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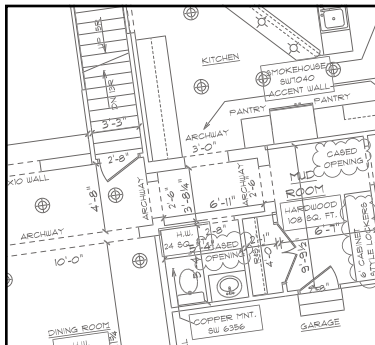
NORTH CAROLINA

ISSUE 10 • JUNE 2012
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Meet Janna Carlton

*Tomatoes,
Summer's Greatest Gift*
by Jennie Goins

*The Decision
for Self Defense*
by Cherie Jones



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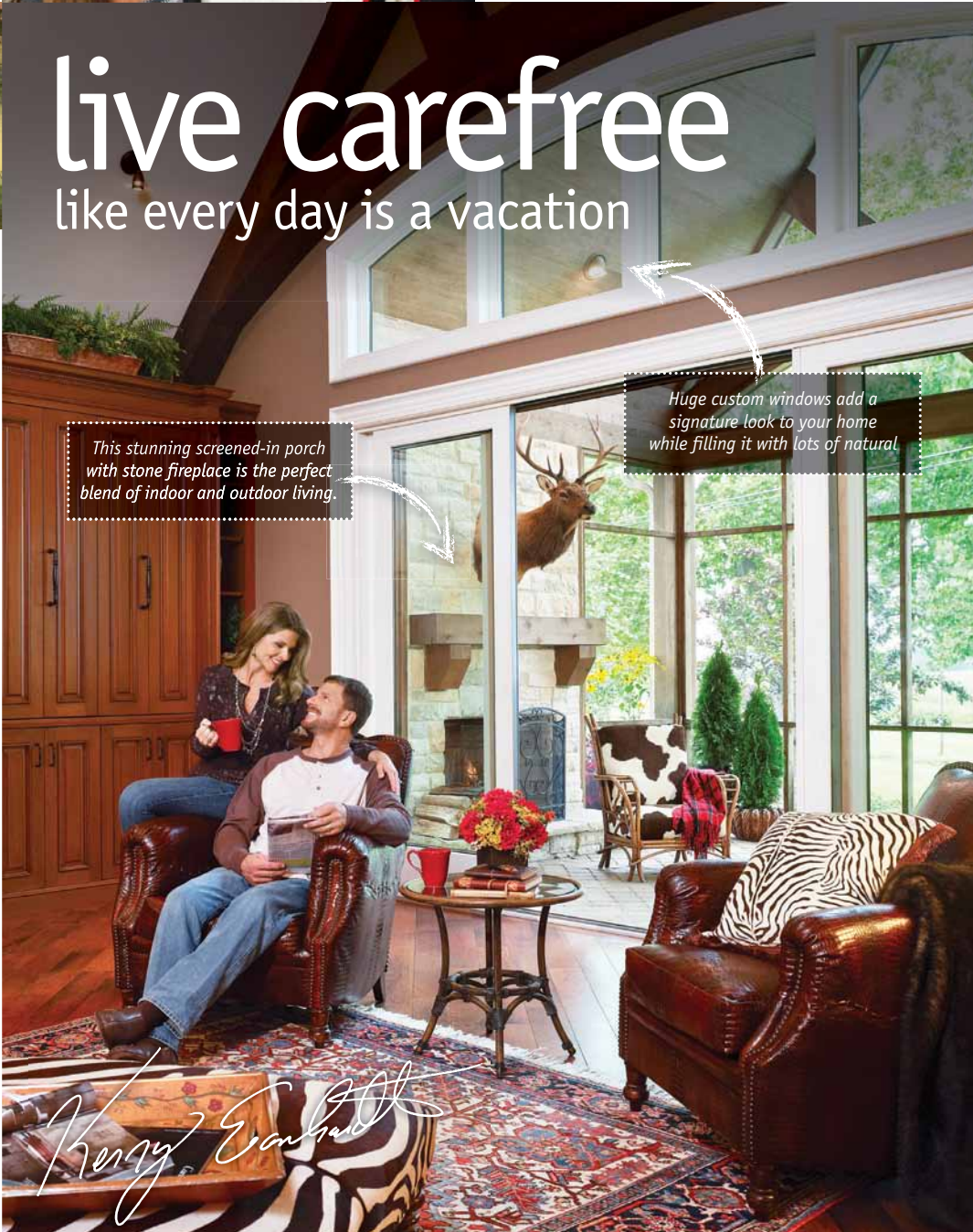


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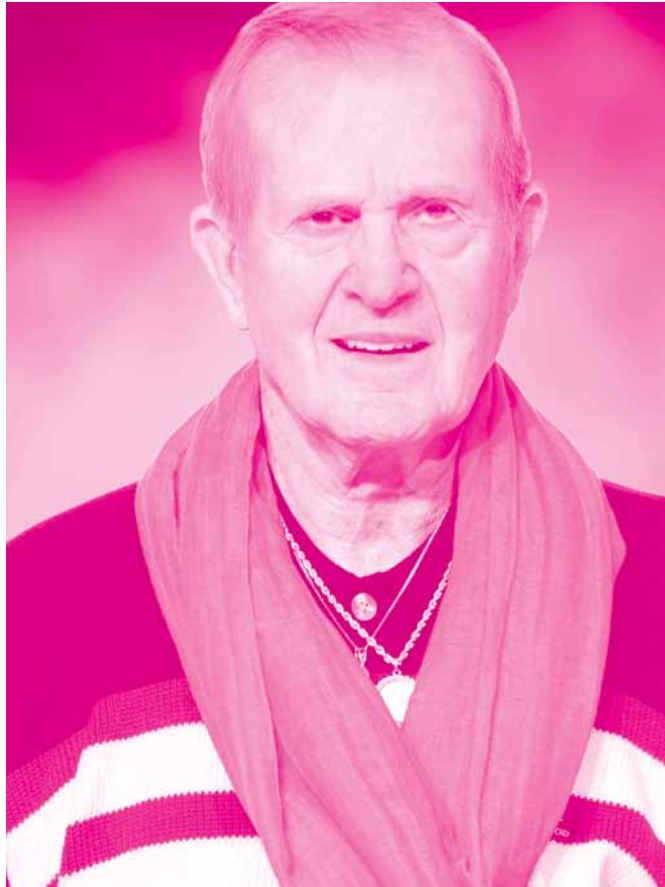
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Meet James “Allen” Sneed.



Allen is a male breast cancer survivor that has a lot to say to other men about this disease. He first noticed something wrong one day when he pulled his glasses out of his shirt pocket and as they grazed his chest he felt pain. This was something new but then he noticed a nipple discharge and more pain in the left breast. He knew there was a big problem and went immediately to the doctor. After some tests they confirmed he had a very aggressive breast cancer on the left side but his pacemaker was on that same side which complicated things.

The medical team did surgery on his breast cancer, moved his pacemaker to the other side of his chest and removed 19 lymph nodes all at the same time. After which he had 4 months of chemotherapy and 33 straight days of radiation treatment. In the end he was strong and recovered nicely. He

recalled that many women and some men in his family were also diagnosed with breast cancer and it had a genetic link.

The most important part of Allen's journey was his faith and appreciation to the many churches in Yadkin County that prayed for his recovery. His church was without a pastor at the time so he asked others in the community to help him spiritually through this trial. The morning of his surgery he had 7 pastors/ministers show up at the hospital to be with him and 36 people from many different churches came to sit with his wife Wilma. They kept praying for him until he was completely recovered. He made it his mission to thank each church in person and took out an ad in the Yadkin newspaper thanking everyone in case he forgot someone. "I felt and had been told by doctors that I was a miracle from God since my cancer was so aggressive".

Old Lucky is an important part of Allen's journey. Old Lucky is a stuffed snowman that he won at the hospital the morning he was told he was cancer free. He carried Old Lucky everywhere with him that day and has a place of prominence at the Sneed home.

One piece of advice Allen wants other women and men going through cancer treatment to know is that no matter how food tastes, eat like you normally do. Food had no taste but he knew he had always liked it so ate everything he always had. Throughout his treatment, when many people lose weight and get weak, he never lost a pound and stayed strong. "You must have the strength physically so your body can help the medicine save your life". Allen felt strong throughout his treatment and remarked "Many people ask WHY ME but I just figured cancer attacked me because I was strong enough to take it". He also had so much support from his wife and family, his medical team, Cancer Services and his Lord and Savior Jesus Christ that cancer finally gave up.

Meet Kim Garrett.

Kim is a survivor. Kim is a fighter. Kim is amazing.

When you first encounter Kim, you think – wow, what an incredible and positive woman. Her enthusiasm is contagious. Her smile will enchant you. You would never know what trials and challenges the last two years held for Kim.

At the young age of 38, Kim was diagnosed with Stage 3 Breast Cancer. During her yearly doctor's exam, Kim's doctor found a lump. He sent her for a sonogram which was negative. Yet the lump got bigger and more painful. She became an advocate for herself. She returned to her doctor who sent her for a mammogram which detected what she feared. Kim, who is not a stranger to fighting illness having dealt with Crohn's disease in the past, chose chemotherapy, surgery, a double mastectomy, and radiation. In her words, "it was brutal."

In reflecting on her own story, she credits her mom for hanging in there with her. Her mom Martha was her pillar of strength. "Everyone helped. Family and friends were awesome. They inspire me. Life inspires me," says Kim. She utilized Facebook to update her support group and was amazed by the outpouring of kindness. She did not take this disease lightly and did not take it laying down either. Instead, during this battle, Kim completed her Master's degree in Criminal Justice. Kim also wrote a book about her life.

At the time of this interview, Kim was actively searching for work. She was looking to put her new Master's degree as well as her life experience to the test. Kim resides in Davie County and is an inspiration to all those who know her. She is one of the North Carolina Triad Affiliate of Susan G. Komen for the Cure's faces of breast cancer for 2012.

The North Carolina Triad Affiliate of Susan G. Komen for the Cure® -- along with those who generously support us with their talent, time and resources -- is working to better the lives of those facing breast cancer in our community. Through events like the Komen NC Triad Race for the Cure®, we have invested

more than \$3.5 million in local breast health and breast cancer awareness projects in the 10-county triad region that we originally serviced. We now serve 11 counties with the addition of Rockingham County into our service area in April, 2010. Of the funds generated by the Komen North Carolina Triad Affiliate, 75% of net proceeds stay in our service area. The remaining income goes to the National Susan G. Komen for the Cure® Grants Program for energizing science to find the cures. Our vision: A world without breast cancer. Our Mission is to eradicate breast cancer as a life threatening disease by advancing research, education, screening and treatment.

One in eight women is diagnosed with breast cancer. Kim Garrett was one of those women. Kim survives and now is ready to keep living and keep inspiring others.

Meet Kim. Kim is a hero.





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Robin Brickey: Update From The Road

By Sarah Fedele

You may remember Robin's story in a prior Outdoor Woman article. Last November, Robin celebrated a very special anniversary, the one year anniversary of her two heart attacks. How did this Kernersville, NC, resident celebrate? By running nine miles, her longest distance yet.

That was just the beginning. Robin has lost over 90 lbs. and since the beginning of this year, she has completed two half marathons. She ran her first half marathon at Disney World in January and completed the inaugural NC Half Marathon at Charlotte Motor Speedway in March.

"I still have many more on my list to run and I am in training for a full marathon," shares Robin. "I am not pushing myself on a time limit for a full marathon, but just continuing to increase my speed, distance, and endurance."

Robin has also reclaimed her health. Her cardiologist reduced her to yearly check-ups and took her off every medication except a minimal



amount for preventative measures. "God has given me several opportunities to share my story: on the web through my blog <http://runskinny-girlrun.blogspot.com>, and by allowing me to speak at special events. I want to help others to overcome and prevent heart disease," says Robin.

For more information on how you can work towards a healthier lifestyle to help prevent heart disease, visit www.heart.org.

(View page 63 for a delicious heart-healthy recipe).

Robin's Top 5 Tips for Beginners

- » Get the proper shoes for your feet. Go to a professional running store and have them fit you for the correct shoes.
- » Buy running apparel. Running is easier and safer if you are comfortable and have the correct clothing. Make sure you have safety equipment when you run: lights, clothing that reflects, and a way to contact someone if you fall or are hurt.
- » Always have water with you in some way.
- » Never run with your back to traffic. Run against the traffic so cars can see you and you can see cars.
- » Take running one step at a time. Never push yourself beyond what your body can do. Ease into running to build up distance, speed, and endurance. Listen to your body. If you need to rest, rest!



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Editor's Letter

Hello, Everyone!

I hope that you all have been getting outdoors! We have had some really nice weather - enough to enjoy a myriad of activities. As you will see from our June line-up, North Carolina is the ideal place for outdoor women, men, and children.

First, as a follow up to the May article celebrating the 100th year anniversary of the founding of the Girl Scouts, we have an in-depth story on a Triad-area troop who is training to hike the Appalachian Trail (AT). Join Troop 41470 as they prepare to break in their shoes on the AT. These young girls and women might just motivate you to do the same!

