

JAN/FEB 2021

LADY SHOOTER

Life Styles





Ladies Event
Sponsored by B&P
NSCA National Championship
October 24, 2020

FEATURES



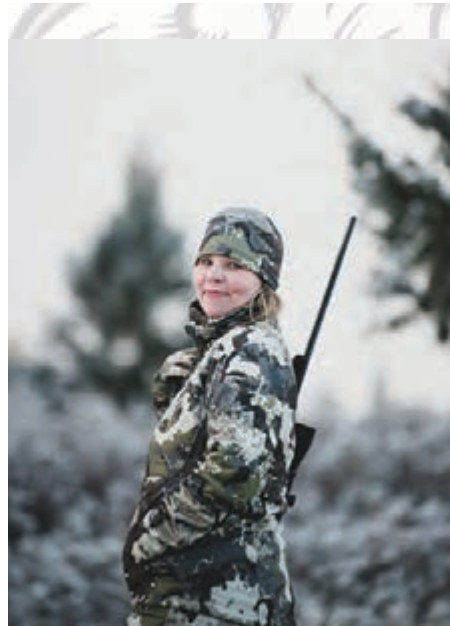
8
Cover Story
WHAT'S YOUR WHY?

24
I WANT
MOOR

34
TRIUMPHANT
TRIFECTA

48
Leading Ladies
COUPLES EDITION





CONTENTS

- 7 LETTER FROM THE EDITOR
- 14 HOW TO GET A HUNTING LICENSE
- 16 YOGA FOR SHOOTERS
- 18 21 THINGS YOU DON'T KNOW ABOUT ME
- 20 FIT TO ME: A JOURNEY TO THE PERFECT GUN FIT

FOOD

- 22 WILDERNESS TO TABLE WITH BRI VAN SCOTTER

TIPS

- 28 COACHES CORNER

VALENTINE'S DAY

- 30 GIFTS GUIDE



NEWS

- 34 2ND AMENDMENT DISCUSSIONS

FASHION

- 42 WHAT'S IN MY BAG?
- 44 FASHION CORNER

BEAUTY

- 56 MOISTURE MADNESS



SYREN

Our passion. Your ambition. A perfect fit.

At Syren, we are passionate about the shooting sports and are driven to help more women become involved. We are obsessed with breaking down the traditional barriers to participation in shooting, hunting and the great outdoors. Our goal is to provide the equipment and knowledge that make the experience more enjoyable and less stressful. This is our mission.

MCKENNA QUINN
www.ShopMcKennaQuinn.com



Elegant Ladies Outdoor Apparel
Made in Texas



LADY SHOOTER Life Styles

SUBSCRIPTIONS \$35.95 PER YEAR
\$70 IN CANADA AND REST OF WORLD

PUBLISHED 6 TIMES PER YEAR
ISSN REQUEST PENDING



STACEY STEPHENS
PUBLISHER
STACEY@LADYSHOOTERLIFE.COM



THADDIUS BEDFORD
PHOTOGRAPHY & Co-PUBLISHER
THADDIUS@LIQUIDIMAGEINC.COM



NATALIA GONZALEZ
CHIEF EDITOR
EDITOR@LADYSHOOTERLIFE.COM



ANDREA BOGARD
RIFLE EDITOR
ANDREA@LADYSHOOTERLIFE.COM



MACY LEDET
FASHION EDITOR
MLEDET@GMAIL.COM

SUBSCRIPTIONS, ADDRESS CHANGES & ALL DEPARTMENTS:

LADYSHOOTER LIFESTYLES
9002 WESTERN VIEW
SAN ANTONIO, TX 78023
210.377.1117

REGULAR CONTRIBUTORS:

BRI VAN SCOTTER
LOUISE TERRY
MICHELLE MILES
VICKIE ASH

COPYRIGHT

ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE TRANSMITTED OR REPRODUCED IN ANY FORM WITH WRITTEN PERMISSION FROM THE PUBLISHERS. THE OPINIONS EXPRESSED BY CORRESPONDENTS ARE NOT NECESSARILY THOSE OF THE PUBLISHERS. LADYSHOOTER LIFESTYLES RECOMMENDS THAT READERS SATISFY THEMSELVES AS TO THE ACCURACY OF ADVERTISERS' CLAIMS BEFORE ANY PURCHASE IS MADE, AND ACCEPTS NO RESPONSIBILITY FOR ANY LOSS ARISING FROM ANY PURCHASE.

TECHNICAL BALLISTICS AND OTHER INFORMATION PROVIDED BY OUR JOURNALISTS, CONTRIBUTORS AND CORRESPONDENTS IS PUBLISHED IN GOOD FAITH AND SHOULD NOT REPLACE ESTABLISHED SAFE PRACTICES. NEITHER THE AUTHOR OR PUBLISHER ACCEPT RESPONSIBILITY FOR INJURY OR EQUIPMENT DAMAGE RESULTING FROM ITS USE.

Be yourself, everyone else is already taken.

—OSCAR WILDE

Truer words have never been spoken. Who are you if not you? One of my favorite quotes has taken me through the roller coaster of emotions that I felt dating back to high school, and into my roaring 20s of child bearing, career building, and hobby finding adventures. Throughout my life I have felt pressure to be like someone else, to conform to society's ideal—the Rachel haircut of the early 2000s, shopping at Abercrombie & Fitch, creating a Facebook account, then Instagram. I learned this quote when I was in high school and through every phase of my life, I have used it to ground me. To remind myself that I am an individual. Sometimes my preferences will align with the majority and what is popular and sometimes they will not. And that's okay. Learning to be myself and be true to my inner being, my soul, continues to be a daily journey. I remember being told by more than one person that shooting was dumb, that I was wasting my time, that I should be focused on other things. Thank the Lord that I didn't listen to these opinions, because you know what they say about opinions...

We are constantly being bombarded with ideals that society expects us to live up to and

wants us to conform to. Our family, our friends, our colleagues, and sometimes even our partners will share their opinions and cause us to lose joy and lean towards something that we are told we *should do* instead. Who we are is so complex it cannot be expressed in words and it is always evolving. Every time we discover something new that we love, we want to experience it again and that leads us to an unearthing of another layer of ourselves. The question *who am I?* is something every woman reading this should ask herself. It is through this self-exploration that we can evolve and avoid the stagnant waters of adulthood that can be brought on by the dull and monotonous daily lives we would otherwise lead.

I am a devoted mother, friend, sister, daughter, and colleague. I am still learning how to be the best that I can be at all of these things. I am an esthetician, a competitive sporting clays shooter, a magazine editor, a project manager and advisor. I love food especially from all over the world—Colombia, the Mediterranean, Italy, Thailand... you get the idea. I am loyal to my friends and forgiving to my enemies. I am faithful to my God and I use that faith to get me through every single day of my life. I prefer to walk away from aggression and meet it with understanding. I love my hobbies and I love meeting new people and trying new things. Most of all, I love being a mother to an amazing little man. I thought I never wanted kids and then I had one and I can't imagine a life without him. I used to hate mustard and now I must have it on my hotdogs. I have evolved and it is through the open mind of new experiences that I did.

2020 brought the entire world a new experience called a pandemic. We learned how to forego a big part of our daily lives and move many activities virtually. We learned how to cope with doing something we hate doing—wearing a mask in public. We learned how to cope with the cancellation/postponement of activities we dreamed about since childhood like prom for some seniors, or the Olympics for some athletes. Last year brought us a wealth of new experiences that could be thought of as negative but could also be thought of as thought provoking and

opportunities for innovation.

2020 was the re-birth of this magazine and it will forever hold a special place in my heart. I had a lot of free time on my hands because of cancelled events which left room to try new things. I was invited by A Girl and A Gun to take a run at shooting 3Gun and I documented the good, the bad, and the ugly for you in "Triumphant Trifecta" on page 34. It was also the year that our new Fashion Editor, Macy Ledet, experienced a terrible accident that left her in a wheelchair (for now), but rather than let this get her down she has owned this tragedy and focused not on what it took but on what it left. Her amazing children alive and well, her mental capacity intact to continue being a boss running her own law firm and the opportunity to shed light on medical innovation for paralysis. Be sure to check out her fashion forward picks for this season in our fashion section as well as our gift guide for Valentine's Day.

Our new Rifle Editor, Andrea Bogard, also experienced a year of change which led her to become a home school mom, and still has time to take her boys hunting or fishing almost daily. Andrea was blessed to go on an all-ladies hunt, documented in "What's Your Why?" on page 8, where she explores the many reasons ladies hunt including her own.

And finally, our publisher, Stacey Stephens, came off a year in which she suddenly found herself running a business alone. In the midst of a cancer diagnosis, she threw caution to the wind to bring this magazine back to life, seeing the world through different eyes. Pushing ahead with a grandbaby in the future, she is so excited to use this platform to continue to empower women and herself.

This new year brings us a new perspective on life. We have experienced life during a pandemic, with civil unrest, riots, shootings, and to top it off a presidential election riddled with accusations of fraud and deception of the American people. Let us not be weary of this new year and let us not think back on the disenchantments of the last year. Instead let us change our perspective and see this new year as a new opportunity; to learn, to evolve, to progress, and to become ourselves. Every day is an opportunity to explore who you are, what you are, and what you want to do with your life. Regardless of what is happening in the world around us, every day that we are alive is an opportunity that should never be wasted. I pray that this new year brings each and every one of you many blessings and adventures. ■





What's YOUR Why?

"SHE WAS POWERFUL, NOT BECAUSE SHE WASN'T SCARED BUT BECAUSE SHE WENT ON SO STRONGLY DESPITE HER FEAR." ATTICUS

BY
ANDREA BOGARD

It was a beautiful October day to drive from northern Michigan to eastern Wisconsin. I was heading there to photograph and write about an all-women's whitetailed-deer hunt at The Wilderness Reserve, a 5500-acre ranch in Phelps, Wisconsin. I had been hired by Prois, the women's hunting gear and apparel company based in Gunnison, CO to document real women in real hunting situations experiencing real emotions.

As I drove the six plus hours to the lodge, I kept circling back to the first Prois trip I had taken and met Kirstie Pike, the owner of Prois (See Kirstie on the cover of this issue!). It was fall 2017 and I was losing more battles than I was winning. I was struggling personally, burnt out in my career and felt like I had lost myself somewhere along the journey of marriage and kids.

One cold October morning, I got an email blast from Prois that a spot in their all-women's pheasant hunt in South Dakota the following month had unexpectedly become available. After a brief mom-guilt battle, I told my husband I wanted to go and would get my mother to come watch the kids.

At that time, it had been over 13 years since I had taken a solo trip of any kind. Yet, here I was, a very inexperienced hunter taking off to go hunt with a group of people I had never met to chase a species I had never hunted in a state to which I had never traveled. **Why?** *Because I needed to take my life back.* That trip, that hunt gave me the courage and community to do just that.

Now, three years later, a much different woman was driving West. She was strong, confident, peaceful, powerful and excited about all that life had to offer. She raised her hand; she said yes to this adventure called hunting. And, here we are.

I pulled into the Wilderness Reserve at about four o'clock in the afternoon. I was greeted at the gate by Lisa Pike (no relation to Kirstie). She and her husband, Forrest, run the Wilderness Reserve. We had never met, but I was instantly drawn to her. Her smile, laugh, warmth and hug were contagious. She also had great taste in trucks – we both were driving black F-150s.

I followed her about 20 minutes into the heart of the Reserve. It was over 5500 acres of towering hardwoods, fluffy conifers and rolling hills. The yellow leaves were molten in the glow of the setting sun. I rolled the window down and coasted slowly down the gravel road towards the lodge.

We emerged from the woods and I was greeted with a magnificent lodge overlooking a lake through the windshield. I felt oddly at home as I parked Victoria (my truck) on the gravel pad in front of the lodge. I had a feeling some amazing journeys would be travelled this week

and incredible stories would be both written and told.

The ladies were already out on stand so the lodge was quiet. I unpacked, settled in, readied my camera gear and waited for the call that I knew would come soon that there was a "big buck down." I didn't have long to wait.

That night, two ladies tagged out on incredible deer. The first woman was a very new hunter and an Army vet. This was her second deer, but her first with a rifle. I watched the excitement turn to peaceful power in the glow of the lights as she processed her buck with the help of her guide.

She had driven across the country alone to hunt with five women she'd never met and put the pieces together for the next phase of life. She not only got the first deer of the trip, but the biggest bodied buck ever harvested on the property. He was 286 lbs.!

The second deer was back at camp by the



Jessica



Kelly

time we returned. He was a beautiful, mature, massive typical buck. The hunter was a former Marine and adult-onset hunter with extensive personal and professional involvement in the outdoor industry. She started with antelope and never looked back. The emotion, the solitude, the self-reliance and the challenge fed the fierce and nourished the soul. Her reverence and quiet satisfaction with both the process and outcome were written on her face.

The next couple of days brought four inches of unexpected snow, a first deer down for one amazing woman, a few personal bests and some of the most authentic dialogues ever experienced by the guides and lodge managers.

Prois merino wool on and post-hunt wine in



Shannon



Ange

hand, a different group of women came to the table that night from the evening before. Faces flushed from the snow outside, the fire on the hearth, but, more importantly, the fire inside.

There was the woman who had never been on a girl's trip in her adult life and just harvested her first deer, at the same time! She made a phenomenal shot after a tough stalk through the snow, mud and woods. I'm not sure who was more excited, her or her guide!

There was the JAG lawyer who was a warrior not only for herself but for the little boy she was raising singlehandedly. Her walk up to her deer was one of the most emotional I've ever captured. There is nothing quite as sacred as the moment you sink to your knees in gratitude beside a harvest.

Then there was the Southern Arkansas rancher who was as strong and fierce as she was

beautiful. She drove to Wisconsin to harvest her personal best buck and she did! As she got to her deer in the freshly fallen snow, the sun broke the clouds and time stopped. The following day, we celebrated her birthday at the lodge. She came away with some amazing stories to tell her grandbabies back home.

The last one in the picture was the owner of Prois, Kirstie. She created more than a brand. She built a community for women in the hunting world (See Kirstie's profile in the upcoming Leading Ladies issue!). Kirstie harvested a beautiful buck with her long-time friend, Lisa, as her guide. The giggling coming from their Ranger on the pack out was a perfect reminder about the beautiful sense of community found in hunting.

