



### Senior Marching Knights receive jackets

Thirteen seniors members of the Lake-Lehman Band were honored recently at Lake-Lehman's "March of Champions" Band Competition, recognized for their hard work and dedication to preserve the finest quality of music in the Lake-Lehman School District.

The students received jackets donated by the Band Sponsors and presented by Mr. Edward A. Richards, band director and Mrs. Maureen Richards, assistant band director.

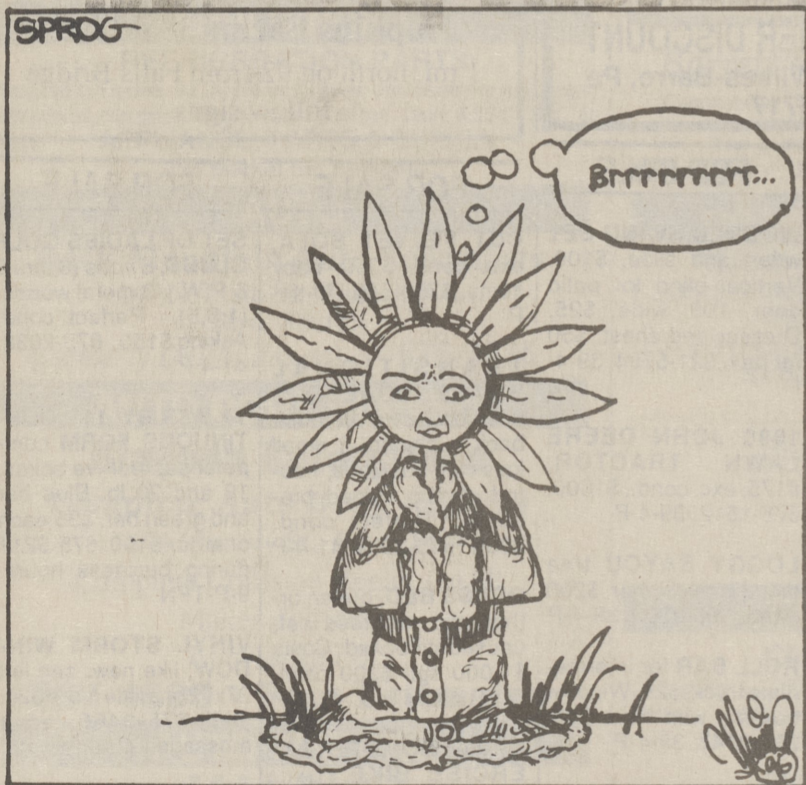
Members are, kneeling: Darrell Hogan and Chris Higgins; standing, first row, Melanie Yakus, Katy Martin and Matt Link; Drum Majors, Rebecca Scott and Theresa Doty; back row, Mike Smith, Jeff Ehret, Terry Newell, Danielle Pall, Brian Marsh and Mike Ide.



### Outstanding English projects

Seventh grade English students of Dallas Middle School teacher Norine Amesbury recently wrote autobiographies for a class project, in which they also selected a symbol to represent them at this point in their lives, which included personal photos, favorite possessions, sports items, a lava lamp and Lipton Brisk iced tea bottle.

Showing off their personal symbols are Angelo Recchia with a pair of athletic shoes, Frank Oatridge with a baseball, Chad Morris with a photo and J. P. Urban with his saxophone.



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# Fall Bridal Showcase

## Toasts making a comeback

*Give all to love;  
Obey thy heart;  
Friends, kindred, days,  
Estate, good-fame,  
Plans, credit and the Muse,  
Nothing refuse.*  
— Emerson

Giving the perfect toast, which once threatened to become a lost art, has survived as an important part of the wedding ceremony.

"Toasts are very much in revival," says Paul Dixon of Garrett Park, Md., author of "Toasts" (Doubleday) and many other books.

"A toast is a basic form of human expression. Toasts can be sentimental, cynical, lyric, comic, defiant, long, short or even just a single word.

