

lake norman

WOMAN

CELEBRATION OF WOMEN

SPRING
fever
IS REAL!

featuring
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MAKING *herstory*

IN HONOR OF
women's history month

THE MOTHERS OF
»» {WOMEN'S} »»
invention

HOME
sweet
home



Women No Longer Live In Caves

By: Starr Miller

IN 1996, MY HUSBAND and I went to the show, "Defending the Caveman." The guy (I won't call him "gentleman" because the point of the show was that he was not), who wrote and starred in the show started the craze, coining the term *Man Cave*. Since then, articles, books, television shows, and even websites have been devoted to a man's need for a space in which he is free to decorate as much—or as little—as he likes, and *with whatever he likes*, without any regard or input from any females in his life. It was assumed that the woman had the whole house, especially the kitchen to call her own. Ha! I don't cook!

Does a woman need her own space, clean and free of kids and husbands? A group of clients and friends gave me a resounding "Yes." When asked how they might use this room, my focus group got animated. It wasn't sports, television, Internet, and leather; the women would use this space to:

Read, write, think, and nap

Collect

Develop a business and/or philanthropic work

Plan vacations and parties

Store table linens and holiday décor

Schedule appointments, and pay bills

Craft, and create vision boards, scrapbooks, and drafts

Organize family treasures and kids' homemade gifts for posterity

Knit, sew, and make jewelry

Girl-talk

Listen to music

Exercise, revitalize, and meditate



Starr Miller is the president and principal designer at StarrMiller Interior Design, Inc. Contact her at 704.896.3321, or visit www.starrmiller.com.

THE ELEMENTS OF DÉCOR:

COLOR

If you like Lisa Vanderpump and want pink and white and crystals as your palette, go forth! If you like a moody, deep, saturated gemstone feel, please do. Consider a bit of a wallpaper punch; I have it on the ceiling of my personal space. The picture shown is in the color of the year, greenery. It is fresh and beautiful.

SEATING

Make your sofa and chairs plush, comfortable, and feminine. Pick a color and fabric that makes you happy.

TABLES AND STORAGE

Many choose to make this space vintage. Consider lacquer paint on some of those finds in a brilliant color to make the room pop. Others go for Ikea, and accessorize with their personal touch.

FRAGRANCE

If you like candles, buy the best and light them often.

LIGHTING

Choose a fabulous chandelier, a fan, a vintage lamp, or a lamp that looks like a piece of art.

RUG

A wonderful rug will set the tone, define the space, and bring everything together.

WHAT DO WE CALL IT?

In the 1600s, there was a room called the drawing room, a room where one could withdraw for more privacy. Some even called it a chamber or a salon. Today, we hear "Mom Cave" and "She Shed." I don't know about you, but I will never be found in a cave, nor a shed. So, I went back to my focus group. They suggested: creative zone, creative escape, or revitalizing haven.

What would you call your space? I call mine The French Room.