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THE LAS Bulletin

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By Elva K. Österreich

alancing cost and practicality is something every couple faces as they make plans to get married and often a service to make life easier. like a wedding planner, can fall by the wayside.

"I think a lot of time people think that a wedding planner is a luxury cost when it comes to weddings," said Roxanne Livingston, senior coordinator at Livingston Bridal in Las Cruces. "I think it can be more of a necessity to make sure things run smoothly. Overall, it just takes pressure off so everyone can enjoy the day."

Jennifer Gruger and her husband to be, Michael, planned their own wedding in 2009.

"We did not really consider using a wedding planner because we did not feel we could afford one," she said. "I also didn't understand the value of a wedding planner because nobody sold me on the idea. Even attending wedding expos, nobody convinced me it was necessary, and we wanted such a simple thing that we just didn't see a need."

However, Jennifer admittedly is an organized individual with event planning experience. She said there were factors that worked in their favor as they planned. They wanted to keep it small and simple, it was local and they had plenty of time for planning.

"One of the reasons it worked is we had a clear idea about how we wanted the event to feel," she said. "First identify how you want the event to feel and then you can build out from there. We didn't have a lot of complicated decisions to make once we had that figured out."

Since her wedding, Jennifer said she has learned more about the potential value of a wedding planner. Professional planners are connected to resources and know area venues and options.

"There were times I thought I would lose control of how it would actually turn out," she said. "From experience, I had a checklist for what could go wrong."

For example, part of her checklist included having someone monitor the emergency door at the venue to avoid the kerfuffle that would happen if someone tried to open it. It turned out to be an important step because that very thing happened and she was ready to nip trouble in the bud.

"I like doing that [organizing] and felt comfortable doing it, but also had moments where I wish I could just show up and not worry about any of it," she said.

While Jennifer had less anxiety about things going wrong because she had planned well, she said it also matters greatly that people on site, including the venue contact, are really good.

"If the bride never has to worry about what went wrong, it could be totally worth it," she said.

Livingston said the timeline is one of the biggest things in planning a wedding well, ensuring accuracy and a smoothly flowing event.

"It is so important the day is set up so guests are involved and engaged in the process the whole time," she said. "There is nothing worse than to have guests just sitting and waiting, or nobody on hand who

> knows what's going on. It can ruin the overall experience for everyone."



Couples often come to Livingston having done the majority of planning for their wedding and want someone on site to make sure everything goes well.

"In that case, we are the first ones there at the venue and last to leave," Livingston said. "We make sure everything is set up according to their wishes including checking invoices, it's a checks-and-balances system – we make sure what's paid for happens. It's making sure the couple gets down the aisle on time; to the reception; transitioning into dinner in one seamless, smooth process."

Livingston also said as wedding planners, they have tips and tricks to help couples save money, building a budget to make sure they are not overspending. Planners also have the benefit of partner discounts with different types of vendors.

"We know our vendors," she said. "They are reliable. We know their quality and know they are the best value for your money. There is zero question about the level of service."

Rates for wedding planners can vary a lot. It depends on the planner, Livingston said. Rates can be from \$1,500 to \$7,000 for day-of-wedding services to a full service, full plan from \$2,500 to \$10,000.

"I think it's a huge relief with couples by being able to put trust in a planner," she said. "The biggest thing is for potential clients to really research who they are working with. The peace of mind is worth its weight in gold when it comes to hiring a planner of coordinator."







