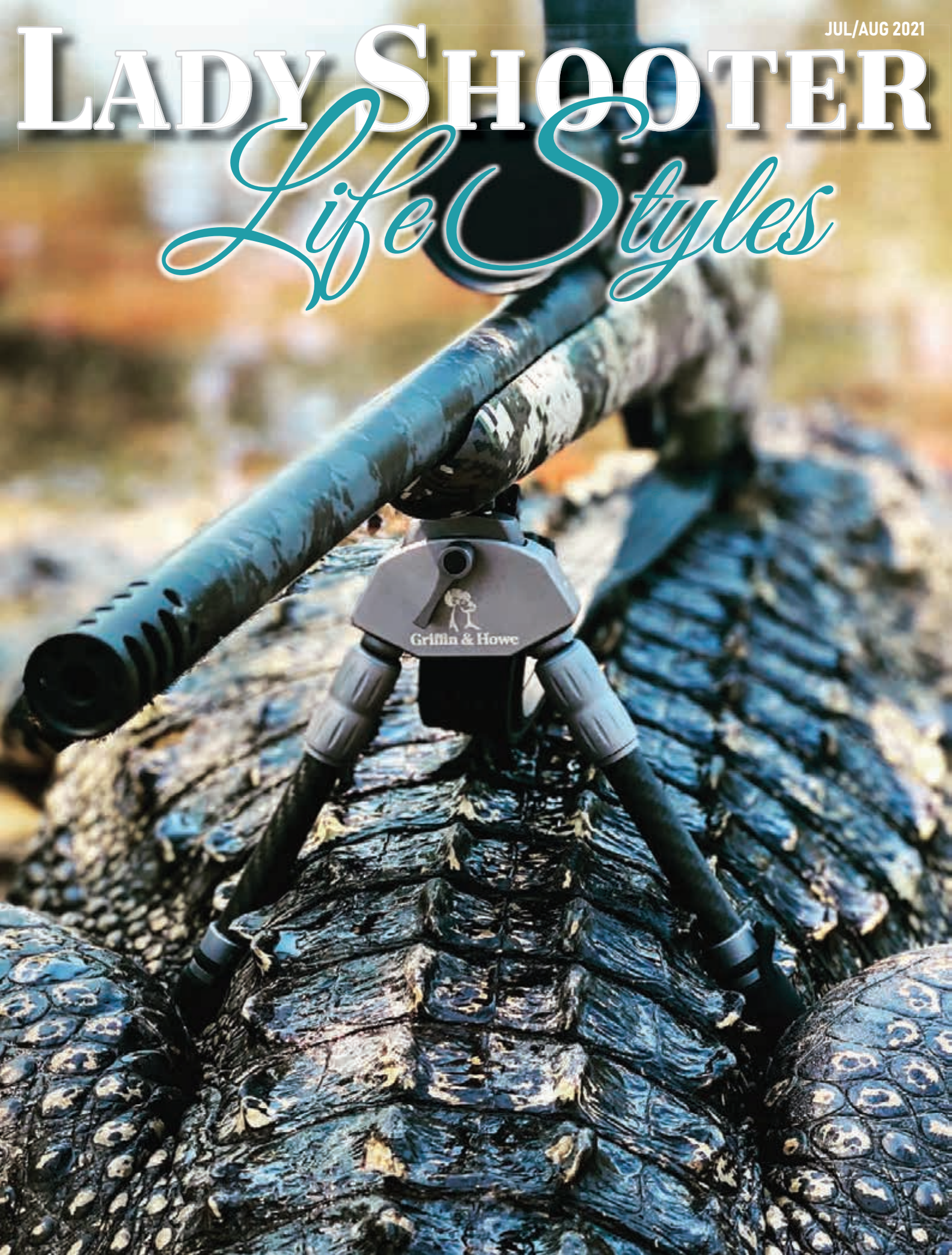


JUL/AUG 2021

LADY SHOOTER

Life Styles



Griffin & Howe

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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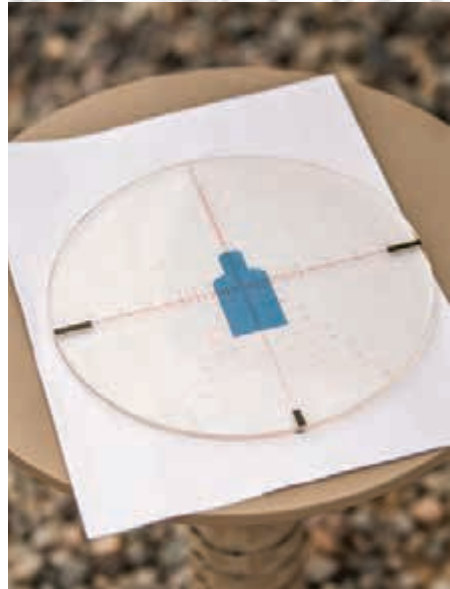
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Leading Ladies
FUNRAISING FEMALES



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LADYSHOOTER LIFESTYLES



*“Be Fearless in
the pursuit of
that which sets
your soul on
fire.”*

-Jennifer Lee

Hi, I'm Andrea, and I am an editor here at LadyShooter LifeStyles. If this is your first time here, welcome! We're so excited to meet you! If you've been here before, welcome back!

The last few issues, you have heard from our co-editor, Natalia Gonzalez. Natalia has a foundation in the world of competitive sporting clays. In the interests of expanding the LadyShooter LifeStyle experience to better serve our broad-platform readership, I was brought in to curate and produce content outside of the competitive target shotgun realm.

I have spent the last quarter century of my life at the range in some manner. As a 13-year-old girl shooting IPSC matches and bowling pin competitions, to a 16-year-old busting clays, then an 18-year-old NSCA instructor. I picked up a bow in my 20s, added rifle a few years later and started hunting shortly thereafter. I now travel, hunt, shoot, write and photograph full time across the gamut of the shooting and hunting disciplines. While I pursue passionately what “sets my soul on fire,” it's not always done fearlessly. That just makes it more fun, doesn't it?

The ladyshooter lifestyle is one of those things to be pursued both passionately and fearlessly. Here's a bit of history on LadyShooter LifeStyles as you're reading it today.

It all started with a girl and a shotgun. From competitive shotgunning and registered targets to recreational clays and bird hunting, we covered it. Then we added a rifle review and an all-women's deer hunt (check out “I Want Moor” and “What's Your Why” for those stories!). Next, we sprinkled in an AR-15 build series for the “do it yourselves.”

The much-anticipated Olympic issue introduced top-tier female shooters across the

shooting platforms, including archery! Check out *Leading Ladies May/June* for that one, as well as an *Archery 101* primer. Throughout this time, we enjoyed columns on fashion, skincare, yoga and wellness for the female shooter.

For this issue, we're bringing you more of your favorite columns, but also an alligator hunt, a South Florida ranch feature and a piece on some of the most passionate philanthropists in the shooting world.

So, what's next? What other activities make up YOUR lady shooter lifestyle? Are you a recreational hand gunner? A competitive 3-gunner? A weekend clays warrior? An opening day and tagged out rifle hunter? Do you enjoy flinging arrows in the backyard? Do you shoot precision rifle matches in your spare time? Is your closet full of cowboy action costumery that comes out every weekend to play?

Whatever you shoot (or want to shoot), LadyShooter LifeStyles is there to bring you information, products, gear reviews, tips and a strong community of like-minded women. We're here to bring you the resources you need and want to enjoy your shooting pursuits to the fullest. Drop us a line and tell us what you want to see in future issues of LadyShooter LifeStyles!

We can't wait to watch (and be a part of) your lady shooter lifestyle! Be sure to tag [#myladyshooterlifestyle](https://www.instagram.com/myladyshooterlifestyle) when you're pursuing “that which sets your soul on fire!”

Cheers!

Andrea Bogard
Editor

andrea@ladyshooterlife.com

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“...Til I can make it on my own.”

— The Beatles

IF YOU'RE JUST JOINING US—THIS IS PART THREE IN A SERIES OF BUILDING AN AR-15 FROM THE GROUND UP IN .204 RUGER. WE STARTED WITH CALIBER SELECTION, MOVED TO PARTS IDENTIFICATION AND NOW WE ARE SOURCING ALL THE GOODIES WE NEED FOR THE BUILD. I HOPE YOU ENJOY!

—ANDREA BOGARD



Part III:

We came, we shopped, we conquered. Who likes shopping? Ironically, not me. My husband, on the other hand, LOVES to shop. You know what I did? I gave him a shopping list. Kind of like selecting the “perfect” avocado at the market, finding AR parts requires a delicate touch and some patience.

I picked out my proverbial “must haves” - a Proof Research barrel, a Seekins lower and a Trigger Tech trigger. Think picking your favorite cheeses and meats for a charcuterie board and leaving the miscellaneous grapes and nuts until last. Who really eats grapes on a charcuterie board? Please send me an email if you do! I'd love to find out your “why?” andrea@ladyshooterlife.com

I also sourced my Offhand Gear handguard and matching Picatinny rail (seriously – sexiest AR parts on the market). Did I mention? Offhand Gear is a woman owned, woman run small business. Check out www.offhandgear.com as well as their amazing IG feed! You might find yourself building an AR just so you can get one of these handguards!

I digress. I knew the parts I wanted, but lacked the time and shopping interest to actually go looking for the more difficult to find items. Finding AR parts in stock is about as challenging as sourcing ammo at the moment.

So, I gave my husband a shopping list and he proceeded to get on every “notify when in stock” email list out there for the various parts and pieces I needed. The amazing thing? I ended up with every single part on the list. It was pretty magical when all the packages started rolling in. Not so magical when I had to start paying him back...

I now have every component I need in my possession except my Proof Research barrel. The

diagram we are referencing below is missing that piece, so keep that in mind as you check it out. Let's walk through the parts and pieces we do have. In our next installment, we will walk through how they all go together to make an AR-15!

1. MagPul Stock – this was definitely a critical purchase. If you're a shotgunner, “gunfit” is something talked about constantly. The impact of stock dimensions and eye alignment as correlated to effective target engagement is a huge topic of discussion. With the MagPul PRS Gen3 Precision Adjustable stock, I know I can get the length of pull, drop, cast and pitch adjustments I need to achieve maximum efficacy behind the gun. I will be putting an optic on it, so this will also help me get appropriate eye relief. **Pictured with carbine adapter as delivered. Rifle adapter included in package will be installed prior to assembly.*

2. Rifle Buffer Tube – this piece attaches to the lower and houses the buffer and spring, simultaneously supporting the butt stock.

3. Buffer and Buffer Spring – these two separate pieces fit inside the rifle buffer tube described above. They combine to facilitate the cycling of the action.

4. Ergo Ambidextrous Grip – a grip is incredibly important. It's got to be comfortable and fit your hand. I ordered six different ones before deciding on this one. It fit my hand, cradled my fingers and placed my trigger finger and thumb in the correct location for my shooting style and hand size.

5. Eisenach Arms Side Charge Upper – this is the upper receiver. It houses the bolt carrier

group (BCG) and supports the barrel and handguard. *Side note: I can't say enough great things about the customer service experience with Eisenach Arms. Owned by two brothers dedicated to bringing products to the AR market, their focus is quality and client satisfaction.*

6. Eisenach Arms Side Charge Bolt Carrier – the side charge version proved even more difficult to find than traditional AR uppers. Eisenach not only had the upper, bolt carrier and bolt I needed in stock, they shipped it out to me within 24 hours.

7. Seekins Lower – remember when we talked about lowers in the last installment? Well, this is what it looks like. I wanted a trigger guard that could accommodate a glove if need be, but that wasn't over-sized. This one looks perfect! Important note: this is the serialized part of the build.

8. Trigger Tech 2-stage Trigger – A trigger can make or break a build. Travel, creep, sloppy engagement and other deficiencies all impact accuracy and shooting enjoyment. This unit is adjustable from 1.5-4 lbs and is easy to install.

9. Mag – pictured is a 10-round P-Mag.

10. Eisenach Arms Bolt – this is the bolt from Eisenach Arms that is designed to function with their precision bolt carrier and upper.

11. Eisenach Arms Bolt Carrier Pin Set – this includes firing pin, bolt cam pin and retaining pin.

12. Barrel Nut – this came from Off Hand Gear and is made to fit their custom handguards. It will secure my Proof Research Barrel (not pictured) to the Eisenach Arms side charge upper and allow attachment of the Off Hand Gear free float hand guard.

13. Seekins Precision Builders Kit – remember when we talked about a stripped vs. assembled lower? I opted for a stripped lower and needed to acquire a kit with all the hardware, pins, etc... This is what it looks like.

14. CMMG Rifle Length Gas Tube – this is one of those parts that's super important, but is kind of like shopping for grapes for a charcuterie board. You need them, but they're not as exciting as prosciutto or smoked gouda.

15. Seekins Adjustable Gas Block – this is that little thing that enables you to tune your AR like

an instrument to function exactly the way you want. Pretty cool, huh?

