December 1993 Techniques: USE THE FORCE By Datus Proper

HIS SESSION OPENS WITH A movie. I want you to sneak out and rent the videotape of George Lucas' Star Wars, or borrow it from your teenager. It looks like science fiction but is drawn from mythology and, like all mythic thinking, has a message for the right hemi-

sphere of your brain. Watch the hero, Luke Skywalker, as he is introduced to the weapon called a light saber. He's clumsy till old Ben Kenobi teaches him to use "the Force"-a different kind of vision. Later, when Luke is losing the climactic battle with forces of evil, old Ben again whispers, "Use the Force!" And Luke does. He turns off his computerized guidance system, flying his space-ship without digital technology. Then an odd thing happens: the target, an enemy space station, seems to slow down, and the Force guides our hero's two shots precisely where they should

go. Luke has learned to aim with his

right brain.

I have a weapon with two shots, like Luke, and I train in a similar way. It happens that I am afflicted by an onagain, off-again flinch, and a few rounds of skeet can make it worse. Therefore, I practice for bird season with an unloaded shotgun. I mount it a few times every day until stock comes up squarely to cheek, rib centers under right eye, and muzzles point at the stuffed grouse on my mantel. Later, I step out on the porch, where I try to mount, swing, and fire-in one smooth step-at any target of opportunity. Instead of live ammunition, however, the chamber contains snap-caps, which are empty shells with spring-loaded plungers where the primers ought to be.

This is called dry firing, and hunters have been doing it ever since guns became capable of hitting moving targets. For that matter, our ancestors must have dry fired spears at imaginary mastodons. What is new-for me-is that I have figured out why the method works. It frees the right hemisphere of my brain to take over my shooting.

There are hemispheres in the brains of many animal species. The peculiar feature of the human brain is that the hemispheres have different functions. Sometimes they even argue with each other, as we shall see.

Our left-brain functions may have evolved along with our unique lan-guage skills. Researchers know that the left brain deals with words and numbers, something like Luke's digital computer. The process is analytical, logical, and rational. It is also sequential-taking one step after another. This is a precise way to reach conclusions, and a hopeless way to swing on a woodcock weaving through the alders.

By comparison, the right brain seems primitive, until you discover that Einstein, Michelangelo, and Luke Skywalker relied on it. This hemisphere is good at space-relationshipsit sees how you and the trees and the woodcock all fit together. The right brain is also holistic; it sees all these things at once. And it is intuitive; it leaps ahead to predict where the target will be when your shot arrives.

I am clumsy at the nonverbal lan-guage of the right hemisphere. Most of us are. As scientist Roger Sperry writes, "Modern society discriminates against the right brain." You learned to trust it, nevertheless, if you ever be-came skilled at bicycle riding, fly casting, or drawing pictures—another right-brain function, according to ex-

perts on the subject.
What you and I share with the artist is a need to form accurate pictures in the mind. For generations, we have been told not to aim shotguns, but that is obviously nonsense. We all know that we must guide our guns as carefully as artists guide their brushes. It may be that the left brain can cope with a "sustained lead" in front of a target flying a steady course. With a bobbing and weaving upland bird, however, only my right hemisphere can actually call the shot.

There is something I have avoided mentioning till now: each hemisphere tries to guide the hand on the opposite side of the body. This means that my right brain, thank goodness, is in-structing my left hand, which is out on the fore-end, swinging the gun. Unfortunately, the left hemisphere is in charge of my right hand, which is the one with the trigger finger. Right brain says, "Now!" Left brain is not ready. Grouse escapes.

When right brain is in full charge,

Source

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however, the grouse slows down—like Luke's target. It feels like magic. You focus on a spot in front of the bird and

focus on a spot in front of the bird and mount the gun calmly, correcting your aim before stock touches shoulder. Muzzles reach target, still swinging, and the gun seems to shoot itself.

This effect is hard to feel in dry firing, mind you. Training is dull with any weapon—shotgun, light saber, or longbow. Boredom may, however, be a sign that your left brain has wandered off to think about sonething else. If, when that happens, the gun still comes up pointing where you want, effortlessly, the right brain is in control.

After that, the problem is to make

After that, the problem is to make the same moves in the field, when your adrenaline is pumping. It's only easy when it works. If you need to settle your nerves, here's a trick: talk to yourself, calmly, and mount the gun in time with the words.
Try "Use the Force."

