**"BREAST CANCER AWARENESS MONTH"**

*Stages Written by: Sassy Shooting Sours*

Oct. 16, 2016

**Well it’s been a year since we’ve heard about breast cancer but that time has arrived again. As you ride into Mattaponi you find that the Sundowners have gone all out again and the town is all pink and purple. One Eyed Jane has just arrived on the “Beyond the Noon” stage coach. Lady Argyle has sent Loco Linda and One Eyed Jane to Mattaponi to see to it that the towns folk all get checked out.**

**PLEASE SHARE THIS INFORMATION WITH ANY FEMALE/MALE THAT YOU LOVE OR CARE ABOUT; YOU MAY JUST SAVE THEIR LIFE.**



**MATTAPONI SUNDOWNERS**

***“SHOOT FOR A CURE”***

**SUNDAY, OCT. 16, 2016**

Lady Argyle and Doc Argyle are finding themselves in Scotland this year celebrating her retirement. She thinks that Doc would look sexy and one of those kilts and he absolutely refuses. As they are looking out at the beautiful scenery Doc feels a swift breeze under his kilt and thinks Lady A is getting fresh and as he turns to look, expecting Lady A there, he finds a sheep with the nose up his kilt.

The folks of Mattaponi have been a little hard headed so we find that Ramblin Royce, Loco Linda, Prairie City Slim and One Eyed Jane have all arrived to make sure Mattaponi gets their screenings and mammograms. Loco Linda is a lung cancer survivor but she helps pull out all of the stops to ***stop cancer*** of all types. Ramblin Royce will do anything for Miss Loco because he’s seen the aftermath when Miss Linda goes Loco. Loco Linda is quick to set the people straight; thanks to early detection and treatment she has beaten the dreaded beast, cancer. She shows everyone that yearly checkups, early detection and early treatment are keys to surviving cancer and beating it down. **I AM A SURVIVOR!!**

 Lady Argyle was diagnosed 16 years ago, during a routine mammogram it was detected that she had breast cancer. Thanks to early detection, good doctors and a lot of support she has beaten the dreaded disease. Loco Linda explained that her circumstances are a little different. She was having GI symptoms and fearing dehydration she decided to go to the hospital to be checked out. During routine testing they didn’t find the reason for her nausea and vomiting but they did find lung cancer by accident. She was successfully operated on and she is now a 10 year survivor. One Eyed Jane presented with a sudden onset of signs that something was horribly wrong and she called her doctor right away and was seen the same day. Thanks to her quick action and the diligence of her doctors, she received swift treatment; with surgery she is an 18 year survivor.

I’m glad to say that we have run out of women that we shoot with that are cancer victims and survivors. This year we are joined by Prairie City Slim who was diagnosed with prostate cancer this year. His cancer was recently diagnosed by a yearly exam and blood testing. He quickly underwent surgery and is still in the process of recovery. There may be more treatment that he will need to endure but with treatment, our support and prayers this will have a positive outcome. He is a survivor also.

So as you see, these special people will or have beaten cancer by routine exams with early detection, or testing that indicated a problem; either way **early** detection is key.

**STAGE ONE (Bay #1)**

10 pistol, 10 rifle, and 6+ shotgun

Procedure: The rifle is loaded with 10 rounds with hammer down and lever closed and staged on wagon, the shotgun is open and empty and held at port arms. Pistols are loaded with 5 rounds each with hammer down on empty chamber and holstered.

The shooter starts at the barrel of their choice with shotgun at port arms; when ready says”, **Routine exams**”. At the beep, engage the 2 shotgun targets (S1 & S2) and the popper in any order till all are down (the soda can must be engaged), then move to the other shotgun targets (S3 & S4) and engage in any order till down. Make shotgun safe on barrel. Move to wagon, with rifle engage the targets in the following order: 3 shots on R2, 1 shot on R1 and 1 shot on R3 and repeat. Make rifle safe. With pistols engage with the same instructions as the as you did with the rifle. Holster pistols. Retrieve longs guns and move to the unloading table. (A miss on the soda can is not a miss and a hit on the can is a 5 second bonus.)