Each woman was outfitted in Prois clothing and gear for the trip. Prois is not just a base layer or a down coat, it's an attitude, a mind-set and a



Kathy

purpose. It's a community of women taking part in a mutual passion at all levels. From the new hunter to the seasoned vet, it's a sisterhood of support, encouragement and empowerment. Kirstie saw the need for performance hunting gear for women, but created a bond amongst

women hunters that is incredible to behold.

That night, after an amazing meal, the conversation started to flow. For most, hunting was something that came in later in life. The women around the table ranged from 34 to 54. Single, married, divorced, mamas and grandmas.



Kirstie & Lisa

The laughs and stories rolled around the table like a warm wave. Finally, one woman looked at Forrest and Lisa at the end of the long table. "So, is it different having an all-women's hunt in camp?"

Even the fire seemed to stop crackling as Forrest looked away from his wife sitting beside him. His eyes travelled around the table as he started to speak.

"In 25 years, I have never encountered a group of hunters who have fought harder or overcome more to get where they are. I have never sat around a table of hunters and had the pride be checked at the door without question. I've never sat and listened to the level of raw emotion and fierce determination that I've heard this week. And I've never encountered the level of authenticity, fight and focus that I've seen these last few days. Thank you."



Forrest & Lisa

The table was quiet for a long heartbeat. Then, a toast was raised to the moment, the hosts and the experience. The conversation turned to "why." Why are you here? What brought you to this moment, to this place and to this choice? Why do you hunt?

What's your why? I've asked a lot of people that question, including myself. Why do you hunt? Why do you harvest? One by one, I listened to the answers as the ladies around me unwrapped their why.

"I want to provide." This is one of my favorites. I love the concept of providing for my



family in this way. When I pull a backstrap or a breasted-out pheasant from my freezer to prepare for a meal, I know I am providing for my family in a way that no one else can.

“I want to be self-sufficient.” In 2020, being self-sufficient is a treasure. Knowing you have a freezer full of food is a true gift in a time of intense uncertainty and food rationing.

“I want to feel more connected to nature.” I love this one. As a hunter, you absorb more sunsets and sunrises than most people who don’t hunt. As you sit in the woods in the dark and listen to the world awaken for the day, you live the sunrise, not just see it. You are watching, hearing, smelling and feeling the world wake up. There is nothing quite like it. That connection is primal and beautiful.

“I want to be a good steward.” Being a good steward encompasses a broad range of responsibilities. Whether picking up trash on the

side of the highway or managing animal populations, stewardship and conservationism are a crucial element in being a human.

“I want to know I can do it.” This one was special. The woman who offered it was wearing an aura of quiet confidence over her Prois camo base layer. She had never harvested a deer before and had made a perfect shot on a gorgeous, trophy-class buck just four hours earlier. She wanted to know if she could do it, and now she had her answer.

Late that night, I sat cross-legged in the middle of my bed at the lodge and looked at the cursor blinking at me in silent question. So, Andrea, what’s your why?

When I felt like I was the prey in life, hunting gave me a way to reverse that relationship. It gave me the confidence to create my own outcome, the tools to do so and the community I needed.



Ange

Hunting gave me the peace in my heart and the stillness in my mind to carve opportunities from ruin and victory from challenges. The life of hunting provides a bond with my sons that nothing else could. It’s a passion, a lifestyle and a link that I pray will always be there and will fiercely protect.

That’s my why. Now, you raised your hand. You said “yes” to this way of life. Whether you started as a child or decided to try later in life, there was a reason; there was a why. So, what’s your “why?” ■



Big Game Hunts. Pheasant Hunts. Wedding Venue. Rental for Events & Christmas Parties.



680 Reserve Lane
Phelps, Wisconsin 54554
Tel: 715-545-2700

We have cabin rentals



How to Get a Hunting License

Are you planning to go hunting for the first time? You are not alone; more and more women of all ages are taking up various forms of hunting as a sport. In fact, it is estimated that well over ten percent of all hunters in the US are female. To hunt safely and legally, however, it is essential first to get a hunting license.

In most cases, you need a permit to hunt in the United States. You will need to check carefully as each state has hunting license requirements that vary according to the individual state. If you are planning to hunt, we have provided some general guidelines about the application process.

HOW TO FIND OUT THE REQUIREMENTS IN YOUR STATE

The first thing is to research the requirements of the state in which you intend to hunt. Visit Reserve America's Fishing and Hunting License web page and select your preferred state from the left drop-down menu. Don't forget; you need to check the licensing requirements from the USA state where your hunting will take place, which may not be the same as your usual state of residence.

Here are the most common requirements for the majority of states when applying for a hunting license:

Minimum Age Restrictions - most states have a minimum age limit, usually 12 years or older. However, some states allow children as young as ten to hunt, and some permit any age if they are accompanied by a fully licensed adult. Big game hunting, however, is not allowed. Parental consent is almost always required for a child to hunt.

Valid ID: Make sure you take some form of state-recognized identification with you when applying for a hunting license. This could be a driver's license, a passport, bank card, birth certificate, or some form of a utility bill with your address on it.

A Hunter's Education Course is mandatory in most US states before being given a hunting permit. There are usually several options, such as classroom-based teaching, an online course, or field testing. Once you have successfully completed the course and passed the final exam, you will be issued with a hunter safety card. Don't

forget to keep this safe!

Other things to take into consideration - if you intend to hunt with a gun (firearm), check that you are legally permitted to do so first. Additionally, you will need to give your social security number when making the hunting license application. If this flags up any issues, such as non-payment of child support or tax evasion, you may be refused a hunting license.

CONSIDER THE TYPE OF PREY, ITS LOCATION, AND HOW AND WHEN YOU WILL HUNT

Some regions in the USA have special permits as well as general hunting licenses. In some circumstances, the hunting season is only permitted at certain times of the year and in specific locations. Special licenses are therefore necessary to hunt outside of parameters.

Other states have a complicated hunting licensing system determined by one or more of the following benchmarks:

The animal species to be hunted - in the USA, the two major categories are classed as the big game (moose and deer) or non-big games (rabbits, squirrels, etc.). In some states where big game is limited, licenses are issued using a lottery system.

The area in which you are hunting - certain states have designated areas of [land for hunting](#) and offer licenses for each such location. Colorado, for example, offers licenses within one of several game management units (GMUs). A designated amount of hunting licenses are given to each GMU to control hunting.

The time of year and hunting method - some states have several hunting seasons based on the hunting method, such as crossbow or archery. Your method of 'take' may affect the number of weeks you are permitted to hunt. For example, Colorado allows one season for hunting with a bow and arrow but four distinct seasons for rifle hunting.

APPLYING FOR YOUR HUNTING LICENSE

Once you are confident that you have fulfilled the licensing requirements and decided upon the time of year and hunting method, you are ready to apply for a hunting license. Most ladies choose

EVERYTHING YOU NEED TO KNOW

ARTICLE GENEROUSLY PROVIDED BY HUNTINGLOCATOR.COM



to do this online as it's the quickest and easiest way. You can head straight to Reserve America's Fishing and Hunting License website and select the relevant state or go to the website of your state's fish and game department.

The process should be seamless if you have everything at hand, such as:

- Your personal ID
- Your hunter safety card from the Hunter's education course
- Your debit or credit card for the payment of fees

Most states also provide a fast-track hunting license application process for repeat online customers. Other states feature lifetime permits, so you don't have to repeat the process every year. Bear in mind that your license will probably be emailed to you rather than sent in the mail, so it's a good idea to print out or save a receipt.

COMPLYING WITH LICENSING GUIDELINES

Hunting licensing restrictions are there to safeguard both hunters and wildlife. Always follow hunting safety guidelines and only ever hunt according to the parameters of your hunting license. This generally means hunting the permitted animals in the correct place at the right time of year. Be assured that many states take the violation of these restrictions very seriously. If you breach them, you could face fines, jail time, and the immediate revocation of your hunting license.

Many states place limits on the number of animals you can take with a license. You may also need to tag and record each animal you kill. Make sure you take the time to read your state's specific requirements before your hunting trip to prevent any potentially costly misinterpretations.

Finally, have fun! Hunting is an experience like no other. You'll be sure to make the memories of a lifetime! ■

THE FUTURE OF OUR SPORT WON'T GROW ITSELF.

WE NEED YOUR HELP TO GROW THE SHOOTING SPORTS.

If just 1 in 3 hunters and target shooters introduce one new person to the shooting sports, we'll secure a strong future for generations to come. The +ONESM Movement is a mission to do exactly that. We need your help to spread the word about the single most unifying force in the shooting sports today. Together we'll ignite the passion of millions of new hunters and recreational shooters. And build the future of the way of life we love.



Be the one. Join the +ONE Movement.
Visit nssf.org/plusone.



Yoga for Shooters

My name is Michelle Miles. I'm a mom of two boys, wife, and a competitive shotgun enthusiast who is passionate about all health and wellness. While my family is heavily involved in Shotgun Sports, we also own a Yoga & Wellness Studio! Here I'm sharing a few stretches and yoga poses you can incorporate into your daily life to feel your best and make sure your body is operating to support you! Bringing awareness to our bodies can help dissolve the tension and stress we store that's affecting our performance, mood, and all around well-being. We are meant to move, freely without restriction, but most of us don't know how good we can actually feel. Whether tightness is hidden emotionally in the body or blatantly showing up in injuries and annoyances I'm here to help rid you of those distractions on and off the shooting course!

While stretching try and take deep breaths in and out of the nose. Be mindful of doing both sides if it's a single sided posture. Take modifications if needed and remember OUR BODIES ARE DIFFERENT EACH AND EVERY DAY so meet yourself where you're at! Don't have expectations of what you should look like, it's all about how you feel, listen to your body. For more poses please visit my blog at ladyshooterlifestyles.com

All four stretches are done on your back so grab a mat or a blanket and follow along. ■



1. One Legged Knee to Chest Pose: This stretch helps to release tension in the lower back, hips, & thighs. It soothes stiffness in the spine, while toning the muscles of the abdominal wall. It also benefits the digestive track.

HOW TO: Lay flat on back with legs extended. Bring one knee in towards chest. Try to keep the extended leg flat & both hips even. Gently tug down on shin (avoiding knee) for a healthy bit of compression in the hip which will create space in the joint once released.

***Tip:** Move knee out towards shoulder & back in towards chest/midline of the body slowly for a gentle massage on the joint breaking up any knots or tension in that area. **Caution:** Do not do if you have had abdominal surgery or have a hernia.



2. Figure 4 Stretch: A safe & effective way to stretch the hips, glutes & low back. Releasing tension in these areas helps to create a sense of physical ease throughout the entire body, particularly in the knees and low back, as well as mental clarity.

HOW TO: Bend right knee placing the foot flat on floor. Bring the left ankle across the right thigh and press the left knee away from body creating a 4 shape. If available lift the right foot off the floor and bring the entire shape towards your chest. Thread the left hand under left leg, attempting to grab the back of right leg or shin. Reach right hand on the outside of right leg and meet the left hand if possible on back on hamstring or shin. Try to keep the lower back down on the ground.

***Tip:** You can also place the right foot on a wall, left ankle across thigh, move hips towards wall and relax your arms by your sides.



@downtoearthystudiofl



3. Reclined Heel to Sky / Hand to Toe Pose: This stretch releases tight hamstrings which benefits lower back tension, knee pain, and avoids foot cramps (Grab a strap or towel for this stretch)

HOW TO: Begin lying down on your back with a strap/towel in one hand. Straighten both legs and flex both feet. Hold the ends of the strap in both hands & loop it around the bottom of your right foot closer to the ball of the foot so it stays flat (as if you are standing on the ceiling). Slowly lift your right leg towards the ceiling until you feel a stretch through your hamstrings. Keep the feet flexed with toes towards your shin. Remember, the knee of the extended leg does not have to straighten, only go to the ability of your stretch that day

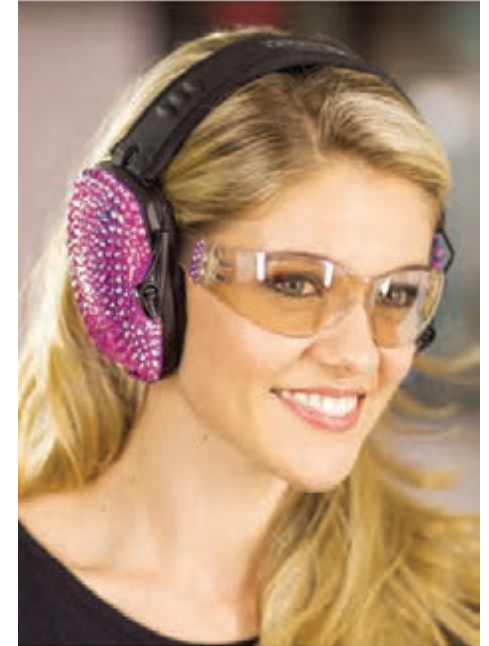
***Tip:** If there is any intense piercing, pinching or pulling, back off. Gradually relax into the stretch holding at least 2 minutes each side. Take deep breaths allowing the body to soften while lengthening the muscles and tendons. You can also bend the knee of the bottom leg and place the foot flat on the ground if that's more comfortable.



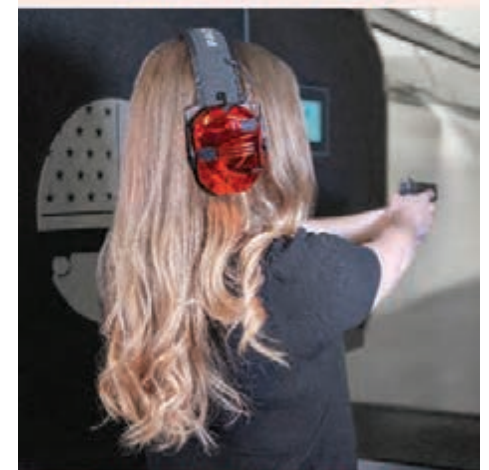
4. Reclined Twist: Restores spine neutrality & balance in the nervous system. Massages the organs of digestion & stimulates the Urinary bladder and Gallbladder meridians. Can also stimulate the Heart, Lung and Small Intestine meridians if you find sensations in the arms.

HOW TO: Lie on your back with your arms in a T-shape. Bend knees and cross right leg over left. Move your hips a little over the right and bring your knees over to the left. Keep both shoulders down on the floor. Keep neck neutral or you look over the right shoulder.

***Tip:** Keeping legs crossed is safe on low back. If needed place a pillow under knees if they dot reach the ground for more support. Breathe deeply.