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By comparison, the right brain may seem primitive, till you discover that Einstein, Michelangelo, and Luke Skywalker relied on it. It is good at space-relationships, meaning that it sees how you and the trees and the woodcock all fit together. Right brain is also holistic, meaning that it sees all these things at once. And it is intuitive, meaning that it leaps ahead to predict where the target will be when your shot arrive.

I am clumsy at the nonverbal language of the right hemisphere. Most of us are. Scientist Roger Sperry writes that "modern society discriminates against the right brain." You learned to trust it, nevertheless, if you ever became skilled at bicycle-riding, fly-casting, or drawing pictures. I was surprised to learn that drawing is a right-brain function, but a book by Betty Edwards makes a convincing case.

What you and I share with the artist is a need to form accurate pictures in the mind. For generations we have been told not to aim shotguns, but that is obviously nonsense. We all know that we must guide our guns as carefully as artists guide their brushes. It may be -- I'm not sure -- that the left brain can cope with a "sustained lead" in front of a target flying a steady course. With a bobbing and weaving upland bird, however, only my right hemisphere can call the shot.

There is something I have avoided mentioning till now: each hemisphere tries to guide the hand on the opposite side of the

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After that, the problem is to make the same moves in the field, when you are excited. It's only easy when it works. If you need to settle your nerves, here's a trick: say something to yourself, calmly, and mount the gun in time with the words.

Try "Use the Force."

Datus Proper 1085 Hamilton Road Belgrade, MT 59714 (406) 388-3345

USE THE FORCE

Shotgunning with the right side of your brain.

This session opens with a movie. I want you to sneak out and rent the videotape of <u>Star Wars</u>, by George Lucas, or borrow it from your teen-ager. It looks like science fiction but is drawn from mythology, and, like all mythic thinking, it has a message for the right hemisphere of your brain.

Watch the hero, Luke Skywalker, as he is introduced to the weapon called a light-saber. He's clumsy till old Ben Kenobi teaches him to use "the Force" -- a different kind of vision.

Later, when Luke is losing the climactic battle with forces of evil, old Ben again whispers "Use the Force!" And Luke does. He turns off his computerized guidance system, flying his spaceship without digital technology. An odd thing happens, then: the target, an enemy space station, seems to slow down, and the Force guides our hero's two shots precisely where they should go.

Luke has learned to shoot with his right brain.

I have a weapon with two shots, like Luke, and I train in a similar way. It happens that I am afflicted by an on-again, offagain flinch, and a few rounds of skeet can make it worse. Therefore I practice for bird season with an unloaded shotgun. I mount it a few times every day until stock comes up squarely to cheek, rib centers under right eye, and muzzles point at the stuffed grouse on my mantel. Later I step out on the porch, where I try to mount, swing, and fire -- in one smooth step -- at any target of opportunity. Instead of live ammunition, however, the chamber contains a snap-cap, which is a sort of empty shell with a spring-loaded plunger where the primer ought to be.

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There are two sides, or hemispheres, in the brains of many animals. The peculiar feature of the human brain is that the hemispheres do different things. Sometimes they even argue with each other, as we shall see.

Our left-brain functions may have evolved along with our unique language skills, though this is only my guess. Researchers do know that the left brain works with words and numbers, something like Luke's digital computer. The process is analytic, logical, and rational. It is also sequential -- taking one step

March 10, 1993 Mr. Dave Petzal Field & Stream 2 Park Avenue New York, NY 10016 Dear Dave, My apologies for the length of the enclosed piece on the right brain. I should not have proposed taking on a subject this complex, and new, when you asked for a short submission. If you prefer, we could hold this and I could give you something much shorter on training with an air rifle. That's another way to beat my flinch. Yours, Enclosed: "Use the Force" Diskette

the muzzle, giving you good instincts to rely on.

If everything looks good and I'm still missing it's a certain bet that my gun mounting is off and I take a split second more time to seat the stock properly, head firmly on the comb. If I do this I don't get too shabby...generally.—GENE HILL

IF I'M NOT ALREADY IN SHAPE FROM shooting Sporting Clays, a couple of weeks before hunting season begins I point and swing my shotguns about 100 times a day. This is the single most important thing a shooter can do, because more game birds are missed due to poor mounting (usually, not getting the gun up to the face) and swinging technique than any other cause.

