



## *About Nikkie Starr*

Femmestudios.com

### **About Me!**

<http://www.femmestudios.com>

It seems that in today's world we are all moving so fast and we just pick up a small portion about who someone is. I probably pointed you to this document because you asked me more about myself. This background will give you much more information than a chat session online or an email. I've given a lot of thought and care to share with you more about myself.

I prepared this to give you more insight into me; my background and what I enjoy. I appreciate you taking the time to know me better! I can't wait to get to know you as well!

## About Nikkie!



### What's in a Name?

I now go by Nikki Starr but I used to go by Michelle Johnson from 1986 – 2002 and then Nikkie Stallen from 2002-2008. Many reasons for the name changes but let's just say I needed a break from my Mid Day Break website. I was fairly popular in the 1990s and it just took so much out of me that I just needed to take a break from people. But I'm back now - as active as ever, and excited to be alive! Changing from Nikkie Stallen to Nikki Starr – happened when I joined the rock band CHIX which you'll read about below. I just felt that this name more encapsulated what I was doing on stage.

### My Background and Story in a Few Hundred Words...

My story is similar to many as far as how I began dressing in girls clothes; however, I think my life has been very unique in that I did take steps towards transitioning but didn't follow through with the final steps. I think my story will give people cause for caution and self reflection before making permanent changes in their life. I'm not going to dissuade or judge anyone regarding their life choices – just advising to take life changing decisions very seriously.

I did grow up in a very strong and stable family environment – I was never mistreated. I have loving parents who supported my every whim and I adore them both today. There is nothing catastrophic in my past that drove me to want to appear more feminine. However, I did start at a very early age – I think it was five years old when I first tried on my mother's garments. It was more out of fascination and curiosity than anything else.

I was caught (of course) by my mother. She gently scolded me and told to never dress in girls clothes ever again. I was a pretty good kid and I obeyed my parents so I didn't even really think about dressing up again for a very long time. Although, I do remember between 8 and 12 praying at night to wake up and be a girl. I did this on many occasions – but I wasn't really dressing up. I took this so far as to cut out pictures from women's magazines of models that I wanted to look like and put them under my pillow – hoping this would help the transition process. Okay I wasn't a very smart kid – but clearly new what I wanted.

This little incident of dressing in my mother's clothes when I was 5 sort of became one of those famous embarrassing stories that your parents like to tell. You know the ones that I'm talking about – it's those little things that are humiliating or embarrassing that are brought up whenever other family or close friends are around. You here those dreaded words "...oh tell them about the time when you..." - I'm sure you can fill in the blanks. In the end it's never a good feeling – more of humiliation or embarrassment.

So this went on for years – then in my early teens I began to notice girls. I didn't know it at the time but now that I reflect back I know I noticed girls in a different way. I watched their mannerisms, was into what they wore, totally into looking at their feet – not because I had a foot fetish but because I loved the different styles of shoes. I was fascinated with girls and how they behaved. I also noticed that when I hung out with my athletic guy friends that I was very uncomfortable when they would disparage women or talk about a girl in a disrespectful or crude way. I just didn't fit into that normal teenage boy behavior but I wasn't a girl either. I didn't know it at the time but I was very confused and a little lost. I guess everyone goes through puberty differently - mine just took on a different flavor of confusion than most adolescent boys.

While all this was going on when I was about 13 my parents were joking about when I "used to dress up in my mother's clothing" – (which was once or twice– but they seemed to remember it differently when telling the story) and they always made it sound like it was a regular occurrence. I can only recall twice on my own and one Halloween when my mother dressed my brother and I up as girls. I barely even recall the Halloween incident – my mother reminded me of it when I finally told her what I was doing in my 20s. I do remember being embarrassed on that Halloween – not that I was humiliated by looking like a girl – but as I think back it was more because I was afraid that people would know that I enjoyed it and liked the way I looked.

