

without thinking, is also crucial and it only comes with repetition. "I've fired over 100,000 rounds," said Vadasz, describing his dedication to practicing.

Keeping equipment in perfect condition is critical. Guns, he said, are machines that can break down. "A bad round or a sliver of metal is all it takes" to lose, he said.

Proper mindset is essential: Have a winning attitude and expect success, but be ready to accept failure and to learn from your mistakes, Vadasz stressed. "I've lost a lot more than I ever won," he added.

Then there's commitment. Along with the mental drain from the events, the team is frequently on the road from April to September which takes a toll. "You've got to be dedicated and willing to persevere," said Ben Morrow, a Border Patrol intelligence agent and former team captain. "Not everything will work out."

At the same time, there's plenty of support, mentoring and camaraderie. "There's no ego" among team members, Morrow said. "We reach out to assist." He said members will let new members borrow guns or ammunition to offset sizable startup expenses.

He told a story of the time his pistol failed to work, keeping him from entering a local match in Long Beach, California. "I knew I was out," recalled Morrow, a 20-year Border Patrol veteran who's won several national titles. So one of his competitors, a Los Angeles police officer, nobly offered to fix it. "He had all the tools and experience repairing guns," he said. The gun was repaired, Morrow was back in the game

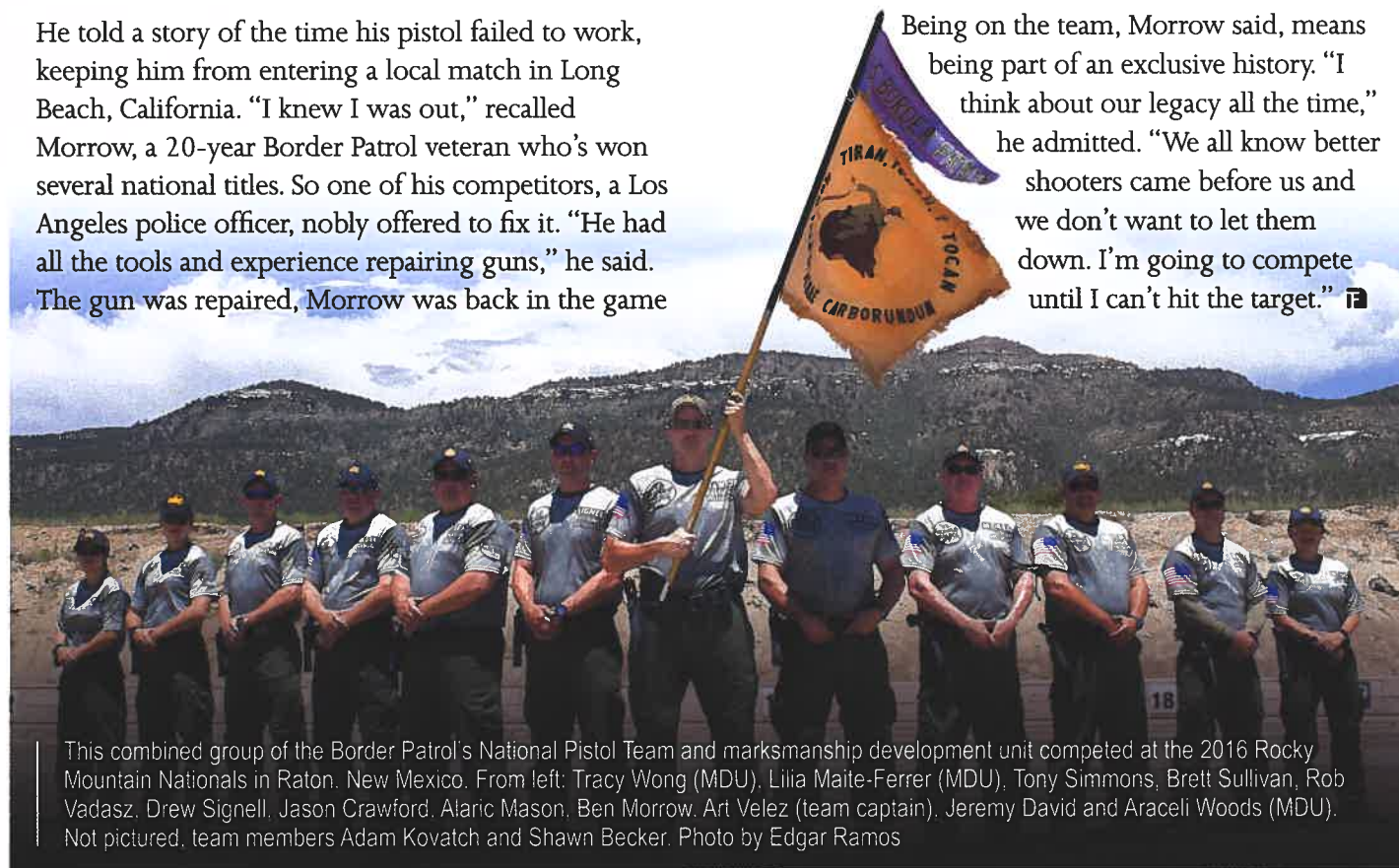
and ended up beating the officer. "That's the kind of camaraderie we have."

Just ask Acting Border Patrol Supervisor Tracy Wong.

Nine years into her career and a contender in many local matches in San Diego, Wong is enjoying her second competitive shooting season. "Everyone is so open to helping you," she said. "It really makes a difference." Wong is one of four women serving as national team alternates while enrolled in the marksmanship development program, where she's paired with a mentor at shooting events. "You get to shoot an entire week at a tournament," Wong said. "That's where my skills and confidence greatly improved. At the nationals, my score went up 100 points. It's a great honor to be on the team."

Morrow also promotes that type of unity by coaching children in the BB gun matches that are part of state shooting events. Children from 5 to 13 years old compete while learning about gun safety. "This teaches sportsmanship," he said. "At the end, we have a banquet. It's fun to give back." Like their adult counterparts, the youths have their own NRA-sponsored championships.

Being on the team, Morrow said, means being part of an exclusive history. "I think about our legacy all the time," he admitted. "We all know better shooters came before us and we don't want to let them down. I'm going to compete until I can't hit the target."



This combined group of the Border Patrol's National Pistol Team and marksmanship development unit competed at the 2016 Rocky Mountain Nationals in Raton, New Mexico. From left: Tracy Wong (MDU), Lilia Maite-Ferrer (MDU), Tony Simmons, Brett Sullivan, Rob Vadasz, Drew Signell, Jason Crawford, Alaric Mason, Ben Morrow, Art Velez (team captain), Jeremy David and Araceli Woods (MDU). Not pictured, team members Adam Kovatch and Shawn Becker. Photo by Edgar Ramos

Spike in opioid seizure prompts precaution from commissioner

"Your safety always comes first," he said in officers and agents, along with laboratory v aware of to protect themselves and the citiz

Opioids and fentanyl are epidemics sweepi Fentanyl, a pain medication, is powerful—the way fentanyl is made in illegal laborato

Decreased consciousness, slow breathing a according to the Drug Enforcement Admini dizziness, among the other symptoms.

For overdoses, fentanyl can be reversed by Naloxone is extremely safe and should be victim to a hospital, as stated by the Nation

To stay safe, frontline personnel should ap concern or unknown substances. Basic per n-95 or p-100 mask, and OSHA approved

Throughout all the protocols dealing with copious amounts of soap and water. Wash eating, drinking or smoking. However, do absorb the drugs, advises the DEA.

For more information and guidance visit: <https://uconnect.cbpnnet.chp.dhs.gov/site>



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