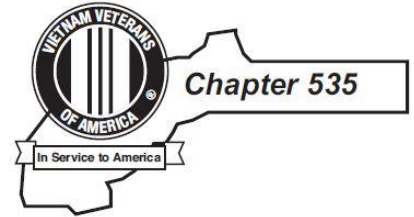




INCOMING

VIETNAM VETERANS OF AMERICA

CHAPTER 535



Website: www.vva535.org

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October 2021

VIETNAM VETERANS OF AMERICA CHAPTER 535 PRESIDENT'S MESSAGE October 2021

Welcome to fall! We have some good news to report. On September 7, 2021, the State Legislature approved the naming of the bridge at Hwy. 49 and the South Fork of the Yuba River as the Vietnam Veterans Memorial Bridge. The next step is to meet with the individual from Cal-Trans to determine the cost and get everything ordered. Once everything is in place, I anticipate some type of dedication ceremony to take place at the bridge. We will invite Senator and Assembly member Dahle and maybe others to participate. On October 26, 2021, the Nevada County Board of Supervisors is proclaiming this day as Military appreciation day (month?) All are invited to attend. I believe it will take place sometime in the morning on their agenda. I will attempt to find out the exact time. There is a display case at the VSO office that has been dedicated to military memorabilia. If you have something you would like to display, contact David West, VSO. At our October meeting we have several things we need to act upon. We need to discuss and make a decision on sending delegates to Greensboro, North Carolina to attend the VVA National Convention to be held on November 2-6. A decision needs

to be made regarding Victorian Christmas and our participation is same. The Nevada County Veterans Stand-Down is scheduled for October 15, 2021. Meals are being handled by another organization, so we are off the hook. This will be a drive through event at the Veterans Memorial building in Grass Valley. Do we need to provide a booth? We will discuss this at the meeting. Hope everyone is doing well. See you at the October 7th meeting.

Keith

Nevada County First Annual Military Appreciation Week

Nevada County is sponsoring a First Annual Military Appreciation Week to honor al Active Duty, Reservists, Retired, Veterans and Gold star Families in the County. The event is scheduled annually starting on the Saturday before Veterans day through the Sunday after Veterans Day (November 6-14 this year) and we would like your support. The event is made possible with the support of the Beale AFB, local recruiting offices and the Nevada County Consolidated Veterans council. It will highlight Nevada County businesses who are offering discounts and other incentives to veterans during the week. Businesses can also offer discounts throughout the year. The County of Nevada Board of Supervisors will be proclaiming the event during the October 26th Board meeting presenting the resolution to our military partners and honoring veterans in Nevada County.

We will be creating an electronic list of all participating businesses and creating a distinctive logo for the event. This electronic list will be shared with our over 10,000 veterans who live in Nevada County, and over 15,000 Airmen and their families at Beale.

Additionally, we are working with local media outlets to highlight this unique County wide program so veterans outside of our local area can be made aware of your participation by the eye-catching logo prominently displayed at your business and the list which highlights your establishment. Participation in the program is free and not only benefits your business by attracting new customer and increasing sales but honor our veterans. To learn more about the program and have a representative reach out to you please visit: mynevadacounty.com/veterans or email militaryappreciation@co.nevada.ca.us

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.

Guest Speaker for September 2, 2021

VVA Life Member Enrique Vazquez will share an overview of his military service.

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Upcoming Events

- CSC Meeting – Visalia Aug. 27-28, 2021
- NCCVC Meeting – September 2, 2021 (Hybrid??)
- General Meeting – September 2, 2021
- Director’s Meeting – September 2, 2021
- Nevada County Stand Down – Oct. 15, 16, 2021
- VVA National Conference – Nov. 2- 6, 2021
- VVA 535 Christmas Dinner – Dec. 2, 2021
- Victorian Christmas – Dec. 5, 8, 12, 15, 19
- WAA – St. Patrick’s Cemetery – Dec. 18, 2021

Chapter 535 Officers

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Parade and Honor Guard Dick Corn
Membership AffairsRic Sheridan
Newsletter Interim Editor Bart Ruud
Victorian Christmas Cancelled for 2020
Nominations Ralph Remick
Veterans Assistance Keith Grueneberg
NCCVC Open
Speakers Bureau Dan Davis
Web Master Ralph Remick
Quartermaster Dick Corn
Facebook Master Mike Laborico
Nevada County Fair Open
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
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 Meeting of September 2, 2021

Final plans for the VVA 535 booth at the Nevada
County Fair were discussed. All but two booth
slots were filled.

Bart Ruud shared that he would attend the VVA
Statewide Convention in Visalia. Chuck Holmes
also indicated an interest in attending.

Discussion regarding Victorian Christmas was
deferred to September or October.

VVA 535 stepped up with a \$500 contribution to
the Hospitality House program for assisting

homeless Veterans. Several VVA 535 members
made individual contributions to offset the
Chapter’s outlay. All contributions made
between August 1- 11, 2021 will be matched, up
to \$25,000 by Friends of Nevada County
Military, and effort led by Life Member
Fred Buhler.

President Keith shared that he will speak with
County VSO David West regarding how VVA 535
might assist with the October Stand Down.

Bart Ruud shared a snippet of his Vietnam
deployment as the NCOIC of a Counter Mortar
Counter Battery Radar section in I Corps.

Military Draft Update Should Women Have To Register For The Draft?

The Salt Lake Tribune | Matt Canham | August 16, 2021

Women are piloting fighter jets. They are joining
the Marines. And they have the opportunity to
serve in any military position, as long as they
complete the training. But women in the United
States are not required to register for the draft.
They can’t sign up even if they want to do so.
Democrats in Congress, backed by the nation’s
military leaders and some Republicans, are
pushing to expand selective service to women
and men ages 18 to 25. This change is attached
to a military bill now working its way through
the Senate. The last time the nation actually
deployed the draft was 1973 during the Vietnam
War, but for decades young men have registered
in the event of a national crisis.

