

# A DREAM COME TRUE

## Lauren Sprengelmeyer & Byram Frost

Pauma Valley, California  
April 25, 2009  
Photography by Mindy Sonshine

SINCE THE AGE OF FIVE, Lauren Sprengelmeyer had been dreaming of her wedding with visions of grandeur dancing through her head. Luckily the starry-eyed San Diego native met an equally passionate gent who swept her away, surprising her with a fairytale proposal. Byram Frost (with a little the help from his mom and grandma) planned a big day, starting with brunch and a boat show. Afterward he drove an assuming Lauren to the Loews Coronado Bay Resort, where he led her to a grandiose villa suite and said, “Now open the door and let me show you what’s in my heart.”

“It was like a movie,” gushes Lauren. The suite, overlooking the bay and bridge, was decorated with rose petals and candlelight and stocked with fine champagne and chocolates. Byram got on his knee, professed his love, got the “yes,” and then took his fiancée to dinner for another surprise—their entire families awaited at Mistral to celebrate their engagement. Afterward, the two took a romantic gondola ride through the canals.

When it came time to plan the wedding, it was Lauren’s turn to surprise Byram. With the help of her mother, she brought her 22-year vision to life. With *Father of the Bride* being her favorite movie and *Sex and the City* chiming in as her favorite television show, Lauren knew what she desired. “I wanted an outrageous, style-conscious, fashion-forward wedding with a shabby-chic feel of mismatched antiques, gold baubles and over-the-top elements.”

With her vision realized, 210 people gathered at the Frost family ranch in the Pauma Valley bucolic horse county, 35 miles north-

