

lake norman WOMAN

CELEBRATING THE WOMEN

*We're
at
Family*

featuring
**KATIE HOWARD OF
PURE BARRE MOORESVILLE**

**FLUFFING
YOUR
EMPTY
NEST**

pg. 14

**WITH A
HEALING-
NEVER-STOP
ATTITUDE**

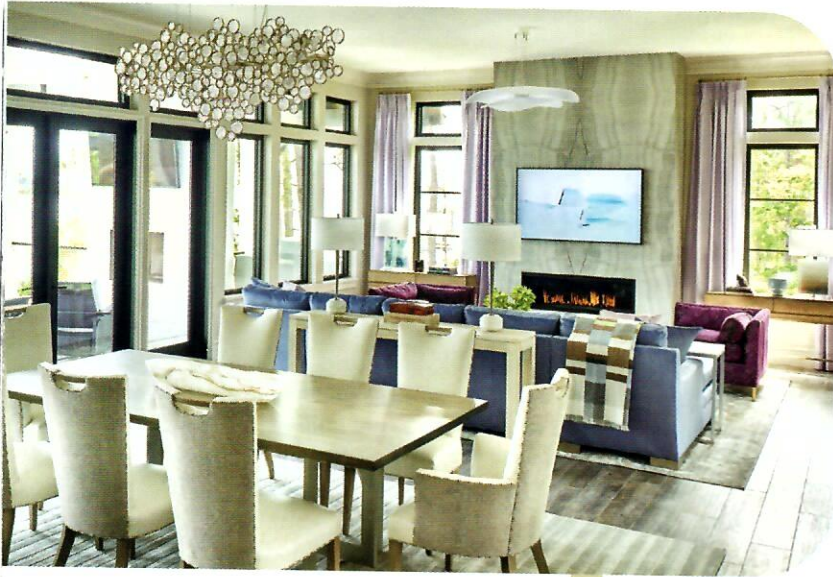
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**FAMILY,
FRIENDS,
& football**

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sunday funday

WE WERE RECENTLY DISCUSSING AN UPCOMING PROJECT

at a favorite client's new home. When we commented on their beautiful pool and lake view from the family room, they said, "Sunday Funday!" We inquired as to what that involved and learned that Sunday is when the family gathers to play in the pool, share a great meal, and gather to watch movies and sports. In a bustling world filled with fast-paced lives, technology-driven distractions, and an ever-increasing demand for our attention, the gathering of family in the heart of the home is the perfect remedy. On Sundays, the family room and dining room come alive as a place of connection, conversation, and communal nourishment—where the simple act of coming together around the table becomes a cherished ritual.

The family room, often the centerpiece of many homes, is more than just a place to watch TV or unwind after a long week. It serves as the backdrop for meaningful interactions ... where laughter is shared, stories are told, and genuine connections are formed. While my articles are usually about design, it is important to remember that all great design starts with understanding the

true use of space. If the space is not conducive to family gatherings and yes, sometimes a mess, we need to reevaluate.

On NPR this morning, they were discussing the family meal and its importance. I personally think back to my mom's gift of cooking for us all. I absorbed so much food (oops) and life skills. The dining room is more than just a place to eat; it's where

culinary magic happens. The tantalizing aroma of a home-cooked Sunday meal wafts through the air, drawing everyone to the table. It's a feast not just for the palate but for the soul. The dining room is where recipes are shared and culinary experiments are celebrated, even the ones that go terribly wrong. Frankly, the "pizza-save" is sometimes a story in itself.

Sunday afternoons in the family and dining rooms create lasting memories. They're the moments that children carry with them into adulthood, the touchstones they return to for comfort and connection. They're the times when families grow, not just in numbers, but in understanding and appreciation of one another.

In a world that often pulls us in different directions, the family room and dining room remain a sanctuary, a place where we can pause, connect, and truly savor the richness of family life. It's in these spaces, gathered around one another, that we find the essence of what it means to belong, to be loved, and to be part of something beautiful – a family united by the simple act of coming together on a Sunday. ☺

Starr Miller
Founder and Principal,
StarrMiller Interior Design

Allied ASID, IDS, CAPS



Our resident home-design expert, Starr Miller, has garnered local and national acclaim with more than 30 industry honors. An alumnus of the prestigious Parsons School of Design in New York, Starr has built a strong following as the principal of her sought-after design firm, located in Cornelius, NC.

She feels the composition of a space must originate with the client's unique perspective. Along with that perspective she brings together her team's collaboration, design skills and refined processes in a way which results in truly captivating homes for her clients.

StarrMiller Interior Design specializes in full-service interior design projects.

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