"Importantly, toasts are a medium through which such deep feelings as love, hope, high spirits and admiration can be quickly, conveniently and sincerely expressed."

Too often, though, not enough thought or preparation is given to the all-important toast.

"People spend one to two hours renting a tux and they don't think about a toast," says Dixon. "The whole idea is not a roast, but something that builds a person up. It's not supposed to be funny — the average person isn't Steve Martin."

The proper toast can elevate the tone of the room and the level of festivity.

"The tradition for toasting has its roots in ancient cultures, but flourished in this country during the 18th and 19th centuries," says Dixon. "Sadly, the custom for creative toasting eroded substantially about a third of the way into this century."

Toasting originated with the pagan custom of drinking to gods and the dead, which in Christian nations was modified, with the accompanying idea of a wish for health and happiness added, according to the "Toaster's Handbook" published in 1932.

In 16th century England, it was customary to put a "toast" in the drink, which was usually served hot. This toast was an ordinary piece of bread scorched on both sides. Shakespeare in "The Merry Wives of Windsor" has Falstaff say, "Fetch me a quart of sack and put a toast in it."

The term later came to be applied to the lady in whose honor the company drank, her name serving to flavor the bumper as the toast flavored the drink.

The act of drinking to good health, or the mere act of expressing good wishes or fellowship at the table came to be known as toasting.

The tradition of toasting goes back to pledging allegiance to a knight before battle, says Dixon.

And the clinking of glasses after a toast hearkens to the power of church bells.

"Both were done to drive out the devil," says Dixon. "The idea is, anything evil hates a bell or that clinking sound. The last thing you want is the devil hanging around while drinking with your friends or toasting. That's how the clinking of glasses got started.

"If you're using plastic, God help you."

At a wedding reception, the best man traditionally offers the first toast to start the evening, followed by the maid of honor and others.

"You want to be sincere, uplifting, even whimsical," says Dixon. "You don't want any allusions to other girlfriends or bachelor parties. A toast is really for the parents and grandparents, to take a beautiful moment and capture it."

Those who have faced that intimidating moment — the room grows quiet, all eyes focused on the toast-giver — know it can lead to sweaty palms, a quivering voice, pounding heart or churning stomach. So it's best to write out a toast or memorize it.

"If you want to use a line from Shakespeare or the Bible and put it together with your own words, you want to make sure you have it right," says Dixon.

"People give a lot of thought to what color of flowers they'll have; this is equally key. Everyone's attention will be focused on you; you can really set a feeling for the wedding."

This also is the moment to remember a deceased parent.

Dixon became interested in toasts when he found an old book on the subject at a flea market. He subsequently wrote his own book in 1981 and updated it in 1991.

"People are looking for answers to these things," says Dixon. "The greeting card industry is based on the same impulse."

Toasts are appropriate on holidays such as Christmas and New Year's, a bar mitzvah, graduation or other major life event.

Toasts can be made to celebrate an engagement or at the rehearsal dinner as well as the wedding reception.

Tips for successful toasting:

- **Be comfortable.** You may remain seated if you are more comfortable. (Legend has it that it became acceptable to remain seated during the reign of England's Charles II, after he had risen in response to a toast on-board a ship and then bashed his head on a beam.)

- **Relax.** Take a deep breath, and take a sip of wine if you need to.

- **Be focused.** Whether you are delivering a toast from memory or ad-libbing, map out a mental (or written) outline and avoid straying from your subject.

- **Be prepared.** If you are in a position where you are likely to be called upon to make a toast, you can reduce pre-speech jitters by having a few short quotes or remarks memorized beforehand.

- **Make sure your toast is appropriate to the group at hand.**

- **Keep your remarks time-appropriate.** Although there is no strict formula, gauge the length of your toast according to the event and the expectations of your audience.

