



The Cumberland Magazine

Greetings from The President's Corner

Paul Adamowski, President
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www.cumberlandriflemen.com

Club Rules

Member ID badges must be worn and visible. Guests must be signed in and out. Guest badges must be worn visible and returned when leaving.

Editor...Rob McKenzie

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It's hard to believe that November is done, and with it the year coming to a quick end. We experienced many achievements and happenings this year, and we have a lot of good things going for us in spite of the rancid political scene in New Jersey.

I had a tremendous response to our request for the establishment of a monthly maintenance group.

We have worked together twice since we formulated the group and they accomplished one heck of a lot of work. However, the scheduled club work day in November was a disappointment, as we had more people in the monthly group than we had for the scheduled club-wide work party.

As you know the biggest problem we had in this year's performance was the weather. Seemingly, rain fell on most match days and a number of matches had to be canceled. Hopefully 2019 will be a much kinder year to us in regard to weather and the prospect of more shooters to use the facilities and attend matches.

Speaking of the end of the year, we face a problem I've never experienced before. As you know I have been publishing several email blasts, and have scheduled classes with other entities to make sure that our folks know what's coming in these new anti-gun laws our legislature enacted and our governor signed into law. December 10 is a day that marks the end of the grace period regarding high capacity magazines. Anyone who has a high-capacity magazine is subject to mandatory sentencing and huge fines. Our state organization, The Association of New Jersey Rifle and Pistol Clubs, is planning on taking some of these new laws to the Supreme Court in order to get us relief. The laws are poorly written and poorly thought out, but unfortunately, we cannot use that as a defense. I don't want to see one of our people in trouble because he's got an oversize magazine. Having one is just asking for trouble. On December 1, I published an email as to how you might handle your high-capacity magazines. If you have not seen it, contact me for a copy of the ANJRPC article on how to handle high-capacity magazines. Under no circumstances should you come to the range with one. If you wish, I can send you a copy of the law or the email blast. Remember: mandatory jail time and high fines wait for offenders.

As most of you may know we have had some difficulty with the gate. Lightning struck on the property and knocked out a mechanism and the card reader. Unfortunately, all the problems did not show themselves at the same time. We had to secure the gate using the padlock for which you

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President's Corner

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all were issued a key. That could constitute a problem, as several members lost or misplaced the keys. As an aside, it makes sense to affix the key to the ID card which you must bring to the range. I really don't like to see club members turned away from the club because you forgot or lost the key. This is also a note in passing: do not push the gate without being told to do so. Forcing the gate open can damage internal mechanisms and become very expensive. Pushing the gate open on your own can end up costing you big money. Last year the mechanism cost us about \$3,000 to repair the damage caused by some member who failed to think through the problem and forced the gate open. There's a card on the gate which gives telephone numbers of officers you can call who can guide you through a possible solution if the gate will not respond to your card.

Speaking of changes, I hope everyone has tried the steel range

located in the pistol area of the facility. It's a lot of fun and it will make a good shot out of you. The only complainant I have heard, regarding that range, is that some of you spend too much ammunition to knockdown the discs. That's where practice comes in. Isn't it?

We spent an awful lot of money on steel targets, with almost every size and shape you can imagine. Yet some member or guest takes it upon himself to shoot up the signs on the steel range. One shot up sign could be attributed bad shooting. However, the other sign has several hits that look intentional. Just know that if you are caught intentionally shooting our signs, or something that is not a target, that action will result in disqualifying you for membership in any range in New Jersey, Pennsylvania, or Delaware. Remember, we have video on each range.

As far as planned work on the ranges this winter, we plan to shore up some of the berms that expe-

rienced erosion damage. We also are planning on doing some work on the 600-yard range, trying to rebuild a 500 yard line. I would like to see us minimize costs this year to put us in a better situation with some of the capital expenditures being available for use in the year 2020.

I'd like to also speak to the issue of safety. I think that for the most part we are doing a good job in trying to keep everyone on the range facility safe. We must remember that we are all range officers, responsible for what does or doesn't go on while we are on the range. If you see something happening that is not right or doesn't feel proper, we expect that you would approach the person or situation in a non-offensive or threatening manner, and calmly point out what you see that needs to be corrected. If you can't resolve the problem, call one of the officers. Names and telephone numbers are on the gate.

We had one situation on the range where bringing it to light might have avoided some blood loss. The shooter in this case had not used his rifle and scope for a period of time. He went on the range and forgot about the minimal distance that you must leave between the scope and the eye. He fired one shot - the recoil caused the rear of the scope to impact the forehead, laying the groundwork for the development of a neat scar which now makes the shooter look like a pirate. I too can really preach a story about scope bite: having been bitten 3 times by one rifle and scope at the nationals in Camp Perry. (Talk about a pirate look.) Not a good way to end the day. Remember, especially with rifles using optics that you have not shot in a long time, you must remember to leave adequate space: about the length equal to the bill of your hat.

Now, back to the subject I



Retired guys work day. We can tell it's not a government job, only one supervisor!!

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President's Corner

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touched on earlier. It means a lot to me and so I take a little bit of time to bring it up again and add more detail. We are trying another way to accomplish the work that needs to be done on the range on a regular basis. On the last Thursday of the most every month, a group of us, mostly all retirees, get together for work party to try to keep the range in shape. It should work out to be about 9 months of the year. We have worked two Thursdays, and I just can't believe the work accomplished. Joining these men is a great way to spend some hours keeping the range up and developing a great sense of comradery. If interested, send me an email expressing that interest. I will get in contact with

you, get you on the list, and make sure that you know what our plans are. As it stands, our work meetings are on the last Thursday of the month at 0930. To those who are part of this group: thanks, guys, for the great effort and tremendous accomplishment. There is another group that deserves a hearty thank you. Joe Fogg and his band of merry men installed new target carriers in the 600 yard pits. I was concerned that it would be a major project but with Joe, Michael Berezin, Darrin Montagna, Bob Stafford and others – all capable of thinking outside of the box – carriers were installed in minimal time. Great addition to the 600 yard shooting activities.