**ENJOY 15% OFF
YOUR ORDER
WITH CODE
LADYSHOOTER**



**SHOOTING ACCESSORIES
JEWELRY, APPAREL,
& MORE!**



WWW.PACKNHEATPRODUCTS.COM



21 Things You didn't know ABOUT Me

1. I am a freshman at The University of Florida...Go Gators!!!



2. I am majoring in Animal Science and plan on becoming a Large Animal Vet.

3. I have a 14-year-old Pomeranian-Poodle mix named Brownie.



4. I Figure Skated for six years.

5. My ethnicity is Lebanese and Italian.

6. I was named after the song "Rhiannon" by Stevie Nicks.

7. I live in Florida and hate the beach.

8. I am a devoted Catholic.

9. I was a Nationally Ranked Archery Competitor before I started shooting.



10. I was the first lady to ever shoot a 200 straight in Trap at the SCTP National Championships.

11. I've been playing the Piano for approximately ten years.

12. I am OBSESSED with The Hunger Games.

13. I can gut a deer.

14. I drive a Black Ram 1500 Bighorn Truck.

15. I can't shoot with a hat.

16. I volunteer at a Therapeutic Barn where I train horses and teach handicapped children how to ride.



17. I know the lyrics to practically every Carrie Underwood song by heart.

18. I graduated in the top 10% of my class.

19. I WAS THE FIRST LADY TO EVER WIN THE LAST COMPETITOR STANDING COMPETITION AT THE SCTP NATIONAL CHAMPIONSHIPS AND WON IT TWO YEARS IN A ROW.

20. I broke my collarbone playing "Hide and Seek" when I was six.

21. I shot my first deer with a muzzleloader.

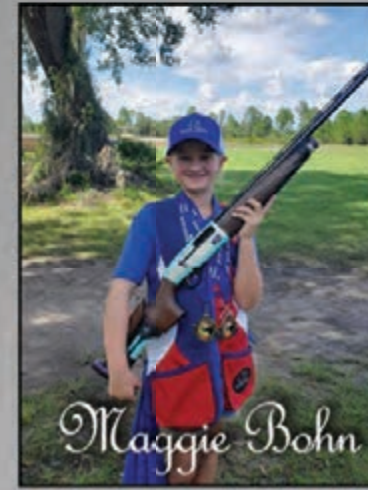
My name is Reanna Frauens and I am a 19-year-old Sporting Clay Shooter from Florida. I grew up hunting with my father, but started clay shooting approximately four years ago after joining the SCTP Team "Young Guns at Quail Creek." This team built the foundation of my shooting career, for it is where I grew a deep love for the sport and decided to dedicate a great portion of my life to it. After my strong performances in the SCTP, I switched gears and began competing in the NSCA. In 2018, I became the youngest sporting clay shooter to receive a sponsorship from Krieghoff International and I now humbly represent KI and duPont/Krieghoff. A few of my greatest accomplishments consist of being named the SCTP HOA Lady National Champion in both 2019 and 2020 and winning the 2020 Lady FITASC National Championship. I am currently competing in the NSCA Circuit and am aspiring to become a member of Team USA.



COLE FINE GUNS & GUNSMITHING



Gracie Clower



Maggie Bohn



Abigail Lynn



Georgie Seagraves



Abi Pazderski



Nicole Manhave



Karsyn Ross



Hannah Karens



Abbey Wigh



Layne Felchusen



Kayla Wilgus

THE GIRLS of TEAM COLE we are TSK USA



Harpwell, Maine | Naples, Florida - Sarasota, Florida | San Antonio, Texas
(207) 833-5027 | (239) 352-0345 | (210) 906-0857



Getting a gun that fits you isn't like making sure your foundation matches your skin tone. A properly fitted gun can mean the difference between having the most fun you can imagine and never picking up a shotgun again. Shooting a moving target isn't an easy task and when your equipment doesn't fit you, what should be a pleasurable experience can end up being closer to a nightmare. From the moment I broke my first clay I was in love—I have heard this from many people. By that logic, the euphoria that one experiences watching a moving target break can be experienced over and over every time the break is repeated. Many people get lessons to shoot better and all certified instructors are taught to check the most basic of gun fit which is eye placement and in turn head placement on the stock. I thought this was pretty much it for gun fit until I progressed in my shooting and discovered that eventually you reach a plateau—a place where effort does not always equal success.

When I started shooting, I was just a normal girl going to shoot with my brother. I didn't know what it was supposed to feel like but I knew that it was going to be intense. I didn't know what it was supposed to look like but I figured I would learn along the way. He had a pump shotgun of no name that looked like something you would see in a movie just as the police are getting ready to make a bust. My first lesson went like this... He asked me to watch him shoot a few pairs so I could observe and he sort of explained what he was doing. He prepared me for the kick that I would feel and said "Don't be afraid to put your face on the stock, if you don't it will kick." This was my first lesson in its entirety. When I shot the first shell I instantly felt the recoil. The gun felt heavy, I felt awkward and was struggling to remember to pump the shell out. I just kept telling myself to hold it tight to my shoulder and my cheek and everything would be fine. That strategy worked and I felt accomplished by the end of 50 clays.

Fast-forward to the present day where I have

Fit for Me

A JOURNEY TO THE PERFECT GUNFIT BY
NATALIA GONZALEZ

had shooting lessons from multiple amazing coaches such as Brad Kidd Jr, Michael Maskell, Diego Duarte, Michelle Miles, Gil Ash, and Joe Skull to name a few. All of these people worked with me on different things that have helped my technique, stance, and even mental game. What happens when you have lots of great information but it still isn't working out the way you want it to? Do you take more lessons? I chose to follow the advice of my good friend Shea Self, the first woman to win the overall world title for Helice shooting in 2018. One day Shea was watching me shoot and I kept missing over the top, this puzzled her because as she would watch me shoot, it seemed as if I was doing everything correctly. "You have to go see Andrew Macfarlane, he's the absolute best gun-fitter around. I have been going to him since I started shooting and I wouldn't go anywhere else." she said, concerned for my self-esteem. Her long-time shooting coach, Steve Shultz, who recommended Andrew to Shea 10 years ago, confirmed my decision to work with Andrew by calling him "The Rainman of Gunfit."

From the moment I walked into Andrew's shop in Southlake, Texas, I felt at ease. The familiar smell of gun shop penetrated the air and

the buzzing of machines could be heard from the shop in the back. I was greeted with a warm hug and the information overload began. Andrew hails from the UK and Southern Africa and has the most attractive accent. We got to work right away and the lecture on the physics of a gun began. I never knew why one should shoot the bottom barrel first, and if one chooses to switch to top for a specific pair, practice doing that is required. The feeling of the recoil from top barrel first to bottom barrel is quite different. "The gun has been designed a certain way, one for strength and two for repeatability from shot to shot, meaning that you don't want the gun to misbehave too much so that your shot to shot time factor and recovery is maximized and abuse minimized. When you move from shot to shot you don't lose that sight or movie that's playing in your head" Andrew's entire philosophy revolves around effort and the lack thereof. The level of effort required to lift your gun to your face, shoot, bring it down, open it up, and reload, should be as minimal as possible. This allows competitive and game shooters alike to feel as relaxed in the final pair as they were during the first pair. If you are not relaxed then you are overworking and tense. Tension leads to aggression, fatigue and



mistakes such as over gripping, mis mounting, and eventually loss of focus.

Once Andrew was satisfied that we were on the same philosophical page, the gun fit began. We moved from the shop crowded with beautiful guns ready to be worked on and moved to the hallway between the office and the shop. He had me mount my gun a few times while he walked around and made observations. All the while the comments and education continued. "When that bird takes off it's the leader—it tells you everything you're going to do from there forward, it shows you where you're going to move, how fast you're going to move, what angle you're moving at—you can't fight with it you have to waltz with it, you have to have a dance with that bird." I closed my eyes and opened and closed the gun and raised it to my cheek multiple times trying to keep it consistent and natural. He began to discuss and introduce micro adjustments to my stance, body posture and hands.

My gun had an adjustable comb that was set at its lowest setting and was still too high. My eye was so far away from the barrel it was almost impossible to understand the relationship of my barrel to my shot pattern. "What I am doing is I am making that gun as perfect as possible, fit to you, your physique, your whole style, therefore an extension of your eye. So that wherever you look, if you do your job right, that's exactly where the center of the spread or pattern of BBs is going to go. Now what you have to realize is that when we make a big monumental change to the gun, it takes time for the shooter to get used to it. So, you must appreciate that and know that it might take a couple of rounds of shooting for the results to become fully apparent" he warned, like getting a

new prescription for your glasses.

As he worked his magic, slowly my eye got closer and closer to the rib of the barrel. As we continued the process, the advice on shooting in general poured out of him like water from Niagara Falls. His deep-rooted knowledge about gun fit can be attributed to his European roots. "America is the absolute best at making pistols and rifles, the best—but shotguns were just something that you would shoot your daily meal with or it hung on the wall for home defense. Europeans have been perfecting their knowledge on the shooting of and fit of shotguns for hundreds of years."

One of Andrew's specialties is his understanding of the female anatomy. Our chest however big or small is never going to be as flat as a man's, making the toe of the recoil pad potentially kick out causing our guns to cant or tilt slightly. This cant may cause major issues in eye alignment. One of the things Andrew has perfected is the shaping, manipulating and bending of the stock to accommodate this as well as the unique shaping of the recoil pad for the female form.

When Andrew was done with his process, he wrote down his notes and took his measurements and left my stock set up in one of his custom designed bending machines running under a constant flow of heated oil, a proprietary blend that allows not only the bending of the stock in any way that he deems necessary to enable the perfect fit but also retains the natural appearance and finish of the wood so not to detract from the original appearance. I came back the next day and for the first time in my entire life I felt the gun and I were one. The expression "it fits like a



glove" came to mind. I was able to mount my gun consistently to exactly the right spot on my cheek and when I closed my left eye, I could see that the cant or tilt of the barrels was non-existent. The anticipation that had built up left no room to hide my excitement. There may have been a tear escape from my eye as I thanked him. Andrew quickly reminded me to take it easy, when a change this big is made, it takes time to adjust to a correctly fitted gun and the new sight pictures. "Don't even try and shoot something difficult, go to the easiest thing you can find, spend a whole box shooting two targets, what you're doing is you and the gun are getting to know each other." I immediately left to shoot my newly fitted gun. Shea took me to Dallas Gun Club where for the first time in my entire shooting life, I was able to make sense of the picture my eyes were seeing in relation to the gun. Where my eyes went, the gun went, and of course my shot went. Little effort, big reward—euphoria. ■



wilderness
to
table

www.wildernesstotable.com



@wildernesstotable

FOOD | Goose Fat Oatmeal Cookie Sandwiches

BY CHEF BRI VAN SCOTTER
OF WILDERNESS TO TABLE

There is more to wild game than grilling a backstrap! Most often the fats are quickly thrown out by hunters. Most people would avoid wild game fats in favor of traditional fats such as margarine, butter or vegetable oil. But when you dig deeper at the process of how those products come about you will quickly be running right back to wild game fats. Not only do wild game fats taste amazing in savory recipes but they are equally as stunning in baked goods as well. My quest for pure organic food led me to hunting which also led me to become passionate about using the whole animal. Most hunters will toss the fats but I see it as liquid gold. And here is why I stand behind wild game fats.

There are no antibiotics or pharmaceuticals in wild game. So, you never have to worry about the over consumption of antibiotics. Along with zero antibiotics there are also zero growth hormones added as well.

Hormones cause harm to our neurological systems yet they are used every day in conventional meat and dairy operations. Wild game and wild game fats deliver a healthy dose of omega-3 fatty acids. Wild game is actually one of the healthiest sources of good fat on earth, according to Purdue University.

Wild game also delivers a healthy dose of CLA- Conjugated Linoleic Acid. CLA is a common supplement that is used in body building and for weight loss. Wild game has an abundance of naturally occurring CLA, which in my book is better than taking a supplement.

So now that I have hyped you up on wild game fats I leave you with my favorite wild fat cookie, Goose Fat Oatmeal Cookie Sandwiches!

For more delicious recipes my New Cookbook, Complete Wild Game Cookbook, can be found on Amazon or where ever books are sold! <https://amzn.to/2H5a0vP>

For more baking with wild game fats, my eBook, Wildly Delicious Baking, has you covered: <http://www.wildernesstotable.com/new-products/wildly-delicious-baking-by-chef-bri-van-scotter>

Goose Fat Oatmeal Cookie Sandwiches

Prep Time: 30 minutes

Cook Time: 10 minutes

Yields: 12 cookies

Substitutions: You can substitute goose fat for softened unsalted butter

COOKIES

- ½ cup goose fat, solid state
- ¾ cup packed brown sugar
- ¼ cup granulated sugar
- 2 tablespoons oat milk, or any milk
- 1 egg
- 1½ teaspoon vanilla extract
- 1 cup old fashioned oats
- 1½ cups all-purpose flour
- ½ teaspoon baking soda
- ¼ teaspoon kosher salt
- ¼ teaspoon ground cinnamon
- ½ cup raisins

BUTTERCREAM

- 1 cup softened unsalted butter
- 1½ cups powdered sugar
- 1 teaspoon vanilla bean paste

Preheat an oven to 350F

In the bowl of a stand mixer add the fat, brown sugar, and granulated sugar, use the beater blade and beat for 3 minutes. Then add the milk, egg and vanilla extract and beat for another 3 minutes. Then add the oats, flour, baking soda, salt, and cinnamon and beat until everything is fully incorporated, about 1 minute. Then add the raisins and beat for about 20 seconds.

Use a medium size cookie scoop, scoop the cookies onto a sheet tray lined with parchment paper. Use your hand to gently flatten the dough to about 4 inches in width. Keep about 1 to 2



inches in between each cookie. Bake the cookies for about 7-8 minutes or until cooked through. Let the cookies cool on the baking sheet, then remove them and place them on a wire rack to finish cooling, while the cookies are cooling make the buttercream.

BUTTERCREAM

In the bowl of a stand mixer fitted with the whisk attachment add the butter, powdered sugar and vanilla bean paste. Whisk on high for 5 minutes.

ASSEMBLE

Take a cookie then spread some of the buttercream on the bottom side of the cookie. Top the buttercream with another cookie to make a sandwich. Then serve! ■





PHOTO CREDIT: WESS R. BROWN

I Want “Moor”

BY
ANDREA
BOGARD

“...I AM NAE LIKE ANY OTHER MAN. I AM A HIGHLANDER.” – VICTORIA ROBERTS

Have you ever made a list of “must-have” requirements in something? Whether its traits you want in a prospective husband/wife, evaluating a real estate purchase or looking for that “perfect” pair of boots, we’ve all made our wish list of things upon which we weren’t willing to compromise.

