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M A G A Z I N E

December 2009

**What is
Hope?**

**Keeping
Lost
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**Dreaming
BIG DREAMS**

At Home With
**John and
Laura Sanders**



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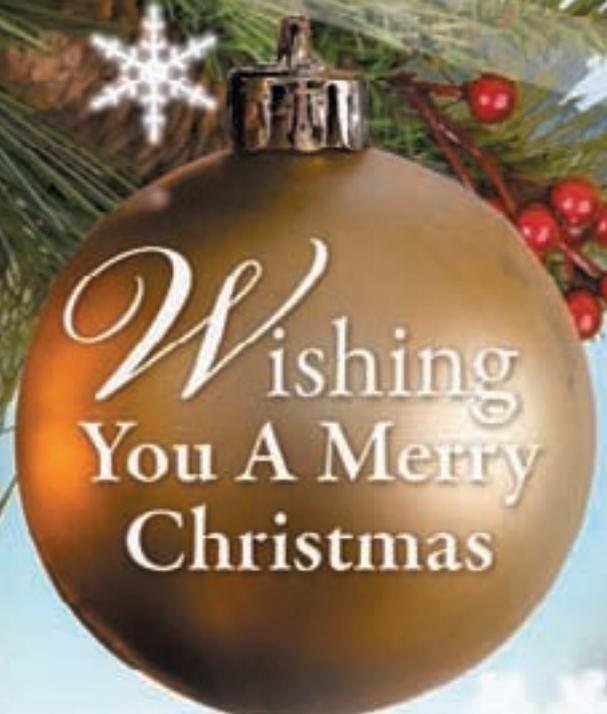
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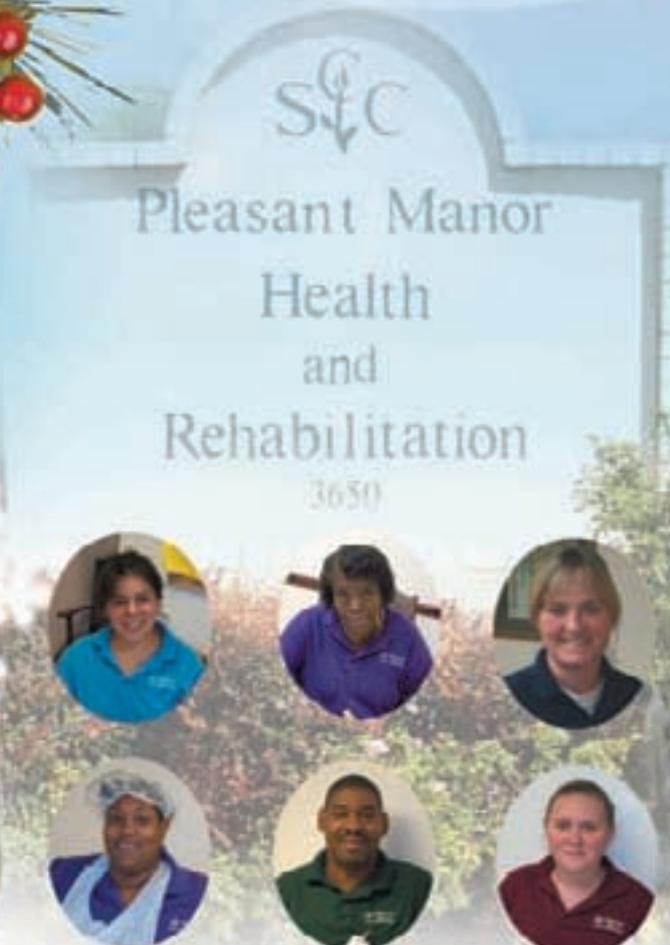


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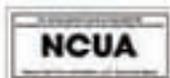
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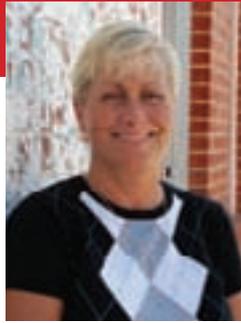
On the Cover

The Sanders are ready to serve their Christmas guests with elegance.

Photo by Natalie Busch.

Editor's Note

Merry Christmas and Happy Holidays!



I have always been a “shaker” when it comes to Christmas presents. I vividly remember unwrapping the gifts hidden under my parents’ bed as a youngster, only to re-wrap and return them exactly as hidden. I know I took the element of surprise out of Christmas morning. I should have learned a lesson, but to this day I still love to shake. I guess the child in me will never grow up.

Although gift giving and receiving is wonderful, this year I find myself focusing on something much bigger than the Christmas tree and all the beautifully wrapped presents displayed underneath. I find myself looking forward to Bethlehem Revisited, a live re-enactment of the journey of Joseph and Mary and the birth of Jesus Christ, held behind Central Presbyterian Church on the weekends of December 4th and December 11th. Come experience firsthand the “reason for the season.”

Sandra Skoda
WaxahachieNOW Editor

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What is *Hope?*

— By Sandra Skoda



“It was a God thing where we were in the right place at the right time.”



What is hope? To many it is looking forward to something with great expectations, anticipating, trusting and aspiring to make a dream come to fruition. For Dr. Mackie Owens, and others just like her, hope came in the form of a clinic. “I’m only one of many founders,” Mackie humbly stated, as she gave the history of how Hope Clinic first began. “The process of raising funds and making plans started in 1999. We didn’t start seeing patients until January of 2000.”

Prior to seeing their first patient, Mackie and a large number of other concerned citizens worked diligently for months to compose a mission statement and meet with area doctors and county officials. “We even went so far as to do a needs assessment within the county,” Mackie said. “It was the assessment that prompted the need for a clinic like Hope Clinic.” The group became known as the Ellis County Coalition for Health Options (ECCHO). “We started small, but no fewer than 150 got on board,” Mackie remembered, “and they will always be looked at as the original founders of the clinic. It was, and still is, a grassroots organization.”

As Mackie remembers how it all began, her emotions come just as easily as they did nearly 10 years ago. At the time, Mackie was overseeing a program with the Waxahachie Housing Authority. She was meeting people where they

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lived; where they were rearing their families and making the most out of each day. "Their biggest need was medical. Doctors Mary Beth and Kelly Felty were seeing indigent patients at St. Joseph Catholic School," Mackie explained. Social service representatives were concerned due to the closure of an Ellis County Clinic. "Almost overnight, there was no place for these people to go for medical treatment."

It was during this time that Mackie and a handful of others saw the need firsthand. Once they introduced the need and what they felt the



resolution would be, the outpouring the community rendered to the idea of a clinic for the indigent and uninsured was as prevalent then as it still is today. "Everyone has been so supportive," she stated. Focus groups were started in Waxahachie, as well as in many of the surrounding cities within Ellis County. So many of these same people came on board as ECCHO members. The county, during this same time, had received a million dollar tobacco settlement from the state. "The state recommended that all the dollars go toward health, but the county was free to use it as they felt necessary," Mackie said. "After a year's worth of hard work, half of the million went toward Hope Clinic. ECCHO had to prove the funds would be put to the best use at the clinic. It was a God thing where

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we were in the right place at the right time.”