I also would like you to remember what Bob Warzbok, our Range Steward, is at the range almost daily to visit, check the facility, pick up trash, empty trash cans, clean the latrine, and keep an eye on the

ranges to encourage safe operations and ensure that no one gets hurt. I don't know what we would do without him. So, if you see him on the range, stop and say hello and thank you for the selfless job he does for us.

We are still trying to finish the work project on the 100 yard range. Weather was truly not cooperative with our efforts to finish the concrete slab for that far right-hand section of the firing line. If you ever worked in concrete, I would appreciate a call. We can use your help to finish the project.

Let me take this opportunity to wish you and yours a very Merry Christmas and warmest of season's greetings. Have a happy, prosperous, and healthy new year. May you shoot all "Xs".

Look for you out on the range.

Paul Adamowski
President, CRI

AmericanRimfire.com

.22lr Unlimited Benchrest Competition

Cumberland Riflemen

Matches at Cumberland Riflemen are held the second Monday of the month from April through October. As a sanctioned match there are points to be earned for national recognition. It also means the matches are open to all members and non-members alike.

Registration & Practice: 4:30PM - 5:30PM

Match Start Time: 5:30PM

of Targets: 3 (25 bulls each)

Type of Match: Unlimited ARA - 22lr Rifle @ 50 yards. There are few restrictions as to the weight and makeup of the rifle, scoped or not and the use of one piece rests is allowed.

Cost: \$10 match fee per competitor

SCHEDULE & SCORES
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Match Director: Frank Karwowski

Phone: (609) 501- 7909

email: frankkar@verizon.net

American Rimfire Association

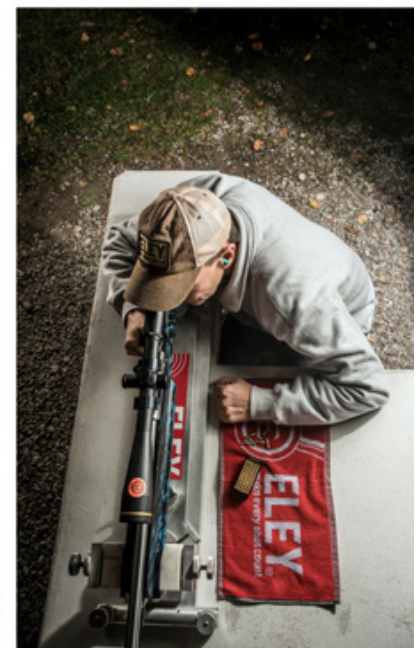
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25 Bulls

Shot per bull

SCORING

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The Editor's Desk



The ready line, Camp Perry, Ohio – July 30, 2018. The scene is quiet, waiting for the 1,007 competitors to show up for the National Trophy Individual Match. During the course of the day, approximately 50,350 rounds will go down range, fired from predominantly AR-15's, plus a few M-1's and M-1A's. (The latter two are rifles fired by real riflemen, but that's for another day.) It was an incredible day of comradery, excitement, triumph, and "what if's". But, what if no one showed up? Or worse even, if no one was allowed to show up.

We're seeing a disturbing trend in the High Power Rifle segment here at Cumberland, as we're seeing less and less people showing up for clinics, leagues, and matches where we're using a wide range of rifles. Whether we're talking fancied up match rifles, AR-15's, M-1 Garands, M-1A's, 1903 type Springfields, or the multitude of Vintage Military bolt action rifles, older shooters are phasing out, or shooting F-Class, and fewer young men and women

are joining our ranks. If this continues, will anyone show up? Will the ready line become an overgrown patch of weeds?

However, seeing the nationwide trend, which could certainly become acute in two years, could we actually be told, through legislation, that shooting proficiently with a rifle is no longer acceptable in a "progressive" society? I find it fascinating that, outside my circle of shooting friends, my rifle competition is found to be interesting and supported, virtually across the board, by family, friends, neighbors, doctors, and high school buddies. So why is it that we could find ourselves backed into such a corner? Scientific Amer-

ican states that 25% can reshape and convert a population, and thus change the course of society. The Rensselaer Polytechnic Institute claims that it only takes 10%, who stay committed, to reshape ideas and thus society. We certainly seem to have those numbers, so, you say, what's the problem? I say that it's commitment. Now, we're all going to get our hackles up and claim that we are committed, but what shape does that commitment take? Our opposition also has its 10, or even 25%. The Pelosi's, Clinton's, Murphy's, Soros, and the Schumer's of the world do not outnumber us, but, abetted by the national media, have no problem getting their message out. Are we getting our message out? I would say, generally, no.

So how do we leverage our greater numbers into societal change? Of course we need to vote, that goes without saying. But if the media is unfriendly or even hostile to our cause, we are left with voting, lobbying, recruitment, and letters

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The Editor's Desk

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to the editor and politicians. As a club, Cumberland Riflemen gives all of us a golden opportunity to recruit, not only future shooters but future voters. All this gets me back to the ready line. A vibrant competitive community, filling the line at rifle, pistol, smallbore, and junior programs, would go a long way toward building a stronger firearms community. I'm beyond encouraging participation. Now I'm begging. Our pistol, rifle, small bore, bench rest, and junior programs are all top notch, but are poorly supported by Cumberland members. I know that there are excellent shooters out there who could add expertise and vibrancy to our programs. Consider this: Involvement in shooting competitions, prior to some future

legislation, could be the key to you keeping your guns. So please, come on out! Build your confidence and take your skills to the next level. But beware, you could get hooked!

