



The Cumberland Magazine

Greetings from The President's Corner

Jim McGarry, President



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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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Extended and improved side berm on the plinking range.

I hope you and your family members are healthy during this Covid 19 pandemic. By the time you read this newsletter, the range will have been open for shooting since May 22nd . During the time the Governor had closed our range by his executive order, and prior to his construction limitation, we were able to do some much needed improvement to the berms. The impact berms on most ranges were built up, as well as side berms on the Pistol Range, Practical Range, and the Plinking Range. See the photos in this newsletter of some of the completed projects. These improvements were made to enhance our efforts to make the ranges a safer place to shoot. We will continue these efforts in the upcoming years as funds permit.

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President's Corner

Continued from page 1

We have signed a contract with a company to conduct the removal of lead from the impact berms. This is a necessity, to comply with both Federal and State regulations. We are hoping that this will be done sometime during the summer months.

Here's wishing you the best summer months possible.

Jim McGarry
President, CRI

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Greater height added to the side berm on the pistol range.



Additional view of the improved side berm on the pistol range.

From The Editor's Pen

"I wish they could talk." We've all likely said that about our toddling kids, or grandkids. Or at least, that is, until they don't stop, especially with "Why, Pop Pop?". I really miss those days, and how we, even as adults, learned so much.

However, we all have a favorite firearm, or two, or twenty, which sits silently, year after year, never disclosing some of the excitement, memories, shots made or missed, moments of sheer terror, human suffering, or triumph they may have witnessed. I have a number of such in my collection, and as much as I implore, they remain silently hanging on the wall, or languishing in their own undisclosed past, tucked away in a drab silicone sock. To me this is such a shame, to come to this, for such stories they might tell.

I often sit and stare at the battered German 98K, made in the tumultuous year of 1941 by Steyr-Daimler-Puch. I think it is a Russian

capture, and can imagine the crud I cleaned from those hard-to-reach places was the clinging mud of the Ukraine or the dust, dirt, and ashes of Stalingrad. From the condition of the stock, the rifle had seen some pretty tough times. Surprisingly though, it shoots like a champ. I had a neighbor 40 years ago, who, I found out to my astonishment, was one of the fortunate German soldiers who survived the Russian POW camps. Only his wife ever mentioned the fact. I only learned of this because one day I asked if they would want to go and forage for mushrooms with me. She declined, relating that "Mushrooms were all that kept Joseph alive in the Russian prisoner of war camp." **Wow!** He could talk, but wouldn't. "Whereof one cannot speak, thereof one must be silent." My rifle, too, remains so.

I know even less about most

of my vintage guns, which are mostly bolt action military rifles. Did a Japanese soldier, armed with my Type 38 Arisaka, possibly enduring some unimaginable circumstance, last long enough to chisel the chrysanthemum crest off the rifle's receiver? Did any of my 1896 Swedish Mausers see action against the Russians in Finland? Did my Pattern 14 see action with some Tommy in the trenches, possibly leaping up and over into "no man's land", facing my Gewehr 98? Sometimes the imagining and musing is probably better than actually knowing, but I do have a couple that can talk, at least a bit. I wish one of those was the 1873 Winchester, but...

One day I was leaving for the range, seeming to cart half my earthly belongings along, and I told my wife I was taking "Alice" with

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From The Editor's Pen

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me. She gave me "that look" until I showed her the carving on the stock of the 1943 Australian-made SMLE #1 Mk III. I often wonder where in SE Asia, or the SW Pacific,



a lonely young Australian may have carved his mate's name into this rifle stock.

Did he ever see her again? Did this rifle survive the Kokoda trail and the fighting at the Japanese held beaches of New Guinea? Is he still alive? Are his offspring looking

for this very unique and identifiable rifle? If he still had it, would it have been confiscated by his government and destroyed?

