

The Nest Issue

PLUS!

Local happenings,
community events,
and more...

NOVEMBER 2018

N. RICHARDSON
MURPHY
EDITION

living

MAGAZINE

A SNOWY SIGHT

WINTER
LIVING IN THE
MOUNTAINS



NOVA SCOTIA NICETIES

Twists, turns, and tours

FLAVORS OF FALL

Apples, pumpkins, and
mushrooms

GIVING THANKS

The gift of gratitude

living

MAGAZINE

The Change Issue

OCTOBER 2018
SOUTH TEXAS
MARKET
EDITION

PLUS!

Local happenings,
community events,
and more...

Autumn Retreats

RENEW YOUR SPIRIT

SIMMER DOWN
SOOTHING SOUPS FOR
THE WEEKEND

TREE HOUSE
WELCOMING LIFE
IN THE WOODS

SEASONAL SWITCH
STORIES OF CHANGE
AS SUMMER LEAVES US

The Gratitude Issue

PLUS!

Local happenings,
community events,
and more...

living

MAGAZINE

DECEMBER 2018

N. RICHARDSON
MURPHY
EDITION

THE CITY OF SPIRES

CHRISTMAS IN PRAGUE

HOME-BAKED HOLIDAY

Yummy cookies and cocoa

HARMONIOUS HOMESTEAD

All-season living

THE SEASON'S REASON

A story of faith



YOU'VE UNDERGONE LIFE CHANGES YOU DIDN'T SIGN UP FOR OR EXPECT. BUT HERE YOU ARE. WHEN IT HAPPENED TO OUR FAMILY, WE MADE A LOT OF MISTAKES. BUT WE ALSO LEARNED SOME STRATEGIES THAT HELPED, AND CONTINUE TO HELP, AS WE MOVE FORWARD.

LIFE, CHANGING

DEALING WITH THE STRESS OF UNEXPECTED CHANGES

BY MIMI GREENWOOD KNIGHT

ON NOVEMBER 6, 2014, OUR HOME PHONE RANG AT 3:00 IN THE MORNING AND LIFE FOR OUR FAMILY WAS NEVER THE SAME. AN HOUR BEFORE, OUR DYNAMIC, WORLD-MOVING DAUGHTER HAD A FREAK ACCIDENT WHICH RESULTED IN A TRAUMATIC BRAIN INJURY. IN THAT INSTANT, OUR MOLLY WAS YANKED OUT OF A LIFE WHERE SHE WAS EMBARKING ON HER SENIOR YEAR OF COLLEGE, DOING AN INTERNSHIP, PLAYING IN HER COLLEGE JAZZ BAND, STARRING IN A PLAY ON CAMPUS, AND ROCKING THE DEAN'S LIST—AND INTO THE REALITIES OF AN INJURY WHICH WILL AFFECT HER, TO SOME DEGREE, FOR THE REST OF HER LIFE.

MOVING FORWARD...

EMOTIONS AREN'T GOOD OR BAD. THEY JUST ARE.

It's natural to have feelings of sadness after a major life change, to grieve over the loss of something, to feel angry about your situation, to place blame. Allow yourself all of the above. But don't indulge in that place of anger, pity, and blame for too long or you'll find yourself unable to adapt to your change. Grieve for a season, then move toward hope and of growth.

ALLOW YOURSELF TO BE VULNERABLE.

We all want to look strong and fearless. But in times of great change, it's necessary—and beneficial—to allow the people we trust to see us scared, vulnerable, weak, and in need of help. Showing vulnerability with the right people is okay. It's only then that they can help with your stress and pain. Vulnerability is part of the human condition and can be your first step toward growth and healing.

ASK FOR THE HELP YOU NEED.

Sadly, after a major life change, you might not hear from people you considered close friends because they simply don't know what to say, what to do, or how

to be your friend within your new reality. Being able to clearly articulate what you need gives people a sense of relief. Empower friends and family by asking for the specific help you need then allowing them to provide it.

KNOW YOU CAN AND WILL ADAPT.

The human ability to adapt is astounding. You'll be amazed at your own ability to solve problems you never expected to face and do things in ways you never expected. Necessity really is the mother of invention. Trust that you can and will adapt, then allow yourself to do so.

EMBRACE YOUR GROWTH AS A PERSON.