Barrel

R2

1

R1

R3

S1

S2

S3

S4

P2

P3

P1

Barrel

Covered

Wagon

S4

Bonus

S1

Popper

**STAGE TWO (Bay #1)**

10 pistol, 10 rifle + 1, and 4+ shotgun

Procedure: The rifle is loaded with 10 rounds with hammer down and lever closed and staged on the right barrel, the shotgun is open and empty and staged in the wagon. Pistols are loaded with 5 rounds each with hammer down on empty chamber and holstered.

The shooter starts at the right barrel with hands on their hat; when ready says”, **Routine exams**”. At the beep, with the rifle engage the targets in the following order; 1round on R1, 4 rounds on R2, 1 round on R3 and 4 rounds on R2; then reload 1 round on bonus target for a 5 second bonus (must be engaged and reload is only after 10 rounds fired). Make rifle safe on barrel. Move to wagon and engage the pistol targets with 1 round on P1, 4 rounds on P2, 1 round on P3 and 4 rounds on P2. Holster pistols. Engage shotgun targets in any order till down. Make shotgun safe. Retrieve long guns and move to unloading table.

Barrel

R2

1

R1

R3

S1

S2

S3

S4

P2

P3

P1

Barrel

Covered

Wagon

S4

Bonus

S1

Popper

**STAGE THREE (Bay #2)**

10 pistol, 10 rifle, and 4+ shotgun

Procedure: Rifle is loaded with 10 rounds and staged safely. Both pistols are loaded with 5 rounds each and holstered. Shotgun is staged safely.

The shooter has the choice of starting at Position 1 or Position 3. The shooter starts at their starting position with the shotgun held with two hands and when ready says “**No cancer here!”** At the beep: From Position 1 with shotgun engage the two knockdown targets (S1, S2) in any order. From Position 2 with pistols engage the five pistol targets (R1, R2, Star, R4, R5) in a West Virginia Sweep, for example (R1, R2, Plate, R4, R5, R5, R4, Plate, R2, R1). Next with rifle engage the five pistol targets (R1, R2, Star, R4, R5) using the same instructions as the pistols. Next with shotgun engage remaining plates on Star target. From Position 3 with shotgun engage the two knockdown targets (S3, S4) in any order. Misses on the Star target do not count as misses. Any plates left on the Star at the end of Position 2 are scored as misses. If one plate knocks off other plates, it is a no call. If there are no plates available, shoot into ground and maintain sequence.

24”
t

**R1**

24”
t

**R2**

24”
t

**R4**

24”
t

**R5**

**S1**

**S2**

**S3**

**S4**

**Position 1**

**Position 2**

**Position 3**

**Barrel**

**Position 5**

**Position 4**

24”
t

**T3**

**T1**

**T2**

**T4**

**T5**

24”
t

**T6**

**K1**

**K2**

**K3**

**K4**

**Hay Bale**

**Position 6**

**Bar**

**STAGE FOUR (Bay #2)**

10 pistol, 10 rifle, and shotgun as needed

Procedure: Rifle is loaded with 10 rounds and staged safely. Both pistols are loaded with 5 rounds each and holstered. Shotgun is held with both hands.

Shooter starts at Position 4 with both hands holding the shotgun and when ready says “No cancer here!” At the beep with shotgun engage the four knockdown targets (K1, K2, K3, K4) in any order with as few rounds as needed. Move to Position 5. Next with rifle engage the six rifle targets (T1, T2, T3, T4, T5, T6) as follows: (T1, T3, T3, T5, T6, T6, T4, T3, T3, T2). Move to Position 6. Last with pistols engage the six pistol targets (T1, T2, T3, T4, T5, T6) using the same instructions as the rifle.