In another follow up to an earlier article in OW, Robin Brickey updates us on the running of her first half marathon. If you recall, Robin has lost over 90 pounds after suffering two heart attacks. Whatever your own health status, her progress will inspire you to get moving!

If you think that the shooting sports are the sole realm of men, think again. Women shooters share their stories in two articles this month. Cherie Jones decided it was time to learn self defense. In her funny and very informative article, "The Decision for Self Defense," Cherie takes us through her thought process of deciding to learn to shoot. Her practical tips and down-to-earth methods are sure to make any woman shooting for the first time feel that someone is on her side.

Karen Byerly, in "Practical Shooting," takes Cherie's training even further. Practical shooting uses real-life scenarios in training, much like what Cherie experienced when she was all alone in her home in the city so long ago. Karen also notes an increase in women participants in practical shooting events. Women from all backgrounds (Karen teaches piano and performs) are becoming more and more interested in the shooting sports, not only for protection, but also for fun and companionship.

Our faithful NC Wine Explorer, Rick England, is back - this time with Misty Creek as the featured vine-

yard. While it is all about wine at Misty Creek, it is also all about family - including the family pet! The vineyard dog, Hooch, a rescue dog, greets winery customers with a good cheer to be found not just in their wine glasses in rural Davie County.

Janna Carlton takes supreme advantage of her rural surroundings in Mocksville, NC. She and her husband, Brent, are not only professional rodeo riders, but they also are determined to live as close to the land as possible. In our cover story, "An Afternoon with Janna and Brent Carlton," Janna explains the reasons for their decision to become as self-sufficient as possible, including killing all of their own game. The story of her commitment to her husband and to the land will impress you, and might even steer you in the direction of healthier habits.

In keeping with Outdoor Woman's commitment to getting kids outdoors with their moms and dads, we have articles written by two "Outdoor Kids" this month. Not only are they well-written, but these stories also underscore the influence parents can have on their kids by participating with them in outdoor activities. While parents are engaged with their children, they must remember to take photographs that will preserve those outdoor experiences for their children and for later generations. Angela Owens can tell you how to do this, even when the weather is less than ideal in, "Outdoor Photography." Experiences together in the outdoors are where memories are made.

Our June issue has all this and so much more! Please make sure to encourage your family and friends to subscribe to OW at our newly revamped website - www.outdoorwomanmag.com. If you have an article you want to share with OW, we welcome submissions at editor@outdoorwomanmag.com. We love to hear your stories and are so grateful to you for sharing with us. We look forward to hearing from you!

Cheers,

Claudia Lange
Editor

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OUTDOOR WOMAN

A Day with the Publisher Fly Fishing with Damione and Silvana Lewis in Blowing Rock

by Rick England



When one hears the name "Damione Lewis" in the Carolinas, most recall number 92 for the Carolina Panthers. Damione played defensive tackle for the Panthers from 2006 through 2009, building an impressive record against running backs and quarterbacks alike. Damione and his wife, Silvana, recently shared a day with Outdoor Woman publisher, Kristen Robeson, in Blowing Rock. They were joined by Orvis professional guide, Carl Freeman, who taught the rookies the sport and art of fly fishing. Neither Silvana nor

Damione had ever attempted fly fishing, although they were accomplished at fishing with standard tackle. "It's more about technique," Silvana said.

The Lewises met up with Kristen and Carl in Blowing Rock to learn the basics of fly fishing. They learned the proper way to cast, making sure their arms only traveled from "ten to two," as Damione described. Once Carl was satisfied with their ability, he took them to a private stream just outside of Blowing Rock, where the fish were definitely biting! Between Damione,



and camaraderie of an adults-only trip, fly fishing is one sport in which the entire family can participate, as well. Bringing the kids along creates an entirely different experience. Being outdoors fly fishing encourages parents and children alike to develop an appreciation of the outdoors and the different activities available. While Damione and Silvana didn't bring their children this time, they definitely

Silvana, and Kristen, they landed over 20 trout of different species! When asked who landed the biggest fish, Damione spoke up. "I did," he said. "That rainbow was about 30 inches long and probably weighed twelve pounds." That's a big trout for an experienced angler, let alone someone who was fly fishing for the first time.

Silvana did very well herself, netting ten trout, including a large brook trout - the only brook taken that day. "I hooked a whole bunch," Silvana said, not quite lamenting the ones that got away.

While fly fishing is a challenging sport, couples who fish together find that it goes hand in hand with spending quality time alone together. "This is the best couples' retreat known to man," Damione said. Finding that time to be alone together makes the day special. Every couple needs times like Silvana and Damione experienced on the stream that day, if for no other reason than to just recharge their batteries and renew a little of the closeness that brought them together in the first place.

While couples enjoy the closeness



will in the future.

When the day was over, no one wanted to give up on the excellent fishing they had experienced. "We weren't ready to leave," Damione said. And who could blame them? Landing over 20 fish with some of the trout considered huge by any standard, no fisher man (or woman) would want to quit on a stream like that. Silvana and Damione had a wonderful time fishing with Kristen and Carl. "We had a blast," Damione said. "We had a really good time." When asked if they were interested in returning sometime for another day of fly fishing, Silvana answered, "Absolutely, yes! We'll be back!" The Lewises were very appreciative and grateful to Carl Freeman and Orvis for making their day so enjoyable.

But that's the way a day with the publisher goes. If you don't enjoy yourself, you're not trying. If you would like to enjoy a day with the publisher, send Kristen an e-mail and let her know – Kristen@outdoor-womanmag.com. From the mountains to the sea, and everywhere in between, there is an outdoor adventure I'm sure she would love to share with you.



Adventure in Africa

By Joshua Hollowell

With excitement and anticipation, I packed my bags, ready to go on my second trip to Africa with my dad. We left from Dulles International Airport and went on a long, 22-hour flight across the Atlantic Ocean to Johannesburg, Africa. From there, my dad and I took a short flight to Zimbabwe and landed in Bulawayo, which was a small town. The people there were very poor and the airport seemed to be in the middle of nowhere and very rundown. A bunch of people and little kids were standing there to watch our plane come in. The good part was that we had a safe trip; the bad part was that our luggage didn't make the trip until a couple of days later. Ten years from now my dad said we would look back and laugh. We continued our journey for three more hours into the bush to find our campsite. This was going to be a true African Safari. As the sun rose over the savannah, I woke up to the noises of the African animals. Monkeys were jumping on the thatched roof of our hut and baboons were visible from the open window. The maid washed our (only) clothes and ironed them by putting coals in a hot iron. I wondered why she did this being that we were in the middle of the bush, far from civilization. She told me it was not to get out wrinkles but to prevent the parasites from getting on the clothing and into your skin. What a wonderful thought! Not! We dressed quickly and went to the fire to eat the normal African breakfast, which consisted of ham (known as bacon over here), eggs, and fried tomatoes prepared by our cook. Beside our campsite, I noticed a dried up river basin. I was told that during the rainy season in December, the river would suddenly fill up and be around 10 feet deep. Our guide joined us for breakfast and we went off for the hunting adventure. We spent hours trying to sneak up on certain types of game. At one point, elephants surrounded us, which was nerve-wracking. As the sun started to set, we came up on a blue wil-



debeest. The professional hunter told me to take it. I immediately held up my .243 rifle and took a shot. To my amazement, I learned I had just killed the second largest blue wildebeest ever killed in the world, lacking the world record by less than an inch! Every bit of that animal was used to feed the village people except for what I wanted to keep for my mount. I never saw any part go to waste, including the bones, which were used to make tools. As we celebrated my hunt when we got back to camp with dinner and stories of the day, I realized that my hunting experience was really a learning experience. I turned in for the night, excited but tired. Laying down on my bed, I fell asleep to the sounds of the hyenas, monkeys, and lions roaring in the distance. Just a normal day in Africa!



Della my seven year old granddaughter caught her first trout at "The Refuge" on the Twin River in Foscoe, NC last month. Bob Timberlake arranged for her to go with me to learn how to fish. She caught three and Granddaddy caught one mine was smaller than her smallest. Clearly the fishing luck gene skipped two generations. The guide who helped us is named Carl Freeman. He was so patient and kind. Bob wrote the note on the picture and sent it to Della. Della was so delighted to be a "real fisherwoman."

Mark Erwin

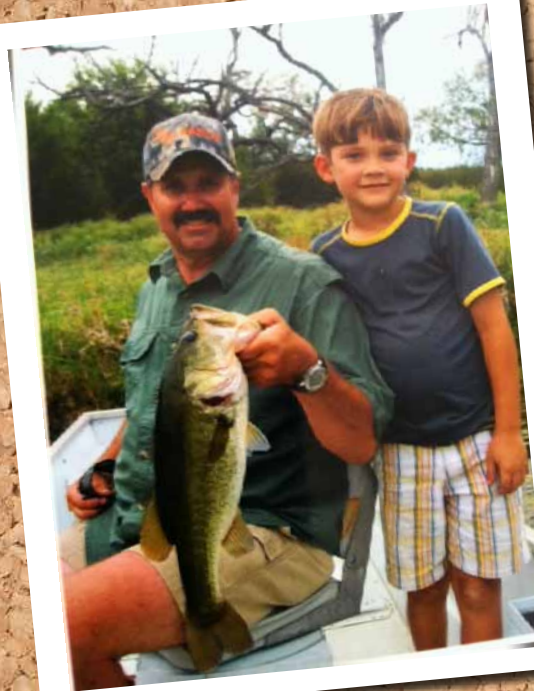
First, we went to the Norfolk Airport in Virginia. We got on a plane to fly into San Antonio, Texas.

Second, we got off at the Texas airport and rented a car to drive to the 777 Ranch. We stayed 3 days at the ranch, sightseeing and fishing. We fished for bass in a big pond. I caught a bigger fish than my dad. I was so excited! We rode in an open-top jeep. We saw springbucks, buffalo, and many other animals. We also saw an old movie set left on the property. Guess what? It was from my favorite movie, Ace Ventura!

Then, we toured Mexico City. We walked around the Alamo. My dad bought me a bullwhip. It was a lot of fun.

Last, we drove back to the Texas airport to fly home. It was an experience I will never forget. Now, I have the fish on my wall to remind me of this amazing trip. This year, I plan to go back to Texas again.

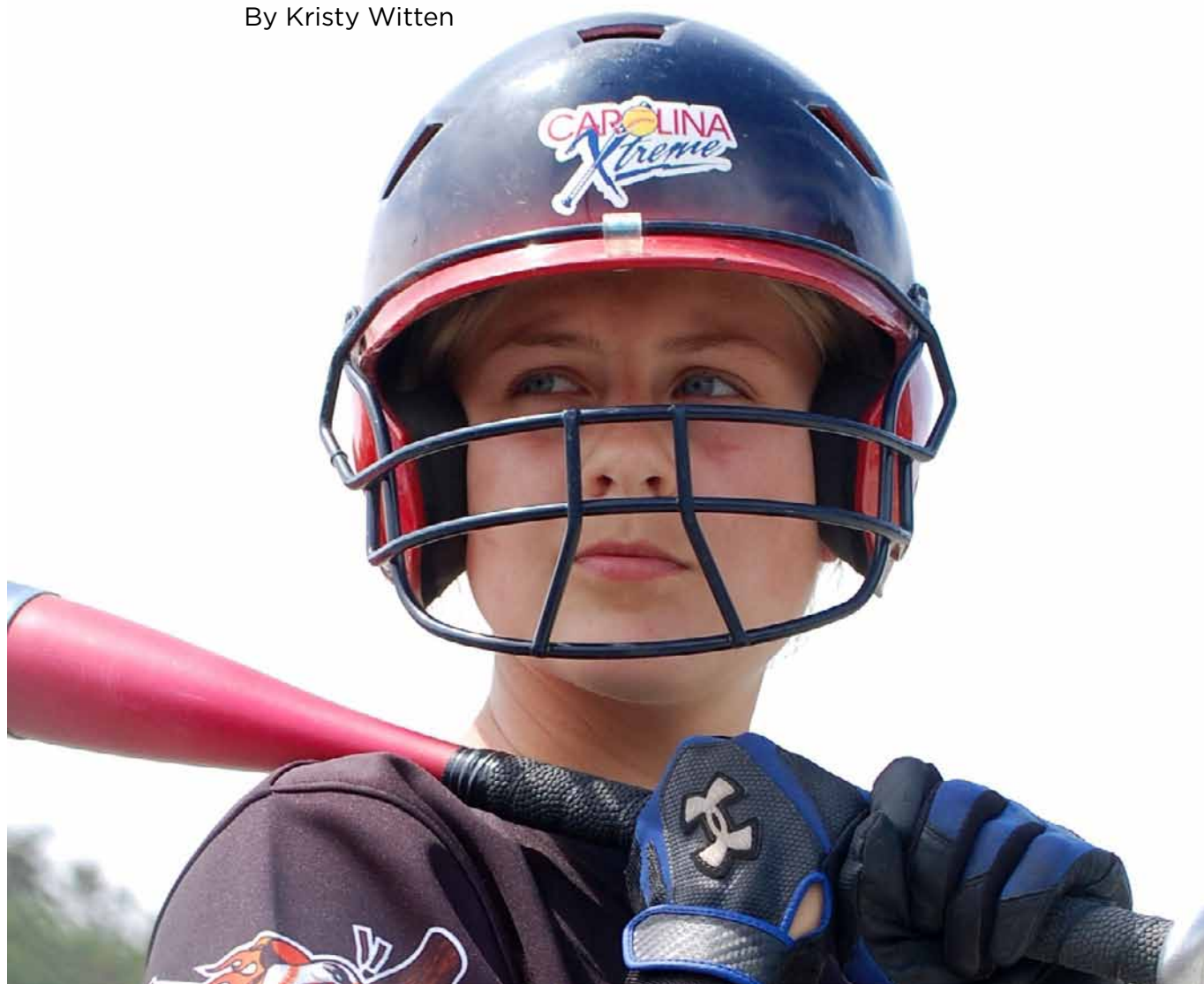
Jacob Hollowell



Softball

Isn't Just A Game

By Kristy Witten



For Carolina Xtreme, softball isn't just a game - it's a passion that fills the girls' hearts. They know that by giving their all - win or lose - they are still always winners. Softball teaches these young ladies many important life lessons that they will use in the future. Through softball, these young ladies develop skills like good sportsmanship, proper manners, and responsibility that they will use all throughout their lives. Softball keeps them physically active at a young age which may save their health in the future. Studies have shown that girls who participate in sports are less likely to be involved in drugs or become teen parents, and are more likely to graduate high school.

