

HOLIDAY SPECIAL 2021

LADY SHOOTER

Life Styles



SAY HELLO TO

Julia



Hello, I would like to introduce you to my new friend Julia. She will make a great addition to our group. Julia loves getting together with her friends and spending the day breaking clay targets, but don't let her good looks fool you, when it comes to breaking clays she is all business. As a friend I value that she is strong, reliable and well poised. Her famous father, Julius Caesar, taught her at an early age the benefits of competition and that you can still have fun when you are not busy running around conquering the modern world. I hope you like Julia as much as I do, she is going to be one of my trusted shooting partners for many years.


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"I've always wanted to be a woman who isn't afraid to tell her story."

—Andra Day, musical artist



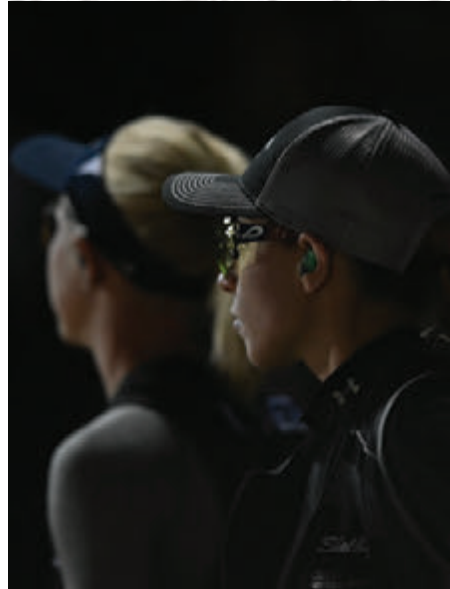
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*“Today is a gift.
That’s why we
call it the
Present.”*

-Eleanor Roosevelt

Hello and welcome back to LadyShooter LifeStyles!

A simple “thank you” feels somewhat inadequate for the depth of our gratitude to you, our loyal Lady family. What was going to be a September/October issue full of hunting related goodies and adventures got pushed to the wayside in the name of humanity. A very pivotal member of our Lady family (our publisher/lay-out goddess) lost her husband to Covid-related complications.

The decision was made to take some time to breathe, heal and come back stronger for a Mega Gift Guide issue which you are about to enjoy. I am a firm believer we cannot be what we need to be for others if we do not first take care of our own soul. Thank you for having the grace to allow us to do just that.

We have an incredible team-tested gift resource in the pages ahead for you to peruse. Each item has been personally checked out by a member of our team and given our stamp of approval for the lady shooter lifestyle.

As we all worked to curate pieces we thought would resonate, I was struck by something. Each woman in our nuclear Lady family brings something special to the table. The items these ladies sought to write about enriched their own life in some way. These items brought beauty, health, functionality, fashion and peace to their specific lives and situations. When you read through the Gift Guide, you’re not just looking at a retailing experience, you’re getting a glimpse into the heart and soul of the amazing women who make up this publication. I am both humbled and honored to share space with these ladies.

Macy, Michelle and Brandy – you ladies are the backbone of the wholistic content between the covers of every issue. Thank you for all you do and everything you bring to the table.

That said, none of us would be able to do what we do though without the vision, artistry and pixie dust of Stacey, the publisher and layout goddess of LadyShooter Lifestyles. Thank you!

We have some wonderful new adventures happening in 2022 in the Lady family. We can’t wait to show you the amazing things in store to help bring YOUR lady shooter lifestyle to the next level. Stay tuned!!

In the meantime, we hope you enjoy this issue as much we enjoyed creating it for you. The pages are filled with amazing women doing incredible things with fierce passion and fire-formed grace. May your holiday season be filled with blessings beyond measure.

Cheers!

Andrea



VICTORY RESTS IN HER HANDS

Aptly named after the Goddess of Victory, the K-20 Victoria promises women triumph in the field or on the range. Offering a beautifully designed and tailored stock for the female shooter, K-20 Victoria’s graceful balance and lightweight barrels give any woman an unbeatable field companion.





*Til I Can Make it
on my Own...*

PART IV: SOME ASSEMBLY REQUIRED

BY ANDREA BOGARD

Wow! We've come a long way, haven't we? From caliber selection to parts sourcing, we're now ready to put it all together. I have a confession to make. I had all the parts in a box for over a month before gathering the courage to sit down and put it together. Why? I didn't know if I could truly "make it on my own."

So, what did I do? I got COVID. Yep. Confined to my house with my family for a week, what else do you do on a beautiful Saturday over Labor Day weekend? While I didn't feel all that bad, I couldn't smell or taste anything, removing barbecuing and beer drinking as fun activities. So, I built a gun.

I got the box out and put it on the counter. I unrolled some rubber backed felt gun mats on my quartz countertop and stared at the pile of parts I had accumulated. Some wise advice I received recently echoed in my head – "you eat an elephant one bite at a time." Okay, we can do this.

Step 1: Take two more ibuprofen to keep the COVID headache at bay.

Step 2: Lay everything out to see what I have and what goes where. The exploded diagram from the last installment is super helpful here!

Step 3: As with most shooting disciplines, start with the foundation. In this case, the Lower.

LOWER!

Depending on what type of lower you selected, this will look different for you. I went with a stripped lower so I have a "Builders Kit" of springs, pins, detents and miscellaneous goodies.

I'm going to stop here to pass along a little bit of wisdom. Not all the handy little packages of parts you have so painstakingly sourced come with directions. I'm a big fan of reading the



instructions so imagine my dismay when I open a package of indecipherable pieces and there are NO INSTRUCTIONS.

Thanks to Dr. Google and a print-out of an exploded AR's innerds, I was able to extrapolate what I needed (www.mcarbo.com AR-15 Lower Exploded View is the diagram I used). Here's the process I followed. Yours may differ based on the parts and pieces you get.

1. Installed the pivot and take down pins along with their associated springs and detents.

2. Installed the magazine catch and release button, and the bolt catch and the associated springs and detents.

3. Installed the trigger and trigger pins along with the safety selector. Note: my Trigger Tech trigger came as an assembly requiring only the installation of the trigger pins and tightening of tension screws.

4. Installed the grip along with the safety detent and spring.

5. Installed buffer tube, buffer retainer and retainer spring, buffer spring and buffer.

6. Attached the buttstock to buffer tube. My lower was now complete! *Note: you may have additional/different steps based on your parts selection and build specs.*

UPPER!

1. Assembled the bolt carrier group (BCG)
a. Removed side charge handle from carrier
b. Installed bolt in carrier
c. Installed cam pin in bolt
d. Installed firing pin in bolt
e. Installed retaining pin in bolt

2. Installed barrel in upper receiver

3. Installed hand guard nut

4. Installed barrel nut

5. Aligned gas tube and torqued barrel nut

6. Installed and secured gas block

7. Installed and pinned gas tube

8. Attached hand guard

9. Inserted charge handle and BCG

10. Re-installed side charge handle in BCG





So, we have assembled our lower and configured the upper. Do you remember those handy pivot pins from a little while ago? Line those babies up and put it all together.

“OMG, I made a gun,” I blurted as I snapped the upper and lower together. I held her out to admire with a mixture of surprise and awe. Do you ever have something turn out far better than you expected? Like a new creative attempt in the kitchen, sometimes the outcome exceeds expectations significantly. This particular project blew past my cautiously optimistic benchmark.

As many of you know, I name my guns. There is always a reason behind the choice. Standing there quarantined in my kitchen, snuggling my freshly built gun, I heard the starting notes of one of my favorite songs come through the Bose speaker on the counter.

“Delta Dawn, what’s that flower you have on...?” I do love me some Tanya Tucker. And, I possibly had the so-called “delta” variant. Perfect!! We have a name. Welcome to the safe, Delta Dawn.

She’s beautiful, classy, sleek, sexy and fiery with just the right pop of bling. But does she shoot? Check out the video [HERE](#) of our first shots together! Note: I had a scope/rings/bases that fit so that’s what I put on until I decide exactly what optic I want. I can’t wait to take her on many adventures – both on the range and in the field. Follow along with the hashtag!

As with many projects, the process is just as exciting as the final product. I hope you have enjoyed the journey thus far. I want you to know how imperative this project was from a personal standpoint and how grateful I am to have shared it with you all. Until you try, you really don’t know

if you can truly “make it on your own.” Now I know I can. I also know you can, too.

Did you #makeitonyourown? I’d love to repost! Send pictures and a description to andrea@ladyshooterlife.com Cheers! ■



[#AdventuresofDeltaDawn](#)

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The Hoyt Eclipse

A NEW LEVEL OF PERFORMANCE FOR THE FEMALE ARCHER
SAYS **ANDREA BOGARD**



*“For today, I want to be a better woman than I was yesterday.
In short, I want to eclipse her.”*

I picked up my first Hoyt about four years ago. The draw length was two inches too long and draw weight too heavy, but something just felt “right.” You know the feeling I mean. Kind of Goldie Locks in content, but with a real life application, the whole thing was “just right.”

After that first experience, I bought a Hoyt Carbon Defiant with my draw length, weight parameters and color preferences. That bow and I travelled quite a bit, tackling adventures both at home and around the country.

Then, Hoyt rolled out a brand new women’s bow and I knew I had to try it. A few weeks later, I had a 2021 Hoyt Eclipse in my hands. I got her set up and started to shoot. The first thing I noticed? She was authoritative.

Picture two women. One is smooth as honey and happy to take a B level role. The other walks on the scene and commands the whole situation. She’s the Alpha, if you will. That’s the Eclipse.

Honestly, I didn’t click with her at first. She was aggressive. She was fast. She met her mark with a reallly authoritative “thwack.” The bow itself is silent and still, but her downrange results are impressive. I like that. She intrigued me. She pushed me to be stronger, to focus more and to conquer my mental game better.

The axle-to-axle length is a visual representation of the compact powerhouse that she is. The Eclipse employs the logic of the smaller the grip, the less contact with the hand and thus less risk of torquing. While I love the older style Hoyt wood grip on my Defiant, I am now a firm believer in the cutting-edge stabilization of the grip on the Eclipse. Hoyt

slenderized the profile of the smallest grip they make even more to accommodate the generally smaller hands of female shooters. They have named this concept the X-Act Grip.

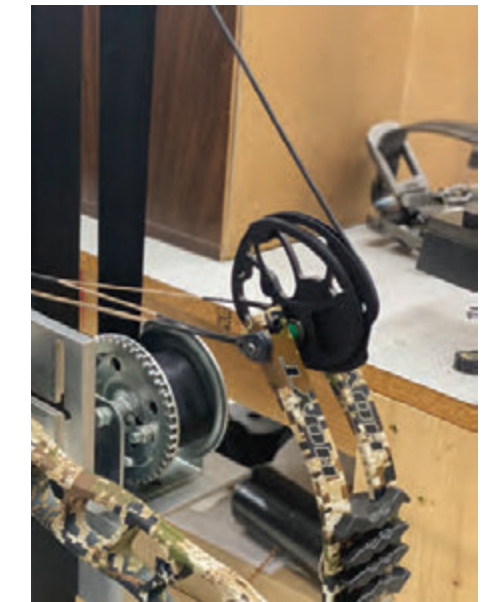
Let’s talk usage. Are you a hunter? Target shooter? Both? Taking it a step further, let’s break these down. Up until last year, I bow hunted out of tree stands based on the traditionally accepted hunting practices for where I live (Northern Michigan). The main problem with that is I DO NOT like heights and I do not like to sit for hours on end. Not a great combo for a bow hunter in Northern Michigan.

Last year I discovered the beauty of still hunting. I could walk, sit, climb, absorb and stalk. It was wonderful! I took my Hoyt Carbon Defiant and found it to be nice and light, but somewhat long axle to axle for the thick swamp I was hunting. As soon as I picked up the Hoyt Eclipse, I knew I had found the perfect bow for spot/stalk hunting.

Let’s circle back a bit. The Eclipse was not only created to be slender and compact, she was designed to be a powerhouse of speed and performance. Even at a relatively short draw length, the speeds are consistently much higher than comparable bows with the same settings.

Something to note here. With speed generally comes a more aggressive cam design. This can

alter perceived draw weight. For example, I was drawing 54 lbs with my Carbon Defiant, but am more comfortable at 51 with the Eclipse. Sort of like buying clothes, sometimes you need to go up or down a size depending on cut or brand. You might need to do drop down a bit in poundage for the Eclipse, depending on what you’re used to shooting. That said, I’m working back up to the mid-50s with the Eclipse.



The Hoyt Eclipse is my new go-to for my archery adventures. With the assertiveness of an alpha, the streamlined beauty of a yacht and the speed of a ‘Vette, the Hoyt Eclipse has thrown down the gauntlet of excellence for today’s female archer.

Check out hoyt.com for more information and for a dealer near you! ■



SPECIFICATIONS	
AXLE-TO-AXLE:	29"
BRACE HEIGHT:	6 3/4"
MASS WEIGHT:	3.7 LBS
CAM:	ECLIPSE CAM
DRAW LENGTHS:	23 1/2 - 25 1/2" 26 - 28"
DRAW WEIGHTS:	20 - 30# 30 - 40# 40 - 50# 50 - 60#



From Field to Field

The SYREN ELOS D2 Revealed!

BY ANDREA BOGARD



They say variety is the spice of life. While I tend to agree with that in many areas, sometimes you just want to pick something and run with it. Or, in this case, shoot with it. Enter, the Syren Elos D2 shotgun.

The first thing that struck me about the Elos was the case. It was a marvelous hybrid of a hard and soft take-down concept with functional handles and rugged zippers. It will protect your gun without being heavy, clunky and abrasive on other surfaces. The hybrid concept of the case is actually a reflection of the gun it protects. Follow me here.

Upon removing the pieces and assembling, I set her down on the kitchen counter to take a look. The receiver is incredibly unique. The lines are smooth, round and enticing. While not a true “roundbody,” that essence is definitely present.

The rounded receiver is case colored, lightly engraved and boasts a gold pheasant on one side and a grouse on the other. This definitely evokes thoughts of crisp October days wandering through aspens, shotgun in hand and dog ahead. Anyone else yearning for bird season?

The Elos D2 I had a chance to shoot was the 20-gauge version. It is also available in 28 ga. Many dedicated clays enthusiasts might scoff at the notion of a functional crossover gun in the sub-gauge realm. How can something do both?

The Elos goes from the clays course to the woods with the grace and beauty of a pheasant flushing on a South Dakota prairie. She

combines the timeless elegance of a beautiful field gun with the cutting-edge modifications Syren is known for to create the ultimate field to field shotgun.

Let’s talk specs. The Elos I had in hand weighs in at a marvelous 6 lbs 5 ounces. This feature gives it a firm foothold as an outstanding field gun. With 28-inch barrels, a 6 mm rib, single selective triggers and screw in chokes, it has all the attributes of a recreational clays gun for the casual clays shooter. Additionally, it can be carried comfortably all day long in the grouse woods or through the sorghum fields.

Here’s where the Syren Elos D2 closes the

deal. The same woman-centric approach that characterizes the entire Syren line is brought out in this hybrid shotgun. The length of pull is 13.9 inches, which includes the Syren ½ inch soft rubber recoil pad. This leads to a more comfortable shooting experience both on the clays course and in the woods.

Continuing with the hybrid concept, Syren took decades of research about what works (and what doesn’t) for the female shooter and packed it into a monte-carlo comb, a tightened grip radius, slenderized fore-end and female-friendly pitch. It’s all made from beautiful Turkish Walnut with a Triwood finish.



Sounds good, right? It gets better. The Elos D2 gives you the advantage of a truly versatile shotgun at a much different price point than the traditional Syren label. Coming in at an MSRP of \$2950, the Elos D2 can stand toe to toe with the Syren Tempio Light, a field focused shotgun priced at \$4595.

After spending some time on the range and in the field with Elos D2, I realized she reminded me of my favorite LBD (little black dress). A lot of us have that one "go to" that somehow seems to stay at the front of the closet (or, the front of the gun safe, in this instance).