Anniversary Gift Ideas

Year	Traditional	Modern	
1 ST	Paper	Clocks	
2^{ND}	Cotton	China	
3^{RD}	Leather	Crystal/Glass	
4 TH	Linen	Appliances	
5 TH	Wood	Silverware	
6 TH	Iron	Wood	
7^{TH}	Wool	Desk Sets	
8 TH	Bronze	Linen/Lace	
9 TH	Pottery	Leather	
10 TH	Tin	Diamond Jewelry	
11 TH	Steel	Fashion Jewelry	
12 TH	Silk	Pearls	
13 TH	Lace	Textiles	
14 TH	Ivory	Gold	
15 TH	Crystal	Watches	
20 TH	China	Platinum	
25 TH	Silver	Silver	
30 TH	Pearl	Diamond	
40 TH Ruby			
45 TH Sapphire			
50 TH Gold			
55 TH	Emerald		
60 TH	Diamond		

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Las Cruces celebrates marriage on Valentine's Day

By Leah Romero

alentine's Day marks the celebration of love and romance each February and Las Cruces is no exception.

Couples from across Doña Ana County had the chance to tie the knot or renew their vows at several locations Wednesday, Feb. 14, in what have become annual traditions.

Morning Star United Methodist Church held its third annual free Valentine's Day weddings on the Plaza de Las Cruces. The event was born out of the need for joy as the county was emerging from the COVID-19 pandemic. Since then, dozens of couples have recited or renewed their vows by making an appointment or simply walking up to the plaza.

Rev. Amy Wilson Feltz, lead pastor at Morning Star, and others have stated that the church's goal is to make Las Cruces the "marriage capital of the southwest."



Rashae Skye and Andrew Garcia celebrate their marriage at Little Toad Creek Brewery & Distillery, in downtown Las Cruces, during Morning Star United Methodist Church's annual weddings on the plaza on Feb. 14, 2024.

Pastors and volunteers from the church came together to offer couples short ceremonies, wedding pictures, an apple cider toast and wedding cupcakes, all at no cost to the newlyweds.

A marriage license was all that was needed to

make the marriage official.

Several ceremonial arches were set up on the plaza itself for outdoor ceremonies, as well as an arch and aisle set up inside Little Toad Creek Brewery & Distillery across the street. It was a one-stop shop for couples looking for a meaningful yet hassle-free ceremony.

Bar patrons and volunteers alike were ready to celebrate each pair who dropped by.

Rashae Skye and Andrew Garcia were one such couple who partook in the free wedding service inside Little Toad Creek.



Rashae Skye and Andrew Garcia kiss after exchanging vows at Little Toad Creek Brewery & Distillery, in downtown Las Cruces, during Morning Star United Methodist Church's annual weddings on the plaza on Feb. 14, 2024.

"We've talked about getting eloped already," Skye said. "We were out to dinner and he's like 'I would marry you right now' and I was like, 'they're actually having free ceremonies on Wednesday if you want to do it."

It was a spontaneous decision to tie the knot on Valentine's Day, but marriage was already in their plans, Garcia said.

The couple explained that they met at work in the healthcare field a little over a year ago, but it took them 10 months to officially get together.

Las Cruces Bulletin photos by Leah Romero



"It took me like 10 months to realize that she was liking me," Garcia laughed. "I did find her attractive, so I was like 'yeah, we'll go on a date."

Garcia said that their first date four months ago was the start of something special.

Oscar and Nayeli Velarde took their two sons with them for their ceremony on the plaza. They have been together for five years now and thought they would take advantage of the love in the holiday air.



Miguel Gutierrez and Dulce Duran exchange their vows at the Doña Ana County Government Center in Las Cruces on Valentine's Day, Feb. 14, 2024.

The Velarde family then headed over to file their marriage certificate at the Doña Ana County Government Center, where more couples were celebrating weddings with family and friends during the annual "Romance at the Rotunda."

The Doña Ana County Clerk's Office and the county Probate Judge's Office partner each year for the event. Several people from each office serve as officiants for the ceremonies which are held beneath the rotunda in the government building.

The clerk's office works with people to issue marriage certificates a couple of weeks prior to their ceremony and then process the certificates once signed by the officiant and witnesses. There is a \$25 fee for licenses, but the ceremonies themselves are free of charge.

Couples were joined by loved ones as well as onlookers who happened to choose Feb. 14 as the day they would take care of their government matters.