Pick out a target and swing at it. If I'm preparing for quail, I quick-point at flushing bobwhite in a print on my wall. I work on smooth, measured, unhurried mounts. When it begins to seem that I'm mounting in slow motion but the gun is actually coming up quickly, then I'm ready to burn some

To practice for rising, departing birds such as pheasant, woodcock, etc., I shoot at 16-yard trap targets, starting the gun from carrying position. This is very difficult, and many are missed. If the gun doesn't have enough choke for that yardage, I ask permission to shoot alone and stand directly behind the trap. Some ranges will let you play walk-up, in which you walk toward the trap without knowing when the bird will be released.

Sometimes I join hunting buddies on somebody's farm and take turns walking in on simulated flushes from a portable trap or a hand trap. This sharpens up the footwork you need to get into position when a bird flushes from an awkward angle.

You can practice for incoming overhead doves or waterfowl by having a friend throw hand-trap targets from a bluff or hilltop. I mostly practice beneath high towers on Sporting Clays ranges, and most range operators will let you spend your whole round on the stations that most closely match what you'll be hunting. No use practicing on the rabbit target if you're going after geese.

A skeet range offers good crossingshot practice, so long as the gun is started from the hunting position. To simulate the lead on long crossing shots, step back a couple of yards from IF YOU SELDOM MISS WITH YOUR shotgun, you can ignore the following. However, if you suffer strings of misses at easy birds, read on. You may be jerking your trigger and shooting underneath your target. That's what happens to me, anyhow. I mount the gun correctly, swing it smoothly, see the right picture as the shot goes off...and miss. At least I've figured out what comes next: training with a recoil-free gun.

This came as a surprise, mind you. Twelve years ago, I bought a serious air rifle to train for big-game hunting. What I didn't know was that my bird hunting would benefit even more—if only because my shotgun kicks harder than my deer rifle. A recoil-free air rifle does not cure the flinch exactly, but it pushes it into remission, sometimes for the whole season.

My medicine is a medium-priced German air rifle in .177 caliber. It is not quite powerful enough for field use, but it has the three features I need: a light, crisp trigger, low-vibration firing (hard to find in more powerful air rifles) and the ability to group within an inch at 25 yards.

You could train at closer range with a less accurate rifle, but I like 25 yards because it is my median distance for shots at upland birds. It also happens to be the distance from my back porch to a willow with slender branches, from one of which hangs an empty soft-drink can. I take a dozen shots offhand, then repeat an hour or so later. It's easy to find the time when all I have to do is walk out the door. It's fun, too. The air rifle is so quiet I can hear the can say plink.

With the air rifle—unlike my shotgun—I can tell when I'm going to flinch. My finger tightens up and wants to jerk the trigger at first, and the sights pull away from the target. But then, after a few shots, my nerves realize that there will be no bang in my ears, no thump on my shoulder. I get so that I can hit the can—sometimes even when a wind is swaying the willow.

At that point, I am ready for bird season.—DATUS PROPER

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MAKE BOTH SIDES OF YOUR BRAIN HAPPY WITH WORDSTAR FOR WINDOWS.

What's Cookin'

OUR BEST QUARTER EVER!

We've just completed the most exciting quarter in our company's history. Sales have surpassed projections in every prod uct category. And we couldn't have done it without the dedication and caring each of our employees brings to the job every day.

KIWI STRAWBERRY IS MOST POPULAR NEW FLAVOR

Our innovative Kiwi Strawberry Nouvelle Pie generated the most sales, especially in California - closely followed by Plum Ginger and Pear Pecan

Congratulations to Stephanie Wilson, who suggested adding a touch of maple syrup to the Pear Pecan recipe. Her suggestion beloed to make the pie a real taste sensation, and it has earned her the MLC Foods "Idea of the Month" Award. A check

Flavor	East	South	Central	west
1. Kiwi Strawberry	21%	12%	19%	48%
B. Plum Ginger	35%	17%	11%	37%
C. Pear Pecan	24%	33%	13%	30%
D. Peach Blueberry	41%	22%	23%	14%
E. Raspberry Rhubarb	18%	39%	31%	12%

HOMEBAKED NOUVELLE PIES

The "exploded" pie chart shows you the percent age of national sales achieved by each flavor in our new line of Homebaked Nouvelle Pies. The other chart shows you the relative popularity of



Carol Grant is the new director of MLC Test Kitchens. She has more than 20 year ence in the food industry and she is, Carol would love to hear your idea

for \$500 goes to Stephanie, along with our thanks for a most delicious idea!