16. Off Hand Gear Hand Guard – Ahhhhh... isn't she pretty? This is a 15-inch hand guard from Off Hand Gear in their Fleur D'Les Scroll pattern. It has Java Gun Candy finish. How gorgeous is that?

17. Picatinny Rail – function meets fabulous with this Gun Candy finished Pic rail to be mounted on my Off Hand Gear handguard. I ordered it in 4 1/2 inch length, but it's available in a range of sizes to accommodate your specific attachment needs.

**Not pictured* – my Proof Research barrel in .204 Ruger. It will be 20 inches of carbon wrapped accurate perfection.

We've got our parts and pieces, now, we assemble!!!! Check back in our next installment for how we put this pile of parts together. Psst... It's not as confusing as it looks.

In the meantime, happy shooting, and thanks for following along as we “Make It On (Our) Own!” Cheers! ■

#pewpew



HEALTH *Sun Rays for Days*

THE SUN SALUTATION SERIES
BY MICHELLE MILES

Solar power is, after all, the energy source of the entire planet. Without it, life would cease to exist. So what happens when we can align our body cycles with the sun cycles? Physical health, overall well-being, vitality and energy can all be sustained. My name is Michelle Miles, owner of Lifestyle of Alignment, where cultivating harmonious awareness and aligning with purpose through seeking truth is the goal. We all need guidance and can learn from each other. Why not see what the sun element can teach us?

With summer sunshine, the Sun Salutation A series is a great place to start energizing. If you have practiced Ashtanga, Vinyasa, or Power yoga you will be familiar with this essential part of all the Sun series. As you follow along, we are basically just linking our movement with our breath and using our nostril breathing (ujjayi breathing) to create heat in the body. Whether you are using this as a morning warm up, movement meditation, or doing all 108 rounds found in traditional practice, this is a beautiful and beneficial series to explore.

Follow the diagram and remember to work within your limits and breaths with each posture. Modify as needed. Take extra breaths in poses as you build up to eventually linking one breath to one movement as you go. Explore your edge, challenge yourself, and listen to when you need a break. This series will not only energize you, but build strength and balance in the body. Live in the sunshine and try to practice all summer.

1. Standing in Mountain Pose

This is an ACTIVE stance. Feet are hips distance apart and parallel. (*Lift toes to feel balls / heels flat on earth equally*). Start to activate legs by lifting knee caps up slightly and imagine the inner thighs

squeezing together. Arms by your sides, hands rotated with palms facing forward. Shoulders away from ears. Open fingers wide and reach finger tips down toward the ground. Shoulder blades drawing together and down your back. Naval is pulled in toward spine (active abdominal muscles). Imagine the ribs moving toward one another as if you were wearing a corset to engage all of the torso. Neck is long, crown of the head reaching up. Chin is parallel to the ground. Tailbone is pointed down between the heels (not sticking out or tucked under, just neutral).

2. Upward Salute

(*Inhale*) Lift arms up to the sky, palms to touch and lift gaze to hands (keep everything active and the same with stance).

3. Standing Forward Fold

(*Exhale*) Hinge from the hips with a slight bend in the knees keeping a flat back as you fold. Once folded forward over legs, let the head hang heavy (tuck chin toward chest if able). Bend knees as much as needed to release the lower back.

4. Half Standing Forward Fold

(*Inhale*) Flatten back. Hands to shins or hips for more support. Reach the crown of the head forward as tailbone is reaching backwards. Activate core to help the flattening of back and lengthening of the spine. Legs are active and this is stretching the hamstrings. Try to keep the hips in line with heels as if you had a wall behind you. Lean forward slightly to keep alignment. Energy is reaching forward and backwards evenly.

5. Plank Pose

(*Exhale*) This is a transition into number six. Plant the hands in front of you and step or hop



LIFESTYLE OF ALIGNMENT

the feet back into plank pose. Hands under shoulders, feet hip-distance apart.

6. Chaturanga

(*High to low push up, full exhale*) Exhale as you lower your body. Bending at elbows create a 90-degree shape from wrist, elbow, to shoulder. Keep your elbows tucked in to your body. If needed, come to your knees for Half Chaturanga.

7. Upward Facing Dog

(*Inhale*) Draw the hips toward hands while straightening the arms, pressing the floor away to lift the chest. Press into the tops of feet and activate the legs (thighs may or may not come off the floor) Elbows are drawn in towards sides and chest is lifting.

8. Downward Facing Dog

(*Exhale*) Lift hips high to the sky. Ground the soles of the feet to the earth, heels do not have to touch. Press the belly back toward the thighs as tailbone reaches up and back. Arms are straight. Open hands wide, press into knuckles to take the pressure off the wrists. Shoulders away from the ears. Head is hanging heavy, look toward the feet, knees, or naval if able. Knees can be slightly bent if needed. If legs can straighten, lift knee caps, activate thighs to bring weight in to heels. HOLD this for five breaths. On the next inhale breathe – bend knees, look forward, step the feet to the hands .

9. Half Way Lift

(*Inhale*) (Same as 4)

START AND END HERE

Mountain Pose

I

Upward Salute
II

Upward Salute
2

Standing Forward Fold

IO

Standing Forward Fold

3

Sun Salutation A Series

9

Half Way Lift

4

Half Standing Forward Fold

8

Downward Facing Dog

5

Plank Pose

7

Upward Facing Dog

6

Chaturanga

10. Standing Forward Fold

(*Exhale*) Transition to next Upward Salute by bending knees slightly, lifting with a flat back and sweeping the arms up to... (*Same as 3*)

11. Upward Salute – (*Inhale*) (Same as 2)

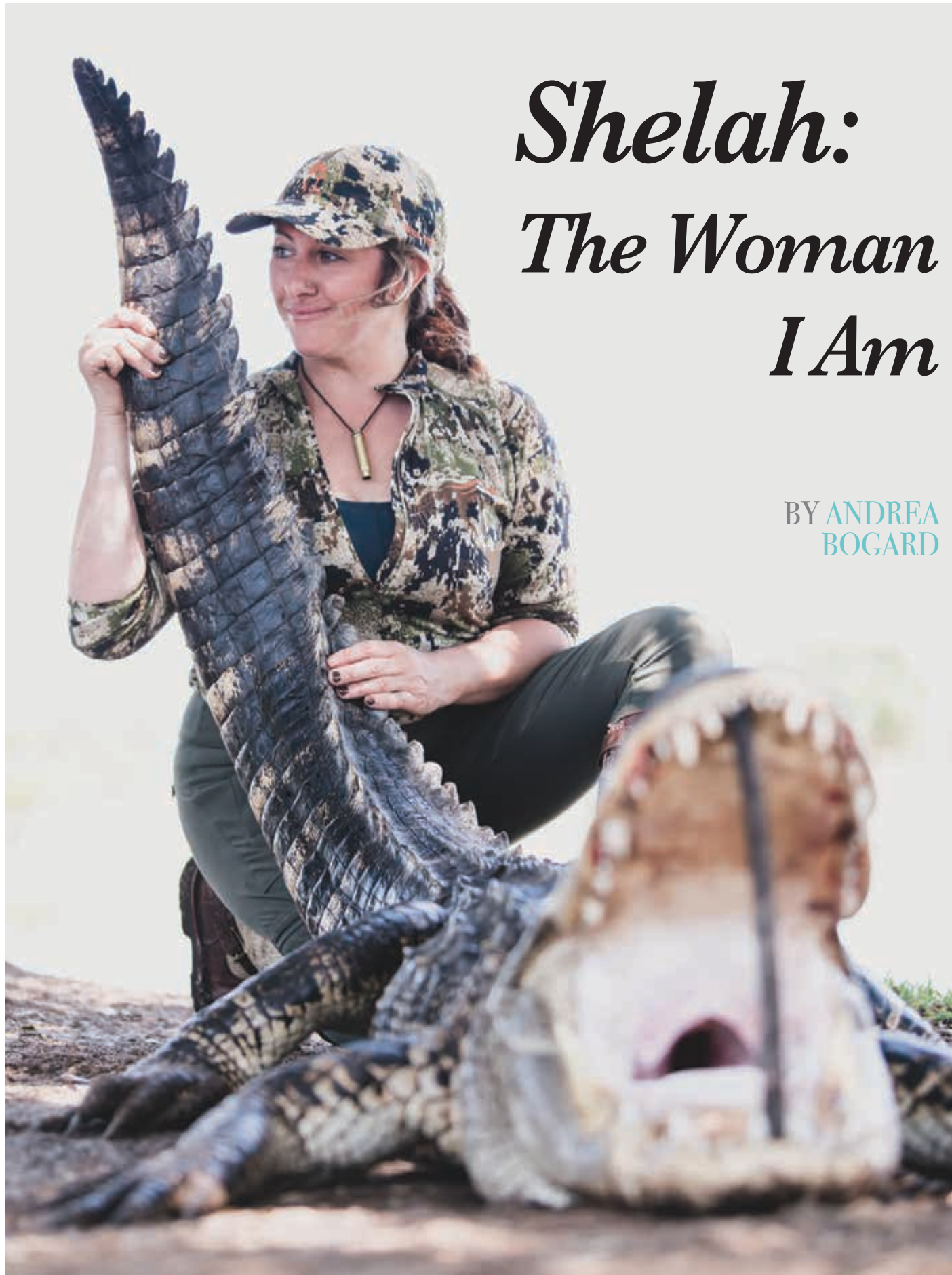
1. Mountain Pose – (*Exhale*) (Same as 1)

REPEAT THIS SEQUENCE at least eight times. Work your way up to whatever goal you have. ■

Post on social media and tag us to be featured on our pages!

Shelah: The Woman I Am

BY ANDREA
BOGARD



Shelah - A girl or woman. This word first appeared in Australian English in 1832 with the spelling shelah. It was initially used in Australia to refer to a woman of Irish origin, but from the late 19th century onwards it became a general term for a woman or girl.

I'll never forget the first time I saw the movie *Crocodile Dundee*. I was six years old and absolutely transfixed by the huge crocs, the strong-willed blond reporter and the rugged competence of the one and only Mick Dundee. Side note on that – am I the only one that employs their best Australian accent imitation while brandishing a knife in their kitchen and drawls those timeless words – “That’s not a knife; THIS is a knife.” It still makes me giggle. Back to crocs...

I have a special place in my heart for predators. Perhaps it was the fact that my first big hunt was a Coastal brown bear. There’s something magical about hunting something that is perfectly equipped to hunt you back. Whatever the reason, an alligator hunt has been on my heart now for a while, but it didn’t seem like it was going to happen anytime soon. Then, opportunity struck.

A door opened in the form of an Osceola turkey and alligator hunt down in Florida. Stories galore! But, there was something else. There was this giddy excitement that two childhood dreams were coming together in one magnificent package! I was going to not only have an opportunity to chase some awesome stories, I was going to go hunt giant lizards, as well!

So, I prepped. I shot coins at 100 yards and generated DOPE on shorter ranges. I analyzed gator anatomy and studied shot placement. I packed carefully and researched taxidermy options. My main goal? To come away with a gator from which I could make a jacket, belt and boots. Additionally, I wanted to pull the teeth and make a hat band, just like that childhood idol, *Crocodile Dundee*.

Early on in the trip I harvested a beautiful Osceola turkey at Quail Creek Plantation. Check out the story “Collector of Experiences” for that adventure! The gator hunt was scheduled for the last couple of days in Florida.

I rolled into the lodge at Lightsey’s Family Ranch (check out the feature in this issue!) and was promptly greeted by a tanned, smiling face. He extended a work-roughened hand that looked far older than the rest of him. I estimated him to be in his early 30s.

Wearing jeans and a Palmetto leaf camo shirt, Costas on croakies and a camo baseball cap, he looked the part of a central Florida gator guide. I’m going to go down a bit of a two track here.

A guide can absolutely make or break a hunt from both an enjoyment and experience standpoint. Here are a few of the things I’ve learned to look for when evaluating a guide:

Competence and confidence are more enjoyable than arrogance.

Caution and intentionality are more beneficial than volatility and recklessness.

Personality. This is huge. Can they carry on a conversation? I am NOT a sit quietly for hours on end type person. I need dialogue.

The biggest one for me is safety. Do I believe this person can/will look out for me? Or, will they deliberately or carelessly put me in harm’s way?

Coming back to today... The warm mid-morning Florida sun hit the hood of his one ton black diesel Dodge. His name was Blake. “Grab your gun and let’s go find you a gator,” he drawled with a dimpled smile.

Any nerves I had flew out the window as I pulled Eleanor out of her Pelican case, grabbed my camera pack and climbed in. Thank goodness for running boards... Otherwise “levitate” would have been a more accurate term.

We headed to a location about 30 minutes away where there some good sized gators terrorizing a farmers’ livestock. We got out and spent the next couple of hours stalking, glassing, watching and listening. We also talked. A lot.