Teamwork plays a major role in the success of a softball team. The girls learn that each one of them has an important position to play on the field. By giving their all and working together, they achieve success. Without everyone doing her part, the team would fail. Teamwork is essential to them in school, in their family lives, and in the workplace in the future.

Through softball, they make lifelong friends, which is very important for their social lives. They rely on one another, they have common goals in life, and they feed off of one another. When one is down, they lift each other up with a hug and smile. They play with so much heart and have accomplished so much together as a team.

Carolina Xtreme believes that softball (or any sport) is a key factor in the lives of kids and their futures.

Xtreme Mom





Troop Prepares to Hike The Appalachian Trail in Honor of 100th Anniversary of Girl Scouting

By Sarah Robinson

As part of the 100th Anniversary of Girl Scouts celebration, between the special programs and weekend trips that councils across the country are planning, Girl Scouts of all ages are being encouraged to participate in the Great Girl Scout Hike across the entire Appalachian Trail.

The hike began on March 12 (the official birthday of Girl Scouts) and runs through October 31, 2012 (founder Juliette Gordon Low's birthday).

Hiking in bits and pieces, sister Girl Scouts from across the East Coast and beyond are working to complete the entire 2,000-mile trek.

The inspiration for this event came from Mary "Mama Boots" Sands, a Girl Scout leader in Kentucky who, over the course of 20 years, and joined by groups of Girl Scout girls and adults, hiked the entire trail section by section.

Girl Scout Senior Troop 41470 of the James-

town/Greensboro/High Point area is one of those troops that is participating in the Great Hike.

Inspired by the 100th Anniversary, the troop wanted to do something bigger than themselves.

"As a leader, I always hoped we would be able to do a backpacking trip with the girls when they got older. But if it were not for the incentive of the 100th Anniversary, we might have never decided to try it," said troop leader Lisa Koceja.

In preparation for the hike, Koceja and fellow leaders are taking part in special training through the Girl Scouts Carolinas Peaks to Piedmont council- learning what to pack for the trip, the best point to start the trail, and working up to a five-mile hike.

"We are going for short distance, but a big learning experience. Although we have an athletic group of girls, for most, this will be their first real hiking experience," said Koceja. "We want the girls to really enjoy the beauty of the experience so that it will make them want to hike again in the future."

The eight girls, who are all freshmen in high

"Learning to appreciate the outdoors is still a big part of the Girl Scout experience. It is oftentimes the only place girls get a chance to learn how to survive with just a tent and a few supplies"

school and have been together since Girl Scout Brownies (or first grade), have also been preparing for the trip by doing practice hikes with their packs on. "The girls will be very involved with the whole process - from what to pack to how to cook our food - while we are out on the trail. We also warned them to start breaking in their shoes!" said Koceja.

Learning to appreciate the outdoors is still a big part of the Girl Scout experience. It is oftentimes the only place girls get a chance to learn how to survive with just a tent and a few supplies.

"The motto for Girl Scouts is "Be Prepared." Girls need to be able to pick up a few things, head out the door, and be able to take care of themselves in any situation," said Koceja. "Hiking can be both wonderful and painful, but it is all a part of the experience. There may be misery, but then you realize, when you get to the top of your destination and you are eating the food you brought and prepared, that you really did something great! The outdoors are amazing, and I think this is something the girls will remember for a long time."



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OUTDOOR WOMAN

Your Personal Trainer Chest up, Shoulders Back!

By Julie Luther

Ready, set, let’s train the chest! In this installment, we learn how to work your chest properly. Training these muscles will give you a strong, balanced torso, improve your posture, and enhance your ability to lift and throw. These muscles include the pectoralis major (p major) and pectoralis minor (p minor). The p major is the muscle that you actually see; the p minor is a small muscle beneath it. The role of the pectoralis muscles has a great deal to do with how to train the chest properly, so let’s explore what these muscles are responsible for doing.

- » **The p major** is responsible for bringing the arm across the front of the body.
- » **The p minor** is responsible for pulling the scapula (shoulder blade) downward and forward.

Most people need to train the large p major muscle and not over train the p minor. Over-training



the p minor will cause your shoulders to round forward. Here are some exercises with the correct technique (which is particularly important) to train the p major safely and effectively.

Perform 1–2 sets of 12–15 repetitions 2–3 times per week.

Exercise	Procedure	Tip
Dumbbell Chest Press	Lie on back with weights in hands, elbows bent 90 degrees at chest level. Press the weights up over the chest and bring them together. Return to starting position.	Keep your shoulder blades squeezed together. Push your chest up as you press your arms up. By keeping the shoulder blades squeezed together, you activate the chest muscle so you can begin using it at the very beginning of the move. (Using this form, you will keep your shoulders back and not be training the p minor.)
Dumbbell Butterfly	Lie on back with weights in hands, elbows bent 45 degrees at chest level. Keeping your elbows frozen at 45 degrees, bring your arms together above your chest. Return to starting position.	Keep your shoulder blades squeezed together. Push your chest up as you bring your arms together. By keeping the shoulder blades squeezed together, you activate the chest muscle so you can begin using it at the very beginning of the move. (Using this form, you will keep your shoulders back and not be training the p minor.) Use light weights and increase the weight gradually. You can injure your shoulder very easily if you use too much weight too soon.

You can vary these 2 exercises by lying on an incline or decline bench, using a barbell or cables. Make sure you stretch your chest at least 30 seconds after each exercise. The best place to stretch is in a door jam. Place your elbows and forearms on either side of the door jam and gently lean forward.

As always, consult your physician before starting any exercise program.

Julie Luther is the founder and president of Julie Luther’s PurEnergy Fitness Center located at 1905 Ashwood Ct. in Greensboro, NC. Julie has worked in the fitness and wellness industry for over 27 years, writing for national magazines, speaking on fitness and wellness across the country, teaching fitness classes, personal training, and training the US Marine Corp Reserve. Julie has won numerous fitness awards. Most recently, she was recognized as the Most Fit Health Club Professional for 2008, and was selected as one of the top ten personal trainers in America for 2011. She can be contacted at www.julieluther.com or 336.282.4200.



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SHRINK YOUR BUTT

5 Game-Changing Moves You Should Be Doing

By Nicole Dailey Bergemann, Dailey Fitness, Inc.

How many of you have spent countless hours exercising in hopes of getting back into your “skinny jeans,” getting your body “bathing suit ready,” or maybe lifting & toning some trouble spots? We hit the treadmill, pound the pavement, and run tirelessly on the elliptical machine - much like a hamster on a wheel - only to look in the mirror to find no major changes, despite the sweat equity we’ve invested. This is what sends “resolutioners” packing in February and March, as they get frustrated and tired of going through the motions with minimal results. If this sounds familiar, and you are ready to consider a different approach, then read on! I want to help you stick to your resolutions and make 2012 a game-changing year.

First, I want you to stop and think about the human body: the posture of that body going into movement, and the lymphatic system’s role in weight loss/management. The mobility and stability of the entire body’s alignment is directly related to the hips and pelvis, often referred to as “the core.” Specifically, the mobility of the sacroiliac joint (SI joint) is essential for shock absorption during load bearing activities that require load transfer from one leg to the other through the pelvis. It would only make sense that any imbalance, weakness, or immobility of the hips will effect movement.

Now, take that thought a step further as we bring the lymphatic system into the picture. Since the lymphatic system has three main functions: 1) to maintain fluid balance 2) to defend the body against disease by producing lymphocytes to assist the immune system and 3) to absorb fats from the intestine and transport them to the blood, it only makes sense that the hip position is directly related to proper lymphatic functioning. Movement is the key to the lymphatic system, and correct hip and pelvic position have everything to do with movement.

Let’s get back to why some of us find that no matter how hard we work at it, we just can’t “shrink our butts” or get to our ideal body weight. If you are eating well, staying hydrated, getting regular exercise AND rest, only to be disappointed every time you step on the scales, look deeper. I’m talking from the inside out - specifically, bone positioning. Individuals with a weak core tend to compensate with the upper and lower extremities during functional movements leading to less than functional movement. We slump forward on cardio equipment and use our upper body to prop us up as we power through the workout. That compensation takes over the role of the pelvic girdle, and disengages the lymphatic system completely. Is it starting to make sense yet?

The key to maximizing your efforts with exercise is to engage the hips and initiate stability and control. Doing so promotes a more biomechanically correct position and use of the entire core and lower extremities. My advice to you is to get off the machines and trust the absolute best machine ever invented – your body!

There are 5 exercises that are commonly overlooked, yet powerful in regards to proper hip and lymphatic functioning. Want to shrink that butt? Let’s get moving!

1: Standing Gluteal Contractions – Stand with your feet pointed straight and hip-width apart (about a fist-width distance between the big toes). Squeeze and release your buttocks muscles. (Keep stomach and thigh muscles relaxed throughout the exercise.) If it seems too difficult, point your feet outward 45 degrees for the first set and then straighten your feet up for subsequent sets. Do 3 sets of 20 reps.

2: Standing Forward Bend - Stand with your feet pointing straight and hip-width apart. Place your

“The key to maximizing your efforts with exercise is to engage the hips and initiate stability and control. Doing so promotes a more biomechanically correct position and use of the entire core and lower extremities”

palms on your low back/upper buttocks area as if you were sliding your hands into your back pockets. Tilt your hips forward to place an exaggerated arch in your low back (try to point your tailbone to the ceiling). Pull your elbows and shoulder blades together as if you were trying to touch your elbows together behind your back and hold (keeping your back straight, not rounded forward). Now bend/hinge forward from the hips (NOT from your low back). Tighten your thighs and shift the weight into the balls of your feet. Keep your back straight throughout. Hold for 1 minute.

3: Hip Cross-Over Stretch – Lie on your back with both knees bent and your feet flat on the floor pointed straight ahead. Place your arms straight out to the side at shoulder level, with your palms flat on the floor. Cross your left ankle over your right knee and rotate the ankle/knee junction down toward the floor. Your left foot should now be flat on the floor, along with the outside of your right leg. Look in the opposite direction and relax your shoulders. Press the left knee away from your body using the left hip muscles. Hold for 1 minute, then switch sides and repeat.

4: Sit to Stands – Sit on the edge of a chair or bench with your feet pointed straight ahead. Place your feet far enough away from the bench to create a 90 degree angle at the knees. Interlace your hands behind your head, pulling your elbows back and shoulder blades together. Roll your hips forward to place an arch in your lower back. Holding this position, stand up to vertical (without swinging your

upper body). Then without moving your feet, sit back down, still holding the arch in your lower back. Do 3 sets of 10 reps.

5: Bench Overs – (aka Stump Jumps) Using the long side of a bench, log, or even the edge of a sturdy chair, place hands on the surface, keeping feet and knees together. Jump/vault over the bench (or imaginary bench if using a chair) landing on the other side. Repeat the other direction. Try not to stop as you jump over, keeping your hands softly on the object you are using, quickly jumping back and forth from one side to the other. Try to land softly on the feet, allowing the muscles of the legs to absorb the impact (no stiff-legged landings). Do 2 sets of 10 jumps, each direction.

Why do these exercises work? All of them engage the lymphatic system and require full use of the entire musculoskeletal system. They also use body weight and functional movement to access the hips which promotes optimal function. By addressing and engaging the 29 muscles connected to each side of your pelvis with dynamic movement, you can decrease compensation throughout the body.

