

# The Arnold Sentinel

“Serving the South Loup River Valley”

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## Tickles Hold Open House to Unveil New Layout of Former Sandhills Showroom

Touch of Grace Massage and Therapy moves to its new location.

By Janet Larreau

What would happen to the large Sandhills Motors showroom after the business moved to Broken Bow? This was a question on many residents' minds for months, as the building stood empty. On Saturday, March 26, the question was answered, as new owners April and Andrew Tickle held an open house, unveiling their new floor plan for the building that will house Touch of Grace Massage Therapy and Spa and a new business, Oakbrook Physical Therapy, owned by Josh and Molly Magill. Some 200 residents turned out to see the changes that have been made and to congratulate the new owners.

Andrew and April signed the paperwork to purchase the property (also known as the old Spargos building) on December 10, 2021. April's vision for the building was that it would have an open floor plan to work with. After signing the purchase agreement, April talked to a few people about coming on board to help share and fill the space for services she felt Arnold could benefit from. Josh Magill said he would give it a try and bring physical therapy to town. With that, the open space was split off into the number of rooms needed.

Plans were drawn up and

product was ordered. Cleaning out the building began the weekend they took ownership, and it's been a big undertaking.

"There was a lot more left in the building than the eye could see when we walked through it. Just emptying the space so we could get it ready was a lot. With lots of all-nighters and help from friends and family, we set the date for our open house," said April.

Six rooms were built in the large open space and the three existing office spaces were left untouched. There is a spacious waiting room, front foyer/entry, PT gym, three treatment rooms, two office spaces, a massage room, wellness room, and sauna and spa room. The building has a full basement that was cleaned out and is at this time being used for storage. There is also a mezzanine that will be storage above the offices and a yoga health room. There is also a large break room, separate storage room and back entry room. The cool old elevator will still be there for the aesthetics of the building.

"When we purchased this building and took our family in to show them, they said, 'It feels like a palace. It just keeps going and going!'" said April.

From the moment April first wanted to do massage, her dream was to work in a full spa

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Photo/Debbie Connelly

Andrew and April Tickle and Josh and Molly Magill gave some 200 people a tour of the new layout of the former Sandhills Motors showroom on Saturday during their open house. The Tickles purchased the building and redesigned the floorplan to house Touch of Grace Massage Therapy and Spa, and the Magills came on board to open their new business, Oakbrook Physical Therapy. The historic building is known to old-timers as the Spargos building.

## Magills Open Oakbrook Physical Therapy Clinic In Tickle Building

By Janet Larreau

When April Tickle approached Josh Magill about starting a physical therapy clinic in Arnold in her new building, he thought it was the opportunity of a lifetime. He had always thought about starting a clinic in Arnold; however, things just did not align to do so, until now... On March 26, Oakbrook Physical Therapy's

new clinic was unveiled as part of Andrew and April Tickle's open house for their new building that houses Touch of Grace Massage Therapy and Spa.

"Josh grew up in Arnold and loves to call Arnold his home. We also believe that Arnold is a great place to raise our children. Josh has been commuting to work for the past six years; however, he has always had a goal of being able to work in Arnold. This opportunity has

made that goal one step closer for us," said his wife Molly.

Josh graduated from A.H.S. in 2004; attended Chadron State College (RHOP Physical Therapy Track), earning a Bachelor of Science in Human Biology in 2007; and went on to receive his Doctorate of Physical Therapy from the University of Nebraska Medical Center in 2010. Since graduating from UNMC,

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## Brast Family Takes Ownership of Two Arnold Businesses

By Janet Larreau

Texas residents Eric and Yvonne Brast discovered Arnold in 2017, moved here with their two young sons, Elliott and Eli, and in 2020, moved back to Texas because of Eric's desire to return there and transact real estate. However, they found Texas had changed and was no longer the friendly place that the couple enjoyed in their youth. Now, they are back to make Arnold their home and have become official business owners.

