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# DR. DEER'S VIEWS

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## ORGANIC FOODS

James C. Kroll

Americans, and I suppose many Europeans, seem to be possessed these days by global warming and other environmental issues. My generation, the "boomers," really are obsessed with the environment for two reasons. First, when you dig into the underlying reasons, it often comes back to one thing: our own mortality.

We are feeling the dank breath of the "Grim Reaper" on our collective necks. Second, we have the luxury of time to consider such metaphysical concerns. There is a concept in social science called Maslow's Hierarchy of Needs. It begins with the very fundamental level of satisfying our daily needs for survival (food, water and shelter) and then continues upward to concern for self.

In much of the world, the average person spends every waking moment seeking enough food to stay alive; whereas, in the U.S. and much of Europe, we spend very little of our workday to put food on the table. The individual becomes less and less concerned with the needs of the body and more and more with higher order stuff such as, "Who am I?" So, no wonder first world citizens care more about their environment than third world citizens—we simply have the free time to worry about such things.

Whether it be concerns for living longer or for the environment, we cannot turn on our televisions without hearing something about eating and living healthy. Who ever would have thought so much shelf space would be devoted to trendy brands of plain old water?

My daughter is a practicing psychologist in Austin. On a recent visit to that metropolis, she took her mother and me to a trendy food market. Being a psychologist she understands me better than I do. Now,

this was a place where you could see a vast variety of things, not only of foods but some really interesting people.

It was like going to a food version of Disneyland. It even was laid out in a maze of aisles each carefully funneling you past piles of exotic foods and drinks. Who would ever have thought you could make a soft drink out of carrots?

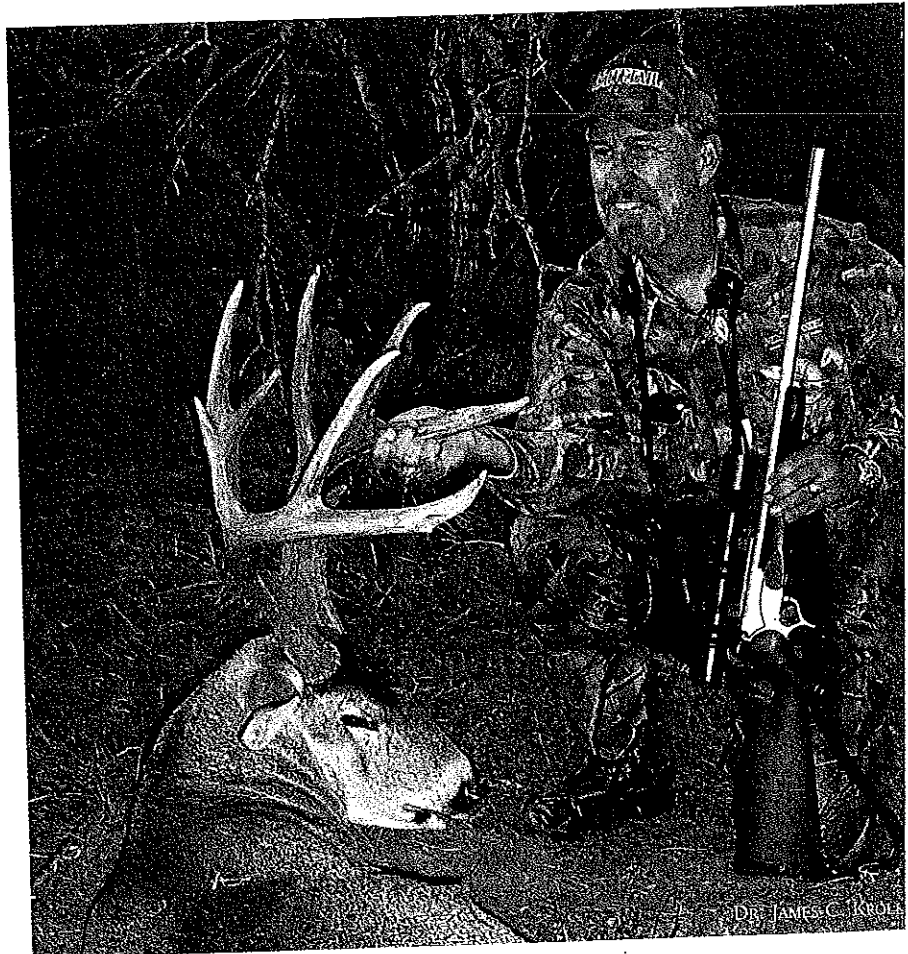
Since I really like wild mushrooms (not that kind), I stopped at a counter filled with every edible variety known to man. Pulling a paper (wouldn't want to use plastic) bag from a bin, I stuffed a handful of morsels into the bag. When we got to the cashier, the bag was missing.

