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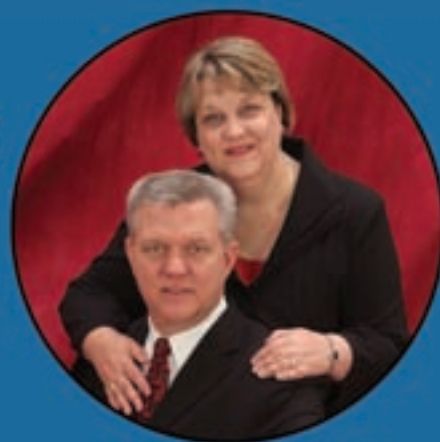
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## ON THE COVER



*LeAnna Gieger plans to be a part of Miracle League for a long time.*

*Photo by Amanda Olson.*

# CONTENTS

April 2016 • Volume 6, Issue 4



- 8 Play Ball!**  
LeAnna Gieger helped the George Mercer Family start Miracle League of Parker County.

- 16 Spectacular Scenery**  
At Home With Dale and Virginia Presnell.

- 24 No Test Too Difficult**  
Senior Jennah Foland receives national academic recognition.

- 30 Added Appeal**  
Pergolas are cool in more ways than one.



- 36 BusinessNOW  
38 AroundTownNOW  
40 FinanceNOW  
44 CookingNOW

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 613-1533 or visit [www.nowmagazines.com](http://www.nowmagazines.com).



## Editor's Note

*Hello, Friends!*



March, the official beginning of spring, sometimes dumps unexpected snow and ice. But April means spring — fresh air, smells of cut grass, flowers and trees in bloom — perhaps not welcomed by everyone. At the same time, how can we not relish the beauty in this season? Even birds and animals behave differently, under a twitterpated effect of warmer days.

The warmth of sun without intense heat makes my feet a little lighter. April brings the promise of renewed life and hope for the future. The dreariness of winter and early spring melt into the sweet scents of the full-blown season. Nature yawns, breaking free from months of cold, often cloudy mornings. As the world around me comes back fresh and new, my spirit wakes up, confirming the breath of life in me. As you awake, too, inhale the joy this month brings.


Have a wonderful month!


*Lisa*

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# Play Ball!

— By Amber D. Browne



*Smack! It's the child's first hit of the baseball season. The crowd cheers, "Run!" The child takes off to first base as the opposing team moves to make the play. This is a typical scene from America's favorite pastime, but for those taking the field with the Miracle League of Parker County, the game has taken on a special meaning.*

The Miracle League is a nonprofit 501(c)(3) that gives those with disabilities the opportunity to play ball. LeAnna Gieger was instrumental in bringing the Miracle League of Parker County to life. The local league started with a vision by George

and Amy Mercer, business owners and philanthropists in the community. As assistant to the Mercer family, LeAnna was called upon to put their plan in motion.

George and Amy's special-needs adult son, Vincent Mercer, loves baseball and wanted a chance to play. The age cutoff for other leagues geared toward players with disabilities is 18, so Vincent was left unable to pursue his love of the game. In 2014, the Mercer family discussed with Miracle League representatives the possibility of building a stadium off Tin Top Road on land the Mercers owned and donated. The idea snowballed, and LeAnna took the reins of the project. Things moved quickly, and the field was ready for opening day of the fall 2015 season.

"When George had me do this, it was insane for about six months," she said, laughing. The field was built with a surface perfect for wheelchairs and crutches. The stadium includes





bleachers for the crowd, a concession stand and special restrooms outfitted for players with disabilities. The initial budget was \$250,000, but at the end of the building process, the Mercers had spent \$1 million on the stadium. "It's first-class," LeAnna said.

Currently, the field is only used for Miracle League of Parker County Saturday morning games. However, they are excited to watch it grow and be used for many more events in the future. Volunteers coach, buddy up





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with the players on the field and work the concession stand. This allows parents to sit in the stands and enjoy the game. "We have had parents come up and cry, thanking us. One mom said, 'It's so awesome to pull up and know this is ours,'" LeAnna shared.

In the inaugural season last fall, the league had two teams that each included about 15 players — the Aggies and the Red Raiders. As the spring season gets underway this month, LeAnna hopes to have at least four teams with 12-15 players on each team. "After experiencing the fall season, I believe the community is going to take it and run with it. We want to keep growing," LeAnna said. "It couldn't have been possible without George and Amy's generosity."

Registration is open to community members from age 5 to in their 30s. Organizers eventually want the league to include divisions for age groups and level of disability. Each player gets a buddy for the games, which is one of the most important volunteer positions. "They stay with the players and help them throughout the game," LeAnna explained. They keep the players safe on the field and guide them during the game.

Before the fall season kicked off, Matt Ticzkus with Victory Baptist Academy, contacted LeAnna and offered to help where needed. "He is just a lifesaver," LeAnna stated. Each Saturday, more than 40 volunteers from the Christian school and church showed up at the field to



James Gray and LeAnna Gieger.





volunteer as buddies, run the concession stand and serve as the mascot. "It is an undertaking to get 40-50 people on Saturday mornings and commit to be there." LeAnna would like to possibly include volunteer days during the spring season to give businesses and other organizations a chance to help during the games. "It's taken on a life of its own," she added. "Everyone is willing to pitch in as needed."

Before assisting with the creation of the Miracle League of Parker County, LeAnna had never been involved with special needs children in this capacity. "It will change your life to see it," she said. "You go the first time, and you'll cry. Then by the end of the game, you're in stitches. It forever changes you."

