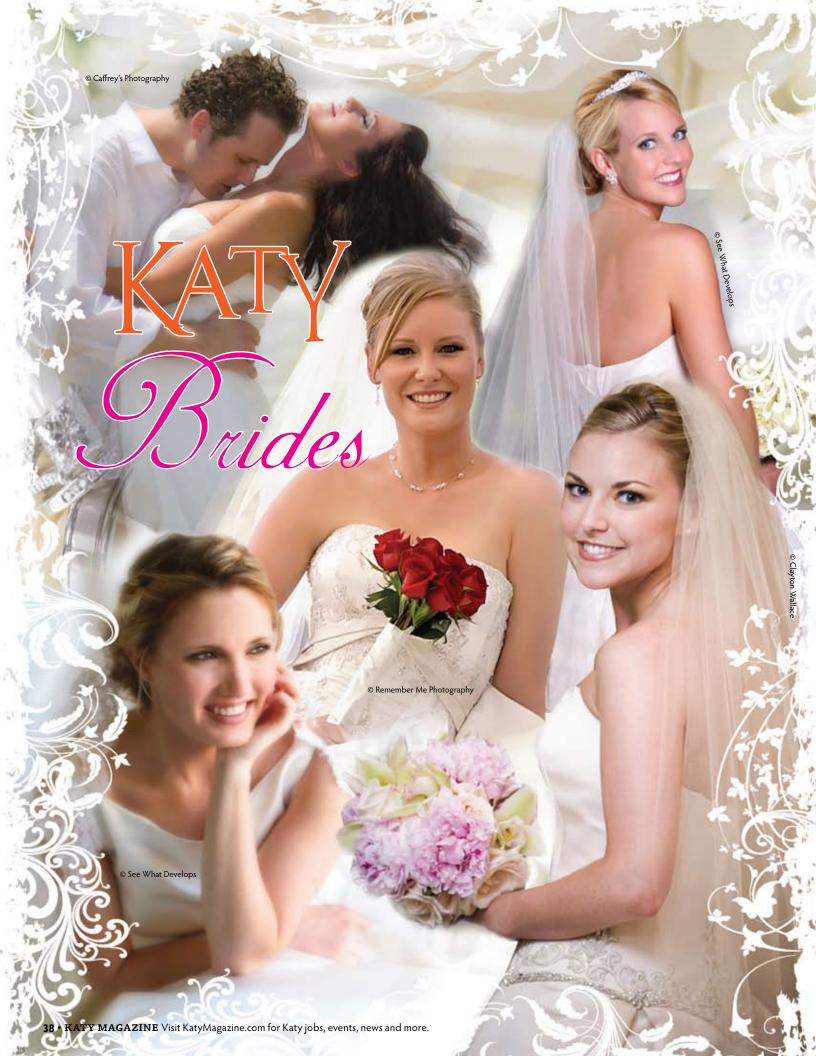
Dr. Schreiber's mission is to leave each client empowered, honored, and supported in accessing their full potential. Her work focuses on people tapping into their full potential by understanding the power of their brain.





- Plan a surprise engagement party. In the midst of celebrating your love for each other, share the moment with your closest friends and family.
- Make a personalized gift. Utilize your strength as an artist and create a one-of-a-kind memento for your fiancé-to-be. Whether it's a hand-carved jewelry box, a drawing, or a poem, something from the heart will be sure to elicit a resounding yes.
- Go back to where it all began. Take her to where you first met or recreate your first date. If you choose to propose in a restaurant (a more popular choice), be sure to call ahead and get advice from the staff. They may even help you arrange the perfect surprise.





Katy Brides and Grooms