When I hunt, I have lots of questions. I’m not looking for a cut and dried (or silent) experience. I want to know why we are doing what we’re doing and discuss it at length.

“Why do you have a fishing pole?”

“How do we know how big they are?”

“What environmental markers am I looking for to indicate good habitat?”

“What’s their most acute sense?”

“Are there snakes?”

“Did you bring snacks?”



This last one is super important...

A couple of hours, oodles of questions and a purple Gatorade later, we headed to another location. I kind of giggled at the beverage choice as Blake pulled it out of the cooler in the bed of the truck. Get it, "Gator" ade?

At the new location, I popped in my electronic ears and turned them up. I quietly and carefully followed behind Blake as we traversed the land, stopping frequently to glass. The amplified sound made me wince as a stick snapped beneath my snake boot.

Suddenly we stopped. I watched, holding my breath, as we crested a hill and saw a huge gator right near the shoreline. We dropped to the ground and watched the lizard beached in the shade beneath a tree. Harvest goal forgotten, I took a moment to just absorb the experience.

I was so close I could see the scales, moss and ridges. The tail was a powerful scalloped monstrosity that curled lazily behind him and floated in the shallow mud. It was a moment in time I'll never forget. The respect for both the animal and its capabilities increased immediately when the seemingly slumbering reptile opened an eye, glared at us and disappeared beneath the surface in a flurry of bubbles.

More excited than ever, we put in two more stalks resulting in unsuccessful encounters. We crawled up another hill and saw a beautiful, brown head swimming through the water about 40 yards away. His coloration was distinctly different from any others we had seen.

"Do you like him?" Blake whispered. "He's at least nine feet."

I nodded. Immediately, my heart rate kicked up and my hands started to shake. It's amazing to me how one minute a hunt can feel like a glorified nature hike and the next it's an adrenaline infused and sweat soaked stalk. It can happen in the blink of an eye...

Drawing up to my knees, I braced back on my heels and settled the forend of my rifle in the saddle of the tripod. I snuggled into the gun and found my quarry in the scope. I was arguably way over scoped for a 40-yard target with a 3.5-18 x 50, but it was going to have to work. Side note - practice A LOT at the ranges you think you'll be harvesting because your parallax may not get you the results you're used to practicing with at longer distances.

Now comes the interesting part. I had practiced and studied for rear target presentations. It had never occurred to me I



would be faced with a profile shot. But, that was exactly what I had. A moving, 40-yard profile shot with a quarter-sized kill spot.

I drew three deep breaths, bottomed-out my heart rate and squeezed. I stayed in the gun and cycled another round in. Blake's words echoed in my head - "If you put a lethal shot on him, you'll see a belly and his back foot waving goodbye." Through the scope, I saw one reptilian foot waving goodbye connected to a white, scaly belly. Yesssss!

I clicked the safety back on, slung up and followed Blake to shore. He was already there casting his fishing pole out to drag him back to shore. I walked down the bank to stand beside him as my gator floated back to us.

As we dragged him up on the sand, I went

down on my knees to learn about him. His head was huge and his mouth indicated both battles won and teeth lost. The skin was cool to the touch and flawlessly textured. God's handiwork was both beautiful and functional when it came to gator design.

Blake waited quietly while I captured the images I wanted and then helped me drag him up the bank. He proved to be just as competent behind a camera as he was in the field, which was a huge blessing. He captured some incredible images I will be able to cherish for a lifetime.

It took me over a month to sit down and put into words what I want you to understand about this hunt. It was so many complicated things, yet my excitement was so simply founded. I was a woman living a dream sacredly held since

childhood. From the moment I watched Mick Dundee and Sue, the "Sheila," traipse through the Australian outback, I craved both living and documenting adventure.

So last month, I went to Florida and lived a dream of a Shelah - a woman or girl. This is the original term used before being translated to "Sheila," meaning woman. Shelah seemed more fitting as this journey started as a girl and is being lived as a woman. That woman is me.

Check back for pictures of the boots, jacket, belt and hat band! ■

#myladysooterlifestyle

GEAR LIST	
MAKE:	GRIFFIN & HOWE
MODEL:	HIGHLANDER
CALIBER:	6.5 CREEDMOOR
DETAILS:	
	PROOF RESEARCH BARREL
	DEFIANCE MACHINE ACTION
	TRIGGER TECH TRIGGER
	SWAROVSKI OPTIC 3.5-18X50
AMMO:	
	HORNADY 143 GRAIN ELDX





HANNAH HARENS

21 Things You *didn't* know ABOUT Me

1. I will graduate from MIT in 2022 with a degree in Biological Engineering and a minor in Statistics and Data Science.

2. I shoot all the shotgun disciplines but lean more heavily toward skeet and sporting clays.

3. I love photography and enjoy taking shooting photos with my Canon EOS R6.



4. I have been doing Crossfit for the past year and a half.

5. I have been shooting for over 8 years.



6. I am the president of MIT's shotgun team.

8. I HAVE TWO DOGS, BOTH ENGLISH CHOCOLATE LABS - SCARLET IS 13 AND ROONEY IS 1!



9. At school, I work in a lab developing oxygen sensors for cancer diagnosis.

10. I LOVE coffee.

11. I have donated my hair 6 times.



12. I prefer eating wild game over store-bought meat and I typically hunt deer, turkey, and pheasant.



13. I KNOW AMERICAN SIGN LANGUAGE.



14. I play the viola, guitar, and ukulele.

15. I was a dancer (ballet, tap, jazz) for 15 years.

16. When I was 10 I got a hole-in-one in golf.

17. I am a perfectionist. I set very high standards for myself and am very competitive, which causes me to work hard in everything I do.

18. I have only broken one bone: one of the last days of sophomore fall I broke my toe by jumping over a suitcase I had in my room.

19. I am an Apple nerd and watch all of the product releases and know the specs of all the devices.



20. I love spending time in the water, whether it be at the beach or the pool.

21. I am an NRA certified shotgun coach.

.....
My name is Hannah Harens and I am a 21-year-old shotgun shooter from Connecticut. I was first introduced to shooting in 2012 and spent most of my career with SCTP and branched into ATA, NSSA, and international skeet. I now shoot for MIT's clay target team, with which I shoot all the clay disciplines. A few years ago I started an Instagram page (@hharens) where I share my experiences and tips I have learned throughout my shooting career. I hope to reduce the stigma surrounding guns, show others what an awesome sport we participate in, and connect with other members of the shooting community. One of the best things about shooting is that anyone can participate, and I love seeing new people get started and feel empowered through the sport, especially ladies. I would like to give special thanks to my coaches, family, and Cole Gunsmithing for their support as I navigate my shooting career! I look forward to what the future holds. ■
.....

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Lightsey's Family Ranch

The Hunt For Fun

BY
ANDREA
BOGARD

Why do you hunt? For some it's a rather masochistic pursuit revolving around training masks, gym reps and "sheep shape" work outs. For others it's a firepit and stories from decades before, with no new harvests on the horizon. Here at Lightsey's Family Ranch in Venus, Florida, it's about the fun. Let's go for a visit!

Welcome to Lightsey's! I had a chance to check it out in April. I was down in Florida on a multi-species pursuit. I had harvested a beautiful Osceola turkey earlier in the week and was now heading to Lightsey's Family Ranch for a gator hunt and quail hunting walk along.

My burgundy rental Jeep was a vague shade of brown after the fifth GPS-inspired turn heading toward Lightsey's. There is a special place in my heart for dirt roads. They force me to slow down, absorb, breathe and take in my world. I promised myself I would raise my boys on a dirt road. My black truck reminds me every day I am living my dream...

I slowed down and pulled in. The front of the lodge sprawled in front of me – comfortable, cohesive and welcoming. I parked and headed toward the main door. The hot (by my Northern Michigan standards) mid-morning sun beat down on my hat as I crossed the gravel lot to the natural wooden plank door.



I opened the door and was immediately greeted by a smiling face. "Welcome to Lightsey's! You must be Andrea!" The voice belonged to a woman who looked me square in the face. I'm five feet tall so it's rare I encounter someone on eye level. I later learned her name was Maureen.

I smiled back and responded in the affirmative. "I've got your room ready to go and Blake is waiting for you outside," she said with a smile.

Marvelous. Blake was to be my guide for my alligator hunt (check out the story "Shelah" in this issue to hear about that!). With a smile on my face and a promise of short-ribs for lunch, I headed out the door.

Camera gear in hand, gun in the truck and the dream of short-ribs and cornbread later on, I headed out to chase a gator. It was a great hunt that involved multiple locations, tons of questions, "gator"ade, belly crawls, close encounters and a



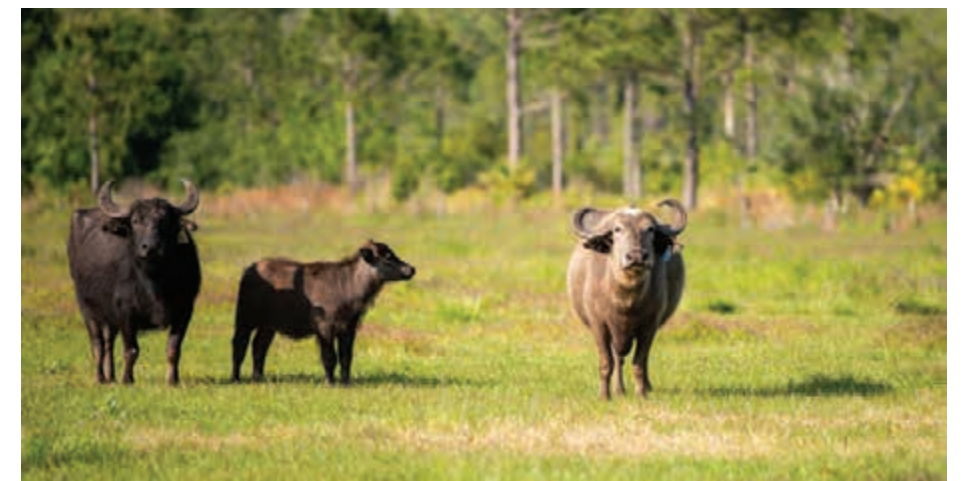
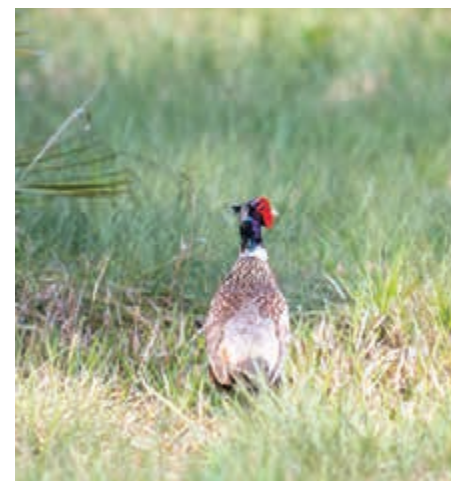
perfectly beautiful alligator!

The best part about the hunt after my glorious nearly 10-foot gator? My awesome guide, Blake. He was a great blend of fun and focus. He answered my questions and also listened to what I wanted to get out of the hunt. Priceless feature set in a guide...

Well, my gator was on the ground. Being a photographer, an artist, a writer and an overall detail-focused person, I wanted to take a LOT of pictures. Many I could get myself, but I needed a second person to get the rest. My guide did an INCREDIBLE job getting the imagery I needed and wanted to tell the story of this awesome experience.



That evening after a fabulous dinner in the comfortable lodge, I headed out for a tour of the Preserve. There were massive gators, beautiful white tails, colorful pheasants, mature stags and an adorable tortoise that cooperated beautifully with my persistent desire for photos.





Once back at the lodge, I explored the sprawling patio and comfortable porch. There were paths leading away from the lodge toward the compact 5-stand a little ways away. The magical Edison bulb lights created a runway of sorts into the soft Florida twilight. Talk about an amazing evening stroll after a successful hunt! It really doesn't get more relaxing than that...

A restful night was had in the king-sized bed in my functional, comfortable and homey lodge room. The morning dawned briefly crisp with a promise of heat and humidity to come.