Once the paperwork was signed, it seemed as if the county wasted no time helping make Hope Clinic, a nonprofit 501(c)(3) facility, a reality. “The county offered us a building,” she said, referring to what was once used as the adult probation office located directly across the street from the jail. “We paid one dollar for the building, and then had it moved to its present location on Jefferson. A local builder donated the lot, and thanks to the Waxahachie Foundation, we



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raised the \$19,000 needed to move the building. Everyone was working together for the same result.”

Volunteers came from everywhere to help. They hung Sheetrock, painted, built entrance/exit ramps for the disabled and installed new flooring. “It quickly became a community Christmas project,” Mackie said. “It was a community project that has helped the entire community at large.” The building could not have been more perfect, with its large waiting area and many smaller offices that have successfully served as clinic rooms. “It felt right the first time we [ECCHO members] walked in,” Mackie shared.

In the beginning, volunteer staff made up of ECCHO members, saw the uninsured patients of Ellis County and those who were financially challenged. “Now, we’ve added in the underserved; those individuals with Medicare and Medicaid,” Mackie said. The clinic also accepts insurance. Anyone can visit the clinic, but

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“The building could not have been more perfect, with its large waiting area and many smaller offices that have successfully served as clinic rooms.”



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payment is now based on income. "Our mission is still the same," Mackie added. "We're still focused on the uninsured. The need is still so great. From January to October, we added 1,740 new uninsured patients to a patient load of 3,000. The need is great, and it continues to grow."

Mackie was the first paid employee and has been the only director since Hope Clinic opened its doors. Her passion has always been about the people of her community. She soon realized that she could go one step further during the holidays. The clinic's Christmas project, the Christmas Wish Tree, soon became a tradition for all those affiliated with the clinic. In past years, entire families had a wish placed on the branches of trees located at the clinic, Coldwell Banker, The Oaks Fellowship and Baylor Family Medicine. Because of extensive growth, this year the trees will hold the wishes of all patients 0-15 years of age. "Regulars, like Dr. Bobby Haney, come early to grab several wish cards for his Sunday school class at First Baptist Church," Mackie mentioned. "Others come back because it's become part of their family tradition. One woman still calls each year to see how many bicycles we're going to need, while one sweet lady still crafts a stocking for all the new children on the list."

One story Mackie enjoys retelling has to do with a young family, a volunteer and a used sewing machine. "One of the children had asked for a sewing machine. When it came time for the family to pick up their gifts, there still was no sewing machine," Mackie said. "One of the volunteers donated her mother's machine to fulfill this little girl's wish."

When asked what hope meant to her, Mackie had to think for only a moment before passionately giving her reply. "It means giving people dignity and the access to quality care they haven't had before," she said. "It's the opportunity to make a difference." **NOW**

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A HISTORY *of* HOLIDAYS

— By Jaime Ruark

A stopping point for both the Gingerbread Trail and Candlelight Home Tour, the Sanders' historic home is aglow this month with twinkling heralds of the holiday season. The house is a beautiful sight, both inside and out, with endless decorations that evoke a feeling of warmth, family and tradition. Built in 1915, the two-story residence has seen many such holiday seasons, and the Sanders have

At Home With John and Laura Sanders





added 15 happy years of their own traditions to the home's heritage.

Sitting on half an acre with a beautifully landscaped front and back yard, the house was exactly what the Sanders were hoping to find when they settled in Waxahachie. "We wanted an old house, and we just fell in love with the area," Laura said. "We liked this style because it's got that farmhouse look to it." Despite Laura's natural ability to fill the space with a warm and cozy vibe, the long



history and years of use lends itself to ghost stories. "When my son was in high school, his friends that he went to school with since the first grade would refuse to spend the night here!" she grinned. "Big old huge football players were terrified of our house because of all the old family pictures hanging above the staircase. They claimed their eyes followed them. If John came downstairs, you'd hear them all thump down after him. Of course, John would tell them stories

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to keep it going.”

Laura begins decorating their house after Thanksgiving, bringing out boxes filled with a lifetime’s collection of lights, greenery and ornaments. Every year, John insists on festooning the 3,500-square-foot, four-bedroom, two-and-a-half-bath home with the display of lights all by himself. “I have begged that man to hire someone to do the outdoor lights, but he never will. I stand out there and watch him, with a cell phone in my hand, so I can call 9-1-1 because I just know he’s going to fall,” Laura said with an exasperated smile.



John is from New Orleans, so the Sanders try to make a yearly trip to visit his family there, but the Christmas turkey and dressing dinner is always spent at home. While it may not be a big production, it is filled with love. “I’m an only child, and we only have one son, John IV, so we don’t really have a big family. But we don’t really know the difference,” Laura said with a laugh.



Those belonging to the supper club the couple are a part of are invited to a festive party, and because Laura enjoys entertaining in her newly remodeled kitchen and dining area, “it seems like there’s always something going on during the holidays,” she said.

Family traditions abound, including a Christmas tree decorating ritual that might sound familiar to many other wives. “We would bring our tree home, and John and my son, when he was home, would always sit down and watch while I decorated it,” Laura laughed. “They drink eggnog

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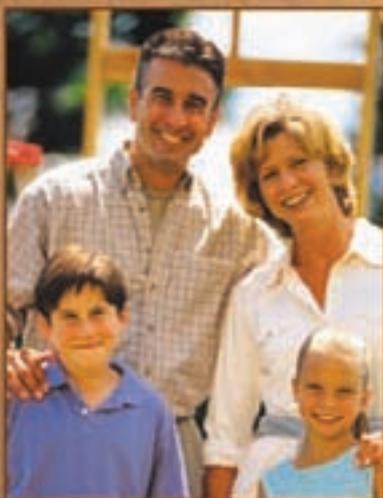
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while I work.” Laura’s tree is what she calls “very, very traditional and old-fashioned,” with ornaments that tell the family’s story. “Of course, we’ve got the sentimental ornaments from the first year of our marriage or trips to Disneyland, and the ones that John made when he was little in school. I keep all of his ornaments in a little baggie, and when he comes home from school, I make him hang them,” she said. “When he was little,

they were at the very bottom of the tree and now they’re at the very top. Of course, he’s 22 now and a senior at Texas A&M University, but he still tries to cram as many [ornaments] as he can get on one branch just like he did when he was little.”

A new friendly competition has begun at the Sanders’ household between their son, John, and Laura’s “new obsession” — her two Boston Terriers, Buster and Bruno. “I do have a lot of dog ornaments on my tree,” she confessed. “Everybody in town knows I’m obsessed with my boys. I dress them up every year in their Christmas sweaters, and they have their own stockings.” Numerous pictures, lamps, statues and figurines throughout the house show off her little pups. “Every Christmas when my son comes home, he goes around the house and counts how many pictures of the dogs there are versus pictures of him, and I’m afraid the dogs have won for years,” she laughed.

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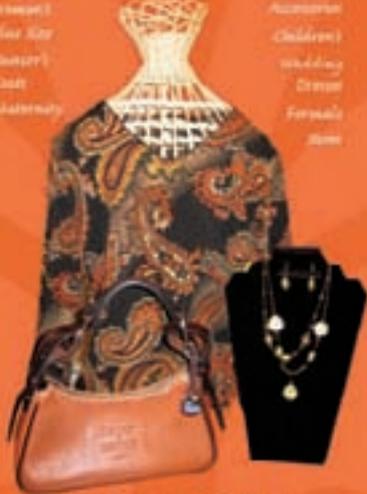


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Those belonging to the supper club the couple are a part of are invited to a festive party, because Laura enjoys entertaining in her newly remodeled kitchen and dining area.