For more insight into how and why these and other postural exercises can be integrated into your life, check out www.egoscue.com, or feel free to contact Dailey Fitness locally.

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About the author:

Nicole D. Bergemann is the owner of Dailey Fitness, Inc. www.daileyfitness.com, specializing in Functional Fitness & Postural Alignment/Pain Free therapy with both private & small group training. Look better, feel better, & MOVE better! By appointment at 2 locations-Greensboro, NC, (336) 324-1140.





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Pre-Shot, Post-Shot, Great Shot!

By Anne Marie Goslak

Have you ever watched golf on TV? The professional stands behind the ball, stares off into the distance, then lines up to hit the ball. The series of motions and thoughts he goes through before hitting the ball is called a "pre-shot routine." It's obvious that a pre-shot routine is what you do before you hit the ball, but what exactly are you supposed to do?

Before you hit the ball, you need to crunch a few numbers: How far away is the flag? Where do you want the ball to land? How will the wind or position of the green affect the distance? Once the "accountant" in your brain

figures out you want to hit the ball a certain distance, it's time to put on the "creative hat." When a golf professional stands behind the ball, he is visualizing the flight of the ball or where it's going to end up.

Since I have a great love of Italian food and desserts, my visualization usually consists of hitting a white golf ball into a big chocolate cup cake - with sprinkles, of course. Sometimes, I visualize a big tray of lasagna.

I know it sounds like I am a product of growing up in the '60s, but really, I am telling the truth. The more creative your visualization,

“The more creative your visualization, the more likely your brain is to stay focused on it”

the more likely your brain is to stay focused on it. Be honest. Do you think your brain will stay focused on a green with a flag after seeing that same image a thousand times? Or, do you think your brain will stay more engaged when you make the target colorful, odd, and perhaps, tasty?

If you want to get locked in to the target, work on your pre-shot routine, which includes evaluating numbers and visualizing the shot. At the last minute, think of one "swing thought" such as, "Stay down" or "Good tempo." Avoid trying to laundry list your swing "... head down, arm straight, good turn, hinge, pivot, follow through, and then relax."

Most good golfers have a pre-shot routine. The best golfers, however, have a post-shot routine. After you hit your shot, ask yourself, "Can I still achieve my scoring goal from there?" Then, accept the shot and anchor it by saying, "Yes, I always hit it down the middle!" After a poor shot, you can reject the shot and replace the negative image with a better image such as, "Next time, I will knock it tight!"

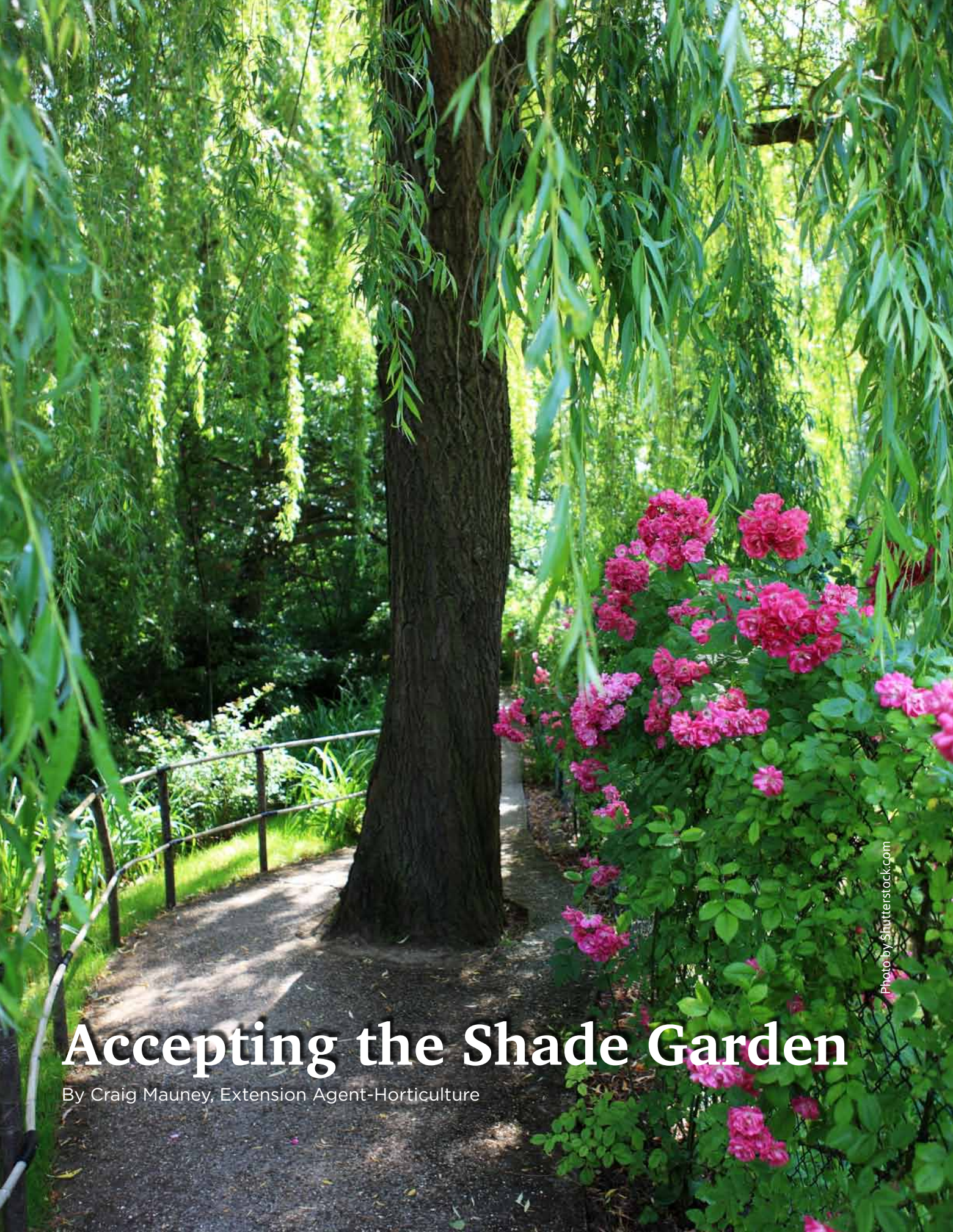
After hitting a shot, most people give you their commentary. "Oh, no! I hit it left. I just hooked it dead left, out of bounds!" First of all, to be honest, no one in your group wants to hear the blow-by-blow report of your bad shots. Secondly, the brain sees in picture form. You can choose to paint a positive picture or a negative one. Either way, the body responds or repeats what it sees in 'the movie' in your head.

Want to try it? "Whatever you do, don't think of those twelve black snakes that slithered slowly into your basement and are working their way up your steps." What did you see when you read that last sentence? Would you have a better image if I had said, "Your house is always safe and secure from animals and people?"

You have a choice of what you put in your head, so make it positive visualizations, regardless of how you really hit it. I double-dog dare you to try it for three rounds. You might just find that pre-shot and post-shot routines lower your scores without changing your swing. Try it and let me know how you do!



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Accepting the Shade Garden

By Craig Mauney, Extension Agent-Horticulture

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During gardening conversation, many of us start up a discussion of gardening in shade. Usually, it is in light complaint such as, “I cannot grow much of anything. My whole garden is shady.” It is hard to put this issue into perspective, but we gardeners need to figure out that we must accept shade as the garden we have and work with it. There is a lot in a shade garden we forget to appreciate. If we focus on the positive aspects of the shade garden and spend time doing a little research, we will accept our shade garden and capitalize on the opportunities shade offers. Let’s take a look at some of these opportunities.

The overhead canopy of the trees that give us our shade also protects us from the harsh sun during midsummer in the Piedmont. We have a cooler climate in which to complete our gardening tasks. We can handle working and spending a longer time outside in our gardens. That makes for a happy gardener! Large trees protect our homes and gardens from the extremes of a hot summer or a cold winter wind. You will most likely need less energy to heat and cool your home during extremes in temperature.

Deciduous shrubs and trees will give you a great display of fall color. As an added benefit, you will have an abundance of dried leaves for making compost and leaf mold for use in the landscape to build up your soil. The plants that grow well in shade grow slowly and require less frequent pruning once they mature. A lower metabolism means they will also use less water.

The many different textures in a shade garden become just as much of a focus in the garden as blooms. Plants such as ferns, ligularia, and hosta give us a long season of interest. Fine and bold textures can be added by choosing different understory trees and shrubs. Plants that bloom may be fewer in number but last much longer in the shade. A lot of native shade plants
(cont. on page 30)

“The many different textures in a shade garden become just as much of a focus in the garden as blooms ”



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(cont. from page 29)

are even more fragrant, possibly because it is difficult to attract insects to shady areas. Think of using natives such as sweet shrub, azaleas, and witch hazel.

Fewer pests are found in the shade because most insects and weeds prefer full sun. Of course, there are exceptions, such as scale and slugs, so watch out for scale buildup. In the long run, you will use less pesticide in your shade garden.

Many times, a different color palette works well in the shade garden. Pastels can be the focus. Pure white, blues, pinks, purples, and creams make a wonderful color scheme and be showy for you.

With some planning and fun garden and nursery shopping trips, you can create a wonderful, shady retreat out of your home landscape- just perfect to relax, reflect, and enjoy friends.

Craig Mauney is an extension agent/horticulturist for the Forsyth Cooperative Extension. For information on home and gardening issues, contact Craig personally or at the Forsyth Cooperative Extension office at extension@forsyth.cc, craig_mauney@ncsu.edu or call (336) 703-2850.



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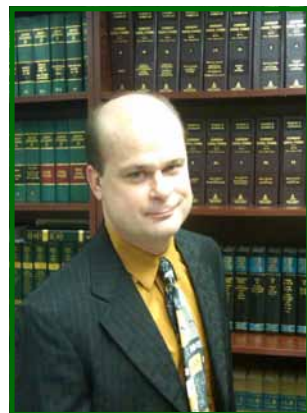
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The Decision for Self Defense

By Cherie Jones



Cherie shooting the gun of Top Shot season 1 winner Iian Harrison

I was living in Oakland, California, with a brand new baby daughter because my husband was stationed there while in the Navy. We owned a shotgun handed down to him by his father that was, up till then, only used for hunting. It was our first experience living in a big city so he showed me how to load it and how to shoot it. I never thought I'd need it, so I let that

be the only time I touched it; it stayed in the closet.

One evening while I was watching TV and the baby was sitting in her swing by the front door, the door knob rattled. I jumped to my feet and said, "Who's there?" as I ran to get the gun. I loaded it the way I was shown and when I shucked the fore end forward, it made that familiar sound that let's anyone within ear-



Cherie and Tom Hughes with the 2012 Bianchi cup

“As a shooting instructor, my mission is to inform and assist other women in taking control of their own defense and their destiny”

shot know, a shotgun is loaded and ready.

The sound did its job because I never heard another sound after that, but now I had another dilemma - I was never shown how to unload the gun! My husband wasn't due home until morning so I spent the rest of the night awake, watching the gun that was now lying on the couch because I was afraid it might go off if it was touched.

I learned two very important things that night. First, you need real knowledge of the firearm you intend to shoot, not a quickie lesson to be taken lightly. Second, if the front door is most likely where the intruder is going to get in, never put a baby there, ever. That was forty years ago and my life has changed. I carry a gun every day now and feel awkward without one. This change didn't happen overnight. The world has changed and I've changed with it. I talk to other women every day and they often feel the same way I do but don't know how to begin. Perhaps my experience will help.

I've also learned that the first choice you need to make is how you intend to use your firearm. There are three kinds of defensive gun owners. The first group has a firearm for defense of the home. This makes sense because almost half the uses of a firearm for self defense occur at home. One of the best choices for home defense only is a simple shotgun. Pumps, doubles, and semi-automatics all work well for this purpose. Shotguns are more lethal in a short range situation than the most powerful handgun and can be purchased for under \$200 with no requirement for purchase. They're simple to operate and easy to shoot well. They're the best option for home defense.

The next level is the person who decides to carry a gun in the vehicle and keep it at home. For this, a larger-sized handgun works really well. While most novices are surprised, large handguns are easier to shoot than smaller (cont. on page 34)



Top: Cherie and Jerry Miculek. "He's my pistol idol. Super fast shooter". **Bottom:** Cherie, Jerry Miculek and Cliff Walsh



ones. The recoil is less, they're easier to shoot accurately, and the extra size and weight isn't a liability since you never conceal them except in rare situations like a late night visit to a rest stop while traveling (or similar situations).

While semi-automatic handguns can be very effective and will hold more bullets, I prefer a revolver. Revolvers are easy to load, extremely reliable, and they require almost no maintenance. Since the gun is larger and weighs more, you can shoot more powerful ammunition with less recoil, and the extra size can make it easier to shoot accurately. For this kind of use, I think the minimum caliber is .38 Special in a revolver and 9mm in a semi-automatic. These are common calibers available almost any-

where at a reasonable price. A better choice for a revolver might be .357 since it will also shoot cheaper .38 Special ammunition for practice.