I do it with firearms. I look at what I want it to do, to accomplish, where I’ll be taking it and how much I’ll be shooting it. This leads to evaluation on caliber, weight, optics, recoil, energy delivery and ammunition accessibility/availability.

I needed a new rifle. So, to the drawing board I went. I wanted a rifle that would do most everything, quite simply. I wanted something I could take whitetail hunting in the Midwest, chase elk in the mountains or hunt predators across the country. I wanted a package I could trek comfortably with for miles and brace over a backpack to take a sheep at 300 yards or more. I also wanted something I could successfully punch paper and ring steel with at 1,000 yards or more on the range.

I wanted something I could shoot a lot. The only way to improve performance is to increase precision through productive practice. Quantity is part of that. Therefore, it not only has to be comfortable to shoot, but also have a readily available source of ammunition.

Energy delivery is critical for swift, ethical and accurate harvests. It had to have all of the above but be able to deliver effective one shot kills on animals from 130 to 700 pounds at distances of 50 to 750 yards. I had a 7mm Rem Mag that could accomplish a lot of those things, but there were some glaring deficiencies when stacked up against my list. I wanted “moor.”

The 6.5 Creedmoor was developed in 2007 to accomplish just that. It was a purpose-built

round designed to be effective on a wide variety of targets and species out to 1,000 yards. It had low recoil, was not a barrel burner, could effectively utilize high ballistic coefficient bullets, and ammunition could be readily obtained off the shelf. It was not a “handloader”-only cartridge. Ahhhh... I think we have a winner! Now, to find the rifle itself.

A rifle is like the ballistic version of your favorite pair of jeans. They just flat fit and feel right. In the shotgun world, there is considerable emphasis placed on fit, measurements, eye alignment and proportions. In rifles, this is not a huge topic of discussion, but is no less important. Things like length of pull and eye relief (when dealing with optics) can make or break form in rifle fit.

With this concept in mind, I sat down with Griffin & Howe to create my “just right” fit. I knew I wanted a 6.5 Creedmoor but needed to nail down the actual rifle platform details.

Based on what I wanted to do with it, the Highlander was the best option. It was a

“mountain” gun in design, with shoot ability and accuracy just as important as portability. Here’s where the fit concept comes into play.

I’m five feet tall with a short length of pull and high cheekbones. This means I typically prefer shorter barrel lengths, more compact stock dimensions and higher combs. I have never picked up a rifle and had the eye relief be right without some wiggling, adjusting and frustration. This is highly problematic in a hunting situation where immediate acquisition through the scope can be the difference between a shot opportunity or not.

We have now arrived at the Griffin & Howe Highlander in 6.5 Creedmoor. What does that actually break down to? Let’s walk through the components:

BUILT WITH PURPOSE

I’m not a big fan of cleaning guns. With all my other rifles, it has been a constant cycle of



PHOTO CREDIT: WILL HAUSER



The face you make when you ring steel at 3/4 of a mile!

THE CONTROLS

The Highlander is built on a Defiance Machine Rebel Action with a control-round feed. The three-position safety gives me peace of mind that the bolt won't snag and open unexpectedly while stalking, climbing or moving. Additionally, I can open and fully function the open bolt with the safety on, a big plus of the three-position system.

The Griffin & Howe Highlander is currently chambered in .22-250 Rem, .243 Win, 6.5 Creedmoor, 6.5 PRC, .270 Win, 30-06, 7mm Rem Mag, 308 Win, .300 Win Mag and .300 PRC. It can be created in other calibers upon request. I have had the opportunity to shoot the Highlander in 6.5 Creedmoor, 7mm Rem Mag and .300 Win Mag. All are extremely comfortable to shoot, highly accurate and purpose driven.

The Trigger Tech trigger is adjustable from 1.5 to 4 pounds. It arrives set at 2.5 pounds but can be ordered within the above adjustment range. It has a true zero-creep break and is clean, crisp and consistent. It is surrounded by an aluminum floorplate and trigger guard.

In true Griffin & Howe style, everything is finished with elegance. The integral scope rings and bases are constructed from titanium and boast the iconic full-curl ram stamp. They hold a Swarovski 3.5-18x50 X5I. This scope has the capability to take this rifle out to a mile with the turn of a dial.

cleaning, fouling shots, shooting well, group dispersion and back to cleaning. Not with this barrel. Once the barrel has been broken in, it just shoots and shoots and shoots and shoots. The only time it doesn't? Operator error.

This particular model has a carbon-wrapped, stainless steel 20-inch barrel. At the end is a two inch long proprietary muzzle break that disperses gasses at 45 degrees to the shooter, significantly reducing felt recoil and muzzle flip.

The Proof Research barrel is set in a classic, proprietary Griffin & Howe Monte Carlo shaped carbon fiber and fiberglass resin stock. It's lightweight, amazingly balanced and ergonomically constructed. The stock finish material is smooth, quiet, grippy where needed and absolutely weather resistant.

The eye relief/eye alignment is amazing. The Monte Carlo comb brings the eye up and the shape creates a beautifully consistent cheek weld. No more oblong shadows in the scope for this girl.

While we're on the stock, let's talk length. Griffin & Howe is one of the most comprehensive custom gunsmithing shops in the country. They matched my Highlander rifle build to my shotgun length of pull dimension. Now, whether shooting prone, offhand or any other position, my gun mount and cheek weld are solid, natural, comfortable and consistent.

There are a few other items in the stock of the Griffin & Howe Highlander that make it the ultimate shooting machine. A bipod can be

imperative to a successful shot, depending on the presentation. Sometimes it can just be in the way, however. With the Highlander, you get the best of both worlds!

There is a recessed metal port in the fore-end (forward of the sling stud). The corresponding magnetic-headed carbon fiber bipod slides easily into a pocket or pack for quick access. It can be attached, adjusted and removed with one hand.



The carbon fiber bipod

PHOTO CREDIT: WILL HAUSER



It's like Christmas morning!

The day you open that custom case with the Griffin & Howe logo inlaid inside, you realize you are about to embark on an incredible series of adventures. Those adventures begin when you take that rifle out, slide the bolt home and literally hold the promise of future memories in your hands.

At this point, I have had the opportunity to harvest a deer with the Highlander in addition to many, many hours spent on the range. I have taken the Griffin & Howe Highlander from under 100 yards to three-quarters of a mile. I have

carried this rifle for hours in hand and on sling through fields, woods and hills. The bottom line is this:

The Griffin & Howe Highlander in 6.5 Creedmoor is MY ultimate, all-around rifle. Targets to 1,000+ yards and game out to whatever is deemed situationally ethical, the rifle is beyond impressive, accurate and solid.

I wanted more out of a rifle. I ended up with "moor," and then some. Check out the Griffin & Howe Highlander for your next adventure! ■



For more information, call 973-810-2269 or email gunsmithing@griffinhowe.com





Tired of hunkering down?
.....

Maybe it's time to stop and smell the gunpowder at an OSP Shooting Clinic!

Shoot on over to ospschool.com/classes for a menu of dates and locations for upcoming renowned OSP Clinics.



281.346.0888
ospschool.com

Three Routines in Sporting Clays



BY VICKI ASH

We have students who call or come to a clinic and they say they shoot great at practice and don't perform well in a tournament. Our response is:

How do you practice? You shoot targets, but do you plan each shot, or do you just shoot?

Well I just shoot targets.

So, how's that working for you?

Well, not very good.

When you go practice you need to have a deliberate plan of what you want to accomplish during that time. If you just go shoot you are wasting your time and money and not learning anything.

Each shot should have a plan of where to see it and where to break it and most importantly, the sight picture you need to have to make the target break. Prediction, then execution of the plan. If you don't predict the shot, it is nearly impossible to repeat the plan as you don't exactly know what you did to make the shot come together. That information goes into the short-term memory part of the brain and it's called short-term because you can't recall it to repeat it again.

The pre-shot routine is so you can be crystal clear to the brain what you want it to do to make the shot happen. Every peek performer has a pre-shot routine that they do each and every time they take a shot. You have seen basketball players before they make a free throw—they do a routine that is exactly the same each and every time they get ready to take the shot. The routine should be

short, but something you are comfortable doing and do it in the same rhythm each and every time you shoot. It is even more important to do it when you are practicing. You want to take your practice game to the tournament. That is why you practice, but if you don't do it in practice and then go to the tournament, your brain doesn't know what to do because you have changed the game plan.

The post shot routine is next. After you have shot the targets, then pause and look right back to where you shot them and replay the shot. The best time to reinforce the shot is right after you have taken the shot and smacked the targets.

If you missed the target, then you need to do a correction routine to figure out how to correct the miss. You must change something—where were you looking to find the target, did you read it incorrectly in the break point or did you misread the speed and line of the target?

For some reason most shooters don't want to do either of these two routines, so they speed up and get out of rhythm with their bodies. Panic will sometimes follow this because there is indecision of how to hit the target. I won't close my gun until I know what the correction is and then do my pre-shot routine to get my rhythm and heart rate back to normal. You must slow the process down so that you can get to your normal rhythm or you will go too fast and miss targets. Too many people just shoot more times and not know who showed up today, but they are not doing what they are used to doing.

The core purpose of our visual processing system is prediction. Without a routine, our brain cannot predict. ■



Griffin & Howe
Where A Legacy Is Crafted

HIGHLANDER RIFLE
DESIGNED BY THE BEST FOR THE BEST

Exclusively from Griffin & Howe

The Highlander Rifle – light enough to be a mountain rifle but balanced enough for a safari – truly the best of all worlds.

A classic Griffin & Howe Monte Carlo Stock shape, lightweight carbon fiber and fiberglass construction, a single stage trigger, and a Proof Research carbon fiber wrapped barrel gives every hunter the advantage.

Please contact our Showroom for a personal demonstration and experience the made-to-order Highlander Rifle.
The quest for your next trophy begins here.

GRIFFIN & HOWE SHOOTING SCHOOL, SHOWROOM & GUNSMITHING
270 Stanhope-Sparta Road, Andover, NJ 07821 (Hopatcong)
Shooting School & Showroom: 973-398-2670 | Gunsmithing Shop: 973-810-2269
griffinhowe.com

© 2019 Griffin & Howe. All Rights Reserved.

Valentine's Day Gift Guide

Conceal-her: A Different Kind of Concealer



Ares Slim Concealed Carry Crossbody \$189 gungoddess.com



Crossroads Fitted Concealed Carry-Vest \$124 gungoddess.com



Concealment Leggings \$79 thewellarmedwoman.com



Concealment Undershirt Tank \$58 thewellarmedwoman.com

For the Lady in your Life Who Wears Many Hats



Laksen Ladies Balmoral Tweed Cap \$53 williampowell.com



Monroe Rancher \$112 gigipip.com



Range Hair Hat \$30 agirlandagun.org

For the Wild Woman in Your Life



Wild Woman Box \$38 month to month \$113 3 month prepay

This monthly box is curated for the outdoorsy and active woman by bringing gear, snacks and outdoor inspiration right to your door! You'll be ready for all of life's adventures - big or small! wildwomanbox.com



Common Tree Moss Resin Ring \$25 etsy.com

Conversation Pieces She's Passionate About



Origami Fox Dangle Earrings \$32 etsy.com

Gifts for Him



Buck Pulse Shirt
\$12
etsy.com



Pheasant & Cartridge Cufflinks
\$102
furfeatherandfin.com



Heritage Double Canvas & Leather Gunslip
\$333
furfeatherandfin.com

Chestnut Apple Watch Strap
44mm
\$150
claytonandcrume.com

Leather Monogrammed Sunglass Strap
\$35, claytonandcrume.com



America's Crate Subscription Box
\$35/mo for 12 months
\$40/mo for 3 months

There's never been a more important time to stand up for companies that choose to make their products right here in the United States.

americascrate.com



Tri Fold English Hide License Holder
\$30
furfeatherandfin.com



IT'S TIME TO SHOW WHO WE REALLY ARE.

GUN OWNERS CARESM

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

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

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

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

GunOwnersCare.org

NSSF[®]
The Firearm Industry
Trade Association

2nd Amendment Discussions

EDUCATE.EQUIP.EMPOWER
BY ANDREA BOGARD

Happy New Year! Welcome back to 2A Discussions. Last time we discussed the amazing phenomenon of five million people agreeing on anything. As of September 2020, just under five million Americans agreed that purchasing a firearm for the first time was a good idea. Whether due to a pandemic, supply rationing, unemployment, a presidential election, who knows? No matter the reason, that number has showed no sign of slowing down ([see our debut issue of LadyShooter LifeStyles Fall 2020](#)).

So, now what? Based on the fact you're reading this; you most likely shoot and/or own a firearm. Your ability to do either one of those is preserved by the 2nd Amendment.

"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."

The 2nd Amendment isn't just something that applies to one type of firearm over another. That means that rifles, pistols, shotguns and muzzleloaders all fall under this umbrella.

Let's read on. Since you're here, you place value on being informed on your discipline. That means you want to be educated. The ads strategically placed throughout indicate a desire to be equipped. And, the point of practice, competition, growth, progress and performance can arguably be empowerment.

Today, we will look at an organization that focuses on these things and the protection, support and preservation of the 2nd Amendment. Enter: the DC Project.

The DC Project is a woman founded organization emphasizing firearms safety, education and responsible gun-ownership. Founded by Dianna Muller, their mantra is

"educate, not legislate. The premise is that education is the key to violence prevention and firearm safety, not legislation.

It has a three-pronged mission – education, preservation and advocacy. The emphasis on education is stressed to both community members and legislators. Preservation of America's gun culture across a vast number of concealed carry holders, competitive shooters, hunters and shooting recreationalists is the second component. Without representation of the increasingly restricted 2nd Amendment across all lifestyles, all forms of gun ownership are potentially at risk. Finally, the DC Project focuses on the unique perspective of advocacy for women as gun owners – "gun rights are women's rights," according to their philosophy.

One of the more interesting things about the DC Project is the intense diversity. This is a non-partisan group of women spanning the depth and breadth of the shooting world. From professional shotgunners and 3-gun competitors to law enforcement and renowned shooting instructors, the advisory board of the DC Project presents a vast wealth of knowledge, experience and education when it comes to advocating for the preservation of our 2nd Amendment. Some of their most recent legislative advocacy projects include Red Flag Laws and National Concealed Carry Reciprocity.