Going through a change transforms the way you see life and deal with obstacles. You'll never be the same again, and that can be a good thing. Ask yourself, "What am I meant to learn from this? How am I meant to grow? How can I become a better person because of this? How can I use this to help others?" The core of who you are will remain the same. But through a major life change, your mission, purpose, and values can become honed and refined. 🍷

how i learned to LOVE JUICING

BY MIMI GREENWOOD KNIGHT

There's no doubt what got me started on my juicing journey. It was the night I was flipping around Netflix and came across Joe Cross' award-winning documentary, *Fat, Sick, & Nearly Dead*. Originally released in 2014, the film follows an Australian businessman on his 60-day journey across the US as he adheres to a juice fast, loses 100 pounds, regains his health, and discontinues the medication he'd been taking for years. That got my attention. And I bought my first juicer.

A juicer is basically a centrifuge with a blade or disk that spins at high speeds, grating fruits and veggies, straining them through a fine sieve, and making the nutrients in the resulting juice immediately available to the body. The first thing I noticed is that I can't just sip my juice. One taste and it's like my body is crying out for more. I gulp!

Now, you may already be buying cold-pressed juice from your grocery store, so you know how delicious the right blend can be. But, because produce begins losing nutrients almost immediately after it's been juiced, investing in an at-

home juicer meant I could drink fresher, more nutrient-rich juice. With a decent home juicer starting around \$99 and many store-bought juices costing \$8 or more, it didn't take long for it to pay for itself. Besides, it was fun to experiment and find the combinations I like.

From there, I spend around \$20 on produce per week for one glass of juice a day. Cross recommends a ratio of 80% vegetables to 20% fruit. But I started a bit fruit-heavy and worked my way toward that ratio. Now it's your turn. Begin with several large handfuls of greens, some apples, carrots, and whatever additional produce you like. Organic is best, since you'll be juicing skin-and-all. But if you can't find it, use a good produce wash.

Just toss your produce in your juicer—peel, core, seeds, everything—and watch the gorgeous colors flow out the other end and blend into something truly life-giving. I practice delayed gratification, not allowing myself a sip of juice until my juicer is washed and dried and ready for tomorrow. Then... wait for it... Mmmmmmm! 🍷

SOME TIPS I'VE LEARNED ON MY JUICING JOURNEY.

1. Juice product “pieces” you'd usually toss such as pineapple cores, broccoli stems, broccoli, cauliflower, or eggplant leaves, eggplant or banana peels, kiwi skins, and melon rinds.
2. While produce with a consistency of bananas or avocados won't juice, you can mash them with a fork and mix them into your finished juice.
3. When juicing leafy greens, either roll them into a tight ball or wrap them around something like a piece of celery or a carrot.
4. If you don't have a certain type of produce on hand, substitute a few drops of its essential oil.
5. Squeeze citrus and freeze the juice in ice cube trays. Then use the cubes in your juice.

CARROT AND GINGER DETOX JUICE

- 5 medium carrots
- ¼ to ½ medium cucumber
- 1 medium apple
- 1-inch fresh gingerroot
- ½ medium lemon (peeled)



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seasonal SOAK

OUR RECIPES
FOR THE PERFECT
HOLIDAY BATH

BY MIMI GREENWOOD KNIGHT

The holidays— whether they've yet to actually take place or have recently passed—can wear you down like few other times of year. Amid all the hubbub, it can be super helpful to take an hour or two to slip away, unplug, and revive your spirit with a long, soul-reviving bath.



RELAXING DIY BATH BOMBS

- 4 ounces baking soda
- 2 ounces each of corn starch, citric acid, and Epsom salt
- 1½ teaspoons water
- 1 teaspoon essential oil of your choice
- 1¼ teaspoon coconut oil

Combine dry ingredients, removing clumps. In a separate bowl, mix wet ingredients, then add wet ingredients to dry slowly, mixing as you go. Spoon this mixture into a mold. If you're having trouble, add additional water, a little at a time. Remove from mold and let dry overnight on parchment paper. Store in an airtight container, and drop one in the bath next time you're ready for a good soak.

REST AND RELAXATION *lavender oil*

Lavender is the go-to essential oil for treating everything from migraines and emotional stress to dry skin and digestion problems. To create a soul-soothing bath, add six to eight drops of lavender essential oil into a warm bath, close your eyes, and let your thoughts drift far away.

RECLAIM YOUR PEACE *grapefruit oil*

Grapefruit essential oil, with its uplifting citrusy smell, can stimulate your endocrine glands, producing natural, beneficial hormones that help increase energy, alertness, and stamina. If the holidays have sapped your energy, a few drops of grapefruit oil in a slow, soaky bath can put the spring back in your step.

REGAIN YOUR FOCUS *peppermint oil*

The spicy scents of peppermint essential oils have been known to wake up the most sluggish holiday reveler and sharpen the senses. If you hit a mid-morning slump, instead of a cup of cof-

fee or a candy bar, try several drops of peppermint oil in your bath. The peppermint smell can awaken the mind, boost cognitive function, and improve concentration.