Juan A. Martinez Jr. said he and his wife Jacqueline Aalos Martinez decided to take advantage of the holiday and make it an even more special day in the year.

"We were thinking about getting married since (the new year began) and I think it was just a special moment for us to continue the memories on ... Valentine's. Something I think we can keep forever," Juan Martinez said. "I think it's a special moment for everybody around the world, but like for us we want to make it extra special."

They were joined on their memorable day by their daughter, 10-month-old Camila Martinez.



Miguel Gutierrez signs his marriage certificate at the Doña Ana County Government Center in Las Cruces on Valentine's Day, Feb. 14, 2024.

"Es un día especial por el amor," said Dulce Duran, who married Miguel Gutierrez, her partner of several years.

While the holiday may generally be a day for love and romance, it will hold extraordinary meaning for each one of these couples for years to come.

Las Cruces Bulletin photos by Leah Romero

How to get a marriage license

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By Justin Garcia

The hard part is over. You've found someone to marry, got your venue locked away, and all the guests invited.

Now, all that's left is the paperwork.

Couples need a marriage license and marriage certificate to make their marriage official in the eyes of the law. The license allows the couple to wed and must be obtained before the ceremony. The marriage certificate confirms the marriage is real and is critical for name changes, bank accounts, and other governmental tasks.

The Doña Ana County Clerk's Office, located at 845 Motel Boulevard, is the place to start and finish for obtaining both – even as a 2024 New Mexico Legislature bill seeks to alter the process for future years.

According to the Clerk's Office, Doña Ana County has issued 1,166 certificates in 2023 and 1,163 certificates in 2022.

Step-by-step

The Clerk's Office provides a guide for getting the license and certificate. It's a handy document to have beside you as you navigate the process, and it can be found on the clerk's website.

The first step is to fill out an application online at the clerk's website. During the process, you'll be given a transaction number. Write that down because you'll need it for step two.

Once you've finished the application, schedule an appointment to go to the clerk's office in person. New Mexico state law requires this portion to be done in person, and both participants in the marriage need to be present.

You'll also need proof of age and identity (an up-to-date driver's license works best) and \$25 for the fee. The clerk accepts cash, checks, credit cards, or money orders payable at the time of application. You'll also need the transaction number to help the clerk staff find your application.

From there, the license will be issued. It has no expiration date and can be used anywhere in New Mexico. Once the license is signed by someone certified to perform a wedding, it needs to be returned to the clerk's office within 90 days.

Once the license is returned, you can pick up your certificate. It might be worth getting a few copies. The certificate is required as proof for many private and governmental agencies in various circumstances.

Remember that the clerk issues licenses and certificates – but they don't perform ceremonies. That part still needs to be arranged outside this process.

Another thing to know is that there is no blood test required in the state of New Mexico. While incestuous marriages are illegal, the state no longer requires a blood test to prove a lack of consanguinity.

For additional information, call the clerk at 575-647-7421.

Changes coming to the process?

HB 242 seeks to update the marriage license and certificate process.

If passed and signed into law, HB 242 would increase the fee from \$25 to \$40. If neither member has an in-state address, the cost would be \$80. That's particularly relevant to Doña Ana County since the clerk's office frequently sees couples from El Paso.

The bill also replaces gendered language in the law with gender-neutral language. It also seeks to protect traditional religious and indigenous practices by allowing any person over 21 to officiate a wedding.

Lastly, the bill would make it easier for military personnel to receive marriage certificates by outlining an alternative path when one member can't be present for part of the process.

As of the publication of this article, an amended bill had passed the House Judiciary Committee but had yet to be heard in the Senate or on the House floor.

Wedding Flower Symbolism



Red — Passon, desire, true love. Look for red roses, carnations, tulips, and poppies come in red, among other choices.

Milia — Modesty, innocence, reverence. A familiar choice for bridal bouquets. Look for white roses, gardenias, lilies, baby's breath, chrysanthemums.