The players have the time of their lives out on the ballfield. "It gives them a sense of friendship and camaraderie," LeAnna said. Each Saturday morning during the six-week season, they get a chance to catch up with their friends and make memories that last a lifetime. "They are so grateful for anything they get," LeAnna said. "We are such an entitled society, and when you watch them, it's just like Christmas day. You can't not be changed."

The Miracle League of Parker County's future holds many projects. The field could be used to hold fundraisers, baseball tournaments and birthday parties for children with special needs. Additional parking has also been proposed, as well as a playground for children with special needs. The playground would be geared toward motor skills and include equipment specially made for children with disabilities. "It allows them to have the same experience that children who don't have disabilities can experience," LeAnna



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commented. She hopes to raise \$350,000 over the next year to begin construction on the playground.

"Through working for George and Amy, I've learned the importance of giving graciously to others and the community. When I first started the Miracle League, it was part of my job. It's ended up one of my biggest passions," she admitted. LeAnna said being part of the Miracle League has humbled her. "It made me very grateful to just be able to, in an hour on a Saturday, give joy not only to the children but to the families — to feel like they have a place they belong that is top-notch."

LeAnna will continue to assist with the Miracle League of Parker County, but James Gray has taken over the position as executive director of the program. James played professional football and graduated from Texas Tech University with a degree in special education. He works with T.G. Mercer Consulting, and the Mercer's son, Vincent, works directly with him several days a week. "We feel like this is a really good fit for him," LeAnna said.

"George and Amy's vision is that it lasts long after they do," LeAnna shared. The Miracle League of Parker County has joined community members from Weatherford, Aledo and surrounding areas in a pastime everyone can enjoy. The public is invited to attend games. Times are posted on the Miracle League of Parker County's website. "It's amazing to watch them have that interaction that we take for granted," she said. "Everybody loves ball. It's just about the kids all day long, having fun — giving them the experience. I see myself being involved for a long time to come." **NOW**

*Editor's Note: Visit [www.miracleleagueparkercounty.com](http://www.miracleleagueparkercounty.com) for additional information.*



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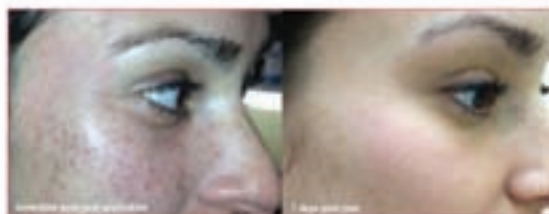


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# Spectacular *Scenery*

— By Lisa Bell

*In 2001, Dale and Virginia Presnell enjoyed a trip to Weatherford during the Fort Worth Kaleidoscope of Homes. They loved the area, but with children, a business and aging parents, they didn't consider moving to Weatherford. That all changed in 2007 when they retired.*

While driving around one area, they saw a “for sale” sign at a house they toured perviously. One walkthrough and they knew the house was for them. Dale, an avid golfer, loves the community golf course, and they both enjoy the active HOA. Although Virginia involved herself with the Parker County Women's and Newcomers Club, she and Dale both participated in HOA events, quickly making friends. With the peace, quiet and slower pace of Weatherford, the two easily transitioned from Fort Worth.

After living in a busy city, Virginia rediscovered the joy of small towns, where people wave while you drive or walk down a street. She loves the way others hold a door open and shopkeepers actually relish conversations with customers.

AT HOME WITH  
*Dale and  
Virginia  
Presnell*

Their 6-year-old grandson calls their house “the castle.” Indeed, the home features archways and columns, natural tones, stone and wood accents, granite and marble throughout, making it feel like a castle. For the most part, the builders could have designed it for the Presnells.

“We didn't build the house, but we definitely did a lot of things to make it our own,” Virginia said. She started by replacing wallpaper with paint, some of it faux, which better suited her decorating style.

While the home originally had a small patio, Dale and Virginia wanted





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more space outside. They extended the patio and built an outdoor fireplace and kitchen complete with a pool and hot tub. They replicated the arches and columns, creating a seamless extension of the house. The couple spends a great deal of time outdoors. "We eat a lot of dinners out there, if the weather's nice," Dale said.

Virginia agreed. "Isn't it just more relaxing to eat outside?" she asked. "It just tastes better."

Large windows throughout the house take in the view, not only of their patio but, more importantly, the surrounding hills. The view is the best part.

Inside of the house, the kitchen opens to the den, where a stone fireplace invites occupancy. Dale claims this room as his favorite, and he uses it to watch television. He also enjoys spending time in his office

with its rich wood trim, window for natural lighting and multitude of built-ins. Dark brown beams crisscross the ceiling in the simply decorated man's world.

A unique bar area made of stone includes wine holders within the walls, creating an intriguing wine cellar. The kitchen itself is one of Virginia's favorite places in the home. Large and perfect for entertaining, the kitchen has a hidden nook where she keeps her coffee maker. Sometimes they leave it open, but they



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can also close the door when they want. Granite countertops, ample cabinets and a large island give her plenty of space for cooking. In the covetable laundry room, the builder included granite counters, a sink and not one, but two, large windows for natural lighting.