HEAL SORE MUSCLES *epsom salt*

Absorbed directly through the skin, Epsom salt helps replenish the magnesium your body loses during a workout or marathon shopping excursion. Soak in Epsom any time you find yourself with sore muscles and tired bones.

FEED YOUR SKIN *milk and honey*

The legendary Egyptian beauty Cleopatra credited her soft, silky skin to regular baths in milk and honey. You can do the same. Honey possesses soothing antibacterial properties and milk has high vitamin and mineral content. Add one and a half cups of milk (or even milk powder) and half a cup of honey to your bath water and stir. Don't make the water too hot though, or you can affect the helpful properties of the milk and honey.

starter PACK

IDEAL BATH BASICS

Temperature: 92 degrees Fahrenheit
Length: 20 to 30 minutes
Lighting: Dim

HANDY TO HAVE:

- Candles
- Music, audio book, ambient sounds, or blessed silence
- Coffee, tea, or wine
- Bath caddy or shelf
- Bath pillow
- Bubbles, bath bomb, or essential oils

seasonal SOAK

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THINKING ABOUT DOWNSIZING?

TAKE A FEW STEPS TO BEGIN THE PROCESS AND GET AHEAD OF THE GAME.

START DECLUTTERING.

Be prepared to let go and then sit back and enjoy the freedom of uncluttered living. If you find yourself having difficulty deciding what to get rid of, hire a professional organizer to help you clear clutter.

REPAIR, PAINT, AND RENOVATE.

Why wait until the very minute you've decided to sell when you can enjoy a gorgeous home right now? It also helps take the pressure off as you ready your home for sale.

MEASURE YOUR BELONGINGS.

Artwork, rugs, and furnishings that look great in a large house may look awkward or not even fit in a smaller home. This exercise will also help you decide which things to toss, sell, or donate when decluttering.

RIGHTSIZING YOUR RESIDENCE

IS THE HOME YOU BOUGHT STILL THE HOME THAT FITS?

BY ANNETTE BROOKS

Once the kids have left home, what's the point of hanging on to a big house? The extra bedrooms are probably seldom used, except for an occasional overnight stay. And if you were a younger, kid-free couple when you bought your smaller place and a little time has passed, maybe you're wondering whether it's still such a good fit. Instead of sinking money into a place that isn't doing everything you need, maybe now's a good time to think about whether the home you bought is still the best home for you.

Whether you call it downsizing, upsizing, or rightsizing, more of us are replacing homes that don't accurately represent our lifestyle with homes

that offer a better bang for the buck, letting us pay only for what we know we need. For some, that might mean some extra disposable cash for travel at the expense of a few rooms, and for families, it might be worth it to get something that can more comfortably accommodate the children (and pets) you might have added to the crew along the way.

In addition to changing homes for lifestyle reasons, many of us worry about health issues. Can the doorways, bathrooms, and staircases of your current home easily accommodate mobility gear like walkers or wheelchairs if that time comes (or is already here)? Is your location

as close as it needs to be to grocery stores, doctors, and medical facilities?

Whatever your reasons for rightsizing may be, doing it effectively comes down to time and thoughtful consideration. For example, if you love multistory living but don't need as much space, you could look for a smaller two-story house or townhome that has an open floor plan and an elevator. If you like your smaller single story house but need a little extra room, you might look for a place that can accommodate a studio or a space for storage. Planning will help ensure your transition is a success and that you're happy in your new abode. 🏡

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stoneham
HARMONY

RESIDENCE IN STONEHAM,
STONEHAM-ET-TEWKESBURY,
QUEBEC, CANADA

PROJECT BY PARKA - ARCHITECTURE & DESIGN
COURTESY OF MEAGHAN GERVAIS
PHOTOS BY JESSY BERNIER PHOTOGRAPHER



ABOUT THE ARCHITECTS

Founded in 2013 by two Quebec architects, PARKA is a firm of architecture and design whose know-how and aesthetic sensibility are mixed to a collaborative approach. PARKA places a high value on the human dimension of the project, designing thoughtful spaces and sustainable architecture.

PARKA-ARCHITECTURE.COM



PATIO Designed for all-season use, the exterior spaces are creatively shielded from rain and snow while being open and accessible to the backyard pool.



FULL EXTERIOR
Natural wood and black slate on this house newly built for a young, dynamic family contrast with the white volume of the house, blending with the snowy surroundings in winter and contrasting with the bright greens and vibrant colors in summer and fall.