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Restoration, handled the recent remodeling process. “We gutted the kitchen, redid the downstairs bathroom and built the cabana area out back,” Laura recalled. A display of her grandmother’s cake plate collection is found in the hallway leading to the kitchen, where a



glass-front, commercial-grade refrigerator and huge six-burner stove make entertaining during the holidays a breeze. “John’s family is Italian, so another tradition we have that may seem kind of strange is what is called ‘frying the cauliflower,’” she said. “It’s something Italians do every year, and it’s so good! Now my son does it for all of his friends at school.”

The formal dining room shows off Laura’s antiques, including a French panetiere and wine rack. She indulges her love of antiques throughout the home, while her husband’s passion for hunting is confined to his study. “All the mounts are wild game from John going on safari. He hates it, but I put Santa hats on them,” she smiled.

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The front room, with original wood and brick flooring, has an inviting fireplace, a cream-colored couch and chairs and a large patterned rug to keep guests warm, although the front of the house still gets chilly during the winter months. “We stay in the back a lot,” Laura admitted. With floor-to-ceiling windows, the back room is called the “sun room,” with a living area that opens up to what the family refers to as their “cocktail lounge.” It boasts a newly remodeled

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bar area with the same gray and white marble used in the kitchen, shelves for glassware, comfy couches and another dining table.

The Sanders' lush backyard is their oasis, with a grill area; a covered cabana, with seating for six; a pool; a fountain containing John's pride and joy, three huge koi fish; a wooden swing; and a cute, white playhouse with an iron gate that belonged to Laura as a young girl, but which now functions as storage. “We spend a lot of time outside. On Christmas day, we have the fireplace going in the cabana, if the weather is nice,” Laura shared. “We love this time of year. For us, it's all about family and friends.” **NOW**



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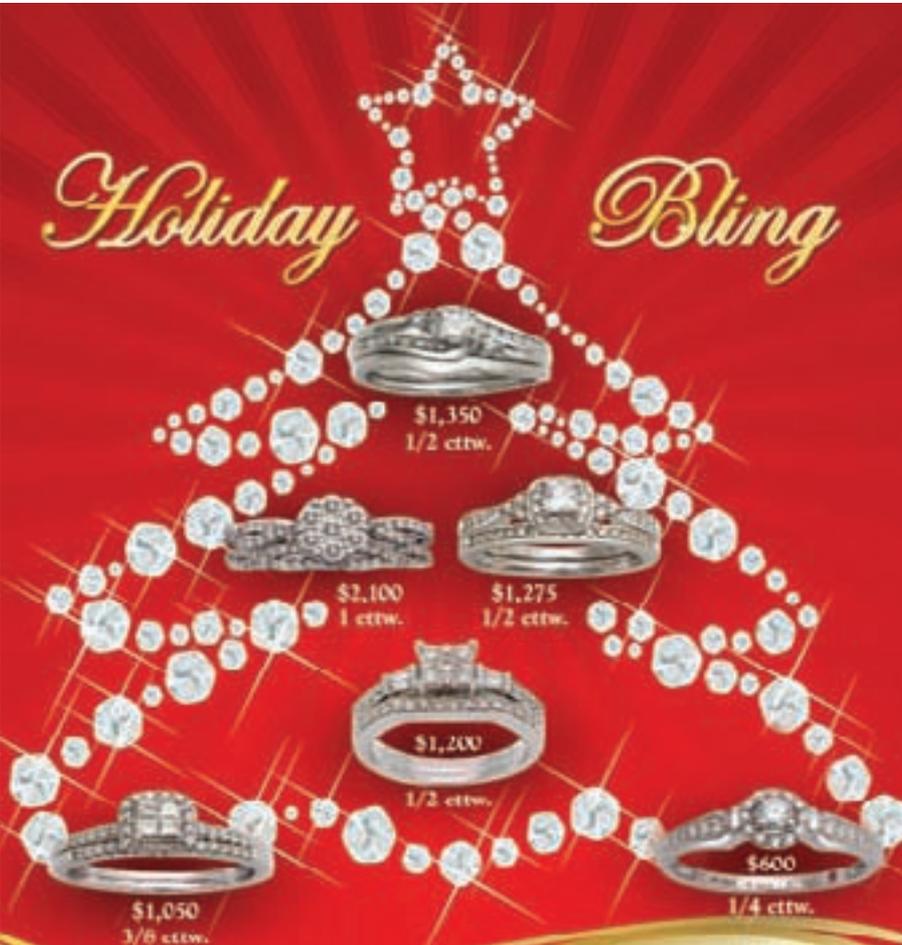
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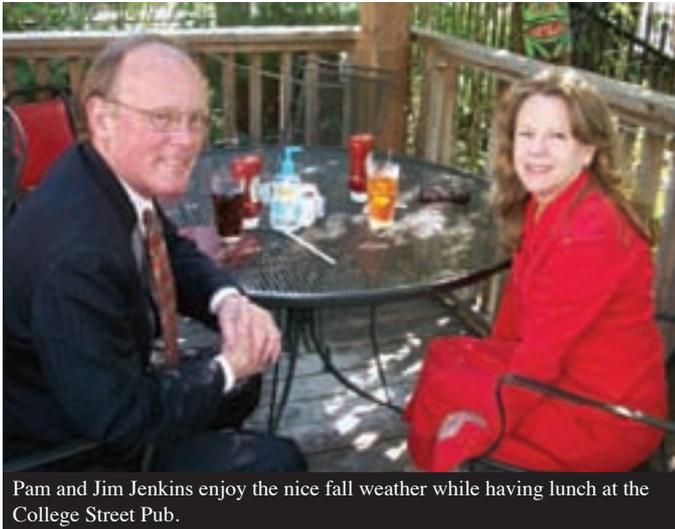
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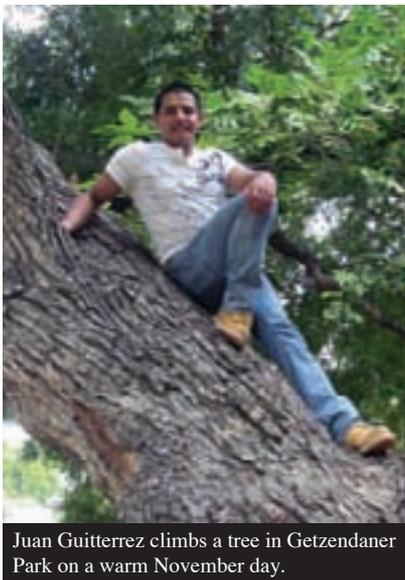
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Pam and Jim Jenkins enjoy the nice fall weather while having lunch at the College Street Pub.



Residents attend Zumba fitness classes, a class designed for all ages, at the Senior Citizens Center.



Juan Gutterrez climbs a tree in Getzendaner Park on a warm November day.



Sandra Skoda, Terri Ozymy and Carolyn Mixon pose at the '70s-themed Waxahachie Chamber of Commerce Auction.