They are definitely a group to follow for ways to help protect our Constitution and way of life. You can read more about them here!

dcproject.info

Do you have a group to watch or legislation you want to discuss? Send a message to andrea@ladyshooterlife.com ■



TRAIN LIKE A CHAMPION,
TAKE THE HARD SHOTS,
AND LEAVE IT ALL
ON THE FIELD.
-JULIA STALLINGS
TEAM USA
BUNKER TRAP



TRAP SALES
RENTALS
COURSE DESIGN
TRAP ACCESSORIES

SEE OUR FULL LINE
OF TRAP MACHINES
AT MATTARELLIUSA.COM
AVAILABLE
EXCLUSIVELY AT



BRILEY
HOUSTON, TEXAS
MATT@BRILEY.COM
832-473-0366



Triumphant Trifecta

MY 3-GUN ADVENTURE BY NATALIA GONZALEZ
PHOTOS BY DAN'NIEL MCKNIGHT

I remember when I was a kid I always felt as though I was on the outside looking in. I remember being afraid of trying new things. Anything that would put me in the spotlight even for a moment gave me anxiety. Thankfully, I outgrew most of this anxiety and I have tried all sorts of new activities in my adult life. Wakeboarding, rock climbing, mountain biking, windsurfing, skiing, and even shotgun shooting. Obviously, I fell in love with the latter so when I was asked to participate in the Fall Fest 3-Gun competition (also called multigun) and 3-Gun University (3GU) put on by A Girl and A Gun (AGAG), I was thrilled to say the least. Any opportunity to shoot guns and feel the empowerment that comes with them is a recipe for a good day. I have learned to embrace trying new things almost as a lifestyle and learned that opportunity is a gift that must be explored so that new passions can emerge from every corner of life.

Having never attempted a sport like this I immediately reached out to some very nice people I know that do 3-Gun matches at Briley Manufacturing. They were generous enough to let me borrow all their cool gear. 3-Gun requires a different type of shotgun than I use for sporting clays so I had to borrow that too. As it turns out, the ammo shortage was also an issue. The guys at Briley Manufacturing kindly donated the ammo I would need for all three guns as well. Pack'n Heat generously donated a set of their Chrome Series Earplugs which came in more than handy. The custom molded earplugs I wear for sporting clays don't quite measure up to the type of shooting done in 3-Gun.

With my publisher, Stacey Stephens, at the wheel, we took off from Houston, Texas on an eleven-hour road trip to Talladega, Alabama. But first, we had to stop at the 5.11 Tactical Store for some tactical style pants; which did not open until 10am, much to Stacey's dismay for our late start. When I was packing for the trip the night before, I realized that in order to properly use the Velcro

belt needed to hold all the accessories for this sport, I needed a pair of pants with belt loops, which I did not own. Plus, any excuse to buy cool gear for a new activity is always fun.

We arrived to the hotel late that night and I had class first thing in the morning and the anticipation was gnawing at me. I have shot an AR a handful of times and a pistol even less so I wasn't sure how this was going to go. However, I figured that with being proficient with one out of three guns I should be alright. I was in for a rude awakening. We arrived about five minutes before the class started at CMP Talladega Marksmanship Park. I sat down at an empty chair. Every seat had a backpack from Ruger Firearms filled with goodies. AGAG is known for giving out the best swag bags in the industry and today's bag did not disappoint—Ruger donated metal cups, a hat, a survival kit filled with a mask, a neck gator, and hand sanitizer. Our first day began with some classroom time. Rebecca King and Beth Walker, both professional 3-Gun shooters were our educators for 3GU. It was their job to help us learn and prepare for the match



Rebecca King demonstrating different shooting positions

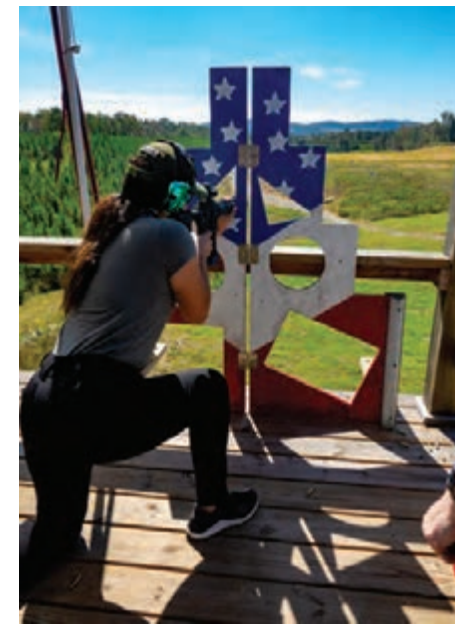
that would begin on Friday. As I sat and listened to them go through their power points I glanced around the room. It was filled with women of all ages, shapes, and sizes. That's one of the things I love about shooting sports, the only thing that matters is how badly you want to get out there and shoot.

We broke into groups and it was time to break out the guns. I started with Rebecca King, she took us to the sight in range and taught us how to sight in our rifles. The range had some workers downrange so we had a late start on the actual hands-on experience. However, Rebecca does not like to waste time so she pulled out a cardboard cutout of an AR that someone else had brought and began showing us different shooting positions. Once we sighted in our rifles, we headed to another range to practice shooting at different distances. There was about 10 of us in the group so we partnered up and took turns shooting, with the non-shooter confirming hits on the steel plates set between 100-500 yards away. This is when things got interesting. I was partnered up with Jenn "Clobbers" Card. The



nickname Clobbers comes from her other sport, Roller Derby. She is a roller derby champ who was set to participate in the world championships this year on Team USA but then COVID happened. It was during the boredom of lockdowns and quarantines that she discovered 3-Gun. She is the owner of a Camp Gladiator franchise in North Carolina. With her business shut down for a time, she focused all of her energy on 3-Gun. I was so inspired by her story, she didn't let anything keep her from living her life to the fullest, and in the process, she discovered a new passion in 3-Gun.

I got to meet the photographer for the event. Dan'niel McKnight was energetically stepping and ducking around us taking photos and I got a



chance to talk to her when we both walked away to our cars for something. Turns out she was a newbie to the sport as well. Her son had been shooting for a few years and she finally decided to try it. She had gotten connected with AGAG and borrowed gear from Rebecca King who also lives in Oklahoma. She learned how to hold the gun two weeks before the event then made the journey from Tulsa, Oklahoma, to the event to photograph and participate in the PCC (Pistol Caliber Carbine) event for the staff. Dan'niel had just come off a cancer scare and wasn't going to let anything get in the way of her trying something new. Dan'niel kindly provided the photos for this article.

Our next hands-on adventure took our group to see Beth Walker, a lovely young woman from Indiana. This was the shotgun portion of 3GU. It was interesting to see that most if not all of the women in our group were the least proficient with the shotgun. Almost all made comments about how this was their least favorite gun, or that they were afraid of the shotgun. Luckily, they had Beth Walker on hand to show them how easy it can be to handle and speed reload a shotgun. As a sporting clays shooter, the idea of loading more than two shells into my shotgun was completely foreign to me. Beth showed us how to move from one box to another whilst reloading the shotgun up on our shoulder. I have to say walking and chewing gum has nothing on running and reloading.

When we were finished, we sat around and talked with Beth about everything from how we got into shooting to how many times some of the ladies had attended 3GU. I learned that Beth is

only 19 years old and already sponsored by Ruger Firearms. She is on the board of the DC Project and is going to school. I talked with some of the women that had driven up from Florida. A tight-knit group of ladies that have been shooting together for years. These ladies could not stop laughing and having fun if you paid them.

Amongst them was a tough as nails, down to earth woman named Gretchen Laiuppa. Gretchen had suffered an injury that left her with a shattered shoulder and was now recovering from her second surgery. This left her unable to lift heavy guns like her shotgun so she was only competing in the PCC match portion of the event. Her energy and unwillingness to let an injury keep her from doing the sport she loves was more than inspirational. It was downright moving.

The next morning, we resumed a short presentation in the classroom and headed back out to the range. Pistol shooting with Beth was first on the agenda for us. Pistols have always made me feel a bit uneasy, I have the least amount of experience with them, whereas the other ladies were most experienced and comfortable with their pistol. I was shooting a pistol I borrowed that was probably way too advanced for me with optic sights and a big heavy grip. One at a time we practiced shooting steel plates that flip down when hit and make a satisfying ping when hit. Most of the women shot beautifully on this round. I struggled quite a bit due to a failure in my technique called "limp-wristing" which meant that I wasn't holding the gun properly. Because my grip wasn't firm enough and my wrist was not held straight enough or firm enough, the frame of the firearm was traveling rearward at the same time that the slide was traveling rearward interfering with the mechanics needed to cycle ammo properly. I was beginning to feel the same feelings some of the women had expressed during the shotgun portion. It was so interesting to see how all of us loved guns but not necessarily the same guns.

After lunch we moved on to another session with Rebecca King, using all three guns this time. We did a few drills where we set up all three guns and shot one at a time, safely dumping each one in the designated spot just like in a real match. I couldn't believe we were dumping loaded weapons into five gallon paint buckets. This may sound odd but in reality, it was quite safe and once I got over this fact, I was really able to experience what a 3-Gun match might feel like. A range officer holding a timer, standing behind you



Gretchen Lauppa

at all times, ensuring that you don't break the 180 (keeping gun pointed in a safe direction always.) For the first time I was picturing myself shooting this new game. I couldn't wait for the match to begin. But first, we had to learn how to do a walk-through on the stages for the match.

After two days of shooting I was thrilled to have a day without any guns in my hand. Lugging three gun cases to and from the range for two days had already been exhausting enough. The match consisted of 8 bay stages that were designed by John Crowder. Each had been given a name to commemorate the movie Talladega Nights. Rebecca took us through each stage and showed us how she prepares for a match. Taking note of each target, type of target, gun placement, and even when she would most likely reload. We took videos of each stage which I reviewed later that night in my hotel room. I rewrote each set of notes to include a different color for the guns I would use and in what order. This was all beginning to feel so real. The stages were buzzing with fresh faces for the competition. I could hear some of the ladies chatting about some of the pro shooters like Ursula Williams, Jen Blake and Dakota Overland, who is just 17 years old.

During the walk through I got to spend some time getting to know Ronnie Siegel Marks, a retired school vice principal from New Jersey. Ronnie travels to matches with her husband John Mark, who is a range officer and volunteers while his wife shoots. Ronnie is a certified range safety officer and is the lead facilitator for the New Jersey chapter of AGAG Club. Ronnie and I found out later that we have a mutual friend,

Grace Callahan a professional sporting clays shooter sponsored by Syren USA Shotguns. Grace's brother shoots 3-Gun and has coached Ronnie in the past. Ronnie was actually one of my favorite new friends. She is profoundly knowledgeable and helped me understand some of the stages better. Ronnie got into the "Talladega Nights" spirit by sporting some great Ricky Bobby t-shirts. "If you ain't first, you're last."

I woke up the next morning feeling utterly prepared for the match thanks to 3GU and eagerness to begin was taking over my thoughts. The red Alabama dirt was wet from the rain that hadn't stopped since the night before. The Clubhouse was busy with activity of shooters coming in to register and ladies shopping for



Ronnie Siegel Marks

AGAG gear. A few vendors were displaying their goods—Mary Dixon of Primer & Co. had her classy t-shirts on display. Stacey and I both purchased one that says "JUST AN ORDINARY MOM TRYING NOT TO RAISE COMMUNISTS." Before the match we all gathered on the back porch of the clubhouse for opening announcements, the safety brief, and a photo of all the ladies, masks on of course.

The rain fell soft and intermittently throughout the rest of the day and provided a nice muddy ground for us to compete on. Though the ground was damp, the mood wasn't, every competitor was eager to show off her skills and prove to herself that she could do it. Our first bay stage was Stage 6 named "All Jacked up on Mountain Dew." This was a shotgun and pistol only stage. I got to watch a few of the ladies go first. In my squad I had three pros—Rebecca King, Jen Blake, and Gina Roberts, a transgender woman from California and a strong advocate for gun rights. I got to talk with Gina a bit and her respect and admiration for all of the ladies at the event was evident. I watched as the seasoned pros moved through the stage with precision and tact that only years of practice could bring. I found myself feeling not even a little bit anxious for some reason. When I compete in sporting clays, I typically have some butterflies during the first station but for this, I felt nothing but excitement. Perhaps because I knew there was no way I could do well at this sport having only practiced for 2 days or maybe it was because I knew that I was amongst friends. Every woman wore her smile proudly and seemed more interested in



The rain didn't dampen the mood

encouraging the ladies around her than her own performance.

When it was finally my turn, I ran up to the Range Officer ready to hear the most important question of the day "Shooter ready?" I practically yelled "Ready!" the timer went off and I moved through the stage with my borrowed Honcho pistol made by Phoenix Trinity Firearms. Remember the "limp-wristing" I mentioned earlier? Well it was happening again. Here I was, all eyes on me and my gun kept malfunctioning, not because it was dirty, or the rounds were too light, but because I wasn't holding it properly. I could hear the RO telling me to lock out my wrists as I was shooting, pulling the slide trying to remove the spent round while keeping it pointed in a safe direction and not thinking about the timer that hadn't stopped counting. There are no time outs in this sport. Finally, I gave up on the pistol, I clicked the safety on and dumped it in the



Jen Blake

designated bucket. I was relieved to grab my Benelli M2 shotgun, a familiar weapon that gave me the comfort I needed to finish the stage. Hearing the ping and fall of the metal plates, suddenly realizing it was time to reload. I forgot to put the gun up on my shoulder and instead tried to reload it the way I would in sporting clays between pairs. I quickly realized my mistake and threw it over my shoulder, dropped a few shells and continued to jam ammo into the gun. I finished the shotgun targets, flicked on the safety and waited to hear my time. For every target I didn't hit or engage I was given a penalty added to my time. Par time was 240 seconds and I was well above that but I didn't care. I did it. I did my first 3-Gun stage and was met to cheers and



applause from all the ladies. Encouraging comments flooded my ears as I walked back to the staging area.