It was 21 August 1944, during the Allied invasion of Southern France, *USS Eberle*, DD 430, was shelling the Ile de Porquerolles, when a message was received relating a surrender request from that same island. A whaleboat was sent ashore to assess the situation and take custody of the prisoners...if it wasn't a trap. You see, a destroyer was the most expendable, and my dad was aboard that whaleboat, heading into the unknown of "Pork Roll Island"!! He apparently was at his station in the radio room when the message came through, and convinced the captain that he should go ashore with them, as the ship's photographer. I guess for that reason, and the fact that he was the "old man" on board, got him that coveted seat on the whale boat. Dad was 25 years old. (All the 18 year olds on board must have thought he'd also seen WWI.) The first rag-tag group that surrendered was 58 Rumanians, who I guess decided

the Nazi dream was growing a bit weary, and presently a tad dangerous. The next day, 14 Germans surrendered, for the *Eberle* had destroyed all their escape boats with her 5"/38 guns. The men in the landing party were given their choice of souvenirs, and Dad chose a 7.92x57 mm Czechoslovakian VZ 24. Dad proudly brought his "German rifle" home during his next leave, proudly walking through the streets and riding the subways of New York City, with his trophy slung over his shoulder! This picture of several of those Rumanians was probably taken by my Dad. I



always imagine that the rifle, which now hangs on my office wall, next to a picture of the *USS Eberle*, was carried and surrendered by one of those men.

That VZ 24 was the first center fire rifle I ever fired, one day after work, in a gravel pit at Dante Ave and Union Rd in East Vineland, in 1967. Dad loved to reminisce about his time aboard ship, and the day he proudly picked up his war souvenir, now 75 years ago. That fascinating rifle started my interest in old, storied, bolt guns, and I will carry it, in tribute to Dad, to the firing line one day for a CMP Vintage match. I can still see my Dad's ever present smile and hear his lively stories, and that VZ 24 talks to me every day. Every day, Dad.

Rob McKenzie
Editor

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Pistol Program News



The CRI indoor pistol team at the Sectionals. From the left, Chet Asher, Bob Baker, Gabe DiTomasso, and Tim Fury.

We got off to a good start for the opening of the 2020 season. The NRA Sectional matches, held February 22-23, at Square Circle were well attended, and Cumberland Riflemen was represented in the individual and team shoot. The Cumberland Riflemen competitors shot on Saturday the 22nd in relay one. Those who competed were Chet Asher, Bob Baker, Gabe DiTamasso, Tim Furey, and Greg Warde.

In the individual shoot, Tim Furey led the Marksmen Class with a first-place score of 812-9X. Chet, Bob, Gabe and Tim made up our Cumberland Riflemen Pistol Team, coming in with a 6th place finish. Tim anchored the team with a score of 269-4X.

There was much work completed to the ranges during the off-season. The berms on the pistol steel range and the practical ranges were rebuilt after years of erosion. The competition range received a little more extensive work. The main berm was extended more to the left to mitigate safety concerns. The area in front of the turning targets was re-graded to stop the water from pooling in that area, and there were more concrete blocks added to increase the height of the wall. The pistol ranges are in good shape!

Sorry to say that has been the highlight of 2020. In March things began to shut down because of the virus. The Governor closed the ranges and the NRA started canceling matches. However, the range was allowed to reopen on May 22nd, and we can salvage what is



The CRI team on the firing line.

left of the season. Keep your eye on the "Matches" section of the web site for updates.

Keep the faith and be safe!

Greg Warde
Pistol Chairman and
Match Director



Action on the firing line at the Pistol Sectionals match.

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Civilian Marksmanship Program — The CMP

Normally I would be reporting on the start of our 2020 CMP program and how things are going, but as you all know, COVID-19 has prevented the start of our season. So far, we have missed our Garand/Springfield/Vintage (GSV) Clinic and three GSV matches, and we will more than likely miss the entire month of May. The range was allowed to open on May 22nd, and we can begin to reschedule some lost matches, and go ahead with those scheduled.