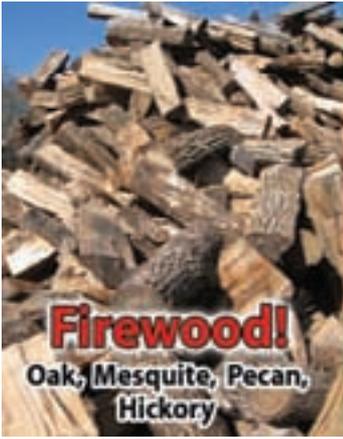
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Lauri Pesina and her daughter, Chelsea, share lunch at Oma's Jiffy Burger.

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Keeping Lost Art Alive



— By Sandra Skoda

Karen Kelly remembers doing crafts at a very young age. “I was probably 5 or 6 years old,” she stated. “I did paint-by-number, the potholder loom, ceramics, cross-stitch and needlepoint. My mother taught me how to sew using a sewing machine and patterns. I grew up watching my mother sew, and then enjoyed wearing what she made. I guess you’d say my mother was my inspiration.” As an adult, Karen would go to her full-time job, and then return to her home each evening. She soon became bored with the TV and what it had to offer, but she was also too tired to do anything but sit in her recliner. “My hobbies at that time required getting up and down or keeping a close eye on what I was doing,” she said, referring to machine sewing, painting and counted cross-stitch.

Several days later, Karen decided to stop by the store and purchase a prepackaged crochet afghan kit. She took it home so she would have a craft she could do from her recliner. “It was



a disaster,” she admitted. “The kit included all the materials I needed to make the afghan, but mine grew longer from side-to-side instead of from top-to-bottom. I was running out of yarn and the project wasn’t even halfway complete.”

Luckily for Karen, the local high school offered continuing education classes in knitting for adults. Considering the mess she had made crocheting, she thought it might be a good idea to take a knitting class. She remembers the first project in vivid detail. “We were to use two skeins of yarn to make a pair of slippers,” she recalled. “We learned how to cast on two skeins of yarn at one time, knit, purl, how to use stitch markers and binding off the needles.” It was a lot to learn in a short time. “I knitted so tight my hands and fingers hurt,” she

smiled, “but I got my slippers done and they looked good.

“The second project was a cable knit sweater knitted on size 13 needles,” Karen said, explaining that the larger the needle size, the larger the knitted stitches will be. “I was so proud of myself when I returned to class with my completed sweater only to find out I’d sewn the sweater together with one sleeve showing the knitted side out and the other showing the purl side out. We won’t mention how my first cable looked,” she added with a laugh.

Since Karen was so successful with the slippers, she quickly decided that she would knit a set of slippers for everyone in her family. Gaining confidence and a bit more experience, Karen also once again tried making a sweater. This time it was a gift for her father. “I knitted that sweater on size

6 needles. They are really small," she explained. "It took me nine months to complete, from start to finish, but I got it done, and 20 years later, it's still in the family."

Simply put, this is the history of how Karen first got started knitting. It may have taken her a while to master the dying art form, but she soon got to a point where she was able to knit without looking at the needles, unless it was a complicated pattern. "Then I had to pay close attention," she added. "I didn't know anyone else who knitted, so I taught myself

"It took me nine months to complete, from start to finish, but I got it done,



and 20 years later, it's still in the family."

all the stitches I didn't learn in the continuing education classes." Stitches Karen learned in class were the yarn over, knit, purl and cable. When knitting from a pattern of any kind, Karen has learned, from trial and error, to be sure to read the entire pattern before she ever casts thread onto her needles. "I've found that looking at the whole project first is better than going from step-to-step," she said. "I read the pattern until I

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get what it's saying. I work through any questions I have and master each stitch called for on the pattern before I get started."

Karen also takes pride in mentioning that she adds her own detail to most of her patterns. Stitches that were self-taught and make for



beautiful accents include the seed and the basket. Each stitch produces a totally different visual, so knowing more than one has helped Karen gift knitted items with variety, and that one-of-a-kind label that makes it special for the person wearing the slippers, the stocking caps and the sweaters or carrying a unique purse.

After Karen got married, she still knitted. The only thing that changed was the items she knitted. "Until I got pregnant, I'd never knitted baby items," she confessed. "I quickly began to make baby blankets, wash cloths and my own version of baby booties." Now Karen is passing on the almost defunct art of knitting to her two daughters, Alanna and Bridget. "Bridget likes to pick out the yarn and have me make it," Karen said, "while Alanna likes the whole knitting process."

Although Karen may have had some difficulty in those early years, she has become what many would consider an expert in the art of knitting. "Knitting was a good way for me to make affordable gifts," she said. "By the way, I did learn how to make a cable without the gaping holes!" **NOW**

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“Respect goes a long way — on the field and in life.”

Big *Dreaming* Dreams

— By Sandra Skoda

Jason Moore is like many baseball dads. “I grew up playing youth ball in Minnesota,” he remembered. “My family moved to Waxahachie when I was a junior in high school.” Jason never tried out for the team, after enrolling at Waxahachie High School, but his love for the game remained the same.

Some years later, Jason met Traci. They got married and started a family of their own. When Auston, the older of their two boys, became old enough to play baseball on the city’s recreational league, the coach in Jason came to the forefront. Auston, now 13, started playing ball under his father’s tutelage at the age of 5. Jason and his good friend, Robert Chaney, decided the next step for their boys was to start a year-round select baseball team of their own. “We

started from scratch,” Jason recalled. “Auston, Ryan Chaney and Tyler Welch made up the original team.”

A select baseball team is made up of no fewer than nine players. To say the least, that first year was quite a struggle. Jason and Robert started with the basic fundamentals of baseball, drawing from their love of the game. They had a dream of seeing their boys excel in high school as they took to the field to play baseball. “That first year we had 10 players on the team,” he explained. “The newness, getting familiar with one another — everyone, including the coaches, had to learn everyone’s strengths and weaknesses. It was a tough year and, if I remember correctly, we only won one or two games.”

“Select,” when defined in relation to

baseball, means the best-of-the-best. It means having a group of young boys who are versatile enough to play multiple positions if and when needed. As the head coach, it was up to Jason to see just where each player fit best within the team. Now going into their fifth year of play, Auston plays catcher; other times, he covers second base.

As the team meshed together, Jason realized his passion grew as he watched them grow as individuals. "Most select teams have a yearly draft where the boys have to try out again to make the team," Jason said. "We never have done that. Some of the boys have been on the team since the beginning. We may lose a member, like Ryan, to a move; otherwise, we never draft. It makes for a much stronger team." Jason also takes great pride in his temperament as the head coach, in relation to the boys and their families. "I genuinely care about each one of the boys, and the parents are wonderful. They're dedicated to the success of the team," he said. "It's a plus when the parents get along and allow the coach to coach." Jason also stated that he has a deep respect for his players and they, in turn, show their respect for him. "I don't yell, and I don't degrade them. That's just not allowed," he added. "Respect goes a long way — on the field and in life." Jason's way of coaching has taught the boys several life skills that should take them into their adult lives with success. "I tell them to dream big, have self-confidence, with a humble nature, and to always be dedicated and punctual," he said.

