

### ATHER HUB OF NORTH TEXAS JANUARY 2020 FREE

## CAROL SALES

NEW YEAR'S WORKOUT ZONES EVERY NOW AND THEN KIWANIS PANCAKE FESTIVAL DOWNTOWN 2020 FOOD FOR THOUGHT EVERYTHING IN BETWEEN ROCKING M DISTILLERY TERESA PONTIUS CAVES 2020 CENSUS MSU CONNECTION SHEPPARD MAIN GATE



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## **NEW YEAR'S RESOLUTIONS WORKOUT ZONES**

Everyone knows the traditional ways of working out, but many New Year's resolutions following this path end up being abandoned by the start of February. The fact is, the usual crowded and sweatfumed environments of traditional gyms are not the preference of all people.

Some people prefer to burn their calories alone, while others get inspiration from those around them. Some are beginning with low-impact exercises, and some want to further tone and strengthen their bodies. All these preferences make for a varied number of individuals with differing goals, so why should one type of gym be suited for every type of body goal for the year?

The answer is to find an environment that fits personal preference; and Wichita Falls is filled with plenty of opportunities to do that.

Listed below are either specialty gyms or work out environments and traditional places to exercise, as well. Given, not all the available venues are mentioned, but the places mentioned are just a few examples of the wide variety of physical fitness environments Wichita Falls has to offer.

A Special Niche



CrossFit of Wichita Falls (https:// crossfitwichitafalls.net/), while it is not the only CrossFit location in town, it has a large, professionally-run facility with sessions pre-planned out for participants. At \$125 per month for three sessions a week or \$150 for unlimited visits, the price can be better than some competitors. The earliest sessions start at 5:30 AM and run until 8:00 PM.

Hot Worx (https://hotworx.net/studio/ wichitafalls-callfield/) is built around a series of infrared saunas -the only place of its kind in Wichita Falls. Workout classes held within the saunas include "hot" bands, barre none, blast, buns, core, cycle, isometric, pilates, warrior, and yoga sessions. You can also work out individually and there is 24/7 access for members. Infrared radiation is intended to reduce warm-up time, make the workouts more intense, and activate the body's regenerative process. They are running a membership deal now!

Pueblo Boxing (https://www. puebloboxing.org/) is a place my inner Rocky fan adores! The workouts are based on a series of punching bags, but there is also a ring for anyone interested in sparring, though that only happens under supervision. Classes in cardio and "catching" are available. No experience in boxing required. Classes start as early as 6:00 AM and as late as 7:30 PM, with a special class for people with Parkinson's, for youth, and a number of other sessions. Groups are welcome to schedule their own sessions. The regular price for 2 weeks is \$25, but deals for longer and shorter periods are available. Rx Strength (http://rxstrengthtrainingwf. com/) has a small-ish gym but features massage therapy and a chiropractor's office on-site. This is also a good place for anyone with a sensitive spine. Membership is \$40 per month, but personal training and massage have hourly rates (\$40 per hour, \$35 per 30 minutes). Special rates available.

Weightless (https://www.facebook.com/ weightlessWF/) features bungie cords hanging from the ceiling balancing against your weight. It provides a low impact, fun workout in which you get the sensation of flying. The cost to participate is \$20 for bungee fitness and \$15 for rebounding. They offer deals, discounting the per class price significantly. The main drawback is you have to ensure the harness attaching you to the bungies fits right, or you can wind up sore. Plus, it is more aerobics than anything else. By the way, the owner, Tiffany Humpert Brillhart, is an inspiring individual-an alumnus of ABC's Extreme Weight Loss and a cancer

survivor! (And very personable.) Good General Fitness



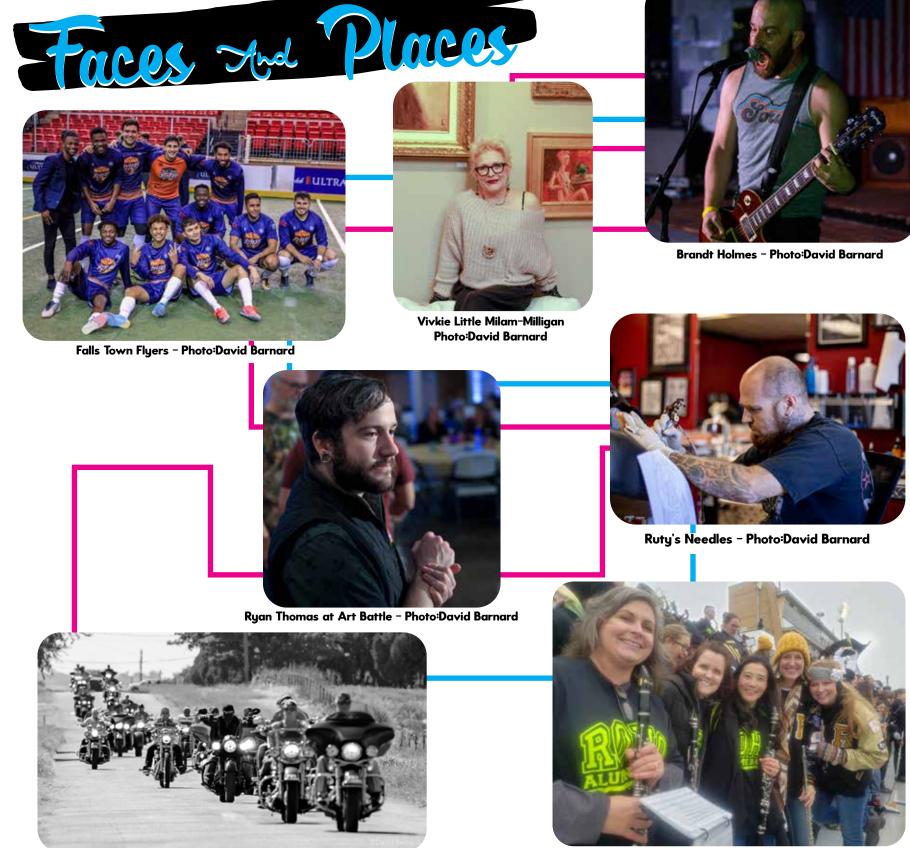
Anytime Fitness (https://www. anytimefitness.com/gyms/2502/wichitafalls-tx-76302/) has 24/7 access to members, a good set of equipment, and reasonable prices at \$29.99 per month for an 18 month commitment (other rates available). Currently offering a \$1 dollar fee to sign up until January 31st. Annual fee is not due until June.

Falls Fitness (http://fallsfitwf.com/), is locally owned, but also has 24/7 access for members, a good set of equipment, classes, and personal trainers available. The price of membership through January 16th is \$31 per month and includes all classes.

Gold's Gym (https://www.goldsgym. com/wichita-falls-tx/) hits the "gold" standard for its facility, with a wide variety of programs. Price plans vary but the basic one starts at \$39.99 per month. Hours are 4:00 AM to midnight, shorter hours on weekends.

