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The 22nd Texas Hill Country Wine and Food Festival, Celebrate Five Days of Bliss

by Susan Cashin

As Emily Dickinson so aptly stated, "A little madness in the spring, Is wholesome even for the king." With this being one of the dreariest, dampest, depressive and bone chilling winters to hit Austin in many a year, a surprising number of us have fallen victim to a very bad case of cabin fever...

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Rare & Fine Wine Auction Poised to Shine

–by Meghan Richardson & Rebecca Robinson

More and more, wine auctions are springing up all over the country. Wine is the new martini these days and people love drinking it, talking about it, learning about it and collecting it. What better way to collect than at an Auction? However, with Auctions like Napa Valley, South Beach and the myriad of other auctions throughout the country, what makes The Wine & Food Foundation of Texas' Auction special?...

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Discovering Taos

by Rona Distenfeld

"You cannot come to Taos without feeling that here is one of the chosen spots on earth." Author D.H. Lawrence said this a century ago, and locals and visitors still feel this is a special place. Taos has been known for its scenery, wide range of outdoor activities, and as a mecca for artists for decades. More recently, it is developing a reputation as

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Member Profile:

Janelle Kuhn

by Meghan Richardson



"Janelle Kuhn fell in love in California. It was here that she picked grapes during the Napa harvest and learned that wine is not just a complement to an experience, it is the experience. For Kuhn, a true love affair with wine begins when one understands the connection between the wine and ...

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FEATURE ARTICLES



[The Heart of the Matter](#)

by Rebecca Robinson, photography by Stacy Sodolak

[The Center-Right: Moving Away from the Left Coast](#)

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[Texas Wines: We've Come a Long Way, Baby](#)

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Discovering Taos

by Rona Distenfeld

Call of the Mountain

"You cannot come to Taos without feeling that here is one of the chosen spots on earth."

Author D.H. Lawrence said this a century ago, and locals and visitors still feel this is a special place.

Taos has been known for its scenery, wide range of outdoor activities, and as a mecca for artists for decades. More recently, it is developing a reputation as a destination for healing and for great gustatory experiences. And despite its small size, Taos offers a wide range of ways to visit so you can have the get-away you really want.



Luxury and Harmony With the Earth

Relax and renew yourself in Taos with a stay at El Monte Sagrado. From the service to the décor, this place nurtures and pampers you, earning its inclusion as one of the Leading Small Hotels of the World, and one of *Conde Nast Traveler's* 'Top 50 Resorts in the U.S.'

Creator Tom Worrell, Jr., scion of a newspaper family with a passion for finding ways to care for water, wanted to show people it was possible to live in harmony with the earth and conserve her resources without foregoing comfort and luxury. His answer is the El Monte Sagrado, with a Sacred Circle at its heart and a circulating water system called the Living Machine® as its life force.

Unique treatments, like the Native American Spiritual Cleansing with Cherokee medicine woman Grandmother Jean, Sound and Vibrational Therapy, and Trauma Recovery Therapy are just a few of the healing gifts you can give yourself. You can also experience Reiki, Chi Nei Tsang, or work with one of the experienced therapists to design a treatment to address your specific problem areas.

Living History

The historic Taos Inn puts you in the center of things in town. For more than 70 years, visitors have found good food, good service, and a welcoming atmosphere here. Greta Garbo, D.H. Lawrence, Robert Redford and Jessica Lange are just a few of the famous faces spotted here over the years.

Today the Taos Inn is best known for two things; Doc Martin's restaurant and the Adobe Bar. The bar is a gathering place for locals and visitors, and features live acoustic music most nights.

Doc Martin's Restaurant is a true Taos tradition, earning multiple awards for its Regional New American fare. Executive Chef Zippy White specializes in organic foods with a splash of the southwest while incorporating local chili's, fish and meats. With over 400 wine selections, the world-class wine list has earned Wine Spectator's "Best Of" Award of Excellence for eighteen consecutive years. Pastry Chef, Gayle Glanz offers sumptuous desserts that tantalize the senses and round out any Doc's dining experience.

More Choices Around the Square and Beyond

For a quieter escape when it's time to call it a day, Inn on the Rio takes pride in providing comfortable beds, organically grown breakfast items, natural soaps, and a peaceful feeling. Located just down the road from the bustling downtown area, you leave the traffic and the noise behind.

Hand painted flowers and vines grace the walls

All the water used at the El Monte Sagrado drains into the Living Machine, where it is cleansed in ways that recreate nature's own methods. Pools lined with stones act as filters, plants whose root systems help clean the water thrive in a biolarium, and eventually the water is reused on the gardens. On its journey, the regenerating waters become an omnipresent feature of the El Monte Sagrado, and the soothing sound of flowing water calms you, indoors and out.

The entire place carries a circular theme of regeneration, and incorporates elements of the Native Americans who made New Mexico home for centuries. Spaces shaped to represent kivas, sacred Native American places of worship and ritual, are present throughout the property and add to the feel of powerful energy here. Metal work on railings and sconces look like corn plants, and the buildings evoke the pueblos. Most importantly, the Native American respect for, and integration with, the earth carries through the details.

Suites evoke the flavors of Argentina, Tibet, Bali and other exotic locales. Each has been individually decorated with handpainted walls and specially designed furnishings, and has a working fireplace and your own hot tub on your private patio.



