



Tradition behind tossing rice

Once a couple has been married, tradition states that they be covered with tossed rice upon exiting the ceremony. The idea of throwing rice began during the Middle Ages, when rice symbolized fertility. Rice was tossed at the married couple in the hopes they would have many children and be blessed with prosperity as a family. A false rumor spread that rice was harmful to birds who would eat the discarded rice and explode, so many people now use birdseed or rose petals as alternatives. However, rest assured that the rice myth has been debunked by The Cornell Lab of Ornithology.



* VOWS

continued from page 25

comfortable spouting words of adoration in front of friends and family. Feel free to tap into your unique personality. Humor can be used if it aligns with the way you normally express your affections. Be sure to weave this tone into more traditional passages to create a cohesive expression of your feelings.

* Establish an outline. Put together all of the words and phrases you've jotted down into an outline to help you organize the flow of the vows, using these words as a blueprint for the vows and building upon them. Make sure the vows will be concise. Aim for your entire speech to be around 1 minute in length to keep everyone engaged and the ceremony moving along.

* Put everything together. Draft your vows and then practice them by reading out loud. You want to avoid long

sentences or anything that trips you up. Although large words may sound impressive, they could make the vows seem too academic and not necessarily heartfelt. Enlist the help of a friend or two to act as your audience to see if the vows sound good and are easily understandable.

Writing your own vows can be a way to include personal expressions of love into a couple's wedding day. Public speaking is seldom easy, nor is finding the perfect words to convey feelings about a future spouse. However, with some practice and inspiration, anyone can draft personalized vows.



An Intimate Gathering or a Grand Affair...

We offer the perfect scenic setting for your wedding reception. Generations of newlyweds from all over the area have celebrated here. Trust us to take care of your needs, so every detail of your special day will be perfect and worry-free.

Call
605-665-4522
For Details



2206 Mulberry, Yankton, SD 57078

Brides...

You and your maids can enjoy the peaceful surroundings of our salon and day spa.

- Massages • Facials
- Body Treatments
- Manicures • Pedicures

Xtreme
Salon & Spa

11th & Broadway, Yankton ~ 664-0135