Lavender — Grace, elegance, refinement.

Look for lavender roses, waxflower,
snapdragons, orchids, petunias and more.

Blue — Peace, calm, serenity, as in hydrangea, delphinium, irises, hydrangeas and larkspur.





Pink — Also a symbol of love, happiness, gentility. Look for pink rosebuds, camellia, peonies, azaleas, and more. These are also a popular choice for Mother's Day.

Purple — Distinct from lavender, purple flowers are associated with success, tradition, royalty and dignity. Look for violets, purple carnations, tulips, irises and more.



Tellow — These communicate happiness and joy in new beginnings. Look for yellow roses, daffodils, chrysanthemums, gerbera daisies, cymbidium orchids, tulips and more.

Orange — A bold color announcing passion and confidence or enthusiasm. Look for Asiatic lilies, gerbera daisies, carnations, fiery lilies, birds of paradise and more.



Green — Yes, green! They can complement other blooms and signal optimism, nature, rebirth.

Look for green carnations, button spray chrysanthemums, green viburnum, cybidium orchids,
anthurium and greenery such as lily grass, bupleurum, philodendron or calathea leaves.

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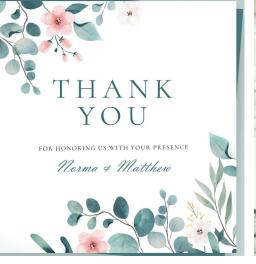
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The etiquette (and necessity) of the Thank You note

By Algernon D'Ammassa

The wedding went off smoothly, there was enough food for everyone, different families got along and Cousin Doug didn't get too wild; and the presents were great, too. Now you're ready to send your thank-you notes, right?

Wait, really? Thank-you notes in 2024? Oh yes.

ast spring, a millennial reader wrote to Miss Manners suggesting that the handwritten thank-you note was passé and, of course, the Washington Post's resident etiquette expert was having none of it. She wrote: "While Miss Manners has always known that etiquette will often change with the times, expressing gratitude is something upon which she will not budge. She is sure that your internal appreciation is brimming, but people who take the time to pick out presents — or more likely, pay for them from your unsolicited wish list — deserve the external and explicit kind."

Could this be an email? Lisa Richey of the American Academy of Etiquette doesn't recommend it: "...remember that sending an email is not the same as writing a note in pen and ink," the etiquette trainer wrote on the academy's website. "Even in the age of technology, emails feel less sincere and more aloof than physical letters."

The Emily Post Institute, operated by descendants of the 20th-century etiquette specialist, recommends written acknowledgement of gifts in writing for a range of occasions, but certainly for gifts or handwritten congratulations on the occasions of weddings, bridal or baby showers and birthdays.

Some etiquette experts are more insistent than others. On the Post Institute's website, it allows for thanking people in person if the occasion allows, and even emailed thanks for "a coffee or meal that was casual or whose invitation was extended by email in the first place."

The etiquette writers agree that thank-you notes can be short and will have power if they are direct, concise and show appreciation for the effort put into the gift. A greeting, a specific reference to the gift being addressed, perhaps a thought about why the gift was a good choice and a word of appreciation, followed by a closing salutation.

A recurring theme of the "Were You Raised By Wolves?" etiquette podcast, whose co-host Nicholas Leighton advocates for handwritten thank-you notes because they recognize and reward thoughtful effort or planning by someone.

As to how soon, Leighton told Real Simple magazine, "Thank-you notes should be sent immediately," and added, "If you have to ask, it probably should have already been sent."

There is a tradition that says it is polite for thankyou notes to arrive within three months, although unidentified sources have apparently started rumors that up to a year is adequate. Etiquette experts reject this with near unanimity.

But if time gets away with you, the consensus is to go ahead and send it when you think of it. As the Post Institute states, "A late note is always better than no note at all."



By Leah Romero

The term "quinceañera" often draws thoughts of large, puffy dresses, tiaras and a court of peers, but what is the meaning behind the cultural tradition and where does it come from?

