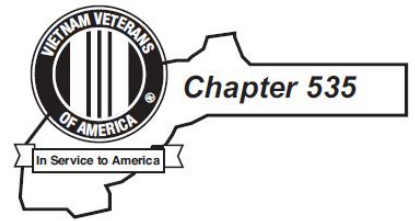




# INCOMING

VIETNAM VETERANS OF AMERICA  
**CHAPTER 535**



Website: [www.vva535.org](http://www.vva535.org)

Volume 31 Issue 2

February 2021

**VIETNAM VETERANS OF AMERICA  
CHAPTER 535  
PRESIDENT'S MESSAGE  
January 2021**

Now, more than three weeks into the year 2021, there is reason to pause and reflect upon positives. Two things come to mind. First, we've passed the Winter solstice and we're seeing daily increases in the minutes of daylight. Second, reports of those who have stepped up for one or another vaccine to offset the plague of the Covid-19 virus are rolling in via phone calls and emails. No one I've heard from has experienced any negative side effects from their first-round injection. It's rumored that the second in the series of two injections could be a little tougher. I will know its effect on me when I receive my second Moderna injection on February 12, 2021.

Almost all of us who served our country during the Vietnam era likely fall into Age 75 grouping. Yes, it may be difficult to pass the 3/4ths of a Century mark, but age brings wisdom, privilege and even health maladies. On a positive note, let us live in hope that we'll soon have sufficient Covid-19 immunity across our population to resume a degree of normalcy.

Do strongly consider making the decision to be inoculated with a new vaccine. Contact your

health care provider, the VA at 1-800-382-8387 for local northern California appointments, your county health department, or [www.calvax.org](http://www.calvax.org) to find a vaccination clinic.

**Note – see next page** for Nevada County vaccine information provided by our VSO.

Bart Ruud

**Watch for an Announcement for a February 4, 2021 ZOOM meeting.**

### **VVA Chapter 535 Mission Statement**

*To foster camaraderie among members and assist those with disabling mental and physical injuries, to promote the welfare of our brethren affected by the war, and to engender public understanding of the sacrifice, patriotism and bravery of those who served, those who gave all, and those left behind.*

### **Attention**

If you do not drive and need a ride to a meeting or any VVA-535 function, please contact Bart Ruud or any local VVA -535 member and we will do our best to arrange transportation for you.

## Table of Contents

From Nevada County VSO David West, consider this:

### **Covid-19 Vaccinations**

Here are two websites to stay informed about the current plans for distribution of the Covid-19 vaccinations.

<https://www.va.gov/health-care/covid-19-vaccine/>

<https://www.mynevadacounty.com/3148/Get-Vaccine-Information>

If you would like text updates: You can text VACCINEINFO to 898211 to receive text messages with updates on vaccine availability in Nevada County.

**If you currently have VA Healthcare:** your VA Healthcare team will contact you if you are eligible to get a vaccine.

For more information you may call the following numbers for the facilities close by that are offering vaccines:

Auburn: 530-889-0872

McClellan: 916-561-7400

Mather: 916-843-7000 or 1-800-382-8387

**If you do not have VA Healthcare:** Please call 211 if you would like more information.

### **Guest Speaker for February 4, 2021**

Bart Ruud will share an overview of his 1971-72 deployment as a 17B40 NCOIC in I-Corp, Vietnam. Note: *ON HOLD* until beyond ZOOM.

Director Dan Davis has volunteered to assume the late Tom Woollard's role as our Speaker's Bureau liaison. Thank you, Dan. Please do pass along any ideas you may have for future guest speakers.

Pg. 1	President's Message
Pg. 1	Mission Statement
Pg. 2	Guest Speaker
Pg. 2	Table of Contents
Pg. 2	Upcoming events Officers, Directors & Committee Chairs
Pg. 3	Matters of Interest
Pg. 4	Billy Walkabout
Pg. 4	Chinese Self-Destruct Helmets
Pg. 5	Navy Arctic Strategy
Pg. 6	WW II Internment Camp
Pg. 8	Cancer Update
Pg. 10	Cancer Prevention
Pg. 12	Car Insurance
Pg. 14	Insurance Sticker Shock
Pg. 15	Writing Your Story
Pg. 16	Afghan Taliban Peace Talks
Pg. 17	Ear Cleaning
Pg. 20	VVA Application
Pg. 21	Vietnam Veterans Day Lunch flyer
Pg. 22	Calendars

### **Upcoming Events**

NCCVC Meeting – Feb. 4, 2021 ??

General Meeting – Feb. 4, 2021 online via Zoom

Director's Meeting – Feb. 4, 2020

Vietnam Veterans Day Lunch – March 27, 2021

CSC Meeting – Visalia May 6- 9, 2021

### **Chapter 535 Officers**

President Bart Ruud

bruud@ssctv.net

(H) 530-823-1368 (C) 530-305-0493

Vice-President

Enrique Vasquez .....530-575-4416

Treasurer

Ralph Remick ..... 530-559-7716

Secretary

Dave Middleton ..... 530-205-9375

## Directors

Dave Chaix ..... 530-269-1431  
Dick Corn ..... 530-277-8856  
Dan Davis ..... 530-272-4110  
Keith Grueneberg .....916-425-1121  
Ray James ..... 530-478-1126  
Dave Johnson .....530-887-8297  
Dave Middleton .....530-205-9375  
Ric Sheridan .....530-274-1413  
Mike Underwood ..... 925-759-2924  
Mel Williams .....1-707-391-7692

## Committee Chairs

Finance .....Ralph Remick & Dave Johnson  
Parade and Honor Guard ..... Dick Corn  
Membership Affairs .....Ric Sheridan  
Newsletter ..... Interim editor Bart Ruud  
Victorian Christmas ..... Cancelled for 2020  
Nominations ..... Ralph Remick  
Veterans Assistance ..... Bart Ruud  
NCCVC ..... Open  
Speakers Bureau ..... Dan Davis  
Web Master ..... Ralph Remick  
Quartermaster ..... Dick Corn  
Facebook Master ..... Mike Laborico  
Nevada County Fair ..... Cancelled for 2020  
CA State Council Rep. .... Open

## Nevada County Veterans Service Officer

VSO Officer -David West II (530) 265-1446 office  
(530) 913-5046 cell  
988 McCourtney Road, Grass Valley 95949  
[ncvso@co.nevada.ca.us](mailto:ncvso@co.nevada.ca.us)  
Thursday, 9:00 to 12:00 and 1:00 – 4:00 is a  
“Walk-In” day.

## Placer County Veterans Service Officer

Derrick Oliveira ... 916-780-3290.  
1000 Sunset Blvd, Suite 115, Rocklin, CA  
Mon. – Fri., 8:00 – 12:00 and 1:00 – 5:00 p.m.

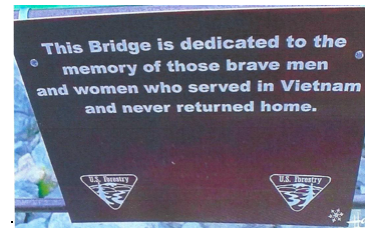
### **Matters of interest as outlined at Zoom Meeting of January 7, 2021**

The County of Nevada reportedly relocated its  
Covid-19 testing from the Veterans Memorial

Hall on or about Dec. 11<sup>th</sup>. It is said that Veteran  
organizations are permitted to utilize the  
building as long as the follow Covid-19  
prevention protocols.

