

Notes to Consider...

Arts & Leisure: The Shooting Sports,
United States Practical Shooting Association (USPSA)

By G.S. Morris — 7 January 2019



Sometime in the early 1990s Col. Jeff Cooper, founder and first President of the International Practical Shooting Confederation (IPSC), famously cut up his ID Card #1 and mailed it back to the organization's headquarters. More on that, later.

Today, USPSA (the US affiliate of IPSC) is still the largest "action" pistol shooting organization in the country. Matches are organized based upon pistol classes and shooter classification levels. There continues to be a "power" factor a caliber must meet (in keeping with Cooper's "Accuracy, Power, Speed" mantra or in Latin "Diligentia, Vis, Celeritas," hence the "DVC" initials associated with Cooper's school at Gunsite and the IPSC/USPSA). As well, the competitor must compete against the clock and winners are determined upon whom can shoot the most accurately, with a service caliber handgun (9mm minimum), targeting scoring zones marked head and torso sized cardboard or falling miniaturized silhouette steel "popper" targets, at speed. Again, "DVC."

So why did Col. Cooper so unambiguously split with the organization he founded? Cooper believed by the early '90s IPSC became too detached from reality with both the guns (particularly compensated, red dot optic equipped "Open" Class pistols) and the tactics (huge target arrays much jumping over walls/obstacles, etc.). Cooper concluded IPSC had reached its end of "practical" usefulness. It had ceased to be what he had originally envisioned; a sport based upon realistic combat scenarios.

Personally, I view USPSA/IPSC as I do Formula One or Indy Car racing in relationship to our own automobiles. Much new technology and other innovations have come out of both open wheel race cars and USPSA/IPSC "race" guns. USPSA has addressed the concerns of traditionalists ("Production" class has been around now for about a decade), but I would argue the USPSA/IPSC "anything goes" sort of attitude concerning competition rules (though NEVER compromising on the Four Rules of Gun Safety) has an important place in pushing innovation in both shooting techniques and equipment. By the mid-1990s there would be born a whole new action shooting sport as a result of the Cooper led exodus of traditionalists from IPSC/USPSA which we'll take a look at in this series' concluding article.

Next Week: SASS

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Yards to Paradise Get Real (Stone)

By Max Phelps

A wholesale stone producer I know has as their marketing slogan "Get Real" and has trademarked it.

In this age when everybody wants something and they want it yesterday, hauling in real rocks and waiting for the masonry work to be completed is becoming a thing of history. You can probably think of a "historical building" of a historical stone wall or monument. Let's look at this subject a little as it relates to landscaping and building.

Fake stone (faux rocks) requires less skill and fewer hours of labor to create a rock wall or stone on the facade of a home. Some of it looks pretty convincing anymore, until you get up close and inspect if it's real or not.

Artificial stone may cost as much, and often more, than real stone. The quickness with which it can be installed saves money and time (again, money). Still, if you've seen the fake rocks falling off of concrete walls along Richmond Road or at Hamburg Pavillion in Lexington, KY; or if you have a mobile home underpinned with a wire mesh coated with mortar and stones and in a few years several have fallen off, you realize it's not "rock solid" the way real stone done properly is.

Rock is often used as a veneer over concrete blocks or poured walls. It also works as a veneer on an old walk or patio, making it look brand new. It may not be cheaper than to jackhammer out an old walk and pour with fresh concrete, but you'll have a fancy stone walk when it's done instead of a concrete one.

Real stonework, especially if the stones are more than an inch or so in thickness, requires a footer. This is something the faux rock doesn't require, because it is lighter in weight. Thick stones can also be used as veneer.

This would be where they are used as a structural element, but over the top of plywood or other sheathing.

A real rock house has walls that may be nearly two feet in thickness. These aren't very cozy, for stone allows the chill from outside to come right through the rock; it will be cold in the same way a concrete warehouse or garage is cold. Still, from ancient times, stone has been used to build homes and castles.

Besides covering a house or covering a wall, what are other ways stone is utilized at a home or business?

Fireplaces come to mind. Again, these can be constructed of solid rock and lined with firebricks—or they can be veneering covering a fireplace made of other materials. A fireplace in a home looks great, although I'm sure it's not for everyone. There are fireplaces for looks or for cooking that are installed outdoors as well.

Driveway entries and mailboxes are another common way stonework is employed to make a place look more impressive. It also can be more secure, lasting forever.

Cobblestones were used in bygone times for street paving, road building. These are rather rough, but certainly much more durable than a gravel driveway, and look great as well.

Outdoor patios and outdoor kitchens, along with terraces or retaining walls, are other places we find rocks commonly used in the landscaping of a house. You can build these walls completely from stone, like the one at intersection of Center and Forest Streets in Berea, Kentucky. Or you can build a concrete wall, and use either real stone or faux stone to "veneer" it.

And dry laid stone walls can also work as retaining walls. This is where flat stack stones are carefully layed so they don't require masonry to hold them up. (Not advisable for holding back an unstable hillside though.)

We can use practical concrete for many things, including nice dyed concrete brick patios and walks, stamped poured concrete, and large blocks to create retaining walls that will look like rock ledge stones from a distance. Yet, real stone will look the more special and make the greatest impression on others.