We are going to be assaulted even more in the future. Politicians need to hear from us, and not only when some piece of legislation is pending. Newspapers are pretty good about publishing our point of view, so let's keep thoughtful gun friendly letters in the fore. We all know that legislation will be passed during times of crisis or heightened emotion. Let's keep our message out there year around with letters, recruitment, and competition.

Rob McKenzie
Editor

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CMP Program



CMP Director Joe Burkel (left) awarding the first place medal to Rob McKenzie for the Excellence in Competition Match on June 24.

For those of you that are not familiar with our CMP matches, we offer events where you can fire your M1 Garand, 1903 Springfield, Vintage Military rifles of US or foreign manufacture, M-1A, and Modern Military Service Rifle. It is a great



Vince Delassandro, (right) the NJ State 1903/1903-A3 Springfield Champion, October 14.

opportunity to have some fun and friendly competition, and the club also offers a clinic for those that need some training or insight into shooting the Garand, Springfield, and Vintage type rifles. The clinic takes place early in the season. Check the club schedule on the web site for exact dates for clinic and all matches, dates should be posted for 2019 sometime in January.

The club also offers Excellence in Competition Matches fired with the AR-15 Service Rifle. The EIC's are more geared toward the experienced shooter, as there are no sighter shots allowed, but we encourage all service rifle shooters to attend as it is the best way to get the experience needed to be competitive.

We also offer an M-1A match and Governor's Ten Match. The M-1A match is fired with the M-1A rifle at 300 yards. The Governor's 10 Match is the same as the National President's 100 match: 30 shots for record, with no sighters, shot at 200, 300, and 600 yards with the service rifle.

Here are some of the highlights



Kevin Tunney (right) received 6 more points during the Excellence in Competition match on Sept. 16.



Don Zubritsky (right) won the NJ State M-1 Garand Championship, October 14.

of our 2018 CMP Match Season; Individual match winners shooting the M1: Lee Nugent, Chuck Fry, Rob McKenzie and Al Lihou (twice). Match winners shooting the 1903 Springfield: Vince DAlessandro. Match winners shooting a Vintage Military Rifle: Rob McKenzie (4 times). Our 2018 Garand/Springfield/Vintage Military State Champions: for M-1 is Don Zubritsky, 1903 Springfield is Vince DAlessandro, Vintage Military is Rob McKenzie and 3 gun champion: Rob McKenzie.

Winner of our M-1A Match was Al Lihou. Winners of the Vintage Sniper Match are Team Tom Foster and Joe Burkel, and Team Al Lihou and Chet Asher took the Contemporary Sniper division.

Here are New Jersey's Governor's Ten for 2018: 1. Dave Lange; 2. Tom Foster; 3. Rob McKenzie; 4. Kevin Tunney; 5. Lee Nugent; 6. Angelo Tufaro; 7. Andrew Esposito; 8. Joe Wyatt; 9. Don Zubritsky; 10. Darrin Montagna.

EIC Match winners: Rob McKenzie, Steven Paci, and Bill

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CPM Program

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Livore.

Congratulations to all our match winners, State Champions, and EIC match top shooters! It was a very good year and awesome to shoot with friends and competitors that drive you to succeed! I hope to see some new faces on the range in 2019.

The club is always looking to

bring new shooters to our competitions, and we are willing and happy to help new shooters learn the ropes and improve their marksmanship skills, so come on out to our matches and bring a friend for some fun and comradery.

Contact me for more info. Hope to see you on the range!

Joe Burkel
CMP Program Director
j.burkel@comcast.net

Monday Night Benchrest

The last target has been scored, and the fall sun has set on the final Monday Night Benchrest League match for 2018. The 2019 season starts April 15 and runs through August 26.

The match is fired on 3 USBR targets and scored based on best edge scoring. Each target has 25 bulls, with a highest possible score of ten, for a possible 250 per card. Completely take out the center dot and receive an X, for a possible high of 25 X's per card. Thus, a perfect score per card is 250-25x, and for the match, 750-75x.

The 100 yard range closes at 4:00 pm for set up, and registration begins at 4:30, while the range opens for practice. Firing commences at 5:30. The only equipment needed is a .22 caliber rimfire rifle, a one or two piece rest, and .22 LR ammo. The match is open to members and non-members alike, at \$2.00 per shooter.

New shooters are welcome and encouraged to compete or just watch, and we hope to see everyone at one of our Monday Night Benchrest matches. For scheduled dates go to www.cumberlandriflemen.com.

Questions ? Contact:
Frank Karwowski
Match Director
frankkar@verizon.net



Rob McKenzie (right) won the NJ State Vintage Military Championship, and the 3-Gun Aggregate, October 14.



Kevin Tunney (right) placed 3rd in the NJ State 1903/1903-A3 Championship Match, October 14.

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Cumberland Riflemen Junior Program

Good day all!

Well, our plans for our End of Season Match of the Cumberland Riflemen Junior Program on Saturday, October 27th, 2018 were seriously interrupted with the arrival of the fall season's 1st Nor'easter, bringing heavy rains and driving winds to the South Jersey area. Unfortunately, we had to cancel the festivities and were not able to reschedule because of other scheduled range activities. We hope to have a little get-together later in the year and make our award's presentations. Stay tuned!

2018 was another successful year for the Cumberland Riflemen Junior Program, starting the season in April with approximately 17 young boys and girls. We had a number of young girls starting at 10 years of age, and once again it is

such a pleasure to see how quickly the young boys and girls progress in their technique and proficiency in the shooting sports.

We offer a varied menu of sessions including fun shoots (with shotgun and rifle), marksmanship and target skills, Benchrest shooting, and High Power shooting. The kids love our programs as do their parents and grandparents!

