

FOCUS

TAKE A CLOSER LOOK

living MAGAZINE

JANUARY 2019

LAKESIDE

+

how to
CHOOSE

A Trek Through Taos

NEW MEXICO'S PLACE OF RED WILLOWS

rise and dine
MIGHTY MORNING MEALS

renovated residence
CONTEMPORARY CONSERVATION

happy new year!
IT'S TIME FOR A FRESH START

CREATE
.....
MAKE SOMETHING NEW

living

MAGAZINE

FEBRUARY 2019
.....
CITY/COUNTY

+
SPECIAL SECTION
/ home &
GARDEN



MIAMI'S NEW MEDIUM

*street art meets
fine art in Midtown*

garden gourmet
VEGGIE VERSATILITY

adding on
AN ANGULAR HOME EXPANSION

out and about
LOCAL BITS AND PIECES

THRIVE
.....
BE WHO YOU ARE

living MAGAZINE

MARCH 2019
.....
LAKESIDE

+
SPECIAL SECTION
/ top
DOCS



DESERT ROSE

Spectacular designs and stunning views

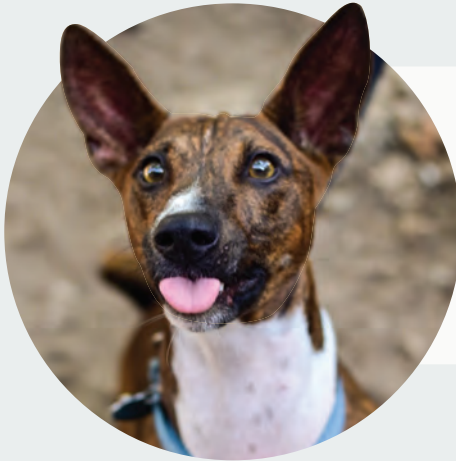
lighter fare
FEEL-GOOD FEASTING

go west
A WHIMSICAL ROAD TRIP TALE

begin within
DISCOVER YOUR BEST SELF



SPONSORED BY



Uji

"This is my little fur child Uji! He is a 2 year old basenji, and a total mama's boy who loves anything related to food, cuddles, and going on adventures!"

- LAUREN I.

Sushi

"Sushi loves watching people eat in hopes to get some of it, she's like a small doggy and will eat anything you give her."

- KEVIN T.



Buster

"Buster loves chasing non-existent squirrels, barking at ceiling fans, and his favorite food is chicken."

- CHRISTINE D.



THIS MONTH'S GIVEAWAY

Fauna Care's Flagship Silver Spray product is perfect for cuts, abrasions, hot spots and general wound/skin care for your pet. You can count on painless, rapid healing with an easy-to-use no drip spray that kills off 99% of infections fast. Fauna Care speeds healing time while fighting infection. No-touch application means ease for you and comfort for our animal friends.

FAUNA-CARE.COM

PET TRIVIA QUESTION!

Which kind of dog yodels instead of barks?

- A) Komondor
- B) Otterhound
- C) Basenji
- D) Basset hound

PET CLUB MEMBERS

Every month, all Living Pet Club members are automatically entered to win our giveaway! To join the club and receive a free membership magnet for your pet, send your pet's name, your name, your address, and a clear photo of your pet to pets@livingmagazine.net. They might just turn up in a future issue of Living!

PETS@LIVINGMAGAZINE.NET

[D: Known as the "barkless dog," the basenji makes a sound more like a yodel or howl. Just like our buddy Uji!]

BEST BETS



UPCOMING EVENTS

JENNY LEWIS

Friday, April 8, 8 PM
Canton Hall

Folksy rocksy singer/songwriter Jenny Lewis brings her unique brand of 70s-flavored soulful vocals and indie-pop guitar work to Texas in support of her new album *On the Line*, which sees her team up with big name collaborators like Beck and even Ringo Starr.

GEORGE THOROGOOD AND THE DESTROYERS

Thursday, April 11, 8 PM
House of Blues

ERIC CHURCH

Friday, April 12, and
Saturday, April 13, 8 PM
American Airlines Center

BRANDI CARLIE

Friday, April 12, 8 PM
The Bomb Factory

VANILLA ICE

Saturday, April 13, 10:30 PM
Billy Bob's Texas

WHITESNAKE

Monday, April 15, 8 PM
The Bomb Factory

MAREN MORRIS

Friday, April 19, 8 PM
The Bomb Factory

MELISSA ETHERIDGE

Wednesday, April 24, 7:30 PM
The Pavilion at Toyota Music Factory

CELTIC WOMAN

Thursday, April 25, 8 PM
The Theatre at Grand Prairie



COMING TO THEATERS

APRIL 12 // MISSING LINK

HUGH JACKMAN, ZACH GALIFIANAKIS
DIR. CHRIS BUTLER (PARANORMAN)

Stop-motion animation studio Laika (*Coraline*, *Kubo and the Two Strings*) brings its unique visual style to this early-1900s flavored look at the Missing Link (Galifianakis as Mr. Link), a good-hearted creature who contacts explorer Sir Lionel Frost (Jackman) to help him find the distant relatives he's heard of only in stories and legends.



THIS MONTH IN MOVIE HISTORY

APRIL 21, 1995 // WHILE YOU WERE SLEEPING

SANDRA BULLOCK, BILL PULLMAN // DIR. JON TURTELTAUB (NATIONAL TREASURE)

Long before Sandra Bullock was a household name, and not long after her appearance in action movies *Demolition Man* and *Speed*, she made her first big rom-com splash in a film still fondly remembered for its mistaken-intentions premise, as train station employee Lucy (Bullock) falls in love with the brother (Pullman) of a comatose man whose life she saved.

OUR BOOK PICK

APRIL 3 // GIADA'S ITALY

MY RECIPES FOR LA DOLCE VITA
BY GIADA DE LAURENTIIS

With photos shot on location around her native Rome, Giada's latest book is a lavish exploration of her food roots and the lifestyle traditions that define "the good life," with the contemporary California twist that has made her America's most beloved Italian chef.