The team has come a long way from where it started. Just last year, the players brought the highest honor back to their hometown after eight hard-won games in Colorado Springs, Colorado. "The team won the Super Series World Series National

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Championship,” he said with a great deal of pride in his voice for what the team of 11 was able to accomplish. “We played a total of eight games. We went 8 and 0 to win the championship.” The winning team included: Auston Moore, Tristen Spradling, Lane Bogy, Blake Laney, Luke Morton, Tyler Welch, Eric Cadena, John Byers, Dylan Stone, Jake Norton and Bryce Todd, as well as the



coaching staff of Jason Moore, Dan Morton, Stephen Spradling, Randall Stone and Gary Bogy. “The fifth game in the series was the real nail biter,” Jason said, as Traci and Peyton (youngest member of the Moore family), nodded their heads in agreement. “The boys had played this particular team several times in the past. They were behind by five runs in the fourth inning but ended up winning 11 to 10. It was the most exciting comeback of the season.”

The things that had to fall into place for the Renegades to win the tournament were amazing. As Jason so aptly put it, “the stars were in our favor when we played under the lights that night.” Once you win at this particular level of play, you must move up in the rankings. They were minor, now they will be playing at the national level. It is a big jump, but Jason has faith in his team. “The kids are the story,” he said, with raw emotion in his voice. “These guys had a big dream that came true. It was earned as a team of 11, and it can never be taken away from them.” **NOW**

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Exercise — the Best Medicine

— By Sandra Skoda

Today, Michelle Wiley, owner of Studio One Fitness, is lean, muscular and full of an uncanny amount of energy, but this has not always been the case. “I used to be overweight for my height,” she confessed. “That was until my physical fitness journey began.” The journey Michelle speaks of began 10 years ago when she met a personal trainer who encouragingly pushed her to get in shape. “I was enamored by the trainer,” she remembered. In fact, she was so enamored that she became certified as an aerobics instructor in 2000. Her first job as an instructor came under the guidance of Kelli Hill, Michelle’s mentor at the local YMCA. “She really got me going,” Michelle stated. “She offered constructive criticism that taught me so much.”

In 2002, Michelle took another leap in her fitness journey; she went back to class and earned her personal training certification. Having owned another fitness franchise, she decided to open Studio One Fitness. “I wanted a facility

where I could be more creative with my workouts,” she said.

Studio One Fitness is a “Group Fitness only” facility. Michelle takes great pride in offering workouts without machinery. “Our motto is simple,” she said. “No machines, just motivation.” Michelle and the other instructors on staff become the motivation behind the personal training session found within each group fitness class offered on a regular basis at the club. Cardio, weight training and kickboxing are currently offered at Studio One Fitness, while the second location, just two doors down, is now offering the spin classes that have become so popular with Michelle’s clientele.

With the holidays already here and the New Year right around the corner, Michelle offers a couple of options for those who are looking to put their resolutions to get in shape into practice early. Group Power offers a 60-minute barbell program that strengthens all the major muscles in an inspiring, motivating group environment. Simple athletic

movements, such as squats, lunges, presses and curls, are designed for all ages. “When you discover Group Power,” Michelle said, “you discover results.” Group Step is the class that utilizes the step in many positions and heights thus turning this 60-minute workout into a cardio program that strengthens and shapes the lower body, one step at a time. There are also class offerings in Zumba®, power Vinyasa yoga and HITT, a workout similar to fitness boot camp. “We really do offer something for everyone, no matter their fitness level,” Michelle added. “We have clients who are high school athletic stars to people in there 70s.

“We really do offer something for everyone, no matter their fitness level.”

Classes are coed and everyone works at their own level.”

Michelle is proud of what she has been able to accomplish in her own personal life, but she is equally proud to bring Group Fitness to the community. “The research and safety measures behind the program are second to none,” she said. Michelle and all her instructors have gone through extensive training to be qualified to teach the classes offered at Studio One Fitness. The journey that Michelle started so long ago has not only become a way of life for her and her husband, Kendall, it has also become her passion. “God gave me a passion to do what I love,” she said, “and the members are reaping the benefits. I’ve learned that exercise really is the best medicine.”

For a complete listing of the hours of service and the classes offered, stop by Studio One Fitness located at 2251 Brown Street, call (972) 923-3121, or visit www.Studio1Fitness.net. **NOW**

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8:30am 20/20/20 Cardio/Buns/Abs	5:30am Group Ride	8:30am Group Step	5:30am Group Ride	6:30pm Zumba
9:00am Yoga (101)	8:30am Group Power	8:30am Yoga	8:30am Group Power	SATURDAY
4:30pm Group Step	9:00am Full Force Kick	4:30pm Cardio Fusion	4:30pm Group Power	8:00am HITT
5:30pm Group Power	4:30pm Group Power	5:30pm Group Mix (Power & Step)	5:15pm Kickboxing for Fitness	8:00am Group Ride
6:30pm Cardio Kickboxing	5:15pm Kickboxing for Fitness	6:15pm Yoga (101)	5:30pm Power Step	9:00am Group Power
6:30pm Beginning Zumba	5:30pm Group Step	6:30pm Zumba	6:30pm Power Vinyasa Yoga	9:45am Beginning Group Step
7:30pm Beginning Group Power	6:30pm 20/20/20 Cardio/Buns/Abs	7:30pm Group Power	6:30pm Group Ride	SUNDAY
7:30pm Beginning Spin	6:30pm Group Ride			5:00pm Power Vinyasa Yoga
	7:30pm Power Yoga			

Classes in RED are in Studio "B" (Right Side of Wiley's Jewelry)

Schedule subject to change - check our website for updates: studio1fitness.net

Shock the World

— By Amanda Madden Pitt

“We’re gonna shock the world” is the bold, reoccurring motto heard in the classroom of Rob Price, a local college professor. Rob teaches communications and media courses at Southwestern Assemblies of God University (SAGU). The 40-year-old Price is beginning his fourth year of instructing communication arts students at SAGU. It is actually his second tour of duty at SAGU, where he was a recruiter for the university from 1993-94. Since then Price has earned a master’s degree in TV/film from Regent University (Virginia Beach, VA), worked three years for the Christian Broadcasting Network (CBN) as TV reporter/producer, served seven years as a media/outreach pastor at a large church in Indiana and produced a long list of freelance video productions in Indiana, Virginia and Texas.

Though Rob’s résumé and reputation are impressive, it is his character, leadership and desire to change the world, one classroom at a time, that make him the type of instructor who shapes lives. “He knows when and how to push you, and he pushes you to your heights,” junior Alecia Forbing said.

“If I can just teach students to write, light, shoot and edit, they can get a job anytime, anywhere, anyplace. You are marketable, and I hammer this into my students,” Rob said. But it is not just the technical aspect of production that is important to Price. “If you don’t have a good story to tell that’s positive and redemptive in nature, I don’t want to hear about it. I don’t want to hear just something that’s going to entertain. We’re about changing the world and impacting our culture with biblically-based feature stories.”

To that end, Price launched summer film projects at SAGU, a concept not uncommon at other universities. The school’s first movie, *Breaking News*, was produced in 2007-08 and shot in HD on cinematic lens. It included both SAGU



actors and local, professional acting talent. *Breaking News* is a dramatic story of one reporter’s journey to find compassion. “I firmly believe that the film has the power to change the world. As pursuers of this power we must always endeavor to change it for the better,” said Writer/Producer Tim Roberts, a junior communication arts major.

