

# Weatherford

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M A G A Z I N E

DECEMBER 2013

# NOW

SPECIAL SECTION:  
2013 Holiday  
Shopping  
Guide

## Family Tradition

At Home With Scott and Sarah Myser

## Redirected Life

Jim Morrow impacts others through  
volunteer efforts

Straight Shooters

The Value of Experience

In the Kitchen With  
Sara Henard



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## ON THE COVER



The Christmas season is the perfect time for the Mysers to make merry memories in their Aledo home.

Photo by Vanessa Polozola.

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## Editor's Note

*Happy holidays, WeatherfordNOW readers!*

I've seen Christmas decorations displayed in stores since July, and it's finally time to unpack our storage boxes and erect the tree. Christmas is my favorite holiday! There are many reasons for me — the joy of a child's smile opening a surprise gift, curling up to read *'Twas the Night Before Christmas* in front of the fireplace, sharing a meal with loved ones.

Family gatherings can get a little crazy around the holidays, but this time of year always brings me peace and serves as a reminder that we must live our lives to the fullest. We must enjoy the time we have together on this earth. Whether you celebrate the birth of Christ, Hanukkah or Kwanzaa, or you have other religious or secular traditions, I wish you peace and joy this holiday season.

Take care and enjoy yourselves!

# Amber

Amber D. Browne  
WeatherfordNOW Editor  
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# STRAIGHT SHOOTERS

— By Amber D. Browne



*When the Parker County 4-H shooting sports teams get on the range, they must have a steady hand. In most competitions, they're shooting at a target smaller than the size of a dime and 50 meters away. The goal is to shoot directly in the center of the target for the highest score. Both Mindy Miles and Sydney Casey know the excitement of shooting competitively. They've competed all the way up to the national level in air rifle and small bore, or .22 rifle.*



Sydney Casey (L) and Mindy Miles (R) love competitive shooting.



The teens did so well at state competition this year that they were invited to compete at the National Junior Olympics in Colorado Springs, Colorado. Mindy took home the silver medal for her age group in air rifle. She then competed in a shoot-off to get into the overall finals. "It was exciting," Mindy said. She shot the best score in the air rifle final and moved up from eighth to sixth place overall. In small bore, Mindy shot slightly behind the second-place score and brought home the bronze medal. She barely missed becoming a Junior Olympics team member for the small bore competition, but continues to train and hone her skill. "It is a lot of fun. I come back from a match, and I'm feeling good. Let's do it again!"

**"I'M PRETTY DEDICATED, AND I WANT TO DO WELL."**


Sydney also had a great run while at the Olympics competition in Colorado. She won bronze for air rifle for her age category and placed fifth for small bore. The 13-year-old enjoys the unique sport. "It's different from other sports. Other sports are more team-oriented. This is a team sport, but it's not like if you lose, it's a big deal. You want to get better, and you want to beat yourself more than beating other people," Sydney explained. They travel to other cities in Texas and out of state for competitions. Sydney enjoys meeting new friends while touring the country.

For Mindy, it's about the camaraderie as well. "Everybody's nice," Mindy said, referring to the other competitors at regional, state and national competitions. "We have dinners every night with a big group of people. You'll finish a match,



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and maybe the guys are shooting. Then you go check out all the guys who are shooting. Well, maybe not ‘check them out,’” she said, laughing. “You go watch them shoot, and you can learn a lot from each other,” Mindy explained. Shooters are very supportive of each other during competitions, too. “It’s mainly just yourself and what can you do to get better.”

Back home in the Weatherford area, the teens practice nearly every day. At the Lone Star Guns, Gallery & Gear in Weatherford, they meet with other teammates on the Parker County 4-H rifle team to practice shooting their .22 rifles. But, back at home, their fathers have set up shooting ranges for air rifle, which Mindy describes as a fancy pellet gun. During competitions, the air rifle shooter stands and shoots at a target. The .22, or small bore, is a little different. The competitor must shoot from three different positions — kneeling, standing and prone. The shooter can wear special glasses, a visor to keep the lighting even and a shooting suit. The suit includes special shoes to keep their feet flat while





shooting and stiff pants and a jacket to keep them steady. The shooter can see his or her heartbeat in the gun sight, so the suit lessens the prominence of the heartbeat.

Mindy prefers air rifle, because she likes to stand and shoot. Air rifle is also Sydney's first choice for competitions. "I find air rifle easier. Not that .22 is way harder, but I get better results out of air rifle," Sydney explained. "Because I'm doing better now with air rifle, I like it a little more." Sydney can be hard on herself, but she just wants to excel in the sport.

Sydney's father, Lieutenant Colonel Scott Casey (Ret.), is her coach. She has developed a close relationship with him through the sport. "I have an older brother and a younger sister, so we split time. He's coach on the range, apparently. To him, he's coach on the range, and off, he's dad," Sydney said, grinning. "He's supported me a lot, and he's taken me everywhere."

Scott was instrumental in getting Sydney started in competitive shooting. He met Mindy's father, Chip Miles, at

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a shooting competition several years ago. Scott had been searching for a local program and found only Parker County 4-H had a shotgun team. With their backgrounds in competitive shooting and their desire to get their children involved in the sport, Scott and Chip decided to get certified and established the rifle team.

"It's neat to watch her go through the sport," Scott said about his daughter. Seeing Sydney progress through the program has been quite an experience for Scott, but he thinks it's a good opportunity for her. "Sometimes, it's tough being coach and dad at the same time. That's when Chip and I will reverse roles."

The two rely on each other to coach the girls. "Everybody involved in the sport seems to be nice and helpful. They seem to be really good people, and it's a good crowd for her to hang out with," Chip said, about his daughter, Mindy. "She takes criticism and help very well," he said. "She's at the point where she is self-assessing, so she's pretty far advanced. Her coaching from me is limited now." He is a little nervous about her going off to college next year, but he is excited for her and knows she will succeed.

"Normally kids don't get along with their coaches very well, but my dad and I are really close. He's the best coach," Mindy said. "I'm pretty dedicated, and I want to do well." Although Mindy and Sydney have only been shooting competitively for about two to three years, they see themselves growing their love of the sport. Mindy believes her skills will help her get recruited to a university shooting team next fall.

Sydney's ultimate goal is to compete in the Olympics. She would first have to make the Junior Olympics team and compete in World Cups to advance to the Olympics. "I think it would be cool to go and compete against all those people from everywhere," Sydney said.

Until then, the girls will continue practicing their shooting skills two to three hours each day. Mindy will be busy as a senior at Weatherford High School and enjoying her many hobbies, including reading, hunting and fishing. Sydney is an Aledo eighth-grader and plans to also stay busy playing on a select volleyball team. They are both very goal-oriented and keep the prize in their "sights." **NOW**