So after this last session of kidding me about my cross-dressing behavior at 5 years old - I really was annoyed and gracefully left the room where it was being discussed. I started to head to my room and I passed my parents room and then I paused. I looked in her room and thought to myself, *"you know I bet those clothes would fit me a lot better now – I wonder what that would feel like or what I would look like?"*. Well so I went in and grabbed some undergarments, a dress, hose and shoes and took them back to my room and put it all on. I had never felt such a rush as I looked in the mirror – I had a feminine face so I looked like one of those girls I had always wanted to look like. I'll save the specifics – but let's just say I had my first experience. So then, I thought – this is really cool!

So this led to dressing up every evening, getting caught with my mother's clothes all the time. I mean it was a fairly regular occurrence she'd find something. She was confused she wasn't sure if it was a Freudian Oedipus Complex or whether it was a phase or something else. One evening she sat me down and asked me if I wanted to be a girl. I so wanted to say yes but was terrified – I was physically shaking for fear that someone would find out that I wanted to be a girl. She even offered to get me counseling if I wanted it. I was just so scared that I don't think I could have admitted that to anyone. I think back and wonder what my life would have been if I said yes. She also asked me if I was gay, which I also

denied but really didn't know one way or the other. I just said I'm okay and I won't do it any more – and she said okay and left me alone.

I really wasn't looking at guys or girls sexually. I was noticing girls just because of the way they looked and behaved but I didn't have sexual fantasies about them. Even when the guys would show me pornography I would be looking at the girl imagining myself being the girl in the picture. Or looking at two girls together most guys would want to imagine being in the middle of it, I was imagining just being one of the girls. So it appeared as though I was interested in such things as any teenage boy even though my interests were not that of a typical adolescent.

As time went on I think my mother knew I was still wearing women's clothes but we just didn't ever talk about it again. She was always finding feminine things in my room and getting rid of them. Things would just magically disappear while I was away. While most of my friends had a drug, alcohol or pornography stash – I seemed to have a stash of girl stuff. I knew I was not normal but I was so afraid of being put away somewhere or being ridiculed like I had been about my experience as a 5 year old. They weren't ever cruel about it but it was clearly more attention than I wanted on the subject.

I went off to college, dated a lot of girls and started dressing more and more frequently but now with makeup and wigs etc. I just didn't want to wear the clothes I began wanting to be accepted as a girl. In the early 1980s there were very few resources available to me in Waco Texas at Baylor University where I went to school. So I successfully kept that hidden but would sneak off and go dress somewhere or go to another city to go out. It was not ideal but all I could manage with a full course load.

I did meet a girl in college that I just adored and loved. She meant everything to me. I finally came out to her – I think she thought it was cute and fun at first but then she decided that she really couldn't stand it. She graduated a little sooner than I did and she went off to law school in another state. So we began a long distance relationship which as everyone knows has its complications.

I graduated six months later and had a few job offers – one was in Washington D.C. which was closer to where she had decided to go to law school. There were really no jobs available in my field where she was living so we decided that we would do this while she went to school. So I decided to take it just to get out of Texas and be on my own and begin to explore my feminine side. I immediately began expanding my wardrobe with the money I was earning and began looking for friends and support. I connected with some really fun transvestites that were really into BDSM. BDSM wasn't my thing but they were nice and were helping me on my journey. I also met some transsexuals that were in the final stages of transitioning and found I identified with them even more. So I was hanging out with both groups and I also found a local TriEss group to join which I did. I felt like a whole new world had opened up to me. Keep in mind all of this was before the internet. That support group really helped me find resources and friends to guide me and help me look and act my best.



***Leaving the house on a fall day for my first day at work.***

So after further reflection I decided I wanted to transition - I wanted to become the girl of my dreams and now it was possible. So before I went too far and disclose everything to girlfriend and family I decided to test the waters a little. I was curious that if I was going to be a girl if I would like to be with a man. I did not know, I had never been with a man before, nor had I really thought about it. But wondered if it was something I wanted to do. I was really unsure but there was only one way to find out.

I set up a date with a guy through some of the personal ads in female impersonator magazines at the time. There were a couple of popular ones that I found Female Mimics International (FMI) and The TransVestian which was published out of New Jersey I believe. So I placed a couple of ads looking for men and got a ton of responses. After several snail mails and a few phone calls, I agreed to go out on a date with this really cute and sweet guy. He took me to dinner and to a play. I remember it all so well - I felt like a girl getting ready for prom

night. I hadn't told any of my transvestite or transsexual friends because I wasn't sure if they were going to agree with what I was doing. But I still had to go through with it.