Similar to a Sweet 16 birthday or bar mitzvah, a quinceañera marks a significant moment in the life of a young person as they mature into adulthood — in this case, a 15-year-old girl.

The tradition is one of religion and culture originating in Latin American countries. Encyclopedia Britannica notes that the traditions followed today are likely a combination of indigenous and Spanish colonial influences.

Historically, the 15th birthday celebration signified that a girl was ready for marriage. Now, the significance is placed on maturity and evolving into a grown person.

I think it's something that every girl needs to experience, whether it's a quince or Sweet 16, it's really special. And like I tell my girls, you only get this one time so make the best out of it.

- Melissa Villaseñor

The celebration commonly begins with a Catholic mass where a girl is given a special blessing as she prepares to take on new responsibilities as a young adult, according to the United States Conference of Catholic Bishops. While the blessing is not the same as the Sacrament of Confirmation in the church, it is described as a "complement" to it.

The party or reception follows the mass and is attended by the girl's community – her family and friends. The quinceañera is joined by a "court" of damas and chambelánes, or maids of honor and chamberlains.

The court is made up of the girl's friends.



Historically, the court could include 15 chambelánes and 14 damas, 15 couples total, including the quinceañera and her chambelán. However, it is not uncommon now for courts to be much smaller.

These friends of the birthday girl participate in several aspects of the celebration, including the mass, grand entrance and a prepared dance during the reception.

Other traditions that are often observed during a quinceañera are the changing of shoes, the passing of a doll to a younger sister or cousin, toasts given by friends and family and special dances shared with the quinceañera.

Melissa Villaseñor, a choreographer in Las Cruces, explained that the girl traditionally enters the party wearing a flat shoe, representing childhood. Her father or another male figure in her life will greet her with a pair of new high heeled shoes on a pillow and change them, signifying that the girl is now a woman.

The passing of a doll or crown is another symbol of maturity. Villaseñor explained that the quinceañera historically gives one of these items to their younger sister or cousin, who will be the next to celebrate their quinceañera. It is another representation of the girl leaving childhood for adulthood.

Special dances may occur throughout the evening between the quinceañera and her parents or important figures in her life, as well as the surprise choreographed dance that the damas and chambelánes join in.

Villaseñor celebrated her quinceañera 13 years ago and has been choreographing dances for these celebrations and others for 10 years. Her business, Klassy Choreography, involves running "quince" celebrations beginning with the grand entrance.

She explained that the party is an opportunity for families to come together and make the young woman the center of attention for a day to acknowledge that she is growing up.

"What was really special about mine is I was able to have my grandfather there. So he said a speech and we danced and I think that's also the most important part of a quinceañera, is that you get to dance with whatever family members are important to you," Villanseñor said. "It was really special for me because I got to do that with my grandpa before he had passed."

She explained that May through July is typically "quinceañera season" because the kids are out of school and there is more time to devote to practicity the shoreography and preparing for the party.

Which means the celebration does not always fall on the girl's actual birthday.

While many traditions are still observed, Villaseñor said she is seeing more parties evolving and straying from what used to be the norm. Especially since the COVID-19 pandemic, when many parties had to be postponed or canceled all together.

"I think it's something that every girl needs to experience, whether it's a quince or Sweet 16, it's really special. And like I tell my girls, you only get this one time so make the best out of it. Just especially because at that age you still have your grandparents, you still have close family, you're still young," she said. "I feel like it's just a memory that I think every little girl needs to experience."

Breana Ovalle, a sophomore at Centennial High School, recently celebrated her Sweet 16 but included many of the traditions of a quinceañera.

Her mother, Cynthia Ovalle, explained that the family started talking about the celebration a year and a half ago. Ovalle said she steered her daughter more toward a Sweet 16 only because Breana was not fully prepared for the religious aspects of the ceremony. Instead, she incorporated a shoe change and the passing of the crown into her celebration.