MLC GOES INTERNATIONAL

We continue to expand into new markets around the world. Our smashing success with our Homebaked Nouvelle Pies in the

should be fully opera-

tional by early next year. And we're currently considering several possible locations in England and Germany

Gary Hawthorne, who's been doing such a terrific job managing our East

Coast operations, will be moving Toronto to become Operations Ma Western Europe. Bon Voyage, Gary.

DON'T FORGET ABOUT FOUNDER'S DAY

Had it not been for the vision and energy of our founder, Martine Lucien Cnudde, none of us would be here at MLC Foods today. And the world would never have experienced our delicious home-baked pies. cakes and cookies.

Each summer, we honor our founde with a day of pienick-

ing and fun for all MLC Foods employees and their families This year, Founder's Day

will be held on July 11 at Hadley Pavilion fair-

grounds. As always, there will be square dancing, swimming, games for the kids and, of course, lots of great barbecue. There will also be softball and volleyball games. an apple-bobbing contest, and our famous

Music will be provided by not one, but two fabulous bands: Donny Dee and the Mountain Stompers, and the Cajun Kir The fun starts at 10 a.m. and goes all



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If you've been writing with only balf a brain, you need WordStar for Windows - the word processor that gives you sophisticated text editing and advanced page layout in a single, easy-to-use program.

The logical, efficient, left side of your brain will be impressed with its powerful array of productivity boosters – all the dozens of features you'd expect from a highend word processor.

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So if you want a word processor with the power not only to shape your words, but design the entire page... you want WordStar for Windows.

o other Windows word processor does everything that WordStar for Windows can do - not Microsoft Word, not WordPerfect, not Ami Pro.

You'd have to buy separate word processing and desktop publishing programs... then switch back and forth between the two... to get all the



features vou'll find in this single. easy-to-use program.

Easy to learn. Easy to launch. Easy to use.

WordStar for Windows takes full advantage of the many "ease-ofuse" features for which you bought Windows in the first place. For example, you can use the Windows 3.1 File Manager to locate a document, then launch it simply by "dragging and dropping" it onto the WordStar for Windows icon.

You'll also appreciate the completely redesigned online tutorial, which lets you master the program – feature by feature – as you work. Whether you're a first-time WordStar user or you're upgrading from a previous version, this stepby-step, interactive tutorial will have you up and running in no time at all.

WordStar for Windows is compat-

It's never been easier to move up from DOS.

ible with more than 50 different DOS word processing formats. It

Newsletters, advertisements, reports, special Wm Shakespeare announcements -WordStar for Windows HIS LIFE gives you the power to AND TIMES create almost any type Of all the Elizabethan poets.
William Shakespeare is the most
famous. He was born in 1564 in the
village of Statiford-on-Awon to an old
and prominent family. His father,
John Shakespeare, was a glover and
wool dealer with a shop in Statiford.
Shakespeare entered grammar of document. Here, we set up a three-column format with rules between columns, and then had the text wrap Shakespeare entered grammar hool in 1571 at the age of seven, gabethan education was based on arning by rote, and he had an excel int aural memory. His education in around the illustration automatically.

also provides keystroke support for WordStar for DOS and WordStar 2000. so you can continue using many of the keystroke commands you're familiar with. Your transition from

Style: Body Text 1 Feet Times New Roman

There's no limit to what you can do

with WordStar for Window's powerful

graphic tools. Here, we imported an

illustration of a dart board with three

boards with one dart in each. We also

darts in it... and created three dart

changed the placement of the darts.

DOS to Windows may be smoother than you ever thought possible.

All the word processing tools you'll ever need.

If you want a high-end word processor that does it all, you won't be disappointed with WordStar for Windows. You get true

WYSIWYG ("What-you-see-is-what-youget") text editing at any zoom level. And you can work in either of two different screen views: text-only view or page layout view.

There's a 119,000-word spell checker and a thesaurus containing 1.4 million synonyms. You even get the latest version of the interactive grammar and style checker, Correct Grammar for Windows.

There's more. You get auto indexing. Cross-referencing. Paragraph styles. Widow/orphan protection. Footnotes with automatic numbering. Hidden text. Auto hyphenation. Auto pagination. Auto numbering. Auto save. Mail merge. And the list goes on and on.

Flexible layout tools let you design the entire page.