The next stage was shotgun and rifle only. I quickly thanked the Lord that I wouldn't have to shoot the pistol for at least another 45 minutes. Stage 7 called "A Big Hairy American Wining Machine" was fairly challenging. There were a few targets that had to be shot with a slug. Slugs rounds are not even allowed on sporting clays courses and I had only shot them a few times with Beth three days before. I struggled to hit them then, this time I figured rather than trying to hit them, I would just shoot in their general direction, pray, and move on. I slowly moved thorough the stage hitting the shotgun targets and then dumped my shotgun in the trash bin. I grabbed my rifle and moved through the last portion of the stage. There were barriers and targets that had to be shot in a certain order because you could only see them through certain angles between the barriers. I ended up not even engaging some and thus had time added. By this time, I was already exhausted. The adrenaline was like nothing I had ever felt before in all of my adventures. I looked around and saw nothing but smiling faces, despite the rain, the ladies were enthralled. They were hungry for their chance at conquering the stage and for each woman the definition of conquering was very different. For me, I just wanted to finish it without getting disqualified. For others, it was to dominate and produce the quickest time. This was so far out of my comfort zone yet I was having fun. I realized that I needed to socialize more now that the hype

of the first two stages was out of the way. This is where I met Jen Blake. She's a pro 3Gun shooter out of Ohio. She also owns a kayak rental business and has two beautiful boys. Her boyfriend Derrick was on hand to help her out and he generously did a lot of filming for the ladies on our squad. I even saw him give up his rain jacket so Jen could put it on her shotgun as it lay on the table waiting to be used. At this point I started to really notice all the pretty custom colors and accessories that the ladies had on their guns. My favorite was Brittney Anderson's AR with a custom ceracoat done by Viktor's Legacy.



Brittney Anderson and her custom ceracoat AR

As the day went on, we shot two more stages and then it was time for a quick lunch. We had just shot four stages and should have been done for the day but due to the inclement weather headed our way for Saturday, the event organizers decided to attempt to shoot six stages that day leaving only two for the following day. I was wiped out and my shoulder began to hurt like nothing I have ever experienced. I am used to shooting easily 300 rounds a day with my shotgun for a week at a time during big tournaments. Never before have I felt so much as an ache—here I had a sharp pain that radiated from my shoulder joint, around, and down my arm to the elbow. With the National Sporting Clays Association National Championship only a week away I decided to call it and bow out of the rest of the competition. I came, I tried, and I did it. I stepped out of my comfort zone into 3Gun and I did it. Out of all the ladies that came, new and experienced, I think I was the only one that didn't finish. Does that make me feel weak? No. Does that make me feel less than? No. Every single woman out there was real, she was raw, and she was challenged. I made the commitment to be real and raw in this experience and to share that with you, our audience. I hope that you can read this article and be inspired. Inspired to try something new, inspired to share your experiences and inspired to always be true to yourself. Listen to your body and know that no one is going to judge you.

I came back the next day to watch the awards; this was probably the most entertaining time of the week. The ladies were excited, the air felt heavy with anticipation. There was a scheduled walk through of the prize table, a foreign concept to me. I learned from Jen Blake that at 3Gun matches there are prize tables that everyone gets to walk around and look but not touch. Based on the order one finishes, the winner gets to walk the table and pick a prize of their choice. This match

is the only all women's 3Gun match in the country; giving women an opportunity to get amazing prizes as there is no lady's category at the other matches. I saw guns from Glock, Sig Sauer, CZ-USA, Walther, Ruger, Benelli, and range bags from Voodoo Tactical, Wild Hare, and Patriot Cases filled with gift certificates to buy optics from XS Sight Systems, Vortex, and more. Gift Certificates from Briley, Gun Goddess, Brownells, Troy, Safariland, Savage, and all kinds of other goodies littered the price tables. As the women walked the tables you could almost see their smiles through their masks.

I didn't come to win, I didn't come for the prizes, I came to try something new. I came to meet some amazing ladies, and most of all to be myself. I am Natalia, I shoot shotguns competitively, and I love it. I gave 3Gun a try and I have to say that this sport may not become my new passion and that's okay. The ladies I met on my adventure were the best part of it all. I can scarcely find the words to describe how I felt after this competition. I came home feeling empowered, inspired, and most of all I felt that I should really spend some time practicing my pistol skills. My last night in Talladega was spent gathered around with Jen Blake, her boyfriend Derrick, and the best range officers around. These guys volunteered their time just to come help out with this event. We drank homemade cocktails and played UNO till the wee hours of the night. I left the next day early and the ladies went back to the range for more. Jen went back and took first place in the multi-sport match where the ladies took part in different shooting events such as cowboy action, 5-stand, and others

that most of them had never done nor practiced. I am already looking forward to Fall Fest 2021. I know that AGAG will put on another amazing event September 28th - October 3rd at Lucas Ranch in Cross Timbers, Missouri.

For more information, please visit the registration site at www.agirlandagun.org/fallfest

I look forward to seeing some new faces there! ■



Welcome to our Showroom

WE SPECIALIZE

IN SHOTGUNS FOR THE CLAY TARGET SPORTS AND BIRD HUNTING. WE ALSO CARRY RIFLES AND HANDGUNS. OUR BRANDS INCLUDE: BENELLI, BERETTA, BLASER, BROWNING CAESAR GUERINI, FABARM, FAUSTI, FRANCHI, RETAY, SYREN, AND WINCHESTER.

BRILEY

A Legacy of Shooting Innovation.

1230 Lumpkin Rd, Houston, TX 77043
 800-331-5718 • 713-932-6995
WWW.BRILEY.COM
WWW.BRILEYFIREARMS.COM



What's in My Shooting Bag?



THE JEN BLAKE EDITION

If you've ever participated in any kind of shooting sport with a single gun you know you have a bit of gear, however, preparing for a 3Gun match, the guns and gear are multiplied by three! Of course, you'll need the three guns for starters.

GUNS

I use a semi-auto 12 gauge with an extended magazine tube to hold the maximum amount of shotgun shells, an AR-15 semi-auto rifle with a few special upgrades added to make it more personalized and competition ready (such as Rise Armament Trigger, Hogue Inc. G10 15-degree grip) with a Crimson Trace Scope and an Atlas Gunworks custom built Hyperion semi-auto 9mm.

Heading to my first competition, I knew how to operate the firearms but had never attended a match. I flew from Ohio to Atlanta, GA with only a pistol and used loaner guns that they had available for the ladies. You don't have to have the best of the best—most people show up with what they've got and make it work and slowly improve their gear over time. Multi-Gunners are always ready to lend their gear and help out newbies too! After one match, you really start to feel like you've got some new family.

After that, I was hooked and with every paycheck I purchased a little more of the stuff I needed because I knew I HAD to do that again! I even put an AR-15 on layaway.

AMMO

Most major matches recommend bringing 250 rounds of pistol, 250 rounds of rifle ammunition,

150 rounds of birdshot, and 10 shotgun slugs. For practice, self-defense, and competition ammo I use Ammo Inc. I'll bring four 30 round Hexmags (rifle magazines) and one mag that actually holds up to 60 rounds. In order to not end up with tons of empty ammo boxes, I transfer the rounds into cute canvas ammo bags with patches labeled for 9mm & 556 made by Run and Gun Apparel.

GEAR

I use the red Safariland ELS Belt System, holster, and their pistol and rifle mag pouches. The best way to reload your shotgun on a stage is to have them stored in caddies on your gun belt, my favorites are the EZ Load and Safariland brands.

SAFETY

Safety is always the most important thing on our minds, so I always wear ESS (Eye Safety Systems) ballistic glasses with multiple interchangeable lenses. If it's cloudy and I need clear, or sunny and I need tinted—I can quickly change the lenses. Wearing certain types of hearing protection for the entire day, three days in a row can be uncomfortable. I use custom molded electronic ear pro by Harris & Sons, which protects ears from loud gunfire but allows you to hear all other lower decibel noises. I never forget to pack chamber flags to put into the guns so everyone can see the guns aren't loaded.

EXTRAS

Leading up to a match, the match director will send out updates via email for anything special we

need to prepare for, such as a special type of target, obstacles, rules, or maybe to let us know we need a sling. I pack a range finder so I can find the distance of the long-range targets. I keep a Sentry Products Group scope cover on when I'm not shooting to protect my scope from dirt, rain, or even fingerprints. I also use the Sentry Products Group Armadillo's on each of my long guns to protect them from getting too hot while in the sun, or the rain depending on weather. I also pack some "just in case" items like a durable pocket knife from Hogue Inc, a Sentry armorer's kit for any repairs needed, gun lubricant, and multiple shoes (waterproof boots, trail running shoes with large rubber cleats, etc).

You'll definitely need a way to carry everything. I use the Hogue Inc. Double Long Gun Bag. It's padded inside and has a divider to keep them separate. It has special pockets to hold my rifle mags and my Briley shotgun chokes. I keep my pistol protected in the Hogue Inc. pistol bag, which also has a place for all five of my magazines and my Uplula pistol mag loader (aka my fingers' life saver).

I'm sure it seems overwhelming, but I think it's worth it! If you need discount codes on any kind of gear, advice, or even concealed carry classes, please don't hesitate to reach out! I am always happy to help ladies discover their love of shooting 3Gun or even guns at all. ■



@gun_girl_jen
gungirljen@gmail.com

The Huntress

A chic spin on a timeless tradition—for the woman who never compromises on fashion.



GET THE LOOK:

Quilted Shooting Vest, \$90, krsaddleshop.com |
 Cashmere Orange Tartan Scarf, \$18.04, amazon.com |
 Mid-Rise Cargo Pant, \$89.99, kevinscatalog.com |
 Langdale Waterproof Boots, \$229.95, ariat.com |
 X Leather Belt, \$129, kevinscatalog.com |
 Elk Ivory Ring, \$305, peggyhouchin.com |
 Handmade Pheasant Feather Brooch with Shot Cartridge, \$5.66, etsy.com |
 CZ Redhead All Terrain 12g 30", \$1159, czusa.com |

Sporting Clays

Cute, Comfy and Clay Worthy!



GET THE LOOK:

Quilted Thermal Vest with Stand Up Collar, \$116, gastonglockstyle.eu |
 High Rise Leggings, \$98, shop.lululemon.com |
 Go Forth Hat, \$29.99, agirlandagun.org |
 Radians Low Set Safety Glasses, \$14.99, gungoddess.com |
 Beretta Shooting Shoes 490, \$195, estore.beretta.com |
 White Buffalo Ring, \$185, peggyhouchin.com |
 Syren L4S Sporting 12g 30", \$1990, syrenusa.com |

EAST VS. WEST WINTER FASHION TRENDS

Domestic

*When she must
take nature to the
next level.*



GET THE LOOK:

Hunter Tee, \$17.99, gwgclothing.com |
Irma Skirt in Navy Plaid, \$58, joyfolie.com |
Fur Leather Pouch, \$199, kevinscatalog.com |
Leopard Calf Blue Suede Belt, \$136,
kevinscatalog.com |
Wild Thing Wool Hat with Leopard Band, \$96.99,
thebrim.co |
Leone Necklace, \$285, reagancharleston.com |
Leone Ring, \$220, reagancharleston.com |
King Pavon Booty, \$417.98, reypavon.com |
Dinosaur Bone Sterlin Cuff (Custom), \$600,
peggyhouchin.com |
Ruger 1S Med Sport Single Shot, ruger.com |

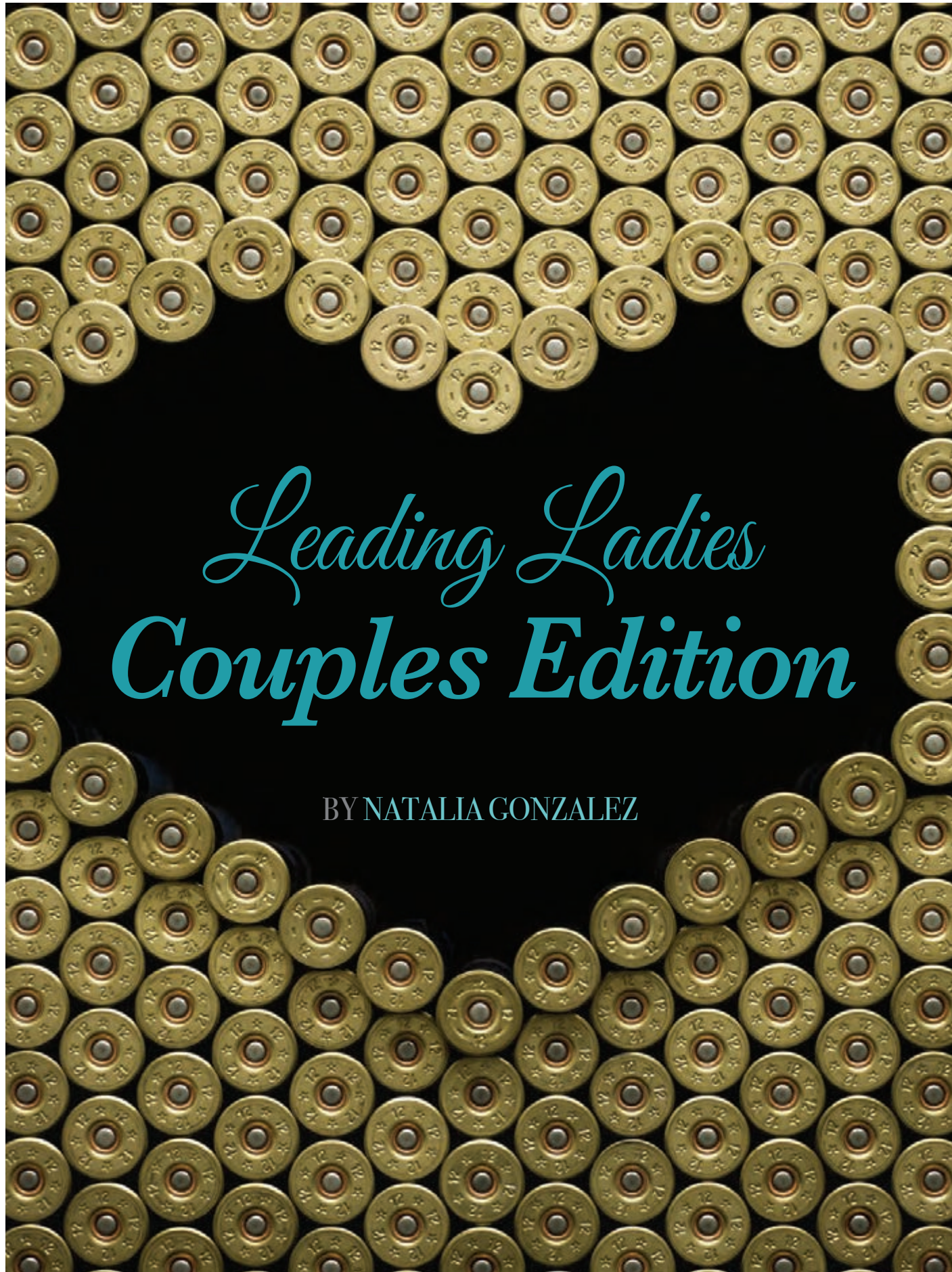
Across the Pond

*Classy comfort for
a day in the
countryside.*



GET THE LOOK:

Huntress Shooting V Neck Sweater, \$129,
kevinscatalog.com |
Tartan Maxi Elegant Skirt, \$54, airycloth.com |
Billie Leather Band Felt Hat, \$78,
freepeople.com |
Rey Pavon English Boot, \$545, reypavon.com |
Ron Scott Flintlocks Bag, Custom Made to
Order, ronaldscottflintlock.com |
Tan and Gold 'Skin' Overlay Cuff, \$534,
saragunn.com |
London Souvenir Rings, \$257,
saragunn.com |
Take Flight Feather Stud Earrings, \$122,
phoebecoleman.com |
Fausti Magnificent 12g, 30", faustiarms.com |



Leading Ladies Couples Edition

BY NATALIA GONZALEZ

In our last issue, we paid tribute to some remarkable ladies in our Generations feature which took us on a journey through the years and generations of three incredible ladies that were influenced by their fathers and loved ones to become heavily involved in shooting. This inspired us to create our new Leading Ladies feature. Each issue will include inspirational stories from some leading ladies in the shooting world.