JENNY LEWIS PERFORMS AT BOSTON CALLING IN 2014, PHOTO BY DAVE LEVY, FLICKR.COM/PHOTOS/24416724@N03, WITH ALTERATIONS: CC BY 2.0. STILL FROM *MISSING LINK* (2019), COURTESY LAIKA/ANNAPUNA/UNITED ARTISTS RELEASING. MOVIE POSTER FROM *WHILE YOU WERE SLEEPING* (1995), BUENA VISTA PICTURES. BOOK COVER FROM *GIADA'S ITALY* BY GIADA DE LAURENTIIS (2019), PENGUIN RANDOM HOUSE, WITH DESCRIPTION EXCERPTS FROM PUBLISHER. ALL INFORMATION IS PRESENTED FOR NON-COMMERCIAL ILLUSTRATIVE PURPOSES.



personalized PAMPERING

HANDCRAFTED
HELP FOR SKIN THAT
NEEDS SOOTHING

BY AUDREY ASHE

Plenty of things can cause or exacerbate dry skin, such as harsh soaps, hot water, and of course, the inescapable freeze of winter. Low humidity and wind, along with excessive heat to counter the cold, cause our skin to lose moisture at a faster rate, leaving it cracked, itchy,

and chapped. And though winter is the worst for many, naturally dry skin can be a challenge no matter the season. But not to worry! While a trip to your dermatologist is never a bad idea, self-care that'll leave you and your skin feeling good is well within reach.

The first step is to stay hydrated, which is easy to do with the bevy of delicious drinks at our fingertips. Herbal teas and tisanes are helpful for replacing fluids and for warming up, as is refreshing homemade fruit-infused water. And while too much heat can further dry out your skin, a nice, cozy beauty bath can help, as long as you take care to properly moisturize afterward. You might even break out a good book and some chocolates to enjoy (they won't do much for the skin, but you may find your disposition to be sunnier).

And don't forget to enhance your bath with soothing, skin-sparing products. Get creative and try your hand at making your own—being crafty is good for you too. Try a DIY moisturizing soak and after-bath lotion to ensure your skin is thoroughly pampered, and have fun decorating the containers too. Your imagination (and perhaps the craft store) is the only limit.

STIMULATING ROSEMARY DETOX SOAK

- ¼ cup coconut oil
- ¼ cup almond oil
- 3 cups Epsom salts

A few drops of rosemary essential oil
Melt down coconut and almond oil, then mix together. Add in the essential oil, then stir in Epsom salts about a half a cup at a time. Let it sit for 24 hours before using. Next time you indulge in a much-deserved bath time treat, use ½ cup to one cup of this relaxing soak to help stimulate blood circulation, relieve aches, and unwind.

SIMPLE SWEET ORANGE BODY CREAM

- ½ cup shea butter
- 2 tablespoons coconut oil
- 3 or 4 drops sweet orange essential oil
- 2 or 3 drops frankincense essential oil

Mix together thoroughly, and voila! Be sure to test a sample patch before you slather it on, in case your skin is sensitive to essential oils. For those who do not have acne prone skin, this anti-inflammatory cream may even be used lightly on the face.🍊



don't STRESS

5 GREAT WAYS TO CHILL
OUT WITHOUT GETTING
SUCKED INTO YOUR PHONE

BY DAVID BUICE

If you feel stressed after a day at the office—or even just a busy one at home—you're not alone. A recent study found that about 8 in 10 employed Americans felt stressed about their work. If you're like most people, your instinct might be to pull up social media or flip on the TV, but depending on the day's developments, that might even make things worse. Forget tech and media for a while and focus on yourself with a few of these proven stress relievers.

MEDITATION AND BREATHING

People fall into two categories, those who meditate and those who don't. But once you do it, you'll be amazed how drawn to it you'll feel when stress crops up. A simple approach: Sit up straight with both feet on the floor, close your eyes and recite some positive expression. It can be something very simple like, "I am a good, loving person." Place one hand on your belly to sync with your breathing and let distracting thoughts float away.

It might seem counter-intuitive to the no-tech approach, but some free apps can help you get into meditation. Many of them offer soothing background noises or even some guided meditative exercises. When not meditating, you can take an occasional break and simply breathe deeply. Sit straight up with your eyes closed and inhale slowly through your nose, feeling your breath moving from the abdomen to the top of your head. Exhale through your mouth.

EAT THE RIGHT FOODS

Dark chocolate not only lowers your stress hormones but your blood pressure and cholesterol as well. Just try to limit yourself to no more than one or two ounces daily. Foods rich in omega-3s—like avocados and fatty fish—help

lower stress, as do fruits containing vitamin C such as oranges, strawberries, and grapefruit.

A MEDIA DETOX

Today the average American spends about two hours daily on social media, and this exposure can trigger addictive and obsessive responses in the brain. Try a cell phone-free weekend, avoid social media for a day, or leave the TV turned off for an evening and settle in with a good book instead. You just might be surprised at how little you miss it.

MOVE

You don't have to have a full-blown workout to get moving! A brisk stroll, for example, releases a mix of endorphins, dopamine, norepinephrine, and serotonin, a combination that stimulates your brain and helps you feel better about yourself and your situation.

MORE RESTFUL SLEEP

Lack of sleep has been linked to lowered immunity, heart problems, and feelings of anxiety and depression. So to sleep better, skip the afternoon coffee, as caffeine can stay in your system at least six hours, and turn off all your electronic devices, including the TV, well before hitting the sack. ☪



IS YOUR BODY TELLING YOU YOU'RE EXHAUSTED?

Stress can be a good thing—up to a point. It can help us get over a fear or provide the motivation to “push through” some demanding responsibility. But prolonged stress that stretches over weeks and months can lead to mental and emotional exhaustion, and potentially serious illnesses. It's easy to ignore what our body is telling us and soldier on through what needs to get done, but it's important to pay attention to the signs of exhaustion. Here are a few ways your body might be telling you that you've reached a tipping point and need a time out.

FAILING PHYSICAL HEALTH

When you're overworked, you're more likely to fall victim to colds, headaches, nausea, fatigue, and general aches and pains. Beyond these, too much stress can increase blood pressure and weaken your immune system, increasing the possibility of much more serious illnesses.

CHANGE IN APPETITE

Food is essential to both nourish and energize your body. When you're stressed and fatigued, your body's first reaction is to shut down your appetite. But over time our body responds to prolonged stress by releasing cortisol—a stress hormone—and that can lead

to increased hunger and a craving for unhealthy foods that are high in fat and sugar.

CHANGE IN ATTITUDE

As a result of prolonged stress and the mental and emotional exhaustion that can accompany it, you may find that things you normally enjoy are now annoying and irritating. If things or people that you normally enjoy seem bothersome, there's a good chance your body is telling you that you need a break. In that case, try to bring some stress-relieving techniques into your daily routine.

DECLINING DESIRE FOR INTIMACY

Intimacy is a vital component of a healthy life, creating the bonds that make our lives truly meaningful. When we're stressed over a prolonged period, our body reduces the production of the chemicals responsible for your desire for intimacy, and for most of us that's a sure sign that some much-needed rest and relaxation are in order!