Out of 1,500 entries in the short film category, SAGU’s *Breaking News* won the best cinematography platinum award at the World Film Festival in Houston, Texas, the third oldest film festival in North America. “This is a very high honor because it’s a prestigious and historical festival that includes both professional and student works. The likes of Stephen Spielberg, George Lucas, the Coen brothers, a lot of today’s big boys, submitted their films to this same film festival when they were younger,” Rob said. “It’s amazing what one win can do for a department. It has skyrocketed our energy and our motivation.” *Breaking News* is now being featured on Direct TV’s NRB and TCT networks. It also was recently picked up for broadcast in Australia.

“Mr. Price teaches us how to work together and to respect our peers as professionals. If one of your classmates was the director, he wasn’t your classmate anymore; he was the

Education **NOW**

director," said Dara Davila set designer for the school's second film *Last Hope* and a junior majoring in media ministry. Heather Kinney, also a junior, is specializing in broadcasting and was in charge of craft services on the *Breaking News* set. "I learned a lot about time management. We fed a crew of about 30 people for two weeks for free. I got the job done, and that was really good," she said.

Communication arts is one of the fastest-growing majors at SAGU. In fact, it is one of just four on-campus programs with record-high enrollment during the last academic year. "I just fell in love with the program, and I wanted to gain experience doing everything," said junior communication arts studies major Amber Williams.

"It has been awesome working with people in the industry," said Joel Camp, a junior in digital media arts. Joel and his sister, Valerie, run a business called I Am Media Group and currently have some exciting opportunities ahead. "If God keeps the doors open, then I'll walk through them," he said.

"You have a theme and a story line, you put it together and you shoot it in high definition video, but the director has it all in a vision. When it all comes together in one complete package, it's marvelous," said Jason Rutel, a broadcasting major and director of photography for *Last Hope* and sound mixer for *Breaking News*.

Rob Price said someday SAGU itself will be the breaking news. "One day I will see in the paper or on TV some young man or woman who has directed a major motion picture that is life-changing because of its redemptive story, and then recognize their name as a SAGU graduate. Mark it down: this small school tucked away in quiet and quaint Waxahachie is building a communication arts department that is going to shock the world." **NOW**

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In the Kitchen With Randy and Susan Wolbers

— By Faith Browning

Randy Wolbers gives his wife, Susan, all the credit for teaching him how to cook. Susan's grandmother taught her to cook from scratch at an early age. "I still have and use Grandma's rolling pin and her cookie cutters that are more than 60 years old!" she said. "The cookies were never frosted in our home, just sprinkled with sugar."

The holidays bring out the Wolbers' timely traditions. "Thanksgiving

is a full-blown affair with all the trimmings plus some! It's a true day to celebrate the bounty and being thankful. Christmas is minimal work with minimal food; we are still full from Thanksgiving!" Randy said. "One Christmas tradition we continue is on Christmas Eve morning when we eat fried oysters for breakfast. Susan's father started this many years ago, and it continues to this day." **NOW**

HOLIDAY CRANBERRY SALAD

1 12-oz. bag fresh or frozen cranberries, ground
1/2 to 3/4 cup sugar
1 small box any flavor red Jell-O
1 cup boiling water
1 tall can crushed pineapple, with juice
1 cup celery, diced
1/2 to 1 cup nuts of choice, chopped (We prefer pecans.)

1. Combine cranberries and sugar; set aside to allow sugar to dissolve.
2. Dissolve Jell-O in boiling water; allow to cool a little.
3. Stir in rest of the ingredients, including berry mixture; chill.

POOP ON A BUN

A quick holiday breakfast. Do not let the name scare or fool you!

4 English muffins, cut in half
1 lb. bulk sausage (such as Jimmy Dean or Owen's)
1/2 lb. Velveeta cheese

1. Preheat oven to 350 F.
2. Split muffins and place them on a cookie sheet.
3. Brown sausage and drain well.
4. Cube Velveeta; add to meat, stirring until melted.
5. Spread evenly on muffin halves; bake for 15 minutes or until cheese is desired color.

Note: For an alternative, use ham and top with Swiss cheese slices.

GRANDMA LITTLE'S SPRITZ COOKIES

1 lb. butter, soft (no substitutions)
3 cups powdered sugar
3 whole eggs
1 Tbsp. heavy whipping cream or evaporated milk
2 tsp. almond extract
About 6 cups all-purpose flour (Start with 5.)
1 heaping tsp. baking powder

1. Preheat oven to 400 F.
2. Cream together the butter and sugar in a large mixing bowl.
3. Beat in the eggs one at a time.
4. Add the cream/milk and the almond extract.
5. Start blending in the flour with a wooden spoon. The dough should be a nice and soft, but firm consistency, not sticky to the touch.
6. Press through a cookie press into desired shape onto ungreased cookie sheets. (I use parchment paper and make the cookies in "S" shapes about 2 inches tall.)
7. Bake until very lightly browned on edges, but almost still white/cream color on top.
8. Remove quickly to racks to cool.

Note: It is important to not chill this dough prior to forming cookies for baking.

RANDY'S SINFULLY RICH BARS

1 pkg. Oreo sandwich cookies, crushed
3/4 cup butter, melted
1 can sweetened condensed milk (not evaporated milk)

1 cup chocolate chips
1 cup peanut butter chips
Chopped nuts, if desired

1. Preheat oven to 350 F.
2. Combine cookie crumbs and melted butter; press into a 9 x 13-inch pan to form a crust.
3. Melt together the milk and chocolate chips, using a microwave or double boiler. Pour evenly over the crust.
4. Sprinkle the peanut butter chips and nuts evenly over the top. (If you do not like peanut butter chips, you can always substitute with more chocolate chips.)
5. Bake for 10 minutes. Cool and cut.

MICHELLE'S BANANA BREAD

1 3/4 cups all-purpose flour
1/2 tsp. baking soda
1 1/2 tsp. baking powder
3/4 tsp. salt

1/2 to 3/4 cup sugar
1/2 cup nuts, chopped (optional)
1 beaten egg
1/2 cup milk

1 cup ripe, mashed bananas

1. Preheat oven to 350 F.
2. Combine all dry ingredients in a mixing bowl and make a well in the center.
3. Add remaining ingredients; stir until all is well-mixed.
4. Bake in a greased and floured loaf pan for 50 minutes or until inserted toothpick comes out dry.
5. Remove from pan; let cool on a wire rack.

Note: Sometimes we add 1/2 cup dried cranberries or 1/2 cup blueberries to the batter for a different, flavorful bread.

GRANDMA SCHULER'S CUT-OUT SUGAR COOKIES

1/2 cup butter, softened
1 cup sugar
1 egg
4 Tbsp. buttermilk or sour-milk
1/2 tsp. vanilla
2 cups all-purpose flour
1 tsp. salt
1/2 tsp. baking soda

1. Cream together the butter, sugar, egg, milk and vanilla.
2. Sift together the dry ingredients.
3. Stir everything together with a wooden spoon.
4. Chill the dough at least half an hour, or until ready to use.
5. When ready to bake, preheat the oven to 400 F.
6. Roll out dough on a lightly floured surface to about 1/8-inch thickness. Sprinkle with sugar.
7. Cut with cookie cutters.
8. Bake until light brown (about 7-10 minutes depending on the oven).
9. Cool on racks, and then store in tins.