KITCHEN
High ceilings and an open concept kitchen/dining space help the room feel airy and open, while eye-level landscape windows bring the feeling of the outside in.



LIVING AREA
The living areas overlooking the woods provide a feeling of living in the treetops, with wooden accents and slats indoors echoing the feel of nature.



LOOKING OUTSIDE
Imagined with an intention to integrate with both the landscape and the area, the large breakthroughs looking out on the surrounding forest were an inspiration to play with perspective.

FEATURE

bring out
THE BOOT

*Tried and true Texas looks
(and a few new takes with a twist)*



\$275

Lucchese

Catalina leather buckle detail block heel booties

PRICES ARE SUBJECT TO CHANGE. PLEASE CONTACT RETAILERS
FOR ACCURATE PRICING INFORMATION. PIECES AVAILABLE AT DILLARDS.COM.



\$210

Corral Boots

Concho western booties

FEATURE

\$255

Bed Stu

Isla distressed buckle strap booties



\$150

Sam Edelman

Penny back zip block heel riding boots



FEATURE



\$210

Corral Boots
Concho western booties



\$252

Corral Boots
Inlay and straps block heel boots



\$312

Corral Boots
Lasercut studded block heel boots



\$238

Corral Boots
Corral distressed floral embroidery block heel boots

A HOUSE IN THE WOODS

FOWLER RESIDENCE,
ORIGINALLY DESIGNED BY
BILL WRIGHT (OF VONNEGUT,
WRIGHT, PORTEOUS), 1956, NEAR
WILLIAMS CREEK, INDIANA

COURTESY OF CHRISTOPHER SHORT

ABOUT THE ARCHITECTS

HAUS is a boutique design studio of Indianapolis architects helping clients create highly personal, customized, detailed architecture and interiors, selectively working with progressive single-family residential and commercial clientele. HAUS-Arch.com 

UPDATED EXTERIOR This mid-century original underwent a comprehensive renovation for its new owners, both to respect the home's roots and reflect the owners' aesthetic and lifestyle. Every inch of the space, interior and exterior, was redone.

HOMESTEAD | A HOUSE IN THE WOODS



VISTA VIEW

Trees and underbrush were strategically cleared while modern hardscaping and landscaping help to articulate the indoor-outdoor connections of the wooded location.



LAID-BACK LIVING

The original brick fireplace was preserved, featuring a raised, cantilevered concrete hearth, and the fireplace wall visually sides to the outdoors through the vertical slot window opening.