MOODINESS

Be sure to pay attention to your mental state. If you're feeling depressed, anxious, or have a shorter fuse than normal, those are all pretty good signs that a change is in order. Brain fog and difficulty concentrating are also ways your body is telling you that some type of rest is needed. ☪



NOT JUST FOR *women*

In a recent report by Multi-Sponsor Surveys, 26 percent of male baby boomers and 44 percent of male Gen-Xers admit to “manscaping,” removing hair below the neck.

BY MIMI GREENWOOD KNIGHT

smooth **MOVES**

NEW OPTIONS IN LASER
HAIR REMOVAL CAN
WORK WONDERS

Regardless of your reasoning, there are probably some areas on your body where you just don't want hair. Fortunately, laser hair removal methods have advanced at light speed since they were FDA approved in the 1990s. While early hair-removal lasers were often slow, painful, and designed generally for people with dark hair and light skin, today's

lasers work on anyone, and can remove hair from any part of the body. The best option for you depends on your specific skin and hair type.

THE LUMENIS LIGHTSHEER

A diode laser, it's considered “the gold standard” by many practitioners. Lumenis LightSheer offers excellent results for many different skin types. It's FDA-approved, requires fewer procedures, and gives some of the best results possible today.

THE LIGHTSHEER DIODE LASER SYSTEM

This laser offers powerful technology with both short and long pulses to safely and effectively treat all skin types, including tanned skin. An updated version of the regular LightSheer Diode laser, the LightSheer Duet is a huge progression for laser hair removal. Faster and more comfortable, it features vacuum-assist technology and an increased spot size.


THE LIGHTSHEER DUET

This laser can treat backs and legs comfortably in only 15 minutes, without anesthetics and gels, reducing treatment time by up to 75 percent. The LightSheer Diode and Duet represent some of the best lasers available today.

THE ALEXANDRITE LASER

Another excellent laser type favored by many laser hair removal practitioners, the Alexandrite Laser comes under brand names such as the Candela GentleLase and the Cynosure Apogee. Its larger spot size and higher repetition rate make it one of the fastest hair-removal lasers available. And it's suitable for rapid treatment of large body areas. Some practitioners consider it the best laser for people with fair skin.

THE ND:YAG LASER

Another popular hair-removal laser, this type is especially effective on dark and tanned skin, particularly the Cynosure Elite and the Candela GentleYAG. The Cutera CoolGlide or the Sciton ProFractional are two other popular brands of this laser type. The Nd:YAG lasers have a long history of safety and effectiveness on all skin types and can treat different types of hair, as well. Tools such as the Lumenis SPLENDOR X actually combine both Nd:YAG and Alexandrite wavelengths in synchronized proportions for versatile, quick, and uniform treatment of larger areas. 



staying POWER

THE MOST POPULAR PLASTIC
SURGERY PROCEDURES, YEAR
AFTER YEAR

BY LARUE V. GILLESPIE

Plastic surgery has certainly come a long way since Gaspare Tagliacozzie, who is considered the father of plastic surgery. He became famous for performing reconstructive surgery on soldiers whose noses had been amputated in war during the 1500s. Despite his fame, the first recorded nose surgery took place around 600 B.C. in India.

Needless to say, there have been a few improvements since then! These days, elective medical cosmetic surgery is consistently gaining in popularity for changing everything from the shape of your nose to the size of your belly, the contour of your breasts, and the tautness of your tush. In 2017, \$16.7 billion was spent on cosmetic procedures, according to the American Society of Plastic Surgeons (ASPS). The top five surgeries for that year include breast augmentations, liposuction, rhinoplasty, eyelid surgery, and tummy tucks. Interestingly, buttock augmentation beat the tummy tuck in 2016 to claim a top five spot.

“These surgeries are consistently popular because they address things that consistently bother people. Popular culture hasn’t changed,” said Alan Matarasso, MD, president of the ASPS, who practices in Manhattan, New York. There are more and more attempts to address these issues non-surgically with fillers, lasers, and other methods that have little downtime, but, as Dr. Matarasso said, “Nothing can replace what surgery does.”



“THESE SURGERIES
ARE CONSISTENTLY
POPULAR BECAUSE
THEY ADDRESS THINGS
THAT CONSISTENTLY
BOTHER PEOPLE...”

THE TOP 5 COSMETIC SURGERIES

BREAST AUGMENTATION

This procedure involves using breast implants (silicone or saline) or fat transfer to enhance the size of the breasts and improve the balance of hip and breast contours. There are all kinds of shapes and sizes of implants to choose from and various ways to get these implants (or fat transfers) surgically. It is best to discuss all options with an experienced and qualified plastic surgeon.

“[Breast augmentation] remains in the top spot because women will continue to embrace flattering cleavage,” said Manish Shah, MD, a board-certified plastic surgeon practicing in Denver, Colorado. “What we will see is an increase in requests for fat transfer to the breasts as the trend to smaller augmentations continues and more women try to avoid the use of implants. [But] implants will still be king.”

LIPOSUCTION

While minimally invasive procedures such as CoolSculpting and Zerona have gained serious traction in the last few years, the gold standard for fat removal is still liposuction. First approved in the United States in 1982, liposuction slims and reshapes areas of your body by removing stubborn fat deposits. Liposuction can treat the thighs, hips, buttocks, abdomen, upper arms, back, inner knee, cheeks, chin, neck, calves, and ankles. It cannot, however, treat cellulite. For best results, you need to be at a healthy weight and have good elasticity in your skin.

RHINOPLASTY

More commonly called a nose job, this procedure is used to reshape the nose for aesthetic reasons, to create facial harmony, or to correct structural defects in the nose that make it hard for some people to breathe. “Rhinoplasty has amazing staying power simply because the nose sits in the center of the face,” said Dr. Shah. “Rhinoplasty surgery has an incredibly high satisfaction rate, but as it is considered the most difficult cosmetic surgery procedure, it should only be performed by a specialist.”

EYELID SURGERY

Called blepharoplasty, this procedure enhances the appearance of the eyes to make them look rejuvenated and more youthful. Surgery can be performed on the upper eyelids or lower or both to treat sagging skin, wrinkles, fatty deposits such as bags under your eyes, and drooping eyelids. “Whether you’re doing upper or lower, it’s a very quick recovery,” said Dr. Matarasso. “You can do it on a Friday and you can put makeup on and go to work the next Friday.” He also said surgery for bags under the eyes is permanent. That’s a plus!