There are many patterns and looks that a mason can create, and the arrangement or rocks in an artistic fashion is always going to be what really separates the imitation stone veneer with stonework by a knowledgeable stone artist.

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Inspirational Thoughts Into God's Word

By Lynetta Hunter

To construct means to build up, stabilize, promote, assemble to form a structure, and set up an object for a purpose. God's mercy is never-ending and His promise of restoring His blessings and reconstructing His relationship with his people is as faithful as His word of punishment for their rebellion.

If every person was given a choice of either handing their life over to a god who would eventually destroy every good thing in it, or surrendering to a God who would create circumstances and situations that would form positive construction and stability, there would be very few, if any, volunteers for the destructive side. It's by the enemies' tricks and deceitfulness that most people are blind-sighted and fall into the first category.

Someone who is known by others, above all else as a Christian, didn't take on that title overnight. There had to be construction work done in their life. They had to fight spiritual battles, trust God in abnormal circumstances, and keep faith in His promises during what seemed like hopeless trails of life. Through all this, God built up their self-confidence and faith in Him, stabilized their daily walk with Him, promoted their identity and good works, assembled every area of their life to form an organized structure that contains His Light, and set them up for a purpose in His Kingdom, temporarily on Earth and eternal in Heaven.

Understanding Chronic Obstructive Pulmonary Disease Attention Smokers: Become Healthier and Wealthier Very Soon!

Brought to You by Hometown Pharmacy of McKee
and Written by Alyssa Radford, PharmD Candidate May 2019

Can you guess what the first and most important part of any treatment plan for COPD is? If you remembered that the main risk factor for COPD is smoking, then the answer is easy: quit smoking.

In fact, if you quit now as part of your new year resolution, you can plan to have a healthier and wealthier spring and summer. Consider these facts:

- Quitting smoking can actually slow down your loss of lung function more than medications. While you cannot return lung function to normal after quitting smoking, you will slow the progression of your COPD. That means more time feeling better and breathing easier. If you quit now, by the summer, your circulation and lung function will have improved, and walking and exercising will be easier.
- In Kentucky, a pack-a-day smoker will spend more than \$1,380 on cigarettes in a year; a 2-pack-a-day smoker will spend almost \$2,760. Quitting eliminates all the expenses that go along with buying cigarettes. Just imagine what you could do with those savings – pay off that credit card debt, plan a nice vacation, or get a new flat screen television!

Despite all the good reasons to quit, making that decision is challenging. It's a fact that it often requires repeated interventions and multiple attempts to quit smoking. However, you simply cannot let this discourage you – it can be done. The good news is that there are a multitude of resources available to help you quit, including medications and counseling. So, you do not have to do it cold-turkey or rely on willpower alone. Also, if financial costs for medications and services are a concern, Medicare, the Veteran's Health Administration, and the U.S. military do provide coverage for tobacco-dependence treatment.

There are seven FDA-approved first-line medications that are effective for smoking cessation: Bupropion SR (Wellbutrin SR), Chantix (Varenicline), and nicotine replacement therapies (NRT) in the form of the nicotine patch, nicotine gum, nicotine lozenge, nicotine inhaler, and nicotine nasal spray. The nicotine patch, gum, and lozenge are available to purchase over-the-counter without a prescription. Use of some of these medications or combinations of them have been shown to be highly effective:

- Chantix, as well as the combination of long-term nicotine patch use plus as needed use of nicotine gum or spray, have been proven to be more effective than the nicotine patch.
- The higher dose preparations of nicotine gum, patch, and lozenge have been shown to be effective in highly dependent smokers.
- Combination NRT therapy may be especially helpful to highly dependent smokers or smokers with a history of severe tobacco withdrawal symptoms when trying to quit.
- Bupropion SR or Chantix may provide better results for women who do not achieve success quitting with NRT.

Use of e-cigarettes as a smoking cessation tool is not recommended, as they can cause an increase in respiratory symptoms and their safety has not been established.

If you are interested in using one of the over-the-counter medications, make an appointment to sit down and talk with your pharmacist about your specific situation. Your pharmacist can help you determine which of the therapies available without a prescription would be best for you. If you are interested in trying a prescription medication, make an appointment to see your doctor as soon as possible. In addition, individual, group, and telephone counseling are effective tobacco-cessation strategies. People are most successful at quitting when both medication and counseling are used together. Thus, whenever possible, smokers attempting to quit should take advantage of both.

Telephone counseling, such as that provided through state tobacco quit lines, can be an effective form of counseling. Smokers can take advantage of specialist-delivered interventions simply by calling 1-800-QUIT-NOW (1-800-784-8669).

You can also get help online at BecomeAnEX.org. This web site has tips and tools for quitting including personalized quit plans, and a virtual community where smokers can share stories and strategies about their experiences quitting.

If you are a smoker, it is important that you quit smoking now, and we here at Hometown Pharmacy can help you. Cutting down while you are ill is not enough, and occasional or light smoking is still dangerous. You can do this! Stop by and see us or call us at (606) 287-3200, and we'll help you find the right medications and resources to help you quit. Next week's topic will be proper inhaler use technique, so tune back in then to make sure you're using all your inhaler medications correctly and getting the most benefit out of them.

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**The Weather is Turning
Cold, but We've Got
the Hot New Styles
Schedule an appointment for
your color, cuts, perms and more.**