Any program cannot be successful without the volunteer help of our Firearms Instructors and observer's! As always I would like to take a moment to recognize the following people that attend our bi-weekly sessions to help instruct the kids in safety and shooting proficiencies; Frank Hignutt, Ken Hignutt, Sherman Hartman, Jim McGarry, Lou Rider, Frank Karwowski, and Raymond Varity. They

all do a fantastic job for the Cumberland Riflemen Junior Program! In addition I would also like to acknowledge the Executive Board of the Cumberland Riflemen for their continued support! We also have a special benefactor who is always there for our kids. Her name is Janet Hignutt, and we can't thank her enough for her encouragement to our program, and always taking care of the needs of our kids!!

I have a request to all member that will be reading this newsletter, and that is to ask if you have any kids, grandkids, neighbors, or family that express an interest in the shooting sports, and are between the ages of 10-20 years of age, please let me know if they might be interested in joining our group of young shooters! In a nutshell, we start the program in April and run to the end of October with a break during the month of August. We meet approximately every other week on Saturday mornings from 10:00 am until 12:00 noon. We meet on the 100 Yard Range and always have a fun-packed 2 hours of safe shooting that the kids enjoy. For the low cost of \$25.00 per child, per season, we supply the rifles, ammo, targets, eye and ear protections (if they do not have their own), and certified instruction for the safe use of firearms. Please feel free to contact me for further details!

If I have piqued your interest please contact me at:

John Patten
CRI Junior Program Administrator
NRA Certified instructor #13449145
Cell Phone: 609-970-1546
E-Mail: songmangler52@gmail.com

My thanks to you all and wishing you a Joyous Season!



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The Medical Aspect: MATURE SHOOTERS

The last thing mentioned, in the last newsletter, was acid blockers. Their capacity to reduce stomach acid causes them to interfere with nutrient absorption, a side effect of which is increased susceptibility to fractures from a drop in calcium and vitamin D uptake. Some experts feel that drugs like Prilosec and Nexium, which are chemically similar, hamper the body's ability to build new bone. Knowledgeable physicians will recommend supplemental vitamin D, calcium, and supporting nutrients to account for mineral dereliction caused by these medications.

Whether from faulty diet, drug inducement, or genetics, type 2 diabetes may call for an oral hypoglycemic, such as metformin, a drug that enhances the action of insulin in cases of insulin resistance, allowing glucose to enter cells for "combustion." A study in the Archives of Internal Medicine reported that metformin users had vitamin B12 levels that were half those of the control group. If a blood test reveals elevated inflammation markers, notably homocysteine and/or erythrocyte sedimentation rate, folic acid is probably also deficient. In some people, metformin reduces CoQ10 stores, too, elevating risk for cardiovascular entanglements.

What stuns medical / nutritional biochemists is that a lot of practitioners either don't know or forget the pharmacology of psychotropic medications, the number of which grows regularly (if gauged by the TV ads). Many psychiatric drugs need B vitamins as co-factors to work the right way. It's not that these meds deplete the vitamins; it's just that they work more efficiently in their presence, particularly where serotonin and dopamine are involved. Lithium however, Rx'd for bipolar disorder, does upset the balance of folic acid and inositol, the latter a precursor to neuron signaling molecules. ADD / ADHD drugs have the potential to deplete the amino acid carnitine, a substance available only from meat that carries dietary fat to the mitochondrial furnace for combustion.

Folic acid, magnesium, and vitamins B6 and B12 are spent in the company of oral contraceptives and hormone replacement therapy. These nutrients are important in mood regulation as well as heart health. Before a mood-altering drug is prescribed to overcome the throes of menopause—and even andropause in men—we suggest nutrient assessment and restoration.

Finally, at least for now, antibiot-

ics are targeted. These are probably the only drugs that actually do anything noticeable in a short time. They kill things—bacteria but not viruses. Most / many other drugs hold the body in a kind of suspended animation until it can muster enough resources of its own to heal itself. Biotin, inositol, vitamins B1, B2, B3, B5, B6, B12 and K fall to the supremacy of one or another antibiotic that picks its prey. Additionally, the fluoroquinolones and floxacins ("Cipro") remove calcium and iron. Worse, these are implicated in tendinitis and serious tendon rupture, which can disconnect a muscle from the bone it occupies. Penicillins deplete potassium. Gentamicin is an aminoglycoside antibiotic that can disturb hearing and all the machinery associated with it, including the sense of balance. Antibiotics are not particular about which bacteria they kill, making the gut community susceptible to decimation. Therefore, a probiotic is recommended to forestall gastric distress.

With such an array of nutrient casualties from such an array of medications, it pays to ask the doctor which nutrient depletions to look for. And hope he has an answer.

Dr. Tom Wnorowski, BCIM, CNCC



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The Vice President's Desk



The winter chore: getting loads ready for next season.

To start off I would like to thank all the members for doing their part in keeping the ranges clean and safe. I would also like to thank the people that run the shooting leagues, as this is when I seem to get out to the range and have fun myself, other than the time spent with the junior program.

Over the years I have been out to the range on several occasions and have run into shooters that were shooting ammo that just did not sound right to me. In a couple of cases I asked the shooter what they were shooting, and the reply I got was "Reloads". This was then followed by what powder and how much was added. To my surprise the answer was "I filled the cases up" !! After picking my jaw back up off the ground, I then needed to find a polite way to tell this person about reloading guides, and that they should not shoot anymore of the rounds they have built due to safety reasons.

As a result I have decided to take my little area of the newsletter, this

time, and go over some of the steps I take in reloading and shooting that may help a beginner or even give someone with years of reloading an idea. First of all, I am not going over how to reload in this article, which is addressed elsewhere, but just how to help be safe at reloading. I do my reloading on a Hornady progressive press, but I never load a complete round in one sitting. Depriming, cleaning, and resizing are all done in separate steps with case inspection in between. I also prime the cases on their own to insure that all primers were installed correctly before completing the round. The final stage through the press is powder dump and bullet installation. This I do in sequence on the press, but by this point I only need to check that the powder dropped correctly, and need not worry about primer installation or watching every station on the press. The final step is weighing every round that I put together before I put it in the box for shooting. This will allow me to find any possible over or under loaded round before they cause a problem in my guns.