TUMMY TUCK

Both weight loss and childbirth lead to laxity of the abdominal wall, loose skin, and stretch marks. “A tummy tuck can fix most, if not all, of these problems and reshape a body into a far more flattering form,” said Dr. Shah. “Clothes then fit better and a sense of wellbeing develops when the patient looks in the mirror. As far as tummy tucks are concerned, they will be a mainstay of plastic surgery forever.” ●



betterment BOOSTERS

7 SIMPLE WAYS TO FLOURISH

BY ANNETTE BROOKS

Eating nutritious food, exercising regularly, and maintaining a healthy weight helps you ward off disease and feel good. But in addition to more well-known measures, several small daily activities you might not have considered can boost your health and vitality, too.

LOSE THE SLOUCH.

Whether sitting in your chair at work, standing in the checkout line at the grocery store, or binge watching a favorite show, slouching and slumping can make you feel blah. Not only can better posture help with digestive issues and lower back problems, but research suggests that proper posture may help you feel more enthusiastic, less fatigued, and boost your brain activity.

TAKE BREATHING BREAKS.

Slow, deep breaths can relieve stress, reduce heart rate, lower blood pressure, and send a signal to the rest of the body to relax. Breathe in slowly and deeply through your nose, hold for a count of three, and breathe out through your mouth, all while envisioning your abdomen expanding and contracting with each breath. Just five of these breaths can relieve pent-up tension and anxiety.

WASH UP.

Keeping hands clean and germ-free is a first line of defense against illness. If you've developed a speedy wash habit, spend just a few seconds more time soaping up and rinsing. It takes around 20 seconds to properly wash your hands with soap and water.

EMBRACE THE DAILY FLOSS.

Flossing your teeth, along with brushing and regular dental checkups, is essential for removing bacteria and keeping your teeth and gum disease-free. Research indicates that flossing can significantly reduce periodontal disease, which has been linked to a host of chronic diseases.

STRETCH IT OUT.

Harvard Health reminds us that stretching keeps muscles flexible, strong, and healthy. We need flexibility to maintain a range of motion in the joints. Without it, muscles shorten and become tight, putting you at risk for joint pain, strains, and muscle damage. Stretching has other health benefits, including stress relief.

EAT SLOWER.

Quickly gobbling down your food may lead to overeating and health problems such as reflux and indigestion. Eat mindfully and chew your food thoroughly. Slow down and savor the flavors.

EMBRACE POSITIVITY.

Research shows a positive attitude can build a healthier immune system and boosts overall health. The next time you notice a negative thought entering your mind, recognize it, challenge it, and turn it around to gain control over your mood and ultimately, your sense of happiness. ☺



discovering PROBIOTICS

WHAT THEY DO, WHAT WE KNOW, AND
HOW TO HARNESS THEIR BENEFITS



Probiotics are live microorganisms that people can consume through fermented foods or dietary supplements, such as pills, tablets, or powders. Bacteria, of course, have a reputation for causing disease, and the idea of downing a few billion of them a day for the sake of your health might seem counterintuitive. Yet for millennia, humans have consumed foods rich with live bacteria. Yogurt dates back to at least 5000 B.C., and Korean cuisine has featured fermented vegetables like kimchi for thousands of years.

Self-dosing with bacteria isn't actually as outlandish as it might appear at first glance. It's estimated that 100 trillion microorganisms representing more than 500 different species inhabit a normal, healthy excretory system. Most of these microorganisms (or microflora) are helpful and don't make us sick. And gut-dwelling bacteria keep pathogens (harmful microorganisms) in check, aid digestion and nutrient absorption, and contribute to the functioning of our immune system.

Surprisingly, given the present-day popularity of probiotics, clinical studies have only provided limited detail thus far. While some studies have

touted the benefits of probiotics, others have concluded that they're no better than a placebo in treating certain gastrointestinal disorders.

All things considered, one of the best cases for probiotic therapy has been seen in the treatment of diarrhea. Controlled trials have shown that *Lactobacillus GG* can shorten the course of infectious diarrhea in infants and children, and there is also strong evidence that probiotics can help cure antibiotic-related diarrhea that can occur after taking antibiotics for long periods of time.

For most of us, probiotics are generally well tolerated and considered safe, except for infants and individuals who have a compromised immune system. Side effects are generally limited to things like bloating, gas, and upset stomach, but these usually go away when your body becomes accustomed to them.

It's essential to remember, however, that there is no legal requirement for producers to provide evidence that their products containing these microorganisms work or that they're safe. So as always, talk with your primary care physician about any possible risks before you get too serious. 🍷

OTHER *benefits*

Researchers at Harvard Medical School point out that potential benefits of probiotics have been seen in the treatment or prevention of:

- IRRITABLE BOWEL SYNDROME
- ULCERATIVE COLITIS
- CROHN'S DISEASE
- H. PYLORI (THE CAUSE OF ULCERS)
- VAGINAL AND URINARY TRACT INFECTIONS
- RECURRENCE OF BLADDER CANCER
- INFECTION OF THE DIGESTIVE TRACT CAUSED BY CLOSTRIDIUM DIFFICILE
- POUCHITIS (A POSSIBLE SIDE EFFECT FROM REMOVAL OF THE COLON)
- ECZEMA IN CHILDREN



rethink and REPURPOSE

NEW APPROACHES FOR
LESSER-USED ROOMS

BY ANNETTE BROOKS

With the arrival of the new year and the departure of any lingering houseguests, now is an ideal time to rethink how you're using your home—and you might have some good data if you recently hosted visitors. Release yourself from traditional notions about how rooms and space ought to be used and focus on enriching your life with the things you enjoy and love doing most. Maybe the onset of 2019 will inspire you to create a living environment that eliminates wasted space and reflects your personal lifestyle and interests.

FORMERLY FORMAL

Is the idea of inhabiting every room in your home more appealing than setting aside space for a formal living or dining room? Unless you do a lot of entertaining, chances are these rooms are only used a few times a year.

So instead of hunkering over a dinky desk in a corner somewhere, consider transforming a formal room into a home office where you have the space to lay out your work on an appropriately sized desk. You may decide to start using more than one computer monitor as well. And those plastic bins and old metal cabinets you've been using for your files? Now you'll have room for a credenza and matching cabinets.

Or how about creating a “snug?” We like this term for a cozy, technology-free room as a retreat after a busy day or a place to sit and linger over morning coffee. It's made especially comfortable by choosing soft-to-the-touch furnishings which bring warmth to the space. While casual deep-set furniture may not be right for a formal living room, it's abundantly snug-worthy, and perfect to curl up in.