The couple took ownership of Mighty Mart on December 1, 2021, and The Exchange on February 28, 2022.

"We purchased Mighty Mart in order to provide a place for our son, Elliott, to make a difference with meaningful work," said Eric. "While he has a disability, he is a light in a world that needs brightness. Elliott is a smart young man, and we wanted him to grow and prosper in a small community of friendly people who would look out for him, accept him and allow him to be part of their group."

After purchasing Mighty Mart, it became apparent to the Brasts that it was a good business decision to own The Exchange, as well. They attempted to purchase both businesses at different times in 2019, but at that time, neither worked out.

For now, they have decided to close Mighty Mart. Its future use will be given methodical and patient thought balancing the cost to make major repairs to the building and practicality.

"Mighty Mart has been in Arnold for a long time and we are very sensitive to that," said Eric. "As many local folks know, the building needs a new roof and a new wall along a portion of its south roofline and the kitchen is not compliant when using a fryer. The kitchen should be equipped with a wet chemical fire suppression system, which can extinguish a

grease fire at the pull of a lever. To operate the fryer and grill without that system endangers employees, increases liability of the business and simply is not the way we manage or operate a business. A new hood system is at least \$10,000.00 and has to be installed by a certified and licensed vendor. Nebraskans value a dollar and are practical people, so they understand our thought process. Too, please remember, there are many 'behind the scenes' needs that must be considered and tackled and many customers may not realize all of these."

The Brasts are currently operating The Exchange with eight dedicated employees. They will likely train at least one person to provide "swing" assistance when needed. Their goal is to allow all employees weekend time away and time with their families.

"We are blessed to have almost all previous employees remain with us at The Exchange. While we offered several employees from Mighty Mart the chance to come aboard at The Exchange, they chose not to do so for various reasons," said Eric.

At The Exchange, the Brasts would like to feature a few more beef-related dishes, yet remain aware of the high prices for all food items in today's economy. Over time, they may fine-tune certain aspects of the business by introducing new products from vendors and exploring menu items for heart health and those who seek "lighter" options in their diet.

For now, they would like to add an open-faced ribeye sandwich and a fish option to the take-out side of the store.

The Brasts purchased The Exchange from Blaine and Kris Hagler.

Eric said, "It is important to recognize the significant investment that Blaine and Kris made in The Exchange, not only in its initial construction, but also in the costs associated with operating the business for over six years. We are lucky to

have systems and a customer-base in place and we did none of that work - that was all done by Blaine and Kris and their employees along the way. Their investment in Arnold was significant and should be humbly and appreciatively acknowledged."

### About the Brasts:

Eric's background includes the University of Texas and a Master in Beef Cattle production from Texas A&M. He attended the certificate program at Texas Christian University in Ranch Management and later taught for five years in the same program.

It includes cattle feeding, ranch management, banking and corporate training.

His passion has always been centered around feedlot and grazing cattle.

Yvonne is a licensed architect and has been for over 20 years.

She works from home on projects around the country, including churches, hospitals and custom homes.

In this technology age, their firm shows clients a walk-through of their project before the ground is moved for the foundation.

While architecture and engineering are primarily male-dominated professions, she serves as a testament for young ladies who want to pursue those skillsets, while rearing two special boys.

The couple's homeplace is in

Bellville, Texas, about 60 miles west of Houston. It is a small family place that was purchased in 1867. Eric was reared there raising cattle and corn.

They truck-farmed vegetables, watermelons and cantaloupes.

Today, it no longer resembles the rural place of his youth.

Yvonne grew up just a few miles away in the smallest incorporated town in Texas, with

10 students in her graduating class and being the daughter of a Lutheran minister.

After meeting in 1986, they were

married in 1992 and through her patience, the couple will

celebrate 30 years of marriage this year.



Photo/Debbie Connelly

New owners of The Exchange, Yvonne and Eric Brast, with their two sons, Eli and Elliott. The Brasts also purchased Mighty Mart.