Even after many years of reloading and no issues with the rounds I have built, I still don't allow myself to trust what I have reloaded, because I feel that if I get too comfortable with my reloads then the chance for an error gets greater. This follows through to the range and shooting. First of all I do not like letting other people shoot my reloads, again due to that worrying about what I built and if anything is wrong with it. Also, a round that is safe in my gun, may not be safe in another gun ! Second, I always listen to each round I fire, and if

something doesn't sound right, I will unload the gun and check things out. I also confirm that there is a hole in the target indicating that the bullet did leave the barrel. I will also never fast fire with my reloads, just to prevent the situation of a round did not exit the barrel and the next round has nowhere to go. Just look on YouTube you can find many videos of exploding barrels. I love my guns and eyesight too much to risk that.

Some may say I am a little overboard in what I do or that it is strange that I still don't trust the rounds I make. But like everything else in life, when you get too confident in what you are doing the chances for an accident increase. Like the car that pulled out in front of you and made you slam on the brakes, the other driver was too confident that he had the room to pull out and accelerate without getting in your way. We have all had that happen.

With that I would like just to say that if you would like to get into reloading, I would recommend doing a lot of reading first, look for a class on reloading, and ask other shooters that have been reloading for help. And do not trust everything you read on the internet. I have seen people post load data that is not in line with what the manufacturers load data reports. Some people will post anything with no regard to anyone that may get hurt, because they don't know you and won't be next to you when your gun explodes.

With that, have a nice winter and stay safe.

Frank Hignutt
Vice President



Reach out to those couch warriors.



There's room for any kind of rifle somewhere in a Cumberland program.

"The battle for American freedom was begun by the thousands of farmers and tradesmen who made up the Minute Men — citizens who were ready to defend their liberty at a moment's notice. Today we need a nation of minute men; citizens who are not only prepared to take up arms, but citizens who regard the preservation of freedom as a basic purpose of their daily life and who are willing to consciously work and sacrifice for that freedom. The cause of liberty, the cause of American, cannot succeed with any lesser effort."



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Cumberland Smallbore

2018 was another good year for our fledgling smallbore position program. As we continue to improve our facility and the quality of the matches, we are seeing more participation from shooters outside the club. The switch to the two day, 3200 point matches has caught the attention of the smallbore community. No longer do they regard our matches as a club match or league, but now see it as a legitimate smallbore match, worthy of the commitment of their time and travel.

We're looking forward to adding the Smallbore "F Class" to our matches next season. For those not familiar with "F Class", it uses the same rifles as the traditional smallbore prone, but it allows you to use a scope with a front rest or bi pod and a sand bag at the butt. Perfect match for those not comfortable in prone with a sling but still want to compete in smallbore. Our Ron Maxwell Memorial was the first match that we included "F Class", and it seems it's going to be a big hit for next season.

We're looking forward to the expansion of the 100 yard range that the Grounds Committee is working on. Our goal is to sell out the line for the three 3200's we're planning for next season.

We did have one small set back this season. We had to cancel the Junior 3 Position State Championship, that was to be held at our range in September, due to a lack of preregistered shooters. Out of the entire state, we had one Junior (not from our club) registered. Seems the Junior Program throughout the state is in turmoil, with no real coordination between the State Association and the local clubs. I find this to be a disturbing situation. With older shooters fading out of competitions, we need to depend on the youth to keep shooting sports alive.

Our third annual Ron Maxwell Memorial 3200, which was also the New Jersey 3200 Conventional Prone State Championship, had to be rescheduled due to the Nor'easter that hit on the weekend of October 27th & 28th. The re-scheduling cost us a few shooters, but the ones that were able to make it were treated to a challenging weekend for sure. High winds on Saturday took points from everyone. One bad decision would find your round pushed out to the 8 or 7 ring in a blink of your eye. Sunday's conditions were much better with everyone improving on their Saturday score by about 20 points. Frank Linkowski, from Jamesburg, NJ took the win by one point over our own Scott Rhodes. It's always a good match when after 320 shots, it comes down to one point.

Two of our shooters had a good season representing our club at the various smallbore matches in the Tri-State area. Their presence at these matches is starting to draw attention to our club.

Steve Hartley won the Sharpshooter Class at the June Regional at the North End Rod & Gun in New Tripoli, PA. He also shot a new personal best at our Ron Maxwell Memorial with a 1593/1600.

Scott Rhodes won the Senior Class National Championship in 3 Position Precision Air Rifle last January. He also took 3rd overall at the ASSA Regional Championship at the North End Rod & Gun in September. During the regular season he also shot three clean (1600/1600) Conventional Prone matches.

I'd like to extend an invitation to all our members to come out and try

one of our matches. All you need to get started is a .22, 200 rounds of ammo, a sling, spotting scope, mat, and the need/want to have fun. We'll talk you through the rest.

Last but certainly not least, there's a bunch of people we need to thank for making our season such a success.

First and foremost are "The Kathy's". Without those two girls running our field registration, and scoring every target we shot this season, things would not have gone anywhere near as smooth as they did. Hopefully we can get them a scoring shed at the range for next season, so they don't have to wrangle and score the 8 targets and backers per shooter per match in the wind and weather.

Steve Hartley; he was there for set up and break down for every match and was my right hand man whenever we needed to get something done away from the range.

Charley Groves; not only did he stay late after every match to help break down, he also called the line on day two of our 3200's.

Al Lihou; Al doesn't even shoot smallbore position, but he came when asked to run the line at more than one of our matches.

Lastly, all the shooters that came out. Without you, there is no Cumberland Smallbore.

Thanks again, looking forward to great 2019 season of Cumberland Smallbore.