Another gun that's a great choice is the very popular .410 shotgun revolver. These guns are almost as deadly as a full-sized shotgun, easy to shoot, and will also shoot the powerful .45 Colt pistol caliber. Versatile, affordable, and deadly, these hand guns are a great choice for home and vehicle defense.

The third category involves more compromise. If you decide to carry all the time, and my husband, Dick, and I do, size and weight become a big issue. A full-sized revolver or semi-automatic

Cherie getting to touch Jerry's gun





Cherie and Cliff Walsh, from Top Shot season 3

(cont. from page 35)

becomes as heavy as a boat anchor in your purse on an extended trip to the mall and your choice of purses becomes more complicated as well.

I carry a light-weight, Charter Arms Pink Lady. My gun weighs 12 ounces, less than a bottle of water, and the .38 Special caliber is powerful enough that it used to be standard issue for almost all police officers. The 2 inch-barreled Pink Lady fits nicely in almost any purse and is small enough for the

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pocket of loose fitting jeans. Smith and Wesson, Ruger, and other companies make similar guns, but before you buy, make sure you can operate everything about the gun comfortably, including pulling the trigger. In the course of firearms instruction and concealed carry classes, I encounter a lot of women who simply can't operate the gun they've purchased. When you purchase, insist on the salesman spending the time to show you everything about the gun and how it operates. I just can't stress enough to make sure you can comfortably operate it before you buy. Also, consider how you plan to carry it and look at holsters and purse options. Remember, you'll likely alter your choice as you learn what works best. Think of it as a new shopping opportunity.

When I was a younger woman, I was naive and believed I could talk my way out of any dangerous situation. Life experience (and what others have experienced) has taught me differently. Also, the nature of crime has changed. Years ago, you could improve your chances at safety by being careful where you went. Today, with gang initiations, desperate drug users, and crazies who want to go out with a bang and be famous, the rules have changed. As a shooting instructor, my mission is to inform and assist other women in taking control of their own defense and their destiny.

Cherie Jones is a freelance outdoor writer and a member of the Southeastern Outdoor Press Association. She lives in High Point, NC. She shoots competitive shotgun events and is an NRA Certified Shooting Instructor who teaches women's only shotgun classes and concealed carry classes as well as giving individual shooting instruction at Lewis Creek Shooting School. She shoots, hunts and fishes all over the United States and is the 2006 and 2011 Northeast Side by Side Women's Champion. You can visit her website at offtheporchmedia.com and contact her at lewiscreekshooting.com



An Afternoon with Janna and Brent Carlton

By Rick England

Photo by Glennis Ussery

Janna Carlton is a very unique and talented young woman. She spends her days designing and selling custom trailers to clients who are involved in a variety of activities, including horses and car racing. On weekends, Janna and her husband, Brent, are professional rodeo riders, competing in several events across the Southeast, both individually and as a team. She is quite successful on the rodeo circuit, and has won three all-around cowgirl championships during the seven years she has been competing. Janna and Brent also train the horses with which they compete - a rarity in the rodeo world. To Janna and Brent, participating in rodeos is a lifestyle. "I wouldn't have it any other way," Janna said.

But there is another side to the Carltons' story. This young couple sincerely desires to be as self-sufficient as they possibly can. To that end, both Janna and Brent hunt and fish, using the game they take for their everyday food. "All the meat in our refrigerator," Janna said, "is venison we have hunted for ourselves. Hunting is meat in our pot." Along with the venison, Janna said they had two large filets from a catfish that Brent had caught. Janna also plans to learn to can the bounty they harvest from their garden. She will be at least the third generation in her family (from Independence, VA) who cans, following her mother and grandmother. They are serious about living off the land; and their garden, along with hunting and fishing, plays a large part in reaching that goal of self-sufficiency.

Part of what led the Carltons down the road to self-sufficiency was discovering that Janna has gluten intolerance. "The doctor said if I can't kill it or pick it, I don't need to eat it," Janna said. Her condition further emphasized the importance of their garden, and their harvest from hunting and fishing. Given Janna's gluten intolerance, gardening, hunting, and fishing make for a much healthier diet and lifestyle.



Photo by Glennis Ussery

Janna and Brent take all aspects self-sufficiency very seriously, including energy. They recently installed a water stove for heat during the winter. On their farm, they have a large stand of hardwoods that serves as fuel for the water stove. This brings their heating bill down to practically zero, allowing the stove pay for itself in a very short time, and thereby reducing their cost of living. While they are willing to do whatever it takes to live off their land, that doesn't mean they live cloistered lives or desire a more primitive way of life. Janna and Brent enjoy evenings out, and they do watch television, but their passion is being good old country folks, trying to live as close to the land as they can. Because they are away nearly every weekend



Photo by Glennis Ussery



Photo by Rick England

during the spring, summer, and autumn, they love the time they get to spend at home. "Our favorite place is out on the back deck," Janna said. "I'd rather eat out on the back deck." It is

obvious that Janna and Brent love being home despite their weekend wanderings. Their house is very much their own, reflecting their interests and passions. Because of the country-western motif, their home would fit as easily in the mountains of Utah or the deserts of Arizona as it does in the Western Piedmont of North Carolina. They are both very passionate about their rodeo competition, but their primary motivation is their home life, with self-sufficiency being a big part of that home life.

Their commitment to home life should not be used to underestimate their success in or commitment to rodeo competition, however. If they were not totally committed to their rodeo work, there is no way that they could be as successful as they have been over the last few years. Brent has been plagued with a knee injury all of (cont. on page 42)



Photo by Rick England

(cont. from page 41)

this year which has curtailed his participation, but not totally precluded it. He continues to ride in team roping competitions with Janna, and is her biggest fan for her other two events: break-



Photo by Glennis Ussery

away roping and barrel racing. Breakaway roping is a women-only event in which the women rope a calf instead of a full-grown steer. Barrel racing is just what it sounds like: The women race against the clock to complete the course in the lowest time. Since all rodeo arenas are different, there is no career "best time" in her events, particularly barrel racing. The only way to gauge yourself is against your competition, and in that, Janna does very well. Janna, who has been competing for the past seven years, loves the great friends she and Brent have made in the rodeo world. In November, Janna will compete

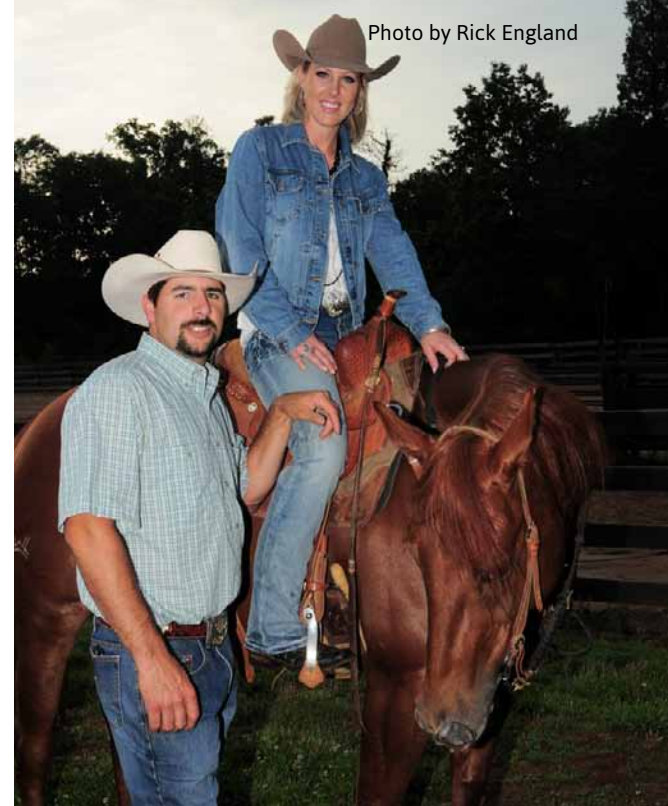


Photo by Rick England

Most riders must use different horses for different events, but the Carltons can use just one horse each, making transportation and care on the road much easier. Janna and Brent also own three other horses, all of which compete in multiple events. Janna and Brent's personally trained horses are a source of pride when they compete against other horses prepared by professional trainers.

In addition to their love of rodeo competition, Janna and Brent love to hunt and fish, too, but not simply for the food. Fishing and hunting provide recreation and relaxation. When Janna is relaxing at home, she almost always has a fishing show playing on the television. This has raised her interest in fishing to the point that it has become her favorite recreational activity. They enjoy all types of fishing - from the bank to the boat - and never miss

(cont. on page 45)

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Photos by Rick England



a chance to grab their fishing rods and go. The same applies to hunting. "My ultimate experience," Janna says, "is to be in the field hunting, experiencing the quiet in the forest, listening to a deer coming toward me."

There is an exception to every rule, and surely Janna and Brent Carlton are that exception. While most young couples their age are busy researching the best night clubs to visit, Janna and Brent are deciding where to fish or hunt. While other couples are deciding between the beach or mountains for the weekend, the Carltons are on the road to another rodeo. Because of her unique interests and desire to live off the land, Janna doesn't have much time for the usual thirty-some-

(cont. on page 46)

Photo by Rick England



Photo by Rick England



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Photo by Rick England

Photo by Glennis Ussery



(cont. from page 45)

thing pursuits. But that's just fine with Brent, and it's also all right with Janna.

Janna was born and raised in Independence, VA, and attended Virginia Tech in Blacksburg, where she graduated in 2004. She works for Trailers of the East Coast, specializing in livestock and horse trailer sales. Janna is married to Brent Carlton and they spend their time competing in rodeos around the Southeast and living an active outdoor life, hunting and fishing. They live on their horse farm near Mocksville, NC, with their four horses and their dachshund, to whom they act as doting parents.





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Jemmietta's Journeys Going On A Bear Hunt

By Ann Fritts Welch

Jemmietta Allred of Lexington, N.C., ventures away from the hustle and bustle of everyday life into a whole new world of excitement! For the past ten years, she and her husband, Eddie, have been a very active pair as members of a hunting club in New Brunswick, Canada. Jemmietta chuckled remembering their first trip. It was the start of deer season and she went prepared to hunt deer. Her guide placed her in a small, abandoned well house surrounded by swampy ground, but she was able to enjoy the view of an old apple orchard. Things seemed quiet until near dark, when she caught a glimpse of movement under one of the apple trees. That familiar adrenaline rush crept in. Blinking her eyes into focus, she awaited the perfect shot. But she soon realized that she wasn't aiming at a deer at all. The animal was rather large in size and did not hold the graceful stature of a deer. It's coat was dark and it walked on four padded paws like a . . . BEAR! Startled, she quickly withdrew her shot. Her heart pumped so loudly that she thought the creature would hear it and close in for its evening meal. The bear, soon blanketed by night, left Jemmietta afraid to leave the comfort of the well house. She sat there nervously listening for the rumble of the truck carrying her husband and their guide. When Eddie didn't see Jemmietta waiting by the road, he started walking toward her hunting spot. He was able to rescue her from the bear and soon the teasing began. Back at camp, their hunting buddies had lots of fun at Jemmietta's expense. It still remains a mystery why no one ever mentioned that it was

legal to kill a bear.

The next spring, Jemmietta bear hunted for the first time. Eddie agreed that their faithful Indian guide should put the stands farther back from the bait to keep their scent away and make her feel more comfortable. Never claiming to be a big, brave hunter, Jemmietta chose to hunt with a guide. Coming out of bear country alone, at dark, wasn't her idea of fun!

The first evening was an adventure in itself. Her guide displayed little experience and apparently had too much "happy juice" before going to hunt. A bear came in behind them at one point, but the guide spooked him off! Aggravated by this point, Jemmietta chose to partner with Eddie the next night. The two figured they wouldn't see any bears after noticing the guide hadn't filled the bait bucket, so they sat quietly enjoying the symphony of frogs. A couple of hours into the hunt, Jemmietta suddenly saw a bear walking on the ridge behind them. He eventually circled around through the woods and lay down under the bait bucket. Maybe he was waiting on a refill, but Jemmietta didn't hesitate on the opportunity she was given. The bear weighed in at 264 pounds, exceeding the average weight of 185 pounds. The thrill was electrifying!

Each hunting trip is a learning experience for Jemmietta and Eddie. Some lessons are learned the hard way, like learning that hunting in Canada after the second week in May is a no-no! Preferring not to be the cuisine of huge mosquitoes and black flies, the couple hunts at other times during the year.

Trains no longer run in most of New Brunswick. Tracks have been removed, creating a great place for Jemmietta and Eddie to ride four wheelers. They ride for miles, enjoying the scenery and their time together. Using morning hours to explore the outdoors, they only bear hunt from mid-afternoon until dark.

New adventure provides excitement for Jemmietta. Life out of the "norm" is her goal. Why live every day waiting for life to find you? Jemmietta sure doesn't!

Jemmietta's journeys have lead her to hunt in Davidson County and Montgomery County, North Carolina. Expanding her horizons, she has also found herself hunting in Texas and as far away as Canada. Jemmietta hopes to spread her love of the outdoors by challenging others to take notice of the beauty the earth provides. She hasn't lost the joy of simple discovery she possessed as a child. She continues to tote her camera along in hopes of capturing the essence of her journeys.