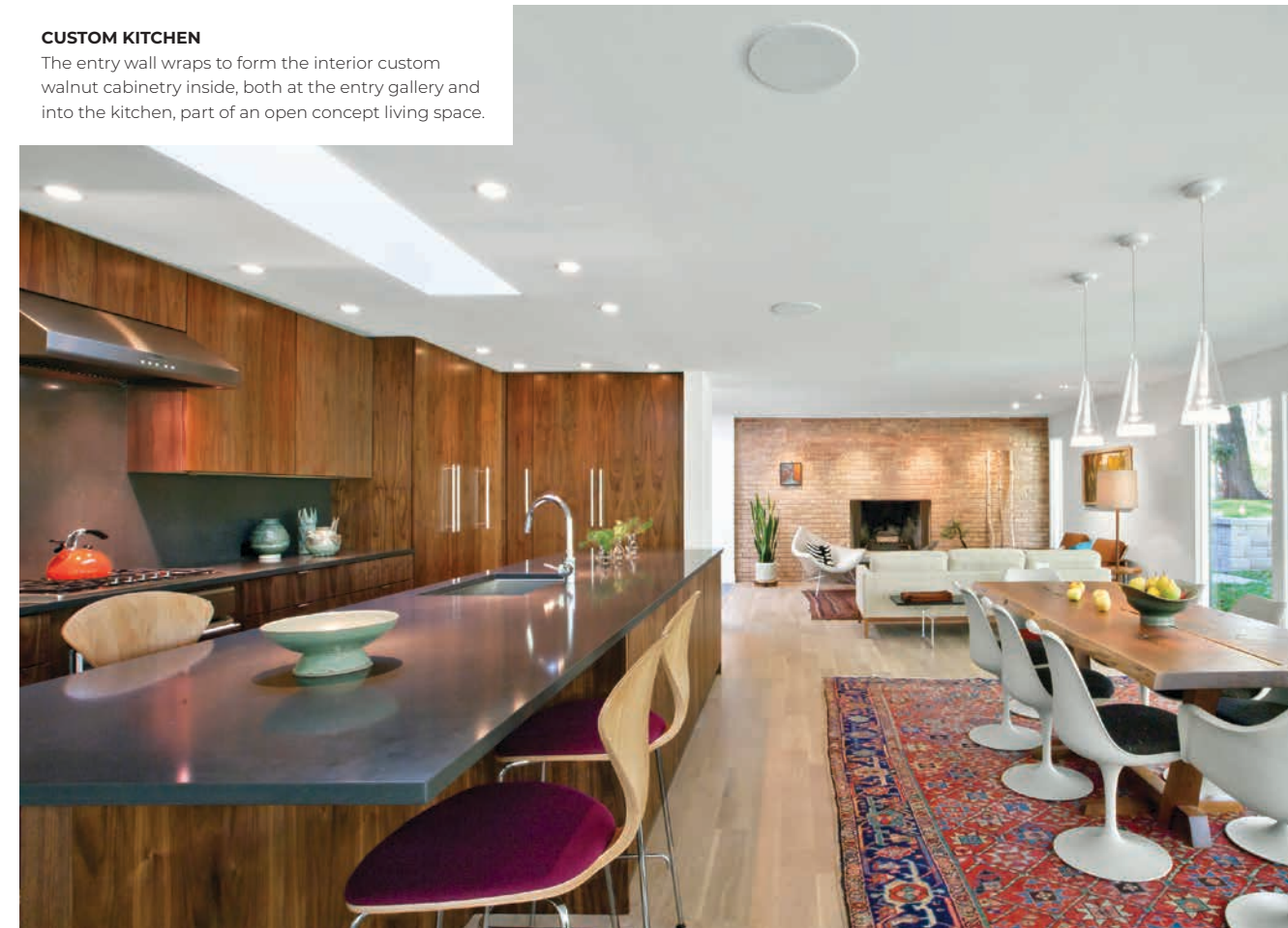
WALLED GARDEN

Privacy wall framing the entry outside around the bedroom wing to achieve privacy and offer unique views to a new moss garden.



CUSTOM KITCHEN

The entry wall wraps to form the interior custom walnut cabinetry inside, both at the entry gallery and into the kitchen, part of an open concept living space.



BRIGHT BATH

The use of skylights helps achieve daylight balanced daylight inside, and a mix of furnishings pair nicely with new finishes, lighting, and fixtures to achieve a re-imagined interior.



A HOUSE IN THE WOODS

FOWLER RESIDENCE, ORIGINALLY DESIGNED BY BILL WRIGHT (OF VONNEGUT, WRIGHT, PORTEOUS), 1956, NEAR WILLIAMS CREEK, INDIANA

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PROJECT BY HAUS
Architecture for Modern Lifestyles, Principal Christopher Short, Project Architect Derek Mills, Architect Paul Reynolds

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feels like
**CHRISTMAS
MORNING**

Coffee brewing, fire crackling, gifts to unwrap—if you've got no place to go (snow or no), go ahead and pull on some comfy clothing you won't want to change out of.



SLEEP SENSE
Snowflakes & Dot jersey pajamas
\$68

*make my wish come true,
all i want for christmas are these pajamas!*



*everyone is waiting for the man with the bag,
cause Christmas is here again*



KAREN NEUBURGER
Holiday Buffalo plaid print jersey pajamas
\$68

*it's lovely weather
to stay comfy, cozy*

SLEEP SENSE

Merry plaid yarn dye flannel pajamas
\$68



NATORI

Japonisme printed silky
charmeuse pajama set
\$180



SLEEP SENSE

Kendra plaid print flannel wrap robe
\$68

*i'll take this "wrap"ped
under the tree, please!*



something NICE

BY BRANDON DAIKER

IT'S TRUE THAT IT'S BETTER TO GIVE RATHER THAN RECEIVE, BUT WHO HAS TIME TO PICK OUT PRESENTS FOR EVERYONE? WE'VE TRIED TO MAKE IT A LITTLE LESS STRESSFUL BY OFFERING UP SOME CAN'T-MISS GIFT IDEAS FOR YOUR FAVORITE PEOPLE.



FOR THE SIPPER

We've come a long way since jelly of the month clubs—how about a grape-inspired Twelve Days of Christmas? Twelve little tasters of wine from around the world—one for each day leading up to the 25th—are included with the Twelve Nights of Wine package from Vinebox.

\$129, GETVINEBOX.COM



FOR THE VIEWER

Celebrating the 100th birthday of a visionary director, the Criterion Collection is releasing a massive collection called Ingmar Bergman's Cinema, which contains his most famous films on Blu-ray—from *Persona* to *The Seventh Seal* and everything in between—along with a 248 page book of essays, in case your recipient somehow finds some free time between films.

