

# DREAM ROSE

WINTER 2021

Lifestyle



Designer Extraordinaire Joe Malaika  
Rings in A Dreamy New Year

Boston's Music Man Mike Caputo  
2<sup>nd</sup> Amendment – A Day At The Range

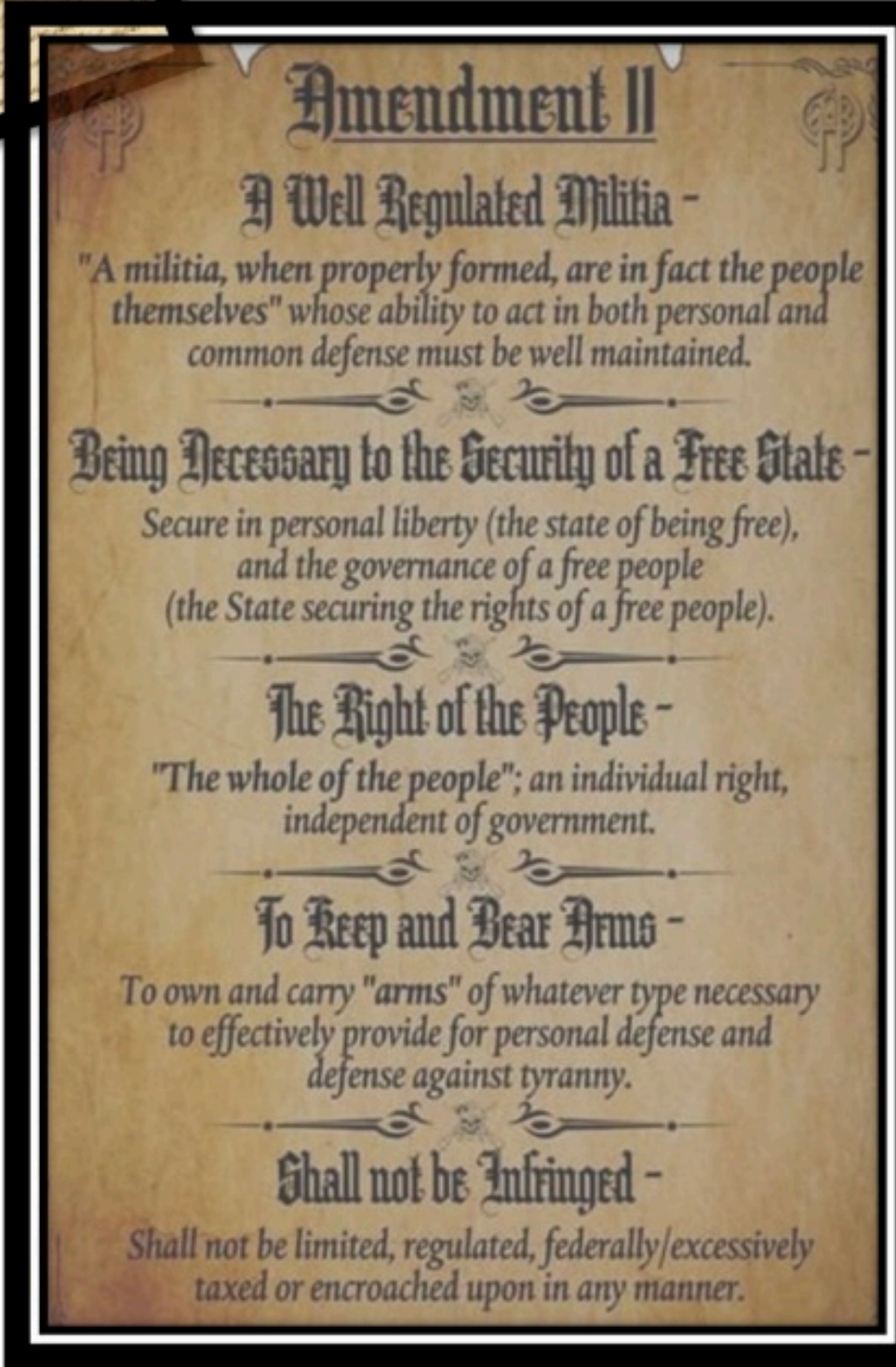
Family-Health-Fitness-Luxury-Fashion-Entertainment