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Color Me A Pink Airgun?

By Sue Smith

Many people think that the airgun hobby is mostly for males. The fact is that there are also many female shooters out there, too. Recently, airgun manufacturers have been building special pink airguns to appeal to female shooters.

In 2007, the Crosman 760 air rifle took another big step. After consulting with some key customers, Vice President of Sales, Steve Upham, suggested that Crosman introduce a pink version of the American Classic. He felt this would help introduce young ladies to the shooting sports. His idea paid off with 5,000 sold in the first week.

Daisy's model 1998, "Commemorative," originally came out in 2008 to celebrate the 10th anniversary of the Women in the Outdoors program, a division of the National Wild Turkey Federation. Since 1998, the Women in the Outdoors program has provided outdoor education for women through outdoor learning events. The airgun is now simply called the Daisy model 1998 pink lever action BB gun.

When our daughter, Emily, was born in 2007, the same year that Crosman came out with a pink 760, I just had to get one for Christmas that year. To make it more special, we had it laser-engraved with her name, "Emily Michelle Smith," on the stock. Of all the things that she received for her first Christmas, this one will be usable throughout her life. Best of all, it does not require batteries or make annoying noises.

For a few years now, she has watched mom, dad, and her brother, Ben, shoot and maintain airguns. She has already learned basic gun safety habits, such as don't point a gun at anything that you do not want to destroy. We do not have any toy guns in the house. I believe that having the toy guns teaches kids a bad habit - that it's ok to point a gun at a person. Having just the real airguns helps teach them gun safety and respect for the guns. I feel it also teaches her to listen better since as soon as she starts fooling around, the airgun gets put away. She has to listen to the directions or that is it.



Now that it's 2012 and she is five years old, she is allowed to shoot the 760. At this age, she does not yet have the strength to pump the airgun. Here, she is shooting with her brother Ben, who is using a Crosman AIR-17 BB gun.

“We do not have any toy guns in the house. I believe that having the toy guns teaches kids a bad habit - that it's ok to point a gun at a person”

The original 760s had wood stocks and metal receivers. The current 760's receiver and stock are made of plastic, but for the younger shooter, that may be a good thing. It keeps the weight down. The Crosman 760 only weighs 2 ¾ pounds, so it's easy for a young shooter to lift. The benefits of the plastic parts are that they are durable and will not scratch or dent as easily as wood or metal. I wish the gun was easier to pump. I don't think a young shooter of even 9 years or so would be able to put a pump or two into the airgun, although I guess this could be considered as a safety mechanism to assure that an adult is there to assist a young person in shooting. For the price, the Crosman 760 is a nice airgun for a



younger shooter.

Let's save our kids from "Nature Deficit Disorder." What is this new disorder? It's basically an increase in childhood depression and attention deficit disorder because of a lack of outdoor time. How do you combat this disorder? Get outside with your children. And what better way to do this than sharing the experience of airgunning with them.

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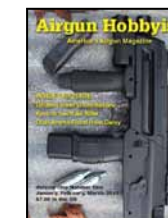


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PRACTICAL SHOOTING

By Karen Byerly

"I'm just here to watch," I said to the friend who had invited me along to his monthly pistol match. The next thing I knew, I was wearing a Glock with spare magazines on my belt and was signed up as a competitor. Folks there were so friendly, they loaned me their own gear and encouraged me to participate. I had no idea what I was getting into. I felt my stomach lurch when the timer went off, signaling it was my turn to shoot. It was exhilarating and I have been addicted to competitive shooting ever since.

Every weekend, within driving distance of you, there is a practical shooting competition going on. Participants compete in several stages, testing both their speed and accuracy. Competitors of all skill levels attend these events and are very helpful to new shooters. You may be asking yourself, "Why practical shooting?"

Like many of you, I have a passion for firearms. My father taught me to shoot a .22 when I was twelve years old and we enjoyed target shooting throughout my childhood. I also have a gun for personal protection. Practical shooting has improved my speed and accuracy, given me confidence in my gun and gear, all while enjoying the company of fellow shooters. Heck, I even met my husband through competitive shooting.

A typical match consists of four to eight stages. We shoot cardboard targets, steel targets, and also moving targets. I have shot from inside a car, while running through a house, and even while pushing a baby stroller. Scoring is based on speed and accuracy. Shooters are grouped into divisions according to equipment and skill level. I use a Smith and Wesson M&P 9mm in production/stock division. Women compete right along with the men and also with each other. Since I began competing in 2007, I have noticed an increase in female participants and am proud to report that we are holding our own against the men. Competitive shooting has motivated me to practice harder and has increased both my skill level and confidence. It is also a way to spend extra time with my



husband, who would be on the range every waking hour if he could pull it off.

In real life, I am a piano teacher and performer. Competitive shooting shares similarities with both, such as preparing and working toward a goal and the thrill of "playing live." It can also provide benefits to those who have a gun for personal protection. Competition stages can be based on types of scenarios that you read about in the news. Several noted tactical trainers recommend competitive shooting because of these benefits. It is certainly more exciting than plinking at cans.

What could be better than spending the day with fellow gun enthusiasts discussing the latest pistols and accessories? You could not ask for a more helpful group of people, willing to lend advice - and even gear - to a new shooter. You may also find that in addition to jewelry, guns and shooting supplies make it onto your holiday wish list. Plus, after a long week of work, it is a great stress reliever.

If this sounds like fun to you, visit www.idpa.com, www.uspsa.org, and www.ncsection.org for all of the information you need to get started.

Karyn lives in High Point, NC, with her husband, Gary, and their retired racing greyhound, Mikey. They are both NRA certified instructors. She can be reached at a2piano@aol.com.

Make Room for the “Springers”

By Anita Bates



Have you noticed that when spring comes, and the weather starts to warm up, that everybody and their granny will be down by the water, going fishing? After the endless winter months of being cooped up indoors, everyone is anxious to just be outside again. And for so many, the river is where they want to be! Those of us who fish for crappie start having to share the banks with the “springers.” We’ve been fishing all winter long, in the freezing cold, day and night, having to knock the ice off of the eyes on our rods, and not once having to hurry to our favorite spot just to be there first. Serious crappie anglers look forward to the cold months because cold months mean cold water, and cold water means big, fat, slabs ‘o crappie. When you have to break the ice on the top of the minnow bucket and add warm river water to it to revive your minnows,

it is perfect weather to catch prime crappie.

More than once this past winter, I caught my best crappie when the weather was at its worst. I would leave work around 4:30 in the afternoon, wearing as many layers as I could get on and still be able to cast, and get to the water just before dark. Two of my fishing buddies, Duck Wallace and Junior Lewis, would sometimes beat me there, but I was usually the first to get there. You see, the person first to get there gets the spot on the point, which can make all the difference in what you catch. Well, Duck got a tip from a buddy of his that the crappie were “on” down at “this place.” The temperature was

twenty-two degrees, but the wind chill factor made it feel like it was below zero. I seriously considered tying myself to the dock - that’s how hard the wind was blowing. The snow was coming down so hard, we could barely see the water. With the leader on the point (or the end of the dock), the others on each side, and the wind blowing the water up onto the dock, we pulled in our best slabs of the season. Most of them weighing about two pounds or more, we filled up two five-gallon buckets. We fished until we just couldn’t stand the cold anymore. Without a lot of room for casting, I hooked Duck’s toboggan with my minnow, and with numb fingers, we had a heck of a time getting it out. Besides, with slabs like these in our buckets, we still had to go home, filet them out, and bag them up for the freezer. I’m talking about filets as big as a small plate. Dang, that’s



“ Anyone that knows you crappie fish will always ask if you are catching any. Then, they want to know if you’re going to cook any up soon ”

good eatin’! Anyone that knows you crappie fish will always ask if you are catching any. Then, they want to know if you’re going to cook any up soon.

Duck, Junior, and I fished that spot for a couple of months, and then the “springers” came. I was a little late getting there one evening, and there were already eight people on the dock. There was barely enough room for me to barge my way through to the “point,” but I did. Being small works to my advantage sometimes, and as long as I can cast, I’m good. Eventually, I couldn’t get there early enough to find an open spot, so I had to move on. But that’s ok, the fishing was still great, and I met a lot of new folks to share fishing tales and tips with!


Along with springtime and summertime comes the end of most crappie fishing...well, the

kind of crappie fishing I like to do, anyway, which has meant very little fishing the rest of the year for me. But, not any more! I have a good friend who has been an avid bass fisherman for years. His sixteen foot Stratos bass boat is a “real hottie!” With a two hundred horsepower motor, it will run seventy-five plus miles per hour, and is loaded with a nice live well, ice coolers, raised decks, and a killer depth and fish-finder. He and I have talked fishing for years. He, of course, thinks bass fishing “rules.” In exchange for preparing his tax return, he gave me two bait casters for bass fishing, all rigged up to catch some nice “hawgs.” Bass fishing is nothing like fishing for crappie. If you don’t like to cast, you might as well leave it alone. However, if you like pulling in a big slab of crappie, you will absolutely love bass fishing. I have pulled in a couple of six-pounders and I am hooked (pardon the pun!). Until next time - fish on, my friends!

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Kayaking-Is it For You?

By Jo Proia

My first kayaking experience was in 2007 when I was invited to try it by a female co-worker at a local lake. I had always been curious about these slim, colorful boats, but had never mustered the courage to try one. The boats looked tipsy and unstable but I felt encouraged that my co-worker knew enough to show me the ropes. I agreed to give it a try.

It was a sunny, warm summer day when we met at the marina. I rented a very long, yel-

low boat and was given a quick summation of how to get in and how to paddle. As we slid the boats to the edge of the water and prepared to get in, I had a moment of panic. I love to feel the wind in my hair and the thrill of adventure, but I had taken about 10 years off from adventures, working and becoming a mother, and this panic was foreign to me. As I had one foot poised and ready to put into the boat, I suddenly had very alarming thoughts: "What am I doing? I could

get hurt doing this! What if I fall out or what if I can't get out? What if I drown? I'm a mother with an 8 year old. I can't be doing risky stuff like this." But, I couldn't chicken out in front of my cool, outdoorsy co-worker, so I got in. The boat felt so shaky, or maybe I was shaky, but within seconds after floating, a megawatt smile broke out over my face. I had conquered an unexpected fear and pushed through it. The sun was toasty on my face, and the water - calm, tranquil, and lovely. I noticed immediately that while floating through the water, we didn't make any sound. As I stretched my arms and engaged my muscles to paddle, I felt my body relax. I was surprised how quickly we sliced through the water. I was in my beloved outdoors, on my beloved water, after years of being separated from it, but this was so much different from my prior experiences on the water. I was hooked. I found paddling to be peaceful, calming, freeing, and rejuvenating.

This first paddling experience was five years ago. Since then, I have gone on to become a certified instructor and graduated from a recreational kayak to a sleek, fast, sea kayak. I've also learned the exciting but elusive "roll," where you can flip upside down and right yourself up by rolling up, never leaving your boat. Kayaking is now the fastest growing sport in the U.S. I am excited to see more and more women gathering the courage to give it a try and experience the freedom kayaking has given me. Kayaking can give women the freedom to explore "wild" places very close to home. We are fortunate to have access to approximately 28 lakes in the Triad to explore. As a woman adventurer and explorer, it's important to learn the basic safety measures to keep you safe and to make sure you have a great experience. I always encourage women who are interested in kayaking to take a simple course and learn these basic measures. There are also many ways to kayak and many different types of kayaks to choose from depending on your interest. There are fishing kayaks with rod holders mounted on the deck (they are awesome at getting to those

fishing spots that motor boats can't); wide, stable, recreational kayaks that are great for beginners and children; long, slim, touring (or sea) kayaks for the more advanced paddler who plans to cover a lot of distance or tour along protected coastal waters; kayaks rigged with foot propulsion so you can fish or take photographs of wildlife; and there are Stand Up Paddleboards that are a great workout and a lot of fun. Those are just a few of the choices! If you love water, the outdoors and wildlife, I encourage you to find your free-

“I found paddling to be peaceful, calming, freeing, and rejuvenating”

dom and try out kayaking for yourself. The first time you put your foot in may be a little shaky like it was for me, but you'll soon be trailing your hand in the water, enjoying the sun on your face, relishing the breeze, and the escape into nature.

Jo Proia is an ACA Certified Kayak Instructor a Guide with GET:OUTDOORS in Greensboro, NC. She has a passion for inspiring women to explore the outdoors, either by land or water. Jo has been voraciously exploring the outdoors through hunting, fishing, horseback riding, paddling, hiking, and mountain biking from an early age. She recently started a new division of GET:OUTDOORS: WOMEN ON THE WATER (GO WOW), that focuses on a supportive, encouraging environment for women to learn beginner to advanced paddling skills. She also guides women's retreats and women's paddling getaways. Please join Jo at www.facebook.com/GETOUTDOORS-WOMENONTHEWATER and click "LIKE." Email Jo to get the upcoming season schedule of events - wow@getoutdoors.us - or check out her website at www.shopgetoutdoors.us





Searching for the Great Wide Open

By Christy Hamrick

Women that hike are easily amused. Give us peanut butter Live Active® trail bars, cheddar cheese Goldfish®, black cherries, Dove® chocolate, and bottles of water, and we'll walk four to six hours without complaint. Pack a wildflower field guide and camera in our packs, and we'll traipse the trail from breakfast until sundown.