My plans are to reschedule the

May 24th, and that match will award a plaque to the high score fired with a service rifle using iron sights.

This match is now scheduled for July 26th. The monthly GSV matches will not be rescheduled, but everything else on our CMP schedule will be rescheduled if possible.

I hope all of our rifle competitors have used their free time to practice their positions, dry firing, and re-

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this pandemic is well under control before we get back to our historic normal. We would like to see many of our members who shoot AR's or military wooden guns to come out and take advantage of the CMP program. You historic gun guys would surely benefit from the GSV clinic. You'll be glad you did.

In closing I would like to thank Paul Adamowski for all his hard work and dedication to our Club. He is a man that cannot be replaced, and he will be greatly missed as our leader. Paul ran the CMP program before I did, and he handed me a well-oiled machine. He has done so much for our club, and words cannot do enough to quantify his contributions. I hope to see him at our matches, shooting his Garand. Best wishes Paul!!!

Joe Burkel

CMP Program Chairman



Building the new 500 yard firing line on the big range.

GSV Clinic as soon as we can, and try to reschedule the new matches I had planned for this season. The offhand only match, from which the proceeds are to go to a pro Second Amendment organization such as Gun Owners of America and or National Association of Gun Rights, will be rescheduled. We had an Iron-man Match scheduled for

loading. I know I have, well at least I did at first. I kind of let the practicing go by the way side, as I decided to do some home remodeling with my free time. I'm sure all of you were itching to get to the range as much as I was, and it was tough waiting and wondering when all of this will end. I am in the group that believes that we need to be sure



Sowing grass on the 500 yard firing line.

Cumberland Riflemen Junior Program

Good day all. Well, the year has certainly not progressed as we originally anticipated, because of the pandemic with Novel Coronavirus. We had to cancel the start of our program on March 21, 2020 because of the Executive Orders signed by Governor Murphy, limiting groups larger than 10 persons. Since that time there have been additional Executive Orders closing the gun ranges, as well as limiting non-essential travel. I sent e-mails to our potential and existing Junior Members telling them we would re-evaluate prior to May 9th, 2020 to let them know if we would be allowed to continue. At one point in time it looked like May would come and go, without any changes or reopening of the gun ranges. However, with the reopening on May 22nd, we should be able to get back together, during the month

of June, as a group, to continue our 2020 CRI Junior Shooting Program.

When we can gear up, I hope our Juniors will continue with our abbreviated Program for 2020. There will be no cost for the 2020 CRI Junior Shooting Program, as I have a family sponsor that will handle all incurred expenses. We will pick up as always with regard to firearm safety, shooting techniques, the Winchester/NRA Marksmanship Program, and fun shoots, as time permits!

I wish I could just snap my fingers and have this pandemic over and done with, but we will likely still deal with it when we resume. The safety of our Juniors, the instructors, and family members are of the upmost importance to the Cumberland Riflemen Executive Board. **Therefore, we will not start-up again until we received guidance**



Construction work on the pistol berm.

from the State of New Jersey.

If you have any questions please feel free to contact me:

John Patten
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Grading for drainage on the pistol range.

High Power Rifle Report

Well, with the world pretty much shut down for now, there are no new shooting stories to relate. I have constructively used my time in quarantine, processing brass and reloading enough ammo for two seasons !! I started thinking about what, besides reloading, I could write about. The first thing that came to mind was the event that became my first XTC (across-the-course) match as an unclassified marksman.

If I recall correctly, it was a warm June day in 1990 or 1991. Governor Florio had recently signed the NJ Assault Weapons Ban, so I wasn't sure how long I would be shooting High Power in NJ. I had learned to shoot three-position at Director of Civilian Marksmanship (DCM) matches at USANA, near Elmer, NJ, on a 100-yard range. Shooting

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Hard at work on the March Target Repair Day.