# The 2<sup>nd</sup> Amendment - Annmarie LaFauci Op-Ed

The Second Amendment to the United States Constitution protects the right to keep and bear arms. It was ratified on December 15, 1791, along with nine other articles of the Bill of Rights. Differing interpretations of the amendment have fueled a long-running debate over gun control legislation and the rights of individual citizens to buy, own and carry firearms. I have never owned or operated a firearm. However, these past few months with all the news of rioting and violence about in this crazy world, I began thinking how I would defend my family and myself if attacked.

I don't know how to shoot. Despite having 22 years working for a Law Enforcement Agency, I have never become licensed to carry. I decided it was time to learn. I don't know a thing about how a gun works. I have no intent to cause harm to anyone, ever. But if I were put in a position to be forced to defend or die, I would like to know how.



## Amendment II

### A Well Regulated Militia -

"A militia, when properly formed, are in fact the people themselves" whose ability to act in both personal and common defense must be well maintained.

### Being Necessary to the Security of a Free State -

Secure in personal liberty (the state of being free), and the governance of a free people (the State securing the rights of a free people).

### The Right of the People -

"The whole of the people"; an individual right, independent of government.

### To Keep and Bear Arms -

To own and carry "arms" of whatever type necessary to effectively provide for personal defense and defense against tyranny.

### Shall not be Infringed -

Shall not be limited, regulated, federally/excessively taxed or encroached upon in any manner.

This day and age, my first step was taking to social media to inquire on the most efficient method. I found there is quite controversy on currently becoming licensed to carry. Some folks are vehemently against anyone aside from law enforcement officers carrying a gun or weapon. Others, like me, believe everyone should learn how to properly operate a weapon.

First, you need to take a course, then you apply through your local city or town's Chief of Police. I was informed that it is the Chief's discretion to issue, or not to issue, in Massachusetts.

This is not how I interpret the Second Amendment, but this is Massachusetts.

A friend, David Bruce, responded to my inquiry. He happens to be a trainer at a Massachusetts LTC training certification facility called Fox Den Solutions. He reached out and offered to train me. I took him up on this and my good friend, Effie Makris Likousas, who already holds her own licensed to carry joined me in going to his training. We headed out for the day to the Fox Den Solutions range training and I was thoroughly impressed by how much they taught me. It was both fun and intimidating. First was the classroom setting where we were taught all about the firearm itself and the laws pertaining to how they can be carried.



I was taught safety measures and about the differences of firearms. Then how to load, unload and clean. Most importantly, how to check for bullets and never to hold your finger on the trigger. Believe it or not, despite that, every time I picked up the weapon (pre-loaded) my finger automatically went into the trigger area. We loaded and unloaded several times. I finally seemed to get the hang of it.





We took a written exam and read through all the laws pertaining to firearms safety and how to obtain a license to carry.



Now it was time to shoot. They brought us to the target area and taught us how to find our dominant eye. They gave us ear plugs and earmuffs, I am sure there is a proper name for these, but they would help to muffle the sound of the gun shot. We learned the standing and aiming position, and it was time to fire. I found the gun shot to be powerful and that my wrists didn't feel strong enough to keep control of my aim. I can see this will take much more practice for me. Effie, on the other hand, was a pro! She hit the target every time. My upper back was getting sore just from holding my arms out to the target. I think after this, my next venture will be to work on strength training!

*Above and Left Pictures: Owner/Chief Instructor Steve Morrell teaching Annmarie LaFauci and Effie Makris*



Left: Owner/Chief Instructor Steve Morrell teaching Marie LaRue. Right: Effie Makris

It was an amazing experience and one that I'm grateful to have had. I highly recommend Fox Den Solutions of Massachusetts.