Working indoors is our livelihood. We tolerate our brick and glass cages for eight hours a day because it allows freedom to roam during the off hours. Our dry, blistered feet are concealed in heels. Sun-spotched skin is hidden under wash-and-wear

dresses or slacks. We are the tomboys that never outgrew wading in rocky stream beds or plucking white honeysuckle blossoms to draw out the sweet juice onto our tongues.

I stopped concealing my hiking fix at work four years ago. As soon as twelve o'clock ticks by on the plastic clock hanging above the gray cubicles, my feet are shoved into bright purple Keen® sandals. Once I reach the pavement beside Market Street, the neon-red hand of the crosswalk flashes to a white stick figure, and I take off like a streak of lightning. After seven blocks of revving engines and squealing

“It is an unspoken understanding among the hikers in my circle that time is not measured”

tires, I hear the clipped chirps of cardinals punctuate the air. The traffic noise is reduced to a dull hum as the wind shifts tree branches and leaves flutter. Yellow Tiger Swallowtail butterflies float by unhindered, reminders that the living are sustained in green places rather than the steel and mortar holding tanks downtown. Those moments are sacred.

I relish words, and the best stories pour out of hiking companions:

"Did I tell you about the flyer I ran across for an amateur fiddlers' jamboree? You can't participate unless you've never had formal lessons. So while I was surfing eBay the other night, I saw this bright pink fiddle for forty-two bucks, and I bought it."

"There was this nun named Sister Loretta at my school, and she was way too serious. One day, I cut off the back of her habit with my scissors during art class and she didn't even notice."

"I signed up for a pottery class while I was living in London. The first night, this blond Irish girl sat down across from me. I grabbed my carving tool and brandished it like a weapon, 'You'd better

not mess with me!' She grabbed hers and yelled, 'Not on your frigging life! I'll cut you, girl.' We were best friends immediately--we just knew."

There are some trails that are the equivalent of an old friend. I have stepped over their roots and crossed their bridges during multiple trips with twenty different companions over the span of fifteen years. The Glen Burney and the Boone Fork have witnessed me as centered in recent visits, depressed six years ago, misguided eight years back, and innocently searching ten years past. Each step descending into the gorge serves as a reminder of where I've been. Feasting on blackberries in the meadow shadowed by Grandfather mountain nourishes my spirit. The canopy of birch trees shields me from the outside world as I sift through images lodged in gray matter.

The woods wield a magic where moments are stretched into hours. A pause by Yellowstone stream at Graveyard Fields reignited my love of writing five years ago. The need to capture the scuff of Grace's charcoal against her sketch pad overwhelmed me as water hummed against the rocks. It is an unspoken understanding among the hikers in my circle that time is not measured. Rushing desecrates the ritual. The stream welcomed us for an hour and a half before thunder rumbled in the distance. We packed up our provisions and dashed for a glimpse of Second Falls before ducking under a shelter of rhododendron and mountain laurel.

Those increments of time spent in nature are unfathomable mysteries of wonder. I leave the mountain trails or city sidewalks feeling like I have revisited my childhood home. There is a sense of connectedness and belonging after my feet have touched earth. It is a quiet reverie of the Great Wide Open.





Oh how I love thee, let me count the ways...

The mercury on the thermometer is rising and the hot days of summer are here. In North Carolina, nothing is more perfect than a warm Southern night with your friends and family gathered around the grill, enjoying the outdoors together. In addition to summer being the ultimate grilling season, it's also tomato season. As we say goodbye to the spring, say hello to summer tomatoes that are ready for the picking.

This summer season, I want to challenge Outdoor Women to use their grills for more than burgers and hotdogs. Summer offers delicious fruits and vegetables which, with some simple prep and a few minutes on the grill, transform themselves into all-star side dishes for your next picnic or cookout.

I wait in anticipation all year for summer to arrive so I can enjoy perfectly plump, juicy tomatoes picked fresh off the vine. A staple of my summer road trips in North Carolina is stopping by road-side stands to gather up all the treasures that our local farmers have been so kind to share with us. A seasonal vegetable I always look for on my food detours is summer squash. Summer squash is quick and easy to prepare and then to toss on the grill along alongside tomatoes.

The tomato, a nutritious fruit commonly used as a vegetable (yes, it is considered a fruit), has recently grabbed the attention of millions of health seekers for its incredible phyto-chemical properties. Interestingly, it has many more health benefits than an apple! Tomatoes are naturally low in sodium, so making your own salsa not only guarantees fresh, delicious ingredients, but also removes the preservatives and unnecessary sodium found in store-bought products.

Tomatoes are a treasure-trove of riches when it comes to their antioxidant benefits. Tomatoes can offer your body an excellent amount of vitamin C and beta-carotene, and a good amount of vitamin E. These antioxidants are scientifically proven to protect against cancers including colon, prostate, breast, lung, and pancreatic tumors. One in particular, lycopene, is the unique phytochemical present in tomatoes. It has the ability to protect cells and other structures in the body from harmful free radicals. Studies have shown that lycopene prevents skin damage from ultra-violet (UV) rays and offers protection from skin cancer. During the summer months, we will all be spending extended hours outside so make sure you protect your body on the inside and out by eating beneficial produce and

slathering on the sunscreen!

With literally hundreds of tomato varieties available, you can be sure to find your perfect match. We usually choose our favorite varieties by some combination of flavor, texture, and appearance. Whether you are someone who prefers a tomato that will make your mouth pucker with that real tomato taste or you have a sweet tooth and prefer fruity, sweet-tasting tomatoes, there is a tomato for you to enjoy. Your body will thank you!

Just as tomatoes need time to hang on the vine to soak up all the goodness that mother nature has to offer, so do we as women. We all know that an out-of-season tomato just doesn't have the same flavor and goodness of one that is picked when it's had time to

mature. Whether it's for a relationship, career, or life in general, women need time to prepare and to strengthen our minds and souls while hanging on the vine, waiting for the season of harvest. You may have been in the "sowing season" for what seems like an eternity, but hold tight. When

it's time, you will be perfect for the picking!

Try these great grilled vegetable recipes highlighting summer's hottest stars in their peak season. Dust off your old grilling recipes and tell your man to move on over. It's time for women to show off their grilling skills! Bon Appétit!

Jennie Goins graduated summa cum laude from Johnson & Wales University in Charlotte, NC, with a degree in culinary arts. She also holds a Bachelor of Arts degree in communication studies and broadcast journalism from the University of North Carolina at Wilmington. She now works for Chartwells K-12 as a Chef and Webtrition Specialist, testing and developing healthy recipes for the use in school systems. Chef Jennie's mission is to show others that healthy cooking can be easy and flavorful. She strives to empower people to take on a bigger role in their own health while enjoying a higher quality of life. Visit Chef Jennie at <http://gettinfreshnc.blogspot.com/> to get her fresh recipes.

“This summer season, I want to challenge Outdoor Women to use their grills for more than burgers and hotdogs”

Juicy Grilled Tomatoes
The only way to grill tomatoes without losing their delicious juices is in a foil packet. Flavor the tomatoes with any fresh herbs or aromatics, then use them to top off a grilled crostini, or add to a salad or sandwich for an extra-savory bite!

- Ingredients:**
- 4 tomatoes (1 pound), quartered
 - 1 pint grape or cherry tomatoes (10 ounces)
 - 1 pint small mixed heirloom tomatoes, halved if large
 - 1/2 cup extra-virgin olive oil
 - Kosher salt and freshly ground pepper

- Directions:**
- Arrange sheets of heavy-duty foil on a work surface. Mound the tomatoes in the center of each sheet. Drizzle with the olive oil and season with salt and pepper. Fold up the foil to create tight packets.



- Set the packets on the grill and cover. Grill over moderately high heat for about 18 minutes, until the tomatoes begin to soften and burst. Using scissors, carefully cut open the foil packets and serve.

Grilled Bread and Marinated Tomato Salad

- Ingredients:**
- 1 garlic clove, smashed
 - Salt
 - 2 pounds heirloom tomatoes, cut into 1-inch pieces
 - 1 small red onion, thinly sliced
 - 1/4 cup red wine vinegar
 - 3/4 cup extra-virgin olive oil, plus more for brushing
 - ground pepper
 - 1 loaf country bread (12 ounces), sliced 1/2 inch thick
 - 2 bunches arugula (6 ounces each), stems discarded
 - 5 ounces goat cheese (1 1/4 cups) or cheese of choice, crumbled

- Directions:**
- On a cutting board, using the flat side of a chef's knife, mash the garlic clove to a paste with a pinch of salt; transfer to a large bowl. Add the tomatoes, onion, vinegar, and the 3/4 cup of olive oil. Season with salt and pepper. Let the mixture stand at room temperature (stirring a few times), for at least 1 hour or up to 2 hours.
 - Brush the bread with olive oil. Grill over high heat until toasted and lightly charred in spots, 1 minute per side. Let cool slightly, then cut into 1/2-inch cubes.
 - Add the bread and arugula to the tomatoes along with the goat cheese and toss to combine. Serve right away.

Tomato Salsa with Cucumber Chips

- Ingredients:**
- 1/4 pound tomatoes, finely chopped
 - 1/2 cup finely chopped sweet onion
 - 1/2 cup finely chopped cilantro
 - 1 small jalapeño, seeded and minced
 - 2 tablespoons fresh lime juice
 - Salt and freshly ground pepper
 - 1 large seedless cucumber, sliced 1/4 inch thick (used as chips)

- Directions:**
- In a bowl, toss the tomatoes with the onion, cilantro, jalapeño, and lime juice and season with salt and pepper. Serve the salsa with the cucumber chips for dipping.

The Good News: This healthy take on the traditional chips-and-salsa combo is nearly fat-free and super-refreshing. The antioxidant-rich salsa is delicious served right after it's made.

Lemony Tilapia and Asparagus Grill

Serves: 4; 3 ounces tilapia and about 6 asparagus spears per serving
Cooking Time: 25 minutes from start to finish

Dinner is so quick and easy when you grill tilapia and asparagus side by side. A combination of chili powder and lemon pepper enhances the mild flavor of the fish, and a seasoned vinegar and oil mixture adds flair to the asparagus.



- Ingredients**
Cooking spray

- Asparagus**
- 1 tablespoon olive oil
 - 1 tablespoon red wine vinegar
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon salt-free lemon pepper
 - 1 pound fresh asparagus spears (about 24), trimmed

- Tilapia**
- 1 1/2 tablespoons chili powder
 - 1 teaspoon salt-free lemon pepper
 - 3/4 teaspoon garlic powder
 - 1/8 teaspoon cayenne
 - 1/8 teaspoon salt
 - 4 tilapia fillets (about 4 ounces each), rinsed and patted dry
 - 1 medium lemon, quartered

- Cooking Instructions**
- Lightly spray the grill rack with cooking spray. Preheat the grill on medium high.
 - Meanwhile, in a small bowl, stir together the oil, vinegar, garlic powder, and 1/2 teaspoon lemon pepper. Pour into a large shallow casserole dish. Add the asparagus, turning several times to coat.
 - In a small bowl, combine the chili powder, 1 teaspoon lemon pepper, garlic powder, cayenne, and salt. Sprinkle half the mixture over one side of the fish, pressing lightly so the seasonings adhere. Lightly spray with cooking spray. Turn the fish over and repeat.
 - Remove the asparagus from the marinade, discarding the marinade.
 - Place the fish and asparagus lengthwise so they are perpendicular to the grates of the grill. (For the fish, you can also use a grill basket lightly sprayed with cooking spray.) Grill the fish for about 3 minutes on each side, or until it flakes easily when tested with a fork. Grill the asparagus for 4 to 5 minutes, turning frequently. Transfer both to a platter. Squeeze the lemon over the fish.

Nutritional Analysis	Per serving
Calories	144
Total Fat	2.5g
Saturated Fat	1.0g
Trans Fat	0.0g
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1.0g
Cholesterol	57mg
Sodium	162mg
Carbohydrates	7g
Fiber	3g
Sugar	3g
Protein	25g
Dietary Exchanges	
3 very lean meat, 1/2 carbohydrate	

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Kitchen Sink Tomato Sandwich

Submitted by Cherie Jones

This is an actual recipe from my favorite cookbook entitled, "White Trash Cooking." It's called 'Kitchen Sink Tomato Sandwich'.

In the peak of the tomato season, chill one very large tomato that has been vine-ripened and has a good, acidic bite to its taste.

Take two slices of store bread and coat with ¼ inch of good mayonnaise.