She's not a black-tie dinner dress, but she will do just about anything else depending on purpose and accessories. The Elos is not a 10,000 registered targets a year gun. She's the ultimate crossover shotgun to take you from the skeet field or clays course to an iconic stroll after timberdoodles. Are you ready to add this LBD of shotguns to your safe?

Check out www.syrenusa.com for more information and a dealer near you! ■

SYREN	
MODEL	SYREN ELOS D2
BARREL	28" TRIBORE HP™
GAUGE	20G TESTED, 28G AVAILABLE
CHAMBER	20G = 3", 28G = 2.75"
WEIGHT	6 LBS 7 OZ
LOP	13.9"
STOCK	TURKISH WALNUT
FINISH	TRIWOOD™
RIB	6MM VENTILATED
CHOKES	5 INNER HP™ CHOKE TUBES
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ALLISON HAYES

21 Things You *didn't* know ABOUT Me

1. As a high school senior, I'm taking a full college schedule at a local college and a student intern at Children's Hospital this fall.

2. My dream job is to be a Pediatric Anesthesiologist or a Pediatric Hematologist/Oncologist. I've grown up with autoimmune diseases, and since I was little, I've always wanted to give children the doctor I wish I had consistently.

3. I own some property at a castle in Scotland, so technically, I am *Lady Allison Hayes.*



4. In my first three months of shooting, I was in a full-locked leg brace.

5. For SCTP tournaments, I always wear weird, random socks!



6. A little under two years ago was the first time I had fired a shotgun, and I won HOA Overall Varsity in the Northwest Division this past year.

7. I have a cat named Waylon after Waylon Jennings and a dog named Whiskey after "Whiskey River" by Willie Nelson.

8. I played club soccer for eight years as a goalkeeper.

9. I used to do musical theater.

10. I had roses checkered on my stock in memory of my first dog, Rose.

11. I learned how to play guitar specifically to play Taylor Swift because I am the biggest swiftie!

12. THIS YEAR, I WENT ON MY FIRST HUNTING TRIP WITH MY BEST FRIEND, HIS DAD, AND MY DAD HUNTING QUAIL.



13. My uncle nicknamed me "Alli Oakley".

14. I am a soccer coach, referee, and referee mentor. I started coaching elementary school kids in the summer of 2020, and I'm the only youth mentor and youth ref in the league.

15. School is my top priority, and it is one of my most significant accomplishments.

16. I LEARNED FRENCH SO I CAN GO TO FRANCE FOR MY GRADUATION.



17. I love concerts, and I try to go to as many as I can!

18. I love traveling, and I hope to travel more after college!



19. My favorite vacation was to Scotland with my parents, specifically Edinburgh, for the fascinating medical history.

20. I love horror movies and crime-related tv shows.

21. One of my favorite parts of shooting is helping new people break targets and seeing the joy on their faces!



My name is Allison Hayes. I'm a 17-year-old shooter from Texas, specializing in Skeet and Sporting Clays. After career-ending injuries with soccer, I joined my high school team, Allen Eagles Competitive Shooting Team, my sophomore year. I enjoy meeting new people at events and inviting SCTP shooters into the NSCA world. Being able to help push new shooters to their next level is so gratifying, and because of this, I plan on getting my NSCA coaching license. I currently am working with Ultimate Shooting Accessories, Briley Manufacturing, StockLock/Dawson Enterprises, and Kick-EEZ, and I am beyond grateful for the amount of support and kindness they have shown me. I want to thank Jason Anderson, Ron and Jane Williams, Tim Cudia, and Fred Ferraro for the immense amount of guidance and generosity they have provided consistently. ■

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THE UPLAND BESPOKE™ DEBUTS “KALETA FOR UPLAND BESPOKE™”
A BACKGROUND BY NATALIA GONZALEZ

kuh • lē • tah

Looking back at my childhood some of my favorite playdates involved getting together with a girlfriend and doing something artistic together. We would collaborate on designs with any number of mediums: chalk on the drive way, colored pencils on paper, modeling clay, beading, you name it, we did it. The idea of designing clothes was always a fantasy of “what I want to do when I grow up” proportions, but there was no YouTube back then and nobody in my family sewed.

Upland Bespoke™ was created by Kathryn Beach in 2017. Through the years she has grown the collection of custom and monogrammed shooting vests. This year, along with Kaleta Blaffer Johnson, Upland Bespoke™ delivers to us the Kaleta Capsule Collection. Available to order mid September, the Kaleta Collection stands to be one of the first of its kind.

Kathryn and Kaleta are related by the marriage of a cousin, and so did not grow up sharing their childhood artistic vision. However, this did not deter them from using their creative and fashion forward minds to work together for the benefit of us lady shooters as adults.

As soon as Kaleta moved to Dallas, their shared love of family, fashion and shooting activities brought them closer together and that friendship has inspired the aesthetic from this collection. Let's take a look!

With its rich colors and sturdy field-proven fabrics, the Kaleta Capsule Collection promises

to bring a chic new look to outdoor fashion. The ladies imagined a lady shooter that can go from a business meeting in town to her local gun club to

shoot a round of clays all in the same outfit. Or, go from the clays course to the village for lunch with friends, depending on her lifestyle.





The inspiration for this collaboration came from Kaleta's experience going on old-fashioned horseback quail hunts with her family on their rural Alabama ranch. I don't know about you, but I didn't even know that was a thing. It's going on my bucket list.

Every year they get together at Thanksgiving to enjoy the beautiful countryside and age-old traditions of her family. Up until a few years ago when Kathryn launched Upland Bespoke™, Kaleta had a very limited choice of chic hunting clothes built in which to ride and shoot.

"Before Upland Bespoke™ I usually wore a generic camouflage shirt, hunting pants, nothing very chic. It was always challenging to try to juggle all the shotgun shells, earplugs, glasses, and gear while also managing a shotgun and riding a horse," Kaleta says.

Kathryn's vest has huge pockets to manage all of Kaleta's gear. Armed with her Beretta Silver Pigeon shotgun, Kaleta now has the look she's always wanted.

Though Kaleta's experience was only a consumer's viewpoint on fashion thus far, she can now add successful collaborator to her impressive resume. As an entrepreneur and owner of a political fundraising and campaign consulting firm, Fortuna Consulting, Kaleta is an example



Kaleta
FOR
UPLAND *Bespoke™*

of a true Texas woman. When a love of guns and a passion for fashion merge, incredible things happen.

I am personally looking forward to seeing these fashions on lady shooters all over the country as well as keeping my vision board updated. Maybe one day someone will ask me to collaborate on a collection... a girl can always

dream. Be sure to check out a detailed review in the next issue of Lady Shooter Lifestyles by Andrea Bogard on Upland Bespoke's amazing new vests. ■

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The Hunt for an Experience

BY ANDREA BOGARD



What's a hunt to you? To some it's solitude. To others it's a physical and mental challenge that must be conquered. For many it's the pursuit of an experience over an animal, surrounded by family or friends. At Legends Ranch in Bitely, Michigan, the goal is providing memories you will treasure more than any trophy you could possibly harvest.

Come along as we take a look at Legends Ranch, a premier whitetail deer ranch in Michigan's Lower Peninsula. It all starts with a gate. Gates are funny things that are designed to work two ways – to keep things in, but they also keep things OUT. They can keep furry predators at bay, but they also seem to keep the emotional predators of stress, doubt and distraction firmly in their place. Ironically enough, there is a sign in the main lodge that reads, "Legends – Where Mother Nature is your only distraction."

As you drive through the gate, a curious calm and presence of mind seems to settle. At the lodge, the greeting is warm, the smiles genuine and the hospitality flawless. Your bags arrive magically in your well-appointed room. A rose

adorns the nightstand and warm lamp light bathes the room.

Once settled in, you make your way to the main dining room for a magnificent feast before the afternoon hunt. Let the adventure begin!



Situated on over 2000 acres, Legends Ranch can accommodate around 20 hunters at a time with their team of nine guides. This gives the Legends team the ability to hunt the right stands at the ideal time to achieve optimal hunting

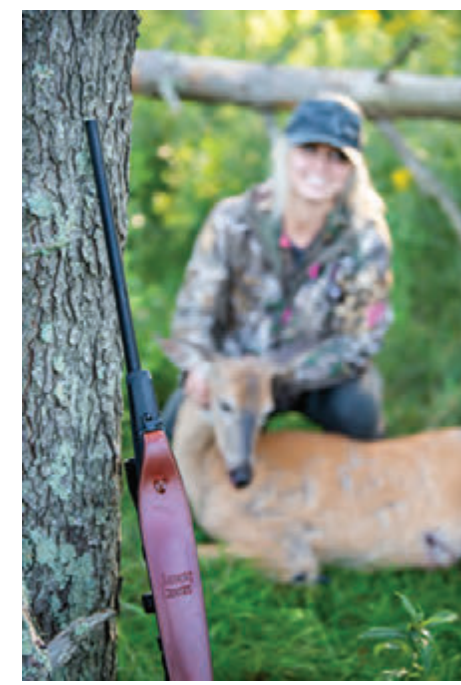
experiences. Things like wind, weather, light and deer patterns are all taken into account in tandem with each hunter's goals.

Let's talk about that for a minute. Each hunter has their own unique goals for a specific hunt. Whether spoken aloud or merely felt, every hunt has a goal. It may be related to harvest size, shot distance, hunting method, harvest style, physical achievement or something completely different. At Legends, they believe there is that "legendary" deer for every person. Perhaps more importantly, they work as a team to bring you experiences and memories that are just as legendary.

With a camp full of new friends, the energy is both contagious and dynamic. As each hunter writes their story afield and the deer are brought back to the lodge, a toast is raised. Tailgates are dropped, stories re-told and champagne corks



The pursuit of a legend calls for a toast!



popped. The excitement of the hunt, the warmth of friendly banter and the crackling of a nearby fire mingle with the unmistakable “clink” of a champagne flute.

With a smile and a cheers, a torch of success is lit by the guides of the successful hunters. It is placed along the path beside the magnificent fire pit to await the beginning of a new day.

Mornings dawn early and full of promise. There is no bad sunrise in the field, and Legends is no exception. No matter where you are at the ranch, the magic and stillness of that “perfect” time of day soothes the soul.

As the deer start moving for the day, the question is mentally posed – will I see MY legendary deer today? Will I find it? Will I be able to place the shot and complete the harvest?

The sunrises and sunsets herald amazing experiences afield, but the moments outside the stand are just as memorable. For many, time around a fire is a precious and uncompromising part of a hunt. Legends takes this to a new level by creating a hub of conversation, gathering and story-telling around a massive, covered fire ring.

You may be seeing a pattern here. The focus is the friendship, the memories and the experiences. Your very own legendary deer is a magnificent part of that, but not the sole goal. Many ranches and guides can help you connect on the deer you want. Very few can give you the gift of moments and memories that are just as vivid and beautiful as a mount on the wall.

On the subject of mounts, Legends offers a full-service taxidermy facility onsite called The Studio. From European mounts to full body



scenes, The Studio can create the ultimate visual reminder from your hunt. This is just one more way the team at Legends provides an effortless, enjoyable and top-level experience to their clients.

Legends focuses on the preservation of memories (both past and future) in another amazing way. Welcome to the Wildlife Center. This is a 24,000 square foot facility featuring over 2,500 animals from around the globe.

Upon returning from the field each night, successes are celebrated and the migration begins to the Wildlife Center for food, fellowship and tales from the day. While only a 75 yard stroll from the lodge, it feels like a much more significant journey.

Let me tell you about the Wildlife Center at

Legends Ranch. The phrase “size matters” comes to mind. But not how you think...

Are there magnificent, trophy class animals adorning most available surfaces? Yes. There are also monumental, trophy class conservation efforts imbued in every fiber and molecule of the space. Each animal there has a story. It fed a village. It clothed a child. It funded anti-poaching efforts. But the story doesn't end there.

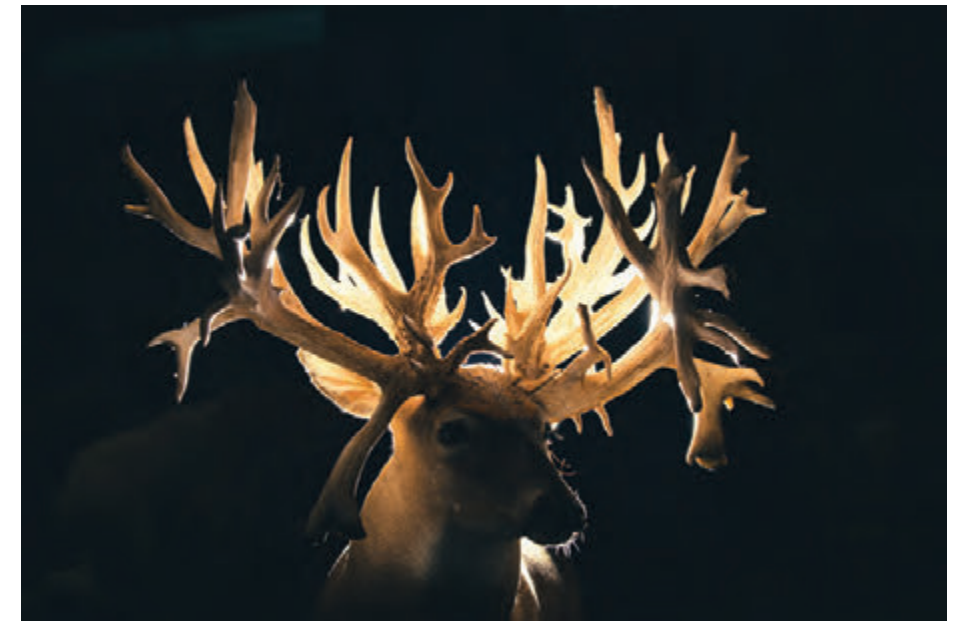
It's a place that holds space for memories of times had and excitement for the future. It is a place that upon entering, “wow” is the most appropriate response. It's a place that makes you believe in legends.



Legends can take many forms. The team at Legends Ranch creates experiences for service men and women and their loved ones through their annual Purple Heart Hunt. Additionally, they run hunts every year for terminally-ill children to come out and make priceless memories in the outdoors surrounded by family and friends.

Legends Ranch has created a place for hunters to pursue world class whitetails, but also build memories through truly incredible moments. Those moments are relived not only in your mind, but also through the perfectly curated and thoughtful custom touches that make Legends the world-renowned destination it is. From hand-carved custom Christmas ornaments to personalized stories of your hunt in the newsletter, your Legends experience is never far from your mind during the months away.

Are you ready to make legendary memories? Contact Legends Ranch today for booking information. ■



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HEALTH *Mental Training & Building Focus*

BY HEALTH & WELLNESS
EDITOR MICHELLE MILES

My name is Michelle Miles, and I am the Health and Wellness Editor for *Lady Shooter Lifestyles*. I am a mom of two boys with the third on the way, and a fiancé, sister and daughter to professional sporting clays competitors and coaches in the sport. I also compete and coach clay shooting when I am not on fulltime mom duty raising little humans.

I am an experienced yoga instructor and postural alignment specialist who is passionate about all things health and wellness. I own a studio, teach private classes at multiple locations, run an alumni program for a spiritual retreat facility and started a *Egoscue Training* course last month!

You know that old saying “practice makes perfect?” I would like to challenge that and replace this idea with something more relatable and realistic. Practice isn’t ever going to make anything perfect. It’s impossible to be “perfect” after all, we are humans. We grow, get better and adapt by making mistakes and gaining experiences. Of course, the more we do something usually the “better” we get at that skill.

So how about this for a new belief, **PRACTICE MAKES PROGRESS**. Progress is something much more attainable in daily life and what I want to walk you through today. The progress we are looking for is the strengthening of mental focus and increased brain function through meditation.

Like many of you, I am busy and life can get chaotic. This is why I am so passionate about this topic – how to train the mind to calmly process things and build focus. We will talk about how

meditation can improve not only everyday life, but your competitive shooting game as well. Meditation has transformed my life, and I want to share some practices that may help make life more focused, peaceful and fulfilling.