Delight Your Senses

The De la Tierra Restaurant at El Monte Sagrado was named one of the 'World's Best New Restaurants' by *Conde Nast Traveler* in 2004, and was a recipient of *Wine Spectator's* 'Award of Excellence.' Typical fare includes Molasses Marinated Grilled Quail, Mustard Crusted Elk, and the chef's choice of tapas. The wine list is deep and impressive as well.

Works by noted artists grace the walls throughout the main building. El Monte Sagrado boasts one of the largest collections of Bloomsbury Group art in North America, and pieces from their other collections are often loaned to major museums.

in every room. Start your day with a sumptuous breakfast prepared by owner Jules Cahalane, and end it with a relaxing soak in the hot tub or a swim in the pool.

Perhaps the most famous Taos restaurant in gourmet circles, Joseph's Table in the Hotel la Fonda de Taos is a multi-year recipient of AAA's Four Diamonds and the coveted DiRoNA Award of Excellence. The *London Times* called it "the future voice of Modern American cuisine" and *The New York Times* wrote "The plates rival those in any of Manhattan's best restaurants." The hotel, located on the historic square, also houses D. H. Lawrence's Forbidden Art collection.

Lambert's, a local favorite, favors strong flavors and local tastes. Appetizers and entrees make generous use of oriental themes, chilis, goat cheese, and local produce when available. The cellar offers something for every taste, from a \$14 Dry Creek Sauvignon Blanc to a \$400 1990 Chateau Mouton Rothschild Pauillac, with an emphasis on California wines and single vineyard zinfandels.

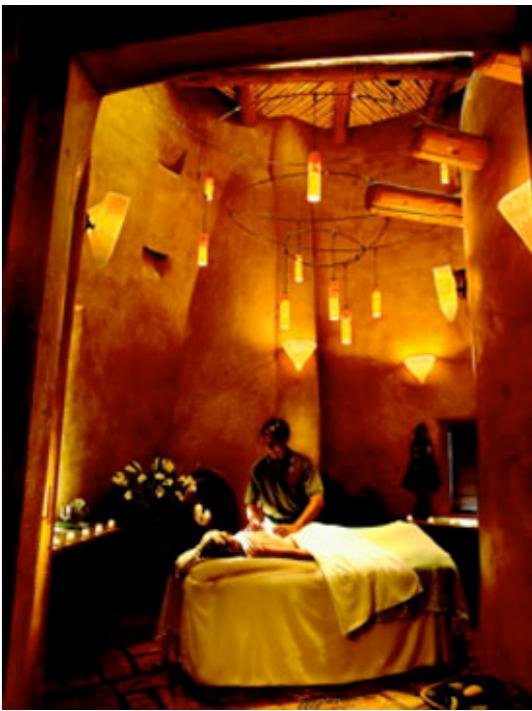


Food For Your Eyes

Taos has long been known for its thriving art community. Artists such as Georgia O'Keefe and Alfred Steiglitz reveled in the light, the scenery, and some indefinable essence that made them want to stay. In Taos, New Mexico's second oldest museum, The Harwood Museum of Art, houses more than 1,700 works of art and 17,000 photographic images.

The Millicent Rogers Museum is home to an incredible collection of Native American jewelry, weavings, and pottery. Ms. Rogers was a beautiful heiress who hobnobbed with movie stars like Clark Gable. She was drawn to the Native American culture and made Taos her home.

Rogers purposefully acquired a stunning collection of silver and turquoise jewelry, some of which she wore herself. She collected the pottery and textiles of the local tribes too, and the museum holds one of the best collections of this type of pottery in the world. She also had



Feed Your Mind, Body and Spirit

The resort's Living Spa® is ready to pamper you with a wide range of massages, wraps, and energy therapies. Or try a class in yoga or Qi Gong. Beyond the usual massages, facials, and scrubs the spa offers an unusually wide array of special services designed specifically to heal your spirit, revitalize your energetic systems, help you let go of old patterns that are holding you back, and support your quest for a longer, richer, more joyful life.

Visitors coming from places of much lower elevation than Taos' 12,000 feet can start their stay with a High Altitude Adjustment treatment. If you plan ahead, the treatment will actually begin before you arrive with a series of breathing exercises sent to you in advance, as well as recommendations about your diet to help your body prepare for the thinner air.

The adjustment incorporates breath work, stretching, visualization meditation, and a massage designed to open up your chest so your lungs can expand more fully. Breathing more fully helps the body to become more relaxed, and getting more oxygen into your system will enhance your sense of well-being.

duplicates made for every gown she had designed and made, looking ahead to preserving these fashion relics for another time.

Summer or winter, Taos beckons with ways to fill your spirit, your senses, and your palate. And don't miss the shops and galleries filled with one-of-a-kind pieces you will treasure along with your memories of Taos.

If You Go

Taos Chamber of Commerce
(877) 587-8915
www.taoschamber.com

El Monte Sagrado
(800) 828-8267
www.elmontesagrado.com

Inn on the Rio
(800) 859-6752
(505) 758-7199
www.innontherio.com

The Historic Taos Inn & Doc Martin's Restaurant
(505) 758-1977
www.Taosinn.com

Joseph's Table
(505) 751-4512
www.josephstable.com

Lambert's
(505) 758-1009
www.lambertsoftaos.com

Harwood Museum of the University of Mexico
(505) 758-9826
www.harwoodmuseum.org

Millicent Rogers Museum of Northern New Mexico
(505) 758-2462
www.millicentrogers.org

About the Writer

Rona Distenfeld is an Austin-based freelance writer who covers travel, health, and other topics for local, regional and national publications when she isn't too busy dancing and playing music with her friends.