Jose Gonzales initiated a movement to purchase  
memorial bricks for eight deceased members of  
VVA-535 not currently represented on the  
Memorial Wall at Memorial Park. This is a work  
in process, but several hundred dollars have  
been collected to further the cause.

Our VVA-535 project, initiated by Keith  
Grueneberg, for installation of a plaque  
recognizing Vietnam War veterans at the Hwy.  
49 bridge over the S. Yuba River remains as a  
work in progress. Assemblywoman Megan  
Dahle, 1<sup>st</sup> State Assembly District, is assisting. It  
appears constructive movement is in process.



The American Legion Honor Guard is seeking  
donations to help offset its expenses as it serves  
Veteran’s funerals and ceremonies.

Director Ric Sheridan offered a brief reminder of the  
VA’s Program of Comprehensive Assistance for  
Family Caregivers (PCAFC). This is a program of  
financial compensation to benefit family  
members who serve as caregivers to their  
veteran in need. For further information, see the  
site: <https://www.va.gov/family-member-benefits/comprehensive-assistance-for-family-caregivers/>

Word from Director Dan Davis suggests that  
“Pop-Up” impromptu Craft Fairs could occur in  
Grass Valley as better weather returns. These  
could pose opportunities for VVA-535 to set up  
a concession booth for burgers and hot dogs or  
root beer floats.

## **Membership Health Issues – A Call for Prayer**

Secretary Dave Middleton has been afflicted with serious health issues and heart surgery. Debby Remick has been hospitalized for care and is now making progress at home in her return to better health. Please keep these of our VVA family in your thoughts and prayers.

### **Vietnam Vets**

#### **Billy Walkabout | Most Decorated Native American Soldier**

Source: VAntge Point | November 17, 2020

Billy Walkabout was born in March 1949 in Cherokee County, Oklahoma, and was born into the Cherokee tribe of Anishanoy, or Blue Holly Clan. He was the son of Warren Walkabout and Bobby Jean Chaudion Walkabout. After graduating in 1968 from U.S. Grant High School in Oklahoma City, Walkabout enlisted in the U.S. Army. In the Army, Walkabout first served as an infantryman in Vietnam, serving in Company F, 58th Infantry, 101st Airborne Division (Airmobile). He later became a SP4 and distinguished himself with valorous actions on Nov. 20, 1968, when he ambushed an enemy squad on a jungle trail during a long-range reconnaissance patrol southwest of Hue. As a helicopter extraction arrived, the enemy attacked Walkabout and the other men.

The soldiers fought back against the enemies and successfully escaped despite injuries. On the helicopter, he administered first aid to the wounded soldier. When the aircraft received heavy fire, Walkabout distracted the enemy, so they concentrated their assault and placed continuous fire on the opposition. A command-detonated mine tore through the team, killing three soldiers and wounding many. While severely hurt from the explosion, Walkabout went to his men and administered lifesaving first aid to the soldiers. He also managed gunship and tactical air strikes on the enemy's positions. When the next evacuation helicopters arrived, Walkabout and his fellow soldiers were

still under hazardous enemy fire. Despite his injuries, he helped the wounded soldiers to board the aircraft. After the dead soldiers were aboard the helicopter, Walkabout extracted and returned to safety.

During his service, Walkabout received many medals, including the Distinguished Service Cross. He left the Army after reaching the rank of second lieutenant. In a 1986 interview with the Associated Press, Walkabout shared that his 23 months in Vietnam left him with disabling injuries and scarring memories. He said, "War is not hell, it's worse." Suffering from post-traumatic stress disorders, suicidal thoughts and years of self-isolation, the only solace Walkabout found was in Native American powwows.

In April 2000, Walkabout married Juanita Medbury-Walkabout, and the couple had three children, Amy Rene, Justin and Trista. He was also a life member of the Military Order of the Purple Heart, Disabled American Veterans, Legion of Valor and the Veterans of Foreign Wars of the United States. Walkabout lived with his wife in Montville, Connecticut, near other Native American tribal members like the Mashantucket Pequot and Mohegan. He passed away March 13, 2007 and is buried in Arlington National Cemetery. According to the Department of Defense, he was the most decorated Native American soldier of the Vietnam War. We honor his service.

#### **China Develops Helmets for Soldiers With Self-Destruct Button**

Epoch Times - January 13, 2021

The Chinese military is equipping soldiers stationed in Tibet with newly developed helmets embedded with a self-destruct button. The button triggers an embedded bomb to go off, killing the soldier.

"At a battalion or brigade level command center, a commander monitors s soldier who is far

away by using the navigation system. The commander can activate the self-destruct function of the soldier's helmet if he can't get in contact with him," state-run media in *China Observer* reported on December 27, 2020.

Soldiers can also press the button themselves. "If a soldier is seriously wounded and doesn't want to be captured, he can activate the self-destruct function himself. This can maintain his dignity, as well as prevent the enemy from obtaining this system," the report stated.

The new helmet is part of a "individual soldier digital combat system" given to troops in the Tibet theater command. They face Indian troops at the border, where there were recent skirmishes over disputed territory in the Ladakh region.

The system includes an antenna and bomb, night-vision multi-functional glasses, and a digital control terminal that can be worn on the arm.

After being equipped with the system, soldiers at the frontline can communicate with the battalion commander at the command center via radio, according to the report.

Meanwhile, the commander can see the frontline by reading the video footage captured by the soldier's camera equipped inside his jacket. By viewing the footage, the commander can order to fire artillery targeting Indian soldiers, the report stated. It further claimed that soldiers can push the button to detonate when they approach Indian forces. This system would ensure that the Chinese side would win any potential conflict with the Indian army, the report stated.

Soldiers in special forces units, the squad infantry, as well as the artillery, aviation, and armor divisions will be equipped with this system.

Hours after the *Observer* published the report, the content about the embedded bomb and suicide-style attacks was deleted. But the original report was archived by multiple websites.

U.S.-based China affairs commentator Tang Jingyuan noted that this new equipment is evidence that the People's Liberation Army (China's military) struggles to manage its soldiers, and has to use extreme methods to ensure they don't desert their posts or disobey their commanders.

Since 2018, the Chinese regime has issued increasingly severe punishment on deserters, such as banning them from public transportation, attending school, operating business, working in government posts, and applying for passports.

"Now PLA soldiers are forced to fight after wearing the helmets. Otherwise, they will be killed by their commander," Tang said.

### **Navy Arctic Strategy More Regional Navy Activity as Competition from Russia, China Increases**

Source: Stars & Stripes | Caitlin M. Kenney | January 5, 2020

The U.S. Navy released its strategy 5 JAN on how the service plans to become more active in the Arctic as the region opens up to more economic and military competition from Russia and China. "In the face of increasing aggressive activity in the high north from both Russia, which is an Arctic nation, and China, which claims to be a near Arctic nation, we in the United States must maintain a favorable balance of power in this region for ourselves and for our allies," Navy Secretary Kenneth Braithwaite told reporters ahead of the document's release.