\$240, CRITERION.COM



FOR THE KIDS

If you're worried that all those video games are rotting out the little ones' brains, worry no more, because Nintendo has turned toys into tech with Nintendo Labo, a toy construction kit for the Switch system that lets you create and decorate machines out of cardboard and then use them to play while learning the basics of engineering, programming, and physics.

\$69, [VARIOUS RETAILERS](#)



FOR THE CHEF

We first reported on sous vide wands way back in 2015, and now the water-bath immersion cooking method has found its way into millions of kitchens and even the Starbucks menu in the form of those tasty egg bites. Convince your favorite cook to be a convert with the best device on the market that'll help make perfect steak and hundreds of other delicious delights.

\$159, ANOVACULINARY.COM



FOR THE LISTENER

2018 marks 50 years since the Fab Four released the *White Album*, regarded as one of the greatest of all time. What better way to let a loved one celebrate this anniversary than with a fully loaded box set containing a 164 page hardback book, a new remix of the album, a disc of "Esher demo" recordings, and three CDs full of unreleased recordings from the studio?

\$160, THEBEATLESSTORE.COM

something NICE

BY BRANDON DAIKER

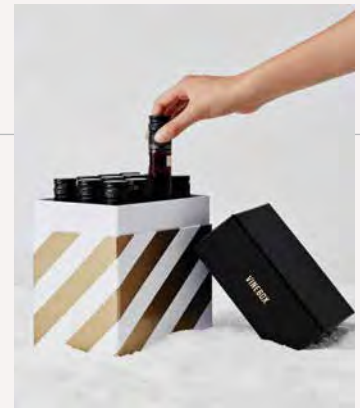
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WHEN IT'S WINTER...

BY MIMI GREENWOOD KNIGHT

Though it might not feel like it now, winter is right around the corner—and like so much Texas weather, it's impossible to predict what it might have in store. But even if we don't see any snow, cold temperatures are worth paying attention to. Get your home cold-weather-ready with these simple steps.

Think about it now, before it's here!

TUNE UP YOUR HEATING SYSTEM

A professional technician can inspect your furnace or heat pump to be sure the system is clean and in good repair and to measure any carbon-monoxide leakage. And now is a great time to call, before there's a waiting list.

CHECK YOUR ROOF

At least scan it closely with binoculars looking for damaged, loose, or missing shingles or flashing that may lead to leaks during a possible winter freeze. Consider looking for a local handyman or roofing company to repair any issues.

CLEAN THE GUTTERS

Water can back up in debris-filled gutters, damaging roofing, siding, and wood trim—and can cause leaks and ice dams.

REVERSE YOUR CEILING FANS

If your ceiling fan has a reverse switch, use it to run the fan's blades in a clockwise direction once you turn on your heat. Because hot air rises the fan will produce an updraft and push the heat down into your rooms.

TURN OFF EXTERIOR FAUCETS

Undrained water in pipes can freeze, causing pipes to burst as the ice expands. Disconnect garden hoses and drain the water that remains in faucets. If you have a lawn irrigation system, consider having a professional drain your sprinkler-system pipes to help avoid freezing and leaks. It's more than worth it to prevent expensive repairs.

MULCH LEAVES ON YOUR LAST MOW OF THE SEASON

Mow your leaves instead of raking them the last time you mow in fall, preferably into dime-sized pieces that will fall among the grass blades and decompose to nourish your lawn over the winter.

CALL A CHIMNEY SWEEP

If you have a working fireplace and enjoy fires throughout the winter, make sure your fireplace, chimney, and vents (or any heating appliance burning gas, oil, wood, or coal) are clean and in good repair. Regular cleaning can prevent chimney fires and help stop carbon monoxide from creeping into your home. 🏠

ABUNDANT ALLERGENS

OUR STATE IS A HOT SPOT FOR
SNIFFLES AND SNEEZES

BY DAVID BUICE

We all know Texas is big. Almost three United Kingdoms or more than six Icelands could fit inside the Lone Star State. Unfortunately, Texas is also a huge hot spot for allergy sufferers. In its report released in spring of this year, the Asthma and Allergy Foundation of America (AAFA) listed McAllen as the No. 1 most challenging place to live in the entire nation for spring allergies, and San Antonio ranked fifth. Austin, Waco, and Dallas are not far behind.

So what makes Texas so bad for allergies? The short, simple answer is the state's temperate climate. Most states have to endure regular freezing temperatures that halt pollen from spreading in the air. Plants in Texas, however, endure only brief freezes, if any at all, and this situation allows them to pollinate the year round, even in winter.