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High Power Rifle Report

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on the big 600-yard range at Cumberland seemed kind of surreal and intimidating. Cumberland in those days was not what it is now. The 600-yard shooting line was not covered; it was in the baking sun. The beautiful pits that we enjoy today were, back then, a muddy, floating wood pallet mess. After a rain the pallets were floating, and reptiles and amphibians abounded. I was paired that day with a High Master shooter who will remain unnamed. He was very intense -- making my first match that much more intimidating. He wasn't interested in me or engaging in small talk. I didn't really know anyone else there, so I was kind of on my own. I made my way through the match to the 600-yard line. The match seemed to



Getting the High Power targets ready for the season.

go on forever, after my experience shooting the short hour and a half DCM matches.

I was scoring for that same High

Master for the day. I was distracted a little bit at the astonishment that I could actually see the bullet's path,

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High Power Rifle Report

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arching through the air, with my spotting scope. I remember seeing the glint off the back of the bullet as it made its way towards the target. Because of this, I unfortunately missed recording a few of my his scores. However, to my great relief, he was keeping score himself, so the scores were easy, in hindsight, to figure out. My partner, though, was very angry with me and berated me to the point that I wasn't sure I would ever shoot again in a match. I vowed that I would never be "that guy", like the guy I was partnered with that day.

Obviously, I did continue shooting, and have been doing so for 30 years. I now run the matches and call the line, and I also run the High-Power League on Tuesday nights. I have always been as helpful and friendly to my partner-for-the-day as possible. I have shot at Cumberland, New Holland, PA, and Bridgeville, DE. The people I have met and shot with have been some of the nicest people I've ever met. In fact, my partner in my first

match is the only person I've ever encountered like that in a match. First and foremost during a match is safety, but it needs to be enjoyable also. Shooting well in a match takes years of training, but it is enjoyable and rewarding.

The Tuesday night league is the perfect place to start. The league is a semi-formal, relaxed way, to learn the ins and outs of across-the-course shooting. We have a core group of people who shoot the league, but always welcome newcomers. We are eager help you learn how to shoot the three positions used in a match. The people who shoot the league are very helpful and informative. I invite anyone interested in shooting XTC to come out on Tuesday evenings once the world, and the range, opens up again. Anyone interested, and in need of some questions answered, can email me at qrqtbh1@gmail.com.

Darrin Montagna
High Power Chairman

Range Time Is Valuable

As we all know, the Covid-19 virus kept our ranges closed — giving us time to realize how valuable and important range time is to all of us. During normal conditions, most of us take range availability for granted, as it's almost available all the time.

When you're at the firing line, you should be spending the time shooting, not using more time BS-ing with your friends than you're actually shooting. Look around; is there is someone also wanting to use the range? There are a lot of reasons to go to the range, and it is fun to BS with your friends while there. However, that should be done after you're finished shooting and have pulled your equipment from

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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.



Rebuilding the pistol range berm.

Range Time Is Valuable

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the line.

We all want to talk about our firearms, the loads we shoot, how well or poorly we did, and to simply catch up with our friends. This is something that is important, and we all enjoy doing so. How do you feel when you see someone tying up the range, BS-ing, doing a thorough cleaning of their equipment on the firing line, or arriving unprepared regarding equipment and targets?

Be prepared to shoot when you get to the range. Have your equipment and ammo ready, and remove your gear when you have finished shooting. Do you want to wait to

shoot while someone is field stripping and cleaning their rifle/pistol on the firing line?

Many, if not most of us, have a limited amount of free time, because of work demands, and family commitments. Some members come a long way to use our facility, and it's frustrating to wait while a fellow shooter ties up the range doing things that they should have done at home prior to arriving at CRI.

Think about the time you went to dinner at a popular restaurant, with a long waiting line, and you notice folks having their 2nd cup of coffee

with their dessert and BS-ing with friends/family. What did you think of that? Current and former service folks have a solution for restaurants: they leave, and don't stand in line for food even if it's free. The club is not a restaurant, but you get the idea.