With more navigable waters due to melting sea ice, the Navy's strategy refers to the region as a "Blue Arctic." Russia and China, both nations mentioned in the 2018 National Defense

Strategy as “great-power” competitors with the United States, have increased their military and economic presence in the Arctic in recent years due to the opening of arctic waters, the Navy said. “Without sustained American naval presence and partnerships in the Arctic region, peace and prosperity will be increasingly challenged by Russia and China, whose interests and values differ dramatically from ours,” according to the 25-page document.

The United States is an Arctic nation and for decades has maintained a presence there, including submarines and the U.S. Coast Guard’s icebreakers. The Navy’s recently reestablished 2nd Fleet and 6th Fleet also operate and participate in exercises with other Arctic countries in the region, according to the document, which was referred to by officials as a “blueprint.” The strategy was signed by Braithwaite, Adm. Michael Gilday, the chief of naval operations, and Gen. David Berger, the commandant of the Marine Corps, and it lays out the economic and military necessity of a greater Navy presence in the Arctic in the next two decades.

About 90% of trade travels across the oceans and that is expected to double within 15 years, according to the Navy document. The Arctic has the potential to “connect nearly 75% of the world’s population” as ice melts and trade routes open up shorter routes to and from Asia, Europe and North America. The area also has an “estimated 30% of the world’s undiscovered national gas reserves, 13% of global conventional oil reserves, and [\$1 trillion] in rare earth minerals,” the document states. Russia has been reopening old military bases and moving forces there and it operates a large icebreaker fleet. China is increasing its shipbuilding and port infrastructure in the region. The document also states the U.S. Navy expects to see more Chinese naval deployments in the Arctic, both on the surface and underwater.

In his previous position as U.S. ambassador to Norway, Braithwaite said he saw the increased presence of the Chinese at a northern Arctic port due to more open trade routes. “So that presence is formidable. And the U.S. Navy...although we’ve operated up there, we have not had the kind of presence that the current situation requires,” he said. The Navy document also states the United States has a limited window of opportunity to reassert itself in the region through increased presence and partnerships. “Left uncontested, incremental gains from increased aggression and malign activities could result in a *fait accompli*, with long-term strategic benefits for our competitors,” the document states.

In the next 20 years, the Navy will increase participation in exercises, port calls, and training of its personnel, according to the document. Braithwaite also said the Navy is looking at sharing infrastructure at bases that are already located in the region by other services or countries instead of reopening and rebuilding bases. Sen. Dan Sullivan (R-AK), an advocate for increased military presence in the Arctic, praised the strategy in a statement Tuesday, saying the country needs to better protect its sovereignty and homeland in the north. “Although I believe the department’s new blueprint lacks some of the urgency needed to drive the development of critical capabilities that are required to effectively compete with our rivals in the Arctic, it rightfully acknowledges the need to evolve our forces to more adeptly project and sustain naval power throughout the high latitudes,” he said.

### **WWII Internment Camps Japanese-American Jean Mitoma’s Experience**

Source: Mercury News | Aldo Toledo | December 31, 2020

On Mother's Day May 10, 1942 Jean Mitoma finally packed the last of her belongings into a cotton bag she'd sewn in school and stepped onto a Greyhound bus outside the YMCA in San

Francisco. The past six months had been grueling. The dry-cleaning shop her parents owned in San Francisco was forced to close. They lost their house and secondhand store owners had ransacked it for valuable furniture as Mitoma's family faced eminent eviction. The family dog was given to another family. Friends were disappearing. And Mitoma's college career, just two semesters away from completion, was put on permanent hold.

As the four tin cups and four tin plates in Mitoma's bag rattled against the seat of the Greyhound, she deduced where she was going: Tanforan Racetrack in San Bruno. "We heard just rumors," she said of the racetrack, which the army turned into a holding camp for the Bay Area's roughly 120,000 residents of Japanese ancestry. "Horrible rumors." Stepping off the bus, army officials told Mitoma the track had run out of room. She'd be sleeping in a horse stall with her family, where she would spend the next five months before being transferred to an internment camp in Utah. She'd spend the rest of the war in a desert-hot, dust filled barracks as the world passed her by.

As the most tumultuous year of many of our lives comes to an end and she reflects on her life at the eve of her 100th birthday, Mitoma spoke about her time at the Japanese Internment camps and the seemingly idyllic suburban life she'd build in Palo Alto afterward. Born in Fukuoka, Japan on Jan. 1, 1921, Mitoma came to America as a toddler and settled just a block away from the Haight-Ashbury in San Francisco. 53 Every summer, Mitoma would attend day camps, go shoe shopping with her mother in Union Square and roam around Golden Park.

At Polytechnic High School in San Francisco, Mitoma was the only Japanese student because "it wasn't a very mixed neighborhood," she said. She admitted that she was "probably more ignored than anything else" and wasn't bullied. She didn't go to any social events — in fact she didn't know what a senior prom was until after she graduated — and didn't feel an attachment

to American school outside getting good grades. Aside from the pressure of competition at her Japanese school, which she would attend for a few hours after Polytechnic, "I had a good life in San Francisco," Mitoma said. But her life there at the eve of a world war that would pit her two home nations against each other would not be without its challenges for long. Though she'd experienced some discrimination in the past, it was getting worse and more frequent.

Then everything escalated when the Japanese Empire attacked Pearl Harbor less than a month before Mitoma's 21st birthday. "I was scared. Really scared," she said. "I stayed home most of the day and most of the days and weeks after. It was a difficult time. We just never went anywhere." As months went by, tensions grew and the focus turned against Japanese Americans with many people accusing long-time residents with Japanese ancestry of being spies and having dual loyalty. Mitoma described seeing Japanese people burn heirlooms and newspapers, books, poems and anything else written in their language. It was bittersweet when she got to Tanforan. On one hand she only had the clothes on her back and the small cotton bag, but at the same time she was seeing friends she hadn't seen in years.

"At first, it was exciting to be there," she said. "We saw people we hadn't seen for a long time. The kids I went to school with, I saw them there. It was a lot of mixed emotions." Just as she was getting settled, Mitoma was uprooted again. Everyone knew Tanforan would be a temporary spot for the Bay Area's Japanese population, but no one had any idea of where they were going after that. Mitoma would spend the next three years in the Topaz Internment camp in Utah before being transferred to Tule Lake Internment Camp in California and then eventually let go at the end of the war. The day she left the camp to look for an apartment for her parents in San Francisco, her future husband Chozo Mitoma departed for Berkeley to finish his degree at the same time. She married him in 1950 after the Big Game

between Cal and Stanford — a testament to their love of college football — and raised four children in an Eichler Home in Palo Alto she bought for \$28,000 in 1959. She still lives there today.

In 2010, she was among the 41 Japanese American senior citizens who received honorary bachelor's degrees from UC Berkeley as they were not able to finish their degrees after being sent to the internment camps. "She is my role model," said granddaughter Caroline Jensen. "She's faced impossible difficulty in the camps, being stripped of her independence to go to school, and still kept such an amazing outlook on life being an amazing mother and grandmother."