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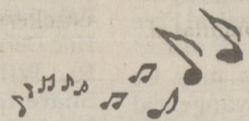
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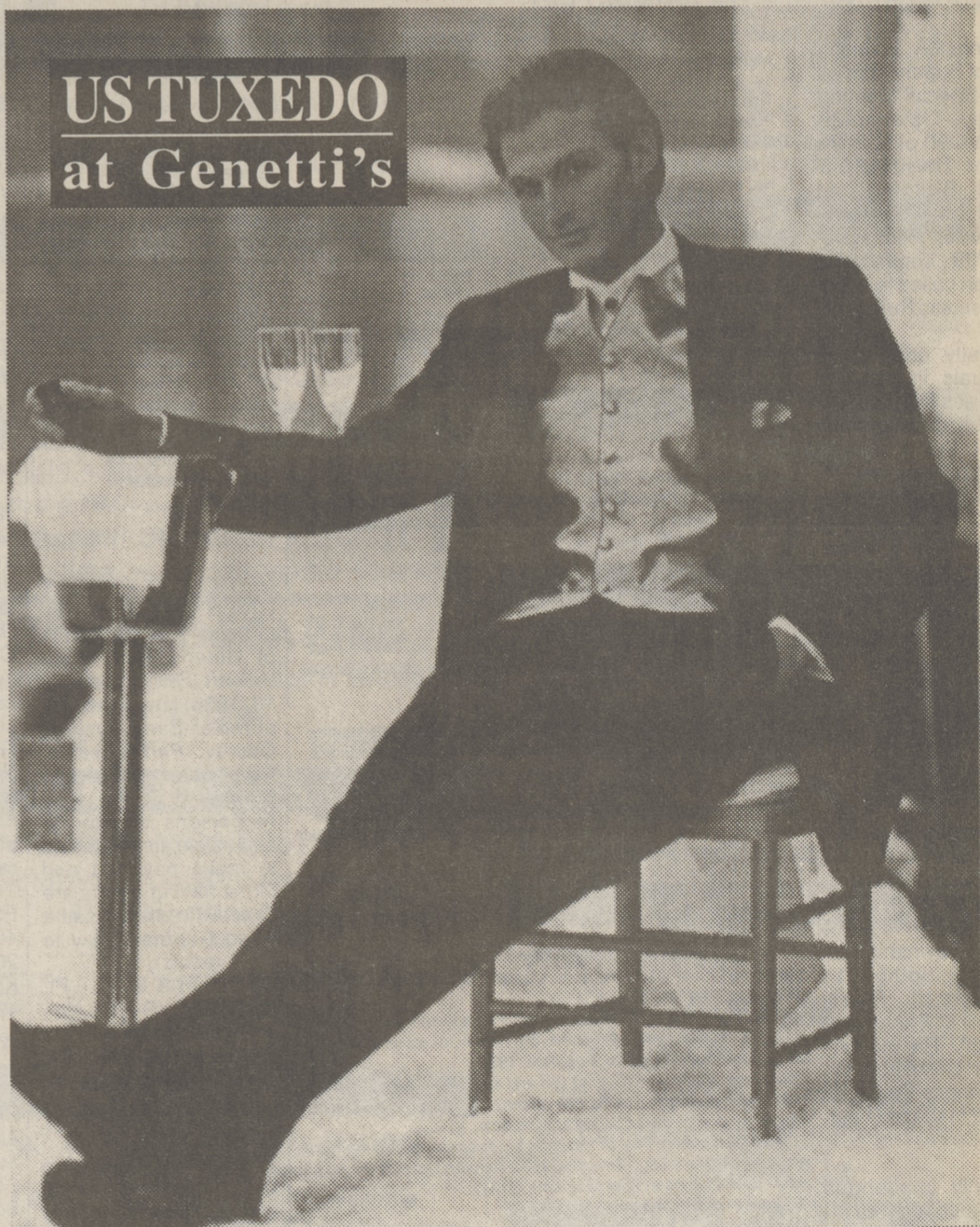


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