It was important to me to learn to shoot because for me, I feel safer to know than to not know. I am one who believes knowledge is always more powerful than ignorance. I have submitted my application to the local Department and now I must wait to see if I'm approved!

If you are interested in completing a LTC Safety Course To learn more about obtaining your class certification for a license to carry application contact Fox Den Solutions, WORLD CLASS FIREARMS AND TACTICAL TRAINING at: Business Manager/Training Coordinator, Sarabeth Morrell [Sarabeth@foxdensolutions.com](mailto:Sarabeth@foxdensolutions.com) 508-360-0186

Owner/Chief Instructor Steve Morrell [Steve@foxdensolutions.com](mailto:Steve@foxdensolutions.com) 1-508-395-6101

# A DAY AT THE RANGE

By David Bruce

The new shooters step up to the firing line with a host of different emotions, some with excitement, others with apprehension. They adjust their stances and reach down to secure the provided Glock 19s and Sig Sauer 320s from the table and load a magazine with five rounds. The chief instructor calls out, "Alright, good thumbs forward grip!" Other instructors will walk up and down the line quickly adjusting hands, ensuring correct finger placement. Once the instructors give a thumbs up to the chief instructor, he issues his final command before live fire. "Shooters aim in and place your fingers gently on the trigger. Now float that front sight and press the trigger straight to the rear!" One at a time the shooters fire a single 9mm round onto their targets then breathe out a collective sigh of relief. A similar scene plays out every weekend at Fox Den Solutions in Rochester, Massachusetts. Fox Den is a firearms and tactics training facility. A Service-Disabled Veteran Owned Business, Fox Den is a dream come true for owners Steven and Sarabeth Morrell. Situated off the beaten path, and discreetly behind acres of cranberry bogs,

Fox Den officially cut the ribbon and began operating as a business in August 2020, and Chief Instructor Steve has been teaching his craft through the family business ever since.

## **Skills honed from a lifetime of service to others.**

Steve first served his country as a Force Recon Marine, then as a career law enforcement officer and instructor. He has gained an in-depth knowledge of firearms, tactics, and perhaps most importantly, an understanding of adult learning.



Steven Morrell, USMC Force Recon 1994

One of the principles of adult learning is that adults should be actively involved in the learning process so that they are empowered and motivated. "Together we do a great deal of firearms handling with inert ammunition before a student ever handles a live firearm. This builds confidence and competence and engages the shooter," said Steve. He holds many instructor certifications from a multitude of organizations, including Marine Corps Special Operations, and the Federal Law Enforcement Training Center. "Still, to this day I believe the instructors that I learned from in the Marine Corps were the best instructors that I have ever trained with and learned from."

But his experience working with, and teaching new students, comes from a decade of experience in the private sector, as an Adjunct Instructor at the Sig Sauer Academy. Sig Sauer is a renowned firearms manufacturer with a state-of-the-art training facility in Epping, NH. Known as an international mecca for world-class firearms instruction, it was there that Steve learned how to train new shooters from all different walks of life. "It's far more difficult training new shooters than it is adding techniques and tightening up shot groups for advanced shooters," Steve explained.



"We are laying the foundation here and without a solid foundation we have problems later on." Fox Den teaches basic firearms certifications every weekend.

It is the course that is needed to apply for a Massachusetts License to Carry (LTC). While there is no requirement for a live fire exercise to issue the certification, Steve insists on it. "The shooting is the most important part. No one should fire their first rounds by themselves, without being under the watchful eye of a qualified instructor," said Steve. "Think about this: Two people decide to take up golf. One just buys golf clubs and shows up at the golf course, while the other goes to a golf pro and spends a day learning the fundamentals of the swing. Which one do you think will have better results? It's just that simple."