Asked if she could share the secret to reaching the age of 100, Mitoma said "I never exercise." She eats cereal for breakfast with orange juice and coffee, or maybe two pancakes she makes from scratch and pork sausage. She spends most of her time watching the Warriors and catches every Cal game she can. She doesn't eat fried foods, doesn't drink and eats a lot of vegetables. But she questioned why anyone would want to reach her age "It doesn't excite me much to turn 100," she said. "I've appreciated everything that's happened to me in my life. I couldn't be luckier. One thing I know is how happy I am of my kids and my family." Even in the toughest of times, Mitoma said "be kind to each other. It's the most important thing."

### **Cancer Update Often Overlooked Symptoms**

Source: <https://aginghealthytoday.com> | January 2, 2021

Cancer is characterized by the abnormal growth of cells that multiply in profusion and can malfunction or destroy healthy body tissues. Often it spreads in the whole body. It is the second major cause of death across the world. The good news is that cancer screening and treatment have improved significantly. According to the American Cancer Society, the

overall chances of cancer patients' survival have increased in the last couple of years, and the diagnosis rate has increased. The subtleness of specific cancer symptoms causes several patients not to be diagnosed until it gets very late. Such situations can be avoided by looking at their symptoms, signs that are not visible and properly start precautions, and medication with experts.

The most common signs that people tend to overlook are: Abnormal monthly cycles, bloating, changes in the breast, chronic headache, frequent fevers, skin discoloration, persistent fatigue, stomach pain or nausea, loss of appetite, unexpected weight loss, and unusual lumps. You have to be generally aware of your body and frequent changes happening. The body typically gives some signs of sickness in any part of the body. Regular checkups can scan cancerous situations in the body even before symptoms appear. You can get it on early warning symptoms by close attention in your body—lookout for new or different 66 body changes lasting weeks. Immediately consult your health practitioner. However, not every symptom is cancerous that looks like cancer. It is advisable to pay attention to all the signs and visit your doctor if such as the symptoms stay longer than two weeks.

### **Weight Loss**

Although you might be delighted to see the numbers on the weighing scale go down, if you're not on a diet or intentionally trying to lose weight, it could be a sign of cancer. Be watchful of a sudden weight loss or a drastic drop in your appetite. Nothing happens all of a sudden.

### **Bloating**

If you're suffering from persistent protruding of your stomach out of virtually nowhere, it is recommended that you consult with your doctor. Abdominal bloating is a common symptom indicating pancreatic cancer and can



be linked to cancers of the colon, liver, uterus, and stomach.

### **Chronic Coughing**

Though having a cough is hardly anything out of the ordinary, if you have one which won't go away, it is ideal for you to consider medical consultation and involve a professional. Chronic cough is generally one of the earliest lung cancer symptoms, as stated by the neuro-oncologist Dr. Santosh Kesari, whose M.D. at John Wayne Cancer Institute.

### **Acid Reflux**

Even though acid reflux is an overall experience for adults living in the U.S., a sudden outbreak of the condition without any significant modifications to your diet should not be disregarded. Bilchik comments, tumors of the liver, stomach, and esophagus can all be sources of a sudden acid reflux outbreak.

### **Difficulty in Remembering**

Although it is right that people generally find it harder to remember things as they age. Suppose you start experiencing issues out of nowhere in retaining a thing. It could be a sign of an undercurrent. According to Santosh Kesari, MD, one of the initial symptoms individuals with brain tumors experience is memory loss, which is neither associated with an injury or age.

### **Yellowing of the Eyes**

If the whites in your eyes appear to have a yellowing tint, it could be caused by jaundice, which is a standard indicator of the early stages of pancreatic cancer.

### **Skin Discoloration**

If you discover your skin color taking on a yellow or orange hue, it could be possible that what you're dealing with is a sign of a tumor that could be blocking the bile channel, which

leads the bile to enter into your bloodstream. Bilchik says, "It is typically a bad sign since it generally points to more advanced 67 cancer. However, some people who suffer from smaller cancers which block the bile duct can be treated with surgery."

### **Abdominal Pain**

If you're experiencing constant discomfort or pain in your midsection, it is not a symptom that should be disregarded, as it is a common symptom indicating stomach cancer. Bilchik says, "if you don't generally experience an issue with abdominal pain or bloating which is not going away, it could be a warning signal."

### **Loss of Appetite**

A sudden lack of interest in appetite or food is another common symbol of stomach cancer and a general indicator of other health issues. Bilchik says, "If an individual suddenly lacks an appetite for wine or food, there is generally a reason behind it that may warrant a workup."

### **Persistent Headaches**

Everyone experiences a headache now and then. However, if you're facing severe and frequent headaches, it could be a symptom of a larger issue at hand. Santosh Kesari says, "Suffering from chronic headaches is one of the main indicators of a brain tumor."

### **Nosebleeds**

Unexplainable bleeding, especially from your nose and bruising, can generally be linked to low blood count, leukemia, and bone marrow disorders.

Diseases enter the body for various reasons, starting from eating habits, genetic disorders, toxins in food, pollutants, and mental stress. Frequently changing environments give so much tension and stress that adds to the severity of the issue. You have to be extra

careful about your health. Early detection of the disease is quite a significant step towards eliminating sickness. The body gives some signs; listen to your body. Watch for these signs: sudden weight loss, too much abdominal pain, having difficulty in swallowing food, persistent pain in a particular part of the body, and a difference in breast size are all signs of types of cancers to be watchful for.

According to the American Cancer Society, new melanoma cases, thyroid cancer, pancreatic cancer, and endometrial cancer have increased since last year. Few cancers don't show up early. No early signs of the disease are there to document. For all such cases where several patients aren't identified as cancerous in all cases to avoid such scenarios, experts have suggested some most common cancer symptoms that often are overlooked. In a healthy body, all the body functions are regular, like digestion, respiration, blood circulation, excretion, etc.

On the contrary, when cancerous cells develop in the body, it destroys the body's organic functioning. All significant vital organs start malfunctioning resulting in a traffic jam kind of situation in the body. I strongly suggest everyone take care of their body, eating habits, lifestyle, and regular health checkups. Besides this, keep a watch on your weight, skin discoloration, infections, and fevers. Most importantly, take care of your happiness, be happy, have a grateful attitude towards life, don't stress yourself, and smile often.

### **Cancer Prevention Foods to Avoid**

Source: <https://aginghealthytoday.com> | January 8, 2021

As claimed by the World Health Organization, cancer is the second cause of death worldwide. If we consider the WHO website's statistics, nearly 9.6 million people succumbed to cancer in 2018. According to experts, the leading causes behind the increased cancer cases are

our daily lifestyle and food consumption habits. From packaged food items to adulterated products, they create a disbalance in the body leading to various health problems, and cancer is undoubtedly one of the most severe health problems. The following nine specific food items could directly expose you to a life-threatening disease like cancer, and you should avoid them as much as possible.