NO VACANCY

Do you have a guest bedroom that is usually vacant? Consider turning it into a multi-purpose room that can be used

for overnight visitors as well as a place to indulge in hobbies. Instead of a traditional bedroom dresser, furnish the room with a stylish craft desk or table and adequate storage so your hobby materials can be stashed out of sight when guests come to spend a few days. Or, if you don't need a guest room, go all-out on your hobby room, creating the workspace you need with a flair that inspires you.

TINY ROOMS, BIG DREAMS

Repurpose a bonus room or a small bedroom to create an organized storage space. Spend time thinking about a storage system that will best meet your needs and then comparing designs and function before making a final decision. Or perhaps you long for a fabulous dressing room with full length mirrors and special features for shoe, handbag, and jewelry storage. Include a dressing table with extra drawers and if there's room, add a comfy armchair or two.

A tiny room also works well for a personal Zen-like retreat. Decorate it with soothing colors that promote relaxation. Use it as private spot for yoga, to meditate, or to simply relax with aromatherapy while you read a book or do journaling. Ah, the possibilities! 🍷

acute ADDITION

EXPANDED AND UPDATED RESIDENCE
IN AUSTIN, TEXAS

PROJECT BY MATT FAJKUS ARCHITECTURE
PHOTOGRAPHY BY CHARLES DAVIS SMITH
INTERIOR DESIGN BY STUDIO TUPELO



CREATIVITY FROM CONSTRAINTS Located on a small triangular lot near Bull Creek, the house addition had to comply with regulations that limit the size of the house by embracing restrictions rather than fighting them.

COLORFUL KITCHEN Turquoise backsplash tile from Fire Clay Tile adds a happy dash of color in a compact yet spacious kitchen with locally milled Texas walnut flooring from Hewn.

ABOUT THE ARCHITECTS

The design work of Matt Fajkus Architecture is based on the belief that each project is unique to the client, site, and function as opposed to a preconceived aesthetic. They emphasize simple solutions, sustainable design, energy-efficiency, intelligent material choices, and direct collaboration. ☺

MFArchitecture.com



FORMING ATTACHMENTS The areas are tied together by outdoor light piercing through clerestory windows at points of connection.



(Starting from the top, L to R)

WHITE AND BRIGHT A bright soaking tub and shiny fixtures are accentuated by ceiling level natural light while privacy is preserved with frosted glass.

DOWN THE HALL Tall gable ceilings and new roof geometry offset the original interior from the addition.

FIRST IMPRESSIONS The addition features compressed, cypress-lined glassy spaces that articulate the idea of new versus old.



launch
PAD CURVES
HOUSE

WHERE A FREQUENT TRAVELER RESTS UP
BEFORE THE NEXT EXCURSION

ABOUT THE ARCHITECTS

Named in recognition of the pioneer spirit of the Arizona ranchers and miners who paved the way for today's prosperity, The Ranch Mine, consisting of Principal Architect Cavin Costello and Chief Executive Claire Costello, seeks to design spaces that afford the opportunity to imagine what's beyond the present and strive for new experiences. 

TheRanchMine.com

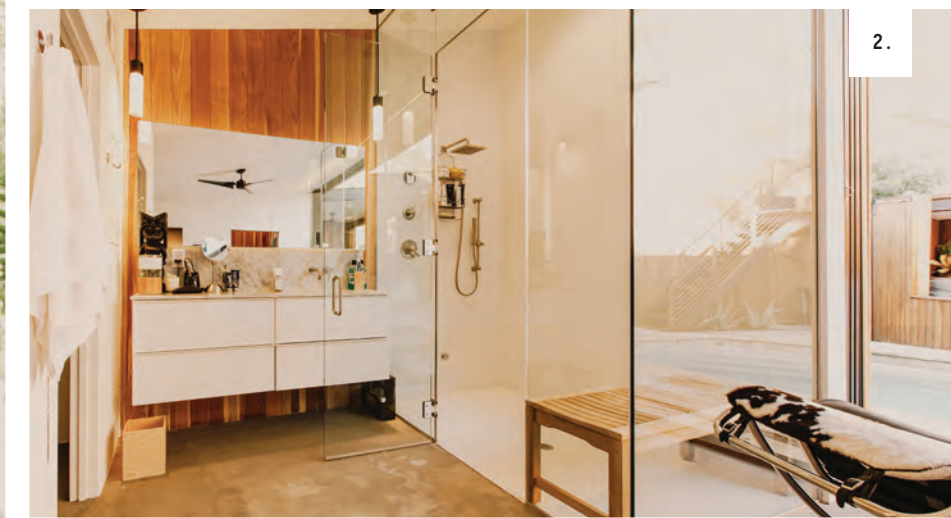
YAPLE PARK NEIGHBORHOOD IN
PHOENIX, ARIZONA

HOME AND LANDSCAPE REHAB AND
RENOVATION BY **THE RANCH MINE**

PHOTOS BY **JASON & ANNA PHOTOGRAPHY**

◀ **THIS ROCKS**

Different types of gravel were used to extend the architecturally interesting lines of the house into the front courtyard, creating new planting areas for drought-tolerant plants and custom glass sculptures from Rainier Glass Studio



THIS PAGE:

1. CORNER POCKET

A new concrete bench situated in an outdoor corner provides seating that allows guests to look back at the house, with the al fresco dining area adjacent to the area.

2. LETTING OFF STEAM

The open floorplan of the master suite and master bathroom was inspired by the owner's trips to exotic hotels around the world, and features a frameless glass steam shower.

OPPOSITE PAGE:

3. HOME BASE

This former architectural gem from the 1980s was completely rehabbed and renovated at the request of its owner, who spends more than three weeks of each month on the road. He wanted a place to retreat from the world for a few days each month before heading out on his next adventure.

4. WOOD WORK

Just off the courtyard is a home office featuring dozens of photos from the owner's travels, a relaxing area to get work done that overlooks a tranquil area with a water bubbler.

5. OPEN UP

The largest transformation of the house was in the rear, where a previously enclosed area was opened up to create a breezeway and master suite with a pocketing glass door opening the bedroom to the pool.



thrive 9 to 5



ANTONIO MELANI
gilda straight leg pant

\$ 139



GIANNI BINI
*jemma ruched sleeve
boyfriend blazer*

\$ 139



CALVIN KLEIN
notch-collar jacket

\$ 89

ANTONIO MELANI
*josie double breasted
blazer jacket*

\$ **229**



ANTONIO MELANI
*shannon pin stripe wide
leg paperbag waist pant*

\$ **139**

Prices are subject to change at any time, please visit
Dillards.com for current pricing information.