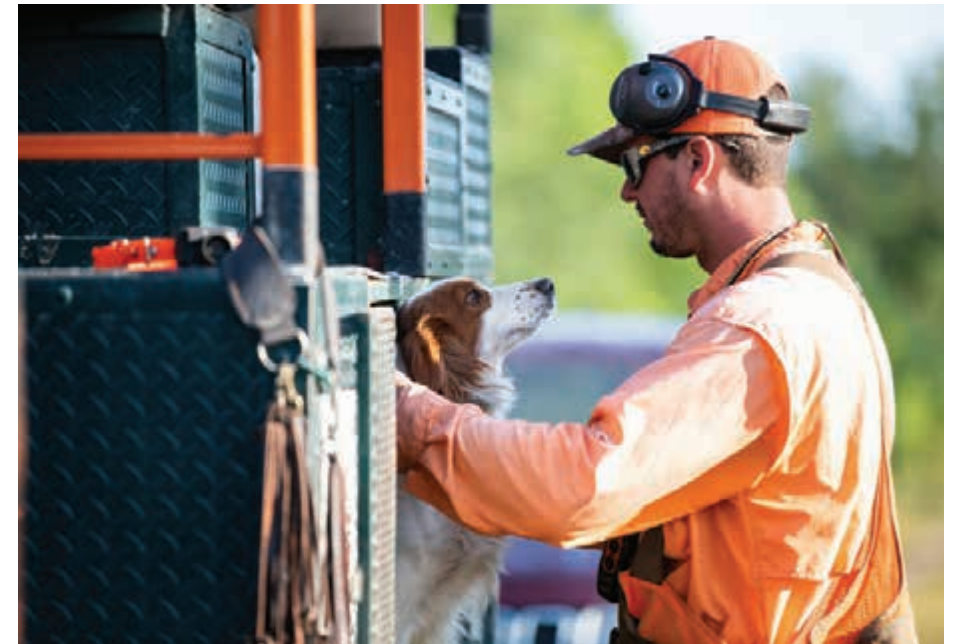
That morning I was going to tag along on a quail hunt. Quail hunting is a truly iconic hunting

experience. If you have never tried it, I highly recommend! Bird hunting, and quail hunting in particular, is a collision of cultural traditions, strong dog work and shooting prowess.

Lightsey's Family Ranch has brought this rich tradition to Venus, Florida. Let's explore, shall we?

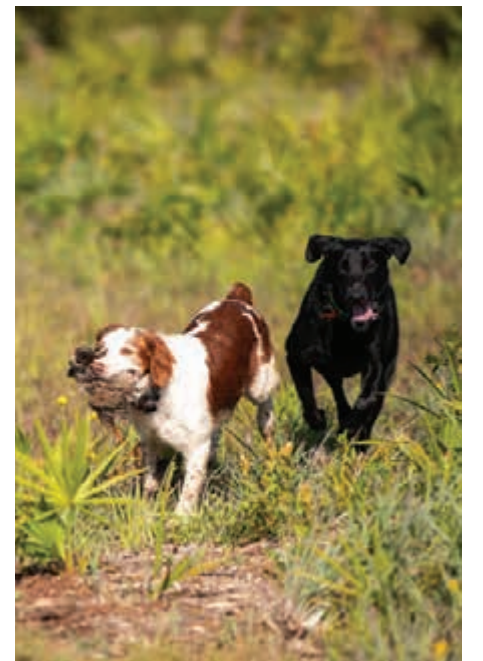
I walked out of my cozy lodge room. My blaze orange shirt and black camera pack both reflect and absorb the beautiful Florida sunrise. I approached a retro-fitted, high-ride vehicle with at least four excited dogs in it.

Tomas, a quail guide from Argentina, hopped down and extended a hand. His smile and accent took me back to a dove hunt in South America. There was a good morning ahead...



We got to the field. The Palmettos waved lazily under their dewey morning weight. The dogs were collared and aired out. Tomas gave each a morning love before being released to the field.

Quail hunting is a unique process. There is a pointer, a flusher, a guide and a hunter. It is a perfectly choreographed dance of biology, wind direction, scent conditions, handler/dog relationship and hunter ability. All of these components must work together for the moving target of "success" to be achieved.



Is success a limit in the bag? Is it time in the field? Is it magnificent dog work? Is it camaraderie along the way? Or, is it just the beauty of another moment in this crazy journey of life?

However you define "success" is up to you. Now, if you're looking for fun, that's also up to you. At Lightsey's Family Ranch you can enjoy fun, food and fellowship while chasing both game and an experience.

Contact them today to find out more about how Lightsey's Family Ranch can help you hunt for fun on your next adventure! ■



HEALTH | Natural Remedies

DROPS OF KNOWLEDGE WITH SAGE PEPPER BY MICHELLE MILES

As an outdoorswoman who enjoys all of the activities that summer gives us, I found myself experiencing heat exhaustion leading to this little thing called “brain fog.” Brain fog is a feeling of being distracted, tired, or even not as sharp as you normally feel—leading to a disruption in concentration and general lack of mental clarity. Brain fog is typically caused by stress or hormonal imbalances, in this case, the heat causes stress on your mind and body. For me, this plays a huge role in the effects of summer on my competitive shooting and performance goals. In my journey to find solutions to beating the heat and avoiding the exhaustion and brain fog, I met Sage while doing a yoga class. Sage opened my eyes to the amazing world of natural essential oils as remedies for the ailments of any lifestyle.

Let me introduce Sage, as she shares some awesome drops of knowledge on how to naturally align your lifestyle in a new way.

“Hi readers, my name is Sage Peffer. I am located in South Florida residing in a town called Jensen Beach. I am an essential oil educator and real food advocate. My passions include holistic healing, self-empowerment, nutritional bioavailability, toxin-free living, sustainable agriculture, and taking advantage of the beautiful South Florida outdoors!”

I have been involved with Young Living for three years and it’s been a transformational choice. I was drawn to their products because of their Seed to Seal promise. This Seed to Seal promise requires every process of a plant becoming an essential oil to be monitored and secure. This ensures us the best product possible and I can’t wait to share a few with you!”

What inspired you to explore this path?

I found Young Living at a time in my life when I was looking to make some better choices regarding the chemicals I was using daily in my home. I was learning about the effects of endocrine disruptors in the human body as well as the effects they can have on our pets. These chemicals can wreak havoc on our bodies and create problems we wouldn’t expect them to—things like migraines, body odor, insomnia, acne, digestive irregularities, anxiety, depression, and many other unpleasant symptoms and autoimmune conditions. When I eliminated toxic products from my home and life, I noticed many of these issues subsiding and have been following this lifestyle since!

What products would you recommend to our readers and why?

Specific products I recommend include:

■ **Valor** essential oil blend promotes feelings of courage and balance. It is an essential oil that benefits the body and mind congruently. This I’m sure would benefit outdoorsy women competing or harvesting as they prepare.

■ **Sacred Mountain** essential oil blend includes a combination of Black Spruce, Ylang Ylang, Grand Fir, and Cedarwood essential oils—this blend delivers the feeling of being surrounded by nature and helps you clear your mind to be more receptive to security, empowerment, and balance. Again, so important to be focused, yet at ease, while performing the task at hand. This blend can

help you to feel united with nature instead of escaping summer heat.

■ **DiGize** essential oil blend is for all things digestion and is very helpful for those with digestive issues. This special blend of digestive essential oils is one that I will not leave home without! If you are traveling this summer, pack it in your suitcase and keep it in there for upcoming months of hunting season! Ningxia red is an antioxidant rich fruit drink that works against oxidative stress, supports normal cellular function, and promotes healthy energy levels throughout the day. This natural energy will keep you alert and feeling your best without a crash.

■ **PanAway** essential oil blend is for after workouts to relieve sore muscles. A couple drops topically will do the job. It’s also marketed as a product that can soothe the skin and improve its appearance. However, there are no clinical studies that verify that. Remember that each body can have a different response to oils so experimenting which work for you best is the way to go. Because this blend contains wintergreen, clove, helichrysum, and peppermint, it may also be used to smell and support oxygen flow to the brain and eyes.”

How do we contact you & find out more?

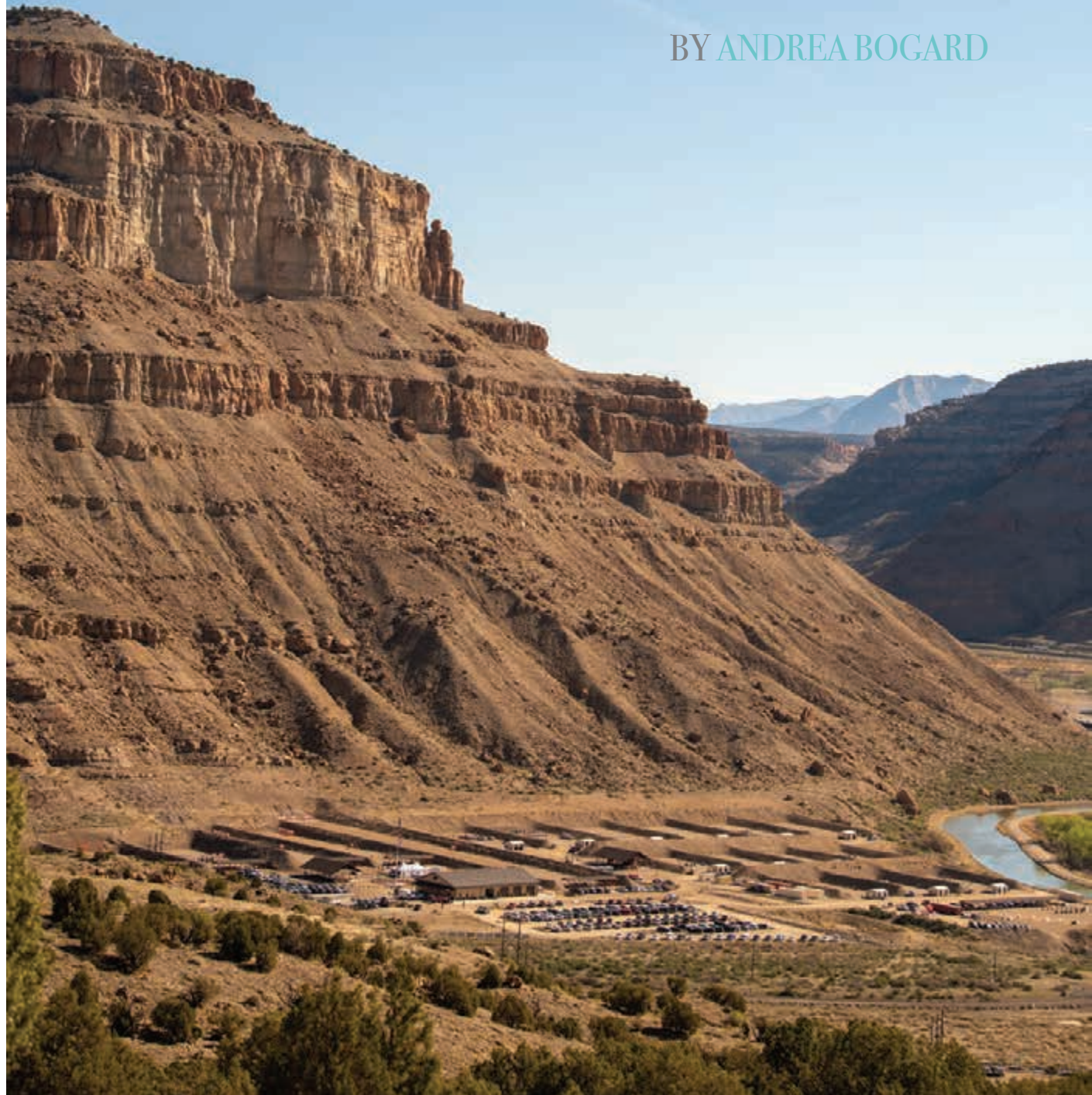
For more information or to get in touch and see how essential oils may benefit you, email me at sagepeffer@yahoo.com or visit my website campsite.bio/essentiallysage I’m here to answer questions and help you get started on living an exceptional lifestyle. Thanks for having me.

Since I have been working with Sage and implementing these essential oils into my lifestyle in different ways, I have experienced a better balance and mental clarity in my life. It has been such an uplifting emotional experience that I knew I had to share it with you. I will be releasing a weekly blog every other Monday in July and August, detailing how I use each one of these essential oils in my home and while doing the things I love the most. Check out my blog on our website called “[Mondays with Michelle](#)”. ■

WELLNESS

“I Want to Go Places”

BY ANDREA BOGARD



Mikalya Scott



Standing in a Japanese steak house, I listened to Makayla Scott, champion bunker trap shooter and world record holder, say these words. It was promptly punctuated with a hiss and a fireball from the nearby grill.

Welcome to Grand Junction, Colorado. I am spending five days here wandering around the “A Girl & A Gun” National Conference at the Cameo Shooting Complex just outside of Grand Junction. Armed with a camera, laptop and an open spirit, I took to the dusty, hot and rocky ground in search of something. But what?

My goal—to find the stories I wanted to tell. It was a no-bounds, no roadmap project, meaning I could decide what the story was and how I wanted to tell it. Let’s go off-roading!

Ten minutes after arriving at the shooting complex, over 500 people clustered around a massive flagpole and observed our National Anthem. In a world fraught with “woke” cultural posturing, kneeling sports figures and condemnation of patriotism, it was like a salve to my wounded worldview.