The master bedroom and bath take the title of Virginia's favorite part of the home. Two chairs and a table wait in the large windows, inviting her to come, sit and simply take in the view. A door opens to the patio. The massive bathroom extends the invitation to relax. The tub, toilet closet and shower line one wall, yet stand separated. The sinks, also separated, give the couple more than enough room to prepare for the day, without running over each other. Numerous built-ins surround this room, as well. "I think this was the emotional pull when we looked at the house. I thought, *Oh, I want to live in that bathroom!*" she said. Although the builders included wiring and the space for a television, the Presnells never put one in. "I'd never get out of there if we did that," Virginia said with a smile.

In the small hallway outside of the master bedroom, the couple decorated one wall with crosses, representing their faith. "They mean something," Dale said. "Also getting them in different places, that's a memory," Virginia added.

One of the upstairs bedrooms features two corner windows that come together to create an extravagant view of the hills. With its full bathroom and simple but comfortable decor, the room is perfect for weekend guests. "It's a great place to sit and read," Virginia shared.

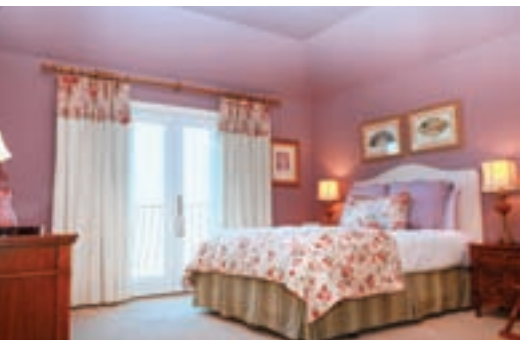
The other bedroom is the only departure from the earth tones color scheme. Virginia chose to paint that room mulberry and add a little more frill. A small balcony gives her the perfect place for plants or seasonal decorations. On a built-in narrow bookcase, she positioned dolls her aunts made. She added a gift from Japan her daughter-in-law gave her — a mother-in-law teapot. In Japan,



grandmothers use the lidless pot to teach little girls the proper way to serve tea. They do have a granddaughter, but at the age of 2, she's not quite ready to learn.

The couple replaced carpet in the game room, where they enjoy family and friends. Dale's great-grandmother's pump organ, complete with ornate carving, stands in this room, with a photo of his mother perched on top. Difficult to play, the organ is one of many family heirlooms in the home.

The movie room, with the big screen, built-in shelving, columns and rich wood accents, is another favorite place the couple shares. "We've enjoyed this a lot with our kids and grandson. We've had neighbors who come in for movie nights," Virginia said.



Outside, a balcony originally offered a bit of outdoors. The Presnells extended the balcony over the larger patio and included a stairway to the ground. They love watching golf tournaments from the upper balcony. On the Fourth of July, they can see fireworks from almost every direction. At Christmas, they appreciate lights on houses. Perhaps the best thing of all is simply sitting on this balcony in peace, viewing miles of hills by day or a universe of stars at night. And in the summer, the wind keeps mosquitoes from disturbing them.

"This has been a fun house to live in," Virginia said.

"When we first moved in, we had just retired. It's kinda nice to have room to spread out," Dale added. "I may be in my study virtually all day. We pass walking through, but we don't sit on top of each other."

The couple works out together twice a week, and they often take walks through the quiet neighborhood. Full of love for each other, family and friends, Dale and Virginia took a castle and made it a spectacular home. **NOW**

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*It's not uncommon to meet a teenager whose schedule is packed with extracurricular activities, but it is rare and refreshing to meet one who packs their schedule with selfless acts of service and considers academics a top priority. Jennah Foland is such a teenager. A senior at Weatherford Christian School, she is no stranger to academic and extracurricular achievement.*

This past fall, she made national headlines when she was recognized as a Commended Student in the National Merit® Scholarship Program, an academic competition that began in 1955 and recognizes high school students. With over 1.5 million participants every year, it is quite the honor for not only Jennah, but also her school, to be considered a Commended Student. The competition begins with students taking the Preliminary SAT (PSAT)/National Merit Scholarship Qualifying Test, which addresses critical reading, mathematics and writing skills. Jennah, who took the test in her junior year of high school, finished in the top 34,000 of the 1.5 million who entered.

While her principal, Karen Mooney, notes that in their junior year, students at Weatherford Christian School complete a college preparatory, SAT and ACT course, Jennah's true academia can be proved by the fact that she was a bit distracted the day of the test. "My dog had actually run away the night before the PSAT, and when I left for school that day, we had still not found her," she admitted. "To be honest, I don't recall the test format or degree of difficulty because I was worried about my dog."

ult

— By Lindsay Allen

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While her dog was found later, it could be easily argued that Jennah had worked hard enough in school and dedicated her time to her studies to prepare her for any level of testing under any circumstances. In fact, she was the first in her school to earn the Commended Student title and the first to score a 5 on a 5-point scale for the college-level Advanced Placement (AP) English Language Exam. The AP exam is given at the end of college-level courses, and the scores are used by universities to determine whether or not they will grant college credit to the student for completing the course. Scoring a 5 on the exam means that Jennah is “extremely well qualified” according to the AP College Board website.

“Jennah Foland is an outstanding student. She works diligently and always gives her very best. She never runs from a challenge, as she is taking all AP classes, in addition to a couple of Dual Enrollment classes,” Principal Mooney said.

During the Weatherford College Coyote Math Competition in 2015, Jennah’s team won first place in the pre-calculus division with three of the top 10 individual performances. She placed as the second highest individual. Jennah competed in 2016, giving her best, as always.