CARPE LUX

SEIZE THE LIGHT

OUR UNIQUE FORM OF REAL LIFE TIME SHIFTING GIVES US A CHANCE TO CHANGE OUR ROUTINES

BY BRANDON DAIKER



DAYLIGHT SAVINGS TIME

Daydreaming about how I could best use the extra hour of daylight each day that will be afforded to me by this month's onset of Daylight Saving Time—which we will first enjoy on Sunday the 10th—has occupied me for well over an hour this morning, an hour I could have spent utilizing the current amount of daylight in... a way that I haven't quite thought of yet.

In a world fixated on the fictional and theoretical possibilities granted by time travel, our cultural tinkering with the clocks is about the closest we can come to hitting pause on the DVR for our daily lives. Even though we're really just jumping

forward and back during the wee hours of the morning twice per year, opinion is mixed, generally, as to which particular quantum leap people enjoy more (when it's about time to "fall back" people seem thrilled to get the extra hour of sleep, yet when it's time to "spring forward" the extra hour of sunlight is the *raison d'être*).

Originally kicked off in 1918 (Happy 101st birthday Daylight Saving Time!) as a wartime conservation effort to preserve gas and electricity used on lighting, DST came about at a time when people didn't have the self-illuminating technological gadgetry we do now, and extra daylight meant more time for visible entertainment outside instead of staying

inside wasting energy. In 2019, what it really means is that the world of the outdoors is more available to us once we get done with work than it is during the colder months, when it can sometimes be dark as you leave the house and dark again by the time you're home. Outdoor projector users, fans of patio lights, lovers of the early evening moonlight serenade, and stargazers lament! This time of year is not for you. In exchange, there's more time to enjoy a family picnic, go for an evening swim, or do some of that yard work and outdoor maintenance you've been putting off for the last month or two.

Despite losing the hour, an informal poll of the office reveals that more of us are excited about

the impending change than not. Some report not getting tired as easily in the evening owing to the extra light, having more time to go for a well-lit jog, being more inclined to swing by the store or run some errands after work, and generally feeling like it's finally time to start getting into the spring and summer spirit after a long, dark winter. This all sounds fine.

But if like me you started this article unsure of what exactly you're going to start doing to make this newfound hour of extra sunlight count each day, fear not—it isn't too late. By my estimation, you've got about 55 minutes left. ⌚



PET-PURRI!

Have you ever wondered what other pet owners were up to?

top dog

THE TOP DOG NAMES OF 2018

- | Boys | Girls |
|------------|------------|
| 1. Max | 1. Bella |
| 2. Charlie | 2. Lucy |
| 3. Cooper | 3. Luna |
| 4. Buddy | 4. Daisy |
| 5. Jack | 5. Lola |
| 6. Rocky | 6. Sadie |
| 7. Duke | 7. Molly |
| 8. Bear | 8. Bailey |
| 9. Tucker | 9. Maggie |
| 10. Oliver | 10. Stella |

The Country's Most Prevalent Pets

1. Freshwater fish (139.3 million) - 10% of people
2. Cats (94.2 million) - 38% of people
3. Dogs (89.7 million) - 48% of people
4. Birds (20 million) - 6% of people
5. Saltwater fish (18.8 million) - 2% of people
6. Small animals (14 million) - 5% of people
7. Reptiles (9.4 million) - 4% of people
8. Horses (7.6 million) - 2% of people

Facts & Figures: DID YOU KNOW?



We checked out some survey data to bring you some surprising notes that you just might think are the cat's pajamas.

32% of pet cats

were taken in as strays, with 28% being rescued from a shelter, and 26% being given by a friend.



OWNERS OF SMALL ANIMALS, FISH, BIRDS, AND REPTILES ARE MORE LIKELY TO HAVE CHILDREN IN THE HOME, AND OWNERS OF THESE PETS HAVE THE YOUNGEST AVERAGE AGES.

FISH

are the least likely to have received a gift from their owners, at 46%,



ALMOST HALF OF DOG OWNERS HAVE AN ELECTRONIC TRACKING DEVICE TO KEEP TABS ON THEIR PET, WITH ONE-QUARTER HAVING A SIMILAR DEVICE FOR THEIR CAT.

while **78%** of doggies

have received a gift in the last year. However, fish gifts are by far the most expensive, with the average fish gift costing \$80 compared to the dog gifts costing an average of \$14.



happiness

11%

of dog owners and 5% of cat owners threw holiday or birthday parties for their pets.

MORE THAN A THIRD OF ALL PET OWNERS report better mental acuity and lower blood pressure as a result of pet ownership, with nearly 80% saying their pet makes them happier.



Dog, fish, and bird owners are more likely to be married, while cat and reptile owners are less likely.

DATA COURTESY: National Pet Owners Survey

BEECOMING a BEEKEEPER

*From bumbling
gardener
to buzzing queen
of the back yard*

BY MIMI GREENWOOD KNIGHT

MANKIND HAS BEEN COLLECTING HONEY FOR AT LEAST 10,000 YEARS AND PROBABLY FOR OUR ENTIRE EXISTENCE, AND HAS BEEN KEEPING OR MANAGING HONEY BEES SINCE THE TIME THE EGYPTIAN PYRAMIDS—ROUGHLY 6,500 YEARS AGO.

WHEN I REACHED A CERTAIN AGE, I remembered Ouiser Boudreaux from Steel Magnolias who said old southern women should “wear funny-looking hats and grow vegetables in the dirt.” I’ve never been able to pull off a hat, but I figured I might be able to coax a few vegetables from the ground. So, five years ago, I accepted my obligation as a southern lady, installed nine raised beds in my back yard, then made every mistake a novice gardener can make over the next five years. ¶ Season one, I sprayed a healthy crop with Dawn dishwashing liquid and water. The sun came out and scorched every leaf off every plant. Season two, I foraged cow pies from a neighbor’s pasture which had been sprayed with herbicide to discourage weeds only to discourage my vegetables from growing. Season three, I enticed my chickens to turn the beds for me all winter, then spent spring and summer unsuccessfully shooing them, as they happily uprooted everything I planted. I over-watered,

over-fertilized, and over-crowded. At the end of the experiment, I’d scored a solid C- in gardening. ¶ Still, there was another southern lady adventure that intrigued me—beekeeping. What could be more timeless than charming a colony of bees into fertilizing your bountiful (someday) garden while proffering honey right in your own back yard? My research turned up too many benefits to list. ¶ There’s local honey to inoculate me against seasonal allergies, and beeswax for myriad DIY projects. Bees are independent, preferring to be left alone. I can do that. Honey bees are not aggressive and only sting if they’re provoked or to protect their hive. They’d get me out in the fresh air and I could do my part in saving the planet. The more I read, the more I was hooked on the idea. So, I got my hives, my suit, my bee tools, and finally my bees. That was a year ago, and I confess I’m still Nervous Nellie around my girls. My bee guru, Mr. Curtis, wears only jeans, a t-shirt, and tennis shoes