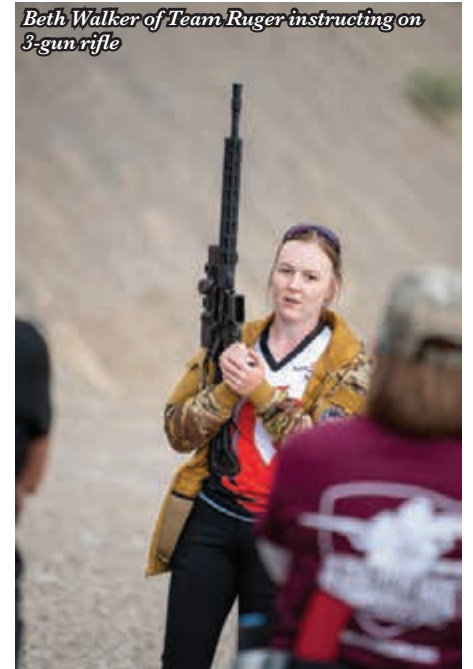
I looked at the women around me. They were wives, moms, girlfriends, daughters, grandmas, sisters, aunts, partners, nieces and friends. They ranged in age from 12 to 77. They were from all walks of life, ethnic backgrounds, vocations and lifestyles. The one thing they all seemed to have in common? They were all passionately dedicated to growing as shooters.

A Girl & A Gun (AG & AG) is a gun club established by women shooters for women shooters. They now have chapters in over 40 states and counting. Their focus is four pronged – recreation, education, competition and community. This is their 9th National Conference and they had 450 attendees – a new record!

Over 450 women. This means over 450 stories. Camera in hand, I started to walk around the massive shooting complex. I watched the intensity, focus, concentration and effort put forth by each woman as I observed the classes.

These were women encompassing a broad skill range. They were beginners who had purchased a new gun so they could “come to Conference.” They were serious competitors with the hardware to prove it. They were women determined to remain sovereign over their own bodies. They were protectors of their families and

Beth Walker of Team Ruger instructing on 3-gun rifle



defenders of their children. They were also women who just want to have fun. Shooting is FUN!

I spent the day talking to those I could, but I was more focused on observing the process. These were women on a mission. These were women determined to “go places.” The destination for each varied, but the process remained consistent. Be educated. Be empowered. Go to a new level or proficiency, competence and confidence.

That night, I had an opportunity to go to dinner with Makayla Scott and her travel companion, Jill—affectionately termed her surrogate mom—as well as a friend, Mike, who owns a shooting glass manufacturing/engineering company, SSP Eyewear.





wanted to go places. Whether that was a competition, a trip, a level of achievement, a score or peace of mind, all were looking to create a stronger, better, more accomplished tomorrow.

I smiled at Makayla as I mentally returned to the conversation. I took in her beautiful smile, excited glow and authentic giggle and was absolutely certain of one thing.

“Oh, girl, you’re going to go far,” I told her.

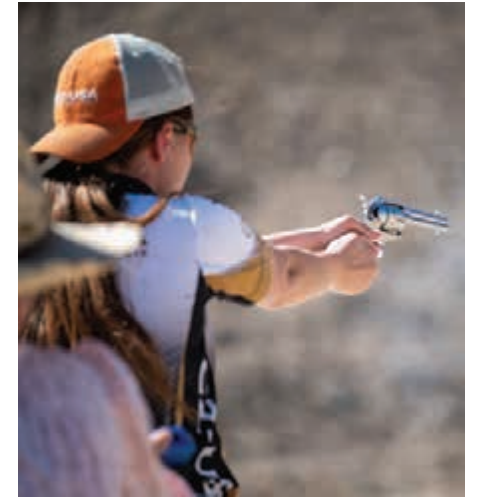
Ladies, this is for you. Figure out where you want to be tomorrow and work today to make it happen. Be it a shooting journey or a life hurdle, surround yourself with the people, tools and resources to make your tomorrow everything you dream of today.

AG & AG is doing that for women shooters and changing lives daily through education, training, community, empowerment and encouragement.

Makayla had never been to a Japanese steakhouse where they cook in front of you, so that’s where we went. We walked in and got our names on the list to be seated. While we waited, we chatted about shooting, hunting, travel and adventure.

Waving her hands, Makayla exclaimed, “I just love to go places!” She proceeded to rattle off destinations and adventures she had on her list of things she wanted to experience.

I watched her eyes sparkle as she talked, but her words faded. I circled back to my experiences earlier in the day on the range. The diverse group of women coming together for the Conference all had essentially one thing in common – they



Do you want to go places? Then start today. ■
Check out www.agirlandagun.org for more info!

#goplaces



AGAG Founder Julianna Crowder (L) and Executive Director Robyn Sandoval (R), with their husbands, who also serve as range staff and support the organization



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FOOD | Wild Game Smoking

BY CHEF BRI VAN SCOTTER OF WILDERNESS TO TABLE
PHOTOGRAPHY BY HALIE GRAHAM



There is something magical when you smoke meats. The smell it brings to your yard while in process and the labor of love you put in all equates to an amazing meal shared with friends and family. Some might be afraid of smoking meats, afraid they might get it wrong. But let me tell you, once you master your smoker you will keep coming back to this classic way of cooking!

Smoking meats is not just for store bought proteins though, oh no, the earthy flavors that smoking brings pairs perfectly with all sorts of wild game. The wonderful thing about learning the art of smoking is that it opens the doors to endless possibilities.

LET'S GET STARTED

The secret to smoking is **LOW & SLOW**, low temperate and slow cooking time! Most meats that get smoked are the working muscles, meaning the shoulders, ribs and legs. These working muscles are not tender at all, but these tough cuts benefit greatly from long slow cooking methods such as smoking or braising.

Before we dive into the basics of smoking I like to start all my smoked meats off in a brine. This adds moisture to the meat, something that is lost in the act of smoking. Moisture retention is especially important in wild game meats because wild game is much more leaner than farm raised store bought meats. A good way to remember a basic brine is a 1:1 ratio, 1 cup of salt to 1 gallon of water, and then add flavorings of your choice. To properly brine, mix your brine and let it cool in the refrigerator for several hours before adding your protein. Once chilled add the meat and place in the refrigerator for at least four hours, but I like to brine overnight for items such as shoulders and legs. When meat is finished brining, rinse the meat off in cool fresh water, pat dry with a clean towel, then season.

DON'T JUST USE ANY WOOD FOR SMOKING!

Choosing the right wood for your meat is super important, because their flavor will impart that flavor into your food, so play around with woods you like!

Make sure it is a hardwood—like oak and hickory, for example. They are probably the most popular and readily available of smoking woods. Fruitwoods, mesquite and maple can add a wonderful sweet flavor, but have a gentle hand. You definitely don't want to overdo it with these woods. Throwing in herby woods like rosemary and thyme are great ways to deepen the flavor of your smoked meats. But if you're going to use them I suggest using them in the last 20 minutes of your smoking time. Remember to avoid softwoods at all cost. Softwoods contain high levels of resin, which will give your meat a very unpleasant taste.

Applewood: Has a fruity sweet flavor that is great for pairing with fish, pork, poultry and upland game.

Hickory: Has a strong distinct flavor that pairs wonderfully with red meats & venison.

Pecan: Also has a wonderful fruity, slightly sweet flavor to it. Great to use on wild boar, fish, upland game or poultry.

Maple: Has a sweet delicate taste and tends to give your protein a dark coloring with smoking. Pairs well with wild boar.

Mesquite: This is by far the most pungent of the smoking woods. Be careful with mesquite—if used improperly it can overpower the flavors of your protein. A good tip is to use mesquite on large pieces of protein.

Cherry: Cherry wood pairs well with red meats, venison and pork. You can also add some cherry wood with hickory or oak as well when smoking.

GETTING THAT BEAUTIFUL RING OF SMOKE

The ring that everyone wants... a smoke ring, right? The smoke ring is the reddish pink coloration just under the surface of that beautiful dark crust. The smoke ring is actually formed by a chemical reaction between the nitrogen dioxide in the smoke and the myoglobin in the meat. When these two chemicals meet they create nitric acid, which then creates that awesome pink color we all love. A smoke ring is highly important (especially if you're into competitive BBQ'ing). That smoke ring indicates that the meat has been successfully cooked at a slow and low temperature. The smoke ring makes its presence slowly but stops once the temperature of the meat reaches 140°F. The thickness of the smoke ring indicates the time it took for the meat to reach that temperature. To successfully guarantee a good smoke ring, be sure to take your meat from the refrigerator to the cooker. This cooler temperature will give your meat more time to develop that ring. A good thing to remember is since the smoke ring develops at 140°F, your meat will also stop absorbing the smoke flavor once that point has been reached.

DON'T GET SAUCY TOO QUICK!

Basting is a common technique used in good BBQ. However don't start basting right away, good things take time! Basting is done by periodically coating the meat with a liquid (sauce, butter, broth) to add moisture and flavor to the meat while it cooks. Basting can make a tasty end product but be sure to use a liquid that is low in sugar. Sugar will burn during that long cooking time, which will create a bitter flavor. BBQ sauces have lots of sugar in them, therefore they should only be used towards the last 20 minutes of the



cooking process.

GOOD THINGS TAKE TIME

Time and heat are the most important factors to excel at smoking meats. I personally like to keep my smoker in the temperature range of 200-225°F. The goal of this smoking game is get the internal temperature of the meat to 180°F as slow as you can! To reach this goal you are looking at cooking times of 1 1/2 to 2 hours per pound of meat. This can vary if the piece is bone in or bone out. 180°F is a very important number to remember—it's the magical number that when reached causes collagen to break down into a liquid gelatin. You want this magic to happen! Collagen is the connective tissue in the muscle fibers of meat. Collagen is what makes those working cuts tough and very chewy to bite into when not properly cooked. Once your protein has reached an internal temperature of 180 °F, keep it there for at least an hour, this will produce fork tender meat. Lower cooking temperatures of 180-200°F do take much longer to cook but the reward is worth it. Cooking your protein at temperatures above 250°F will cook the meat too quickly, which will cause increased moisture loss and does not give the collagen enough time to fully break down. And no one likes dry, tough meat!



Smoked Pulled Wild Boar On Top of Mac & Cheese:

Brine:

- 1 Cup Sugar
- 1 Cup Kosher Salt
- 1 Tbsp Black Pepper Corns
- 4 Lemons cut in quarters
- 1 Bunch Fresh Thyme, washed
- 1 Garlic Head, cut in half
- 1 Bunch Fresh Parsley, washed
- 1 Gallon of Water

In a large stockpot, bring the water to a simmer, add the sugar and salt, then bring the water to a boil. Stir to combine and melt the sugar and salt into the water. Remove from heat then add the peppercorns, thyme, garlic and parsley. Let water come to room temperature, then chill in the refrigerator. Once chilled, the brine is ready to use.

Smoked Wild Boar Shoulder:

- 5 lbs. Wild Boar Picnic, brined for at least 7 hours, rinsed and patted dry
- Spice Rub (*see below*)
- Spicy BBQ Sauce (*see below*)

Season the pork with the spice rub. Place on the smoker using pecan wood. Smoke the wild boar until an internal temperature reaches 180°F. Shred the pork by hand, then toss in the Spicy BBQ Sauce and top your mac and cheese.

Spice Rub:

- 1 Cup Smoked Paprika
- 1/4 Cup Brown Sugar
- 1/2 Cup Celery Salt
- 3 Tbsp Garlic, granulated
- 1 tsp Cayenne Pepper
- 1 tsp Black Pepper, ground
- 1/2 tsp salt

Spicy BBQ Sauce:

- 1 Cup Ketchup
- 1 Cup Apple Cider Vinegar
- 4 Chipotle Peppers in Adobe Sauce
- 3 Tbsp Brown Sugar
- 1/2 tsp Kosher Salt

In the bowl of a food processor, combine all ingredients together, process till smooth. Then in a saucepan, simmer the sauce for 10 minutes on low heat.

Mac & Cheese:

- 8 oz. Macaroni noodles
- 3 Tbsp Butter
- 1/4 Cup All-Purpose Flour
- 1/2 tsp Salt
- 1/4 tsp black pepper
- 2 1/2 Cups Whole Milk
- 3 Cups Cheddar Cheese, grated

In a medium saucepan over medium heat, add the butter. When the butter has melted, add the flour, salt and pepper. Whisk the mixture for about 2 minutes. Continue to whisk and slowly pour the milk in a steady stream. Continue to stir until the sauce thickens, usually about 10-12 minutes.

Boil the pasta until al dente. Drain and rinse with cool water to stop the cooking process.

Combine the pasta with the cheese sauce. Top with Smoked BBQ pulled Wild Boar, chives and crispy shallots. ■

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Be Process Oriented



BY VICKI ASH

There have been many questions in the last several months or so about “How can I stay focused for the whole round? It seems I get close to the end and I just can’t finish.”

You can’t NOT know that going into the last two stands you are shooting a good round, but you need to put that out of your mind and not think about the score or the outcome and stay with what got you there—the process becomes the most important part of the mental game.