Scott Rhodes
Smallbore Chairman

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High Power Rifle

The 2018 Across-the-Course High Power Rifle season is in the books. It was a challenging year, with the cancellation of two matches due to weather forecasts we never should have listened to. Also, the attendance at the matches this season was the lowest we have seen in years. We saw only sixty-nine total competitors (60 adults, 9 juniors) in five matches (including one match with only three shooters). The State Service Rifle championship was won by Tom Foster with a 764 - 17x. The State Match Rifle championship was won by Mike DeStefano with a 766 - 24x.

The club has seen many improvements in the last couple years. The replacement of the target carriers in the pits of the 600 yard range was started earlier in the season, and the last nine carriers were delivered and installed at the beginning of November. Looking forward to the 2019 season and hoping for good weather. Hopefully we will have better attendance.

The high power league had another low attendance year with only six
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High Power Rifle Director Darren Montagna (right) awarding the first place award to Tom Foster for winning the NJ State Service Rifle Championship.



Our mid-range state champions: Mike Berezin in conventional Mid-range class, Bob Schultz in F-Class Open, and Vince Delassandro in the F-T/R class.

Elections

This year, the president and secretary are both up for reelection. Both incumbents have indicated a desire to run for their positions. Any member wishing to run for either office should contact Jim McGarry, executive officer, to express their intent.



Congratulations to Cumberland member, Lee Nugent, for qualifying NRA Master, in High Power Rifle, on October 6th. Outstanding achievement!

HighPower Rifle

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Hauling away the old target carriers. Joe Fogg (left) and Darren Montagna. Thanks guys for the much needed improvement, and all your hard work!

regular shooters. If you are interested in high power competition and would like to learn the procedures and positions, please join us on Tuesday evenings. You can learn, and become proficient, at shooting from the standing, sitting, and prone positions from 200 out to 600 yards. The high power league is a great place for practice, good times, and comradery. Come on out!

We have started league night earlier these last two seasons because most of the attendees are retired and can be there early. If we see an interest from new members we can go back to our 5:30 start time to give them time to attend. Anyone interested please contact me.

Darrin Montagna
qrgtbh1@gmail.com



The old, dated, rusty, and greasy target carriers making way for the new, virtually maintenance free, galvanized carriers.

A gun is like a parachute: If you need one but don't have it, you'll probably never need one again.

Black Powder Target Rifle

Rain! That was the theme of the 2018 Black Powder Target Rifle season. Out of our five matches, we had some sort of rain event for four of them !! However, BPTR shooters tend to be resilient as well as humble, while keeping our powder dry. Sending hand-cast chunks of lead accurately 600 yards down range, propelled by black powder, will humble most shooters. However, being quite resilient, we had a fair showing of truly dedicated shooters at each match. Shooters traveled from Maryland, Pennsylvania, and Connecticut to attend these matches.

In June, we hosted the BPTR North East Regional and NJ State Championship match. This match was also challenged by rain. However, the winners in each category were rewarded with beautiful medallions from the NRA, and all shooters enjoyed donated prizes from the many vendors and sponsors who support our sport.

For those not familiar with BPTR, Black Powder Target Rifle competition allows any safe original, modern production, custom-variety black powder rifle, or breech-loading rifle that is designed as a single-shot firearm. Original or modern muzzle-loading rifles, with or without sealed ignitions, are also allowed. There are also special categories for Black Powder Military rifles, Muzzle Loading rifles and Scoped Black Powder rifles. The courses of fire use the same targets as NRA High Power Rifle competition. Black Powder Target Rifle Competition also complements the existing NRA Black Powder Cartridge Rifle Silhouette Competition shooting program, as most of the guns and gear can be used in both competitive shooting disciplines.

In our BPTR matches, shooters fire up to four sighting shots prior to their record shots from either the offhand or prone (with cross



Waiting for the rain to stop!



BPTR North East Regional and NJ State Championship Prize Table.

sticks) position at 200 yards. We then move back to the 300-yard line where shooters again shoot four sighting shots prior to their record shots. At the 300-yard line, the shooters shoot from the prone position with cross sticks or from

the sitting or kneeling position with cross sticks.

The final relay is shot from the 600-yard line with all shooters shooting from the prone position using cross sticks. As always, the

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Black Powder Target Rifle

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600-yard shooting conditions at the Cumberland Riflemen range deliver a fun and exciting challenge.

At the end of each day, the scores are compiled to determine the daily winners. At the end of the June Championship matches, both scores, from each distance, are added together to determine the NE Regional BPTR Mid-Range Prone and Position Champions and donated prizes are raffled off to the competitors.

Those interested in exploring the world of Black Power Target Rifle competition are encouraged to visit a match or contact me, for more information.

Vince DAlessandro
Match Director
vincedalessandro@yahoo.com



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Cumberland Bullseye

Another great Bullseye season is in the books. Even though we had a very wet summer, the weather was kind to us for our Wednesday matches, and I only had to cancel one match because of weather. The pistol range also received a slight face lift. The range was re-graded so the water would shed off instead of forming small lakes we've seen in the past.

Bob Baker won the trophies for the most X's at 248, and the highest aggregate score of 15,100. To add to Bob's accomplishments, he moved up to Sharpshooter for his NRA classification. Great job Bob !! Also,

Liz Corson and Tim Dore were recognized as the most improved shooters. They both are doing a fine job improving their shooting skills. Congrats to all.

For 2018 we had four sanctioned NRA matches. In 2019 the matches will be expanded to six. There will be three registered 2700 matches and three approved 1800 matches. All matches are being promoted on njpistol.net and online registration is also on njpistol.net. The specific dates are to be announced upon approval of the range executive board.

New in 2018 was the Ladies Bullseye Shoot. The matches were

held on the second Thursday of the month at 6:30 pm. The Ladies Bullseye Shoot will be added in the 2019 schedule.

There will be few changes to the our matches for 2019. The Wednesday league start time will be moved to 6:30 pm. This will give working folks a little more time to get home from work and ready for the match. The ladies night will be held on the first Thursday instead of the second, and that start time will remain 6:30 pm.