Planet Fitness (https://www. planetfitness.com/) features a quality facility, a deliberate atmosphere of acceptance of all who come to work out, a friendly staff, and a very accessible website. Membership are as low as \$10 per month with 24/7 access for members. Bill Bartley YMCA (http://www.ymcawf. org/), has workout space for a good price (less than \$35 per month, depending on exact services). It is expanding, including new facilities for basketball and soccer. YMCA is a great place to go work out and bring the kids, where they can enjoy sports that interests them. New additions will be completed until April of 2020.

- Travis Perry



Larsonfest 2019 - Photo:David Barnard

## KIWANIS PANCAKE FESTIVAL FEEDING THE COMMUNITY TO FULFILL THE COMMUNTIY

The University Kiwanis Club Annual Pancake Festival began in 1956 as a service project raising funds for children in Wichita Falls. This was before Taylor Swift was born in 1989, before Lee Iacocca introduced the Ford Mustang, even before General Motors produced the classic 1957 Chevrolet Bel Air.

On January 25, 2020, from 6 AM to 6 PM, the 64th annual "eat all you want" event will be held at the MPEC Bridwell Agricultural Center. With a host of volunteers this local civic club serves pancakes to about 10,000 supportive Wichitans each year. And each year, the Board of the University Kiwanis uses the net proceeds of this event to fund projects to benefit children locally. In recent years, the Club has donated to the Christmas Project, providing about 1,600 elementary children in the Wichita Falls Independent School District with a Christmas bag containing campus-specific

"Spirit Sweatshirts", hygiene kits and books. Member who have "special connections" arrange for Santa Claus to present these items to each child. This is major project of the University Kiwanis, but the club does much more, supporting Christmas in The Park, Halloween in The Park, the annual Easter Egg Hunt, and of course providing the best rest stop on the circuit of the Hotter Than Hell Bike Ride. To learn more about this group, please visit https://universitykiwaniswf. org/. Like any other volunteer organization, your University Kiwanis is always looking for new members to sustain this great local tradition.

The University Kiwanis Club is part of Kiwanis International. Kiwanis International is a global community of clubs, members and partners dedicated to improving the lives of children one community at a time. Today, they stand with more than

550,000 members from K-Kids to Builder's Clubs to Key Clubs to Circle K Clubs to Kiwanis in 80 countries and geographic areas. Each community has different needs, and Kiwanis empowers members to pursue creative ways to serve the local needs of children, such as fighting hunger, improving literacy and offering guidance. Across the globe, Kiwanis clubs host nearly 150,000 service projects each year. Kiwanis International was instrumental

in the "Eliminate" Project, an international effort to eliminate the scourge of Iodine Deficiency Disorder by providing equipment and expertise in iodizing salt for domestic consumption in areas where the diet was lacking this essential element. Currently, Kiwanis International is working to provide vaccines world-wide to save lives from maternal and neonatal tetanus. The website for Kiwanis International is https:// www.kiwanis.org/home.





## **EVERY NOW AND THEN:** From a Divine Heart

There is a special celebration that takes place around the middle of December in Wichita Falls and it takes place slightly under the radar each year. Our community is blessed with a wonderful friend and business within its city limits that employs hundreds of our citizens of special needs. They are the responsible for this special celebration.



This company is called Work Services Corporation and is located on Hatton Road with a branch on Armory Road. Here is some information about Work Services as 6 taken from their website: "Work Services Corporation is a diverse corporation that provides a variety of exceptional goods and services. With operations in Texas and Oklahoma, WSC employs over 600 people. We conduct business with federal, state, and local governments in addition to meeting commercial needs. But our proudest attribute is that our mission is to serve those with disabilities. In fact, we exceed all AbilityOne<sup>®</sup> program requirements to provide 75% of direct labor from people with significant disabilities. WSC is a not-for-profit corporation and an AbilityOne<sup>®</sup> Authorized Provider of goods and services."

Work Services holds some special memories for many, I am sure, but there are many memories that are indeed very special to me. These memories are centered around the celebration that I mentioned at the beginning of this article. The celebration is the annual Lillian Burns Christmas Party, held at WSC. You may already know that Lillian Burns and our wonderful Fantasy Of Lights at Midwestern State University are closely related, but her charitable contributions are far reaching, all the way to an annual Christmas Party that has impacted my life for thirty-five years.

I moved back to Wichita Falls after several years of wonderful weather, exceptional

friends, and great music in Los Angeles. I arrived at my folk's house at one in the morning on Friday December 1, 1984 and by Tuesday the 5th I was already gigging four nights a week, working with Mike O'Neill and Kenny Samples. Kenny got a phone call about playing a little Christmas party at Work Services with no idea who they were. Kenny and I said yes and loaded up our acoustic guitars. It was a load of fun, and our audience was second to none. The employees at Work Services were so appreciative. Oh, to have an audience like that all of the time!



That party lead to another invitation for the next year, but this time it was me and whoever else I could round up to help me out. Kenny couldn't make it. It turned into a full band WWW.THEHUBNTX.COM

event with a special stage built just for us! It also turned out that it was not hard at all to get volunteers to help me out and as the years progressed and the parties added up, I could always count on our musicians to call me up around November, hoping to get on board in December. Some of those wonderful folks include Paul Carr, Barry Sloan, Jerry Guy, Rog and Steve Kundert, Dave Fernholz, Jesse Andrade, Joe Splawn, Billy Dawkins, Joel Broyles, Gary Snyder, Mark Snyder, my sons, Mathew, Jimi, and Mackey Divine (Mackey was born on December the 2nd in 1991 and approximately two weeks later he made his on stage debut at that year's party-diapers and all. Now he provides bass guitar, guitar, and vocals, but has forgone the diapers), and of course, Kenny Samples. If I left someone out,





please forgive me.

Just a few days ago I played my 35th party at Work Services. Over these last decades I have seen many of these special employees pass on, and to not have their presence at this special party has often been heartbreaking. It is always bitter sweet to say the least. This year, my son James, who took over my role of organizing a band and arranging the details a few years ago, was not there. He was truly missed. Tears were shed, but we carried on. This year's party was dedicated to the memory of Jimi Divine by the president, staff, and employees of Work Services Corporation. Don't let anyone tell you that you can't cry and smile at the same time.