when we open a hive, while I’m hermetically sealed inside my bee suit, still jumpy at the idea. ¶ But there are days when I’m working in my garden and I spot a bee foraging pollen, and I experience maternal stirrings. “Are you one of MY girls? Are you taking that back to OUR hive? Are you having a good life here?” Some mornings, I sit beside the hives with my AM coffee, watching my girls come and go with their pollen-packed legs, and realize beekeepers have

been doing this for millennia. ¶ I recently had the joy of harvesting my honey and gifting it to friends. They looked at me with admiration—“my friend, the beekeeper!” Should I tell them I can’t grow a tomato to save my life? Would they realize the only thing I did right for my bees was leave them the heck alone? Nah, I’d rather let them savor their image of me as the consummate southern lady. Ouiser would be so proud. ☘

CAN THIS BEE TRUE?

“SERIAL KILLERS BEHAVE LIKE BEES, COMMITTING THEIR CRIMES CLOSE TO HOME, BUT FAR ENOUGH AWAY THAT THE NEIGHBORS DON’T GET SUSPICIOUS. SIMILARLY, BEES COLLECT POLLEN NEAR THEIR HIVE, BUT FAR ENOUGH AWAY THAT PREDATORS CAN’T FIND IT. TO UNDERSTAND HOW THIS ‘BUFFER ZONE’ WORKS, SCIENTISTS STUDIED BEE BEHAVIOR AND WROTE UP A FEW ALGORITHMS. THEIR FINDINGS IMPROVED COMPUTER MODELS POLICE USE TO CATCH FELONS.”

- MENTAL FLOSS MAGAZINE

COOL BEE FACTS

- A HONEY BEE CAN FLY AROUND 15 MILES PER HOUR AND WILL COVER 55,000 MILES, VISITING TWO MILLION FLOWERS, TO PRODUCE ONE POUND OF HONEY.
- A FORAGING HONEY BEE CAN CARRY 80 PERCENT OF THEIR WEIGHT IN POLLEN OR NECTAR.
- BEES FLAP THEIR WINGS 11,400 TIMES PER MINUTE.
- BEES GATHER 10 POUNDS OF NECTAR TO MAKE ONE POUND OF HONEY.
- THE QUEEN HONEY BEE LAYS BETWEEN 1,000 AND 3,000 EGGS PER DAY.



THE U.S. DEPARTMENT OF AGRICULTURE ESTIMATES THAT HONEYBEES POLLINATE 80 PERCENT OF THE COUNTRY’S CROPS, OVER \$20 BILLION WORTH, EACH YEAR.

from carhenge to COLORADO



A ROAD TRIP TALE OF TRAVEL AND FRIENDSHIP

BY AUDREY ASHE

“We should sign our names on it,” I heard Toni declare as I chewed thoughtfully, reaching for the crackers, cheese, and fig spread. “Anybody have a sharpie?”

The sun had begun to set, casting pink and orange hues over Carhenge, and I couldn’t help but think “these really are the days of our lives” as I hopped off a half-buried truck to squeeze my initials between the thousands that came before mine.

I’m talking about Carhenge in Alliance, Nebraska, a fun tourist trap slash art installation that offers a curious recreation of Stonehenge using broken down autos. Truth be told, I found it the perfect ending to my first long road trip with friends. Thankfully, our destination had not been Alliance, Nebraska. It was merely a pitstop on our way home from Colorado.

As with many things in life, our adventure started on a whim. My stepfather had a week-long timeshare getaway available and I figured it wouldn’t hurt to look. A free place to stay and a summer trip, yes please! The place that

ultimately caught my eye was Vail, Colorado. As a nature lover I’d always wanted to hike the Rockies, and it was a perfect time to go to Vail with the cool, dry weather. I called Toni and Craig, two friends with a penchant for adventure who love nothing more than good company and some laughs.

The thing is, as a somewhat unorganized college grad navigating the week with two other less-organized people, our trip was to be a learning process rife with shenanigans. It didn’t take long to realize that driving my aging SUV—a vehicle with broken air conditioning—for three days through the American Midwest in summer wasn’t the most pleasant thing in the world. And with no auxiliary audio port, we had to get creative to stave off road hypnosis as the sea of cornstalks sent us into a trance. We got our mileage out of the same six CD mixes I made in high school, but to get a better feel of the Midwestern states we were passing through we eventually decided that whoever was riding shotgun would look up and read aloud local Craigslist personal ads. What will always stick



small adventures

with me is the surprising number of vampires in Iowa seeking companionship with those of their own kind.

Vail, Colorado, which is packed during ski season, was all but a ghost town during our late summer visit. It wasn’t long before we started to feel like honorary locals. The girl at the coffee shop across the street was eager to hear of our daily escapades and the bartenders at the pubs shared the history of the town and a few ghost stories. After a particularly long evening at such a pub, we decided to walk to the nearby grocery store to save money instead of going to a restaurant. Being rather unorganized as previously mentioned, we awoke the next morning to find we had purchased an array of food that didn’t quite match up. Bottles of dressing with no salad, a single onion, loaves of bread, and frozen pizzas—despite there being no oven in the condo. We soon discovered the joy of grilled pizza.

Throughout my stay I soaked in Colorado’s many wonders. While we were not that far from civilization on the trails, it still felt as if the world had stopped and all that existed was the quiet beauty of nature. The hushed whispers of wind over the brush, the songs of birds and chattering of small animals, and most strikingly, the dense lushness of untampered land that seemed to breathe life itself enveloped me. Aspen trees huddled over us, the pattern of their bark like watchful eyes keeping us company on our long treks into their inner sanctum.

The nearby hiking destination of Beaver Lake Trail will always be an important and personally memorable spot. We originally planned to hike up the trail to rest at what residents described as a peaceful lakeside oasis. Although we had to admit defeat after making it only halfway, the siren song of mental and physical triumph called, and in the spirit of adventure I rallied my friends to try again the next day. The second time around we persevered through the rocky final stretch and were rewarded with a view of Beaver Lake accompanied by friendly wildlife so used to hikers they walked right up to us to socialize.