With high school graduation on the horizon, Jennah has received numerous acceptance letters, but has yet to make her final decision on which one she will attend. She is considering international relations or pre-medicine for her undergraduate studies and admits she will miss her horse, church family and school after she moves away from Parker County this fall.

Jennah hasn’t kept her academic studies local. The summer of 2015, she participated in a study abroad program at



the University of St. Andrews in Scotland. As a student of the oldest university in the country, known for its research and education, Jennah studied medicine and creative writing, and outside of the classroom she experienced not just the culture of Scotland but also that of the 17 different countries that had students enrolled in the study abroad program.

"It was such a neat program. We spent one-third of our time in the classroom and the other two-thirds in a mock hospital. One day we were dissecting a pig heart, liver and lungs when the professor randomly asked if we wanted to learn how to clean it all up, as well. When a medical student walked in to find us now suturing the same heart, liver and lungs, he started giving the professor a hard time saying we were getting to learn what he hadn't even learned in medical school," Jennah said.

While Jennah admitted that it was hard for a Texas girl to adjust to the 40-degree Fahrenheit summers in Scotland and tricky trying to communicate with family back home in a different time zone, she still fell in love with the country, school and architecture. In fact, she applied and was accepted to the Faculty of Arts at the University of St. Andrews. "The university opened my eyes to the world out there. I have been going to the same school and church my whole life. It got me out of my bubble. I was able to experience a sense of confidence, as I'm very quiet and introverted," Jennah said.

Outside of excellent schoolwork and performance, she finds time to play on the school's basketball team. She also serves as vice president of the student council, rides and shows cutting horses at a national level and participates in Interact



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Club and her church's outreach team. She has even been on a mission trip to Haiti. When asked how she has time and energy to stay so active, she simply stated, "I ask myself that all the time, but school is always No. 1."

The school's basketball team won the title of district champions Jennah's junior year and finished second in the state. This year, the varsity girls' basketball team won the district championship again. After a 56-33 win during the playoffs, they advanced to the TCAF State Tournament and won the state championship title this year.

Jennah said she has been riding horses since she could walk. She started showing horses at the age of 8 and has made it to the NCHA Futurity finals, NCHA Super Stakes finals and the Eastern National Area Workoff finals. In 2013, she was named the Brazos Bash Amateur Champion on her favorite horse, Cat Nasty.

As part of an outreach team through her church, Jennah spends a lot of time each week meeting with and serving people around the community. "Jennah is a great student, but more importantly, she is honest and full of integrity. She is an encourager and chooses to see the best in everyone and everything. The school and I could not be more proud of her," Principal Mooney said.

When Jennah leaves for college this fall, there will no doubt be big holes to fill at her school and in the community. As she leaves behind numerous leadership positions and volunteer organizations on top of her academic success, she will be missed by many who wish her the best in her college studies. **NOW**



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# Added Appeal

— By Carolyn Wills

*How cool is it to add a pergola to a home? Potentially, very cool. With the right design, this time-tested outdoor structure can increase a home's curb appeal and useable living space, and when the time comes to sell, it might be the one "extra" that wins a buyer's heart.*

The love affair between homebodies and pergolas began long ago. Earliest evidence traces back to a garden plan belonging to an Egyptian high court official around 1400 B.C. Initially, pergolas were perceived as elite structures reserved for the wealthy. In the mid-1600s, they were seen at European villas and majestic estates while, at the same time, in Eastern Asia, they were being treated to curved beams to match magnificent arched pagodas. During the Italian Renaissance, architects and garden designers upped the artistic aspect by using enormous and dramatic stone pillars.<sup>1</sup>

Today, these structures are in reach of most homeowners thanks to modern technology and materials. Although, for the most part, not as elaborate as their forerunners, present-day pergolas offer function and affordability at a time when "at-home" outdoor living is high on the list for homeowners and buyers.

A recent preference survey by the National Association of Home Builders and *Better Homes and Gardens* shows that, in 2016, homebuyers of all ages want storage, energy efficiency and outdoor space. What's more, emerging homebuyers





known as Millennials especially want outdoor living spaces to entertain family and friends.<sup>2</sup>

This excitement is not limited to emerging buyers nor is the trend new. In 2014, Saber Grills surveyed 1,500 homeowners to discover 83 percent say outdoor living space is their favorite part of the home. Interestingly, Saber Grills calls Baby Boomers “super relaxers”

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who consider outdoor amenities as major factors in home buying and who are also very engaged in making those amenities comfortable.<sup>3</sup>

Across all ages, then, home ownership is sparking a desire for outdoor living spaces, be it a pergola, deck, patio, porch, pool, outdoor kitchen, garden, stand-alone fountain, fire pit or barbecue. On the simplest level, pergolas are practical and relatively affordable. On a grander scale, they can tie together multiple outdoor structures, lend definition to landscaping and upgrade a home's aesthetics.

If popularity inspires options, it's understandable that pergola styles, sizes and materials seem endless these days. As with any home addition, though, preplanning is the difference between loving or regretting a finished project. The following are essential "preplanning pergola" considerations:

## Purpose

First, consider how the pergola will be used. Is it to shade a garden or passageway, cover a patio, extend entertainment space, tie together existing structures or, maybe, add a quiet spot for meditation or yoga? Will it need features like lighting and electricity?

## Budget

Today, pergolas are made of everything from vinyl and fiberglass to varieties of wood. Construction options range from "do-it-yourself kits" found at home improvement stores, retailers and manufacturers, to skilled do-it-yourselfers building from scratch, to hiring a professional designer and/or architect and contractor. Costs, then, vary dramatically.