All these wonderful memories are deep in my heart, but my strongest memory comes in

the form of the 2018 Lillian Burns Christmas Party. That would be the last time I shared a stage, some songs, and some special Christmas joys with my son Jimi. Twelve days later he would be gone. It has been the hardest year of my life. I was reluctant to play this year, but my son Mackey said Jimi would have wanted me to. So, I did. Now Mackey, with his big heart and gentle hands, has taken the reins and hopefully this wonderful, under the radar, Christmas celebration will carry on for many more years and Jimi will be remembered at every one

#### of them.

-Johnny Divine





## MARCH

**14TH DOWNTOWN DASH 5K** 8AM TO 5PM **ST PATRICK DAYS STREET FESTIVAL** 2PM TO 10 PM

## **APRIL**

**2ND AFTER HOURS ARTWALK 6PM TO 9PM 25TH CAJUN FEST 11AM TO 8PM** 



MAY **7TH AFTER HOURS ART WALK 6PM TO 9PM** 

### JUNE

**4TH AFTER HOURS ART WALK 6M TO 9PM** 

JULY **2ND AFTER HOURS ART WALK 6M TO 9PM** 



## AUGUST

**6TH AFTER HOURS ART WALK 6M TO 9PM** 27TH TO 30TH HOTTER N HELL 100 6AM **29TH HOTTER N ALE 5PM** 

## **SEPTEMBER**

**3RD AFTER HOURS ART WALK** 6AM TO 9PM

### **OCTOBER 1ST AFTER HOURS ART WALK** 6AM TO 9PM **31ST TRICK OR TREAT**

## **NOVEMBER**

**21ST CITY OF LIGHT PARADE 5PM** 

**28TH SMALL BUISNESS SATURDAY** 



DECEMBER **3RD DOWNTOWN CANDLE WALK 5 PM** 



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## FOR THOUGH FAZIOZ CARIBBEAN CUISINE



Caribbean Cuisine, Fazmoz located at 2611 Plaza Parkway Suite 305 in Century City, offers all flavors of Caribbean spices, according to owner Fatisha Evans. It is a family owned business opened by Fatisha and her husband, Emerson, who met at Midwestern State University.

"We work really hard to get it the way it needs to be," she said. The most loved dish is the Oxtail. She

said it is better at Fazmoz than anywhere else because she "puts the magic in it." Fatisha uses the recipe of her grandfather, who lived to be 105 years old. She attributes his long life to living healthy and eating the food she now prepares for Wichita Falls. She promotes a healthy lifestyle and brags that all her food is fresh and healthy.

Visitors love her country, Saint Kits, and the food eaten there. She also has selected meals from a variety of other Caribbean countries, to her customers delight.

Another menu favorite, the Jerk Chicken Sandwich, has great reviews on the YELP website. The Fazmoz Shrimp Avocado Salad is another great dish on their menu.

Fatisha opened the restaurant not, of course) to come and enjoy because she loves to make people happy with her cooking, and she is doing just that. She encourages those who have visited the Caribbean (and those who have

her authentic menu.

- Cindy Kahler Thomas







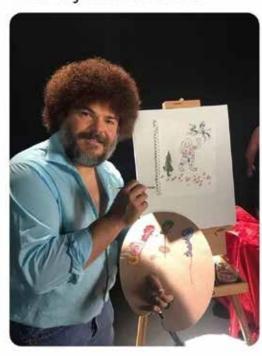
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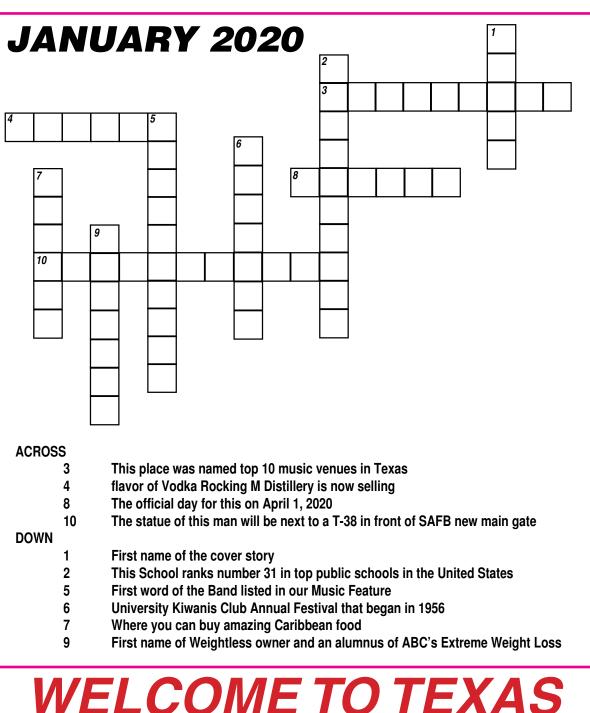
## FUN STUFF

♫ WOAH-OH, we're halfway there, woah-oh...



This is not the greatest painter in the world. NO. This is just a tribute.





Winter is at 6am / Spring starts at 10 am Summer is at 2pm / And fall starts around 4:30ish Dress accordingly

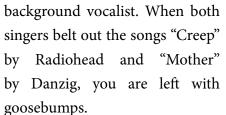


If you enjoy cover bands then you will enjoy the local band Everything In Between. Their musical influences range from Led Zeppelin to Carole King. When asked how they would describe their sound and style to someone who has not heard their music, one of the members replied, "From The Stones to Danzig and everything in between." Their name alone keeps them from being locked in a certain genre, allowing the band to express its music more freely.

Bassist Erica Mundt grew up in Wichita Falls, went to high school at Rider, and later studied Dental Hygiene at Midwestern State University. Erica works as a volunteer coordinator at Child Advocates when she and her band are not rocking the house at Iron Horse, Sticks, or Half-Pint.

When Erica is on stage thumping her bass, the thunderous beats and crashing cymbals behind her are coming from her husband Brandon Mundt. Brandon studied psychology at MSU. He currently works in computer-aided design where he creates plans for buildings and machinery. Brandon sees his music style as being anywhere from Zeppelin to the less familiar band Tool.

Everything In Between has two female vocalists, Lelani Lei and Lindsey Magers. As a result, more female-fronted songs are a part of their repertoire. Lelani takes the lead vocals while Lindsey is the



The same can be said for guitarists Jim Maertz and Ray Hamel, who many will remember playing drums for Bowling For Soup's frontman, Jaret Reddick, in a band called Terminal Seasons. Jim's influences consist mainly of Stevie Ray Vaughan and Eddie Van Halen. He, along with the rest

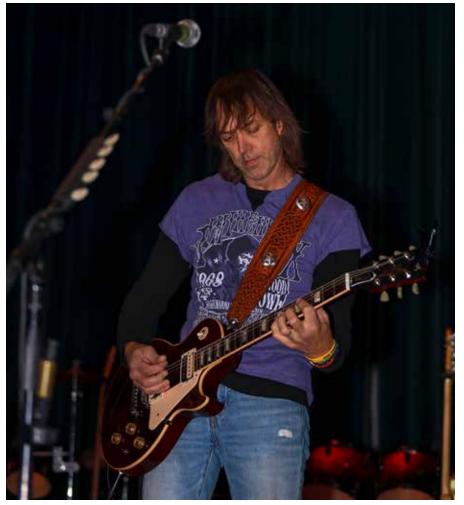
of the bandmembers, are fans of the blues. You can hear it in his solos. When Jim is not playing for Everything In Between, he provides his guitar talents and lead vocals for Romeo Whiskey. Jim is also the owner/mechanic of Maertz Motorsports in Vernon, TX.