On one piece of bread, slice the tomato ¼ inch thick and lay it on there. Salt and pepper real good. Then add another layer of tomato with salt and pepper, and cover that with the other piece of bread. Now, roll up your sleeves and commence to eat over the kitchen sink while the juice runs down your elbows. That recipe makes my mouth water every time I read it.

The first year I ever raised a garden, I overdid it with the tomato plants. You can only eat a certain number of sandwiches. That still leaves tons of those red orbs of deliciousness which totally describe the taste of summer. I've never found a store that can produce a tomato like my garden can, so canning them was my only option. While I was canning, I came up with a salsa recipe that gets me more compliments than anything else I cook.

When I make it, I invite two women over to help me. We split the cost and finished product three ways. We each end up with around 24 pints for a few hours of labor and a whole lot of fun in the kitchen. I named it "Hot Flash Salsa," not because of the jalapeños, but for the menopausal moments shared while cooking it. So here it is:

Hot Flash Salsa

From the Kitchen of Cherie Jones

Ingredients:

16 cups chopped tomatoes
1 small can tomato paste
½ cup jalapeño peppers
¼ cup salt
1 cup sugar
3 Tbsp garlic powder
1 bunch cilantro
2 Tbsp chili powder
1 cup green peppers
1 Tbsp cumin
4 cups onions
1 Tbsp black pepper
2 cups vinegar

Directions:

Cook for 1 ½ hours and put into jars. Makes 12 pints.



Don't Forget Dessert!

By Heather Walser

Hey, ya'll! It's Heather, here to give you another secret Tarheel Q recipe. Sorry, dessert recipes only. Jason makes sure all the other "Q" recipes are top secret! As I am sure everyone has realized by the soaring temperatures and ferns on front porches, we are well into spring with summer right around the corner. I always enjoy springtime - the beautiful flowers, some great weather, and one of my favorite traditions - my annual mother-daughter Mother's Day trip to the farmer's market. My mother and I started this annual trip a few years ago to celebrate Mother's Day. I definitely look forward to it every year. I get to spend the day with my amazing mom (no boys allowed) talking, bonding, and shopping. She has an incredible green thumb so she helps me pick out flowers (that I can keep alive) and then helps me make planters. It's always a very special day for both of us. This year while at the market, I stumbled upon several produce stands, which, to my excitement, already had peaches! Naturally, I came home with a bag of them and started searching for recipes. Finally, I found one that will finish off any meal at Tarheel Q perfectly. Before you get started with this recipe, be sure to stop by your local

produce stand or farmer's market and pick up some peaches. Since you will be busy making dessert, stop by Tarheel Q and we will take care of supper!

Just Peachy Cheese Cake

Ingredients:

2 graham cracker crust pie shell
¾ cup sugar
4 8oz packs of cream cheese (I prefer Philadelphia® brand)
2 fresh peaches (4 if they are small), peeled and chopped
1 8oz container of whipped cream
1 package of peach-flavored Jello®

Directions:

Mix cream cheese and sugar in mixer until smooth. Mix in the pack of Jello®. Once the Jello® is mixed well, gently fold in the chopped peaches and whipped cream. Evenly divide the mixture into the pie shells and refrigerate overnight. I like to garnish with a few sliced peaches on top before serving.

Enjoy! Hope to see ya'll soon! And don't forget dessert!



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The beautiful wine tasting room is situated on rolling hills in rural Davie County.

North Carolina Wine Explorer Misty Creek Vineyards

Article and Photography by Rick England

You don't have to be a rocket scientist to grow grapes and make award-winning wines, but it helps. Just ask Barry Nichols. Barry is the owner and winemaker at Misty Creek Vineyards, near Mocksville, North Carolina. Barry worked in the aerospace business for 33 years, mainly at the Kennedy Space Center in Florida - also known as "Spaceport, USA" to the tourists. While Barry wasn't actually a rocket scientist (his title at retirement was Chief Information Officer), he was intricately involved in the space program.

But that's not all Barry is about. Since starting Misty Creek Vineyards, Barry has become an accomplished winemaker. The wines of Misty Creek have taken home many awards, not the least of which are four medals from the North Carolina State Fair for each of the last two years.

Barry attributes the winery's success to the land where he grows his grapes. While the particular type of soil on the property doesn't lend itself well to agriculture, it does impart a unique flavor to the grapes he grows there. Barry, his



Magnificent fireplace in the tasting room. Some of Marge Nichols' paintings and ceramics can be seen on and around the mantle.

wife Kathy, and his mother Marge have succeeded in creating something from nothing here in rural Davie County. Planting their first vines in 2002, the Nichols family now boasts a wine list consisting of five wines and two blends, with more on the way. Not only do the rolling hills of the vineyard produce top quality grapes, the hills have their own history. Spear points found on the land suggest the probability of a Native American presence. The lands that are now vineyards may have been occupied by those Native Americans for hundreds of years before Europeans first came to the Yadkin Valley. Revolutionary and Civil War armies passed through this part of North Carolina, as well as settlers going south. Even Daniel Boone once lived not too far from the winery's grounds. The one thing this land cannot lay claim to is tobacco. Barry says that since the land is comprised of rolling hills, it was unsuitable for tobacco farming.

Barry isn't the only member of the Nichols family with a colorful path to Misty Creek. Kathy has earned four master's degrees, and as a teacher, taught learning-disabled children. Kathy was also a school

(cont. on page 68)

“Barry, his wife Kathy, and his mother Marge have succeeded in creating something from nothing here in rural Davie County”



87 year old Marge holding a glass of Misty Creek Wine.

feet, "rumbling and grumbling," as Barry put it.

Perhaps the most interesting member of the family is mother Marge. At 87, most people would be slowing down, sitting in a rocking chair, and thinking about the old times. Not Marge! She paints and creates ceramic art, handles the vineyard floor, sprays to control weeds, and works in the tasting room in her "spare time." Marge has lived in Europe and Japan, where her husband was assigned as a U.S. Government official. In recent years, she has earned her private pilot's license, taken a glider ride, and ridden a dragster at 150 miles per hour! Marge is the inspiration that led Misty Creek Vineyards to become the winery it is today. Barry likens her to the tent pole in the center of a circus tent which holds everything up. "She is our tent pole," Barry says.

Besides rescuing Hooch, the family is involved in giving back to the community in different ways. The winery sponsors animal rescue



(cont. from page 67)

administrator during her career in public education. Kathy's favorite job at the vineyard is driving the tractor and using the "bush hog," a heavy-duty mowing attachment, in the fields.

Even Hooch, the vineyard winery dog, has a unique past. Hooch is a rescue dog, and was three days from being put down when Barry took him in. In those early days with Hooch, he says, the Rottweiler was sick, very ill-tempered, and couldn't get along with the other family pets. Hooch was five years old and had been mistreated. "We had to teach him how to play with toys," Barry said. "He had never had a toy to play with." Today, Hooch is a friendly dog, beloved by the family and the winery's customers alike. He greets everyone visiting the winery, which, from personal experience, can be intimidating before you get to know Hooch. During our interview, Hooch lay at our

events through the Davie County Humane Society. They also donate a portion of all wine sales to various Davie County rescue squads and EMT organizations. They believe in giving back to a community that took them in when they first arrived in 2001, treating them like lifelong residents instead of outsiders.

The wine produced by Misty Creek is superb, covering the entire spectrum from dry to sweet. Whatever your taste in wine, Misty Creek will satisfy. The winery produces over 2000 cases per year with the goal of further growth. They are planning to build their own winemaking facility instead of using the facilities of other area wineries. Barry has already started purchasing the machinery needed to crush, ferment, and age his wines, which will enable Misty Creek to offer an even greater variety of wines. Within the next two years, he plans to be totally self-sufficient. With the



Barry Nichols and his mother Marge toasting Misty Creek Vineyards and Winery.

determination of Barry and Kathy, and the inspiration offered by Marge, good things are surely on the horizon for Misty Creek Vineyards and winery.

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Rainy Days and Cameras Always Make Me... SMILE! Making the Most of Rainy Day Photography

By Angela Owens

Don't let a rainy day stop you from going outside to shoot photographs. You might be surprised to know that you can take wonderful photos outside in bad weather if you just get a little creative. The first thing you want to do is protect your camera. Bring an umbrella to shield yourself and your camera from the rain. If it's a super-rainy, humid day, you might even want to get a camera rain bag that covers your camera body and allows the lens to go through an opening so you can protect it from moisture. It still allows you to use your camera as you normally would. This is also helpful in the snow or if you're in a situation where a lot of dust is in the air. Now, it's time to go outside.

If you're a nature photographer, you'll have lots of fun with this. Water is a wonderful thing to shoot in all its forms. It flows and moves in interesting ways that can be very visually appealing. Get up close to the rain drops on the plants. If you have a macro lens, now would be a great time to use it to get that super-close

shot of drops pooling on leaves and dripping down in puddles to make ripples in the water. Take this opportunity to shoot the interesting structures around you at a distance for a full scenic shot including the sky. Storm clouds can make for a wonderful photo and help to create mood in what may otherwise be a boring shot. You might even be lucky enough to catch a rainbow if the conditions are right. Follow the animals around and capture their reactions to the storm and rain. If your dog is soaking wet and ready to shake off that water, set your camera to high speed and catch the moment as the water starts to fling in circles off his fur.

If your passion is photographing people, don't let the weather scare you off. Most people would cancel an outdoor portrait session on a rainy day, but consider having fun with it instead. Have your subjects bring matching umbrellas. (Black is very somber and not my taste. I like pops of color on dreary days.) Have them bring bright solid umbrellas and take them out

“ You might be surprised to know that you can take wonderful photos outside in bad weather if you just get a little creative ”

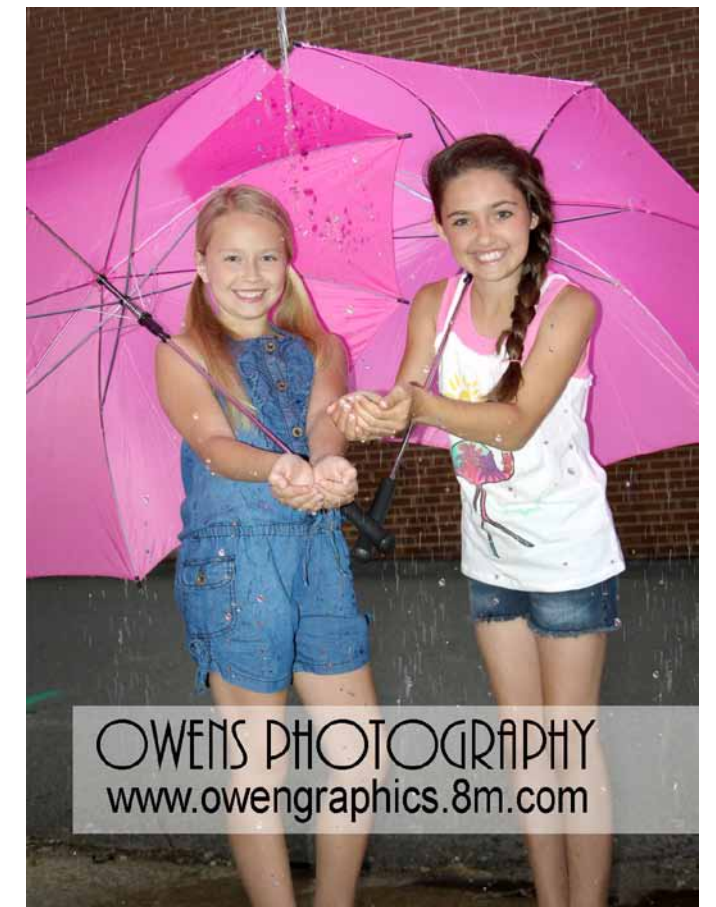
in a field with the rain pouring down and the thick clouds in the sky. Have them pose for you with their umbrella in hand. Have them play with the rain drops streaming off the ends of the umbrella or have them try to catch rain drops on their tongues. If you have a subject who doesn't mind getting a little wet, have them twirl the umbrella around and dance in the rain, kicking up their feet and splashing in the puddles.

A little wind can make a beautiful photo when it catches the hair and gently blows it back from the face, but a lot of wind can be a problem. If the wind is too strong, think about moving to a spot that blocks the wind, either on the side of a building or an underpass - even a tunnel if the wind is not blowing straight through. Tunnels and bridges are great on stormy days. Make sure you stand your subject near the edge to catch as much light as possible; if you shoot it right, you'd never even know it's raining outside.

If you have little ones who love to play in the rain and the mud and it's a nice warm day, now is your chance to get some unique shots. Get down and dirty! Plop them down in a puddle (muddy or clean, whichever they prefer) and just let them play their little hearts out. I guarantee you will get some of the biggest smiles ever and it will create great memories, both for you and for them. Once you are done playing in the rain, be sure all of your equipment is dry. If it's gotten wet at all, lay your camera and lens out in a warm, dry, and safe place to dry out completely before putting it back together. Make sure your bag is completely dry, too, before you

put your camera back in it. You might want to keep one or two of those silica gel packets in your camera bag to help keep out any moisture.

I hope you enjoyed this article and venture out more with your photography.





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