These are some dates to remember to start the 2019 Bullseye season:

March 27th	Introduction to Bullseye League
March 28th	Precision Shooting Clinic
April 3rd	Start of the Wednesday league which will end September 25th
April 4th	First Thursday, for the Ladies Bullseye shoot, which will end September 5th
Ammo Challenge	3rd Wednesday of the month. Winner of the NMC stages for most Xs and or high score.



Bob Baker, showing his Bullseye Pistol awards for highest X-count and highest aggregate score. He's ready for the challenge.



Hope to see more of our Cumberland Riflemen members coming out to support our shooting activities.

Until then, enjoy the upcoming holidays and be safe.

Greg Warde
Pistol Chairman

NRA Membership Renewal

Don't forget that you can renew your membership through the website and save yourself ten dollars. By using the website, ten additional dollars comes back to the club. That is a windfall which helps us keep the club's programs going.

From the Loading Bench: Loading for The Hunt

Hunting loads, which we still want as accurate as possible, require reliability above all else. A quick follow-up shot that will not chamber, or a bullet stuck in the throat when the rifle is unloaded at the end of a hunt, are situations to be avoided. Reliable ammo is critical to our enjoyment and even the hunt itself.

There has been much written about the need to measure the cartridge overall length to get close to the rifling (a subject for a future article). Ensuring the bullet jumps cleanly from the cartridge mouth into the rifling can certainly affect accuracy. However, weighing that increase against the possibility of a round that won't chamber, or chambers with difficulty, guides the hand loader toward seating it to factory specs. Reloading manuals list maximum overall length for a reloaded cartridge. Staying within the maximum will make chambering or removing a loaded round easy and trouble-free.

Full length or neck sizing is another debate that still rages today. The argument goes that a spent round, if just neck sized and then

fired in the same rifle, will make a closer match to the interior dimensions of the chamber and yield a slight increase in accuracy. There are a couple of flaws in that argument (again, for another article) but the issue is again one of reliability. Neck sizing does not push back the shoulder of the fired case. All that is done is the case mouth is sized down in order to hold the bullet in the case. Let's look at what happens when a cartridge is fired. As the pressure within the case increases, the ductile brass expands in all directions and presses tightly against the chamber walls. This is what gives that tight seal so that all the pressure goes out the barrel and not into our faces. Once the pressure drops the brass cartridge case shrinks away from the walls and we are able to extract it. This expansion and contraction affects every part of the case, including the critical headspace dimension. If this brass case changes dimensions just a little after extraction, it may well not chamber easily, even in the rifle it was fired in. To insure reliability, I strongly recommend all hunting ammo be full length resized.

Read the manufacturers recommendations before selecting a bullet. Most match bullets are not suitable for hunting. The very famous Sierra Match King is a hollow point design, and at first look, it may seem suitable considering its well-known accuracy. However, that hollow point is not there to insure rapid expansion but is a result of the manufacturing process, unrelated to hunting. Sierra explicitly recommends against using any of its Match King bullets for hunting unless no expansion is desired (i.e.: pelt hunters).

Most ethical hunters would be reluctant to take a shot beyond 300 yards. A 2 minute-of-angle grouping (2" @ 100 yards) will still put your shots into a 6" circle at 300. While too big for neck shots on deer, or head shots on hogs, that is well within the kill zone of either one when targeted on the ribs.

Using the techniques I recommended last time, such as weighing each case and bullet, keeping lots separate, and avoiding the mixing of powder/primer lots will yield benefits with hunting ammo as well as the target stuff. Just remember that reliability is much more important than that last little bit of accuracy.

Art Snellbaker

American Rimfire Association Benchrest

If you would like to shoot for perfection, the ARA sanctioned matches at Cumberland Riflemen are a great way to expose yourself to serious competition. The matches are held the 2nd Monday night of the month, from April through September, and are open to the public. Gates open at 4:30 pm, with the match beginning at 5:30. The cost of the match is \$10.00 per shooter.

The match is .22 caliber rimfire unlimited, with few restrictions to

the rifle, weight, scope, or rest.

For information and rules regarding the ARA, go to their website at www.Americanrimfire.com or go to Dan Killough's site at www.killoughshootingsports.com. Dan's site is also a great source for rimfire benchrest supplies and links for information, forums, and other associations.

Questions ? Contact:
Frank Karwowski
ARA Match Director
frankkar@verizon.net

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Basic Shooting Skills

Basics, they can be boring to teach and tedious to practice. However, the basics have to be mastered and perfectly practiced in order to enhance your skills. With each trip to the range, it is good to have a mindset on what skills you would like to practice and, when doing so, practice them perfectly. "Perfect practice" means practicing the basics perfectly, including trigger control, sight alignment, and safe handling. The fact is, you can never become proficient in advanced skills if your basic skills are lacking.

Marksmanship requires perfect practice, but that doesn't mean practicing always requires actual shooting with live ammunition. Bad habits often go undetected during the flash and recoil of live fire, so it is sometimes beneficial to practice without ammo. Doing so

can improve your shooting, alleviate the cost of ammo, and you can pretty much do it anywhere in your spare time. One such practice technique is dry-firing, which is like swinging the bat prior to stepping up to the plate. Dry firing drills, done correctly, can help with sight picture, motionless trigger pull, and follow through. Another good training tool is a laser training system. Some brands out there can be pricey, however they will be helpful for perfect practice. I have used the Mantis brand in the past, and that helps during dry fire and live fire drills. As most know, shooting requires skill, hand-eye coordination, and muscle memory. Training systems like these can help with all these basic skills and bring your shooting pattern to a smaller group. I would also recommend,

to new or inexperienced shooters, starting practice with a smaller caliber firearm or pellet gun. Perfect practice with pellet guns will build up muscle memory, trigger pull, hand eye coordination, and loading and unloading skills needed when shooting larger caliber firearms. Sight picture can be difficult to get perfect, especially for people like me. I am right eye dominant and shoot hand gun left handed and long gun right handed. Through practice and training, I was able to get my basics where they need to be to continue with advanced training. Always remember: "Don't train until you get it right, train until you can't get it wrong."