Let's not forget about Ray! He is a seasoned veteran of the group. Ray has been in other bands besides Terminal Seasons, but this is only the second band where he



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plays rhythm guitar instead of the drums.

Members of the band have been discussing the possibility of adding country and even Motown to their setlist. Afterall, no one can be pigeon-holed into a certain genre if you go that route.

"You won't know what song is next and you wouldn't expect it either," says Brandon.

I don't know about you, but to me, that is what makes this band special.

The band's next journey begins with taking a lengthy break from gigs and setlists. Their focus will be on writing original JANUARY 2020 songs, developing their style and discovering the band's signature sound. Each member of the band insists they have never thought about becoming famous. They would rather continue a career in music for the love of playing and being together.

If you have not seen Everything In Between, do yourself a favor and find out where they are playing before they take their musical hiatus. Once they take the stage again, we will be the first to hear some original songs and styles they are setting out to discover.

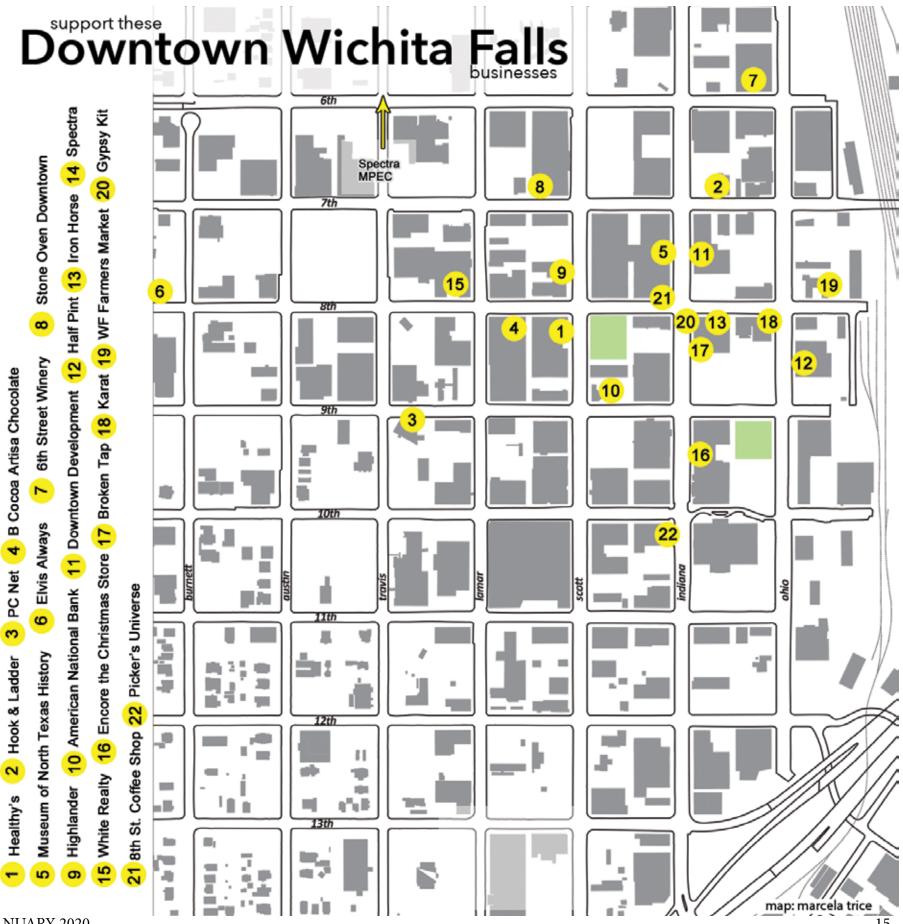
- John Gossett



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## **JANUARY EVENTS CALENDAR**

#### **MUSIC** January 2

-Karaoke with Tom Brillhart @ The Maplewood **January 3** -Open Mic Night with Nick Dan @ The Maplewood -Josh Weathers @ The Iron Horse Pub **January 4** -Hip Hop Night @ The Deep End -Race Rutledge and The Texas Knights @ **Texas Nite Life January 9** -Cade Roth @ BackPorch DraftHouse -Karaoke with Tom Brillhart @ The Maplewood January 11 -Race Rutledge and The Texas Knights @ Texas Nite Life January 16 -Karaoke with Tom Brillhart @ The Maplewood January 17 -Open Mic Night with Nick Dan @ The Maplewood **January 18** -Race Rutledge and The Texas Knights @ **Texas Nite Life** January 23 -Justin David @ BackPorch DraftHouse -Karaoke with Tom Brillhart @ The Maplewood January 25 -Race Rutledge and The Texas Knights @ Texas Nite Life **January 30** -Karaoke with Tom Brillhart @ The Maplewood January 31 -Open Mic Night with Nick Dan @ The

Maplewood

ART January 23 -The Acoustic Parlor ft. Mike McAdoo and The Kintners @ 9th Street Studios January 30 -Birds in Art Exhibition and Reception @ Wichita Falls Museum of Art at MSU Texas Exhibits @ The Kemp -Jules Scales: Nov. 15 – Feb. 2 -Wichita Falls High School Art Department: Nov. 8 – Jan. 26 -Virginia Oechsner: A Retrospective: Nov. 1 – Jan. 12 -Michele J. Garcia: Idiosyncratic: Jan. 17 – March 22 Exhibits @ The Forum -Rachel Liles: Jan. 10 - March 13 Exhibits @ Wichita Falls Museum of Art at MSU Texas -On the Verge: Recent Works by Matt Wedel: Oct. 24 - Feb. 15 -The Art Express: Miniature Trains from the collection of Jim Hughes: Nov. 2 - Jan. 11 -Birds in Art: Jan. 10 - Feb. 22 EVENTS Januarv 4 -Skeptics and Seekers Roundtable @ Odd **Duck Coffee** 

January 9

-Wake Up Wichita Falls: First Assembly of God @ 3101 McNiel Ave. -Groundbreaking Ceremony Honoring Le Chateau Pet Resort, Spa, and Boutique @

5351 State Highway 79 S.

January 10

-Beer and Bingo benefitting Community Health Care Center @ Whiskeyta Club WWW.THEHUBNTX.COM

#### January 11

-KFDX Bridal Market 2020 @ Ray Clymer Exhibit Hall -Skeptics and Seekers Roundtable @ Odd Duck Coffee

#### January 14

-MPEC Box Office Grand Opening Ribbon Cutting @ MPEC, 1000 5th St.

#### January 16

-Leadership Wichita Falls Meet and Greet @ Hamilton Ballroom, 900 8th St.