What is the process? Shooting each shot with a very specific plan and a routine which allows the brain to be focused and interested in the process. Thinking the right way means you are thinking about each shot one at a time. You can’t go back to a missed target, so leave it at that stand and don’t let it influence the next shot. Remember and put emotion into the good shots and look forward to planning the next shot. If you don’t hit the target, don’t look down, look back into the break point and visualize what needs to happen to break the target. You never want to feel surprise or relief after a pair because you have visualized and were determined to make

the shot. The best performers in all sports do not remember the missed shots, they learn from them and correct them and remember that correction. Any thought of your score that comes into your mind during the round should not exist, as that takes you out of process mode and into scoring mode—so you have changed your thought process to “Please don’t let me miss” and you have taken yourself out of the game. Your focus needs to be on the next shot and what it takes to make it an X on your scorecard.

When you are in process mode, you are in control of your mind and your focus will become so clear and concise. That brings a calming effect and your movements become more fluid. The targets will actually look and feel slower. Talk to people who have had a Zone Experience and they will tell you that everything felt effortless and slow, and they were consumed with the next shot.

Be confident and deliberate with your plan so that you are not second guessing yourself which will make you “check” the barrel and nothing good will happen when that happens. Stay disciplined so that you can achieve success. ■

GOT FIT?

My gun fitting process will examine and adjust every aspect of the shooter’s relationship with their gun, stance, pre-shot routine, etc. Guaranteeing the gun barrel is a perfect extension of the leading eye, enabling the shooter to have maximum repeatability with the least amount of energy used. This is where true consistency and repeatability come from.

—Andrew MacFarlane



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Andrew is the best of the best. He strives for perfection of gun fit and he does not quit until he attains it. He has been helping me since I was 14 years old. Having the perfect gun fit as I grow through the stages of my life has been a key to my SUCCESS as a shooter.

Shea Self
Helice World Champion 2017
 (thats right, WORLD Champion, not just Ladies Champion)

Leading Ladies

FUNdraising Females

THESE LADIES MAKE IT A BLAST TO RAISE MONEY SAYS NATALIA GONZALEZ

I have been attending charity shoots for about five years. Never once did I have an emotional connection to the cause until this year. I usually would get asked by someone to shoot on their team or I would even sometimes show up at the gun club on a day that a big shoot was happening just hoping to fill an empty slot on a team already paid for—giving very little thought to the cause or the charity benefiting from all the money spent by the companies and sponsors in order to give back to those less fortunate in some way. I was just hoping to get some free tournament practice in. Why am I telling you about how self-centered I can be? Because I want to change that about myself. I grew up going to church and being taught to give back to God ten percent of my income. But that's where my giving back ended. This year everything changed for me.

In the last issue I wrote about the Macy Strong shoot, benefiting our Fashion Editor, and how much Macy's story has impacted my view on life. This was the first time that it was personal, the cause was benefiting someone I cared for greatly along with many others in her condition. It was through this direct link to my friend's pain, suffering, and hope for a cure that I set out to learn more about what it means to truly give back. Thus, I bring you the FUNdraising Females edition of Leading Ladies.

I interviewed three incredible ladies that have dedicated many hours over many years giving back to the causes that mean a lot to them respectively. I believe that we are all gifted with special talents that we are accountable for. It is our responsibility to use our gifts and talents to create a life for ourselves and it is through giving back that we honor the blessings we have. After talking to these three phenomenal philanthropists, I can honestly say that learning to give back and teaching my son to give back will be the greatest thing I will ever accomplish. I hope that as you read the stories of these ladies you are also inspired to find a way to give back and help others in some way.



Brittney Hebert Franklin

FOUNDER | CEO SKY HIGH FOR KIDS

From the crawfish capital of the world, Brittany Hebert Franklin grew up in typical Louisiana fashion in Abbeville. Her family had a crawfish and rice farm so a strong work ethic, responsibility and a love of the outdoors was instilled from a very young age. Shooting, hunting, fishing, and even horseback riding were normal activities that took up much of Brittany's time growing up. Now when you look at Brittany's life through the lens of social media, you will see a beautiful, expressive, and exquisitely dressed professional woman that exudes passion for her work with every post she makes—a stark contrast to the world she grew up in. Her father worked in the oil & gas industry and she remembers that he would dress in a blue jumpsuit and be gone for a week offshore and then back another week after week. When she was six years old, he was in a helicopter crash that left him partially disabled and with no high school diploma, his options were limited. Her mother didn't pursue any higher education after high school and this left the family with even fewer options. Because of this, for Brittany, there was an even greater hunger for breaking the poverty cycle. Brittany is certainly no stranger to seizing opportunity.

Having grown up as a tomboy, Brittany's mother felt that she needed an introduction into the "girly girl" world. In the South, that usually means entering a beauty pageant. At 13, Brittany

competed and won the Debs Cow Festival Pageant which was the first step towards where she is now: The Founder and CEO of Sky High for Kids (Sky High). Sky High raises money for St. Jude Children's Research Hospital (St. Jude) and Texas Children's Hospital, amongst others, through special events including sporting clays tournaments, golf tournaments, banquets and more. Since its inception in 2007, Sky High has raised over \$16 million dollars and is currently in a \$40 million dollar pledge with St. Jude and Texas Children's Hospital, in which they have 13 years to fulfill their commitment. However, Brittany and her team want to do it in far less. How does a poverty-stricken small-town girl from Abbeville, LA grow up to help raise millions of dollars to end childhood cancer? Keep reading and prepare to be inspired.

After winning her first pageant, Brittany's eyes were opened to the needs of the community. You see, being a beauty queen isn't just tiaras and pretty dresses, it means that you are a leader and must use your beauty, presence, and title to better not only yourself, but the community. At least that is what Billie Minard, the pageant director, believes. Billie ran the pageant circuit in the area and worked with all the beauty queens which she mentored and delegated volunteer assignments to. When Brittany was 16 years old, she came in runner up at the Miss Acadiana pageant and was later given the crown when the queen forfeited her title for competing in another local pageant. This was the moment where it all changed for Brittany. As the new queen, Billie had new expectations and responsibilities for Brittany as she did for all her queens. One of their first fundraising projects was to raise money on their own with buckets on the side of the road for St. Jude. Brittany and the other queens did their part to raise funds and had the opportunity to visit St. Jude to make their donation in person. Brittany got her first taste of philanthropy. "My life changed right then and there," recalls Brittany, "God planted a seed for me for what I would do later on."

During her final year in high school, a series of unfortunate events occurred in her life that left her and her family in dire circumstances. Her house burned down with everything inside, her mother had entered a rehabilitation program for drugs, and as if that wasn't enough, her grandfather had a quadruple bypass surgery. Fast forward to college, Brittany attended University of Louisiana in Lafayette (ULL). Needless to say,

“My life changed right then and there... God planted a seed for me for what I would do later on.”



Brittany was ready to tackle college. Her dream was to go to law school, move to New York City and become a high-power attorney. With a job at the well-known Edie's Biscuits Restaurant, Brittany had a packed schedule serving biscuits every morning, serving lunch every other day, and attending classes and doing schoolwork in between.

One day, guess who walks into Edie's? Billie, the pageant director. Billie said, "I want to get the old queens back together and raise money for St. Jude, they are going to let us put a plaque on their giving wall if we raise \$10,000." One thing that is important to mention is that one of the few activities that Brittany did for fun during her busy college life was shooting sporting clays every Friday with some local guys that were also her customers at Edie's. She had a thought that would change her life forever, "Wait, if I am shooting clays with these guys on Friday, why can't we put together a Friday tournament, X amount of people times X amount per shooter = \$10,000!" So, sitting down on the steps of the library at ULL, she put together a plan. She contacted Wilderness Gun Club, figured out the very basics of hosting a tournament and put together a flyer. But first she needed a name. "The name came to me from having all my faith in God's plan and always looking to the sky, literally I would look to the sky and pray," says Brittany. "I also thought you shoot sporting clays in the sky, so Sky High!" Brittany shared this with such enthusiasm in her voice that I could tell this organization is like her child, her creation and addition to the world.



With Brittany just months away from graduating college, she was thrust into a new direction for her life. When the Sky High team went to donate their money to St. Jude, they were introduced to a young boy named Bryce Norwood who was battling Wilms Tumor, a form of kidney cancer that primarily develops in children. Bryce, unfortunately, was terminally ill. His dad, Dean, told the girls that his dream was to take Bryce on a whitetail deer hunt on a Texas ranch. The girls rallied their contacts and a week later, a private jet took Bryce and his family to 4M Ranch in Uvalde, TX where he harvested a whitetail, a dove, and they even got to dye easter eggs because Bryce loved doing just that. Bryce passed away a few months later on his sixth birthday. "In that moment I realized that I couldn't give up Sky High, this is what God really wants me to do, so I'm going to do it," says Brittany. You see, Brittany was so good at hosting this sporting clay tournament and incredibly personable that offers for interviews began pouring in since her fundraising event. Shooters that had participated wanted Brittany to work for them after they witnessed her work ethic and drive firsthand. After Bryce passed away, Brittany decided that keeping Sky High going was her mission, she took the interviews and ended up landing an incredible job in the oil & gas industry. She packed up her stuff and moved to Houston. To this day she still has 12 hours of college left to get her degree.

For the next seven years, Brittany and her board of six ladies continued to work at their full-time careers while volunteering their time to growing Sky High. Every year they were raising

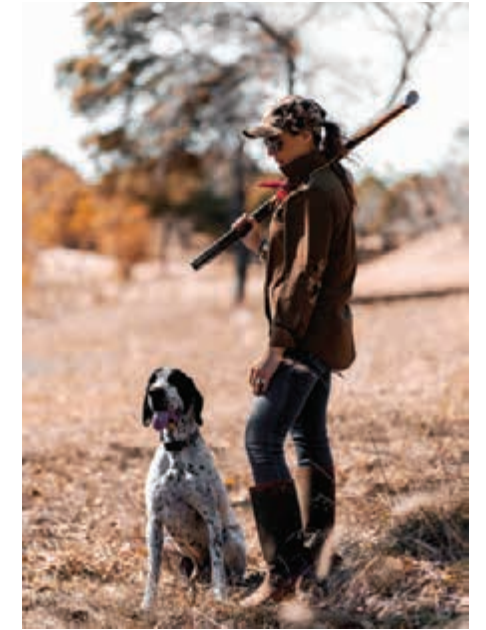
and donating hundreds of thousands of dollars. In 2007, Sky High became an official 501(c)(3) nonprofit organization and expanded their fundraising efforts from Lafayette, LA to Houston, TX and then San Antonio, TX in 2013. That first San Antonio sporting clay tournament and banquet raised over \$1 million with 1,000 shooters and even included a performance by Big & Rich—all in one day. That San Antonio fundraising event was a game changer.

These six ladies were no longer college girls but full-time career women and some even started having children. It was time to make a big change. In 2014, they hired their first employee which meant they were no longer 100% volunteer-run; however, they haven't looked back since. Brittany really struggled with the idea of taking her volunteer passion and turning it into a career because she didn't want to take money away from the mission. "I had a misunderstanding about being a founder and also working for your nonprofit and getting paid," she remembers. One of her mentors shared that to grow Sky High to its fullest potential, she was going to have to make it an even bigger focus in her life. Getting paid by the organization was not taking away from the mission, but instead helping it grow. Sky High began to recruit more business savvy board members, advisors and mentors and hired knowledgeable and hardworking staff members to help direct the plan and vision for ending childhood cancer. Sky High also expanded their reach and began making donations to other research facilities to help make an even larger impact. Sky High has also

expanded to Odessa, TX and is planning on more growth as well.

Finally in 2018, Brittany accepted The Sky High Board of Director's offer to become the CEO of Sky High and just a few weeks ago Brittany also decided to leave her oil & gas job—making Sky High her sole focus. This will allow her to commit 100% of her work and effort into Sky High. "It's scary, but exciting—I worked very hard in oil & gas to get to a certain level, and I don't come from money. God gave me a sense of peace, he gave me my husband, and the direction that he wanted me to go. It just got clearer and clearer that this is what I am supposed to be doing full-time and the money doesn't matter."

What Brittany, along with many others, has done to elevate Sky High into the fundraising phenomenon that it is can only be described as destiny. If you ever get the chance to meet Brittany or even if you watch her stories on Instagram you will see what I mean when I say, this girl is on fire. She is on fire for God, for Sky High and for helping all those in need. When she is not using her platform to promote Sky High and everything they do, you will find her doing what she loves the most—spending time with loved ones, especially outdoors. Her niece and nephew are often along for the ride, and her husband, Bobby, can always be seen with a smile on his face supporting Brittany in everything she does. It doesn't matter where you come from, where you are raised, how much money you have, or how much school you finished. You can do anything you set your mind to, and when you have God on your side, you can reach the sky.



Brittany Longoria, MPS

EXECUTIVE DIRECTOR TRINITY OAKS AND FOUNDER | CEO ROCK ENVIRONMENTAL LLC

In stark contrast to the upbringing of our first Brittny, Britt Longoria grew up on the southern coast of Maine. In the 70s and 80s, Britt's parents owned an international telecommunication company, MOUNTAIN, LTD., which engineered fiber optics systems in remote areas of Africa, Asia, and Central America. Her father, Joe Hosmer, was an adventurer, avid wing shooter, bird dog trainer, and big game hunter. Joe was heavily involved in conservation and wildlife nonprofit boards, including Safari Club International Foundation and Pheasants Forever/Quail Forever, and brought up Britt to love the outdoors.