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Give Your Grandchildren the Gift of Life

— By Adam Rope

When you are trying to choose just the right gift for your grandchildren, you can have a tough time sifting through the newest trends and fads. Last week it was this pop star, next week it may be a new cartoon character. On top of that, you don't want to get something that won't last 10 minutes out of the package.

One gift that will last for many years is a life insurance policy. There are many reasons why it can be an excellent gift for your grandchild.

• Affordability

The younger the child's age, the lower the premiums.

• Protection

Illness or injury may affect a child's ability to purchase life insurance coverage later in life. Coverage purchased now will continue to provide protection, even if a child's health changes, provided premiums are paid as



required by the policy.

• Financial Security

Life insurance can be the foundation for a strong financial plan. The child may be able to borrow against the accumulated cash value (with interest charged) to pay for future expenses. While loans decrease death benefits and cash surrender values, the proceeds can be used for important expenses such as a college education or the purchase of a home.

Giving a gift of life insurance to your grandchild can be one of the most significant things you do during your lifetime. He or she may not understand at the time how important the gift is, but should grow to appreciate it in the future.

Take the guesswork out of your gift shopping. Life insurance is a gift that will last a lifetime. **NOW**

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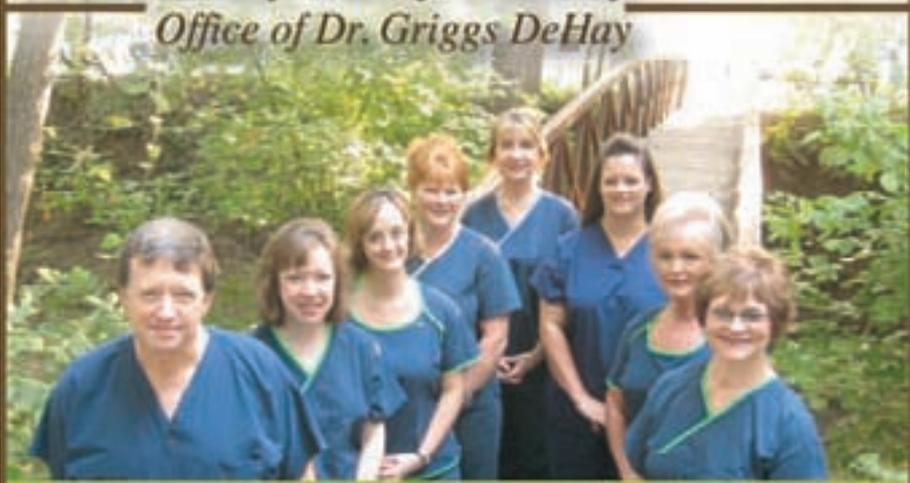
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Sleep Stops Here



— By Betty Tryon, R.N.

It is getting harder to find a good night's sleep. Approximately 40 million Americans wake every morning feeling exhausted, or they drag themselves through the night to face another day without sleep. There are many different sleep disorders with some of the most common ones being insomnia, narcolepsy and sleep apnea. Sleep apnea is a disorder that affects roughly half of all Americans in their struggle to wake refreshed and rested.

Sleep apnea, defined as cessation of breath, may occur hundreds of times during the night; you simply stop breathing for a few seconds, start breathing again, stop again and so on. You may be completely unaware this is happening, and only be conscious of the side effects during the day — a constant feeling of tiredness and drowsiness. You may have morning headaches and feel irritable or waken with a dry throat. If you do not realize that a problem exists, your bedmate surely will. Sleep apnea is punctuated with snores, snorts and even choking sounds during the night. Not everyone who snores has sleep apnea nor does everyone who snores need to rush out to see his or her physician. A visit to the doctor may be in order if your bed partner notices loud snoring with long pauses (about five to 10 seconds) of not breathing.

These episodic periods of not breathing can be very stressful

on your cardiovascular system. Consider the physiology when you stop breathing. Your oxygen level falls to a precarious level. Hence, your organs are not getting the oxygen they need to function properly. Your body tries to compensate by having your heart work harder or pump faster to provide the body's cells with the proper amount of oxygen. This will increase your blood pressure. With this scenario recurring many times an hour over the course of the night, you increase your susceptibility to hypertension, a stroke or cardiac arrest.

When you visit your doctor, he or she will evaluate your medical history along with information you give regarding your sleeping habits and how that is affecting your daily life. An examination of your nasal and oral tissues for abnormalities will also be done. If a sleep disorder is diagnosed, treatment will be aimed at restoring normal sleep activity. This may be as simple as implementing some lifestyle changes such as avoiding alcohol, losing weight and learning to sleep on your side. Sleep apnea can be serious. An effective treatment plan from your health care professional will help to improve your sleep and banish those exhausted mornings. **NOW**

This article is for general information only and does not constitute medical advice. Consult with your physician if you have questions regarding this topic.

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Gardener Gifts

Under the Tree — By Nancy Fenton

It is that time of year again, and I have been going through the catalogs and newspaper clippings that I have saved all year in order to compile a Christmas wish list. There are some new things on the market and lots of old standbys, such as medium-sized tarps to pick up all those pesky leaves and weeds that come out of the flower beds. Good gloves are always nice. Both Amaryllis and Paper White bulbs are fun gifts, and after several months of indoor enjoyment, they can go into the yard come spring. The indoor/outdoor weather station allows you to check the temperature outside without leaving the house.

I am going to ask for several Slinkies (metal ones) this year. I have it on good authority that a metal Slinky attached to the bottom of a bird feeder surrounding the pole will deter squirrels and raccoons.

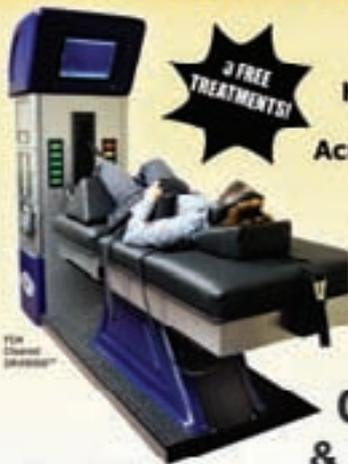
New this year is a butterfly habitat, complete with a coupon for cocoons to be ordered when your gardener wants to watch them hatch. Planting bags are another new find. These are bags with handles that hold between 16 and 45 quarts of soil that can be planted and then moved around. They sound perfect for porches, balconies, and small patios or yards.

A rain barrel is also a great gift, and you can go a step farther and install it on your gardener's downspout or under a valley in their roof. Rain barrels can be purchased online or from catalogs, but they are a lot more expensive than those made in the rainwater harvesting classes currently being held around the area. Half-day workshops run between \$30 and \$50 and participants come out with a 55-gallon rain barrel ready to attach to their downspout at home. Catalogs charge \$150 and up plus shipping. Check with the following people for a workshop in your area: Waxahachie: John Smith, Waxahachie Parks Department, (972) 937-7730 ext. 181; Cedar Hill: Josh McLerran, (972) 291-5126 ext. 2818; Midlothian: Kathleen Hamilton, (972) 775-7123.

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All Month

Local muralist, Brad Smith's large scale paintings display and sale: M Lounge, 835 Foch St., Fort Worth. Paintings will be there indefinitely and are changed out periodically to include new work. (817) 295-5802.