There are many different meditation techniques and styles. I like to explain meditation as a redirecting of the mind rather than a clearing of. Whether exploring mindfulness meditation, focus meditation, movement meditation, visualization meditation or any other type it’s going to be different each time with its own experience. You will not clear your mind, but will simply achieve a new awareness of something. This could result in easier decision making, feeling calmer and clearer or possessing the ability to be more direct and confident. Whatever method you choose to explore you will feel a difference even after just the first attempt.

Common benefits of meditation can be gaining insight, calming of the mind, easing anxiety and stress, enhanced memory and overall better mental clarity due to the brain’s ability to focus for a longer period of time. Who doesn’t want that for a start?!

The coolest thing is it just gets better; the progression doesn’t stop. Many studies on meditation have shown a significant change in the human brain when someone has incorporated it into their daily lives. The neurological pathways that we have paved with unhealthy thoughts can be completely transformed and essentially repaved, changing the way we think and our responses to situations.

Instead of a nature of reacting to things,



LIFESTYLE OF ALIGNMENT

meditation can help create that pause to process more efficiently and adapt to things calmly. We find that we have the opportunity to choose our response without stress. Our decision making and outcome of tasks can progressively get better over time and become a part of the working mind. We may realize that our feelings are not reality. Did you know meditating can reconstruct the brain after just eight weeks of practice? I guess saying “the mind is a powerful thing” is an understatement!

My personal meditation practice has created both a better mental and physical quality of life – including less physical aches and pains. I find myself less annoyed with people, feeling more in the moment vs. overwhelmed and better able to get things done more efficiently.

Here are some examples of the kinds of meditation I utilize and some of the benefits of each.

MINDFULNESS AND GUIDED MEDITATION

For me, these are most beneficial when I’m approaching a specific emotional struggle such as anxiety, self-doubt, anger and fear. All these stressors need a certain arrangement of wording to resolve it or a point of focus, such as breath. I may do the same guided meditation for months at a time hearing something different each time I practice. It was explained to me when I’m ready the teacher will appear. Words will vary as perspective changes.

When I am having a physical discomfort, *sound therapy meditation* such as instrumental crystal bowl sound bath is a better release of physical pain noticed directly after the session. Hour long sound therapy is a great example of something I have personally experienced eases pain right way.

If I am physically or mentally nervous, such as when I am shooting, remembering my breath is available at any time to focus creates a meditative state while shooting my shotgun. This principle can apply to any of the shooting disciplines.

It takes practice of this mindful meditation and a progressive experience cultivating a movement meditation when I am on the course. Sometimes it’s short and sweet each time I step into the stand starting with my pre-shot routine, through the shot and stepping out of the stand. Other times it seems like a two-hour meditation the full round. It is easier for me to focus on looking at the target when I’m meditation more. It really doesn’t matter if I am at home, on the course, if it’s morning, evening, or in the middle of the day—for me meditating works when I’m able to listen and not control the process of building this skill. This is the hardest for me while shooting and why it’s also more fun with this new tool.

Knowing there is a solution to combat stress and take care of priorities without feeling overwhelmed can be applied to literally everything I do. Slowing down trains the brain, enhances memory and effects the way I personally parent, behave and perform. Just like

anything else, with repetition meditation can revamp an entire way to focus, think and act. It just takes practice to create the progress.

So where to begin if this is new and you want to give it a try?! Start small! It could be one minute, five minutes or 20 minutes. Find a quiet place you feel safe. Start sitting upright in a comfortable seat, feet flat on the ground. Place one hand in the other on the lap or both hands open facing up on the thighs to relax the shoulders. Try wearing comfortable clothing and having a pillow or blanket to put on your lap. Softly close the eyes and scan the body visually from head to toe, bringing awareness to any sensations.

Bring the awareness to the breath. Don’t try to control the breath, just breathe naturally. Your mind will wander. Acknowledge the thoughts that come up and observe them drifting away. Allow yourself to feel whatever emotions come up. Listen to the sounds around you, feel the temperature of the air on your skin, and notice something you’re grateful for. It could be something as simple as the breath in your lungs in that moment. Feel your body relaxing and becoming still. Adjust as needed, if laying down is more comfortable, do that. There is no right or wrong. If being still is difficult sway side to side and see if that helps. Breathe and be where you are. Try saying “I am inhaling, I am exhaling,” and continue this for as long as you can.

This is mindful meditation, focusing on the breath. Try sitting for 20 minutes both morning

and night and see how it transforms you, others will notice before you do usually. Let us know how it effects your shooting, resentments towards things or people, and your overall thinking and behavior. It just might be part of your new routine and the benefits are endless.

There are vast quantities of helpful podcasts, apps, books, videos and classes you can try out. Doing your own research, joining a meditation group or challenge online might be a good way to stay focused early on in this journey. If it’s something sacred you keep to yourself explore that alone time more.

Check out some of the resources below for more information or drop me a line. I’d love to hear about how your “practice makes progress!”
M.Milescoaching@gmail.com

FREE MEDITATION RESOURCES:

- *Calm World, Introduction to Meditation* – Audible (personal fav and a MUST LISTEN)
- *Insight* – App
- *Daily Meditation Journey To Abundance* – Facebook group
- *Eckhart Tolle* – Youtube
- *Tara Brach* – Youtube
- *The Mindful Movement* - Youtube
- *Joe Dispenza* – Youtube
- *Goodful* – Youtube
- *Rising Higher Meditation* – Youtube
- *PowerThoughts Meditation Club* – Youtube
- *The Calm Mind Channel* – Youtube (music)



Clay Extravaganza

A RECAP OF THE ANNUAL EVENT PUT ON BY A GIRL AND A GUN AND TITLE SPONSOR CZ-USA BY NATALIA GONZALEZ

I had only shot on an all female squad one time before attending my first A Girl and A Gun event. It was for Houston Safari Club's annual sporting clays tournament fundraiser, and it was also when I met Macy Ledet, our Fashion Editor. We became social media friends, and our friendship grew over time. At this point, I would consider her a true lifelong friend. This is what women's events can do for anyone willing to give it a shot, literally.

At the second annual A Girl and A Gun Clay Extravaganza, I was given the unique opportunity of following title sponsor CZ-USA's 2-time world record holding Shotgun Product Line Manager, Dave Miller, in his true element. Dave Miller, along with John Francis, Craig McMichael, and Ed Prater, all experienced coaches and a part of the CZ-USA's pro staff for many years, were on hand to teach clinics one day before the competition to all of the eager-to-learn and even experienced shooters. CZ-USA is based in Kansas City and has an enormous presence in the youth shooting and lady shooter arena. Dave spends most of his time figuring out how to put CZ's shotguns in the hands of more youth and women, and his passion for sharing his love of shooting shotguns is only surpassed by his desire to see shooters get better every time they shoot. You will see Dave hauling a big trailer full of demo guns because once you try the gun, you're going to fall in love. It's like, "Say Yes to the Gun."

I spent clinic day with Dave Miller, as a student in his am clinic, and as an observer in his second clinic. Dave started off both clinics by using a dry erase board to define the terminology he would be using. As Dave explained the basics of stance, focal points, and break areas, the ladies fervently took notes and asked questions. With a dry erase board in hand, we headed down to the course for the shooting portion of the lesson. One

of Dave's biggest philosophies is that he is not trying to teach his students how to shoot like him, but rather to help them find their own style and the best ways to approach a target. Always reinforcing the positive, I watched as Dave skillfully advised each woman on how to improve the way she addressed the target presentations. He got every woman's background and shooting experience, and then gave us his philosophy of the game. The morning session consisted of three amazing ladies; two of them came from the great state of Wisconsin, and I remember seeing them at the 2020 event with their matching shirts along with at least five others. The third student, a local and ladies night regular at our host club Powder Creek, was an excellent addition to our "squad."

Julie Hill Fingeroos is from Wisconsin, and is actually a shotgun coach for Concordia

University in Wisconsin. A job that was placed in her care due to lack of volunteers, she does her best to lead the kids towards a better shooting experience. Dave gave Julie some extra tips on how to teach her own students, and encouraged her to seek out getting her NSCA Level One Instructor certification. Theresa Cote Schneider is also from Wisconsin, and brought her grandfather's old pump shotgun, and a willingness to learn that is rarely seen these days. Theresa, from Wisconsin, made an early comment about how she had never been able to hit a rabbit before despite being a pretty good trap shooter and an avid sportswoman. Within two minutes of getting there, she was breaking rabbits, which I happened to catch on film. The joy and laughter that I caught on film from both Dave and Theresa is exactly the feeling I chase



A happy squad of lady shooters



Theresa learning to shoot a rabbit and hitting it for the first time!



Julie getting pointers for herself and her students



Katelyn Wheeler shooting her CZ-USA Quail Shotgun and loving it

every time I go shooting. The sheer satisfaction and level of accomplishment that can be felt is akin to getting a diploma after years of study.

It never ceases to amaze me, the diverse backgrounds and shooting histories that I hear when I meet other lady shooters. With guys it seems pretty basic, their dad or grandpa or some other male figure in their life took them shooting, and usually at a young age. With women, it could be almost anything, but I especially love it when a female friend is the reason they began shooting. And I really love it when they get together to shoot regularly—talk about a play date! It's also really cool to see crossover shooters, A Girl and A Gun just started doing clay sports, so most of their shooter base is pistol and rifle. Ever since Dave Miller started working with them, many of their members have shot and competed in shotgun sports.



Katelyn shooting 3Gun

The afternoon session was right on par with the morning session. There were five students, all hailing from Fort Worth, Texas. Decked out in their Defender Outdoors ladies club gear, they ranged from the mother of a famous shooter, to a master class transplant from South Dakota. From the moment the classroom portion of the clinic began, these ladies were obviously comfortable working together like an improv comedy troupe. They practically finished each other's sentences and their chemistry instantly had me considering a move three hours north of Houston to the home of the famous Fort Worth Stockyards. If I had a group of ladies to shoot with like these ladies, I know I would be punching into master class sooner rather than later. We had so much fun on our outing that Dave completely disregarded the scheduled end time and we shot for an extra hour. By the end of the clinic, Dave

"In June of 2020, I began the great adventure of competing in 3 Gun competitions. About a year later, I was able to attend the A Girl and A Gun National Conference in Grand Junction, Colorado. During the conference, my name was drawn in a raffle for the CZ Quail over and under 20 gauge shotgun that the amazing title sponsor, CZ-USA, had donated to the event. Months later, I decided to attend the A Girl and A Gun Clays Extravaganza to shoot my CZ Quail for the first time, and I was introduced to the shotgun sports by some of the best the discipline has to offer. Shotgun sports and 3Gun are two completely different things, but I LOVED it! Going into the event, I was nervous. It was something new to me, and I didn't know in the beginning if I would like the change, but having a welcoming and inclusive environment encouraged me to dive in. I am the kind of person that enjoys the "fast" factor of shooting. Where clays can get a little speedy at times, this is a very slow and easygoing sport. I have a huge amount of respect for those who excel at this type of shooting. It takes patience, discipline, and so much focus. Stepping away from the "3Gun mentality" was a welcomed challenge and though it was very different, it was enjoyable nonetheless.

Along with the enjoyment of shooting clays and being involved in a side of the shooting sports that I had never experienced before, the event itself exceeded all my expectations. Attending events with women who encourage "beginners" shows the generosity and empowerment that is found in the shooting community as a whole. It is unique to find a place where women can come together, try new things, and grow together. A Girl and A Gun has provided this at all of their events. Women often are intimidated by the shooting sports because it is a male dominated industry, and there isn't always a place advertised for them. Attending AGAG Conference, Fall Festival, and now the Clays Extravaganza, showed me that no matter where I go in the shooting sports, I can find a home with A Girl and A Gun along with the hundreds of other strong, empowered, and passionate women who love guns just as much as I do."

~Katelyn Wheeler
Testimonial



Dave giving the Ladies of Defender his best advice

himself was also considering a move to the great state of Texas, just so he could spend time with these incredibly talented women on a more regular basis.

One of my favorite things about the events I have gone to for A Girl and a Gun is the matching shirts, hats, and the incredible bonds that come already made, as well as the newly discovered ones. Due to the chapter based organizations' penchant for promoting a sisterhood environment, where it is encouraged to plan trips to the national events with your local chapter, the course is often riddled with boisterous laughter, outburst of cheers, and clapping for a job well done on a pair. But most especially unique are the custom made shirts for groups of ladies from different chapters. Typically, the only groups of people you ever see with matching shirts on a sporting clays course are the kids on high school teams. As adults, we compete completely as individuals. Usually when you see people in matching shirts, the implication is that they are somehow on the same team. At any AGAG event, it is not unusual for many ladies to come with matching custom shirts based on their unique chapter. The way a team behaves is often synonymous with cheering, support, advice, and general displays of sportsmanlike behavior. After spending three days surrounded by the lovely ladies of A Girl and a Gun at the Clay Extravaganza, my heart is filled with overwhelming reels of women supporting each other and celebrating every single break like it was their first.

Friday morning, the event kicked off in true

clay shoot fashion with breakfast tacos, donuts, and a safety briefing. At 9am, the gunshots began booming though the property and the competition began. I started my day with a 50 bird trap competition and then shot sporting clays. As we all progressed through the competition, the only thing I knew for certain was that to most of these women, it was about learning and trying your best. Their competitive side was not showing in any aggressive way. They seemed more concerned with bonding and gaining a new experience than winning. The entire experience can be summed up as a unique and fun filled experience for ladies of all levels to travel to a beautiful place and share their love of shooting sports. A greater way to vacation and spend my time, I cannot imagine.



The Ladies of Defender eagerly learning and cheering on their squad-mate



Jill Taylor, Marissa Nortz, Sharon Bell, and Cindy Garza, new friends that love shooting.

At the end of the weekend, one of the ladies from Defender Outdoors, Leslie White Woolley had shot a 25 straight on the trap event, and was privileged to experience the time honored tradition of having your hat tossed in the air and shot by a line of shooters. She ended up second overall on the Trap Competition.

Colette Owen, the Master Class shooter from Ladies of Defender, ended up winning first place overall with a best combined score of all the events. Texas has always had a reputation for producing some of the best shooters around because of our love of shooting and the sheer number of clay target gun clubs around.

Participating in a male dominated sport literally means that you are likely to participate in events surrounded by men. There is absolutely nothing wrong with that, however, when you get to do these activities surrounded by women, it adds a new level of enjoyment to the sport.



Leslie with Robyn Sandoval and Julianna Crowder and her shot-riddled hat

Making life long friends and taking trips together to shoot has become a normal part of my life and the lives of many ladies I encounter. One of the most beautiful things about ladies events is that some ladies are shooting for the first time. Watching them fall in love with shooting sports is better than anything I could buy. It is my hope that we all continue to show up and shoot not just at ladies' events but at any shooting events so that we can all be a part of female dominated squads more often. ■

These are my **#squadgoals**



A squad of ladies rocking their shoot shirts



Shoot HOA Colette Owens shooting 5 Stand



Colette Owen with all of her medals and ladies she shot with



FOOD | *Bear Pierogies*

BY CHEF BRI VAN SCOTTER OF WILDERNESS TO TABLE

Bear Pierogies with Caramelized Onions

Dough:

- 1 large egg
- ¼ cup sour cream
- ¼ cup plus 2 tablespoons water
- 2 teaspoons olive oil
- ½ teaspoon kosher salt
- 2 cups all-purpose flour

For the filling:

- 2 tablespoons unsalted butter
- 1 small yellow onion, quartered and thinly sliced
- Kosher salt and freshly ground black pepper
- 1 teaspoon granulated sugar
- ¼ Cup Port Wine
- 1 potato, cubed and cooked
- 1 teaspoon chopped fresh thyme leaves
- 1 large garlic clove, minced
- ½ pound Bear meat, ground (1 ground ½ pound bear backstrap with 2 tablespoons of Beef Tallow)

For assembling and browning:

- 1 large egg, beaten with 1 teaspoon water
 - 2 tablespoons unsalted butter
 - 2 tablespoons olive oil
 - Caramelized Onions:
 - 2 Yellow Onions, sliced thin
 - 3 tablespoons butter
 - 1 teaspoon Kosher Salt
- Condiments:
- Sour Cream
 - Italian Parsley, chopped

To make the dough:

In a large bowl, whisk together the egg, sour cream, water, olive oil, and salt. Add the flour and stir to combine.