24”
t

**R1**

24”
t

**R2**

24”
t

**R4**

24”
t

**R5**

**S1**

**S2**

**S3**

**S4**

**Position 1**

**Position 2**

**Position 3**

**Barrel**

**Position 5**

**Position 4**

24”
t

**T3**

**T1**

**T2**

**T4**

**T5**

24”
t

**T6**

**K1**

**K2**

**K3**

**K4**

**Hay Bale**

**Position 6**

**Bar**

**STAGE FIVE (Bay #3)**

10 pistol, 10 rifle, and 4+ shotgun

Procedure: Rifle is loaded with 10 rounds and staged at Position 2. Pistol are loaded with 5 rounds and staged at Position 2. Shotgun is staged at Position 2.Shooting order is Shooters Choice

Shooter has choice of shooting order but the rifle cannot be last. Shooter starts sitting in the outhouse at Position 2 holding the ribbon in both hands and when ready says **“We are survivors!”** At the beep: With rifle engage the three rifle targets (R1, R2, R3) in the following order (R1, R2, R3, R2, R2, R1, R2, R2, R2, R3). With pistols engage the three pistol targets (P1, P2, P3) using the same instructions as the rifle. With shotgun engage the four knockdown targets (S1, S2, S3, S4) in any order.

**Notes:** Shooter will remain seated for the entire stage. Pistols will be staged before the shooter sits down and holstered after the shooter stands up after the stage is done.

24”
t

**R1**

24”
t

**R2**

24”
t

**R3**

18”

m

**P1**

18”

m

**P2**

18”

m

**P3**

**S1**

**S2**

**S3**

**S4**

**D1**

**C1**

**C2**

**A1**

**A6**

**A2**

**A3**

**A4**

**A5**

**B1**

**B2**

**Position 1**

**Position 2**

**Tall Table**

**STAGE SIX (Bay #3)**

10 pistol, 10 rifle, and 4+ shotgun

Procedure: Rifle is loaded with 10 rounds and staged at Position 1. Both pistols are loaded with 5 rounds each and holstered. Shotgun is staged at Position 1. Shooting order is Shooter Choice.

Shooter has choice of shooting order but the rifle cannot be last. Shooter starts at Position 1 and when ready says; **“We are survivors!”.** At the beep, with rifle, pistols and shotgun for 24 rounds engage all targets as follows: The targets in Row A get 1 round each. The targets in Row B get 2 rounds each. The targets in Row C get 3 rounds each. The target in Row D gets eight rounds. In any order, with any gun.

**Notes:** Missed knockdowns may be reengaged with reloads at any time.

24”
t

**R1**

24”
t

**R2**

24”
t

**R3**

18”

m

**P1**

18”

m

**P2**

18”

m

**P3**

**S1**

**S2**

**S3**

**S4**

**D1**

**C1**

**C2**

**A1**

**A6**

**A2**

**A3**

**A4**

**A5**

**B1**

**B2**

**Position 1**

**Position 2**

**Tall Table**

Sassy Shooting Sours would like to THANK everyone who worked, volunteered and donated to make this day possible. She would especially like to THANK Loco Linda (who sets an example for us all) and Lady Argyle (also set an example and helped us to get this started) and our own, One Eyed Jane and Prairie City Slim (for sharing and continuing to be a part of our lives with their stories and love); **brave** people who have stared cancer in the face and won. OUR HATS ARE OFF TO YOU!!! WE THANK YOU FOR ALLOWING US TO SHARE SOME OF YOUR STORY.

Everyone, please continue the fight and share the value information with those that you love.

THANK

YOU

ALL

FOR

ATTENTING

AND

SUPPORTING

THE

FIGHT

TO STOP

CANCER!!

 Sassy

**Symptoms**

Early breast cancer usually doesn't cause symptoms. But as the tumor grows, it can change how the breast looks or feels. The common changes include:

* A lump or thickening in or near the breast or in the underarm area
* A change in the size or shape of the breast
* Dimpling or puckering in the skin of the breast
* A nipple turned inward into the breast
* Discharge (fluid) from the nipple, especially if it's bloody
* Scaly, red, or swollen skin on the breast, nipple, or [areola](http://www.cancer.gov/Common/PopUps/popDefinition.aspx?id=CDR0000046525&version=Patient&language=English) (the dark area of skin at the center of the breast). The skin may have ridges or pitting so that it looks like the skin of an orange.

You should see your health care provider about any symptom that does not go away. Most often, these symptoms are not due to cancer. Another health problem could cause them. If you have any of these symptoms, you should tell your health care provider so that the problems can be diagnosed and treated.