#### January 17

-Improv Night @ Backdoor Theatre

#### January 18

-PJ Masks, Save The Day LIVE! @ Kay Yeager Coliseum

-Benefit for Shawn Sargent @ Stick's Place

-Skeptics and Seekers Roundtable @ Odd Duck Coffee

-Karnevale – Gangsters & Dolls: A Night At The Speakeasy @ The Forum

#### January 23

-Business After Hours: BST Investment Advisors @ 2304 Midwestern Pkwy, Suite 103A

#### January 25

-64th Annual Pancake Festival @ J.S. Bridwell Ag Center
-Gun and Knife Show @ Ray Clymer Exhibit Hall
-Balance at the Brewery @ Wichita Falls Brewing Company
-Skeptics and Seekers Roundtable @ Odd Duck Coffee
January 26 -Gun and Knife Show @ Ray Clymer Exhibit Hall
Downtown Wichita Falls Farmers Market: Open 1st & 3rd Saturdays

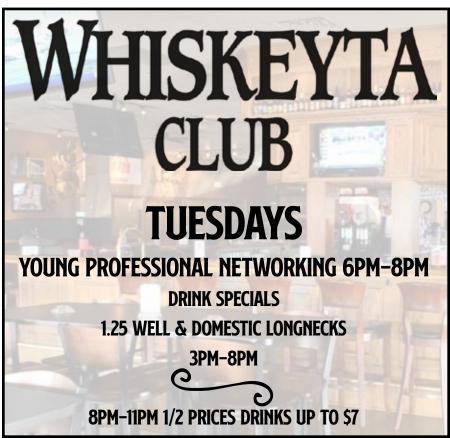
## THEATRE

January 17, 18 and 31 -West Side Story @ Wichita Theatre January 24, 25 and 31 -The 25th Annual Putnam County Spelling Bee @ Wichita Theatre Stage 2

## FOR THE KIDS & FAMILY

Every Tuesday (January 7, 14, 21 and 28) -Storytime @ Wichita Falls Public Library Every Wednesday (January 8, 15, 22 and 29) -Toddler Time @ Wichita Falls Public Library JANUARY 2020 Every Thursday (January 2, 9, 16, 23 and 30) -Nature Program @ River Bend Nature Center January 11 -Nature Tots @ River Bend Nature Center -Science Saturday @ River Bend Nature Center -Modern Calligraphy @ Wichita Falls Public Library January 13 -Teen STEAM @ Wichita Falls Public Library January 18 -Box Car Drive-In @ Wichita Falls Public Library Januarv 25 -Nature Tots @ River Bend Nature Center -Science Saturday @ River Bend Nature Center -Recycled Art @ Wichita Falls Public Library January 29 -Whatever Wednesday @ Wichita Falls Public Library

Have something to add to next month's calendar? Email: gabby@ thehubntx.com #funinthefalls







PROUDLY SPONSORED BY: THE FAIN FOUNDATION & J.S. BRIDWELL FOUNDATION



The mission of the Arts Council is to nurture and strengthen the artistic, cultural, and educational quality of our community and the surrounding area. It does so by having art galleries, classes, and various forms of entertainment to celebrate the arts. Carol Sales, the CEO of the Arts Council, which includes The Kemp Center for the Arts and The Forum, has contributed her years of wisdom and experience to this treasured community non-profit.

"Every season of my life has been fun," Sales said. "I love to see the eyes of people as they progress. That was really stimulated by my time at Texas Women's University," added Sales.

Carol Sales graduated with an undergraduate degree with a double major in Fashion Merchandising and Clothing and Textiles from TWU. She later explained how she spent the first 20 years of her career divided between being in the apparel industry, an educator, and a mom. Sales taught at Bauder Fashion College in Arlington and worked in the apparel industry during that time, as well. "I loved managing Richard Brooks Fabrics,



a couture fabric house," said Sales, who has always been a 'production' person. "I worked behind-the-scenes for fashion shows for all the couture exhibitions at the Dallas Market Center. I worked under the Kim Dawson Agency. So, my full-time gig was with Richard Brooks Fabrics, and I did production for the agency as secondary income," she explained. "At that time the apparel industry was flying high in Dallas. It was a lot of fun."

Carol then was a stay-at-home-mom of three, but when her children were old enough to enter school, she and her husband, Terry, decided to move back to Wichita Falls.

Terry and Carol wanted to live and raise their children in a smaller community, according to Sales. However, there were difficulties that came with the move.

"I must give him a lot of credit for his patience. He [Terry] made the decision to drive back and forth to Fort Worth and Dennison five days a week so we could be here," Carol said. "He is a physical therapist. He works with professional athletes and could not do that in this area," she said. "I will always be thankful to my husband for the opportunity to move back to the region. I will always treasure it and the ability work for a family business."

The family business is the Berend Brothers on Jacksboro Highway. Carol managed inventory control, marketing, and advertising. Sales started her relationship with the Arts Council by being a vendor in the first Home and Garden Festival.

"My boss told me I was going to be on the board of the Home and Garden Festival, so it happened," she said with a grin. "In 2006, I started part-time as a promoter for the festival. My first job was 20 hours a week. I guess over the years, different opportunities became available and I took them. I went to 30 hours and then 40 hours." Carol worked at The Forum at that time with an emphasis in marketing.

In 2012, she was the Director of The Kemp, now known as the Kemp Center for the Arts. She, alongside another director of The Forum, was under the umbrella of a CEO. Carol took over the CEO position in January of 2017. Through various changes in structure, The Kemp Center for the Arts and The Forum are no longer two separate facilities in management as of 2018.

"Seeing the growth of my family and the growth of the arts has been really exciting. What do you say when you get to this stage of your career?" Sales asked. "I don't feel like it is anything I did to get here. There is nothing I did that can be a claim to fame. I do think strongly that the different opportunities I have been given - from the apparel industry, working for a family business, to working for non-profit - have given me a tremendous foundation and opportunity to see progress," she said gratefully.

Unfortunately, Carol Sales hesitantly announced a career change starting in 2023. She anticipates new leadership taking over by then.

"I don't know what my career change will be. I really don't have a vision. Each season of my life has been different and none of them have been planned. But, it is all interesting and exciting," she shared.

- Cindy Kahler Thomas



JANUARY 2020

## ROCKING M DISTILLERY

Rocking M Distillery, located at 614 Brixey Rd in Henrietta, has many different products created through very unique processing systems. Owners Tony, Bradley, and Brittney Moore pride themselves on their original recipes and variety of beverages.

It took a very large investment to start the distillery, but over a million dollars in whiskey has been created! "Bourbons is aged for a minimum of 4 years. It takes a long time to get started. The whiskey we put in our barrels won't be ready to use for 4 years", said Tony Moore.

Rocking M Ranch Distillery has bourbon whiskey, two flavors of moonshine (lemon drop and apple pie), pickled vodka, and will soon be releasing coffee-flavored vodka. In the spring, they will be creating a honey mango and pineapple vodka.

Lemon drop was created in the Moore kitchen. It mixes with any juice or sprite, is good straight, or in a cocktail. Their apple pie moonshine tastes great warm, like a hot toddy, or works deliciously in a milkshake. Tony shared, "If you mix it with Dr. Pepper, it tastes like a chocolate-covered cherry!".