### **Microwave Popcorn**

We all enjoy binge-watching with a bag of microwave popcorn in our hands as we believe that it makes up for the perfect movie-time munch, but after knowing the surprising fact behind it, you will surely think differently about it. The popcorn bag usually used to prepare popcorn in the microwave is lined with a PFOA product from the inside. PFOA is one of the leading causes of developing prostate cancer, pancreatic cancer, and even cancer in the liver and bladder. When you make popcorn out of those bags, the PFOA saturates the corn kernels, which are already coated heavily in artificial butter loaded with trans fat. Therefore, popcorn is considered a healthy snack only when prepared yourself on the stove and not in the microwave popcorn bags.

### **Soda**

It is no surprise that consuming too much of aerated drinks can severely deteriorate your health. Soda not only affects your waistline but also develops a greater risk of cancer. It contains a high amount of sugar, which aggressively multiplies the cancer cells present in the body. Additionally, excessive consumption of soda also leads to obesity, which is again a leading cause of cancer. An extensive study conducted by the Cancer Council Victoria and the University of Melbourne examined that among more than 35,000 Victorians, 3,283 cancer cases were diagnosed within 12 years. All these cases were of obesity-related cancers developing in the ovaries, pancreas, and even the gallbladder.

## **Potato Chips**

Potatoes have a large amount of starch, and starchy food targets lung cancer in the body. In addition to that, various organizations and officials have started red-flagging food items like potato chips and french fries. They contain a significant amount of acrylamide, a carcinogenic chemical in food items cooked at a high temperature. Such a chemical is extremely harmful as it increases the risk of developing cancer. In case it does not sound convincing, you should know that the same chemical is present in cigarettes and plastic products, which are undoubtedly highly harmful to human health.

## **White Flour**

Foods containing white flour can raise blood sugar levels, which results in insulin resistance. Such an occurrence can substantially increase the risk of developing colon cancer or kidney cancer. Additionally, grains are a significant source of fiber in most people's diets, but white flour is overly processed, which reduces the nutritional value of grains and adds a cancerous element. While the processing takes place, the white color comes from a blast of chlorine gas, which can cause severe damage to the body. Additionally, it has a high glycemic index, which raises blood glucose and insulin levels in the body to a hazardous level.

## **Alcohol**

Overconsumption of anything negatively impacts the body, and the same applies to alcohol. An excessive amount of liquor destroys the liver and enforces tremendous pressure on the kidneys. Alcohol itself is cancerous, and therefore, what type of drink you consume does not matter. It increases the risk of various kinds of cancers such as the liver, esophagus, colon, rectum, and mouth. You may be surprised after reading that alcohol causes cancer in unexpected body parts as well. Still, the reason behind this is that, after consuming alcohol, it

gets into the bloodstream. Thus, its cancerous properties can reach all the body parts, making it a life challenging consumption habit.

## **Processed Meat**

A study conducted in 2015 by the World Health Organization (WHO) reported that processed meats like hot dogs, bacon, salami, etc., cause cancer. It also suggests that red meat items like beef, pork, and lamb can also increase cancer risk. Smoked and processed meat uses a high amount of nitrates, which are closely linked to cancer. They are also high in fat, which is terrible for the heart and digestive system. The heterocyclic amine present in processed meat is also highly cancerous. As per the Cancer Council, to prevent cancer, you should not consume more than one serving of lean meat in a day and just two servings of red meat three to four times in one week.

## **Canned Food**

A study conducted on over 250 canned food items reported that around 40% of the cans are lined with BPA, an industrial compound used to prevent the food items from corrosion and breakage. BPA is a leading cause of congenital disabilities, diabetes, heart ailments, and obesity. To put things in the context of cancer, BPA severely interferes with the production of sexual hormones in the body. Such an interference significantly increases the risk of developing breast cancer and prostate cancer from the disruptions in the body's hormonal system. Therefore, avoid excessive consumption of canned food to prevent the development of cancer in your body.

## **Farmed Salmon**

Scientists suggest that those who frequently consume farmed salmon raises their risk of developing cancer. Salmon raised on fish farms are highly contaminated with the use of carcinogenic chemicals. A major study has concluded that it would be unwise for

consumers to eat them more than once every other month. In case you have been eating farmed salmon and believe that your eating habit is healthy, you should know that a thorough study has confirmed that farmed salmon increases cancer risk. Besides, farmed salmon are also criticized for other problematic practices, such as the feed content, which is usually supplemented with chemicals to give the salmon fish a pink color. Wild salmon develop it naturally and, therefore, should be preferred over farmed salmon.

## Pickled Food

Excessive intake of pickled food increases the risk of developing gastric cancer because of its nitrate and nitrite content, resulting in the generation of gastric carcinogens and N-nitroso compounds (78). Some experts perceive pickling as a healthy process, but health experts reflect that it is just another form of intoxicating the food. Store-bought pickled food contains nitrates, salt, and artificial coloring and is rapidly linked to digestive tract cancer that targets the stomach and colon. If you enjoy consuming pickles a lot, it is recommended to prepare them at home to ensure complete safety.

In a nutshell, excessive consumption of anything can negatively impact the body, if not immediately, then in the longer run. The food items mentioned above can severely affect your overall health and increase the risk of developing cancer, and therefore, its consumption should be controlled as much as possible.

## Car Insurance

### Accident Impact on Insurer's Rate Increases

Source: Bankrate.com | Joshua Cox-Steib | January 7, 2021

Car accidents cause harm to you and your vehicle, and they can also do significant damage to your car insurance premium. Drivers

involved in at-fault bodily injury or pricey property damage incidents currently average an increase of 34% in their car insurance rates. There are ways to reduce the impact of an accident on your car insurance. Some car insurance providers offer accident forgiveness programs that help minimize increases in your insurance premium following an accident, so it may still be possible to find cheap car insurance after an accident.

### How much will your insurance go up after an accident

It's hard to predict exactly how much your car insurance rate will increase after an accident. According to Laura Adams, a financial and insurance expert, "Having an accident or a moving violation on your driving record is a red flag to insurers, which typically causes your auto rate to increase significantly. How much it goes up depends on a variety of factors, including your insurer, the state where you live, having prior accidents or moving violations and your age. Younger drivers tend to pay the most after accidents because insurers view them as potentially risky customers."

Here are average annual premiums before and after an accident and their difference:

- Before an accident: For minimum coverage: \$563 For full coverage: \$1,738
- After an accident: For minimum coverage: \$803; For full coverage: \$2,299
- Difference: For minimum coverage: \$240; For full coverage: \$561

Some states might increase far more than the average, however. The more damage you do in your accident, the more you can expect to see your premiums increase. If you have a history of accidents, you can expect an even steeper rate hike because you will look like a risky driver. Comprehensive coverage steps in when damage befalls your car that isn't related to a collision. You might file a comprehensive claim because your car was stolen or vandalized or because a tree limb fell on it, for example While these

claims can increase your premium slightly, it's still worth filing with your insurer to get the coverage you need to restore your car to its pre-incident glory.