Place the dough onto a floured work surface and gently knead just until the dough comes together. Add a tablespoon of flour if the dough feels too sticky. Do not overwork the dough. Transfer the dough to the bowl, cover with plastic wrap, and let rest for 30 minutes.

To make the filling:

In a large frying pan over medium-high heat, melt the butter. Add the onion, 1 teaspoon salt, and the sugar and cook until caramelized and brown, about 10 minutes. Add the port wine and stir to coat. Add the potato cubes, thyme, garlic and bear meat. Raise the heat to medium-high. Cook, stirring to break up the meat until its cooked through. Season with salt and pepper.

To assemble and cook:

Line two baking sheets with parchment and dust with flour. On a floured work surface, roll out the dough to ⅛ inch thick. Using a 3-inch biscuit or

round cookie cutter, cut out as many rounds as possible. Press the scraps together, roll out the dough again, and repeat. You should get about 20 rounds.

Fill each pierogi with a scant 1 tablespoon of filling. Brush the edge of half the round lightly with the egg wash.

Fold the round in half, pressing the edges together and crimping them to seal.

Transfer the pierogies to the flour-dusted baking sheet. Repeat with the remaining rounds.

Bring a large pot of salted water to a boil. Add the pierogi in batches, and cook until tender and they float to the top, 12 to 15 minutes.

Using a slotted spoon, transfer to paper towels to drain.

To serve, warm half the butter and half the olive oil together in a large frying pan over medium heat. Fry the pierogi in batches until golden brown on both sides, adding more butter and olive oil as needed. Serve with caramelized onions, sour cream and chopped parsley.

Caramelized Onions:

In a cast iron skillet, add the onions, butter and salt. On medium high heat, cook the onions till they are golden brown. Stirring throughout. Approximately 20 minutes. ■



Let's Talk About Lead

And How It Feels

BY HEALTH &
WELLNESS EDITOR
MICHELLE MILES

Hi readers! My name is Michelle Miles. I am a sporting clays coach and competitor and here to talk about a fun topic that many people have different opinions on...LEAD! I'm probably opening a can of worms here, but that's okay! This is how we grow, by sharing our experiences and being open to a new perspective. Whether you are new into shooting clay targets or a seasoned shooter, this is valuable information that you can apply each time you're shooting a shotgun.

I'll start by saying this... if you are measuring how much lead a target takes, STOP. Lead is not something that should be looked at while shooting Sporting Clays, but felt instead. Why might you ask?! If you're looking at the lead (the gap between the end of the gun and the site of the bird) you probably aren't looking AT THE TARGET. You may have heard this before, but that is the most important thing to do while shooting. Just like in other sports such as tennis, baseball or golf, you look at the ball to hit the ball.... same thing in shotgun shooting you look at the bird to hit the bird. I like the term that



sporting clays is like "golf with a shotgun" not just because both sports we are riding around in golf carts or because both sports consist of a course with multiple presentations—but that they are relatable because of the technique used to be successful. Just like we hit a golf ball by watching it and following through with the swing, we watch the clay through the follow through or trigger pull. This is why "watch it break" is a super helpful thing to learn while busting clays.

So back to the whole lead thing...did you know that we all "see" lead differently? This will depend on if a person is center visioned, truly right or left eye dominant, but more importantly, HOW a person is connecting to a target with their gun. Meaning what technique (if any) they are using to shoot the bird. There are many different variables as to why people feel lead differently, such as a person's hold point, where they set their eyes to find the target, how they are connecting to the target, their muzzle angle, and their overall move to the bird as they shoot. We know there are all sorts of different ways to shoot the same target. You get to choose which technique works best for you & which one gives you the best visual of the bird. All of these things make a huge difference on how much lead one person "sees", or more accurately, FEELS compared to another. And let's be real, you will not be perfectly the same on every move nor will the target have the exact same trajectory every time. This is why reading the target and "feeling" where the gun is placed in relation to the bird is successful instead of measuring it and essentially looking at something other than the target.

In a nutshell, the entire idea of shooting is to match up with the target and look at it. How do we successfully do that without worrying about

what the lead is? There is a basic plan we need to have on each shot. First, we want to go to, or connect with a target. Your hold point will determine where you can do that comfortably. Once connected to the target we FEEL the speed of it or I like to say match that speed, by moving with it. Next, we break the target by looking at it through pulling the trigger. "Watch the target break" is the best way I understand that final piece. If you're truly looking at it entirely through the shot, your hands will automatically take the gun to the lead because you are feeling the speed and matching it up with your gun. If you have heard someone say "they have great match up", that's what they are talking about, matching the speed of the bird with the gun or moving with it accurately. Obviously finding the line or the target, knowing where your break zone is, and finding where to set your eyes to connect easily to the bird all play a part here. BUT, you can have a crappy "set up" and as long as you are looking hard at the target you have a much higher chance of breaking that bird. There is no measurement in this process!

Let me give you one example of why this is so important. I had the opportunity to shoot some amazing tower stations during The Gator Cup 2021 that Quail Creek Plantation hosted in Florida. There was an insanely awesome 100 foot report pair tower station on the main course. To give you an idea, there weren't very many people to hit more than one or two birds there total. As I walked up to look at the presentation, people were chatting about "how much lead" the first target took. I was too busy reading the lines, finding my hold point, and noticing where I saw the targets best to connect and in my break zone. I was first up to shoot in my squad, I saw a show

pair, and I only missed one target. As I was walking off the stand a shooter asked me, "So how much lead does the first target take?" I gently said, "I'm not sure, a lot... just watch the target break!" For me, that was the truth. Lead was not what I was noticing while I shot the station. I saw detail on the target, matched its speed and felt the space between it and my gun. I certainly did not look at the space, or could tell you "how much" that target took to break it. I felt fully connected with all of the targets I hit and I TRUSTED that I saw the targets really well on that particular stand. I was able to trust that I was connected by being in the moment and feeling the connection with the bird. I wasn't conscious of my gun during the shot or the "picture" between the end of the gun and the site of the bird. I wasn't trying to hit the bird nor measure the space it needed to hit it. The only thing I saw was the target and as I matched the speed that it happened to be moving at while incorporating whatever technique I used.

The next time lead comes up in a discussion while shooting, remember its okay to say "more", "less", or even "some" or "none". If someone gives you a number such as "six foot of lead" or "three foot", it is perfectly fine to just nod and explore what that feels like for you and what technique you might use to connect with it. That number will usually be different for each shooter because of their unique vision and technique. That's the truth, we all see it and feel it differently and there is no right or wrong answer. It is certainly not something to argue about. There will not be an exact answer because of all the different techniques. Learning what approach to use with what presentations will be helpful in understanding this process. I always encourage people to take lessons from different coaches for this exact reason. We all will communicate things slightly different and finding what tools to use on what targets is important. Of course, knowing your visual strengths and weakness in order to be aware of feeling the coordination with your gun and the targets is helpful. Just know, don't look at the lead....FEEL IT! ■

THE FAMILY CONNECTION



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Train with us in
Arizona, connect
with us on the
road or bring us
to you

The Youth Shooting Experience



OFFERING GIRLS THE CHANCE OF A LIFETIME!

BY LOUISE TERRY

Three women. Three medals. Three American Dreams. Celebrating the great success of our *TEAM USA SHOOTING* competitors at the Tokyo Olympics has resulted in a lot of positive attention and excellent media coverage on the shooting sports which has never happened in prior Olympics. This year, three Olympic shooting medals were won by *women USA* shooters – a GOLD, SILVER and BRONZE. There is no better time to discuss the opportunities to be had for girls and women in the shooting sports. Let's explore!

1. What opportunities do the shooting sports – shotgun, rifle and pistol - offer to young girls?
2. What unique benefits are there in the shooting sports for girls and young women that may not necessarily be present in other sports?
3. Where do young girls who might be interested find these opportunities today?

The answer to the first question has five parts to it. Perhaps the biggest benefit is that the shooting sports provide girls with an “equal playing field” with the boys their age. In shooting, there is no physical advantage for boys compared to girls once they are all outfitted with the proper equipment to fit their size, height and physical characteristics.

Next, the shooting sports provide a great opportunity to participate based on age group in an outdoor, team focused environment. The shooting sports offer an avenue for a young girl who wants to try sports, especially team sports, but feels she isn't athletic enough to play softball or volleyball or other contact sports.

Third, when girls take up shooting and find they like it enough that they want to continue, they realize that this experience is providing them the opportunity to develop their personality, self-confidence and pride in achievement as they progress. They challenge themselves to be better



Jeff and Sean Mainland (l-r) of Kolar Arms greet their new star, Olympian Maddy Bernau, at her homecoming from Tokyo at the Milwaukee airport

while reaping all the benefits of the youth shooting programs like learning teamwork, self-discipline, interaction with adults and more. Also, unlike swimming, gymnastics and other popular sports, shooting is something that can be enjoyed with family and friends for a lifetime!

Finally....one more important thing—youth shooting programs provide great scholarship opportunities each year for student athletes who qualify with their academic and shooting credentials and who demonstrate they are committed to furthering their education.

So, where can girls find this opportunity today? There are several successful organized youth shooting programs today as the result of generous sponsorship from shooting proponents like Larry and Brenda Potterfield. For more than ten years, the Potterfields have made a significant



Reanna Frauens after winning her second consecutive Ladies Skeet HOA title, scoring 199x200, at the 2020 SGTIP Nationals

financial commitment to the shooting world to do all they can to promote youth shooting through their MIDWAYUSA Foundation (MUSAF). They believe this is an investment in the future of our country and our American way of life. They view this as a way to develop great future Americans who believe in our freedoms like the Second Amendment and who will become principled, outstanding leaders of the future, ensuring a bright future for our country in the process.

One example of such an organization with which I am most familiar is the Scholastic Shooting Sports Foundation (SSSF). The Foundation's motto is "Youth development through the shooting sports." This is a national foundation which sponsors the Scholastic Clay Target Program (SCTP) offering shotgun disciplines of American Skeet, Trap and Sporting Clays, plus International Skeet and International Trap (Bunker). Additionally, the Scholastic Action Shooting Program (SASP) offers action competition in seven rifle and pistol disciplines, as well as International Air Rifle and Pistol.

Today, in national youth programs like SCTP and SASP, thousands of young kids are introduced to the shooting sports in a safe, supervised manner. The number of young athletes has grown over the past 10 years to over 20,000 members today in these SSSF-sponsored programs nationally, and the number of girls involved has grown steadily along with it.

In 2013, 14% of SSSF student athletes in the SCTP program were girls. In 2021, that number is now over 20%. This trend has been supercharged recently by the shooting industry manufacturers starting to cater to the female

demographic with their equipment and their apparel products. The industry now realizes that the majority of gun purchases today are by female buyers, so they're getting the message that it makes sense to offer products specifically designed for girls and women.

My own experience growing up has led me to my commitment to support these youth shooting opportunities. I was introduced to shooting by following along behind my Dad at age 10 when he went bird hunting. I began shooting skeet with him at our local gun club soon after that. It was much different then than it is today for young shooters. Nevertheless, I did it and not only survived, but I thrived on it!

I know firsthand the fun, benefits, experiences and friendships that the shooting sports can provide, not only to our youth today, but especially to young girls. I was just happy to be there when my Dad handed me his old Ithaca Model 37 field grade pump gun and two 12 ga shells to give it a try. The stock was too long and never fit me properly, but I didn't care. I was trying something so new and different, and I somehow figured out how to make it work so that I could hit some moving skeet targets. Later it was rabbits and pheasants when we hunted together.

These were times spent with my Dad that I have never forgotten. Not only weren't there many young kids shooting back then, there were NO girls shooting in the area where we lived in central NY. I didn't care because I was having so much fun. Soon, that self-consciousness went away and I didn't even notice that aspect any more.

Fast-forward to today! These are certainly different times than when I grew up. Today we



Annie Unsell at the 2021 SASP Nationals

have successful programs like SCTP and SASP in almost 40 states in the USA. (For more details and to learn how to find or start a team, check out www.sssfonline.org). These are successful, team-based programs that start with "rookie" kids as early as the 5th grade who can participate all the way through high school and college.

They offer girls (as well as boys) tangible opportunities to be fitted with the right equipment for their size and age group. This opens the door to learn safe, supervised handling and care of their equipment from qualified coaches who assist them in developing their shooting skills, as well as the priceless personal development experiences that are unique to this sport.

Things are light years ahead of how they were back when I first held that 12-gauge Ithaca. I am so passionate about growing our youth, and young girls in particular, in the shooting sports because I know how positively it influenced my life.

Check back in the next issue for more information and ways you can get involved! ■



Louise Terry and Lola Fitzgerald at the 2021 NSSA Junior World Championship



RESPECT LEADERSHIP RESPONSIBILITY TEAMWORK

The Scholastic Shooting Sports Foundation thru our Scholastic Clay Target Program (SCTP) and our Scholastic Action Shooting Program (SASP) instill the key attributes necessary to develop the leaders of tomorrow, all while having fun and making lifelong friendships.

To find out more about our programs or to make a donation to lend your support, visit www.mysctp.com





Leading Ladies

Elegant Accessories

BY NATALIA GONZALEZ

When I think about the incredible women being featured in this issue of “Leading Ladies,” I find myself in simple and utter awe of each one of them. As a child, I wanted everything to do with fashion, accessories, shoes, all of it. My mom is one of the most stylishly elegant women I know, and she has two equally elegant sisters whose fashion sense shaped my aesthetic. The idea of elegance is synonymous with names like Princess Diana, Audrey Hepburn, and Jackie Onassis in my book. It looks expensive, luxurious even, craftsmanship in the details is always evident. Rich textiles, silk fabrics, soft leather, precious stones - all of these bring to life the magic of dressing your body with a style that reflects your unique personality. I have always wanted to (and still want to) design something that reflects my personal aesthetic, but to be honest, I just haven’t had the gumption. I have had many careers in my life; I started in restaurants and bike shops, moving on to core analysis labs, engineering process improvement, and interior design to now, as an esthetician and mother. I still hope that one day I can add fashion designer to my repertoire. Like the ladies in this article, I will one day have to sit down and just do it.

These women all had other careers before their love of fashion took them to a place where it is now their business and full-time job. All three of them have amazing stories of overcoming obstacles and finally reaching a point where they were ready to do something with their creative energy.



KIMBERLY GUNDERSON
KIMBERLY HANDBAGS
The Texas mom with the vision for #concealedinluxury

Kimberly Gunderson is a true Texan woman. From the moment she speaks, her sweet, slightly southern accent and her soft-spoken words draw you in to a warm and inviting place. As a mother to two beautiful daughters, Chloe and Grace Holt, both in their 20’s, and stepmother to Riley and Jace Gunderson, her mama heart seems to be overflowing at all times. Kimberly spent most of her career right up until the creation of Kimberly Handbags in 2020, as a real estate agent. That’s right, in 2020, amidst a worldwide pandemic, this incredible lady started a brand-new business. She also got remarried in 2020; after the cancellation of her wedding venue, she ended up romantically eloping with David Gunderson.

Kimberly began to explore the world of concealed carry firearms when she was raising her two young daughters around the age of twenty-five. Glenn Holt, her late husband, was a pilot leaving her home alone with her girls most of the time. It was Glenn who encouraged her to explore the world of firearms and took her to learn to shoot and get her concealed carry license.

“The women that have a man in their life that is comfortable with firearms and believes that women have the right to protect themselves are blessed. Having that kind of a male influence in your life like for myself and my two daughters, has a huge influence on how you feel about self-

protection. As a 25-year-old woman, had I had a different husband that wasn’t comfortable around guns, that didn’t feel that people should own them or carry them, I might be a different person today and so might my daughters. The women that have that early influence tend to be more confident and more willing to learn to shoot a gun and to take their protection into their own hands; they are willing to accept that responsibility.” Kimberly and Glenn were graced with twenty-five amazing years of marriage before he passed away.