After eight months of active planning, Breana Ovalle had her party on Feb. 3 at Hotel Encanto in Las Cruces, two days after her actual birthday. Her mother said the theme was "Princess and the Frog," Breana's favorite Disney movie.

She made her entrance wearing a flat shoe and her father performed the shoe changing ceremony. And later in the evening, Breana passed her crown to her younger sister, Ariana, 11.

Breana also incorporated a candle lighting ceremony at the party – something traditionally associated with bar mitzvahs. She made a short speech about the significance of various people in her life before inviting them to light one of her 16 candles.

Fifteen people were invited to join and then Breana lit the final candle in honor of family members they lost over the past few years.

Cynthia Ovalle said her oldest sister celebrated a quinceañera but she never did. Now, she and her daughters are starting their own traditions.

"(Breana is) my oldest and so for the first time, not knowing what to do or what to expect, I didn't have any issues," she said.

Ovalle joked that as soon as she recovers from planning and achieving this first party, she will have to start all over again on the next one.

Considering a name change?

Times have changed considerably from when brides were expected to adopt their husbands' surnames, along with much of the traditional figure of "bride" and "husband" in an era of same-sex weddings, questioning of past gender norms and greater variety of sexual identification.

It is not common for women to retain their last names. Some hyphenate. Sometimes men change their own last names. The former mayor of Los Angeles, Antonio Villaraigosa, blended his own surname, Villar, with that of his first wife, Corina Raigosa. (He kept the name after their 2007 divorce.)

For those who want to change their name, get ready for some paperwork.

- Go to your local district court and ask for the form to petition for your name change. There will be a hearing and, barring something peculiar, the judge will presumably approve the name change and issue an order that is filed with at the County Clerk's office. New Mexico law was changed in 2023 to eliminate a past requirement that legal notice be published of the name change petition.
- Visit a U.S. Social Security Administration Office and complete an application for a change of name.
 Bring your marriage license, proof of identity and proof of citizenship. A new card will be sent to
 you. The form is available online for printing and completing at home via SocialSecurity.gov, but it
 must be mailed in along with copies of the required documents.
- Next, go to the Department of Motor Vehicles with your marriage license and your new Social Security card, and be prepared to pay the appropriate fee for a four-year or eight-year license.
- With these documents in hand, follow your bank's procedures for changing the name on your accounts, checks, etc.; and get ready to do the same for other institutions that involve money: Utilities, credit cards, streaming services, online payments, anything that had your prior name on it.
- Don't forget to update your will and any power of attorney or advance directives to reflect your new name and marital status.





The celebration is yours to invent

By Algernon D'Ammassa

On Valentine's Day this year, the Doña Ana County Clerk said 29 couples solemnized their marriages at the County Clerk's "Romance at the Rotunda" event at the county government building in Las Cruces. Deputy County Clerk Caroline Zamora, Deputy Clerk Brandi Delgado and Probate Judge Judith Ann Baca teamed up to officiate, administer oaths and sign the vital documents pronouncing two people lawfully wed.

As it happens, I share my wedding anniversary date with those couples. That's because my wife, Sarah, and I were married at a similar Valentine's Day wedding event at that same office building 15 years ago. It was not our original plan. We had envisioned a wedding with a white bridal dress and tuxedos, a banquet, dancing and many of the familiar features of an American wedding. We had hoped for two officiants reflecting our respective religious traditions, which we have practiced side by side for two decades. When we were turned down by a couple

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An unidentified couple celebrates their wedding during Doña Ana County's "Romance at the Rotunda" Valentine's Day wedding event at the county government center in Las Cruces, Feb. 14, 2024.

of pastors and even a relative who was an officiant — with objections to sanctifying a "mixed-faith" marriage — we took a step back and simplified. We were married on Valentine's Day in a Las Cruces hearing room by a probate judge who was warm, funny and accepting of our union. My mother-in-law and some friends of ours joined us. We exchanged rings that were hand-carved at Silver Assets Jewelry in Mesilla — not expensive rings, but ones we loved. We dressed up in clothes we already owned. And in a gust of laughter of tears, we left the county offices and all went out for an enjoyable dinner together.