### **How much your rate go up based on your insurance company?**

While nearly every auto insurance company will raise your rates after an accident, the amount can vary noticeably between companies. The range of rate increase can be as big as between \$200 and \$900, depending on the company. Following are 11 of the top auto insurance companies with their average annual premiums for full coverage shown both before and after an auto accident:

- Allstate -- Before: \$1,920 & After: \$2,366
- American Family -- Before: \$1,827 & After: \$2,023
- AAA -- Before: \$2,007 & After: \$2,883
- Geico -- Before: \$1,325 & After: \$1,925 86
- Erie Insurance -- Before: \$1,207 & After: \$1,428
- Farmers Insurance -- Before: \$1,912 & After: \$2,841
- Nationwide -- Before: \$1,475 & After: \$2,258
- Progressive -- Before: \$1,419 & After: \$2,353
- State Farm -- Before: \$1,422 & After: \$1,773
- Travelers -- Before: \$1,428 & After: \$1,962
- USAA -- Before: \$1,252 & After: \$1,754

### **Why insurance rates go up after an accident?**

Insurance providers don't raise rates to punish you. Instead, insurers adjust your rates after an accident to reflect the new data you gave them by getting into a collision. Now they know you drive in a way that you may cause an accident, they perceive you to be a riskier driver — and they have your accident to back that perception. "Having an accident or a moving violation on your driving record is a red flag to insurers, which typically causes your auto rate to increase significantly," says Adams. If you're riskier, providers pass that risk on to you in the form of higher premiums. This increase isn't

permanent, however. Most rate increases will fall off after a few years. However, you might be able to avoid a huge rate increase by switching providers. Adams says, "It might also be an excellent time to shop for a new auto policy because every insurer factors rates after an accident differently." There are both pros and cons to switching insurance providers, so make sure you weigh both sides before you do it.

### **Accident forgiveness programs**

If the vehicle accident wasn't your fault, and in some cases, even if it was, you may qualify for accident forgiveness if you were enrolled in the program with your insurer. Accident forgiveness occurs when your insurance provider waives the surcharges incurred by the first at-fault accident of an eligible driver on your policy. The program is commonly extended for free to long-time members with good driving records. Drivers new to the insurance company or with less-than-stellar driving records may be able to add the service for an additional monthly fee.

The following companies extend some form of accident forgiveness program to enrolled and eligible drivers:

- Allstate
- Geico
- Nationwide
- Progressive
- State Farm
- The Hartford
- USAA

Note: State Farm accident forgiveness is only extended to accident-free drivers who have been with the company for at least nine years

### **How long an accident stay on your record?**

On average, car accidents stay on your driving record for 3-5 years. However, the exact length of time depends on your state and the severity of the incident. For example, in New York State,

an accident or traffic violation will stay on your record until the end of the year when the incident occurred, plus three years after. In Oregon, an accident or violation will stay on your record for five years. If you're involved in a DUI or reckless driving crash, expect the incident to stay on your record for up to 10 years. You can check your state's DMV website for information about driving record requirements where you live.

### **Lowering your car insurance rates after an accident**

The bigger question other than how much your car insurance will rise after an accident is how you get the lowest possible premium now that your accident is behind you. Even if you don't qualify for accident forgiveness from your car insurance provider, there are still ways you can lower your insurance rate after a surcharge is implemented. "If your car insurance rates go up after getting into an accident, speak to your insurer about potential ways to offset it," says Adams. "You might qualify for discounts such as driving fewer miles, being a good student or having one in your household, and working in certain service-related occupations (such as teaching, healthcare, or the military)."

Here are some ways to lower your car insurance rate after an accident: By using one or more of these strategies, you can help reduce the sting of higher rates after an accident.

- **Improve your credit:** Your credit rating plays a role in determining your car insurance rate in some states. Stay within your spending budget, pay debts and address any discrepancies on your credit report to better your credit score.
- **Increase your deductible:** The higher your deductible, the lower your premium. Before raising your deductible, know you can cover more out of pocket expenses before your insurance pays.
- **Look for discounts:** Most car insurance companies offer a variety of discounts, including good student discounts and multi-policy

discounts. Many also offer safe driving discounts that leverage technology. Examples include Progressive Snapshot, State Farm Drive Safe and Save, Allstate Drivewise® and Nationwide SmartRide.

- **Lower your coverage:** If you absolutely need to lower your insurance premium, you can consider cutting down your coverages. Most states require a certain level of liability insurance to operate a vehicle, but you can cut out or lower your comprehensive or collision coverage if necessary.
- **Shop around:** It's always a great idea to shop around and find the best prices currently being offered from company to company. You may also find that some companies offer different discounts and coverage options than others.
- **Consider a different car:** It costs more to insure more-expensive vehicles. If you need to cut down the cost of your coverage, consider getting one of these cheap-to-insure options instead.

### **Service Providers**

#### **14 Most Likely to Lower Your Bill**

Source: MoneyTalksNews | Maryalene LaPonsie |  
December 24, 2019

Are you feeling sticker shock every time a phone, cable or internet bill arrives? Depending on which company provides the service, lower rates may be just a phone call away. Earlier this year, LendEDU analyzed data from Truebill, a personal finance tracker, budget planner and bill reminder app that helps people manage their subscriptions, to determine which service providers are most likely to drop their prices if asked.

The bad news is that if you use T-Mobile, you're unlikely to get a price break. T-Mobile customers had a 10% to 19% success rate when trying to negotiate down their bills. LendEDU says that's "far and away the lowest success rate" of the 17 service providers included in the analysis. However, you'll have better luck with the following 14 service providers, which had the highest negotiation success rates:

- SiriusXM: 80% of customers, or more, are successful in negotiating down their bill with this company, LendEDU's analysis found.
- Suddenlink: 80% or more
- CenturyLink: 80% or more 90
- Dish Network: 80% or more
- Optimum Cable Vision: 70%-79%
- Sprint Wireless: 70%-79%
- ADT Security: 70%-79%
- DirecTV: 70%-79% • AT&T: 60%-69%
- Cox Communications: 60%-69%
- Verizon Wireless: 60%-69% • Frontier: 50%-59%
- Charter Spectrum: 50%-59%
- RCN: 50%-59%

So, how much money do you stand to save by asking a service provider for a better rate? For 16 of the 17 companies included in LendEDU's analysis, customers received 10% to 29% in savings, on average. However, SiriusXM was willing to drop prices by an average of 40% or more for those who asked.

**How to negotiate your bills.** When it comes to this method of lowering bills, you have two options: Negotiate them yourself, or use a service that will do the negotiating for you. Negotiating yourself is technically as simple as picking up the phone and asking for a lower rate. Companies may be more likely to do so if, as leverage, you mention that you're thinking of canceling their service or that you've received a better offer from a competitor. If you'd rather not make those calls, you could enlist the help of a thirdparty service such as Trim or BillCutterz. These services do all the negotiating on your behalf. If they succeed, they take a cut of the money they save you. You can read more about Trim in "This Tool Makes It Easy to Slash Bills and Build Savings."

**Writing Your Story for INCOMING**  
(Ongoing repeat solicitation)

Ideas for your story:

- Think about what you appreciated about the Vietnam experience. There is surely a means to segue into that with very little reflection on the negative aspects of war.
- What did you appreciate about the Vietnamese people during your deployment?
- Can you steer away from the bad stuff and \reflect on the best experience you had in the Nam?
- Surely you had a close buddy and you supported each other. Maybe there is a story in that.
- What really got you through the day-to-day anxieties and fears? There might be a positive recollection in that regard.
- How did your experience instill in you a sense of patriotism that you possibly express every day of your life.