The bad news is that these year-round allergens are not going away, but the good news is that there are many ways you and your physician can deal with them. Here are some of the most common allergens found across Texas.

OAK POLLEN

In the spring, oak pollen spreads throughout many areas of the state, leaving a yellow residue on just about anything that's outdoors. Also, pollen from elm, pecan, pine, poplar, and hickory trees contribute to the usual allergy symptoms of sneezing, sore throat, watery eyes, congestion, lethargy, or some combination of all these.

GRASSES

Bermuda, Perennial Rye, and Nodding Fescue are among the common grasses in Texas that can produce the usual allergy symptoms.

COTTONWOOD

In parts of Texas in the late spring, the air can become clogged with "cotton" from these trees. Technically it's not pollen, but it can trigger allergic reactions, and it might also clog your air conditioning system, preventing fresh air from flowing through your home.

RAGWEED

Ragweed typically peaks in the late summer and early fall. It's a small, inconspicuous plant easily overlooked, often making allergy sufferers think their problems are coming from other plants and trees.

MOUNTAIN CEDAR

Unfortunately, mild Texas winters offer no respite from this allergy culprit. Mountain Cedar thrives in cool weather, releasing clouds of pollen into the air. In addition to the usual allergy symptoms, some may respond to Mountain Cedar pollen with flu-like symptoms including fatigue, severe headaches, and body aches.

FINDING HOME

A YOUNG ARTIST RETURNS TO TEXAS

BY AUDREY ASHE

There's an old saying, "You can take the girl out of Texas, but you can't take Texas out of the girl." Years ago, I would've rolled my eyes at this. I still may, but perhaps with a little more whimsy. As a child who grew up in rural Texas just north of Dallas, I have memories as far back as I can remember of distinctly not wanting to be in Texas. Being a decidedly shy kid who was much more interested in art and theater than sports, I had a tough time fitting into a place that seemed to live and die by hometown football games.

One thing my upbringing did instill in me was my love for nature. Right behind my house were acres of untouched woodlands with an old, twisting, dried out ravine that held buried treasures such as old teapots and bits of mosaic glass. Countless hours were spent exploring and getting dirty, collecting leaves and treasures, making up lore of faeries and fantasy of the woods, and listening to the sway of branches in the treehouse my father built.

Of course, the older I became the more isolated I felt not being surrounded by "my people." When my parents eventually split and my mom moved to a picturesque community in New Jersey up near Manhattan, I jumped at the opportunity to try someplace new. My remaining high school and college years spent in the Garden State were refreshing, and I eventually looked back on my small-town upbringing with nostalgia. Yet at the time, if you asked me if I would ever return to Texas to live, I would have answered with an enthusiastic "No way!"

Then, in December, Austin happened. On a whim, I decided to take a trip to this town that has a penchant for individuality and creative expression. Besides the fact that the December weather was blissful compared to the Northeast (and something I knew I'd pay for in the summer months), I instantly fell in love with everything Austin had to offer. The art and music in every corner dazzled me, and even during my brief stay, I met so many brilliant minds and beautiful souls. Within a week I knew I had finally found my home right here in Texas after all!

As I drove across the state line at Texarkana a few months later, my SUV packed to the brim with belongings, I marveled at the once forgotten beauty of the Texas sunset—bright oranges, pinks, and blues splashed against the endless open sky. The first few months spent getting settled were rainy, and I found myself, perhaps against my better judgement, sitting on my little balcony at night soaking in the natural, earth-shattering force of Texas' thunderstorms.

No matter what part of the Lone Star State you hail from, there is beauty everywhere. And no matter what you're looking for in life, every piece of Texas has something to offer. 🌟



CELEBRATING OUR STYLE ICONS

WHAT WOULD
MAKE YOUR LIST?

BY ANNETTE BROOKS

Texas has embraced and nurtured an attitude and style all its own from the very beginning. Not surprisingly, when it comes to fashion, design, and tastemakers, natives of the Lone Star state make an impact. We've rounded up a few of our favorite style icons to highlight in our edition that celebrates everything Texas.

TOM FORD

When it comes to world-renowned fashion designers, many would agree that Austin-born Tom Ford is the most notable native Texan. As Gucci's prodigy creative director, he was instrumental in increasing the company's annual sales from \$230 million to \$3 billion. In 2004, Ford started his own label and has dressed countless top-tier celebrities and social luminaries. Jay-Z even dedicated entire song to his namesake. In addition to fashion design, Ford is a film actor, producer, and director. Pretty impressive for a kid

who spent much of his childhood on his grandparents' ranch in Brownwood, Texas.