Remember, there are other people waiting to use the range. Be ready, be courteous, and together we can all have fun at Cumberland Riflemen.

Mike Berezin
Rifle Chairman

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



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The Medical Aspect

Chronic Inflammation

Words and people can be inflammatory. Things we do and eat might also be inflammatory. The term is not a synonym for infection, though. Infection describes a relationship between an invader and an immune response. Inflammation describes an immunovascular response that frequently results in the classic signs of redness, swelling, heat and pain, occasionally with loss of function.

Inflammation can be either acute or chronic. The former is a response to a harmful stimulus that moves white blood cells to the site of insult. It mobilizes plasma and a series of biochemical events that direct the inflammatory response, involving local vasculature, the immune system, and various cells in

the injured tissue. This may be self-resolving. If not, and if it becomes prolonged, it's now chronic inflammation. That destroys tissue. Chemical irritants, foreign bodies (splinters), frostbite and burns, ionizing radiation, stress and physical trauma are common causes. Psychological causes fit here, too. What's all this got to do with the shooting sports? Maybe trauma? Only in the butterfly world does everybody get a trophy. See? That's an inflammatory remark.

The science that studies the means to reduce physical strain caused by excessive exertion and awkward postures is known as ergonomics. If

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ergonomics is effective, strain and the volume of repetitive motions are reduced. And the sooner this is recognized, the better. Numbness, tingling and apparent loss of muscle strength tell us that something is wrong, that something needs to be addressed ... now. Even standing still for long periods, especially in awkward poses, can be damaging. Have you ever seen a new pistol shooter lean backward to counter the forces at work in two-hand shooting in the isosceles position? Is Olympic rifle competition partly an exercise in contortion? Holding a handgun at arm's length for bullseye shooting can be tiring. Do the shooting sports contribute to bursitis, tendonitis, epicondylitis (tennis elbow), or trigger finger? These can happen even in the absence of motion. Moving from prone to standing can hurt.

We know there are medications to address the discomfort of these physical grievances, including various analgesics and anti-inflammatory agents. Chronic joint pain from arthritis or an autoimmune disorder can keep you home on match day. But there are conservative approaches to try first, if one is so inclined. The steroid, prednisolone, is a commonly prescribed drug whose contraindications and side effects are too often left unspoken. If you have an ulcer, colitis or hypertension, you might not be able to take it. But if you do, the same state that sent you to the

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The Medical Aspect

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office in the first place—numbness/tingling — is one of the side effects, as are clouded thinking, depression (which will earn you another drug), swollen fingers and toes, and a host of other maladies. And when you take a steroid, you need to supplement with calcium. You were never told that, were you?

On the list of OTC anti-inflammatory agents is fish oil, all of which are not created equal. Those derived by supercritical carbon dioxide extraction, wherein fatty acid fractions can be manipulated, are as beneficial as the Rx fish oils (Lovaza and Vascepa) you see in magazines and TV ads. But prescription plans don't pay for OTC products, so the Rx types are cheaper. The omega-3 fatty acids in marine oils can be used by the body to make substances called specialized pro-resolving mediators, especially if the oil's EPA and DHA components can be enriched during the extraction process. With this, anti-inflammatory activity is enhanced, and blood markers of inflammation and discomfort are reduced. In the company of low-dose aspirin, the DHA from fish oil manufactures chemicals called resolvins and protectins, and their names describe their characters. Dosing needs to be individualized by a practitioner who is versed in fatty acid chemistry.

Turmeric is a spice in the ginger family, common to some Asian cuisines. Its active ingredient, curcumin, is responsible for its yellow color. That, curcumin, is the anti-inflammatory magician. It works by inhibiting chemical factors that control pain. The only drawback to this is the excitation of gall bladder contractions, so if you have gall stones, curcumin might not be for you. For some people, curcumin is also an anti-platelet entity that

could cause excessive bleeding during and after any surgery, including dental. A little wisdom goes along way. Curcumin holds so high a place in Asia that J & J makes Band-Aids coated with it to prevent infection from a cut and to ease the soreness. Suffering catcher's knees from, well, being a catcher, some guys we know use curcumin to help them get back up after squatting to retrieve something from the floor.