December 3-5

Red Oak's Festival of Trees: First United Methodist Church, 600 Daubitz Dr. Holiday donations accepted prior to event. To pledge a holiday item, call (972) 617-4320 or e-mail melanie_75125@yahoo.com.

December 4-6, 11-13

Bethlehem Revisited, located behind Central Presbyterian Church at 402 N. College Street: 6:00-9:00 p.m. Step back in time and walk the streets of ancient Bethlehem. Admission is free, but donations are welcome. Performances repeated every half hour. "The Supper Quilt," by Dr. Donald E. Locke, DDS, will also be on display. For more information, call (972) 937-2390.

December 4 - 21

Ennis Public Library presents My Favorite Christmas, by Bill Rhoten. Fridays and Saturdays: 8:00 p.m. One matinee show. For information and reservations, call the theater at (972) 878-7529.

December 5

Waxahachie Christmas Parade: 10:00 a.m. in historic downtown Waxahachie. Call (972) 937-2390 for more information.

Waxahachie Junior Service League's annual Christmas Market Gift Show: 10:00 a.m.-5:00 p.m. at the Waxahachie Civic Center. Offerings will include unique gifts, clothing,

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What's Happening **NOW**

jewelry, antique lamps, baby gifts, gourmet food and mixes, home decor, Christmas ornaments and photos with Santa. Admission: \$5; includes a complimentary raffle ticket. Children are free.

Capitol One Bank and Adolphus Children's parade: 10:00 a.m., Dallas. www.childrens.com/Parade.

December 12

The Godly Woman, a community Christmas conference: 10:00 a.m.-3:00 p.m. at the University Assembly of God Church. Doors will open at 9:00 a.m. The guest speaker will be Lisa Whelchel. Cost: \$20 includes lunch. For more information, call (972) 937-7810.

5 Alarm Texas Country Jam, a Texas country concert promoted by the Ennis Firefighters Association Local 3320: Sokol Hal in Ennis. BBQ, raffle, bands including Acoustic Sound Hounds, Wes Ball Band, Hodak Band, Ryan Turner Band and Kyle Park. For more information, visit www.ffa3320.net

Bluegrass/Gospel Show: 7:00 p.m., Old Bristol Schoolhouse, 100 Church St., Bristol. Come early and join the bluegrass picker's jam from 4:00-6:00 p.m. Free admission; donations accepted. For more information, call Jim Gatlin at (972) 846-2211.

A Night in Bethlehem, a hands-on Holy Land experience: 5:00-8:00 p.m., Tabernacle Baptist Church in Ennis. Families welcome.

December 12, 13

The final weekend of the Candlelight Christmas Home

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Tour, sponsored by the Waxahachie Downtown Merchants Association and the Waxahachie Chamber of Commerce and CVB, will feature the four remaining homes dressed in their holiday finery. For more information, call (972) 937-2390 or visit www.waxahachiechamber.com/candlelight/.

December 13

Ellis County Toy Run, hosted by Gryphons Motorcycle Club. For more information, call (972) 878-4748.

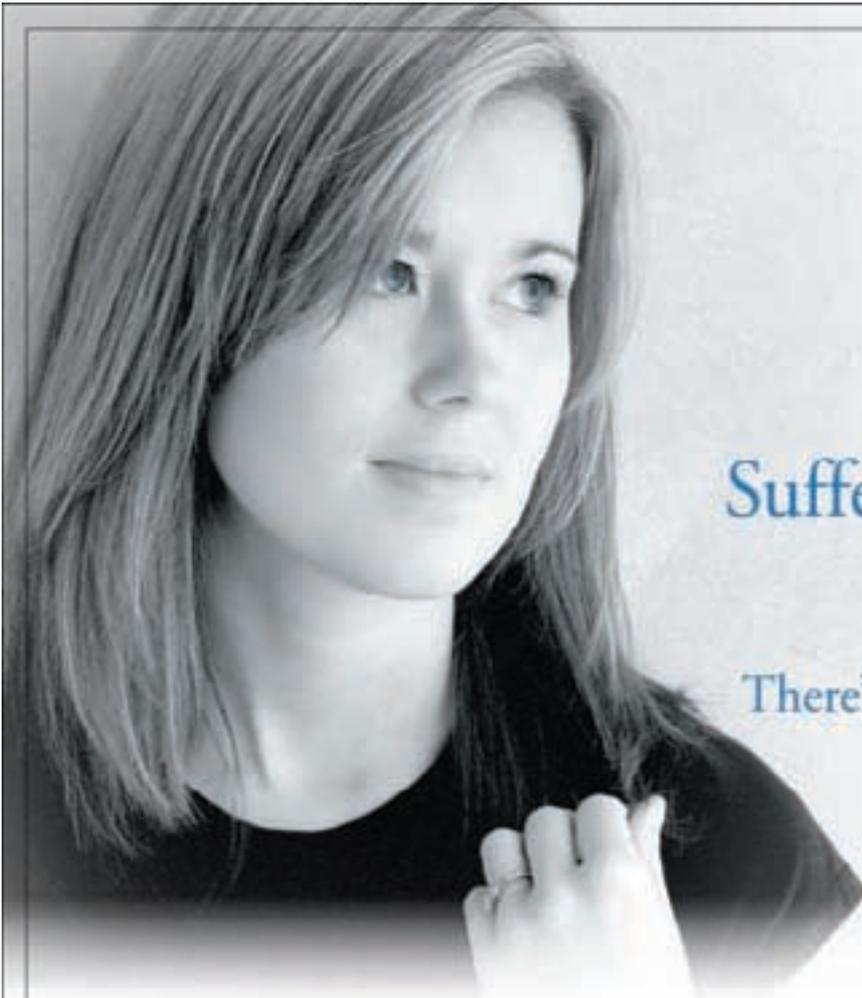
December 31

Dallas Symphony Orchestra's New Year's Celebration: Myerson Symphony Center, 2301 Flora St., Dallas. (214) 871-4550.

February 6

Jazz Café, an evening of elegant dining, dancing and great jazz and Big Band-era music at the Waxahachie Civic Center: 6:30 p.m. This year marks the 5th anniversary of Jazz Café, featuring the Waxahachie Jazz Orchestra with guest artists, including professional jazz trumpeter, Larry Spencer. A silent auction with a variety of great prizes will benefit the Waxahachie Band Boosters. Tickets are \$30 when purchased in advance or \$35 after the February 1 deadline. For more information or to order tickets, e-mail jazzcafe@spiritofwaxahachie.com or visit www.spiritofwaxahachie.com/jazzcafe.

For more community events, visit our online calendar at www.nowmagazines.com



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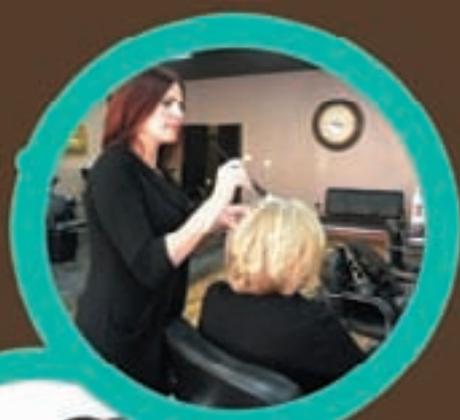
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