

STARTUP LAND
INDY'S PLAY TO BE THE
NEW SILICON VALLEY

THEY'RE CRAFTY
HOW SUN KING SPARKED
THE INDIANA BEER
REVOLUTION

STREET SAVVY
THE BEST OF WHAT'S
NEW IN BROWN COUNTY

Indianapolis

DESTINATION MONTHLY

15
*Meals Worth
the Drive*

DINNER!

CRAFT BEER
ANCHOR CALI LAGER
DUVEL GOLDEN ALE
PURPLE HAZE
FAT TIRE
SMUTT/NOSE IPA
CREPIN CIDER
PEDRES WHEAT
BLACK CHOC STOUT
WORKINGMAN'S PILSENER

The
Exchange
Pub + Kitchen
in New
Albany

OCTOBER 2013 // \$4.95



CAN THIS NEW FOOTBALL
HELMET SAVE LIVES? **P. 66**



Full House

THE KITCHENS BY DESIGN SPINOFF MEANS MORE TO COVET.

Known for creating swanky custom kitchens with as many bells and whistles as a Food Network set, Kitchens by Design reveals a softer side with the addition of its **KBD Home** showroom in a space next door. The chic Nora store holds 3,600 square feet of retail product lines to complement its services—BSC and Vanguard furniture, Arteriors and Cyan lighting, custom framing, floral arrangements, and custom bedding, for example, along with a handful of new move-in-ready kitchen vignettes furnished right down to the dishes, cookbooks, spice jars, and curtains (Kitchens by Design merged with Custom Drapery Service last year). Another turnkey display, the stark-white Milan-inspired Poliform closet—with a glass chandelier, integral lighting, a vanity sink, and shelves and drawers galore—is spacious enough to live in. And in a nod to terroir, owner Kristin Okeley and the KBD designers can team with local craftsmen to fabricate one-of-a-kind customized pillows, draperies, and bedding. 1530 E. 86th St., 815-8880, kitchensbydesign.net. —AMY LYNCH



MY LOOK

HEY, WHERE DID YOU GET THOSE CRAZY LEGGINGS?

As owner of Carmel's newly opened SpinCycle studio, **Cathy Miller** puts her clients through tough indoor cycling workouts—and supplies trendy togs to wear while building up a sweat.

WHERE DID YOU FIND THESE WILD ONZIE LEGGINGS?

A student of mine was wearing them, and I bought a pair online; now I carry them in my boutique inside SpinCycle.

every day. I guess you could say the boots are my signature. A girl has got to put her own personal-style stamp on her look—even if it means being in workout clothes every day.

WHAT ABOUT OUTSIDE THE GYM?

The leggings are so fashion-forward that they can easily be worn for a night out.

WHO ELSE HAS CUTE WORKOUT CLOTHES (BEYOND THE MALL)?

The Yoga Studio in Carmel and Broad Ripple has great lines: Hard Tail, So Low, and Alternative Apparel.

EVEN IN THE FALL?

Pair them with a cozy hooded sweatshirt from Peace Love World and cowboy boots.

WHAT ADVICE DO YOU GIVE CYCLING CLASS FIRST-TIMERS?

That the hardest part is walking through the door. The great thing is, everyone works at their level. It's so individual—that is the beauty. —NATALIE BEST

DO YOU HAVE A SIGNATURE LOOK?

I'm in leggings, tanks, and cowboy boots almost