One of the gifts of the Magi was frankincense, known today as boswellia. It was a potent anti-inflammatory agent in Jesus' time ... and still is today. Clinical studies have shown it to be effective in addressing the discomfort of inflammatory disorders, including arthritis and some gastric conditions. Speaking of clinical work, the hot pepper component known as capsaicin is a two-edged sword that is moderately inflammatory — actually an irritant — but is anti-pain. Used topically, it works well. Equestrians once used it for their jumpers, but the Olympic Committee halted that in 2008. For some humans, it works internally.

Last, at least for now, is a little-known molecule called butyrate. It's a chemical made in the gut by the bacterial fermentation of resistant starch, stuff like under ripe bananas, cooled rice and the skins of legumes. But we don't eat enough of these foods to make enough butyrate to be physiologically beneficial, but supplements are out there. It's a systemic anti-inflammatory that quells ammonia from faulty protein metabolism. It also helps DNA to copy itself so that no mutations occur, making it anti-disease. You can read more here: <https://gut.bmj.com/content/47/3/397> Powerful stuff, butyrate.

So, what's wrong with aspirin or

another NSAID? Stomach bleeds are a possible side effect. Oddly, while these drugs inhibit the enzymes that cause pain, they also inhibit related enzymes designed to protect the stomach against bleeding and gastric distress. Aspirin especially, but also ibuprofen, can cause hearing problems. If you opt for an NSAID, never take two of them together. Though called blood thinners, they really don't thin blood. They interfere with platelet and fibrin activity in clotting. If you want blood thinners, they're available in specialty stores under various labels.

If inflammation is a concern, talk about it with your physician, keeping in mind that the research published yesterday might not see the light of day for a while. It's in the bailiwick of our office to recommend dietary changes to effect an anti-inflammatory response by the body. Yes, inflammation is needed to start a healing process. But it has to stop in order for the healing to get finished. Food choices can make a difference. Foods can influence markers for inflammation — C-reactive protein and homocysteine. Both may be implicated in coronary artery disease. Processed foods and sugars are the worst; produce the best.

Although we are proud to be carnivores, we have included more fruits and vegetables, making the dinner plate one part starch, two parts protein and three parts vegetables. Red meat is OK, but the manner in which it was slaughtered matters as much as what it ate. Grass-fed animals make omega-3 fatty acids that translate to us. That's very different from corn-finished meat that offers pre-made pro-inflammatory substances. Deep fryers, whether in fast food places or high end restaurants, yield diesel fuel after the oils have been heated for a few hours. Really. Everything

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The Medical Aspect

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you've read here is supported by studies and medical papers. And we have nothing to sell. You might consider some of these: salmon not farmed, grass-fed quadrupeds except horses, olive and its oil, lettuces other than iceberg, crucifers, cherries, blueberries, pineapple's bromelain is a pain killer, ginger, rosemary, oregano, coconut meat or oil, garlic (capsules OK), green tea, tomatoes (nightshade may worsen arthritis for some), eggs, yogurt (not non-fat), dark raw honey, apples and greens except spinach and mustard.

Dr. Tom Wnorowski, BCIM, CNCC



"Governor Murphy woke up..."



...four times last night..."



...to a nightmare about..."



...civilians owning firearms."

Dues Notice — Please Read!

This is the only notice you will receive to pay your dues. Notices will **NOT** be mailed to you. Your dues are due no later than June 30, 2020 and will be paid until June 30, 2021. The dues this year are \$135.00. Please complete the form below and send, along with your check or money order, made out to Cumberland Riflemen, Inc. and a copy of your current NRA membership card (or the label from your NRA magazine showing a current date), to:

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