While it was not what we envisioned when we decided to get married, we speak about that day often with no regrets. Full-scale weddings and inherited traditions are unforgettable in their own way, and families operating on a large budget are entitled to a wedding as ornate and spectacular as they want. There were aspects of a grand wedding we would have enjoyed, to be sure. Mostly, we would have liked to include more of our friends and family members who supported and encouraged us. Even so our wedding was warm, genuine and deeply meaningful even if it was not a religious ceremony. And through these 15 years we have kicked around the idea of hosting a "Wedding 2.0." Whatever we do, we'll apply the lesson we learned the first time: The heart of the wedding is people, and the form is ours to make.

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Two years to 12 months before the wedding

- ☐ Set a date
- ☐ Determine budget and discuss
- ☐ Shop for and choose ceremony, reception locations
- ☐ Determine the need for a wedding planning professional

Twelve to nine months before the wedding

- ☐ Select wedding attendants
- ☐ Select wedding officiant
- ☐ Determine wedding colors and themes
- ☐ Shop for and choose wedding dress and accessories
- ☐ Shop for and choose bridal party clothes, accessories
- ☐ Determine guest list
- ☐ Choose professionals such as a photographer, videographer, disc jockey, caterer, musicians and florist

Six to nine months before the wedding

- ☐ Select flowers for bouquets, centerpieces, altar displays, corsages, etc.
- ☐ Reserve wedding-day transportation
- ☐ Make honeymoon travel accommodations
- ☐ Reserve accommodations for out-of-town wedding guests
- ☐ Register for wedding gifts

Four to six months before the wedding

- ☐ Select tuxedos for groom, groomsmen, fathers of bride and groom
- ☐ Select wedding cake

- ☐ Purchase rings
- ☐ Choose and order invitations and other printed material
- ☐ Advise employers, schedule vacation time accordingly

Two to four months before the wedding

- ☐ Select reception accessories
- ☐ Mail invitations two months in advance
- ☐ Purchase attendant gifts
- ☐ Write or select wedding vows and meet with officiant to review ceremony
- ☐ Make bar/beverage arrangements

One month before the wedding

- ☐ Final fittings for all attire
- ☐ Confirm all reservations
- ☐ Make appointments for massage, hair, makeup and manicure
- ☐ Obtain all legal documents and apply for marriage license

One week before the wedding

- ☐ Confirm head count with catering hall
- ☐ Begin packing for wedding day and honeymoon

Night before the wedding

- ☐ Rehearsal dinner
- ☐ Give out wedding attendant gifts
- ☐ Lay out wedding attire
- ☐ Get a good night's sleep





Embark on a journey towards transformative weight loss with Semaglutide, guided by LiveWellMD—your dedicated partner in achieving a healthier and happier you.

Furthermore, while delving into the intricacies of this groundbreaking medication, our team of medical weight loss specialists is poised to provide insightful guidance on the remarkable benefits that Semaglutide brings to the realm of weight loss.

Benefits of Semaglutide:

Effective Weight Loss: Semaglutide has been proven to facilitate substantial weight loss, making it a game-changer for individuals struggling with obesity. Appetite Control: It helps control your appetite, reduce cravings, and promote healthier eating habits.

Improved Health: Beyond weight loss, Semaglutide can also significantly improve cardiovascular health and other obesity-related conditions.

Why Choose LiveWellMD:

Expert Guidance: Our team of medical weight loss specialists has extensive experience in using Semaglutide to help patients achieve their weight loss goals. Personalized Plans: We tailor our treatment plans to your unique needs, ensuring a holistic approach to your weight loss journey.

Life-Changing Results: Join us at LiveWellMD and experience the transformative power of Semaglutide on your weight loss journey.







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