The newest item to roll out is Texas Well Water Pickled Vodka, made from corn. It is made in Texas, by Texans, and mixed with pickle juice made in Texas. "Pickle shots are the hottest thing in the bars right now. And everybody loves Best Maid pickles. They are the best maid pickles in Texas, which is why we use their juice to make our pickled flavor vodka. It is a recognizable flavor," Tony said. "We are the only people in the country making pickled vodka right now. You wait and see. There will be a line of people making it in six months, 20



but we are the first."

What makes their vodka special is the process. Tony explained, the first thing to be removed is acetone, which causes people to have hangovers and headaches. "We capture the acetone and dump it out. Most of the big whiskey companies don't do that. Our vodka has zero smell because we take out the acetone and all the bad chemicals, making it clean. We filter it 50 times through activated charcoal. That is why we have such a clean tasting alcohol."

Rocking M Ranch is conscientious about recycling. Tony explained, "We feed all of our excess grain from production to our cattle. We are a fully working ranch. We use recycled bottles and recapture our water to have zero waste. The Wichita Brewery also uses our



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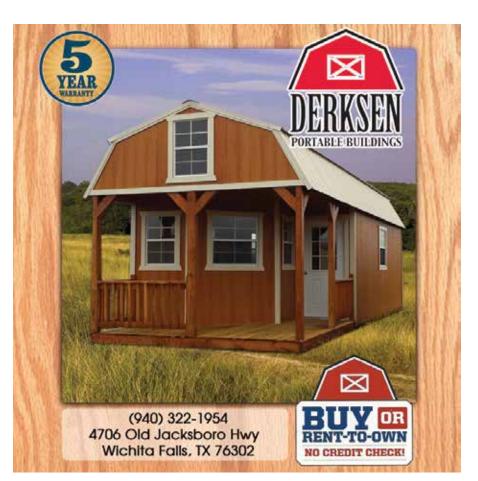
barrels after we dump the whiskey out of it to flavor their beer."

The Moores believe community involvement is important. They give to every fire department and every police department request, as well as providing gift baskets almost every time someone has a benefit. "We don't do it for the recognition, but to help where we can," Tony said.

The distillery is generally open one Saturday a month for the public, but will open for events and private parties. "If people let us know in advance, a group can fill a barrel and in four years return to help us bottle the whiskey. We have a lot of visitors from Sheppard Air Force Base too," Tony shared. Visitors from Austin, Houston, and Dallas JANUARY 2020 frequent the distillery more than our surrounding communities. Tony said a lot of people chase distilleries like people chase wineries. According to their figures, approximately 20,000 people have toured and enjoyed Rocking M Ranch Distillery in the five years they have been open. People from all 50 states and around the world have stopped by – even from China!

Future plans? Rocking M Ranch Distillery hopes to go overseas. It is actually cheaper to send it to England than it is to send to Oklahoma. The next state to conquer will be Kentucky, Tony explained confidently.

- Cindy Kahler Thomas





## Teresa Pontius Caves WICHITAN OF THE YEAR

Teresa Pontius Caves was named Wichitan of the Year 2019 at the Chamber of Commerce Economic Forum on November 12th. This is an honor chosen by previous honorees of the award. It is given by the Times Record News annually. Words inscribed on her trophy say, "in recognition of her contribution to the economy, citizens and future of Wichita Falls."

Teresa is best known for her

dedication as President and CEO of the Wichita Falls Area Community Foundation for over two decades. The Community Foundation has helped nonprofits raise money for their programs since its inception. In addition, under her leadership, Texoma Gives was started. Texoma Gives is a 16 hour day of giving to hundreds of area non-profits to support their missions. The Community Foundation's mission is to promote philanthropy; to provide charitable opportunities; to facilitate donors' interests; and to leave a legacy for future generations.

Teresa has also supported numerous organizations in Wichita Falls such as; the Partners in Education, First Step, Community Health Care Center, Eastside Boys and Girls Club, Chamber of Commerce, United Way, Dillard School of Business at Midwestern State University and the Small Business Development Center.

She is happily married to her supportive husband, Terry P. Caves. Great achievements from a great combination. - *Cindy Kahler Thomas* 







JANUARY 2020



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## NONPROFIT MANAGEMENT AND LEADERSHIP AT MSU TEXAS Director among 2019 class of licensed consultants for standards of excellence institute

Sonia White, the Director of the Center for Nonprofit Management and Leadership at Midwestern State University, is more excited than ever about the future for Wichita Falls area non-profits. The Center for Nonprofit Management and Leadership at MSU Texas will celebrate its first anniversary on January 1, 2020. It also marks one year since the establishment of the Nonprofit Management minor at the school.

After the closing of the Nonprofit Center of Texoma in the fall of 2018, the nonprofit community lacked resources, support and professional development. MSU Texas anticipated this need, and with the introduction of a new Nonprofit Minor, housing an academic center at MSU Texas just made sense. The new Center, located in the Dillard College of Business Administration offers many of the same resources as the old center, but now also provides connections to the university such as internships, service learning classes, community service opportunities and nonprofit practicums. These features provide a direct connection between the students, faculty and the nonprofit community.

Jeff Stambaugh, Dillard College of Business Administration Dean, praised the progress the Center has made in one year. "Ms. White has been a tremendous addition to MSU Texas, the Dillard College, and the community," Jeff Stambaugh said. "She has brought vast nonprofit expertise to us and has made a huge difference in the program. Partnering with Marla Malone, the Center's Assistant Director, the two have accomplished so much in just one year."

Something new to be offered in 2020 is the Standards for Excellence. Ms. White is part JANUARY 2020



Director Sonia White and Assistant Director Marla Malone at the Center for Nonprofit Management and Leadership grand opening at MSU Texas on February 1, 2019.

of the 2019 Class of Licensed Consultants from The Standards for Excellence Institute. Standards for Excellence is an initiative designed to help nonprofit organizations operate more ethically and accountably. Twenty-nine class members from nine states completed an intensive three-day training seminar in Baltimore, MD in November.

"The designation as a Standards for Excellence Licensed Consultant will allow me to introduce the local nonprofit community to these national standards and provide a framework for the Center to deliver these standards and assist nonprofits in applying these standards to their day to day operations," White said. White anticipates more progress in 2020. "Our current professional development opportunities, such as monthly Coffee & Conversation, Nonprofit Management Certificate Program, and the North Texas Nonprofit & Business Summit, will all reflect the Standards for Excellence framework and guidelines," she said. "We also plan to add fee-based training opportunities, such as oneday 'boot-camps,' which specialize in board training, fund development, and volunteer management."