On her concealed carry journey, she made the decision to carry off body because that felt the most comfortable to her. “I feel like every woman should get the proper training and education before she starts carrying a gun in any capacity, on body, off body, however you decide to do it. I encourage everyone to get the training and education and to practice. Practice regularly so that it becomes muscle memory and you become really comfortable with it.”

At that time, the only concealed carry purses were akin to something you might find at a truck stop gift shop and not something most sophisticated ladies would choose to use on a daily basis. Kimberly, to put it bluntly, is a classy lady. She has a very elegant aesthetic and she enjoys beautiful designer handbags as a part of her wardrobe and lifestyle. Sadly, I doubt Louis Vuitton, Chanel, or Gucci will ever produce concealed carry bags. So, for years, Kimberly used stylish handbags that had convenient pockets to slip a side piece into, however the functional style and safety features she needed were not quite right.

Fast forward to the pandemic year where Kimberly found herself with a little more free time than she was used to, and the perfect storm formed in her life that lead her to the creation of Kimberly Handbags. “I felt like I am at an age where it’s time to invest in myself. I decided that this idea had legs—it was worth it. If I was interested in it, there were other people that would be interested in it. I just had to find them. I took a chance and decided to just go for it—if not now, then when?” It was actually her new husband David who inspired her to finally go for it. For years, Kimberly had pictured in her mind what a good concealed carry bag might look like, function like, and feel like. “Why should women have to make a choice between a handbag that’s beautiful, fashionable, and sophisticated and a regular concealed carry bag? There’s no reason we can’t have both all in one package.” Through

a conversation with her husband which might have started as her complaining about the lack of options, he said, “Why don’t you just do it yourself?” So, she did it. She set out to fill this enormous gap in the concealed carry bag market.

Kimberly sat down and began sketching out designs. She had no idea what she was going to do beyond that, but she figured it out as she went along. She hired someone to take her sketches and make an actual blueprint of the dimensions and specs for each bag. Then, she found a supplier for the fabrics, then a manufacturer in Italy, then someone to build a website, boxes, marketing, etc. Looking back, she says, “I was clueless, I really was. I knew what I liked, I knew what I thought other women would like visually in a handbag, but I was clueless about the business aspect. I didn’t know how to get these handbags made, and I didn’t have a business plan. I had to work that through bit by bit, extracting information from people that are way smarter than me. It wasn’t all wrapped up in a nice little package.” When I asked Kimberly if there was ever a point where she wanted to quit, her response truly inspired me. “There is always fear that you feel like you’re putting something really good out there and that people won’t respond, and you will fail. What I have come to understand is that it’s okay to fail. It is almost worse if you never try, because then you have this desire or dream inside of you that just stagnates and you never put it out there, so you don’t know. I can understand for a lot of people that feels safe,



but I am at a point where I am willing to risk failure and possibly do something really good or just to say, ‘I was unafraid and I did it.’” Her husband decided to get in on the action and together, they made Kimberly Handbags a reality. David is actually responsible for the holster design. “It was a collaboration between a bag design and a holster design, so he has not only supported me in fulfilling this idea, putting it out there, and starting this business, but he has been integral in its inception and execution in every way.”

The first three designs have been so successful that Kimberly Handbags will be launching two new bags—this fall, a crossbody/fanny pack and next spring, a collaboration with an influencer. In less than two years, she has taken her idea to a reality where 40% of her customers are actually men purchasing gifts for the lovely ladies their lives. The admiration I have for Kimberly cannot be put into words. She felt a need, saw a gap in the market, created, produced, and successfully sold her beautiful designs during one of the worst years for the American economy. She is a true patriot and the embodiment of an entrepreneur.

Kimberly



PEGGY HOUCHIN

PEGGY HOUCHIN JEWELRY

The Southwestern Jewelry Artist bringing to life the stones of the past.

Peggy Houchin has been using her hands to communicate since before she can remember. Both of Peggy’s parents were deaf, which means their only means of communication was sign language. So it seems only natural and fitting that Peggy would use her hands to create art which she uses to communicate her unique aesthetic to

the world. As a child, her ability to work with her hands extended beyond art, and included learning to repair and build things with her father. When Peggy moved to the foothills of the Colorado Rocky Mountains, nature and observing nature in action became a huge part of her life. When you look at a Peggy Houchin design, you can feel an instant connection to the earth and to nature itself. You also experience an immense sense of wonderment emanating from the designs, with their raw, beautiful southwestern elegance reminiscent of New Mexico, Sedona, or even Yellowstone.

“The stones are a big part of my inspiration and the connection with those particular rocks. I spend a lot of time just looking through the stones and rocks, and that’s what gets me excited to make more things.” Peggy describes the beginning of her design process with a passion that rivals her own love of rocks. Peggy’s dinosaur bone designs are of particular interest because they are so unique. “I’ll just get my dinosaur bone collection and lay them out, wet them down, and just look at them to appreciate their beauty and history. Color inspires me too, when I am out and about in nature, I see how colors look together. Especially in the fall when you see the rich colors come to life.” Apparently the 65 million years of time passing have not taken away whatever attracts dogs to bones—we spent a solid minute laughing about how her dogs will literally try to steal and play with the bones if they ever accidentally hit the ground.

When I asked her what her favorite part of the process was, her answer made me laugh because when it comes to custom designs for a client, I’ve heard it before. “I should say it’s



working with the client, and while I do love working with clients, it’s the serenity of being in my studio working that truly inspires me. The craziness of the world fades and I can go into my shop, make a good cup of coffee, design and create, and it’s quiet.” Spoken like a true artist, her studio is truly her safe space. After working for Hewlett Packard for 26 years, the ability to enjoy her studio versus a traditional office has been life-giving to Peggy. Interestingly, since a very young age, Peggy has been involved in art and jewelry design as a small business or hobby in one way or another. Peggy sold her very first piece with the help of her mother at age five, and her desire to learn and create only grew from there. Peggy took classes in silversmithing and lapidary, and never stopped using her creative side.

In her space, Peggy has the most incredible view—just outside she will often see elk and she thinks to herself, “life is just perfect.” The serenity of her studio is a coveted element in her life. As an entrepreneur, she runs the entire scope of her business on her own. From design, sales, and website development to finances, marketing, and business administration, she struggles to find enough time to actually create and bring her designs to life. Her exquisite, custom pieces can take anywhere from thirty to fifty hours to produce. Each piece is made by hand, and each stone is “created,” meaning it was taken from a basic rock to a fully polished stone, ready to be inserted into silver. The level of craftsmanship that Peggy exhibits is something that is rarely seen

anywhere, in any capacity these days.

In addition to doing all of this creating, Peggy still works part-time as a sign language interpreter and has also taken on the role of facilitator for A Girl and A Gun Northern Colorado chapter. With 25 members, Peggy is responsible for every aspect of the chapter’s success and most importantly, creating an environment for the ladies to learn and practice their shooting skills each month. In order to become a facilitator, Peggy had to get certified by the NRA as an instructor as well as become a certified range safety officer.

While jewelry design is rewarding, shooting has also become a passion. Peggy has recently become an avid shotgun shooter and added two beautiful 12 and 20 gauge Syren over/under shotguns to her collection. She is taking classes and working with a coach in sporting clays and looks forward to learning more and becoming better within the clay sports. “Shooting just makes you forget about everything. Clays are really new for me but I just really love it. It is so much less complicated than 3-Gun, however, 3-Gun challenges me physically and mentally. I have met so many wonderful people in the shooting sports—many of them will be lifelong friends. Getting together with them and shooting a round of sporting clays, pistol competitions, 3-Gun and just talking about guns has really enriched my life.”

Peggy never really retired when you think about it. In fact, I would venture to say she is even

busier now than when she worked a traditional job. You can see Peggy Houchin's jewelry at peggyhouchin.com or contact her directly by email or phone.



CLARE HAGGAS

CLARE HAGGAS FINE ART & DESIGNS

The British sporting artist behind the vibrant, 'modern country' brand Clare Haggas

Clare Haggas is a country lady and artist from Gloucestershire, England. Her idyllic English countryside childhood was full of ponies, dogs, and chickens, and she spent most of her time outside. Clare has always been interested in art, but never formally trained in it. She went to college and studied psychology instead of art. Clare spent the first part of her career working in

magazine publishing in London. She worked her way through the ranks in trade magazines to the position of Publisher, but she knew her heart belonged in the countryside. Eight years ago, when she married her husband at the age of forty, they moved back to the countryside, to the Lincolnshire Wolds. Moving back to the country inspired her to finally take up art and painting as a hobby. "I didn't know what I was going to do when I moved here, so I started painting as a hobby, painting pheasants particularly. We live on a farm next to a big commercial pheasant and partridge shoot, so we have hundreds of them on our farm all the time. I started sketching and painting them. And good ole' social media, it made me well known quite quickly." Due to her sales and marketing background, Clare was able to utilize that experience to promote herself and turn her art hobby into a business. "When I worked in London, I didn't really like it, but now I am grateful I had that training. It helped me promote myself and put myself out there and have the confidence to do that."

Clare and her husband spend lots of time bird hunting and he loves to take her along. "My husband is a very good shot, and I'm rubbish. I initially went with him to pick up birds." Being a stylish woman, even though she wasn't doing much of the hunting, she wanted to dress the part and bring her own style to the traditional hunting outfits of Great Britain. "I had the idea for the Clare Haggas business in 2017 because I couldn't find a silk scarf to wear when I was out shooting. They were all very dark and there were boring colors on the designs. I had a lightbulb moment—

why don't I put my artwork onto silk and see if it would work?" But Clare had absolutely no idea how she was going to make her idea a reality.

Now this next part is where it gets really interesting. Here is a very personal tidbit (titbit if you're from across the pond) about Clare—she is in recovery. During one of her support group meetings, she was talking about her silk scarf idea and there just happened to be a man at the meeting that could help. This random guy at this random recovery meeting happened to own a silk printing company. From that point on, the pieces fell into place like the perfect shot. "I filled a gap in the market at the right time. It wasn't planned or researched. I am very happy-go-lucky, I'm very impulsive, I'm very passionate, and I thought, I'm gonna do this, and I'm gonna do it now. I have a great belief in following your heart and I believe that this was placed on my heart by my God. And within six months I had launched my first collection. If I hadn't gone to that meeting, I wouldn't have met him. I believe it happened for a reason and it is meant to be, and I believe that is why I am a success." Clare shared that she was getting goosebumps as she retold her inception story. As a Christian, we share the same belief that God orchestrates things for a purpose. Looking back at my own life, I can think of a few moments that strike me as life changing. Being in the right place at the right time can be called coincidence, luck, chance, or God. It's up to you. "I believe that I wouldn't be who I am today if I hadn't been an alcoholic. I am grateful that I had those downs, because my ups are so fantastic," Clare said with such a wisdom reflected in her



voice that it was my turn for goosebumps.

One of Clare's best qualities that struck me during our conversation was her ability to be completely real and raw. We spoke candidly about subjects ranging from catty women we've encountered, to the amazing experiences of sisterhood that we've been blessed with, to her recovery and past alcohol abuse issues. A self-described open book, Clare's ability to take the bad along with the good in life and spin it into this beautiful thing called life is a quality few people I've met share. She's layered just like her art. "I've channeled all of my addictive personalities into my business and it's been fantastic." Listening to Clare describe her creative process left me feeling that I wish she would record a masterclass. "I use watercolor pencils to layer the colors and build it up. I actually lick the paintbrush and use tiny bits of water to move the paint back to create the light underneath. Like a pheasant breast, I'll put yellow then orange then purple then red then a dark brown and then I'll move that forward to create every feather with a tiny brush and that creates the luminous effect and the background is acrylic, so that matte green I'm known for is painted afterwards." On her website she has original art and prints, and that artwork becomes the silk accessories. It's affordable art as she describes it—some ladies actually frame the scarves.

The business has grown beyond her wildest dreams, "I still pinch myself. I still can't believe that only four years ago I had this idea, and now we have 50 stores selling my stuff and we ship to 27 different countries, and it's just me and my assistant." Clare recounted a few experiences of seeing women on the street wearing her creations and it still makes her stop the car to say hello to her customers. Her newfound fame has yet to stop being a novelty. Just the other day, she saw her picture on the cover of a magazine at the local grocery store, and as she stood in line, gratitude overwhelmed her.

"In terms of the shooting community, the women are amazing. Like today, I am designing a bespoke scarf for a group of lady shooters. They have a little team, and they have asked if I'll make one of my designs with their logo on them, and I'm more than happy to do that for them." Because everything is entirely made locally in the UK, Clare has the ability to customize small batch orders, giving her yet another avenue to support small groups and women who want to make Clare's scarves a part of their incredible shooting outfits. I asked Clare who her dream



celebrity clients would be. Her answer: Kate, of course, the Queen too—apparently, she has a large silk scarf collection—and David Beckham. "I don't do this because I want to be internationally renowned. I did this because I am first and foremost an artist. I am not an entrepreneur, people think I am but I am not. I just literally wake up every morning and I can't wait to do what I am doing." There is no better way to spend your life. There is currently a trending song that I think accurately describes how she feels, "A-a-ay, I'm on vacation, every single day 'cause I love my occupation."



One thing I have learned from these ladies is that time waits for no woman. If you have an idea, take the first step to make it a reality. Seize opportunities when they present themselves, and most of all, you have to believe in yourself. Surround yourself with people that support you and encourage you to take your big ideas and dreams and turn them into a reality. When you genuinely have a passion for something, you will never feel like it is work. It is also never too late to turn your idea into your passion project and even a business. All three of these women were well into their adulthood before they took their shot and transformed their inspiration and creativity into the successful, profitable businesses they are now. Be bold, be yourself, and believe, because anything you want in this world can be yours if you truly believe it. ■

When You Can't Carry a Gun

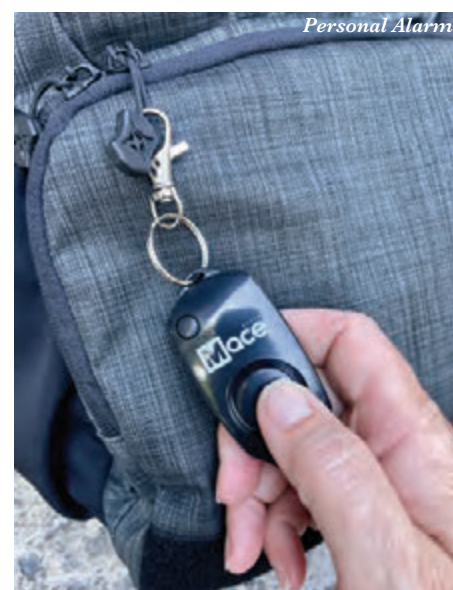
BY MICHELLE CERINO

Often there are situations that don't allow a person to carry a firearm. Perhaps said person needs to enter a federal building, school or an establishment that serves alcohol. Or maybe that person is not legally able to carry a gun because she is underage or not allowed to even own a handgun (for whatever reason). And yes, there are even those people who don't want to own a gun because of past experiences or an understanding that they could never take another person's life. All those are valid reasons and should be respected.

The Boy Scout Motto says, "Be Prepared." But how do you do that? How do you plan for being in an unsafe situation? What do you do when you don't have a gun? There are many strategies and tools you can use to protect yourself when an encounter occurs where you fear for your life or the life of a loved one. Read through the following suggestions and choose what's best for you to add to your self protection "toolbox".

AVOIDANCE

Keeping yourself out of harm's way is the first step to personal protection. Practicing situational awareness is a strategy that may help. Aside from being a buzzword thrown around lately, what exactly is situational awareness? According to the American Psychological Association dictionary of Psychology Conscious, situational awareness is, "Knowledge of the immediate environment and the events that are occurring in it. Situational



Personal Alarm

awareness involves perception of the elements in the environment, comprehension of what they mean and how they relate to one another, and projection of their future states." In laymen's terms it means knowing what's going on around you and anticipating what may happen in the future. Additionally, I'm going to include having a plan for how you will react.