So far we have heard from Ruud, Epps, Chaix, Hamer, Chuck Holmes, current Marine LCpl. Jesse Hernandez, Kent Hawley, and Mike Laborico. (Thank you!)

No writer needs to dwell on the negatives of war. Each of us who was there lived the negatives, and all of us are better people for having served, especially when we look at how we matured as a result of our experiences. Each of us has derived a sense of being and an energy that is different from what it might have been had we not been sent across the pond.

Do share with us, in your own words, something of that chapter of your life. And, thank you for your service.

Forward your story to Bart Ruud at [bruud45@gmail.com](mailto:bruud45@gmail.com) or hand deliver to Bart.

## **Afghan Taliban Troubled Peace Talks Resume amid Violence, Accusations**

Source: The Washington Post | Pamela Constable |  
January 5, 2021

Afghan delegates flew to Qatar on 5 JAN to reopen peace talks with Taliban leaders amid a rash of mutual recriminations, mixed signals from U.S. officials and a continued spate of assassinations targeting prominent civilians. Zalmay Khalilzad, the U.S. diplomat who brokered a separate U.S. deal with the Taliban in February, also arrived in Kabul on 5 JAN from Doha, the Qatari capital and Taliban political base. He tweeted that he hoped "both sides" would make "real compromises" that would lead to "tangible progress" in the talks, which began in September but have failed to address any major issues.

But while both Afghan and Taliban officials have issued recent statements saying they were committed to the talks and hoped to settle the 19-year conflict through discussions, their messages were tinged with anger and blame that boded ill for the new round. Some observers in Kabul predicted that the talks, which are resuming after a two-week holiday hiatus, would probably collapse. The "demand of Afghanistan's people is that the bloodshed should end forever in this country," Massoom Stanekzai, a former national intelligence chief who heads the Kabul delegation, said in a video message posted 5 JAN on Twitter. "Afghanistan's people suffer from the terror that the war has created every day, every night, every moment."

The Taliban, sidestepping the issue of civilian killings, issued a harsh statement 4 JAN that lashed out at the U.S. government, denouncing what it said were U.S. military airstrikes on civilian areas. It warned that "such pernicious actions" could both threaten their February pact and "jeopardize" progress in resolving issues among Afghans, "turning nascent hopes to despair." American military officials here

responded with unusual speed and sharpness, saying 4 JAN that U.S. stated policy is to "defend Afghan forces" against Taliban attacks. For the first time, they also directly blamed the insurgents for a recent spate of targeted killings of journalists, civic leaders and government officials.

Taliban spokesmen have denied similar charges by Afghan officials and suggested that they amount to a "survival tactic" by the government of President Ashraf Ghani, who narrowly won reelection last year but has lost public support as violence and economic problems persist. "The Taliban's accusations [that] the US violated the US-TB agreement are false," tweeted Col. Sonny Leggett, the U.S. military spokesman here. "The Taliban's campaign of unclaimed attacks; targeted killings of government officials, civil society leaders and journalists must also cease for peace to succeed."

The status of the U.S.-Taliban pact, while seemingly unrelated to the domestic issues of religion, power sharing and democratic freedoms that Afghan and Taliban leaders are slated to negotiate, is a critical but highly contested factor in the Afghan talks. Under that deal, the Trump administration agreed to gradually withdraw most U.S. troops by early this year, acceding to the insurgents' most important demand. There are now about 5,000 troops in the country, and that number is slated to drop to 2,500 by next month. In return, Taliban negotiators agreed to reduce violence, avoid targeting American forces and cut ties with al-Qaida and other extremists. 108

Many Afghans say the Taliban has failed to fulfill those pledges and that the U.S. concessions gave the religious militia too much leverage over a weak Afghan government at the current talks. The insurgents, meanwhile, are worried that the incoming Biden administration will set further conditions before continuing the promised troop drawdown. At the moment, though, the message from Washington, amid a tense and contested presidential transition, is confused.



On 3 JAN, Secretary of State Mike Pompeo praised the Taliban for not killing any Americans since the pact was signed, suggesting that it will hold. The next day, the U.S. military denounced the rash of civilian killings as an obstacle to peace.

Khalilzad, who is meeting with Pakistani, Afghan and Taliban leaders during his current regional visit in an effort to improve the chances for revived talks, called the targeted killings "unacceptable" but did not directly accuse the Taliban. He also hinted at problems on the Afghan side, including disputes between Ghani and some negotiators, who insist that an interim government must be installed because the Taliban refuses to recognize his administration and will never make peace with it. Other divisions exist about how hard to press the Taliban for a nationwide cease-fire, which it has resisted. In a statement Tuesday welcoming the resumption of talks, the U.N. special representative for Afghanistan, Deborah Lyons, said a "cessation in fighting would create a better atmosphere for talks" and allow emergency winter aid to reach rural areas.

On 4 JAN, Interior Minister Massoud Andarabi told a group of lawmakers that the Taliban is preparing to launch a "full-scale" war in the coming months, ordering fighters to keep going through the bitterly cold winter instead of waiting for their traditional spring offensive. Taliban officials declared 4 JAN that they are now "in a relatively stronger political and military position" than at any previous time. Their efforts to act as a "responsible party" and resolve differences through talks, they warned, "should never be read as weakness."

## **Ear Cleaning Things You Need To Know**

Source: <https://aginghealthytoday.com> | January 5, 2021

Do you feel any blockages in your ear? Can you hear a weird buzzing sound in your ear? Since your ears produce ear wax to keep themselves clean, you need to make a very minimal effort

when it comes to cleaning your ear. However, excess wax can sometimes accumulate, making it difficult to hear. So, when it comes to cleaning your ears, you need to be extra careful to avoid any permanent damage or increased infection risk. Ears are very sensitive organs that require additional care, especially during the cleaning 112 process. Here is everything you need to know about how you can safely clean your ears, best practices, and things to avoid.

Impaction Cerumen, also known as earwax, is a self-cleaning substance that is produced by your ears. This agent helps collect bacteria, dirt, and other fragments that would otherwise settle in your ear. It gathers all these damaging agents naturally by chewing and other motions. Most people don't even need to clean their ears. However, sometimes excessive ear wax buildup reaches a certain level that can impact your hearing. This is known as impaction. Impaction causes you to experience certain symptoms such as.

- Aching in your ear
- Ringing and fullness in your ear
- Impacted hearing
- A foul odor
- Cough
- Dizziness

Those who wear earplugs or hearing aids are more likely to suffer from impaction. Moreover, older people and individuals with developmental disabilities are more susceptible to excess earwax buildup. Additionally, your ear canal's shape can make it more difficult for the natural removal of wax.

## **Best Practices to Safely Clean Your Ears**

Firstly, let's make one thing clear: contrary to popular usage, cotton buds aren't a good choice to clean your ears from the inside. Visiting your doctor is the best way to get rid of excess wax from your ears. Doctors use special equipment such as forceps, a cerumen spoon, or a suction device to clear up the blockage in your ear.