Standards for Excellence Licensed Consultants use their extensive knowledge of the multi-faceted initiative to help nonprofits strengthen their governance practices and exceed the rising demand for accountability. The Standards for Excellence was founded as an initiative of Maryland Nonprofits in 1998 and has since expanded into a national program to help nonprofit organizations achieve the highest benchmarks of ethics and accountability in nonprofit governance, management, and operations.

Whitesaid, "Thesestandardsareacknowledged as the gold standard for nonprofits and will strengthen our nonprofit community here in Wichita Falls."

White believes the resources and tools acquired will help her better "guide and coach my clients to implement these best practices and accomplish their mission."

"In the longer term, her status opens doors to upgrade the entire program at the Center," Stambaugh said.

- Andrew Newberry and Sonia White

# **2020 CENSUS**

#### 2020 CENSUS - How Does it 2020; the Census Bureau will **Impact Wichita Falls' Future?** Want to make a lasting impact for your community over the next decade?

The single most important and easy way to accomplish this goal is by completing your 2020 Census form when the card arrives in the mail mid-March. You may ask: how will completing a short Census survey makes a noticeable impact in Wichita Falls? It can and it will! The impacts are both direct and indirect and to many people's surprise, affect your daily activities and choices for the next ten years.

Why is there a Count? The U.S. Constitution mandates an enumeration or count of the people once a decade since 1790. Who gets Counted? Every person living in the United States, no matter their citizenship or immigration status, needs to be counted. Persons are counted at the address where they usually live and sleep. Wichita Falls leaders, realizing how important the decennial Census count would be for the future of our community and in conjunction with the U.S. Census Bureau, established a volunteer special-purpose taskforce – Wichita Falls Complete Count Committee (WFCCC) in May 2019. The council-appointed taskforce's top goals include: raising public awareness, engaging the community and ensuring everyone is counted.

When will the Census take place? Official Census Day is April 1, 26

mail letters with instructions and a unique ID to residential style addresses in March.

How do I respond? Three options - respond either online, by phone or paper questionnaire; surveys online and by phone are available in English, Spanish, and 11 additional languages for accessibility to all.

How does the Census impact Wichita Falls? Locally, the results from the 2020 Census will have a significant economic impact along with determination of future Congressional and House of Representatives district boundaries and the number of seats each state receives.

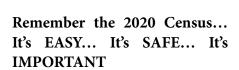
Research from The George Washington University Institute of Public Policy has identified 316 federal funding programs (FY 2017) that utilize the decennial Census numbers for the equitable distribution of \$1.504 trillion to state and local governments, nonprofits, businesses and households across the nation. In 2017, this figure accounted for 7.8% of the Gross Domestic Product. Drilling those numbers down to consider impacts within Texas and in Wichita Falls, it's been estimated that having an undercount of Wichita Falls population could result in a loss per year, per person of \$2,045. Multiply that estimate over a ten-year period until the next decennial Census and it could result in \$20,450 per person in lost funding from 55 federal spending programs (e.g.

student loans, Medicare, highway construction, school breakfast, WIC, CDB Grants, Business/ Industry loans, Head Start, Sec. 8 Housing Vouchers, CHIP, etc.). Even a minor 1% undercount of the Wichita Falls population can have severe ramifications when multiplied over ten years - lost funding for a population that is still in need of critical services ranging from community service programs to infrastructure improvement allocations. It is crucial that people understand the importance of completing their 2020 Census form - it only takes a few minutes but has a major impact on the Wichita Falls community for the next decade... Be Counted Wichita Falls!

Are there Census jobs available? Yes, the Census Bureau will be recruiting for temporary positions locally and across the nation, such as outreach specialists and doorto-door census takers. Call 855-562-2020 for more information.

When will Census results be available? The Census Bureau's deadline for submitting population counts to the president is December 21, 2020. Anticipate release of state and local Census data beginning Spring 2021.

Are my responses confidential? Yes, federal law (Title 13) prevents the U.S. Census Bureau from sharing census responses identifying individuals with other agencies, including immigration authorities and law enforcement. Data is not released for 72 years after collection.



Want more information or become a 2020 Census community partner?

Need a speaker for an upcoming event or volunteer to make a difference?

Visit www.wichitafallstx. gov/2069/2020-Census or call the City of Wichita Falls Planning Division at 940-761-7451 for more details.

#### **Upcoming Events:**

2020 Census EVERYONE Counts Community Launch: January 7, 2020 – 12pm; Memorial Auditorium - 1300 7th Street

entryway

2020 Census Panel Discussion for Center Non-Profit Management & Leadership -MSU Dillard College of Business Administration: Coffee & Conversations - January 16, 2020 – 8:30am

University Kiwanis Pancake Festival – Look for the 2020 Census Booth - January 25, 2020 Bridwell Agricultural Center WWW.THEHUBNTX.COM



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## CONNECTION

### MIDWESTERN OFFERING MORE OR LESS, DESPITE SIMILAR TUITION COSTS TO OTHER SCHOOLS

Midwestern State is seen as one of the best bang-for-your-buck kind of schools according to usnews. com, which means not paying the outrageous schooling costs, but still receiving quality education comparable to the top universities in the state. However, tuition has reached an all-time high in the 2019-20 academic year. According to the college's website, tuition alone will cost on average \$9,601 for one year, not including books or housing. In total, with housing included, it can cost up to \$23,965 to attend.

Tuition does play a role in choosing colleges for most students, however, for students like sophomore in nursing, Sydney Thacker, she chose MSU due to the small campus atmosphere. She feels it is better for her education,



despite having the opportunity to go to other colleges with bigger names.

"I chose MSU because it was close to home, also because they have a good nursing program," Thacker said. "I did look into bigger colleges, but they were too far from home and... [being] in a smaller school ultimately helps me learn much better than in a big auditorium with hundreds of students. I also got a fair amount of scholarships that help pay for a lot."

Scholarships are an important factor in a campus' effort to bring new incoming freshmen in and for students selecting a university. According to the College Board website, around two-thirds of all college students receive financial aid through scholarships and grants that roughly estimate to \$6.1 billion dollars.

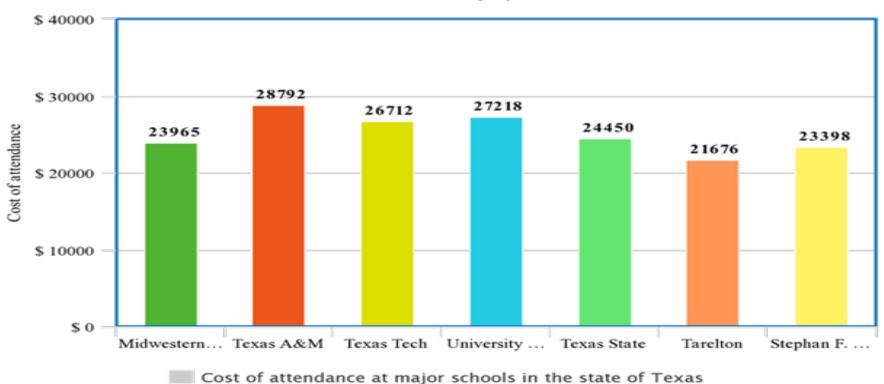
According to the website, Midwestern offers more than \$2 million in scholarships every year. Other colleges, such as the University of Texas at Austin, have an attendance of over 40,000 students. According to collegefactual.com, over half of those students are receiving financial aid through scholarships, and grants. But, still, why choose a smaller school when there are other schools that offer just as many financial aid opportunities as MSU?