When mentioning awareness, firearm owners usually relate back to Cooper's Color Codes, created by Lt. Col. Jeff Cooper founder of Gunsite in 1976. He was an author, columnist and professor, as well as a World War II and Korean War combat veteran. Cooper's Color Code chart is also applicable to anyone who has a desire to protect herself.

WHITE	Relaxed and completely unaware.
YELLOW	Relaxed, prepared and aware.
ORANGE	Alert to probable danger. Ready to take action.
RED	Action mode, focused on the emergency at hand.

Understanding and adhering to the Cooper Color Codes is one way to protect yourself - whether you have a firearm or not. By having the mindset and being in the appropriate condition (color) you may have the opportunity to avoid a dangerous situation.

GET OUT

When a situation arises, and you fear for your safety, an option often overlooked is to get the heck out of there! Of course, that means having knowledge of where the exits are in advance. It's a good practice to make note of all the exits when you arrive somewhere, just in case you are unable to leave through the same door you entered through. You don't want to find yourself trapped somewhere, unable to get out. Think about it like traveling on an airplane. A flight attendant explains where all the exits are and always mentions, "The nearest exit may be behind you." Find those exits!

Sometimes though, you don't have the opportunity to escape. You have no choice but to engage with that person. In that case, you need to do something to subdue, stall or just keep your attacker away. That's when some of these other tools may come in handy.

PERSONAL PROTECTION TOOLS

Although your hands and feet aren't necessarily tools, they are definitely something you always have with you. Learning how to use them in a self-defense situation is something everyone should learn. Heck, just knowing how to throw a punch or kick is better than nothing. Find some local self-defense classes or even do some online research for videos from reputable instructors. Find a way to obtain the knowledge you need to protect yourself and get away from an attacker.

A personal alarm is another tool that may help keep someone away from you. A "would be" attacker probably doesn't want any attention drawn to him. Find an alarm that's the right size to fit your lifestyle. Test it to make sure it works and hear how loud it is. Another alarm option you probably always have with you is the key fob

for your car. If you're close enough to your vehicle, press that alarm. Again, it's going to draw attention to your situation which is not something an attacker wants. Alarms are also great tools for children to hook to a backpack or belt loop.

Flashlights are for more than just illuminating your path in the dark. Consider using one to light up a stranger who is approaching you. That may be all you need to get a possible attacker to turn the other way. If someone continues moving forward, a blinding light in the eyes may also do the job. Some flashlights even have a strobe feature. When that's engaged and shining in someone's face they can become disoriented. Then, if all else fails and you can't get away, you



Flashlight

can use the body of the flashlight to strike.

Another tool you may want to look into for personal protection is pepper spray or gel. Research the different types of sprays, brands and containers it comes in before you choose one to carry. Also, find out if there is an inert, water option available for you to practice with. You'll want to test it and make note of the distance it shoots, what type of stream it has, and how many bursts it holds. Don't let the first time you use it take place during a possible deadly encounter.

A stun gun is another option for personal protection. This device uses electric shock to stun or immobilize an attacker. You'll want to find one that fits best with your lifestyle and how you want to carry it. Remember, in order to use a stun gun, you must be within arms reach of your attacker. You'll also need to consider the amount of clothing he has on as well as where best to engage it.



Pepper Gel

Knives and other stabbing tools offer another way to protect yourself. There are many different designs and styles. Fixed blades, switch blades and folding knives are some of the types. Find out what design you're most comfortable with. Then think about how you're going to carry it. On your neck, in your pocket, on your boot laces ... just about anywhere. Again, like with a stun gun, you have to be close to your attacker.

Once you choose what tool you are going to carry for your protection it's important to become proficient with it. A significant part of that is deciding how and where you are going to carry it for easy access and deployment. Then, practice getting to it from different positions and with both your left and right hands. Again, the first time you use it shouldn't be during a life or death encounter. Imagine different situations where you



Knife

may need to employ one of these tools. Visualize yourself using it successfully. It is often said, "The body won't go where the mind hasn't gone first." Prepare yourself for a possible deadly encounter by playing different scenarios out in your mind.

FINAL THOUGHTS

When you're out and about follow these simple rules:

1. Always appear confident, regardless of how you truly feel.
2. See the big picture. Be aware of what's going on around you.
3. Have an exit plan. Know where to go to get away ... quickly.
4. Trust your instincts, your gut feelings. Don't dismiss the feeling of your hair standing up on the back of your neck.
5. If you have to employ a weapon, have the confidence you need to know you will survive.

As you begin the journey of choosing your self-defense tools make sure to do your research. Ask questions, seek guidance and consider all your options. However, when it comes time to make a final decision, make sure to choose what works best for you. Choose a tool that you are comfortable and confident using. It may not be your first choice, but it needs to be your best choice. And don't forget, practice, practice, then practice some more. ■



2nd Amendment Discussions

FEEDING FREEDOM
BY ANDREA BOGARD

At the time of this writing, the current US presidential administration had just unexpectedly drawn down the US presence in Afghanistan, the Western United States is on fire and school board meetings have become borderline riot zones over masks and critical race theory.

Are you ready for some good news? Then read on.

Here in the United States prior to 2020, we were home to the largest human army in the world based on gun ownership. Do you want to know what has happened to that statistic over the last year? It only got bigger.

The number of first-time gun owners in the US has skyrocketed since March 2020. In addition, gun sales to existing gun owners has grown exponentially. Why? Because, security.

No matter what you read on the news, very few among us are martyrs. No matter who tells you they oppose border measures, I'm guessing they lock their doors at night. Why? Because they want to take care of themselves, their loved ones and the things they value. Period.

Have you walked up to an ammo counter lately? What do you see? Bare shelves and frustrated employees. While I understand the frustration (and frequently share it), it makes my heart happy on a primal, or shall we say, Constitutional level. Follow me here...

Our ammunition manufacturers are working around the clock in many situations to create and distribute their products. While I agree supply is lower than it was, demand has changed dramatically. This is basic economics. There are purely MORE people valuing the 2nd Amendment and they need fuel for their newfound exercise in freedom.

What does the new face of the 2nd Amendment look like? Is it your yoga teacher?

The girl with the pink hair at the mall? The transgender gas station clerk? Yes. And then some.

The 2nd Amendment is something created by a specific group and defended by a very similar group. Today, the army is bigger and includes a lot of participants and proponents that don't present like the Founding Fathers. That doesn't make their role in the fight any less critical.

Let's look at some numbers according to the NSSF:

- By August 2020, there were just over 5.5 million new gun buyers in the US!
- 40% of all gun sales in 2020 were to first time buyers
- 58% of firearm purchases were among African American men and women
- Women comprised 40% of first time gun purchasers

■ Based on retail data, firearms sales increased 95% in 2020 and **ammo sales increased 139%**

Now do you see why there's no ammo on the shelves? The next time you're looking for that last box of 9mm or scrounging for that lone box of 12 gauge target loads, remember something. Our numbers are growing. What we're doing is working on some level to recruit, educate, train and equip the People of the United States of America to protect their rights. The 2nd Amendment SHALL NOT BE INFRINGED. And now we have more people to help ensure that it won't.

Check back next issue for more discussion on our 2nd Amendment!

**#feedthefreedom
#2A**





THE HALEY FAITH EDITION

Hello! My name is Haley Faith. I was born and raised in Southern New Jersey, where I currently reside. I grew up in the outdoors and come from a family of hunters. I shot my first deer when I was 10 years old, and my love for hunting and conservation has flourished ever since. Hunting is a huge part of who I am.

I hunt a variety of species in New Jersey, but whitetail deer are my greatest obsession. After diving into the world of archery in 2017, bow hunting for whitetail has become my main focus.

Over the years, I've developed a passion for sharing my Field-to-Plate lifestyle with others. I take pride in going full circle with my meals and enjoy connecting with people with similar interests.

To get to the plate, we have to start in the field. Here is a collection of items that typically comes with me as I pursue whitetails here in New Jersey.

■ **Release-** I've always used a wrist sling. I keep this in my pack, but I put it on my wrist before walking to my stand. I put my release on before walking out so there's no chance of forgetting my release or dropping it out of the stand.

■ **Harness-** Safety is paramount. I always put my harness on at the truck before walking out to my stand.

■ **Summit Gear Pouch-** I carry a Nikon Range finder in the gear pouch. A range finder is essential for archery hunting in new spots. The

What's in My Shooting Bag?

first thing I do when I get in my stand is range all my shooting lanes.

■ **Head Lamp-** For walking into and out of the stand, as well as for blood tracking at night.

■ **Scent Killer Gold-** I am not loyal to any specific brand of scent killer. I use whatever I have on hand to spray my gear and body down from head to toe before heading out.

■ **Thermacell-** For early season archery, this is a necessity in the Jersey woods. The mosquitos can be brutal. There's nothing worse than trying to sit still when deer are watching you, and there's a mosquito trying to suck the life out of you.

■ **Thermacell refills-** Because running out is not an option when mutant mosquitos are around.

■ **Grunt call-** I've never been aggressive with deer calls, but I will pull out some calls during the rut. I'll use a grunt call when the bucks are acting extremely territorial.

■ **Primos doe bleat call-** again, not aggressive with calling, but handy to have if you need it.

■ **Hot Hands-** I have Reynauds Disease and am super sensitive to the cold. I buy HotHands in bulk. Even in the early fall, when most people consider the weather to be mild, I usually am using HotHands.

■ **Fit Crunch Bar-** Any time I hunt a spot that isn't my own property, I pack a protein bar in my bag. I never know how long I will sit in the stand

or what the deer activity will be like. It's no fun to be in the middle of the woods, 20 feet up, and have a rumbling stomach while deer are right below. FitCrunch bars are my favorite protein bars because they taste like a candy bar.

■ **Gerber fixed blade knife with gut hook-** for field dressing. I've always preferred a knife with a gut hook.

■ **Camillus Bone Saw-** for field dressing game.

■ **Tracking Tape-** for tracking harder blood trails.

■ **Nylon gloves-** for field dressing.

■ **Pen-** to fill out harvest tags AND a pen works great to turn off my Lumenoks.



IT'S TIME TO SHOW WHO WE REALLY ARE.

GUN OWNERS CARESM

Gun owners care about the safety, preventing unauthorized access to firearms, bettering communities, helping those in need and conserving wildlife and wild places for generations to come.

You won't hear these positive stories about real gun owners and pro-gun advocates in the mainstream media. In fact, you're more likely to see insulting messages that try to shun or even shame gun owners due to some heinous acts of criminals. It's time for gun owners to tell their stories, to show how we're making a difference, to show that we don't fit under one identity and to keep others accountable for trying to villainize lawful gun owners.

We're calling on all gun owners to join us.

**WITH YOUR SUPPORT,
WE CAN DO THIS — TOGETHER.**

GunOwnersCare.org

NSSF[®]
The Firearm Industry
Trade Association

Be Inspired This Fall

Shooting From Any Range

Where inspiration meets a little bit of luck

Remain cool, be calm, stay casual



GET THE LOOK:

- Carry Runners, \$45, alexoathletica.com |
- Raising Legends® Everyday Sweatshirt, \$64, fordandwyatt.com |
- Converse Color Vintage Canvas Chuck 70, \$85, converse.com |
- The Windsor Leather & Suede Handbag, \$500, fairfaxandfavor.com |
- Golden Pyrite & Diamond Glasses Chain /Necklace And Wrap Bracelet, \$128, lisajilljewelry.com |
- Pineapple Stud Earrings, \$71, leerenee.co.uk |
- Inspirational Leather Stackable Bracelets, \$29, etsy.com |
- M&P Shield Plus, \$553, smith-wesson.com |
- The Signature Hat, \$42, fairfaxandfavor.com |
- Sweet Pineapple Ring, \$21, mercari.com |
- Marshal by Ray-Ban, \$187, rayban.com |

GET THE LOOK:

- Solo Cargo Leggings, \$55, firmabs.com |
- Concealed Carry Executive Tee, \$69, undertechundercover.com |
- Captain Leather Boots, \$190, thursdayboots.com |
- Oiled South American Cowhide Leather Range Bag, \$235, egunbags.com |
- North Star Necklace, \$150, clocksandcolours.com |
- Chronograph Dark Brown Leather Watch and Bracelet, \$169, fossil.com |
- Beretta Serie 80, \$1363, beretta.com |
- SSP Methow Kit, \$150, sspeyewear.com |
- Ponytail Shooting Cap, \$24, clayshootingapparel.com |
- Mariana Leather Jacket, \$219, fruugo.us |

Fashion Fall-ward

*Transition
into hunting
season en
vogue*



GET THE LOOK:

Stately Ladies Velvet Breeks, £255, countryhumphrey.com |
Washable Stretch Silk Blouse, \$59, onequince.com |
Tory Burch Jacquard Belt, \$198, neimanmarcus.com |
The Trinity Driver, \$213, fairfaxandfavor.com |
Tough-1 Deluxe Rifle Scabbard, \$88, lazybwesternwear.com |
Bronze Crest On Brass Chain With Gold Toggle, \$98, lisajilljewelry.com |
Coat of Arms/Family Crest Earrings, \$14, etsy.com |
Interlocking Leone Cuff, \$270, reagancharleston.com |
Stately Velvet Flat Cap, £65, countryhumphrey.com |
Hold Your Horses Scarf, £175, clarehaggas.com |
Scarf Ring, £35, clarehaggas.com |

Relax

*And
look
good
doing it*



GET THE LOOK:

Suede Leather Mini Wrap Skirt, \$98, lulus.com |
Pleated Sleeve V Neck Denim Blouse, \$38, lalaniq.com |
Flower Child Leather Boots, \$284, danpostboots.com |
Browning Trudy Concealed Carry Handbag, \$89, sportsmansguide.com |
Threaded Elisa Necklace In Coral Illusion, \$44, kendrascott.com |
Star Cross Lover Huggies, \$48, uncommonjames.com |
Moonlight Goddess Apple Watch Strap, \$39, capediablo.com |
Smith & Wesson MODEL 340PD Revolver, \$1075, smith-wesson.com |
Vintage 5 Layered Stackable Ring Set, \$48, uncommonjames.com |

On the Fringe of Shooting Fashion

Playing the field this fall? We've got you covered



GET THE LOOK:

Prima Mid-Rise Cigarette Jeans, \$141, neimanmarcus.com |
 Laksen Flush Camel Shirt, £89, onthepegclothing.co.uk |
 Chocolate Suede Sporting Fit Heeled Boot, \$514, fairfaxandfavor.com |
 Cargo Boot Bag, £159, farlows.co.uk |
 Round Handle Axis Handbag, \$595, fedhanyuki.com |
 Leather Hiking Journal, \$49, rustico.com |
 Artemis + Antler Necklace Set, \$290, aveinspired.com |
 Small Pheasant Feather Earrings, \$11, etsy.com |
 The Muir Stacking Ring Set, \$205, antlerrings.com |
 Two Dove Rifle Case, \$235, twodoveoutdoors.com |
 Rancher Fedora Hat, \$29, kitegery.com |
 The Rucio Vest, \$385, sorellaclotingco.com |
 Sealskinz Waterproof All Weather Gloves, £55, onthepegclothing.co.uk |

Moms Who Shoot

From carpool to pew pew... nevertheless miss a beat



GET THE LOOK:

Hudson Nico Coated Mid-Rise Super skinny Jeans, \$195, neimanmarcus.com |
 Mama Bear Tee, \$24, gruntstyle.com |
 Motive Fringe Jacket, \$455, revolve.com |
 Two Dove Short Shell Bag, \$145, twodoveoutdoors.com |
 The Rainey Boots, \$265, alvies.com |
 Modern Backpack Cognac, \$100, adaraonline.com |
 Spot On Handbag Strap, \$149, newvintagehandbags.com |
 The Vicenza Jewelry Roll, \$99, wandererstravelco.com |
 Funky Shotgun Earrings, \$21, etsy.com |
 Everyday Maple Apple Watch Band, \$79, mytruwood.com |
 LeatherShooting Gloves, \$99, tombeckbe.com |
 Retro Mama Trucker Hat, \$26, aspen-company.com |
 Phoenix Wrap Ring, \$58, kendrascott.com |
 Jax Multi-Tool Push Up + Clip, \$95, taleofknives.com |