Through special father-daughter annual hunting trips, Britt began to form her childhood dream answering the age-old question, "What do you want to do when you grow up?" Britt decided that she wanted to own a safari company in South Africa. From that moment on, every single book report and school project revolved around her dream. "When I was 12, I had my aha moment where I realized I wanted to do this. The romance of looking through travel magazines, watching documentaries, and thinking how amazing it would be to see that every day of my life." Britt said with the magical child-like sense of joy at the nostalgia that the memory must have brought her.

At just 15 years old, she convinced her parents to spend her summer vacation working at a safari company in South Africa. When I asked Britt how she possibly convinced her parents to let her go on such an adventure alone, she replied, “I’m not sure, I think their contemporaries also questioned their decision to let their little girl go to Africa alone. It was my dream and they wanted me to experience everything that I set my heart to doing and accomplishing.” What a world this would be if we all had parents that supported our dreams and goals like this?

This summer job wasn’t just sitting around looking pretty and serving drinks. Britt got dirty learning all aspects of the industry—driving on the right hand side of the road, bartending, tracking, washing dishes, skinning animals, prescribed burns, building blinds, managing the taxidermy inventory, cleaning firearms, answering client emails, pretty much anything and everything!

Naturally, when it came time to attend college, she chose to attend a university in South Africa, where she majored in Eco-Tourism, which combined business management and nature conservation science.

While completing her undergraduate studies, Britt stayed busy getting her private pilot’s license, field trialing German shorthair pointers, freelance photographic safari guiding, and taking overseas clients bird hunting.

Seeming more and more like the female Indiana Jones of safaris, the next part of her story almost resembles a plausible plot for a movie. An attempted car highjacking one night changed her



life. As she was sitting at a red light, some men approached her car window with a gun. She floored the accelerator. With the adrenaline pumping so furiously through her body, she couldn’t make her left leg press down the clutch to shift out of first gear, so at the max speed that first gear allowed, she drove to safety. Just weeks later, her narrow escape still fresh, her home was then broken into, and this was the final straw—she packed up her dogs and moved back to the States.

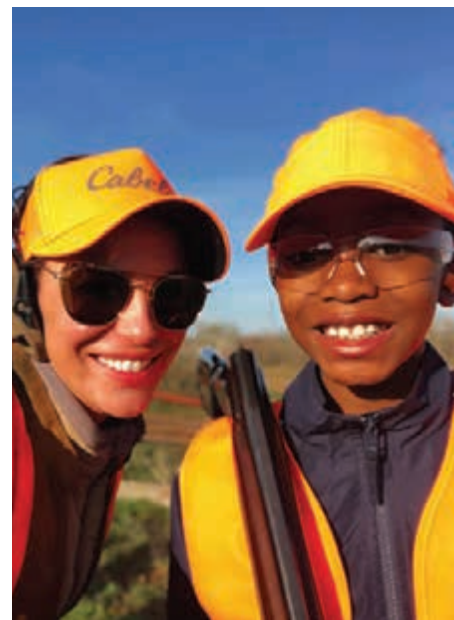
Luckily her parents were snowbirds and would winter at their ranch in Hunt, Texas, where she decided to regroup. Regroup is what she did. She got a job working for a resort as a Guest Services Manager. This led her to work with environmental policies, which led to her starting her own consulting firm. A new life plan was established. Then the economic crash of 2008-2009 hit, and consulting is always the first expense cut from a company’s budget.

Britt realized that much of what she was doing on the corporate environmental side parlayed into the nonprofit world. She had begun working with some companies on the business strategy behind the nonprofit structure, including fundraising, board development, and giving them the tools to create something more sustainable. However, as Britt began working more extensively in the nonprofit sector, she felt she “really needed to get a better grasp on how much different it is from the corporate sector” and went back to school for a Masters in Philanthropic Leadership from the University of Denver. Her work with nonprofits covered five continents, ranging in organizations based in Tanzania, South Africa, Zimbabwe, Namibia, Botswana, Australia, Spain, Brazil, just to name a few.

Britt consulted with Trinity Oaks, a nonprofit based in San Antonio, for several years and was

offered the Executive Director position in 2015. Trinity Oaks provides free outdoor experiences for underprivileged youth, people suffering from a terminal illness, veterans, and first responders. Think Make-A-Wish but with guns, apparently. If you apply to the Make-A-Wish foundation and your last wish is to go on a whitetail deer hunt, they will not be able to make your wish come true. Britt says, “While Make-A-Wish is a wonderful organization, they don’t do stuff with firearms. Some kids want to go to Disneyland, and that’s awesome. Still, some kids want to have a certain country music singer play acoustically around a fire with their family after a day hunting or fishing.”

When we started talking about this, her entire demeanor went from soft-spoken introvert to passionate leader, making it a humbling conversation for me. “I love that it’s human



Imagine living the kind of life that just a day outside doing something primal like hunting and fishing is your last wish.

based. With most of the work I did in the wildlife conservation field, you don’t ever really see the impact—you know that you’re doing something, you know that you’re getting better at something, but you don’t necessarily receive the emotional feedback. Whereas with Trinity Oaks, you’re working with other people, you get the personal gratification, you see the expressions change, the mood change, the appreciation or the experience, and you’re able to almost tangibly feel that you’re creating something. Working with people is much easier, although sometimes harder because you do see the impact—you didn’t realize how much a day outside was going to mean to someone.” As Britt told me this, I began to feel what she was saying speak to my soul. Imagine living the kind of life that just a day outside doing something primal like hunting and fishing is your last wish. Some of us get to do these great outdoor activities so often that we forget that it’s not even an option for so many people. Britt describes her work with Trinity Oaks as “We’re not trying to find the cure for cancer or end hunger, what Trinity Oaks is able to do is give a moment in time that is complete joy, having that be based in an outdoor setting means so much to people that otherwise would have no exposure or not be able to afford the experience. “Affordable access to the outdoors is especially important in Texas, with the state being 96% privately owned.

Through fundraising events like sporting clays shoots, pigeon shoots, golf tournaments, galas, and banquets, Trinity Oaks is then able to provide outdoor experiences free of charge for people who need it most. A day outdoors can be mentally, physically, emotionally, and even spiritually uplifting. One of Britt’s favorite stories involves one of these “Dream Trips” for a terminally ill young man. He was 18 years old and his dream was to hunt a big whitetail deer and have it mounted over his bed to see it every day when he woke up. Through Trinity Oaks, he was able to harvest a beautiful whitetail, and with the help of a network of volunteers, it was mounted within a few weeks. Unfortunately, about three weeks after receiving that shoulder mount, he passed away. Britt says, “It’s really hard to describe the meaning of creating a distraction when a family is overwhelmed with illness and anxiety about the future. The family is just trying to deal with medical bills, being in and out of hospitals, all the stuff that goes along with illness. With Trinity Oaks, you are able create a happy distraction that creates good memories. Yes, it’s for that individual that is suffering but it’s also for the whole family. Trinity Oaks gives the family an opportunity to start daydreaming when they otherwise have no reason to think about the future.” This is just one example Britt shared, how Trinity Oaks creates an incredible gift of memories and joy based on outdoor experiences, all funded through the generous contributions of donors and fundraising events.

In addition to being Trinity Oaks’ Executive Director, Britt is currently working on her Ph.D. in Strategic Communication and is a published writer and photographer.

In September 2018, Britt became public enemy number one when a stolen photo showing Britt displaying a leopard she had legally and responsibly harvested was splattered all over social media. Domestic and international news picked up the story, including Hollywood celebrities. People were sending her death threats and calling her evil. Through this experience, Britt, who previously had no social media and had never shared her hunting experiences, decided to change the narrative. She started a blog and social media accounts to advocate for hunting worldwide and tell her personal hunting experiences.



Erin Callahan

MERRY MIRACLES SHOOT

Our final leading lady is Erin Callahan from Colorado. Erin was born into a family of shooters. She’s been going to the range since she was in a stroller. Erin’s love of shooting and her love of helping others, especially children, led her to start the Merry Miracles Shoot, raising money for the Children’s Hospital Colorado in Aurora. Currently in its seventh year, the Merry Miracles Shoot is on track to have donated \$100,000 overall, assuming that they raise as much as they did the last year they donated, which was 2019 (due to the pandemic in 2020, they did not host a Merry Miracles shoot.) Erin began shooting and competing alongside her mom and dad at an early age and still travels with her parents to some of the big shoots. When Erin was a teenager, one of her best friends had thyroid cancer and spent a lot of time at Children’s Hospital in Aurora. This started Erin’s connection to children in hospitals and wanting to make their experience better. Now Erin has completed her Associate degree and is currently on track to finish her Bachelors in Human Development and Family Studies. Her goal is to become a Child Life Specialist. Of course, I had no idea what that was until Erin enthusiastically explained. This career would lead her to a position of working in a hospital with children, helping them cope with their treatment and the hospital stay. Erin has already secured a position at the North Campus of the hospital and is certain she has chosen the right career for her.

When Erin was 15, she was shooting at the

National Shooting Complex in San Antonio in October for the Nationals and the idea just hit her like a ton of bricks. "I should start a charity shoot for kids at Christmas." She talked to her dad and over the course of the next year they would plan, execute, and learn how to put on a charity shoot. With the support of some friends and volunteers, the first annual Merry Miracles Shoot hosted 160 shooters and raised about \$4,000. Erin remembers that first big check and the excitement she felt at being able to give back to a cause so near and dear to her heart. Without hesitation she began planning the second annual Merry Miracles shoot. This time she was able to pick up sponsors and with the lessons learned from the first year, the second annual shoot raised even more money. As the years went on, Erin and her father continued to work side by side, planning, organizing, and prepping all year long for the first Saturday in December. Every year they have come up with themes and special stations to make the shoot more fun. With Grinch themed stations and ugly Christmas sweater contests, the shoot continues to grow. "My favorite part of the day is when I get to take a step back and watch everyone else having fun, getting to see them coming together for such a good cause and doing something that we already do every weekend," Erin says with a warmth and satisfaction in her voice that only real passion could exude.

Erin has hopes that the shoot could one day grow into other cities to donate money to their local children's hospitals. Getting to a 501(c)(3)

"My favorite part of the day is when I get to take a step back and watch everyone else having fun, getting to see them coming together for such a good cause and doing something that we already do every weekend."

status would be amazing but the paperwork involved seems like an overwhelming task for just her. In addition to donating the money raised, they also donate a truckload of toys to the hospital for the children. Erin has not had the chance to participate in actually giving the children the toys, however, as a child life specialist, it would be her job to distribute the toys to the children according to their age and needs. With Erin now being an employee of the hospital as a Patient Family Service Specialist she gets to interact more with the children she is so passionate about. Erin has no plans to stop doing the Merry Miracles shoot and sees this being something she does every year for the rest of her life.



CONCLUSION

As I went through the process of writing this article I was faced with some beautifully harsh realities. The first being that I have not done enough to give back, the second: there are infinite ways to give back and there is always a way to share the blessings you have with others. After talking to these ladies who are all in different stages of their lives and different stages of their philanthropy efforts, I am in awe at how much time they have donated to their beloved causes. What could easily be considered a full-time job is something they have done out of the goodness of their hearts and without hesitation. Giving back doesn't have to be throwing a big sporting clays shoot, it can be as simple as volunteering at one of the shoots that Britt, Brittney, or Erin put on. Giving back started as a fun project for Brittney and turned into a full-blown career that led her to leaving her actual career this year. For Britt, it was something that evolved organically through her career and warmed her heart thus also leading her to a place where she is passionate about what she does in a way that inspired me to reevaluate my contribution to the world. And Erin has taken an idea she had and executed at just 15 years old and turned it into a new tradition for her area that has gone far beyond her original expectations. You never know how giving back will affect not only you, but those around you. If you feel inspired to give back, I urge you to contact any of these ladies or even your local gun clubs to find out more on how to give back with your time and talents. ■



KRIEGHOFF

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.

130 YEARS OF EXCELLENCE



2nd Amendment Discussions

FINDING RESOURCES
BY ANDREA BOGARD

Welcome back to 2A Discussions! In an age of information overload, sometimes it's hard to find the pieces you need to make informed decisions. Today we are going to look at some resources to help you learn what's going on legislatively, but also things to help you live the 2nd Amendment in your daily life.

The National Rifle Association (NRA) celebrates its 150th Anniversary this year in Houston, Texas. They are arguably one of the most commonly recognized names in 2nd Amendment advocacy. Among their many print and digital resources, they have a page that outlines current litigation by state. This is incredibly helpful for checking out what's going on in your region at a glance.



