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### Ten ways to enhance your life in time for fall, because change is a good thing.

*Story By: Ayanna Estelle  
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Sept. 22 will be the official start of fall, and during that time, we will notice the changing of the leaves and weather. It is astonishing that the environment is able to change so easily. With each season, it takes on a new look and identity. If the environment is able to change so easily, why can't we? Here are 10 simple ways, all suggestions from Austin experts, to enhance your life and influence change easily. You might see that a quick and easy adjustment was exactly what you have been looking for.

Certified matchmaker Julia McCurley is the owner of Something More, an Austin matchmaking firm. For those Austin singles looking for a genuine and lasting relationship, Something More is perfect for you. McCurley offers services very different from online-dating services because she handles her clients' needs with a "last first-date business approach."

Below are McCurley's tips on boosting your love life, whether you are single or committed. [trysomethingmore.com](http://trysomethingmore.com).....



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1. For a single woman looking to find her perfect match, McCurley says, “Be the person you want to attract.” By participating in activities that interest you, you will already have an automatic bond of shared interests with the people you meet there. McCurley recommends going to college-alumni events, church, tennis or golf lessons, and not going to bars. “Usually guys and girls are unwinding after work and are just looking for something temporary,” she says.
2. When evaluating a potential match, think about what qualities are most important to you. McCurley believes appearances are important, and that hobbies are secondary because they can change with time.
3. After you have found your match and are searching for the perfect date spot, McCurley advises three things to keep in mind: Look for a spot that takes reservations, has good parking and is quiet. “If you are stressed looking for parking, or you walk in and have to stand in line to get a table, it takes away from the date,” she says.



Bill Wurtzel and Claire

Wurtzel are the authors of *Funny Food*, a cookbook that demonstrates how eating healthy is fun and beneficial for our bodies. The two created this cookbook without a background in cooking. They are a perfect example that you do not have to be an expert chef with access to the finest of foods in order to cook delicious and healthy meals for yourself. [funnyfood.us](http://funnyfood.us)



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4. Eating healthy is more accessible than you think, say the Wurtzels. By purchasing produce that is in season, it will taste better and be affordable. “I even raise my own basil, tomatoes, parsley and chives in our garden,” says Claire Wurtzel. They happen to be very easy to grow, are always accessible and you know exactly what is going in to your food.

5. Fast food sounds like a great option when we are in a hurry and do not have the energy to fix our own meals at home. Through the Wurtzels’ book, they demonstrate how preparing meals the right way takes only a few minutes. The Wurtzels find enjoyment in making their own meals by creating funny images with their food. “It is a nice way to start the day,” says Bill Wurtzel. Find your own way of making cooking enjoyable. By eating right, you will not only look good, but also feel good.



Esther LaVonne is an Austin-based interior designer with experience designing for both commercial and home spaces. She is known for her comfortable yet luxurious designs that always



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satisfy her clients' aesthetics. With her sophisticated style in mind, LaVonne suggests a few quick and easy ways to boost your home's look.

[estherlavonnedesign.com](http://estherlavonnedesign.com)

6. In order to enhance the look of your home in a simple way, LaVonne recommends using accessories. Accessories such as pillows, art or rugs can “add interest and layers within your décor, a punch of bold color and texture,” she says. Easily switch these accessories when you are looking for something new.

7. To transition your home décor to fall, mix in great signature fall colors. “Using dark smoky tones such as rust orange, gray, brown and olive green, rather than light fresh ones such as white, blue, yellow and lime green, will add fall warmth and depth in a flash,” LaVonne says.



Dr. Daniel Ladd is an Austin dermatologist and founder of The Shade Project. His organization strives to educate and prevent skin cancer by building shade structures at local parks. Ladd believes



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“healthy skin is the key to beautiful skin.” Here is some of his advice on achieving beautiful skin by simply keeping it moisturized. [tru-skin.com](http://tru-skin.com)

8. “In general, as the weather cools down and indoor heating increases, the skin needs more moisture and becomes less tolerant of exfoliants, scrubs and retinoids,” Ladd says.

9. There are many products on the market designed for different skin types and different conditions. Find a product that works best for you. If your skin is dry, switch to a milder product like Cetaphil Gentle Cleanser.

10. For women with sensitive skin, be mindful of what ingredients are in the products you are using. “The fewer ingredients, the better,” Ladd says. “Shoot for products with less than 10 ingredients when seeking skin-care products.”