Pieces That Will Keep Them Guessing

*Add a little
flair to your
wardrobe*



GET THE LOOK:

Scully Suede Leather Fringe Skirt, \$195, sheplers.com |
Beaded Shoulder Western Shirt, \$88, luckybrand.com |
MOD Genuine Leather Strap Belt, \$39, flowlyfstyle.com |
Brayden Western Boot, \$298, revolve.com |
Cognac Alligator Leone Clutch \$5200, reagancharleston.com |
Fern Y Necklace, \$50, kendrascott.com |
Get Cuffed Open Bracelet, \$148, turquoisetuesday.com |
Noveau Ring in Rutilated Quartz, \$90, localectic.com |
Harlem Palm Hat, 55€, oliverhats.com |
Turf War Monochrome Scarf, £195, clarehaggas.com |
Statement Oyster Turquoise Ring, \$124, localectic.com |

Blaze Your Own Trail

*Mix and
match with
a few
classic
pieces*



GET THE LOOK:

Stately Oxblood Velvet Skirt, £165, countryhumphrey.com |
Hi Honey Ankle Skinny Jeans, \$126, neimanmarcus.com |
Long Sleeve Oxford Shirt, \$205, shopmckennaquinn.com |
Double Breasted Blazer, \$198, bananarepublic.gap.com |
Salvatore Ferragamo Adjustable Gancini Belt, \$385, ferragamo.com |
Navy Suede Loafer, \$254, fairfaxandfavor.com |
Hyson Hide Handmade Cartridge Bag, \$808, shop.sportarm.com |
Leather & Suede Handbag, \$364, fairfaxandfavor.com |
Taurus Necklace, \$200, reagancharleston.com |
Lion Knocker Earrings, \$84, susanshaw.com |
Valor Lion Ring, \$175, alexisbittar.com |
Alan Paine Richmond Felt Hat, £49, onthepegclothing.co.uk |
Heads or Tails Pheasant Scarf, £99, clarehaggas.com |



BEAUTY | Skincare for the Traveling Lady Shooter

TOP TIPS
FOR TRAVEL
ROUTINES
BY NATALIA
GONZALEZ

As summer has come to a close and the seasons have changed, this does not necessarily signal the end of travel season for many of us lady shooters. If anything, fall can bring even more adventures. For a lot of us, hunting season usually means travel, and the upcoming holidays often bring even more of it. Packing and knowing just how much to take from your skincare routine doesn't have to be a hassle, and for those of us that have an extensive regimen, we don't have to take it all with us.

There are several factors to consider when traveling, the first being the climate. Depending on your destination, the climate could be warmer or cooler, drier or more humid, and each of these variables will dictate what type of products your skin will need. Different levels of pollution in the air will also affect your skin. How much water you're drinking will predict how well your skin transitions from your home environment to your destination.

With all that in mind, here are my top tips to ensure that your transition while traveling is as seamless and effortless as possible.

1. Don't skip the sunscreen

Regardless of whether you are traveling by plane or car, your skin will be exposed to the sun and thus, should be protected. If by car, be sure to put sunscreen on your hands and forearms as well. Hours on the steering wheel will eventually add up to sunspots. I once had a guy guess my age just by asking to see my hands.

2. Stay hydrated

The stress of traveling in general can be very drying to your skin. On top of that, people typically drink less water when they are sedentary in their travels. Sitting long hours on a plane or in a car can remove the desire to drink as much

water as you normally do. We all know using plane lavatories and roadside restrooms can be less than desirable, but keeping your water intake up is important. Combat dehydration by traveling with a reusable water bottle or purchasing water; avoiding caffeine and sugar whenever possible. Another thing to remember with plane travel; being at high altitude combined with cabin pressure can be extremely drying to your skin.

3. Skip the makeup and face wipes

For travel days, it is always nice to take a break from any heavy makeup and anything else that can dry out your skin even more. It is a good time to take a vacation from all that. While you're at it, try to avoid face wipes if you can. They may be super convenient and seem like a great idea, but I have yet to find a face wipe that didn't dry out my skin or cause irritation.

4. Always bring a good spot treatment

A good spot treatment is like a rescue inhaler for an asthmatic. When I travel, I tend to splurge a little by eating richer foods and more sweets simply because I am on vacation or because I may be forced to eat out much more often than I normally would. This can wreak havoc on my skin, leading to small breakouts. Being an esthetician, I am trained and capable of doing my own extractions of blemishes, but without the proper tools and equipment, I can end up making the problem worse. A good spot treatment will dry out a blemish in less than a day, and reduce swelling so that it will be less noticeable and thus, less tempting to pick at.

5. Bring a hydrating sheet mask or Manuka honey

Yes, I said honey. One of my favorite and easy to travel with items is Manuka honey. Manuka honey is made from bees that feed exclusively on

tea tree plants in New Zealand. This gives the honey high antiseptic, antibacterial, and anti-inflammatory properties. These characteristics make it an excellent face mask that will leave your skin feeling soft, hydrated, nourished, and oil-free. I also take a spoonful every morning and let it slowly melt in my mouth to coat my throat, giving my immune system a much needed boost to combat the stress of travel. If honey isn't your thing, there are lots of options of sheet masks on the market, but be very careful to choose one that is non-comedogenic so that it doesn't clog your pores.

6. Pretend the hotel products do not exist

While some hotels provide some very luxurious looking and recognizable name brand lines, please don't be fooled into thinking that they are good for you to use. Hotel products tend to have harsh cleansing ingredients and strong fragrances that can irritate dry and sensitive skin.

My personal skincare routine consists of a face wash, a hyaluronic acid serum, a vitamin C serum, a tinted moisturizer with sunscreen for the day and a light moisturizer for the evening. The only product that is too big to carry on a plane is my face wash, so I put some in a travel container. I also travel with my own shampoo and conditioner because hotel brands are harsh and strip away the natural oils from my hair, leading to dry ends and an oily scalp.

No matter where your adventures take you this season, be sure to keep your routine simple and as close to your home routine as possible. Avoid trying any new products that will add to the stress of traveling. Remember that I am always available if you have any skincare questions or concerns. ■

Your Holiday Gift Guide



WELCOME TO THE LADYSHOOTER LIFESTYLES GIFT GUIDE!
THE LADIES THAT MAKE THIS PUBLICATION YOUR GO-TO SHOOTING LIFESTYLE MECCA
HAVE PUT TOGETHER AN AMAZING COMPILATION OF GOODIES FOR YOU TO ENJOY –
BOTH ON AND OFF YOUR FIELD OF CHOICE!

Mantis Laser Academy \$99

THE QUINTESSENTIAL CREATIVE TRAINING SOLUTION

mantisx.com/pages/laser-academy



With ammo supplies low and prices still high, it's important to maintain frequent, effective (and creative) shooting practice. The Mantis Laser Academy fills this need marvelously. It can be used in dry fire scenarios, preserving your precious ammo supply.

The Mantis Laser Academy is focused on proper form for consistent performance. It utilizes easy to use metrics via a free app. The Laser Academy is available in caliber specific options.

The Mantis Laser Academy provides a wide variety of drills that focus on different areas of your shooting form and target acquisition practices. The bottom line? Hone your skills and up your game from the comfort

of your own living room or through live fire range practice.

Check back in our next issue for a full review on the release of the Mantis X10, the newest member of the Mantis family!

mantisx.com/collections/x-systems/products/mantis-x10-elite



\$249

Andrea's
Picks

NORM – No Ordinary Range Mat Kit \$191

OFF HAND GEAR SHOOTING MAT

offhandgear.com/kit-norm-multi-cam-rear-bag-spent-brass-pouch

Are you tired of lugging the same drab, bulky, oversized shooting mat around? Then look no further than the NORM (No Ordinary Range Mat) Kit by Off Hand Gear in Arizona. This is a woman owned company dedicated to bringing top quality, innovative, unique, functional and BEAUTIFUL accessories to HER shooting lifestyle.

I had the opportunity to use this mat in a variety of weather conditions and situations. The construction is hyper durable and little details have been given top priority. The kit reviewed includes the mesh shell catchers which can be attached via Velcro to the forward portion of the mat. These are super handy and can be affixed wherever needed.

The kit also includes matching back bags. These are of perfect size and weight. I actually took them with me on my last hunt and they packed beautifully. They are of ideal size, consistency and volume to get me where I need to be in virtually any shooting position.

My favorite part of the NORM is how it folds up for transport. I have had range mats that folded up with all the grace of a fitted sheet. Not this one. The creases, straps and seams have all been engineered to collapse crisply and intuitively, leading to a marvelously convenient transport

experience. Huge props to Off Hand Gear for creating a functional, comfortable and lady lifestyle focused range mat kit! Check it out! Kit as reviewed on sale now for \$191.96. Available in different colors.



Stacey's
Picks

Bullet Bouquets – costs vary

BEAUTIFUL BALLISTICS

bulletbouquets.com

Looking for a unique gift for a fellow shooting lady, or perhaps something to keep for yourself? Creator Anthony Zambai came up with these adorable Bullet Bouquets by combining his three loves—shooting, art and tinkering.

These adorable blooms are copper jacketed lead, and after firing through a gun and expanding, the lead is deformed and “turned

inside out”. The lead is clear coated, so it is mostly safe to handle, but it is recommended to wash your hands after touching it.

The bouquets can be ordered in various calibers (.40 S&W, .45 ACP and 9mm) and quantities, the laser etched message can be customized for a small cost and the pot is available in aluminum or terracotta.

Other products available include tie tacks, cuff links, hair pieces, boutonnières, and bullet pens.

A fantastic opportunity for a thoughtful gift.

Andrea's
Picks

SSP Eyewear \$389

METHOW HD PRO PACK

sspeyewear.com/products/elite-methow-hd-pro-pack



As a shooter, regardless of discipline, if you can't see it you can't hit it. SSP Eyewear has been a leader in eye protection for well over a decade. I had a chance to check out their products at an event earlier this year and knew immediately I wanted to learn more!

I was onsite at a multi-day shooting event in Colorado. The perfect bluebird days were the ideal test for a set of new lenses. Walk with me through the Methow SSP Eyewear system and let's see what they're all about.

The first thing I noticed about the Methow set is the case. It was sturdy, protective and streamlined. As someone who flies a lot with shooting goodies, that's a huge plus! Inside I found a set of extremely comfortable and sleek frames organized carefully with multiple lenses. An interesting point to note here is the adaptability of the frames. I have a small face and often struggle with fit. I have had multiple people check out the frames and they seem to fit varying facial structures extremely well. That's a huge plus!

There are three nose pieces included in the Pro Pack, two clear and one black. After playing with them all, I preferred the clear option. It was more functional for my facial structure and visual acquisition. Their website has a great video tutorial on swapping out the nose pieces and lenses. It's incredibly quick and easy!

There are 12 lenses (yes, 12!) in the Pro Pack. You can get the regular Methow kit, but we reviewed the full Pro Pack (link above) to get the full gamut.

The colors in the Methow HD Pro Pack start with clear and give you an option for virtually every weather or lighting scenario. The HD lenses have been enhanced and

sharpened to provide impeccable contrast perception. I definitely developed some favorite go-to shades after testing them out. They are also compatible with corrected vision needs! An optional RX adapter allows the frame and lenses to be used with your current eye glass prescription.

Let's talk quality. Shooting glasses are one of those things you don't want to get the cheapest one on the shelf. Conversely, a high price doesn't guarantee performance. The Methow HD Pro Pack checks all the boxes. The quality and clarity are top-notch. The fit is comfortable and adaptable and the versatility unparalleled. The price-point? \$369.98. Check out the Methow HD Pro Pack for your next multi-lens purchase!



Huntress Shooting Shirts \$149-159

KEVIN'S CATALOG FINE OUTDOOR GEAR AND APPAREL

kevinscatalog.com

Andrea's
Picks

If ever there was a perfect match to the ladyshooter lifestyle, it would be Kevin's Catalog located in beautiful Thomasville, GA. From the cuts and fabrics to the colors and textures, one is constantly reminded of idyllic days afield.

One of the most iconic cultural experiences of the hunting lifestyle is the pursuit of upland birds. From the classic apparel to the dog work, upland hunting is a rich sensory experience. We had the privilege of checking out a few of Kevin's most popular ladies hunting apparel pieces. Let's take a look!

The first piece was the Kevin's Huntress Untucked Shooting Shirt in Camo (#18-3008) found in their catalog. This was a marvelously soft and breathable fabric with a ton forgiveness for movement. While it looked crisp and tailored, it moved with the grace and function of a nimble side-by-side.

The suede shoulder patches have removable recoil cushioning pads within, providing different use options. The sides boast an adjustable matching fabric button fixture to tighten or loosen the side fit for shape and profile. All around, beautiful and well thought out!

The second item was the Huntress Untucked Blouse w/ Stand-Up Collar in British Khaki (#18-3042). The cut and material were very similar to the previous shirt, but the collar was very gun-mount friendly. It rendered a very clean look and feel and provided a decidedly feminine twist on the traditional collar design.

Before I move on to the last two pieces, I want to take a moment to mention fit. I have historically avoided shirts such as this for a few reasons. First, I have broad shoulders and a 36 C bust. I also have a relatively short torso for my 5 ft tall stature. Shirts such as this typically don't fit, aren't comfortable and are far from flattering. Kevin's broke this pattern with the use of flexible fabrics, flowing cuts and adaptable fit characteristics. Love it!

The next piece was the Kevin's Huntress Stretch Brush Pant in light olive (#18-5102). As someone who goes for comfort in all things, I eyed them somewhat dubiously at first. They looked too tailored to hit the level of comfort I



seek. Wrong. I slid them on and they sat effortlessly just below my natural waist. The fabric moved fluidly as I experimentally executed a few deep squats. The pockets were unobtrusive, but offered a deep enough space for a large iPhone (I like pockets; they're important). The length/ankle were just right for an inside the boot tuck.

The pant facing was high quality and durable, but definitely comfortable and flexible. There were no rough or scratchy contact points on the inside of the pants I find so frequently in brush pants. The fit, comfort, color and performance factor were all on point.

In true Kevin's Catalog style, the finishing touches make the difference. A pop of color finishes the look with a cashmere scarf/bandana featuring flying quail on an orange and red backdrop. I'm a firm believer that you dress for the outcome you want. Kevin's Catalog has not only created a beautiful selection of pieces to make the lady hunter feel functional and comfortable in the field, she also looks magnificent while there!

Eau de Parfum \$135

JULIETTE HAS A GUN - MUSC INVISIBLE

us.juliettehasagun.com

This little gem of a perfume showed up in my monthly Ipsy bag about 6 months ago. I almost tossed it as I have never preferred any of the sample perfumes I'd received, but considering my line of work, the name won me over. It sounded spunky, so I dabbed a little on and was pleasantly

Color Street Nails \$12

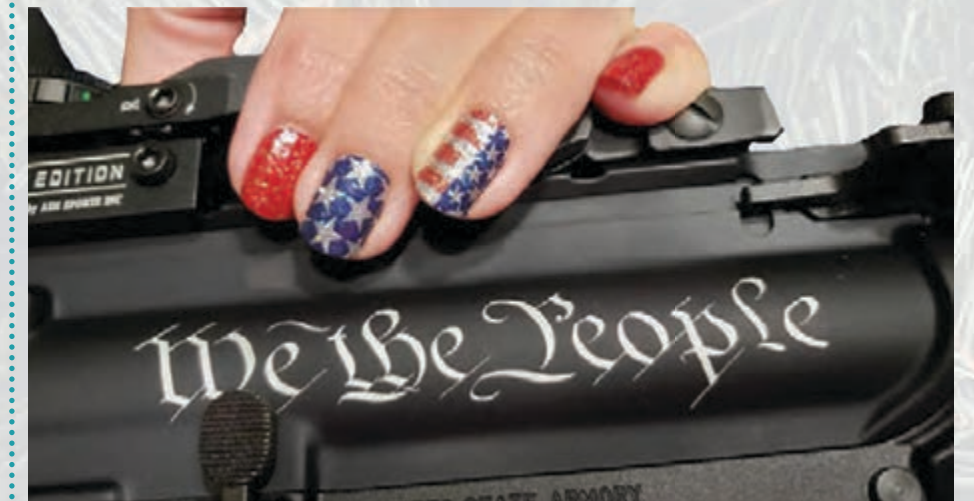
A CREATIVE BEAUTY BRAND - NO DRY TIME!

colorstreet.com/cynthiavasquez/products

Let's face it—how many times have you been out shooting and noticed “Wow, her nails look awesome!” Just me? It's one of the things I notice first, like someone's smile or eyes—the manicure on a woman shooting a gun. It stands out.