NRATM

www.nraila.org/legal-legislation/current-litigation/



The DC Project is one we talked about a few issues back. Their premise of education, not legislation for violence mitigation combines with a strong focus on advocacy for the increasingly diverse gun-owning populace.

www.dctrproject.info



The US Concealed Carry Association is another critical resource for today's 2nd Amendment proponent. This is an online source that provides

education on concealed carry across a variety of subjects. One of their most important and user-friendly features is their online concealed carry reciprocity guide.

This is a free site that helps you identify where you can legally carry based on your current licensing.

www.usconcealedcarry.com

On the subject of concealed carry, there are some women-specific groups that run the gamut of education and practical carry topics. The Well Armed Woman is a one stop shop for mental game tips, training programs, creative concealed carry options and legal do's and don'ts.

TWAW
The Well Armed Woman
EDUCATE EQUIP EMPOWER

www.thewellarmedwoman.com/concealed-carry/



Another women's-specific organization is A Girl & A Gun (AG & AG). You can check out some awesome ladies from

one of their events in the story "I Want to Go Places" in this issue. AG & AG is a by women/for women group that focuses on training, education and community.

www.agirlandagun.org

Perhaps the most important 2A resource is the 2nd Amendment itself. With all the information, politics and policies, the 2nd Amendment is clear and concise:

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms shall not be infringed.

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constitution.congress.gov/constitution/amendment-2/

Do you have a group, organization or topic we need to talk about? Email me at andrea@ladyshooterlife.com Let's talk!

Stay safe, shoot often and straight. Check back next time for more information on what's going on in the world of 2A. ■



THE
PACKING FOR TWO
EDITION
*Mother and son get
competition ready*
by *Natalia Gonzalez*

When I began competing in sporting clay tournaments in 2016, I never imagined how far this hobby would take me. As a single mother, I share my son with his father and thus have every other week “off.” I took advantage of all my free time and channeled it into shooting and traveling to shoots as often as I could. I soon expanded the events that I chose to



What's in ~~My~~ Our Shooting Bags?

compete in to include the sub gauge events which meant I now had to pack my Briley sub gauge tubes and more ammo, three different kinds to be exact. Sometimes my son, Lawson, would be with me and would come on my trips and just hang out and watch. His favorite thing to do was drive me around in the golf cart. When he turned 10 in 2020, he told me that he really wanted to try shooting with me—I was elated at the thought of shooting with my son and getting to share this amazing sport with him. So, to kick off summer vacation, I went to Briley Manufacturing in Houston, Texas and purchased an A400 20g for him. I signed him up to shoot his first tournament ever at the U.S. Open at Claythorne Lodge in Columbus, Kansas, June 12th. The first thing we did after I gave him his new gun was to go shooting, of course! We went to Westside Sporting Grounds in Katy, Texas, and he shot about a box and a half of shells before he was tuckered out. I knew this could happen with a new gun and without it being fit for him so I scheduled a gunfit the next day with my good friend, Andrew Macfarlane, at Selous Gun and Rifle Makers in Southlake, Texas. But first we had to pack for our week-long road trip together.

GUNS AND GUN SLEEVES

This was our first time packing together so I wanted to make it extra fun. Our guns get stored in gun sleeves with straps for trips like this, rather than their hard cases. I have a few of these lying around the house but I had two the same color turquoise which is our favorite color. I decided that we needed to decorate them with patches so we could both personalize them and distinguish easily whose is whose.

AMMO

Our next task was to get all of the ammo we needed from the garage and pack it into ammo bags so we could easily organize it in the car and carry to the golf cart. For this task, we had to look at all the events I was registered for, he was registered for, and account for some practice ammo as well. I was shooting the Sub Gauge FITASC, both 20g and 28g—50 targets each. Then I needed my 12g ammo for the Main Event and Super Sporting. Lawson was just shooting the 20g Sporting event, so he needed just 125 shells of 20g, plus practice shells.

CHOKES AND TUBE SETS

Besides ammo, the next thing every shooter really needs to have on hand are chokes and tube sets for shooting sub gauge events. This trip I decided to bring my 12g Beretta A400 as a backup gun so for three guns, we now had three choke tube cases. We labeled these in colors that matched the colors of the guns or their respective gun sleeves. We have Briley chokes for all the guns and Briley tube sets for my gun.

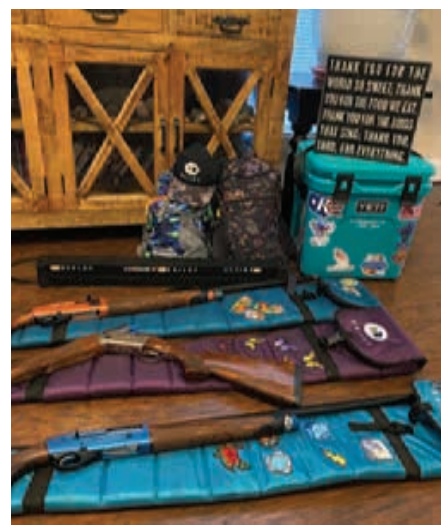
SHOOTING BACKPACKS

I like to keep all of my shooting gear in a small backpack to easily transport to and from the golf cart and I always use the same backpack. This allows me to give each item I carry a specific home within that backpack so that if I need something on the fly, I know exactly where it is. I keep my earplugs in the top pocket, where I also used to carry Lawson's but now, he has his own



backpack. After showing him how I organized my backpack, he picked out one of his 37 backpacks to make it his new “shooting backpack”. We filled it with snacks, tools, towels, and sunscreen. I also keep business cards, and a bag with hair ties, pens, paper, and feminine products. Last, but not least, the shooting vest also gets stored in the backpack. Lawson has a tiny vest that was made for him by Castellani in Italy when some friends went for the World FITASC in 2016. It was much too small but we brought it anyway in case nobody was selling small vests at the event.

Once we had our shooting stuff packed, we loaded everything into the car and headed to Dallas for the gun fit. We stayed the night in Dallas and made it to Kansas the next day. Lawson couldn't wait to be at the gun club so we headed there first. Watching the excitement of his first tournament light up his eyes was probably one of the best things I have witnessed all year.



The next day we showed up to the U.S. Open to shoot some practice, but first headed to see Tom Lotus at Ultimate Shooting Accessories. Thankfully he had some small vests in stock and we set Lawson up with a blue vest to match his blue gun.

Lawson shot his first tournament like a seasoned professional with his best friend Miles Kidd, age nine. The boys were happy the entire time, despite the increasingly warm temperatures. With a three-man squad and a large cheerleading squad watching that included Gebben Miles,



Brad Kidd, Karen Shedd, Michelle Miles, and a few others, the event was a complete success. I am looking forward to preparing for every future event with a little help from Lawson. I have come to realize that packing for two is way more fun than packing for one. ■



Trips to the Cape

*When the sea
salt air is
calling and
you must
answer*

GET THE LOOK:

Sculptek Ultra Sinny Jean, \$118, athleta.com |
Denim Perfect Shirt, \$45, gap.com |
Vintage Round Buckle Leather Belt, \$79, amsterdamheritage.com |
Finn Straw Rope Slide Sandal, \$90, kelsidaggerbk.com |
Small Marcie Basket, \$540, chloe.com |
Ancient Mystery Earrings, \$27, daya-jewelry.com |
“Sea Star” and “Seauquin” Bangle Bracelet, \$2550, susanlisterlocke.com |
Harlem Palm Hat, 55€, oliverhats.com |
Turf War Monochrome Scarf, £195, clarehaggas.com |
Statement Oyster Turquoise Ring, \$124, localectlectic.com |

Seeing Stars

*For a day
when you
have to do
it all*

GET THE LOOK:

Kelly 90s Distressed Skater Cut Offs, \$118, nordstrom.com |
Camilo Jacket, \$118, revolve.com |
Alo Yoga Tank, \$54, aloyoga.com |
Vintage Havana Gadol Sneaker, \$100, dsw.com |
Everyday Belt Bag 1L, \$38, shop.lululemon.com |
Triple Star Stainless Steel Stud Earrings, \$12.75, etsy.com |
Enchanted Forest Leather Wrap Bracelet, \$19, thebohoboutique.com |
Matte Studded Dog Tag Necklace, \$180, adinasjewels.com |
Lauren Knotted Headband, \$18, anthropologie.com |

Travel In Style

On the road again to the journey of a lifetime



GET THE LOOK:

- Live In Jogger Pants, \$39, nordstrom.com |
- Northside Vintage Tee, \$13, madewell.com |
- Cariuma Yellow Canvas, \$79, cariuma.com |
- Catalina Deluxe Tote, \$103, loandsons.com |
- Roche Bird Earrings, \$246, adornemonde.com |
- Nomad Sports Band, \$60, nomadgoods.com |
- Gale and Hays Bandana, \$32, galeandhays.com |
- Luxbox Makeup Case, \$79, myluxbox.co |
- Enence Translator, \$71, translatorenence.com |
- SPF From Head-To-Toe kit, \$28, supergoop.com |
- AR-15 Embroidered Twill Hat, \$20, trendzshirts.com |

Beachin'

A classic approach to a day in the sun



GET THE LOOK:

- Clea Kimono, \$60, anthropologie.com |
- Mood and Melody High Low Dress, \$52, lulus.com |
- Leather Wide Waist Belt, \$60, loft.com |
- Easy Summer Flipflops, \$19, factory.jcrew.com |
- Ravi Straw Backpack, \$79, nordstrom.com |
- Ana Coin Lariat, \$75, gorjana.com |
- Huggie Hoops, \$110, saksoffifth.com |
- Serif-T Enameled Stackable Bracelet, \$98 toryburch.com |
- High Voltage Satin Lipstick, \$30, nordstrom.com |
- Braided Wide Brim Sun Hat, \$25, oldnavy.com |



BEAUTY | Summer Skincare

A COMPLETE GUIDE TO
GLOWING SUMMER SKIN
BY NATALIA GONZALEZ

As the temperatures rise and the sunshine bursts through the clouds on a more frequent basis our skin begins to go through some changes. The warmth and humidity that summer brings with it can have a noticeable effect on the way your skin looks and feels. We have already covered sunscreens, vitamin C serums and how to prevent hyperpigmentation in previous articles. Now let's dive deeper into what a summer does to your skin and how to keep your skin fresh and glowing all summer long.

I like to believe that summer starts with Memorial Day weekend, aka Opening Weekend of Tanning Season, and ends with Labor Day weekend. During these months I change my skincare routine from what I use during all other months. Granted, I live in Houston, Texas where the relative humidity is in the 80% range on average all year long so if you live in a place where all four seasons actually happen, you need to change it up. The first thing that starts to happen as the temperatures rise is that the sebaceous glands start producing more sebum — that is the natural oil on your skin. All of us have different levels of what that looks like depending on our skin type but generally, it is worse in the summer. The best way to kickstart your skin every morning is a good oil control cleanser. Look for a product that contains a little bit of salicylic acid and is free of alcohol. If you just really love your cleanser and don't want to switch, then look to add a gentle toner to your routine after cleansing. This will get your day started with fresh clean skin minus the oily buildup. A good gentle exfoliation using a scrub for the evenings is always a great way to end your day outdoors too. Be sure to find a scrub that is suited for your skin type and never massage too hard.

Once you have applied your other hydrating serums or Vitamin C, then you absolutely must apply a form of SPF. Please do not be fooled into thinking that makeup is somehow going to

protect your skin from the sun's harmful rays. If you are out on the range and sweating a lot, or out swimming, it is imperative that you reapply the sunscreen every hour. If you start to feel a stinging sensation or you begin to feel the heat of the sun, that means you need to reapply sunscreen. A mistake I often see, and commit myself, is forgetting to protect the lips. The skin on your lips is equally sensitive to the sun's rays and can dry out and crack if not cared for. One of my favorite products is Burt's Bees Moisturizing Lip Balm (\$4.39). They make an all-weather version that has SPF 15 that will ensure no damage is done to your lips. If you are looking for a little bit of color and plumping, Luxe Beauty has a product called Luxe Lips (\$39), that contains plumping hyaluronic acid and brings a nice fleshy tone to the surface while protecting your lips with SPF.

While we are on the topic of lips, when you experience dry or cracked lips it is a clear indication of dehydration. Hydration is the most important part of a healthy body and skin, but I wanted to save it for last because it is the topic people seem to want to hear the least about. In my facial practice, I have clients that complain to me all the time about how much they don't like drinking water. They struggle to drink enough water during the day and would much rather drink something else. If you are experiencing some symptoms of dehydrated skin and just can't force yourself to drink more water then look for a facial mist to carry with you. Evian makes a wonderful product called Evian Facial Spray (\$8), that comes in a perfect pocket size.

Remember ladies, skin care is self care. If you want beautiful skin then all you have to do is take care of it and it will take care of you. You don't need the most expensive products or to spend an hour a day on this. Just find what works for you and stick with it. Your body and skin crave routine so the more consistent you are, the better your skin will feel and look. ■



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