Chris Belles
NRA Instructor
CRI Chief Instructor

Medical and Social Implications: Psychotropic Medications

A fellow shooter was denied a purchaser permit because the issuing agency suspected his use of an unspecified psychotropic drug. Shooting clubs deny admission on the same basis, but usually where the applicant has admitted to using a specific medication. In both instances, public safety is the paramount driver. If you watch the TV ads for calmativ / anti-depressive drugs, suicide, but not murder, is mentioned as a side effect. This is a drama the issuing agency was trying to prevent.

In this case, the applicant was prescribed a psychoactive drug subsequent to a serious coronary intervention. Surgery involving thoracic intrusion occasionally calls for a drug to prevent or to treat ensuing depressed affect, which might be a response to anesthesia, but which has never been well defined. There

is, however, an abstruse correlation between heart disease and depression. A depressed person may feel inadequate in several areas of life: fear of stress as a factor in death; fear of inability to meet personal needs, such as hygiene; fear of eating foods believed responsible for the operation; and fear of not meeting perceived or real family responsibilities.

In a cursory examination of mass shootings, it's been discovered that many of the perpetrators, if not most, do take, or had taken, a psychotropic drug, ranging from Ritalin to treat ADD/ADHD to Prozac to address depression. Pharmacologically, a psychotropic drug is one that affects brain activities associated with mental processes and behavior. Most of the drugs that influence the brain are intentionally designed to do so, but there are

drugs intended for other purposes that have surprising psychoactive clout.

In 2016, a British medical journal presented a document that attributes non-psyche medications with psychiatric side effects. Cited in this research are corticosteroids, anti-Parkinsonian drugs, anti-epileptics, anti-retrovirals, antibiotics, anticancer drugs, analgesics, drugs targeting endocrine and cardiovascular disorders, skeletal muscle relaxants, immunosuppressants, and bronchodilators. That list is an unexpected

revelation. With some of these, adverse effects might be predicted, and are dose dependent. For others, adverse effects are rare, but still possible. From a self-prophecy perspective, if you expect to get a side effect and are told to expect one, you just might. Most bench scientists, those in the laboratory working with cells and tissues, don't put Biblical importance in a single,

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Medical and Social Implications: Psychotropic Medications

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isolated study, so this British report sits on the back burner with us in case a patient expresses an uncharacteristic behavior we can't otherwise explain.

Tylenol accounts for the most hospital ER visits for poisoning. Mixing it with alcohol is asking for serious liver injury, yet too few patients heed the warning to avoid alcohol while taking acetaminophen for pain. Some researchers believe that Tylenol in high doses acts like a tranquilizer; others say only with alcohol. Nonetheless, mixing the two may evoke irregular feelings along with the liver dangers. Therefore, we need to pay attention to how we respond to medications... physically and mentally. It's the irregular feelings that are worrisome.

Last week, 12 June 2018, a study conducted by a colleague was published in the Journal of the American Medical Association. It admitted that more than thirty-seven percent of prescription drugs have depression as a side effect. If that is so, and if the attending physician recognizes it as such, an antidepressant is indicated. You can bet it'll be Rx'd, if only to cover his bases. We hope this news does not unnecessarily categorize unwell people as risks for sociopathic leanings.

What to do? On the application for a NJ purchase permit or FID card, question 24 asks if you were ever confined or committed to a mental health facility. It does not ask if you were prescribed a psychotropic drug. Question 26 asks if you were ever attended or treated by a doctor for a mental or psychiatric condition. It does not ask if you were prescribed a psychotropic drug. Being 'treated' does not automatically mean drugged. In New Jersey now, after Murphy's new

restrictions, an anti-gun physician has the wherewithal to tell authorities that his patient may be a risk for misbehavior and that he should be relieved of all his firearms. In a matter of "he-says, she-says," who do you think will prevail?

Disregarding honesty in government affairs is imprudent, whether spoken or written. Offering unrequested information is likewise imprudent. Physicians are not social workers. Asking about firearms ownership is outside their bailiwick. Some things are better left unsaid. You don't smoke at the reloading bench.

Here are only a few of the more popular medications, by brand name, to watch for. The definitions can be found online:

Atypical antipsychotics: Abilify, Latuda, Seroquel, Risperdal
MAOIs: Nardil
SNRIs and SSRIs: Cymbalta, Effexor, Celexa, Lexapro, Prozac, Paxil, Zoloft
Serotonergic antidepressants: Trintellix
Tricyclics: Tofranil
Others: Wellbutrin, Depakote

Watch TV, magazines and social media for newer ones. More than 80 million Americans use a psychiatric drug.

<https://www.cchrint.org/psychiatric-drugs/people-taking-psychiatric-drugs/>

Psychotropic drugs alone add 2 billion dollars to an industry that promises to make rainy days sunny, despite FDA warnings about misleading ads. The side effects are frightening in number and activity, including sleepwalking, weight gain, amnesia, CVD, liver disease, anxiety, abnormal behavior, and a few more. Withdrawal can take months, even years.

Citations:

BJPsych Advances. Volume 22, Issue 5; September 2016, pp. 325-334

Adverse psychiatric effects of non-psychotropic medications
Ankit Gupta and Rakesh K. Chadda

JAMA. June 12, 2018; 319 (22): 2289-2298.

Prevalence of Prescription Medications With Depression as a Potential Adverse Effect Among Adults in the United States

Dima Mazen Qato, PharmD, MPH, PhD; Katharine Ozenberger, MS; Mark Olfson, MD, MPH