### **The Fox Den Family**

New Shooters get much more than lessons when it comes to Fox Den. Firearms ownership is an in-depth process that leaves the student often with additional questions about where to purchase a firearm and what handgun is right for them. A recipe for success in shooting is having a firearm that fits the shooter's hand. Fox Den educates students on the right handgun for them depending on hand size, size of the shooter, and strength. Fox Den has relationships with several gun shops in Massachusetts and helps streamline the process, which without assistance can be a daunting task in itself.

## Training Day Jitters

Fox Den is a true Mom and Pop operation and everyone in the Morrell family has a role. The Morrell boys, Steven, and Hunter, arrive early before the sun is up for each class and set up the range, while Sarabeth and daughter Brooke handle all booking, administrative tasks and greeting of students. But it runs a little deeper than that for Sarabeth. By day a public-school teacher, Sarabeth has a gift for soothing nerves of the most anxious new shooters. Understandably, shooting a firearm brings quite a bit of anxiety for many new shooters.



Basic Firearms Class July 2012

While the instructors are well versed in working with anxious shooters, it's Sarabeth that serves as the de-facto nervous student whisperer. At a recent class, a student contacted Sarabeth and informed her that she had been up all night, unable to sleep because she was so apprehensive about the class. Sarabeth did what any caring Mom, and schoolteacher would do, she invited the student over to the house prior to the class. "We sat down and just talked it through. I mean, I get it... this is way out of the norm for most people and comes with a bit of apprehension. I told her to just show up and do whatever portion she was comfortable doing. It's okay. People need to hear that," said Sarabeth.



The anxious student did just that. She ended up shooting the bullseye right out of the target. Sarabeth and the student shared a tear and a laugh after. "It's an emotional experience and seeing people conquer their fears is beautiful. How many times in life do we carry around a fear of something? At the basic class people get to face that fear and conquer it. It's empowering. It's what we do here in a safe, controlled environment. My hope is that people can apply these lessons to other facets of their lives," said Sarabeth.



Annamarie and Effie fight their eye dominance

In the past decade teaching firearms in the private sector, Steve taught classes that were 90% male with the occasional female. That number has been flipped upside down in 2020. Fox Den is seeing classes dominated by women. "There has definitely been a change in that demographic. We are seeing classes largely dominated by females and a large percentage of seniors as well." With the increase in interest for firearms training by women, Fox Den created the Foxy Mama series of women-only classes. Each one of these classes to date has completely sold out. In a recent private, family class it was quite heart-warming when a family rallied around one family member and cheered her on, "Come on Nana, you got this," as the matriarch of the family shot round after round. "That was an experience I will never forget," said Steve. "That was a first, even for me."

### Multi-dimensional Training

While weekends at Fox Den are normally set aside mostly for new shooters, the team also teaches their Alpha, Bravo, Charlie, and Covert Carry Classes, too. These classes take the basic student from working with a firearm off a table to actually carrying a firearm in a holster and introduces defensive concepts to shooters.

The team also specializes in teaching police officers, police instructors, and SWAT Teams. Fox Den teaches techniques that officers won't normally see during in-service training. At law enforcement and concealed carry classes, students learn to "get off the X" and move with a handgun. It's survival and moving with firearms, fighting in and around a vehicle, low light operations and using cover is a big part of that.

Fox Den is capable of teaching basic students all the way to high level SWAT Teams. A quick review of the instructor bios on their website shows that they are quite capable of teaching basic through advanced handgun, rifle, and precision rifle, making Fox Den a destination for shooters of all levels.

Even as the cold weather moves in, the tempo at Fox Den has not slowed down. The team sets up wedding tents and portable heaters to keep the students comfortable. Sarabeth heats up homemade chili and chicken soup for the students to stay warm during breaks. It's these touches that welcome people to the Fox Den Family and invites safe, responsible new shooters to the firearms market in Massachusetts.



Veterans Day, Free Concealed Carry for Law Enforcement Class



For more information on becoming certified or to purchase Training Gift Certificates and Fox Den Merchandise, please visit [www.foxdensolutions.com](http://www.foxdensolutions.com).