Writing for the website, Landscaping Network, North Coast Gardening owner, Genevieve Schmidt, said, "Installation of a small open-roof pergola made of inexpensive wood can be as little as \$3,000 while more elaborate pergolas with solid cedar or redwood beams and a solid roof can run \$15,000 or more, particularly if engineering and permits are involved." She adds that Dan Berger of LandPlan's Landscaping, Inc. in Pleasanton, California, cites costs ranging from \$3,000-30,000 with the higher end reflecting large structures with a solid roof.<sup>4</sup>

## Design

Typically, pergolas are square or rectangular with a slatted, latticed or solid roof supported by two or four beams. They require weather-resistant materials which are, most commonly, painted or stained cedar or redwood, and they can be free-standing or attached to a structure like a house or garage.

Optimum pergola size and design is best dictated by budget, anticipated use, sun patterns, landscaping, style and size of the home, property and any other outdoor structures. For example, a pergola that is 10 feet by 10 feet with at least an 8-foot ceiling height will comfortably accommodate two chairs and a small table. If the intention, then, is to entertain large gatherings and/or accommodate an outdoor kitchen, the project definitely calls for a bigger structure. Pergolas are adaptable to any width as long as they include the proper number of beams to support the roof.

Accessories are also important considerations. A simple garden or garage pergola is quite different from an elaborate dining/entertaining space with needs for lighting, electricity and climate control.



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Lighting can be as simple as bulbs strung from an outside outlet or as complex as a mix of general, task, overhead and accent lighting. For safety's sake, all lighting or other electrical fittings in or near a pergola should be waterproofed to a rating of IP67 or better and, importantly, all electrical installations should be performed by a licensed electrician.<sup>5</sup>

Other possible pergola accessories include solar panels, misters, ceiling fans and heaters. Solar panels lend energy efficiency, while misters and ceiling fans (especially in Texas) provide comfort on hot days and nights. Free-standing or wall-mounted heaters serve warmth in colder times.<sup>6</sup>

When incorporating any accessory, it's important to hire experienced installers and licensed electricians. As an afterthought, accessories can be costly and time-consuming, so preplanning is critical. Pergolas are the answer to outdoor fun with the comforts of home. **NOW**

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### ARE VARICOSE VEINS HOLDING YOU BACK?

Varicose veins are a very common and often painful condition, affecting approximately 25 percent of women and 15 percent of men. Women are especially prone to suffer from varicose veins because of pregnancy. Heredity has been shown to be a contributory factor as well as certain occupations with prolonged standing or sitting.

How do varicose veins develop? Compared with other veins in the body, leg veins endure the most pressure and have the toughest job of carrying blood back to the heart. To counteract the forces of gravity, veins have valves that prevent blood from flowing backwards as it is pumped back toward the heart. Over time, these valves can weaken, allowing the blood to pool inside the vein.

This can cause the vein to distend, resulting in the "rope-like" appearance commonly associated with varicose veins. This condition can lead to a range of serious circulatory problems, including blood clots, leg ulcers and poor circulation. Many individuals exhibit symptoms of venous insufficiency that includes swelling, throbbing, cramping and restless legs.

Until now, the only effective treatment for large varicose veins was vein stripping, a painful and invasive surgical procedure with a lengthy recovery period. **Now patients have the option of several new non-surgical therapies that can be performed in a doctor's office.**

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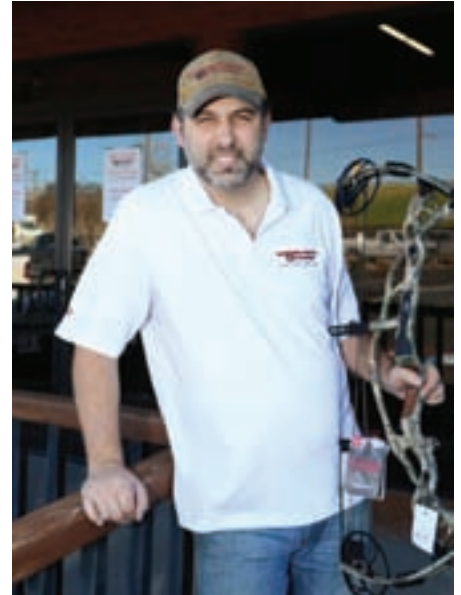


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*Bargain Hunter Outdoors provides a local, independent option with a full line of outdoor products.*

— By Lisa Bell

When a grizzly bear greets you at the store entrance, expect a different experience. The extensive line of products at Bargain Hunter Outdoors may surprise you. Combining a full line of products with individual attention makes the store unique — a great place to find what outdoor enthusiasts want without driving miles. Andy Hutchison strives to make sure customers receive a personal touch, whatever their need.

Bargain Hunter Outdoors opened in June 2010. In the beginning, they operated as a consignment liquidator. Set up for selling new guns and archery equipment, they bought truckloads of goods needing slight repairs and passed on savings. Within months, they changed the model, moving toward a full-line store.

By the end of 2011, they were firmly entrenched in the buy, sell and trade of guns, archery equipment and all things connected. They eventually added a fishing department, feeders with supplies and accessories and predator calls, even for animals not native to Texas.

Andy supports “shop local,” matching big store prices and packages to fit customers’ needs and budget. The store is a hub to the 15 big hunting counties in Texas. From the store, people travel many directions, appreciating the full-line independent store. “If we don’t have it, I try to send customers to a local store,” he said.

