

Michelle Kwan Says She 'Shed So Many Tears' On her Wedding Day



By Meghan Fitzgerald

Michelle Kwan walked down the aisle dressed head to toe in a flowing ivory Vera Wang dress, approaching the love of her life, Clay Pell. Most brides express emotions on their wedding day, however, and according to [People](#), Kwan shed “so many tears.” With all of her closest friends and family, Kwan was hit with emotions like a hurricane. The [Providence Journal](#) reported that after the ceremony, family and friends gathered together with sparklers as the new couple walked out of the church.

How do you support your nervous bride on your wedding day?

Cupid's Advice:

Cold feet on a wedding day is a common. Brides and grooms tend to bunch up their emotions and have a mini breakdown. The great thing here is that family and friends are willing to help with 'said' wedding-jitters. Here are some other ways to subdue the jitters:

1. Glass of wine: Sit your bride down and give her a glass of wine. If the bride asks for another glass, be careful. You don't want a burgundy colored dress, or a drunk bride stumbling down the aisle.

2. Wedding playlist: Organize a playlist with the bride's favorite songs. Include some mellow classic jazz, such as Louis Armstrong or Duke Ellington. You should include a few upbeat songs, too, so the [bride](#) gets excited for her wedding. Make her feel comfortable with the sounds of music.

3. Pep talk: Gather up your best pep-talker in the group. The person who can cheer up anyone's day, or the person who always knows what to say is your best choice. Inform this person about the bride's jitters and send them in there to shut them down! Make sure the pep-er explains to the bride how much the groom loves her, and how much her family and friends [love](#) her. Apply pep talk, and gather rewards!

Have you supported a nervous bride on her wedding day? Share your experiences below.

Michelle Kwan Ties the Knot with Clay Pell



By Michelle Danzig

On January 19, Michelle Kwan and Clay Pell spoke their vows while playing the song that Kwan skated to in the 2002 Salt Lake City Winter Games, according to [People](#). The melody, "Fields of Gold" signaled a new beginning for the nine-time U.S. national figure skating champion and five-time world champion olympic skater. Pell, 31, who is the director for strategic planning on the National Security staff at the White House, tied the knot with Kwan, 32, at the First Unitarian Church of Providence, R.I. Pell donned his full U.S. Coast Guard uniform and Kwan wore a Vera Wang gown in ivory. The couple shared self-written vows before 240 family and friends, among whom included Olympic champions Brian Boitano, Dick Button and Dorothy Hamill. The two were so moved, they even shared a kiss before the end of the ceremony. Kwan is now a senior advisor for public diplomacy and public affairs and told *People* that, although she doesn't believe in love at first site, she knew that Clay was the 'one.'

What are the benefits to writing your own vows for your wedding?

Cupid's Advice:

While many prefer to reiterate the traditional wedding vows, many have adopted the idea of writing their own wedding vows. Although this may be a more modern concept and not quickly accepted, there are some excellent benefits to writing and speaking your own vows at the wedding:

1. It is personal: Reiterating the traditional vows is beautiful and timeless, but doesn't always completely reflect the couple's relationship. By expressing exactly what made you fall in love with your significant other, or how you knew he or she was the one, you are creating a more personal and intimate ceremony.

2. It makes your wedding unique: No two wedding ceremonies are the same when the vows are created specifically for and by the couple. Maybe you include an inside joke or a favorite song; by writing from the heart, you are creating a ceremony that is unique to your and your future-spouse.

3. Your vows are more concrete: If you and your spouse went to different lengths to create the most intimate and personal vows, chances are they are aspects and characteristics of your relationship that you both value. Stating specific vows—even as specific as always vowing to kiss them everyday—will give them more meaning.

Did you write your own vows? Tell us below.

Olympic

Figure

Skater

Michelle Kwan is Engaged



By Erin Minty

Decorated Olympic figure skater Michelle Kwan has another type of decoration to add to her collection—a diamond ring! Michelle Kwan got engaged to her boyfriend Clay Pell, 30, director for strategic planning on the National Security staff at the White House, on September 3rd. The 32-year-old athlete tells [People](#), “It was a simple decision and it made sense, that’s what’s so exciting to me.” Pell proposed on Block Island, off the coast of Rhode Island, after a day on the beach and swimming with the love of his life.

What are some ways to make a marriage proposal exciting?

Cupid’s Advice:

A marriage proposal is probably the most important you will ask (or be asked) in your relationship, so you want to make sure to do it right. Cupid has some advice on exciting and

interesting ways to pop the question:

1. Wait for an unexpected moment: For those who love surprises, a proposal is much more romantic and exciting when it is a complete surprise. Plan yours for a time when your partner will not be expecting it, or somehow fit it in to your partner's daily schedule so they will be completely shocked

2. Plan an overly romantic night: For those who love the romance films, go overboard and then some with your proposal. Rent out a restaurant, invite your partner's family and friends to come, or any other extreme moment that they will never forget. Pick up some classic romance movies for inspiration.

3. Have a private getaway: For those who like their privacy, plan a romantic getaway to pop the question. Make sure the two of you are completely alone, and tell your partner all the things you are looking for in your future together before getting down on one knee. This will always be a special memory that only the two of you share.

What made your marriage proposal exciting? Share your story below!