"Where are my mushrooms?" I asked my

wife, Susie. "Sydney put them back," she replied. It turned out they were \$45 per pound and my bag would have cost me \$18. My daughter is quite frugal. The truth was, almost everything in that place was more expensive than at Brookshire Brothers in Nacogdoches.

Now, what on Earth does this have to do with white-tailed deer? The reason food was so expensive at this market was that they were trying to rip us off. Rather, much of the fresh foods piled high along the aisles were "organic." To produce such foods, you have to manage less intensively and exclude intensive management to

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Dr. James C. Kroll

heart. They just need a little encouragement to realize their full potential.

I realize not all women are lucky enough to be born into a family that hunts, or is overlooked as huntresses because they have brothers. I was lucky enough to have a father who encouraged my outdoor senses, and never once was he concerned about my gender.

He began taking me fishing, and for a while this was fine. I soon grew restless, though, and yearned for something more. I begged for two years for my father to take me hunting. He taught me how to shoot when I was 8 years old and then, finally, when I turned 10, he gave in and took me to Texas. That was almost 10 years ago, but I can recall it like it was yesterday.

Experiences in hunting are moments you never forget. It grows with you, becomes wrapped up in your heart and never leaves. "A true hunter is a person who is a hunter in her mind and soul as well as in her heart." (Etling and Reneau XII) I love this quote because it describes me perfectly.

Even though not all women have the same opportunities I did, I want them to realize that they can easily do anything they set their minds to, especially hunting. It brings about so many gifts and skills to women, and hopefully my story and encouragement will motivate more women to get involved in hunting.

For the women who don't know where to begin, there are programs they can join to help them get started. An excellent one is from the National Rifle Association. They have a program exclusively for women called Women On Target™. It is designed to create more hunting and shooting opportunities for women.

They host women-only hunts, which helps inexperienced women learn the skills needed to hunt in any environment. They even teach the women gun safety and how to use a gun. This is a great place for women who are interested in hunting to get started. Any age is welcome to this program.

I like to see how women's programs for hunting are starting to emerge in society. It goes to show just how much times are

changing, and how the face of hunting is changing also.

It is good for women to learn the skills of hunting so they can pass it down to their children. Hunting is a great way to spend time with family. I am so close to my family, and I believe it is because we all hunt. My father, mother and older sister all hunt. My sister is not as into it as I am, but she never misses the opportunity to come on hunts with the family.

We help each other out by offering advice and giving extra confidence. It is funny because my dad is the one who taught me everything about hunting, but I teach him a few new things every now and then. I have just started bowhunting, something my dad has never done. I think it is so awesome how I can teach him about this type of hunting.

I am always learning new things about hunting, and one day when I am married and have children I can teach them everything I have learned, and vice versa.

Hunting is not a sport

for the weak-minded or closed-minded. It is also not just for men. Kathy Etling says, "Hunting and bowhunting are both sports that rely not so much on brute strength but on stealthiness, intellect, woodsmanship, perseverance and sheer physical endurance." (Etling and Reneau XI)

Women everywhere have the ability to hunt. Hunting should be understood as a whole, and not by only the killing part. Women owe it to themselves to try hunting so they can experience all the gifts it has to offer. Huntresses are like no other people in the world; they are truly a rare and lucky breed. ♀♀

*Editor's Note: Works cited for this article:*  
1) Kathy Etling; Susan Campbell Reneau. "The Thrill of the Chase." California: Safari Press Inc., 2004. 2) National Rifle Association. "Women's Programs." 19 Mar 2006. <http://www.nrahq.com/women/wot.asp>.