Events include LTC (license to carry) classes, a predator hunt with Jeff Thomason and Predator Pursuit, Indoor and



Outdoor Archery Shoots, seminars, dinners, benefits and more. “We try to use whatever we have to support fundraisers for schools, churches and help for medical expenses,” Andy commented. Their cook trailer appears, backing some events.

Andy became enamored with fishing at age 5. As a hunter, he prefers bows instead of a rifle. Being adopted, men in his church helped him with a sense of belonging through outdoor activities. “I’ve had a passion for the outdoors since I was 5 years old,” he said.

A bi-vocational minister, he joined Bargain Hunter Outdoors from the start. Months before the opening, he was in South Texas. As he walked through a store, he thought, *This is the type of job I should be doing.*

“There’s always been something that supported me as a minister,” he said. As the business geared up, he came onboard as a bow tech, quickly deciding he had hunting experience, but not bow tech experience. Within two weeks, he relied on seasoned bow techs and YouTube to enhance his skills.

Andy is excited about the future. Partners with First Baptist Church, they are in a three-year plan developing an Outdoor 3D Archery, Ministry and Events Center at 500 W. Park and Lamar. Birthday parties, men’s events, father/son campouts, benefits and tournaments will support the community.

The biggest news occurred February 28, 2016. Leasing suite 100 to Harbor Freight, they moved one building over to suite 350. The move won’t change the way they do business. “I’m gonna make sure this store is for the people,” Andy said. With busy lifestyles, he strives to make sure everything works and customers have the knowledge to enjoy their limited free time.

As archery becomes more popular, Andy caters to teaching the sport. “I love seeing a kid pull back a bow and hit a paper target close to the bullseye. I love the look on their faces,” he said. Giving back provides Bargain Hunter Outdoors the unique edge to remain a part of the community while doing business. **NOW**



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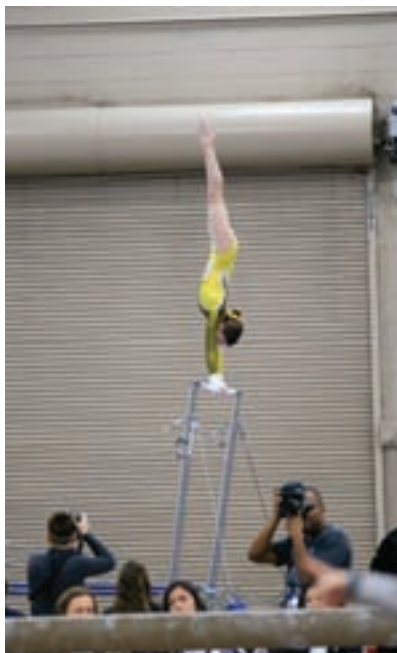
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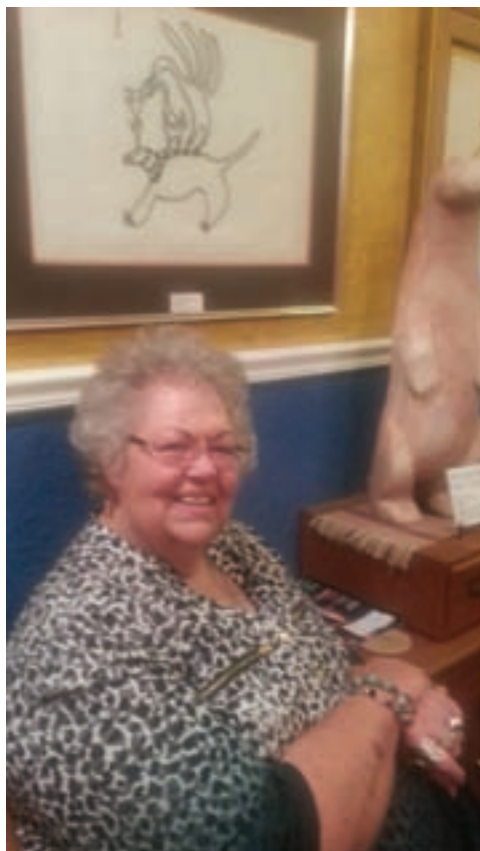
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# How Should You Respond to Market “Correction”?

As an investor, you may be gaining familiarity with the term “market correction.” But what does it mean? And, more importantly, what does it mean to you?

A correction occurs when a key index, such as the S&P 500, declines at least 10 percent from its previous high. A correction, by definition, is short-term in nature and has historically happened fairly regularly — about once a year. However, over the past several years, we’ve experienced fewer corrections, so when we have one now, it seems particularly jarring to investors.

How should you respond to a market correction? The answer may depend, to some extent, on your stage of life.

• **If you’re still working** — If you are in the early or middle parts of your working life, you might not have to concern yourself much about a market correction because you have decades to overcome a short-term downturn. Instead of selling stocks, and stock-based investments, to supposedly “cut your losses,” you may find that now is a good time to buy more shares of quality companies, while their price is down.

Also, you may want to use the opportunity of a correction to become aware of the need to periodically review and rebalance your portfolio. Stocks, and investments containing stocks, often perform well before a correction. If their price has risen greatly, they may account for a greater percentage of the total value of your portfolio — so much so, in fact, that you might become “overweighted” in stocks, relative to your goals, risk tolerance and time horizon. That’s why it’s important for you to proactively rebalance your portfolio — or, during a correction, the market may do it for you. To cite one aspect of rebalancing, if your portfolio ever does become too “stock-heavy,” you may need to add

some bonds or other fixed-rate vehicles. Not only can these investments help keep your portfolio in balance, but they also may hold up better during a correction.