NEIMAN MARCUS

If you're wondering, "Can a department store really be considered a style icon?" then you may not know the history of Neiman Marcus, one of the greatest long-standing luxury chains in U.S. retail history. In 1907 Herbert Marcus, his sister Carrie Neiman, and her husband, Al, opened a store in Dallas that sold fine women's clothing and extravagant merchandise. Soon, glamorous movie stars, wealthy New Yorkers, and even well-heeled Europeans were making special trips to Dallas just to shop at Neiman Marcus. Over the decades the ownership has evolved, but the impeccable Neiman Marcus brand and reputation remains a testament to the idea that "service and quality never go out of style."

JERRY HALL

If you came of age in the 70s and 80s, you grew used to seeing supermodel Jerry Hall's iconic face on the covers of Vogue and in the media with the likes of rocker Bryan Ferry and of course, Mick Jagger, with whom she has four children. The statuesque, six-foot-tall blonde from Gonzalez, Texas pulled off the vibe of the times with seemingly effortless style.

Now, at age 62, she's married to media mogul Rupert Murdoch and is still turning heads.

LUCCHESI BOOT COMPANY

For longer than many of us have been alive, Lucchese has been the go-to bootmaker for A-list actors and musicians, athletes, and U.S. Presidents, as well as regular folks from around the world. It began when Salvatore and Joseph Lucchese set up a boot making shop in San Antonio at Fort Sam Houston in 1883, and the rest is history. In 1986 the operations moved to El Paso, and today, the brand continues to flourish, using time-honored craftsmanship techniques to create handmade boots of unrivaled quality, fit, comfort, and style.

LELA ROSE

Texas continues to inspire its inhabitants, from the Big D to Magnolia City, and everywhere in between. Creativity and talent abound, with many state natives making a huge splash in the fashion world today. Lela Rose is just one example. It's said that her "aesthetic of adding whimsy to elegance through brilliant color and handcrafted details has brought a fresh point of view to modern American fashion." Of course a Texan might say she's as bright as a new penny and running with the big dogs now. 🍷

FAIR STATE

One of mind,
body, and
fried foods

BY BRANDON DAIKER



Proclaimeth the operators of the State Fair of Texas: “Since 2005, the Big Tex Choice Awards contest has solidified the State Fair of Texas as the top fair for great food creations.” Clutch your hand to your chest gingerly and think of your arteries, dear reader, cause that’s not all a decade of fried delights have solidified. The question, of course, is whether we’d have it any other way.

It is now a Texas tradition, and essentially a prerequisite, that the yearly winners of the infamously famous Big Tex Choice Awards—the results of which make the classic Fletcher’s Corny Dog look like a quaint relic of a bygone era—be inexorably deep fried, cast into that molten abyss in an unfinished, cocoon-like state, and fished out as beautiful, golden brown butterflies (nobody has yet attempted to deep fry butterflies, please don’t get any ideas). Previous contests have brought us such revelatory morsels as the Deep Fried Cuban Roll, Chicken Fried Bacon,

the Fried PB&J and Banana Sandwich (inaugural victor), Funnel Cake Bacon Queso Burger (a non-deep fried thing sandwiched between two other deep fried things), and even Fried Beer™, which is listed with a trademark after it, technically innovative human creation that it is.

By the time you hold this issue in your hands, the still-glistening winners of the 2018 contest will have already been chosen, one savory, one sweet. To make their decisions, the judges will sample beer, pickles, both sweet and savory nachos, and bacon, bacon everywhere. Statistically, entrants have the best chance of winning if they not only deep fry their creations but also make sure the word “fried” is included in the name—of the 26 items to receive Big Tex honors since 2005, 19 of them contained the label.

Why do we do this to ourselves? Perhaps it is a primal urge that causes us to seek out our own nutritional destruction like

moths to a flame. As so many other great things in life, the beauty of fried food is fleeting, wonderous—best seized and experienced only moments after prepared, virtually unpalatable the longer one waits to eat the items after they’ve emerged from their magmatic immersion in fat.

In a sense, these violent delights may actually be the perfect representation of the State Fair of Texas itself, such as it is—available for just a short time to be enjoyed in an outsized, self-indulgent fashion, then left to linger as memories until the next time Big Tex suits up.

Despite everything, there is one truism of which you can be certain. Whichever grave sneers at healthy living end up reigning supreme this year, I will be in line, ready to throw myself at them and forget all about what I’ve done to my body until next year when I will do the exact same thing. I will see you there.™