"I did go to Texas Tech for a year. I paid a similar amount, but I chose to stay here because of the small school feeling," exercise physiology junior Joshua Bowen, said. "I enjoy having classes with 20 or so kids rather than 250- I can communicate better with my professors as well as interact with my classmates too. The education here also stands out to be one of the better colleges in Texas," Bowen commented.

The personal touch of a smaller school is not an uncommon reason for students to register at Midwestern State. Students who grow up in small towns that are used to smaller classes find it attractive to continue that trend throughout college, rather than be swarmed with hundreds of students in auditoriums.

The quality of education is a factor when choosing a school. The point of college is to prepare an individual for a work environment post-college, but if the quality of education is not met with an affordable price, it negates the WWW.THEHUBNTX.COM

Cost of attendance per year



meta-chart.com

purpose of schooling. According to usnews.com, Midwestern State ranks number 31 in top public schools in the United States. This is mainly due to "the university offering an affordable, nurturing, and challenging learning environment."

Notably known for its nursing program, MSU offers 39 majors, multiple minors, and several preparation programs. According to ttu.edu, universities, such as Texas Tech University, offers 76 majors with almost quadruple the attendance- sitting at about 36,000 students. TTU offers about twice the number of majors, but services over four times the students.

"Growing up in a small town, I am used to going to small schools. Midwestern offered my program without an outrageous cost so I took the chance here and I can't say JANUARY 2020 that I am disappointed," criminal justice senior Julia Anderson said. "I have received many scholarships through the school, as well as outside of the school and from home which ultimately let me get a good education for very little cost," Anderson added. Even in extensive or specified majors, such as Criminal Justice, students like Anderson are able to get an education at a low cost. Students on-campus, such as Anderson, Thacker, and Bowen, said they are optimistic about their education, despite the opportunities they could have taken to go to a larger university. - Ethan Herdman



## **WORK ON NEW 'FRONT DOOR' TO SHEPPARD CONTINUES AT MAIN GATE**



Master Sgt. Gregory Penrod, 362nd Training Squadron fighter crew chief flight chief, and other volunteers help hold a T-38 Talon in place while a contractor works to secure the aircraft to a pedestal at Sheppard Air Force Base, Texas, Nov. 27, 2019. The T-38 static display is just one of many improvements that are part of a more than \$8 million construction process to enhance antiterrorism and force protection measures while also creating an impressive first impression for people coming to Sheppard. The project is unique in that it is funded by local, state and federal dollars. (U.S. Air Force photo by John Ingle)

The unique multi-million dollar project that consists of local, state and federal funding is transforming the primary entrance to the base into one that is





aesthetically pleasing and inviting, while enhancing antiterrorism and force protection measures. The overall project is slated to be complete in the spring. Funding includes \$5.7 million in federal dollars as well as a \$1.5 million Defense Economic Adjustment Assistance Grant from the state through the Texas Military Preparedness Commission. Another \$1.5 million came from the Wichita Falls Economic Development Corp., which was approved by the Wichita Falls City Council.

Mark McBurnett, 82nd Civil Engineering Squadron base civil engineer, said the construction project to address security concerns and beautify the

said the construction project to address security concerns and beautify the entrance is exceeding expectations. "Because we are working with the city and using property off base to incorporate the bus stop and getting students funneled in from the bus stop, it's a little more than the Air Force would've been able to do as a standalone entity," he said. "I think it looks nicer. It will, again, function exactly as it should antiterrorism and force protection wise. But, it's going to be a much nicer view than we ever expected."

Although base leadership has had eyes on a complete makeover of the front gate for almost two decades, it wasn't until about four years ago that the project picked up steam when the city of Wichita Falls applied for and received the DEAAG funding. The city purchased land along the perimeter fence at the main gate and demolished several dilapidated structures that presented potential antiterrorism and force protection challenges. The second phase of DEAAG funding provides an immediate visual change to the Main Gate with a Heritage Circle near the intersection of Sheppard Access Road and Old Burkburnett Road, which showcases a T-38 Talon mounted on a pedestal and the Maintenance Man statue, both of which were

mounted on a pedestal and the Maintenance Man statue, both of which were on display inside the base perimeter before the project. Keith Maxwell, resident engineer for the Tulsa Corps of Engineers, said the project was, for the most part, constrained by the original footprint of the old Main Gate and entrance, with the exception of moving into what was the former Wherry Housing area for additional curvature for incoming traffic. The added curve will take motorists around Heritage Circle. Maxwell said it was a combined effort from contractors and base volunteers

Maxwell said it was a combined effort from contractors and base volunteers to make the T-38 display possible. He said the contractor did the work for the pedestal and mounting system, but the efforts of Sheppard volunteers who helped prepare the aircraft to be mounted finished out the project. The aircraft was placed on the pedestal Nov. 27, 2019. "The Air Force volunteers that really helped put the plane together worked

closely with the contractor on that part of it, particularly for the mounting system that goes inside the airplane to mount it to the pedestal," he said. "They were obviously a big part of the effort ... putting the plane actually on the pedestal and getting it mounted properly." Not seen are specific security and safety measures to enhance force

protection protocols. For example, two lanes of traffic will enter the base, expanding to three at a new security checkpoint during peak traffic. Traffic WWW.THEHUBNTX.COM exiting the base will use two lanes.

"The antiterrorism and force protection measures are not something that's beautiful to look at," McBurnett said. "It's something that must be in place to protect the installation. They are there, it's just not something that the average person notices."

Another improvement to the area that has been in use for a few months is the new bus transit plaza, which includes covered boarding areas and parking.

McBurnett said the base had attempted to get the project going through traditional military construction funds, but they weren't able to get the right combination of federal funding together to meet the scope of the project ahead of them. It took a strong partnership with the local government to come up with a solution.

Karen Montgomery-Gagné, planning administrator for Wichita Falls, said the combination of multiple levels of government has made the project and process interesting and challenging at times. For example, the Heritage Circle component of the project the city was responsible for was actually on installation property, creating an atypical situation the entities had to work through.

Montgomery-Gagné said in the end, though, the project is one the base and city will benefit from for years to come. She said the strong relationship between the base, Wichita Falls and the surrounding area is "valued and respected."

"We support Sheppard. Sheppard supports our community," she said. "That just goes along with these opportunities to help strengthen military value in our community and help protect it from future changes that may occur or decisions that are made in Washington because we do have a very long history of having a strong partnership."

-John Ingle, 82nd Training Wing Public Affairs







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