Some doctors also provide the service of irrigation. If you don't want to visit a doctor, you can try removing earwax at home by trying out these safe methods.

- **Damp Cloth** -- The problem with cotton swabs is that they push earwax even further in your ear canal, causing various problems. So, you should either use cotton swabs on the outside of your ear, or you should wipe the area using a warm and damp cloth.

- **Earwax Softener** -- You can also soften your earwax for easy extraction by using an earwax softener. Over-the-counter ear drops are available at many pharmacies that work effectively at softening earwax. These drops are basically a solution that may contain Saline, Hydrogen peroxide, Peroxide, Baby oil, Mineral oil, Glycerin, or a combination of these ingredients. The eardrops come with instructions that specify the number of drops you're supposed to put in your ear. After putting the drops in your ear, you are supposed to wait for a little while and then rinse and drain out your ear. You must follow the instructions giving on the packaging of the eardrops. Call your doctor in case you don't experience any improvements.

- **Syringe** -- You can also rinse your ears with a syringe containing saline solution. This will help you gently rinse out your ear canal, clearing it out properly. The syringe method is considered more effective when using a wax softener about half an hour before irrigating. Also, warm the saline solution a bit to avoid dizziness.

### **Things to Avoid**

Here are a few rules you need to follow to ensure the safe cleaning of your ears.

1. Don't Clean Your Ears Every Day. Just because you see a cotton swab lying around doesn't mean that you need to clean your ears! While most people don't need to clean their ears every day, some people don't need to clean them at all. Earwax usually takes care of itself by trapping

dirt and bacteria and moving it out of the ear canal. However, the main concern is that earwax can be quite unsightly, which is why people desperately try to remove every trace of its existence from their ears. Not only does this pose a high risk of infection for your ears, but it is also counterproductive as cleaning your ears leads to increased production of earwax.

2. Don't Use Small Items to Clean Your Ears. It's been established that the use of cotton swabs isn't favorable for cleaning your ears, but many people still use them in addition to other small items such as bobby pins and even napkin corners. This can be quite detrimental for your ear as small objects push earwax even deeper inside your ear canal, causing impaction. Moreover, cotton swabs and other sharp objects can potentially injure your eardrum, causing permanent damage to your ear.

3. Avoid Irrigating Your Ears under Certain Conditions. While irrigation is a good option for some people to clean up their ears, it isn't suitable for everyone. You shouldn't opt for irrigating your ears if you have certain conditions such as diabetes, a compromised immune system, a hole in your eardrum, or tubes in your ear. Consult your doctor to see if you are eligible for irrigation.

4. Don't Use Ear Candles. Many people also use ear candles to get rid of their earwax. An ear candle is a long, cone-shaped candle inserted into the ear canal and is then fire up to pull out earwax through suction. Ear candles are pretty dangerous as the fire could potentially injure you, or you could end up getting the wax from the candle inside your ear.

**When to See Your Doctor** Cleaning your ears recklessly can lead to ear infection with the rapid development of symptoms. If you experience pain or notice draining from your ears, don't attempt to treat it yourself. The best solution for you is to make an appointment with your doctor to get a proper diagnosis and medication.

## **Craft Show a Possibility**

Repeat Announcement

Dan Davis has volunteered to co-chair a Craft Show that Would serve as a fundraiser for VVA-535. Dan has years of experience with this kind of activity and is willing to share his knowledge with us. All we need is relief from the Covid-19 virus and the wisdom to organize such an event. Dan suggests the possibility of the weekend

before Mother's Day, or Father's Day, or July 4<sup>th</sup>. It is foreseeable to organize an event that would run about six hours with funds being realized from 12x12 footprints rented to 30 or more vendors. Early discussion among the membership has been indicative of a positive view of this kind of activity.

**Application for Membership**  
VIETNAM VETERANS OF AMERICA, INC., CHAPTER 535

P.O. Box 37, Grass Valley, CA 95945

Membership is open to U.S. armed forces veterans who served on active duty (for other than training purposes) in the Republic of Vietnam between February 28, 1961, and May 7, 1975, or in **any duty location** between August 5, 1964 and May 7, 1975.

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Cell Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

Email Address: \_\_\_\_\_ Gender: \_\_\_\_\_

(Optional) Chapter Number: \_\_\_\_\_ Sponsor: \_\_\_\_\_

\_\_\_\_\_ I am already a VVA member and I want to become a Life Member. My VVA Number is \_\_\_\_\_.

**Membership:** Individual Life Membership: \$50. (Effective Oct. 20, 2018)

**ATTENTION New members:** You must submit a copy of your DD-214 form along with this application and dues payment.

Payment Method: \_\_\_ Check \_\_\_ Money Order \_\_\_ Credit Card (Visa, MasterCard, AMEX, Discover)

Credit Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Return your completed application, payment and a copy of your DD-214 to:

Vietnam Veterans of America, Inc., Chapter 535  
P.O. Box 37  
Grass Valley, CA 95945

Revised: January 2019

# VIETNAM VETERANS DAY LUNCH

A SIT DOWN OUT DOOR LUNCH AND DRIVE THRU  
AT GRASS VALLEY'S VETERANS HALL

**Riebes  
auto parts**  
Enter to Win a \$25 Riebes  
Auto Parts Gift Card ..Free



**EVERYONE WELCOME**

**Saturday March 27th**

**11:30am - 1:30pm**

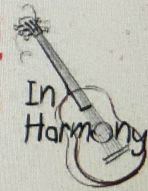
**Tri Tip BBQ**



**\$10** Taking Care  
of Local Veterans

Supported By:  
Marine Corp League  
VVA  
Welcome Home Vets  
DAR  
Stand Down  
American Legion  
VFW  
Legion Auxiliary  
NCVSO

**Music  
& Dancin'  
Memories**



Featuring  
**Babs Conner  
Terry Allwein**

When you make your reservations let us know what song sticks with you about your Vietnam tour. Opera? Rock and Roll? Country? Yours gets chosen and we'll dedicate the song to you and perform it.

**Reserve a table or your drive thru meal**  
**RESERVATIONS REQUIRED 530-575-7002**

We will observe proper Covid Protocols

Note: Cut and pasted from American Legion Post 130 Newsletter

# JANUARY

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 New Year's Day	2
3	4	5	6	7 VVA-535	8	9
10	11	12	13	14	15	16
17	18 Martin Luther King Jr. Day	19	20	21 Battle of Khe Sanh begins (1968)	22	23
24	25	26	27 Paris Peace Accords signed (1973)	28	29	30
31						

# February

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Groundhog Day	3	4 VVA-535 Board & General Meeting	5	6
7	8	9	10	11	12	13
14 Valentine's Day	15 Presidents' Day	16	17	18	19	20
21	22	23	24 Ash Wednesday	25	26	27
28	29					

# March

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Operation Rolling Thunder began (1965)	3	4 VVA-535 Board & General Meeting	5	6
7	8	9	10	11	12	13
14 Daylight Saving Time starts	15 Presidents' Day	16	17 St. Patrick's Day	18	19	20 Spring begins
21	22	23	24	25	26	27 Passover Begins
28	29 Vietnam Veterans Day	30	31 LBJ announced he would not run for re-election (1968)			