• **If you’re retired** — After you retire, you may need to take money from your investment accounts — that is, sell some investments — to help pay for your cost of living. Ideally, however, you don’t want to sell stocks, or stock-based vehicles, during a correction because when you do, you may be “selling low.” (Remember the most common rule of investing: Buy low and sell high. It’s not always easy to follow, but it’s still pretty good advice.)

So, to avoid being forced into selling, you need to be prepared. During your retirement years, try to keep at least a year’s worth of cash instruments on hand as well as short-term fixed income investments. By having this money to draw on, you may be able to leave your stocks alone and give them a chance to recover, post-correction. And it’s important to maintain a reasonable percentage of stocks, and stock-based vehicles, in your portfolio, even during retirement because these investments may provide the growth necessary to help keep you ahead of inflation. Consequently, as a retiree, you should have a balance of stocks and stock-based vehicles, along with fixed-income vehicles, such as bonds, certificates of deposit, government securities and so on.

Being prepared can help you get through a correction — no matter where you are on life’s journey. **NOW**

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Gregg Davis is an Edward Jones representative based in Willow Park.*



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# Rotation Into Pain

— By Betty Tryon, BSN

A network of muscles concentrated in a small area of the body can literally bring your way of life to a halt. This is certainly the case with the rotator cuff. The rotator cuff is located in the shoulder area of the body as a network of muscles that come together to hold your arm in its shoulder socket. The health of this structure is what enables you to have full range of motion in your shoulder area. Because of this, if an athlete, such as a baseball pitcher, is injured in that area, the consequences could be dire.

Although an athlete's career could end because of trauma to the rotator cuff, a person not involved in sports can experience the same devastating results. Anyone, such as carpenters and painters, who use repetitive motions that involve the shoulder for extended periods of time, can be at risk. Even if the significance of the injury isn't severe, a person must still deal with the pain that can come from a rotator cuff injury. Something as simple as the ability to raise your arms over your head to reach for something can be impaired. Age also increases the risk of this injury due to repeated overuse and a decrease in blood supply to the area.

The most common presentation in a rotator cuff injury is pain. The level of pain varies and does not necessarily coincide with the severity of the injury. You may experience an ache that

is constant or a sharp pain when using your shoulder muscles. Many wake up with terrible pain in that area because of sleeping on the injured shoulder. A weakness in the arm that limits its full range of motion is another symptom of rotator cuff injury. You may experience a popping or snapping sensation with accompanying weakness and pain.

Repetitive overuse is not the only cause of damage to the rotator cuff. It can also occur from a sudden injury, such as a fall, or by lifting heavy objects. Whether the injury is from progressive degeneration or from a traumatic injury, you should visit a physician for an assessment of the problem and for diagnosis. Treatment could be as uncomplicated as resting the area and using ice and anti-inflammatory medication. Or treatment could be as invasive as surgery. In any case, physical therapy may be recommended to restore the area to its best-possible health status. A torn rotator cuff injury may be traumatic, but with proper treatment you can expect increased strength, less pain and more mobility. **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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### Through April 30

Victory Baptist Academy Open Enrollment: open timing, 1311 E. Bankhead Dr. Now accepting student applications for the 2016-2017 school year. Parents may enroll their students at any time, and those who apply before **May 1** will receive a 25 percent discount on the application fee. To learn more, call (817) 596-2711.

### April 3

16th Annual "Go Greek": 3:00 p.m., Jerry's Chevrolet Board Room, 3118 Fort Worth Hwy., Hudson Oaks. Event for Parker County High School Senior girls and/or their mothers to learn about College Sororities. Free event. Drawings for three \$250 Sorority expense Scholarships. Hosted by Parker County Panhellenic group. Contact Jo-Alice Davis (817) 271-1847 or Sandy Caffee (817) 771-2339.

### April 9

Master Gardener Plant Sale: 8:00 a.m.-noon, Agrilife Extension Office, 604 N. Main. Lines form early for the annual event. Tremendous selection of plants available for a great start to spring gardening. For more info, visit [www.pcmg-texas.org](http://www.pcmg-texas.org) or call (817) 598-6168 to speak with a Parker County Master Gardener.

### April 15

Family Movie Night: 7:30-9:30 p.m., Impact Athletic

Training Center, 100 Nu Energy Dr., Aledo. \$10/person, plus \$5 for pizza. Funds raised support Impact's level 4A gymnastics team. Email [sprokell@yahoo.com](mailto:sprokell@yahoo.com) for more info.

### April 16

Hounds for Hometown Heroes Dog Show and Competition: 10:00 a.m.-2:00 p.m., Patsy Hooks Dog Park, 379 Jack Borden Way. Raise support for the Veterans Memorial at Soldier Park. Dog judging in many categories, plus an agility contest. For more information, contact Kaye Jordan, registered agent, at (817) 988-2202.

Rescue Rodeo 2016: 10:00 a.m.-5:00 p.m., First Monday Fair Grounds. "Friends of the Weatherford Shelter Pets" invite you to the largest pet adoption and animal wellness event of the year. Free admission. For more information, contact Kim Murray by email [dkmurray2002@hotmail.com](mailto:dkmurray2002@hotmail.com).