When he knocked on the door to pick me up my heart was pounding – I was so nervous. Not about the date but sort of a combination of excitement but also wondering if he was going to find me attractive and pretty. He'd seen pictures but as we all know that first in person glance tells the whole story. His initial look and reaction said it all – he was totally into me - which gave me a rush of validation and excitement.

So he hugged me kissed me on the cheek and handed me a rose. He then took me to a nice restaurant that was quiet and we could talk and afterwards we went to a Play. What I really hadn't thought through was what happened on the way to the Play. We were walking from the restaurant to the theater and he sort of gently spun me around and kissed me on the lips. It wasn't forceful or too passionate but I was shocked. I wasn't really ready for this and I had been having a great time so I didn't really think about the fact that I was still dressed as a girl and that he might want to kiss me. It was almost like I was out with one of my guy friends but I was dressed as a girl. My immediate reaction was to push away and say - *"get off me"*. But in that split second I realized that this was what I was here to find out about, so I just sort of relaxed and kissed him back. It was very strange and weird – the embrace lasted the right amount of time and afterwards we continued our walk and conversation. We saw a play and then he kissed me again goodnight when he took me home. I was sort of ready and anticipating it this time. I also wanted him to want to kiss me again. So this embrace went a little longer. He told me he wanted to see me again and I told him to call me later in the week.

The next day I totally freaked out – I began thinking I was out of control and thought about just stopping it all – all of it. But I quickly came to my senses and realized that none of who I am is going away so purging and denial wasn't the answer. He called me a few days later to arrange a date. My initial thought was not to go – but thought –well it really wasn't that bad and he was a nice guy so I agreed to see him again. I'm not going to go into the details but needless to say that evening was much more passionate. The next day I had the same reaction and thought I was basically losing my mind.

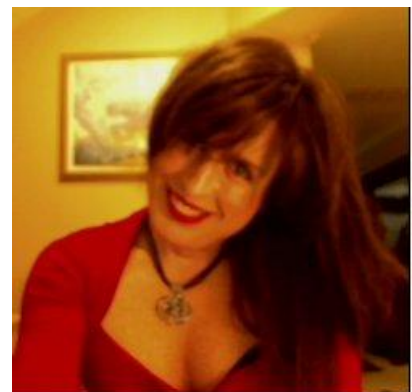
I continued to date men off and on for a while and eventually found someone that I really cared about and one night we were talking and I said to him I wanted to live full time as a girl. He said great so what's stopping you. Well I had tons of excuses and he just sighed and said – well if you want to be a girl go be a girl or... not. Just stop whining about it. So the next day I took his advice and started interviewing for jobs as a girl. No counseling, no therapy, no papers just did it.

So you may ask what about the girlfriend. Well I was living with my boyfriend but I maintained my apartment and such so I gave the impression I was still in the same place living as a guy to friends and family. It wasn't easy but I managed to make it work. I realize that what I was doing was essentially cheating on my girlfriend. However there were just some answers I needed to some very important questions. I had to get some basic answers about who I was and I didn't think I could do that without really throwing myself into it completely.

My relationship with him lasted six months. He was a great guy and we got along fantastic but I began to grow apathetic to being a girl every day. It turned out that although I loved being a girl it was not as thrilling or interesting as I had imagined. It was strange, I loved being accepted as a girl and people seeing me that way and even attracted to me as a girl. But, there is an everyday life that you have to manage – work, grocery store, shopping, errands, and other just mundane daily activities. Doing these things as a female didn't really matter to me – I wasn't getting the thrill or the rush that I always craved. So I clearly wasn't a transsexual in the sense that I wanted to change my gender permanently because I was disgusted or uncomfortable with my anatomy. This experience was so good for me because I really was able to answer that question. Granted I still have fantasies of living full time as a girl, and I sometimes experience mild forms of Gender Dysphoria; but I'm able to snap back into reality because I know exactly where it will lead. I realized at a very early age that for me that changing my anatomy wasn't going make me happier more than it would fulfill a fantasy.