Sometimes there is nothing like a good old fashioned love story to warm the heart on a cold winter day. With Valentine's Day being around the corner, we were moved to kick off our Leading Ladies section with some love stories of our own.

The Couples Edition of Leading Ladies takes us down the winding road of true love to three amazing couples. These ladies and their husbands are both heavily involved in shooting and have graciously sat down with me to tell me all about their love story. I have always been fascinated with couples' stories—how they met, how they fell in love, when they knew they were in love, and how they decided this person was the forever home for their heart.

So, grab a warm and cozy blanket and light the fire because these three couples have quite the stories to tell.

DIANA
MEIN & DERRICK
MEIN

When Diana left for college, she had no plans to shoot or become a shooter. However, life had other plans. After a friend suggested she give it a try, Diana joined her college shooting team and found herself in love with the hobby that would lead her to her future husband. After shooting trap for a while, the same friend suggested that she might like to get to know a guy named Derrick Mein, whom she described as one of the best shooters in the country. Diana and Derrick began talking on the phone, and a few months later Diana found herself on a life changing road trip to Derrick's college, Lindenwood University. Diana says, "What did I just do? I just drove six hours to meet a guy I don't know. I'm sitting in the stands of a baseball stadium, watching this guy pitch." Thinking to herself that this was a crazy idea, Diana waited to meet the guy that she had been crushing on.

Luckily Derrick's pitching skills on the field



impressed her, though she was nervous the entire time. She had to wait for the double header to end before they could go on their first date. They had dinner, and then met up with a friend of Derrick's and went dancing. It didn't take long for Derrick to decide to leave Lindenwood University and head to Kansas State where Diana was patiently waiting. When it was time for Diana to head home to California for the summer, Derrick being the awesome boyfriend that he was, let Diana borrow his first gun, a Beretta 390. He forgot to tell her that the gun can't be cleaned. Every time he would clean it, something would break. "She cleaned it," Derrick laughed. "It was pretty much being held together by the grass that was growing on the inside," Diana giggled. When she called Derrick to tell him what happened, his only response was, "Oh yeah..." Thankfully their communication has improved since then.

Only a year apart, Derrick graduated with a degree in Animal Science with an emphasis in Business and Diana finished shortly after with a degree in Animal Science with an emphasis in Production Management. Derrick moved back to his family farm in southeast Kansas and waited for Diana to finish school. A year and a half later, they moved to Ohio where Derrick had been offered the job to design the original two sporting clays courses at the Cardinal Center in Marengo, Ohio. "I'm just lucky she wanted to tag along," Derrick recalls fondly.

A year later they moved back to Kansas to run Powder Creek Shooting Park in Lenexa, Kansas.

Diana ran the inside, and Derrick ran the outside. "With Diana's vision, we took it from kind of looking like a strip club to what you see now at the club house. It was a metal building with bars on the windows," Derrick said. "It was bad, there was no patio. No curb appeal. We did all the landscaping and redid the interior," Diana says proudly.

In 2014, Diana was offered an amazing opportunity to work for an animal nutrition company, Cargill. Doing something now that was "a little more in my wheel house," Diana moved on in May, and by July Derrick was looking for new opportunities outside of Powder Creek. This sparked Derrick's full time move to building his shooting brand including competition and coaching. This most recently includes a switch from shooting sporting clays full time to shooting Olympic Bunker Trap. Derrick qualified for the 2020 Olympics and is working on a documentary with Thaddius Bedford of Liquid Image, Inc.

As the saying goes, "first comes love, then comes marriage, then comes the baby..." Rylie Ann joined the family in 2016, and the Meins settled on a nice property in Kansas about two hours from Claythorne Lodge, where Derrick had spent a lot of his life training to be one of the best shooters in the country. Adding Rylie to the mix of their already busy lives left Diana with a little less time to shoot. Having been used to going everywhere with Derrick to shoot tournaments, she quickly found out that Rylie would just have to come along.



With Derrick's family ranch being "just close enough and far enough," Diana enjoys having her in-laws profoundly involved in helping with Rylie. Surprisingly, they have not let having Rylie slow them down or keep either one of them from their love of shooting. They can't shoot a tournament together, but they can tag team. And Rylie is already showing signs of following in her parents' footsteps. When presented with her very first weapon, a pink Red Ryder BB gun, she shot a few shots, walked up to Derrick's dad and said "Poppa, I'm already a good shooter."

When I asked them what they like to do for fun, their response did not surprise me. "Go to shooting tournaments," they both said at the same time. With the bulk of their friends being in the shooting world, they have enjoyed travelling as far as Dubai to participate in the sport that brought them together. As a rule, they enjoy one non-shooting trip each year. Sometimes it can be a staycation or a trip to Mexico.

In a surprising turn of events, Diana does not really enjoy hunting, so instead Derrick has started grooming Rylie as his hunting partner. This year he decided to take Rylie to opening weekend of turkey season, and she was very excited when her uncle got one. Rylie now has her sights set on joining her dad on a deer hunt before the year is up. Diana would rather "stay in my fuzzy socks and cook breakfast." She did join Derrick on a deer hunt once. She had been interested in shooting one particular buck they had seen on their deer cams. Not 45 minutes into the hunt, the buck stepped out, and she dropped him. Her entire deer hunting experience lasted all of one hour. "I went, I did, I conquered," she proclaimed with satisfaction. Last year they took their English Cocker to a pheasant hunt and a

driven bird hunt. Rather than hunt, she enjoyed playing with the other dogs.

The couple is currently waiting on the International Olympic Committee to set out their rules for the rescheduled Olympic Games. Decisions of who is going and who can come watch are still under review. One thing has been decided. Diana's parents will come in from California to watch Rylie because true to form, Diana wouldn't miss a chance to watch her husband do what he does best. Derrick is mainly concerned about one thing, "I don't think it would be right without the fans cheering in the stands, without the added pressure of shooting in front of fans." "I think he thrives on it," Diana



chuckled. "I do what I do best when I get in front of crowds. I show off," Derrick said casually. Diana loves to watch him show off, and when he qualified for the Olympics, with tears in her eyes, she thought to herself, "The last three years were worth it".

Unlike her husband, Diana especially enjoys taking the pressure off her shooting. Nowadays the competition is really just a hobby. Accepting the fact that her priorities are elsewhere for the time being makes it all the more fun. With nine girls under the age of seven in their group of shooting friends, the next few years promise to be an adventure for all. Thankfully they have amazing babysitters at events, such as Kayla Wilgus, whom is the oldest of the children from the friend group. She loves to help watch the kids. "As a father, I can look at her and say she's a great role model for the girls." Derrick says, feeling blessed to be surrounded by so many amazing ladies.

It seems no matter what is going on in their busy schedules, both Diana and Derrick enjoy just being together. Along with their two semi-hunting dogs and Rylie, they continue to take on any obstacle life throws at them.



CATHERINE KRUSE & CORY KRUSE

When Catherine was 13 years old, she wrote a note to her best friend in school, as most of us used to do when the teacher wasn't looking. In this note she wrote, "See that boy shooting with me in that picture? I'm going to marry him one day." This note was long forgotten until Catherine and Cory tied the knot, and her friend presented them with the note as a gift. Catherine is the daughter of Ed and Mary Ann Arrighi. Born into what I like to call a shooting family, her father, a long-time competitor and gun club managing partner, was also Cory's first ammo sponsor when Cory was just 16 years old. Cory, whose long list of accolades can officially deem him a professional shooter now, was just the cute guy on the range back then and just another one of the kids that Ed mentored. When Cory first met Catherine, it was clear that she was "off limits" if he wanted to stay on Ed's good side. Thus, most interactions with her did not go beyond a cordial and friendly greeting. As both got older and began dating other people, a friendship developed through hanging out at shoots in a group setting. Still, they never crossed that friendship line until one night when just the two of them went out.

It was this night that a first kiss would be shared, leaving Catherine nostalgic about the feelings she had always carried with her. The next morning when she spoke with Cory, he told her not to mention their kiss to anyone at all. This left Catherine feeling as though Cory was ashamed of their kiss and possibly even regretted it. Little did she know that it was only one person he was worried about finding out, her dad. After that night, Catherine decided to move on from her childhood crush and pursue a fast-paced career in oil and gas, as well as other relationships. She ran into Cory often because of shooting and a friendship remained; never mentioning the night of "the kiss." Years later, she was in a relationship that seemed to be headed towards engagement. When she mentioned this to Cory, his reaction finally gave her a glimpse of how he had really felt all along. "He turned like a pale white and almost fainted," she recalls with a smile. "I felt my whole world crushed," says Cory. Later that night with a little help from a bottle of Crown Royal Black, Cory finally worked up the courage to confess his feelings to Catherine.



PHOTO CREDIT: @SHOWICKENNAQUINN INSTAGRAM

Interestingly enough, on her way to the event where this confession took place, Catherine couldn't help but be unsettled by the feeling that something wasn't quite right with her soon-to-be fiancé. When she pictured herself marrying him, it didn't make her feel the way she thought it should. Not because he wasn't a great guy, but there was just something that caused her to question. This led her to her favorite place to seek answers: prayer. She asked God to give her a sign. Not more than 12 hours later she got that sign. Although, since that sign came with the help of some Crown Royal Black, she did ask Cory to repeat his confession the next morning.

When it was time to tell Ed about dating Catherine, Ed and Cory got interrupted by a phone call urging Ed to come to the hospital because a cyst on Catherine's appendix had burst. With their conversation cut short, Ed's only response was, "mind your Ps and Qs, and everything should be fine." A few days later when Catherine was home from the hospital, Ed posed a very important question. "If you and Cory break up, can Cory and I still be friends?" Catherine quipped back, "what if he does something awful?" Ed bantered, "but I love Cory, he wouldn't do that." This was all Catherine

needed to hear in order to know that she was on the right path towards her childhood dream.

Now that it wasn't a secret, the relationship began to blossom. They were engaged 9 months later and married 8 months after that. On October 12, 2012, Catherine married Cory and her schoolgirl dream became reality. The couple immediately jumped into building their dream life together. Both were busy with work and their focus was building up their savings for a wonderful future. Life felt like a fairy tale until three years later when Claire was born. It wasn't until the challenge of raising a child together that they discovered just how much communication plays a vital role in a relationship. Having two different views on how to raise Claire, both parties were forced to really dig deep and deal with some baggage from the past. Once again, they pressed into prayer and found the guidance and peace that only comes from the Lord and His word. "Now we're able to steward each other's hearts the way God intended," Catherine explained.

After being referred to as the "perfect couple" by many friends and acquaintances throughout their vast network, a feeling of burden from that title moved them to make an important decision.

They needed to commit to being open about their struggles in order to remain true to their faith as well as potentially help others that might be struggling. Catherine recalls the memory of shedding the perfect couple image “because we are so redneck together and just love redneck things, everyone just thinks that we are perfect, and it was such a heavy burden to bear. If you only knew what happens at home.” “Nowadays whenever you bring Jesus into the picture, people think; oh... here we go, another bible thumper,” says Cory. “The reason we are talking about it is because it saved us, it saved our marriage, our personality, our family, our livelihood, our life, it saved us.”

Once asked Catherine why she didn't bring her gun to shoots and shoot at least one event, and her response was heartwarming in its sincerity. “I see myself as a shooter's wife at these events, and my job is to be here to support my husband.” Catherine's love for her husband and her family is far understated in her “shooter's wife” comment. After a successful career in oil and gas, she has fully embraced being Cory's wife, and together are building a shooting empire of businesses. Along with coaching and an outside sales job with C&G Boats LLC, Cory is the technical side of Kruse Shooting. He provides an impressive list of services from building a gun club to developing a sporting clays range. After running an event-based business, Catherine has



spearheaded the pioneering new direction of the former Kruse Interests, working to transform it into the array of projects coming down the road for this new season. During a visit to Bethel Austin Church at the invitation of some friends, the Kruse family began to feel drawn west. Traveling from Houston to Austin every weekend became normal. Feeling so drawn to the church community that was beginning to feel like family, the search for a new home began. After spending most of their married life in and around the Houston area, they made the big decision to move in order to be closer to church. Just as the world was preparing for a lockdown, the Kruse's moved to their dream destination—a 25-acre property in an aviation community (Cory has been working on his pilot's license) with gorgeous views and wildlife out every window. Since moving, there have been a few animals harvested from the guest bedroom window and wild turkey, now named Mr. Gobbles, has taken up residence outside their home.

On the rare occasion that a night off is possible, it is almost always spent enjoying the peace and quiet offered by the landscape that surrounds them. Friday nights are especially

focused on welcoming the biblical day of rest also known as the sabbath, which is now being observed by the Kruse family. Along with their two dogs, their turkey, and Claire, Cory and Catherine are continuing to seek God's provision and blessing in everything they do.