### April 20

Spring Career Fair: 10:00 a.m.-2:00 p.m., Weatherford College Doss Student Center cafeteria. Employers register at [www.collegecentral.com/wc/Employer.cfm](http://www.collegecentral.com/wc/Employer.cfm). No open positions? Provide professional expertise on improved interviewing skills to better prepare them for future job markets. For more info, visit [www.wc.edu](http://www.wc.edu).

### April 23

Party on the Patio: 7:00-11:00 p.m., Lucky Stars Ranch, Aledo. Proceeds benefit all Aledo ISD band programs. Each ticket included in random drawing for free car from SouthWest Auto Group. Adults-only party includes cocktails, catered meal, dancing, live/silent auctions and prize drawings. Tickets on sale at Aledo band performances, [www.raffleriver.com](http://www.raffleriver.com), or by calling (817) 229-5886.

### April 30

Unused and Expired Medicines Safe Disposal: 10:00 a.m.-2:00 p.m., 1007 S. Main St. Call (817) 598-4275 or visit [www.weatherfordtx.gov/expiredmeds](http://www.weatherfordtx.gov/expiredmeds) for more information.

### May 1

All the Earth is Holy Ground 2016 Tour: 7:00 p.m., New River Fellowship, 3252 E. I-20. In concert - Tenth Avenue North, Hawk Nelson and I Am They. Admission: \$20 Advance, \$35 Gold Circle, \$30 Day of Show, \$15 Students Advance. Visit [www.event.attendstar.com](http://www.event.attendstar.com) or call (817) 629-2943.

*Submissions are welcome and published as space allows. Send your event details to [lisa.bell@nowmagazines.com](mailto:lisa.bell@nowmagazines.com).*



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## In the Kitchen With Chris Coble

— By Lisa Bell

Chris Coble started cooking at age 16 in a Fort Worth pizza joint. “My boss brought up the idea of culinary school, which was something I never heard of. Maybe that was the appeal,” he said. He graduated from Culinary Institute of America in 1991. His 30-year career included seven years in the Caribbean, two of them as executive chef aboard a 105-foot motor yacht. He and his wife now own their own business called Your Personal Chef.

“I enjoy the feeling of creating dishes that bring back warm memories for people,” he said. Chris loves teaching others to cook. He prefers down-home style, tweaking recipes and using his personal favorite method of braising. In his spare time, he enjoys fishing and gardening — especially herbs. **NOW**

### Smoked Corn and Tomato Salsa

Makes 4 servings.

- 2 ears fresh corn, cleaned
- 1 red onion, sliced
- 3 tomatoes, diced
- 1 jalapeño, finely diced
- 1 tsp. garlic, minced
- 1 tsp. fresh cilantro, minced
- Salt and pepper, to taste

1. Smoke corn and onion for about 25-35 minutes to obtain good flavor.
2. Shave corn from cob and dice onion.
3. Combine with next four ingredients, and season to taste.

### Five Onion Soup

Makes 6 servings.

- 2 Tbsp. olive oil
- 1 Tbsp. garlic, minced
- 6 shallots, sliced
- 1 bunch leeks, white part only, sliced
- 2 red onions, sliced
- 2 Vidalia onions, sliced
- 2 quarts low-sodium chicken broth
- Salt and pepper, to taste
- 1/2 cup Gruyere cheese, grated
- 1/2 baguette, cut into 1-inch slices

1. Heat oil in a large soup pot over high heat; add garlic and shallots and sauté 1-2 minutes until fragrant.

2. Add leeks and sauté 2-3 minutes.
3. Add onions and sauté 5-6 minutes, until they start to caramelize.
4. Add broth and bring to a boil; reduce to a simmer and cook 20-30 minutes. Season to taste.
5. Sprinkle cheese over baguette slices; bake at 375 F for 7-10 minutes until cheese is melted, and serve with soup.

### Energy Balls

Makes 28 servings.

- 3/4 cup rolled oats
- 1/2 cup peanut butter
- 1/3 cup honey
- 1/3 cup cocoa powder
- 1/3 cup shredded coconut
- 1/4 cup wheat germ
- 2 tsp. vanilla extract
- 1/4 tsp. cinnamon

1. Combine all ingredients; roll dough into golf ball-size portions.
2. Refrigerate before serving.

### Couscous Tacos

Makes 4 servings.

- 1 cup couscous
- Water, to cover
- 1 Tbsp. canola oil
- 2 tsp. garlic
- 1 lb. tofu, diced small
- 1 cup fresh tomatoes, diced small
- 1 Tbsp. chili powder
- 1 tsp. cumin powder
- Salt and pepper, to taste
- 1 bunch scallions, thinly sliced
- 2 Tbsp. fresh cilantro, minced
- 8 taco shells
- 1/4 lb. cheddar cheese, grated

1. Pour couscous into a bowl. Bring water to a boil and pour enough to cover couscous. Cover and let stand 10-15 minutes.
2. Heat oil in a large sauté pan over high heat. Add garlic and sauté 1 minute.
3. Add tofu and sauté gently until browned.
4. Add tomatoes and sauté gently another 1-2 minutes until starting to soften; add spices and season with salt and pepper.
5. Remove from heat and stir in scallions and cilantro; mix in couscous.
6. Fill taco shells and top with cheddar.

To view recipes from current and previous issues, visit [www.nowmagazines.com](http://www.nowmagazines.com).





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