So after six months I went back to living both as a guy and a girl as it was convenient. I broke up with the boyfriend because I was no longer on my way to transition and I really was just interested in the attention I got as a party girl – and I wasn't ready to settle down with one person. He was a great guy and I'll always treasure our time we spent together. Plus I still had the girlfriend to contend with.

So then I began doing drag shows and just enjoying the night life as a girl and I was much happier. I got engaged to my college girlfriend and I decided that was the life I was going to lead. But after a year



of engagement we just ended it due to the fact that although we had a lot in common – so much history, geographic distance, and fighting had just moved us apart and we just fell out of love. So it was a mutual break up but she was a wonderful woman and I hope that she found all the happiness she deserved.

Another one of my passions began to surface around this time. I started a rock band of all original music in the early 1990s and I just didn't have any spare time to spend en femme at night. The band consumed every aspect of my life. For three years I pushed to get signed by a label and had written and recorded over 30 original songs. I did get a contract offer from a minor label but the terms were really bad and so we declined the offer. Around the same time I met another woman who ended up being



my future wife. I didn't tell her about my past before we were married because honestly with the music I really thought I was done. However, my legs were still shaved, and I did wear lingerie to bed. In retrospect I should have disclosed this part of my past to her. But I was following my philosophy of "don't reveal unless there's a need to know". If someone had no chance of finding out or if I was inactive I just chose to keep it to myself. Basically there was no reason to upset someone when there wasn't really anything to be upset about. In my case, at this time I honestly thought I was done with all of my gender issues.

I think the reason I didn't need to express my femininity during this period of my life was because my ego was being satisfied with the attention I was getting with my music. We took the music as far as we could and after three years of pushing it. After the band broke up I decided to get married. This left my ego unattended so naturally I began to drift back into my old ways within two years.

I slowly began dressing up as a girl again more casually and even going out on occasion when I could get away. Both my wife and I traveled a lot for work so there were plenty of opportunities. I also became very technical in the early 90s and started exploring the internet. I was frustrated because here was a great communication channel and there was very little available on transgirls. So I began to accumulate content – anything I could find which led to me to building Michelle's Mid Day Break as Michelle Johnson.



The popularity of my site just exploded and it took on a life of its own in a very short time frame. I thought that with all this exposure that my wife had every right to know my past and what I was doing. I was afraid it would end our relationship but I wasn't going to live a lie or continue to lie or deceive the one I truly loved.

So at this point in my life I decided I had to tell my wife. This is after having two kids and a very solid marriage but it was still very early on; only two or three years into the marriage. Well it didn't go over very well at all – and we both made all the traditional mistakes that two people make in these circumstances. You can read more about that in my Communication document on my website.

However, we have struggled over the years with all of this but to summarize she still doesn't like it but understands it's important for me to be able to identify as a female. In 1996 I started Miss Victoria's Feminine Illusions to help others find their feminine image. I was helping with makeup, style, taking girls out in public, and also helping with counseling. I also joined many local organizations as I had in the past but really started getting more active. I was probably seeing 3-5 clients a week and in early 2000 shut the business down because it was really too much for me to manage on my own with my family and another full time job. Dressing up became a "job" rather than fulfilling – so at the time I just needed to slow down a bit.

So although I'd dress up – I pretty much did it on my own. Changed my name to Nikkie and just lived a social life on my own as it was convenient.

In mid 2006 I met my good friend Jennifer Long. We really hit it off together right from the start – she hadn't been out much – and certainly not much in the mainstream at the time. Her friendship has been invaluable and she remains one of my best friends today. I think we have completely different interests and motivations for dressing en femme – but I totally get her and she has helped me see a whole other world around being feminine.

My job became very stressful, events in my life had also stressed my marriage and I began to put on a ton of weight. The weight really depressed me even more. I had gone to 235#s at 5'11 and now I'm back down between 180-185. So I just dropped out of the scene and abandoned my friends because I was quite embarrassed.

