

4 GREATS



ONE GREAT FEED STORE.

How many times have you stumbled out of El Tiempo on Washington and thought you imagined an honest-to-goodness country store across the street? **It's not the drinks talking: that's Wabash Antiques and Feed Store.** In addition to being a hardware store, pet store, organic herb garden and antiques market, it's a genuine neighborhood hangout for those who like The Simple Life. Step back in time and stock up on baby chicks, ducks, turkeys, bunnies and pygmy goats – and all the supplies you'll ever need to take care of them. On a related note, according to Jeff Shell and other informed sources, chickens make good urban pets. Read all about it in this book I found at Borders: *Keep Chickens! Tending Small Flocks in Cities, Suburbs and Other Small Spaces* by Barbara Kilarski. *Caution, some neighborhoods have deed restrictions in place which don't allow such "pets."

ONE GREAT WORKOUT. And if you're like me, you're not at the gym to talk to anyone or deal with any BS. Even though I sometimes need encouragement or feel I should change up my routine, I can't deal with trainers. **So here's an easy solution AND it works: log on to www.gymamerica.com.** It's a daily workout guide, a nutrition coach and your personal fitness progress log. It even has animated demos that explain different exercises. Just print out your routine and go! There's something about having to enter my results in the computer every day that keeps me challenged and motivated. And it's cheap, too – just a few bucks a month. Feel the burn!



4 GREATS:

ONE GREAT NIGHT...

Nightcap, that is. On Friday, October 13, the Museum of Fine Arts, Houston will hold its annual Grand Gala Ball and Paschall Dodd-Spickelmier and his 'after party' to attract a younger crowd. **the Good Life**, will be topped off event. Festivities kick off at 10pm in the Audrey Jones Beck building. Think low lit lounge and disco with the fro' bar; the joe bar; a to go bar of fries, breakfast tacos and cheeseburgers; and in the evening's wane, sweetest temptations, by Jackson and Company (meaning it will be fabulous). LA's Ben Bourgeois, of J. Ben Bourgeois Productions, Inc. (check out www.bourgeoisproductions.com), will transform the space, and rumor has it that internationally acclaimed, Max Chipchase, will be spinning until 2am. The fare will be \$250 per person for those under 40 and \$500 per person for those 40 and over. All proceeds from this event will benefit the museum's operating budget. For tickets, e-mail thenightcap@mfa.org.



ONE GREAT T-SHIRT. All hail the queen! **The queen of Houston society, that is. Celebrate The Great One with this fun t-shirt from Domy.** Designed by artist Stephanie Halford, the "Lynn Wyatt Fan Club" t-shirt is apparently a very hot seller at the Montrose-area store. (Yeah, I've got one). According to those in the know, La Wyatt herself has stopped by to pick up a few of her own. Quantities are limited, so get yours now! 1709 Westheimer