I first learned of Color Street while sitting in a doctor's office during the pandemic. A friend on social media was raving about how she still maintained salon quality nails, without leaving her home AND in fifteen minutes. What?!

I've always been jealous of women that can paint their nails without it looking like a 10 year old did it. So, when I want my hands looking good, to the salon I go. For hours—there's always a wait, polish takes forever to dry and at least for me, I've typically messed one up before I even get to my car. So the prospect of not having to leave the house and it only taking fifteen minutes was something I had to check out.



surprised by its powdery musk notes. I went on my way and didn't think anything more of it, until I had so many people, both men and women, complimenting me on my scent.

The Juliette Has A Gun brand has many other fragrances available, and several gift sets that include a selection of 3 or 8 samples.

A catchy name, with an equally attractive fragrance, is what won me over. Some of my friends will definitely be finding this as a gift.



Stacey's
Picks



The nails strips are made from 100% real nail polish and they are manufactured in the USA. The strips include a base, color and top coat all in one and are oh so simple to apply. Each product comes with two sets of eight different sizes to fit your nails. In fifteen minutes or less, you're on your way with a salon quality manicure in less time for less money and without the hassle, mess or drying time. Nail strips are \$11-12 depending on color/design and are always Buy 3, Get 1 free. These will make great stocking stuffers this year!

Stacey's
Picks

Repurposed LV Cowhide Card Slot Keychain \$59

ANAGAIL'S BOUTIQUE
anagails.com/collections/repurposed-lv/products

Find the key to your wild side with these fabulous card slot key chains. Repurposed, beautiful, exotic and distinctive! Check them out today!



Come And Take It Glass Can \$16

ARMED IN STYLE
armedinstyle.com/products

Come and Take It – this is the gift where patriotism and practicality collide. From sweet tea to moonshine, this glass is the perfect gift for that special someone in your life!



Gentlemen's Bruce Tie £89

CLARE HAGGAS
clarehaggas.com/product/gentlemen/bruce-tie/tie/toffee

Give the gift of bespoke elegance with the Bruce Tie from Clare Haggas this season. The colors, textures, fabrics and construction are both one-of-a-kind and unforgettable!



Cock Pheasant Feather Bauble £15

GAME BIRD DESIGNS
loublewett.wixsite.com/gamebirddesigns

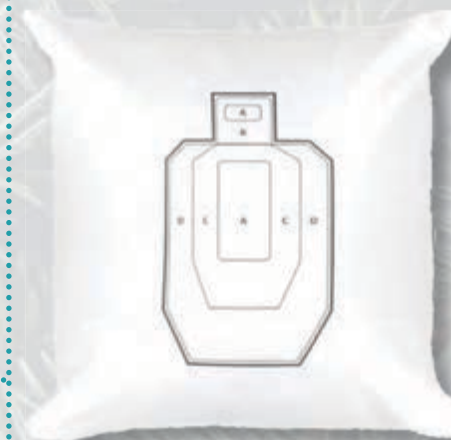
With Christmas around the corner, it's time to combine the two greatest seasons – hunting season and the holidays! Check out these exquisite home décor pieces to complete the ultimate outdoor essence.



Pistol Dry Fire Pillow \$29

ARMED IN STYLE
armedinstyle.com/products

Perfect practice makes for positive performance... Never stop practicing with this fabulous accent pillow – plain on one side and dry fire target focused on the other!



Matilda Game Feather Phone Case £32

GAME BIRD DESIGNS
loublewett.wixsite.com/gamebirddesigns

In a time when a phone seems to be a cultural imperative, it might as well say something about you! These personalized, wild game phone cases are both elegant and functional – a perfect gift for the outdoorswoman or man in your life.



Western Pajama Set-Cowboys \$60

THE FRINGED PINEAPPLE BOUTIQUE
thefringedpineapple.com/products/western-pajama-set

Dreaming of Western sunsets? Check out these adorable pj's. From the pattern to the cut, they are a fabulous addition to any nocturnal wardrobe.



Grid Pheasant Silk Tie £69

FARLOWS
farlows.co.uk/farlows-grid-pheasant-silk-tie

"Bird!" Who loves to hear that word? Get that special someone in your life the gift that brings to mind the beat of wings and the crisp smell of burnt gunpowder with this iconic silk pheasant tie.

Hand Crank Radio & Prep Kits

GET JUDY
get.judy.co/shop-judy-prep-kits-today

Stay off the grid, but still in touch with the Judy Prep Kits! Practical, purpose-driven and functional they are a must-have for anyone pursuing life off the interstate.



Custom Leather Good Gifts

Jon Hart Designs

jonhartdesign.com

Looking for that perfect gift for your shooting enthusiast but you want it to be extra special? What about a gift that is semi-customized just for your special someone? Jon Hart Designs has a variety of products that would give any shooting enthusiasts a very Merry Christmas. Coming from personal experience their products hold up to the unforgiving lifestyles of hunters and shooting athletes alike.

Flat Bottom Bags \$26-78

CHICO, GRANDE AND SHAG BAGS

The perfect stocking stuffer is the Chico & Grande retailing for \$26-\$34. The Chico & Grande is a canvas coated small bag that is great for storing tools, chokes, cleaning supplies, and anything else that you may need for your hunting or your shooting adventures. The Chico & Grande is a Flat-bottom bag for sitting upright. The Chico & Grande has a zipper that works really well, even if dirt or gunpowder falls within the teeth. The Chico & Grande come in 20 colors and patterns. If your shooting enthusiast needs more storage then the Shag Bag is the way to go. The Shag Bag comes in the same colors and patterns, is made from the same material with the same durable zipper but holds three times the amount of items. Better yet, throw your Chico & Grande inside of the Shag Bag. The Shag Bag retails for \$78. Throw these items in your shooting bag and never worry about your items being unorganized. Add your gift receiver's monogram and make the Chico, Grande, and Shag Bag the ultimate stocking stuffer.



Large Backpack \$230

CHICO, GRANDE AND SHAG BAGS

Does your shooting enthusiast need to store all of their hunting and shooting sports items, the large backpack has plenty of room. The large backpack comes in 20 colors & patterns and do not forget that monogram! The large backpack has two zippered enclosures as well as a front zippered pocket. Bag dimensions are 17.5' x 14' x 8.5' with adjustable straps. The best part about the large backpack besides the size is the durability of the straps with heavy weight such as ammo and the ability to wipe any substance off of the canvas. The large backpack retails for \$230.



Canvas Gun Cases

SHOTGUN, RIFLE OR PISTOL

Does your shooting enthusiast need a case for their shotgun, rifle, or pistol? Jon Hart Designs has that too! Do not worry you can add a monogram or symbol as well for a more customized gift. The cases are made from the same coated canvas as all of their other products making them durable as well as easy to clean. The firearms cases come in 18 different colors and patterns. There are two different sizes of



pistol cases. All of the cases can be made in cotton canvas and regular coated canvas. Retail pricing ranges from \$114-\$337.



Hey Dudes \$230

CUSTOMLEATHER CRAFTS

Instagram: [@kelsey_seymour_handmade](https://www.instagram.com/kelsey_seymour_handmade)

Facebook: [kelseyseymourhandmade](https://www.facebook.com/kelseyseymourhandmade)

Does your shooting enthusiast like to show their love for the outdoor world even while not on the range or hunting? Why not give them a pair of custom Hey Dudes that can be created with any picture or symbol that idealizes who they are? Kelsey Seymour takes the simplicity of the highly durable and comfortable Hey Dudes shoes to the next level with her custom leatherscrafts. If you can think of it, she can create it and all for \$230 shipped. Kelsey can also make you a custom bag for your gear, a belt for your skeet bag, as well as a variety of other leather products that anyone would love.



Travel Dry DX Boot

Dryer \$50

REI

www.rei.com/product/891155/dryguy-travel-dry-dx-boot-dryer

Life in the great outdoors can be marvelous, magical and enjoyable – except when it's not. There is nothing that can ruin a good day afield quicker than wet, cold feet. Check out this travel-centric boot dryer from REI for your next adventure!



Chef's Knife Roll \$499

TOM BECKBE

tombeckbe.com/products/chefs-knife-roll

Harvesting is only half the fun! Give the gift of elegant functionality to the chef in your life this year. Check out this exquisite leather knife roll so that special someone can carry all their favorite hardware! *Knives not included.



Pheasant And Turkey Feather Bow Tie With Feather Lapel Pin Set \$59

MANDUJOUR

mandujour.com/products/pheasant-and-turkey-feather-bow-tie-with-feather-lapel-pin-set

Modern, magical, elegant and classy, this wild fowl bow-tie is the perfect gift for that tough-to-buy-for person on your list.

#LifeIsBetterWithFeathers



Cognac Alligator Leone Clutch \$5200

REAGAN CHARLESTON

reagancharleston.com/handbags

“Wow” meets “Wild” with this Leone alligator clutch. From the natural pattern to the elegant hardware, this is truly a one-of-kind gift for that special someone.



Health and Wellness Ideas

HHH Organics

ORGANIC SMALL BATCH GOODS
HHHOrganics.com

The first company I would like to highlight is HHH Organics. This brand and their products are an overall serious HEALTH BOOST and literally something I use daily. HHH Organics is a locally owned elderberry company on Florida's Treasure Coast providing natural products made with organic ingredients to customers nationwide! The company owner, Morgan Delgado is a rockstar mom of four and created an unbelievable line of products ranging from syrups to supplements, skincare and jewelry. Her company also supports other local business which makes me love them even more. Some of my favorite items for myself and the kids are the Elderberry Gummies for immune support, Probiotic Gummies for gut health, the original Elderberry Syrup, and the B12 Vitamin for energy! Not only do these products work fabulously but they are delicious, and the kids enjoy them...BIG MOM WIN! The holidays can bring about some yucky cold and flu, not-so-fun gifts... so make sure you're prepared with a quality gift to fight back with during this season. Check out their website for more information to place an order pairing health-conscious gifts along with beautiful handmade candles, plant holders, and other gems!



Christine's Clean Creations

ECO-FRIENDLY CLEANING PRODUCTS
ChristinasCleanCreations.com/shop

This next company I want to share with you is called Christine's Clean Creations. Before I go into what products I love I want to explain WHY I use these and why this is such a practical and great gift for overall wellness. If you're anything like me, toxic cleaning products are a "no no" in my house. This became apparent when I couldn't figure out why the heck our oldest son would wake up sneezing over and over. I thought maybe the cat, outdoor pollen, and created a huge list to try and narrow down. It dawned on me once that I was cleaning while he was getting ready for bed or already asleep, and the "traditional products" being used in his room and bathroom, might be the issue. I went on a search for some natural, non toxic cleaning products and happened to find Christine's Clean Creations. After using these my son stopped waking up and having sneezing attacks at home! It was MAGICAL! Not only did these products solve that problem, they were some of the best glass cleaner, linen spray, and multipurpose cleaner I have used!

Tina Turner, the maker of Christina's Clean Creations specializes in All-Natural, Organic, Eco-Friendly Cleaning

Products. She owned and operated a cleaning service for over 35 years so she knows what products work! After taking the chemical assault from years of using toxic products she decided to take matters in to her own hands and create this safe alternative! Tina's products are also made with a wide variety of Essential Oils scenting the air positively, having great health effects, and are super affordable. You can even now order wholesale from her for your business! With her guarantee of 100% chemical-free, kid-safe, pet-friendly, and eco-friendly you can bet that's a SAFE gift for you and your home.

If gifting cleaning products doesn't suit your recipient, just keep reading. Christine's Clean Creations also makes a non toxic BUG SPRAY! Talk about a product that is super fitted for our audience and a healthy alternative! For us outdoors women and families this is going to be a life saver and a great item to put in that new tactical bag on a wish list! I personally try not to use the chemical-based sprays for many reasons. Christine's Clean Creations alternative method works like a charm! With hunting season in motion or if you live somewhere like Florida where no see ums are everywhere all year-round, BUG SPRAY is a must! Who doesn't want an outdoor gift that you can actually use and brings less annoyance not only to holiday season but life all year! Your hunting buddy will thank you too. Place orders online.



Wellness Partner Plan

A FREE GIFT TO SHARE WITH OTHERS
LifestyleOfAlignment@gmail.com

For my final gift guide for healthy living I was going to list items such as foam rollers, massage guns, at home work out bands, weights, and yoga video. However, I thought recommending something a bit more "lifestyle" friendly and practical would be appropriate. That brings me to this next idea. What about gifting a Wellness Partner Plan?! This is literally a free gift you can give to yourself and share with your friends and family that will cost you nothing but feeling better and staying accountable! So, what do I mean by this and how does it work!? Yes, it sounds just as easy as it is.

Your Wellness Partner Plan will consist of basically journaling your lifestyle including food intake, exercise frequency, and goals for the next day or two. You will start sharing this idea with someone and checking in with them weekly, daily, or whatever works for you both, or group if you're including others. Not only will you be doing your health a favor but you get a reason to actually chat with family and friends about something productive instead of complaining about all the "guilty pleasures" we indulged in during holiday parties and celebrations. You will find that managing cravings and exploring the law of attraction with your accountability buddy works marvelously making mindful choices.

You may want to purchase a fun notebook for keeping a food journal, activities log, and goal setting. When you are writing down everything you eat and drink for the day its easier to see where you can add more nutrient dense food and cut out unnecessary items. A good rule of thumb here is not to be judgmental and to look for improvement. Ideally you want to always ingest a good amount of protein, healthy fat, and fiber with each meal. Even if you're eating Thanksgiving dessert or stealing Santa's cookies, as long as you have enough protein, fat, and fiber with those indulgences your body will metabolize it slower, therefore lessening the sugar spikes and crashes. Remember you can't burn fat without fat and you will burn it off quicker with proper nutritional intake of food. Don't worry about calories, just track what you eat, set a goal or a plan for what days you can eat "cleaner," and give yourself permission to enjoy indulging on certain days. Remember REAL whole food and



ingredients are the goal, meaning, try limiting processed foods and refined sugars. ORGANIC is your friend.

You will do the same for your movement levels by keeping an activities log daily. You might even have some fun joining work out challenges with a friend or group, or something you can do at home like a plank challenge or squat challenge. With there being so many at home work outs, yoga classes, pilates or barre work outs you can do in the comfort of your own home, there isn't room for many excuses if your accountability buddy tries to pull a fast one on you and bail. If getting out of the house is your thing, join a class setting at a studio or gym or purchase a months worth for a friend or family member! Basically you will keep track in your journal of how much exercising and movement you're doing each day. You could possibly even find a walking buddy or alone time to take a brisk stroll. Set your goal for minimum of 30 minutes a day. Challenge yourself each day to do 10 minutes longer than the previous session, and remember that a rest day is important!

Logging my wellness plan for the week really does keep me on track and it is way more fun to

share it with someone. I even include a personal inventory log of my mental state, a meditation log, water intake, and pretty much track a self care log. Feel free to get creative and come up with what you want to include with your Wellness Plan buddy! If you live in another state it might be fun to add a zoom or video call to do your workouts together at home. We can all use someone to hold us accountable in the best way and enjoy something together this holiday season.

If gifting a Wellness Partner Plan sounds great but you want more guidance on it, you can always contact me to book your own Health Coaching Session, Yoga Class, or Nutritional Cleanse Plan. I will customize a work out plan that's realistic, meal plan that fits your schedule, and provide wellness resources. Virtual sessions are available, contact me at LifestyleOfAlignment@gmail.com for pricing and consulting. ■

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