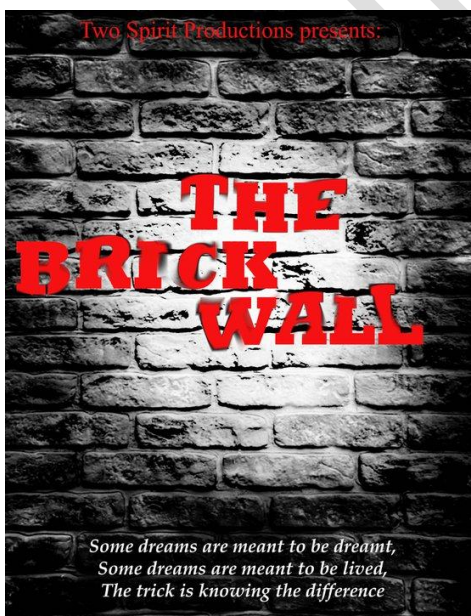
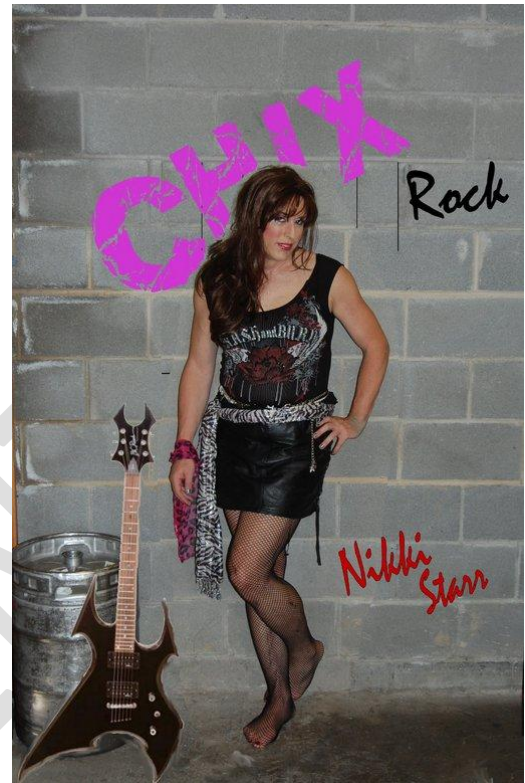
This was a bad idea and just made things worse - but I was hitting some severe depressions and I needed to just cope. So for 8-9 months. I just dropped off the scene again. But after I pulled everything together I reconnected with Jennifer and began going out again regularly. We also established a secret society of



girls that liked to go out together and began looking for others to do this. I'm still sworn to secrecy so I can't give out the name of the group – put it's really some amazing people.

Towards the end of 2008 I met my other very good friend Christina Foxx. Christina had only been out once before and was very unsure about next steps. I encouraged her to join Jennifer and I – we were going to a goth club in dallas and I thought she might enjoy having some fun with us. We talked about a lot of things and I helped her get ready. I told her about my transformation studio I had in the 90s and she was very excited about that and said I needed to start that again. I was very unsure about it because of all the time it took to keep it going. She said she would help me and Femme X Studios was started with much of her help and encouragement.

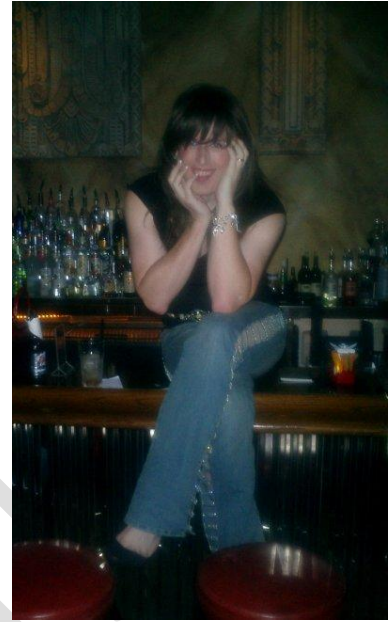
At the same time I was asked to audition for an all girl rock band. The band didn't have a name or anything going on at the time. But I thought hey here's an opportunity to dress en femme and play rock and roll – two of my favorite things to do all together. It just sort of made sense to me. So we named the band CHIX and we were off in running. I change my name to Nikki Starr. After many struggles and personnel changes and difficulties – we managed to get our first gig booked at the JetSet in January 2010. <http://www.chix-rock.com>



After this gig I was asked by my good friend Marla Compton to be in her movie The Brick Wall. That was just such an amazing opportunity I couldn't refuse. I get to act as a girl! How cool is that! So we managed to put together a trailer with a few cut scenes to help us generate funds to produce the full versions. Marla is such an amazing inspiration in how she has volunteered so much of her time for transgender affairs in our community – so I was very excited to be able to work so closely with her.