ELIZABETH LANIER FENNELL & WILL FENNELL

When Elizabeth tagged along to some shooting lessons she had given her ex-husband, she never imagined that it would lead to a second career and her second husband. Having begun her professional career out of college as an interior designer and architectural project manager, she left the workforce to be a full-time mom. She was suddenly busy raising three children, being a team mom, room mom, a PTO president and a school advisory board member, as well as serving on the boards of numerous community organizations, Elizabeth dedicated all her time to her children and her community.

She discovered her love of shooting while taking the lessons that her husband didn't use, with Henry Baskerville in Richmond, Virginia. With the kids loaded up in her suburban, car tv on, happy meals in hand, and air conditioner blasting—Elizabeth finally took time for herself. She loved it so much she bought herself a clay thrower and had her coach come out to the house so the kids could just stay in the house doing their activities. Elizabeth took this passion and worked her way up to a NSCA Level 3 shooting instructor, and founded a women's shooting group called GRITS, Girls Really Into Shooting. A serendipitous journey was leading her to a new chapter in her life. “Everything happens for a reason—you don't always know why, but everything happens for a reason,” Elizabeth said casually about her life thus far.

In 2015, Elizabeth was in Florida visiting a friend and exploring the options of a GRITS chapter there. She was interested in learning more about FITASC, so she hired Will Fennell for some lessons, having crossed paths with him before she was familiar with his reputation for being a good shooter and coach. One thing led to another—they ended up spending a weekend shooting, having delicious food and expertly poured wine and even went Dutch on the bill. Elizabeth went back home to Virginia and didn't hear back from Will for four days. Will jokes that he was hungover, Elizabeth jokingly swears he was afraid she would turn him down. Finally, she got a call from Will, “So if I buy you a plane ticket will you come back and visit me?” “Let me check my schedule...” she joked. When I asked Will what he thought after their enchanted weekend, he exclaimed “She's HOT!” Elizabeth



could be heard in the background laughing and asking “Please don't write that.” Ever the modest and elegant woman that she is Elizabeth said “We just both are who we are. There is no sugar coating, no glossing over. What you see is what you get.”

This was the beginning of their courtship. “We just had so much fun connecting together. The obvious thing was shooting, not just shooting but also teaching, long discussions on how to teach people, what works and what didn't,” Will said fondly, remembering those beautiful moments when he fell in love. “We both love hunting, we both love travel, to meet somebody that drives our passions like this, at this stage in our life...” Will continued. “Another thing that lights me up about Elizabeth is her passion about shooting and getting people started.” He is clearly so fond and so proud of his wife. She evidently feels the same way, “He's so kind, he's very affable, he's got a great laugh. When we started dating, everybody would say ‘Don't you just die with those eyes?’ and I said, ‘You know I see his eyes, and to me they are a window to his soul. I am seeing deeper than that, he is such a gentleman. He opens doors, he pulls out chairs. I am an independent woman but I am not a liberated woman. I don't need anyone to take care of me, but I certainly enjoy it.’” Elizabeth proclaimed.

“When we decided to get married, we literally went to a Justice of the Peace and didn't tell a soul. This was about us—this was just something

we decided to do. We did not need everyone else to be there.” Elizabeth recalls the special moment fondly. “I took a bottle of champagne and we went to Will's mother's house. She saw Will more dressed up than usual and I had the marriage certificate behind my back. She was thrilled and we had champagne with her.” Then she proceeded to call her adult children in birth order. Elizabeth has three children from her first marriage and Will has really taken them on as his own. They have really gotten close and love calling him to chit chat and ask for advice.





When I asked Elizabeth what day this happened, she said, “It was April 24th-25th? How often is it that the guy remembers the wedding date more than the girl?”—this being a perfect example of how down to earth she is. Her focus is not on dates, nor winning competitions, she just loves to live her life with the ones she loves and doing what she loves to do best—decorate, create, teach, and of course shoot. Her latest endeavor has proven to be one of her most treasured. She is currently the Lead Instructor at Kiawah Island Sporting Club in South Carolina. Though this marvelous opportunity is three hours away from her home with Will, she has taken on the exclusive prospect to use her talents at the highest level. Their love and admiration for each other doesn’t need physical proximity to thrive. With COVID rearing its ugly head, the previously part time residents of Kiawah Island have left their primary residences across the country to spend most of their time in paradise. Elizabeth was busier this year than any other year, teaching the big city “refugees” that fled to their vacation homes on Kiawah Island.

In addition to their love of shooting, their love of family is the only thing that takes priority. Will

has an elderly mother that he takes care of nearby their home in Rock Hill, South Carolina and Elizabeth has an elderly father that she takes care of in Charleston, South Carolina, just minutes from her employ at Kiawah Island. “Will and I are comfortable with our relationship and we are very used to living independent lives. If he has to travel to teach, he travels. When we come together everything is great, we have no set expectations, we don’t live our life that way”, Elizabeth explained.

Before the job at Kiawah, they had a regular “date night” planned for Thursdays. They would block out their schedules so that no one could book lessons and they would go shooting together. With the new job and the rise in demand for her time, their regular date night has been put on hold for whenever they can get together. “I’m very lucky to have a profession that I never ever have gotten tired of or feel like I’m going to work—for me, I’m just going to have another amazing day. I put so much energy in my coaching, when my students hit targets, I scream and I woohoo! I do happy dances!” Elizabeth stated with complete and utter gratitude for the life she has.

“The biggest passion that Will and I share is our love of teaching people, no matter what level shooter you teach”, Elizabeth said appreciatively. Together they also run Fennell Shooting School. Will loves to accompany Elizabeth to events and can attest to the level of fun had by all who attend as well. “Someone actually thought that a person had been shot”, Will recalled of a time when Elizabeth and the GRITS were laughing so hard and having so much fun that the sound of “cackling hyenas” was mistaken for an emergency when heard all the way down the hill.

As the competition season winds down for Will this year and no end in sight for the many requests for a lesson with Elizabeth, the Fennells continue to live life one day at a time and enjoy the journey every moment. Physically together or apart, nothing seems to phase these two lovebirds, who for the whole of our interview, couldn’t stop gushing about their partner with a proud love and sincere affection that warmed my heart. ■



ARIZONA

STATE CHAMPIONSHIP & B&P FITASC GRAND SLAM

MARCH 10-14, 2021



MAIN EVENT
200 Target Event
\$199

B&P FITASC GRAND SLAM
200 Target Event
\$299

PRELIMINARY EVENT
100 Target Event
\$99

SUPER SPORTING EVENT
50 Target Event
\$49

SUB GAUGE EVENTS
50 Target Events
\$49

5 STAND EVENTS
50 Target Event
\$49

COYOTE SPRINGS SPORTING CLAYS

7800 W OLD AJO HWY | TUCSON, AZ 85735 | COYOTESPORTINGCLAYS.COM

REGISTER @ SCORECHASER.COM



BEAUTY | Moisture Madness

BY EDITOR,
NATALIA GONZALEZ

Baby it's cold outside... Well maybe not for our friends in South Florida, however, during these winter months our skin goes through many changes. The drier and colder climate can dry us out like the desert. What do we do? Most of us apply some sort of moisturizer to calm the dryness. The number one complaint I get from clients at my esthetician practice is that their dry skin persists even with the daily use of the fanciest of moisturizers. What is the deal?

We will start with the obvious. Not everybody needs the same care.

In our looks obsessed culture, it is important not to fall into the advertising trap that is set to get you to buy more products. More products don't always equal better skin. In our last issue, I broke down the skin care process into its four basic categories of products. Now we will expand on how to achieve moisturized skin.

When you have oily skin, often times this means that your skin has a compromised barrier function and it is harder for your skin to retain moisture. This can cause surface dryness also known as dehydrated skin. When the skin is dehydrated, it actually rushes to produce more oil. In order to fix this, one must find a way to rehydrate the skin and then seal in that hydration. The same can be said for chronically dry skin, however the type of moisturizer is much heavier and more emollient feeling for this type of skin.

STEP 1: REHYDRATE THE SKIN

Drinking more water is one way to rehydrate the skin, but that doesn't work right away, drinking more water is a daily process that yields results later down the line. Hydrating serums work quickly and are effective, sometimes immediately, because they have smaller molecules that penetrate the skin on a deeper level. These can help significantly but only when the pores are open and can effectively absorb the hydrating serum. Look for serums with hyaluronic acid

which will hydrate and plump unwanted fine lines. A fresh natural alternative is fresh aloe vera gel. For less than \$2 you can pick up an aloe vera leaf and make your own serum.

Find a hydrating serum that you just love, love the way it feels on your skin, the way it smells, this will encourage daily use and help heal the skin faster. Apply the serum after cleansing and/or toning to optimize absorption, the skin should be slightly moist, not completely dry. Gently massage the serum all over face in small circles, also stimulating blood flow and lymphatic drainage. Remember, more serum does not equal more benefits, your skin can only absorb so much product so a dime size amount is usually plenty.

STEP 2: SEAL IN HYDRATION WITH MOISTURIZER

Once you apply the serum, you must seal it in with your moisturizer. Ideally this would be done twice a day to keep the skin at optimum levels.

If you have oily skin you want to find a good water-based moisturizer that will feel light on your skin and won't clog your pores. With the consistent use of a good hydrating serum some people can even do without moisturizer.

If you have very dry skin, look for a moisturizer that is thicker and has a heavier feel. The emollient-based moisturizers will sit on top of the skin and the larger molecules will seal in the hydration and moisture. A natural alternative could be olive oil which is an excellent makeup remover as well. It can leave a nice layer of oil on the skin that will work as effectively as most retail moisturizers.

STEP 3: A HYDRATING MASK

Once a week it is good to do a hydrating mask. Something that you leave on for 20 minutes and wash off. There are tons of masks on the market and they are now sold at the checkout lines in stores everywhere. Be careful with these as they

sometimes contain harmful ingredients and can actually dry out your skin even more. Unless you are purchasing a mask from a licensed professional, I suggest looking into natural options instead. One of my favorites is manuka honey. This is special honey that contains higher than normal levels of antimicrobial and anti-inflammatory properties. A manuka honey mask will leave your skin feeling hydrated and soft.

Follow me on Instagram for more skin care tips.

@luxebautyhouston

Our Top Picks

Restore All Moisturizer
Luxe Beauty Houston
\$96
luxebautyhouston.com



Superfood Air-Whip
Moisture Cream
Youth to the People
\$48
youthtotheppeople.com

ORMEDIC Balancing
Biopeptide Crème
Image Skincare
\$74
imageskincare.com



Intensive Moisture
Balance
Dermalogica
\$72
dermstore.com



Imperialis
LUSH
\$28
lushusa.com

Water Drench
Peter Thomas Roth
\$52
peterthomasroth.com



Peter Thomas Roth
Water Drench
\$52
peterthomasroth.com

Water Drench
Peter Thomas Roth
\$52
peterthomasroth.com

INDEX OF ADVERTISERS

Briley	41	McKenna Quinn	6
Cole Gunsmithing	19	National Shooting Sports Fdn (NSSF)	15,33
Coyote Springs Sporting Clays	55	OSP Shooting Clinics	28
Gray's Shotgun Cache	58	Pack 'N Heat Products	17
Griffin & Howe	29	SyrenUSA	5
Mattarelli USA	35	The Wilderness Reserve	13

COMPANY MENTIONS

5.11 Tactical	40	Kruse Shooting	52
A Girl and A Gun	31,36-40,45	lululemon	45
Airycloth	47	LUSH	57
America's Crate	32	LuxeBeautyHouston	57
AmmoInc	42	National Sporting Clays Association (NSCA)	2
Ariat	44	Patriot Cases	40
Atlas Gunworks	42	Peggy Houchin	44,45,46
Baschieri & Pellagri (B&P)	2	Peter Thomas Roth	57
Benelli	39,40	Phoebe Coleman	47
Beretta	45	Phoenix Trinity	40
Briley	42	Primer & Co	40
Brownells	40	Prois	8-12
Clayton and Crume	32	Reagan Charleston	46
CMP Talladega	36-40	Rey Pavon	46,47
Crimson Trace	42	Rise Armament	42
CZ-USA	40,44	Ronald Scott Flintlock	47
DC Project	35,37	Ruger	36,40,46
Dermstore	57	Run & Gun Apparel	42
Down to Earth Yoga Studio	16-17	Safariland	40,42
ESS Eye Pro	42	Sara Gunn	47
Fausti Arms	47	Savage Arms	40
Fennell Shooting School	54	Score Chaser	55
Free People	47	Selous Technologies	20-21
Fur Feather and Fin	32	Sentry	42
G.R.I.T.S.	53,54	Sig Sauer	40
Gaston Glock Style	45	SyrenUSA	45
Gigi Pip	31	The Brim	46
Girls With Guns	46	The Well Armed Woman	30
Glock	40	Troy	40
Gun Goddess	30,45	UpLula	42
Hexmag	42	Viktor's Legacy	40
HK Knives	42	VooDoo Tactical	40
Hogue	42	Vortex Optics	40
HuntingLocator.com	14	Walther	40
Image Skincare	57	Wild Woman Box	31
JoyFolie	46	Wilderness to Table	22-23
Kenzies Optics	42	WildHare	40
Kevin's Catalog	44,46,47	William Powell	31
Kiawah Island Sporting Club	54	XSSights	40
KR Saddle Shop	44	Youth to the People	57



**Gray's
Shotgun
Cache**

"Where Our Customers Send Their Friends"

Doug and Susie Gray
806-622-8142
www.mynewshotgun.com



**WE KNOW WHAT IT TAKES TO MAKE A
GREAT WOMEN'S SHOOTING MAGAZINE!
ORDER YOURS TODAY!**



LADY SHOOTER
LifeStyles

(Published: January, March, May, July, September and November each year)

NAME _____

ADDRESS _____

ZIP CODE _____

DAYTIME PHONE NO. _____ e-mail: _____

START MY SUBSCRIPTION FROM (CHECK BOX): January March May July September November

PLEASE DEBIT MY CREDIT CARD

\$32.25 WITH AUTO RENEWAL DISCOUNT
(PLEASE USE MY CARD EACH YEAR UNTIL I CANCEL)

\$35.95 - USA

\$70 - OUTSIDE USA
(MAKE CHECK PAYABLE TO LADYSHOOTER LIFESTYLES)

Credit Card No.

EXPIRATION DATE: CV2 CODE:

Card Holders Name Signature

LadyShooter LifeStyles, 9002 Western View, San Antonio, TX 78023
subscriptions@ladyshoooterlife.com Tel: 210.377.1117