It’s possible that this trip was nothing more than some college graduates hitting the road, but the memories I ended up with will follow me for the rest of my life. It was a breath of fresh air and strengthened a bond I shared with close friends. We learned that not all adventures have to be grandiose and result in a fantastic destination. Sometimes merely getting away can help to bring you some peace at a certain point in your life. That’s what crossed my mind as I packed up the last of my Carhenge picnic from atop the rusted trunk and walked back to the car. ☺



THE *beaten* PATH

GALVESTON'S RICH HISTORY & STORIED PAST

BY RITA COOK

The first question anyone from outside Texas asks me when I take them to Galveston Island is “Where’s that big hurricane-proof hotel?” There are a couple of historic hotels in Galveston, but I instinctively know they’re talking about the Flagship Hotel, also known as the USS Flagship. The hotel was so notorious for being the first one in North America built over the water that tourists flocked there from the 1960s until Hurricane Ike finally did in the old gal in 2008.

Even so, the hotel has been famous for so long that it lives on in legend. Most people believe it’s still sitting there on Fifth Street and Seawall Boulevard until they cruise by and see for themselves that the space is now occupied by the Galveston Island Historic Pleasure Pier, and has been since 2012. The Pier hangs out into the Gulf of Mexico, hosting midway rides, carnival games, and even a roller coaster called the Iron Shark that flies out over the water.

A fact I didn’t know until my most recent visit with a friend is that that prior to the Flagship Hotel’s opening, there was an original Pleasure Pier in that same location from 1943 until 1961. That piece of real estate was destroyed too—by another hurricane named Carla.

Galveston’s history is a tormented one. It’s a very old city with a history that speaks of great success and horrible ruin. In fact, some of the most elegant homes built in the United States during the 1800s had a Galveston address, but with the elegance came fire, war, and even pirates. Jean Laffite and his band of rowdy buccaneers were possibly among Galveston Island’s



Take note of the carvings outside the house of people, plants, animals, and mythical creatures.

The Grand 1894 Opera House is especially notable for withstanding the 1900 and 1915 hurricanes along with Carla and Ike (though not without a little damage here and there), and has transitioned from live performing arts to Vaudeville to a movie house and back to a theatre again. At one time this opera house was named the “Official Opera House of Texas,” and actually officially opened on January 3, 1895, with a performance of a play called *The Daughters of Eve*. I don’t catch a show this time around—there’s plenty more to see.

above:
Pleasure
Pier, far
left: the
hotel galvez

first settlers from across the pond. The hurricane of 1900 did its own damage, killing thousands and becoming the deadliest natural disaster in U.S. history. If you’re looking for an adventure that will take you on a historical ride as opposed to a carnival one, stop in at a few of the older homes or hotels for a few drinks and a bedtime story—more than 60 locations are on the National Register of Historic Places.

The Hotel Galvez is one of them, sitting on the beach and nicknamed the “Queen of the Gulf.” It opened in 1911 and at one time featured a candy factory, soda fountain, barber shop, and even a doctor’s office, doubling as a military barracks for the Coast Guard during World War II. I grab a Ghost Bride cocktail at the bar, named as such due to the ghost stories of legend associated with the place—Audra, the fiancée of a local seaman, is supposedly still looking for her man and occasionally enjoys the amenities in room 501.

Bishop’s Palace, another National Historic Landmark, is said to have some ghosts too, like the builder’s wife from the 1800s who supposedly moves postcards around the house from her travels back in the day.

Our next stop is an afternoon at Galveston Island State Park, where we rent a kayak and set to checking out the 2,000 acre park by water. Even if you’re more of a land-lubber, there’s still hiking and plenty of nature where you might see armadillos, rabbits, ducks, or shore birds, and there are places to enjoy cycling, rock climbing, birding, archeological happenings, or even get lucky and catch a historical re-enactment.

If all the history and hiking tires you out, just remember you can find plenty of beach time in Galveston too. I was satisfied to spend an entire two days just lounging around the beach. Sea Shell Beach Park is just what the name says, and you can find a selection of shells to take home. My suitcase was packed with shells on my return and I kept my motto—you can’t pick up a shell unless you plan to keep it.

Saying goodbye to Galveston again I knew that although the shells were physical things that were coming home with me, I’d take a few more memories of the storied tales of Galveston back too—and would surely return someday to pay continued homage to the history and culture of this magical island. 🍷



weekend in MIDTOWN

BY JENNIFER SIMONSON

Miami had never been at the top of my travel bucket list. Despite my love of Latin American culture and beautiful beaches, I had long avoided the city, figuring it was just another flashy party destination that lacked any real culture. I decided to get off my travel high-horse, however, when I was invited to Southern Florida to check out the city's art scene. After all, didn't Mark Twain say travel is fatal to prejudice? And if all else were to fail, I figured I'd at least be able to find some of those beautiful beaches.

I flew in late on a Thursday night and settled into the Hyde Midtown Hotel. Five miles east of South Beach, Midtown is Miami's newest "it" neighborhood. What was once blocks of decaying warehouses in a not-so-desirable part of town has morphed into the go-to destination for art lovers. In addition to the open air bars, five-star restaurants, and high-rise condos ubiquitous throughout the Miami scene, outdoor street art galleries, fine art museums, contemporary art museums, and artist studios flourish in this area.

My hotel was smack dab in the middle of the neighborhood's two distinct art districts—the street-art centric Wynwood Walls and the predominately fine art Miami Design District. The hotel was an art gallery in its own right. Lobby walls showcased the neighborhood's two art scenes with ink drawings that gave a nod to the rapidly developing urban art scene and more contemporary abstract paintings full of color.

I headed six blocks north of the Hyde

A REVITALIZED

MIAMI MOSAIC

WHERE SOUTH BEACH

MEETS STREET ART

HYDE MIDTOWN HOTEL

TO THE MIAMI

DESIGN DISTRICT



Midtown Hotel to the Miami Design District, which upon first glance looked like nothing more than an outdoor luxury mall, but upon further examination revealed fine art galleries, artist studios, and showrooms mixed in among the Fendi and Valentino stores.

I could have easily spent the afternoon popping into contemporary art studios and designer shoe shops (those shoes are works of art themselves), but made sure to save an hour for the The Institute of Contemporary Art. The art museum is a new addition to the area, having opened in late 2017 with the goal of always providing free admission. The rotating exhibitions and programs ensure there is always something new to experience. If you happen to be in Miami on the first Friday of the month, stop by for First Friday where the museum keeps its doors open until 10 PM while offering special screenings, exhibits, and programming along with an open bar. It is perhaps the only place in Miami where you will find free booze on a Friday night.