<http://www.facebook.com/home.php?#!/pages/The-Brick-Wall/163343293692975>

About this same time I had just invited Allie Summers to our little secret society and she had mentioned she was thinking for creating a “meetup” group. Meetup, if you don’t know, is an online tool that allows different groups to manage membership events etc. So I decided to merge the “secret society” into the meetup group and then begin promoting that group more publically. The membership is usually between 170 and 250 members at any given time. We want to keep it small but everyone is welcome to join – the only requirements is that you have to be within driving distance of Dallas or Houston and willing to participate. <http://www.meetup.com/tgresources>



So today my marriage is strong, I have many good friends, I’m a member of all the local organizations (GEAR, TRI-ESS, MCDC), the rock band is strong, Femme X Studios is alive and well, and I’m working on new concepts for online video productions. All this and balancing a full time work load and family. So not much sleep – but I love everything that I do.

I’m not an expert nor am I perfect – in fact I’ll be the first to admit I’ve made all the mistakes you could possibly make. But at the end of the day I know how to wear a killer pair of jeans, I’m happy, content and full of life!

Also I have learned the following lessons – some the hard way.

1. There are many different looks a girl can have.
2. There are many different roles a girl can play in life
3. It’s very easy to cast a negative light on those that don’t subscribe to your way of life.
4. Most of us are trying to fit in and want to fit in.
5. We are quick to judge others when we ourselves don’t want to be judged

*My Montra based on what I have  
Learned*

*Leave your labels at the door  
and join me for some fun!*



## My Brief Time Line as a TransGirl

<b>1967</b>	<i>Caught trying on my mothers' clothes for the first time</i>
<b>1978-1982</b>	<i>Decided to try on my mothers' clothes after being teased about the event when I was young. I discovered that the feeling of feminine clothes had a very erotic effect. This lasted most of high school for me.</i>
<b>1982-1986</b>	<i>Off to college and kept my own things and really started going out in public en femme, first to a park or drive, then to a bar occasionally. Experienced a lot of ridicule and harsh looks.</i>
<b>1986</b>	<i>Moved to Washington D.C. and began getting more involved in the transgender community locally.</i>
<b>1987</b>	<i>Decided I wanted to live full time as a girl and maybe even transition. Started dating men, found a boyfriend and lived together with him for six months</i>
<b>1988</b>	<i>Decided that living full time as a girl was not for me and I started a rock band and got engaged to my college girlfriend.</i>
<b>1989</b>	<i>Moved to Dallas to be more close to my fiancé and continued to pursue my music.</i>
<b>1990-1992</b>	<i>Went pretty far with the music, but broke up with my fiancé, got engaged to another girl who I now call my wife. I was barely dressing up if at all – maybe a few times. During this period.</i>
<b>1992-1994</b>	<i>Focused on my family I began secretly dressing up and eventually established Michelle's Mid Day Break.</i>
<b>1994-1996</b>	<i>Came out to my wife, friends and family.</i>
<b>1996-2001</b>	<i>Started Miss Victoria's Feminine Illusions with my best friend Victoria (biological woman). My wife and I continued to struggle.</i>
<b>2002-2005</b>	<i>I burned out of it all again shut down Michelle's Mid Day break website, and Miss Victoria's Feminine Illusions but continued to dress up occasionally. Also moved around a lot chasing jobs during this period.</i>
<b>2006</b>	<i>I changed my identity to Nikkie Stallen - Started dressing en femme more frequently and began searching for new friends. I also had to re-confront my wife that it was all coming back again in force. It was like having the conversation all over for the first time again.</i>
<b>2007-Present</b>	<i>We are both very happy, began Femme X Studios, I have joined an all girl Rock Band Chix and I'm now getting out with my transformation clients and on my own 2-3 times each week. Sometimes more. Acted in The Brick Wall</i>