

INSIDE

GET OUT THERE!: Rex Lewis-Clark in concert **2E**

HEALTH CALENDAR: Line dancing for fun and fitness **2E**

DINNER TONIGHT: Fragrant fall cabbage **4E**

PEOPLE'S PHARMACY: Milk of magnesia for pimples **8E**

HEALTHY LIVING GIFT GUIDE

Stuff we love

These handy (and footy) items have a healthy purpose

Here's a look at some of the stuff we just couldn't pass up. Doesn't everyone deserve a heated foot massage at the end of a long day? And who doesn't need some help remembering to stand up straight?

Jamie Knodel



Yoga mat for life

Manduka's commitment to eco-responsibility and reducing consumption means you'll never have to buy another yoga mat. The company offers a lifetime guarantee for its Black Mat Pro and Pro Lite mats. Both have a nonslip fabric. The Pro Lite version is a lighter-weight, travel-friendly version. The company promises to replace the mat if it wears out from regular use. To get a replacement, simply submit an online request. Black Mat Pro, \$85; ProLite: \$68, Dallas Yoga Center, 4525 Lemmon Ave., Suite 305, Dallas; BKS Iyengar Yoga Studio of Dallas, 5539 Dyer St., Dallas, www.manduka.com.

Hats off

Let the kids get creative and excited about sun protection. The Art Hat by Wallaroo Hat Co. is designed to sport kids' designs. Use paints or markers to decorate the hat, which has an Ultraviolet Protection Factor of 50. \$20. Wallaroohats.com.



Foot rub on demand

The HoMedic's Therapist Select Shiatsu Foot Massager is a treat for the feet. The dual sets of rotating massage heads provide "thumb pressure" for tired tootsies. The massager also offers a heat function. \$49.99. www.homedics.com.

A helping hand

Blooms from Bionic Gloves is a gardening glove developed by an orthopedic hand surgeon and is designed to enhance gripping power. The gloves, which purportedly alleviate stress on the joints, let arthritis sufferers get back in the garden. \$29.95, 1-877-524-6642 or bionicroves.com.



Boot camp in a box

Work out with the same instructor who gets Hollywood stars such as Katie Holmes, Jake Gyllenhaal and *Biggest Loser* host Alison Sweeney into gear. Barry Jay's boot camp in a box includes Fat Blaster lower and upper body workouts; three Targeted Mission Specialist workouts for abs, upper body and lower body; the Bootcamp Transformer and Pump; Power Handles and two Burn and Firm Resistance Bands. \$60. Target, Sports Authority, Dicks Sporting Goods or www.barrysbootcamp.com.



On the straight and narrow

The iPosture takes over where your mother left off. The gadget, which is just over an inch in diameter, was designed to remind you to stand up straight. The device is worn and can sense when the body is slouching. It then vibrates to alert the wearer that he needs to correct his posture. \$89.95. www.iposture.com

INSIDE

A FIT CERTIFICATE: Give the gift of a class. **12E**



In the bag

Locker rooms and gym bags can be breeding grounds for Staphylococcus infections. Keep the MRSA superbug, a drug-resistant form of staph, at bay with a Shock Doctor Power Dry system. The blower circulates heated, ionized air into the gym bag to deodorize its contents and eliminate bacteria that love to grow on damp shoes, clothes and gear. The products, which are available in a variety of colors and sizes are \$99 to \$220. Sports Authority, Dick's Sporting Goods and www.shockdoctor.com.



THEATER REVIEW

Updating ancient stories

'Beautiful Star' presents faith with simplicity

By **LAWSON TAITTE**
Theater Critic
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ADDISON — Whether you attend a church that presents a Christmas pageant or never darken the door, you owe it to yourself to see WaterTower Theatre's version, *Beautiful Star*. Not because it's slick and professional, as you might expect, but because it exudes the rare virtues of simplicity and faith. Preston Lane, a former artistic associate at Dallas Theater Center, wrote the show for Triad Stage, a company he founded in North Carolina. As the subtitle, *An Appalachian Nativity*, suggests, it presents the Christmas story as if it were acted out in a small country church.

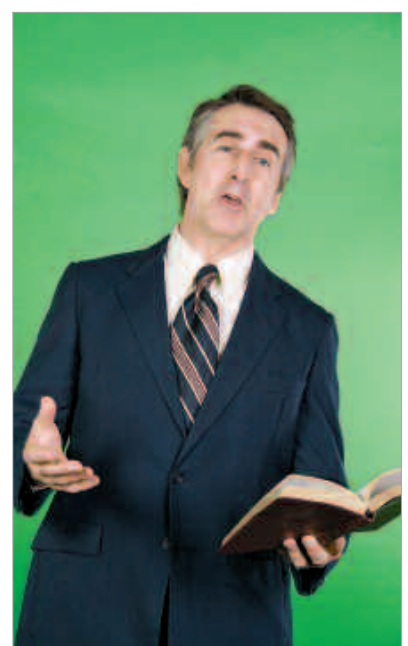
Bill Jenkins plays the pastor, and Linda K. Leonard is the pastor's wife. The cast welcomes the audience with the warmth of a good Baptist congregation, and there are a few jokes about youth ministers and progressive dinners. The hokey context is kept to a minimum, however. No irony lurks here, let alone satire.

Mr. Lane has given us an adaptation of a number of medieval mystery plays (including the famous *Second Shepherds' Play*) in modern language and dress. The first act lays out the Old Testament background with tales of Adam and Eve, Noah and the ark, and Abraham and Isaac. (Interestingly, new Dallas Theater Center artistic director Kevin Moriarty will present an adaptation of some of the same plays early next year in his new show *In the Beginning*.) The second act finally gets us to Nazareth and Bethlehem, with connections to the earlier stories neatly pointed up.

The text's slightly sing-song, rhyming verses occasionally remind the audience of these little plays' medieval roots. Mostly, though, Mr. Lane and director Terry Martin kept us grounded in the present Saturday night. Noah is a lazy guy in jeans who hears God speaking through his radio. Ms. Leonard as Sarah is sufficiently grannylike to make us believe that Isaac's birth is a miracle.

The stories gradually begin to build emotional power. In the first act, Marcus M. Mauldin's Abraham and Christopher Dontrell Piper's Isaac make us shiver at the barely averted sacrifice. Things really get down to business with Jennifer Middleton's Mary and Russell DeGrazier's Joseph. Mr. DeGrazier has given a number of sterling performances around town during the

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Mark Oristano

Bill Jenkins portrays the pastor of a small country church.