An advanced, frame-based layout system - the same kind you'll find in expensive desktop publishing programs – lets you move any element of your layout to another position as intuitively as if

you'd picked it up with your hand and laid it back down. You'll be amazed at how easy it is to place pictures, charts, tables - even blocks of text -

> anywhere you like. You can also have vour text wrap around pictures, automatically.

> > Link story lines across multiple pages (great for newsletters!). Link text to graphics, so your captions will automatically stay with the pictures they describe - even if you move them to another page. And you can do it all with ease and precision - without buying and learning a separate page layout program.

Built-in graphics tools will bring out the artist in you.

You can quickly import graphics in any of the ten most commonly used graphics formats, and then edit them. Or create your own artwork with the easy-to-use graphics tools. You can draw lines, arcs, rectangles... align and rotate objects... crop and scale images... stretch text horizontally and vertically... select colors and patterns... and much more.

To inspire your creativity and to help you get started, the program includes 75 fully editable clip art files on a wide range of subjects.

Precise typographic control gives you crisp, professional documents.

Now it's easy to make everything you write look as if it were typeset by a professional. You can make your type any size from one to 792 points, in 1/10-point increments... vary the space between lines ("leading") and adjust the space between

letters ("kerning") with incredible precision. And WordStar for Windows supports all the new TrueType fonts included with Windows 3.1.

Creating tables is faster and easier than ever.

You can display even the most complex information in a format that's simple to read and understand. Automatic table generation lets you set up tables containing text or numbers in just minutes, instead of hours.

You can make the table any size you want - up to 45" by 45" simply by clicking and moving

vour mouse. The table will automatically fill with columns and rows to the size vou've specified. You can even import Excel, Lotus 1-2-3 or Ouattro Pro spreadsheets directly into your document, and have the columns and rows created automatically.

Each individual cell in your table acts like a minidocument in which you have full edit-

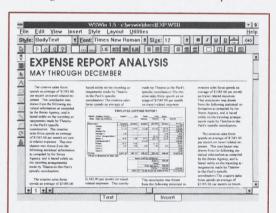
ing capabilities, including the use of styles. And your tables will automatically flow across pages or linked frames.

Superior connectivity to other applications.

With WordStar for Windows, you can gather information from spreadsheet, database and graphics programs... then

combine it effortlessly in a single document

You'll be able to take advantage of one the hottest new features of Windows 3.1 - OLE (Object Linking and Embedding). OLE lets you link a document you've created in WordStar for Windows to documents vou've created in other Windows programs, so you can easily incorporate graphics, text and data from those programs – without losing the formatting from the originating program. Any changes you make in the originating application will also be made in your WordStar for Windows document - automatically.



The OLE feature links you to other applications - dynamically. For example, you can drop an Excel spreadsheet right into your WordStar for Windows document. To edit the spreadsheet, just double-click on it and you're instantly back in Excel. Any changes you make to your spreadsheet will automatically be made to your document, so your data will always stay up to date.

> You can also link data from other Windows programs with DDE (Dynamic Data Exchange). and from DOS programs with File Referencing. In addition, you get WordStar MailList™ and dBase support for mail merge. No other software gives you more ways to connect with Windows and DOS applications.

When my left brain is in charge, the bird seems to be flying very fast. I toss my gun to my shoulder and snap off a shot because I do not have time to aim. Any weapon must be aimed -- but not necessarily with the left brain.

[I learned to shoot, years ago, with a BB gun, and after that a .22 rifle. Both could be aimed with my logical left brain. So can the more powerful rifle I now use for deer. I line up the cross hairs and squeeze when I am on target. When I started to use a shotgun, I chose an equally logical method -- mounting my gun, swinging along with my muzzles a precise distance ahead of the bird, and squeezing the trigger. It worked on long-distance ducks, when they were good enough to fly in a straight line. But I missed every ruffed grouse I shot at -- until one startled me into using my right brain. No dinner ever tasted better. I did not switch styles right away, though. I did not know how to repeat a non-verbal, non-logical process that just happened to work.]

Einstein used the right brain, so it is not just for us bumblers.

you cannot draw well in any other way. The process is spatial, like a snipe's flight over a bog.

Within a few days, though, my rational left hemisphere is willing to rest offstage. With luck, it will stay out of the act on opening day.]

Most of us spend most of our working lives in the left-brain mode. I, for example, use my left brain to assemble words, very

carefully. No wonder I miss woodcock flitting through the alders.