Sen. Mike Lee (R-UT) supports selective service,
but he doesn’t want to see it changed. He sees
this as a job for America’s young men — and
young men only. “This policy change is rushed
and unnecessary in our current time of peace,
and unduly harms women more than advancing
any notion of equality,” the Utah Republican
said in a recent statement. “While American
women should be empowered to serve in our
armed forces, they should not be forced to
fight.” The Utah lawmaker is offering a

resolution, with five other Senate Republicans, opposing the change. It argues the draft is almost exclusively used to replace combat troops wounded or killed in battle.

The resolution notes women have a harder time meeting the physical fitness requirements to become a combat soldier than men and says “physical disadvantages between men and women often result in excessive fatigue and more frequent injuries in women.” It zeroes in on the Army combat fitness test and says women failed it 65% to 84% of the time, while men failed 10% to 30%. It appears that women have performed better on this test over time, with the failure rate dropping to 60% in 2020, though men consistently have scored better. Women now make up 16% of all enlisted soldiers. Lee’s resolution ends by saying that having women sign up for selective service would “unduly increase the fatality and injury risks of women in the United States and hinder combat unit readiness in battle.”

This is not the first time Lee has weighed in on this issue. Congress debated requiring women to sign up for the draft in 2016, the year after the military lifted the ban on women serving in all combat roles. That year, Lee wrote an opinion piece published by the *Conservative Review*. “We are apparently now contemplating a future national emergency in which young women — as young as teenagers — are taken against their will, sent to boot camp and off to war... while eligible, able bodied young men are not,” Lee wrote. “As the father of a teenage daughter, as a husband and a brother and a Christian, I’m going to say this as politely as I can: This is completely unacceptable.”

He wrote that this is not about equality or privilege or discrimination but rather that the best war fighters are young men. “It is a question of human nature and human survival — the same reason husbands (and not their wives and kids) are expected to grab the baseball bat and investigate strange noises in the middle of the night,” he wrote. “But, of

course, the empirical case against conscripting women only points toward the moral case: Men are supposed to protect women and children, not the other way around. Everyone in all three groups knows this, however unfashionable it may be to say in some places.”

Utah’s other Republican senator, Mitt Romney, has not taken a position on this issue. One notion on which Lee and Democratic President Joe Biden agree is that changes to the draft should be made by Congress, not by the courts. In April, the Biden administration asked the Supreme Court to reject a petition calling for the current selective service program to be considered unconstitutional, saying that Congress hadn’t yet had a chance to act on the recommendations of a blue-ribbon commission.

The National Commission on Military, National and Public Service issued its final report in March 2020. It received little attention at the time because of the coronavirus pandemic. The 11-member commission was created in 2017 to study whether women should have to sign up for the draft and how to increase public service. It recommended that women should be required to register for selective service. “Doing so promotes the national security of the United States by allowing the president to leverage the full range of talent and skills available during a national mobilization,” the commission wrote. “It also reaffirms the nation’s fundamental belief in a common defense, and signals that both men and women are valued for their contributions.”

The report continued, “The current disparate treatment of women unacceptably excludes women from a fundamental civic obligation and reinforces gender stereotypes about the role of women, undermining national security.” The commission argued that any future draft would supply the military with more than just combat troops and that a modern military includes “intelligence and communication specialists, linguists, logisticians, medical personnel, drone or cyber operators” and more. The report also noted that women in uniform experienced

combat in Afghanistan and Iraq where insurgencies used roadside bombs, even if they were not in combat roles.

The group called including women “a necessary — and overdue — step” and that this will send a signal that in a time of true crisis, women, and not just men, will be expected to serve. “The next time America must turn to a draft, it will need to include everyone who is capable and qualified,” the report concludes. “It would be harmful to the nation’s security to leave out the skills and talents of half of the U.S. population.” Among those on the commission was Debra Wada, a former assistant secretary of the Army. She told The New York Times that women bring “a whole host of different perspectives, different experiences.” “If the threat is to our very existence,” she said, “wouldn’t you want women as part of that group?”

The change in selective service is tucked into the National Defense Authorization Act making its way through the Senate. It has passed a Senate committee and received the support of more than half the Republicans on that panel. The House is working on its own version and is expected to include the same change in the draft. A bill must be passed, but plenty of negotiation remains. A similar change was in the 2016 version but was cut out of the final draft. If the measure passes with this change, women ages 18 to 25 would have to register for selective service one year after its enactment.

USS Thresher (SSN-593) Loss Result of Policies & Procedures Failing to Keep Pace w/Technology

Associated Press | David Sharp | August 2, 2021



1960 file photo of the 278-foot long nuclear powered attack submarine USS Thresher

The release of about 3,000 pages of documents delving into the deadliest submarine disaster in US history has not yielded any sinister effort to hide the truth, a retired Navy skipper says. Instead, documents show the US Navy's policies and procedures failed to keep pace with fast-moving technological advances during the Cold War, allowing a series of failures that led to the sinking of the USS Thresher on April 10, 1963, said retired Captain James Bryant, who sued for release of the documents under the Freedom of Information Act.

"There's no cover-up. No smoking gun," he said. That doesn't make it any less tragic, though. The loss of the nuclear-powered submarine and all 129 sailors and civilians aboard during a test dive in the Atlantic Ocean was both a tragedy for the families and a blow to national pride during the Cold War. The Thresher was the first of a new class of attack submarines that could travel farther and dive deeper than any previous sub. But the documents suggest the nuclear-powered submarine's capabilities outstripped the Navy's best practices based on older-generation subs. For example, the ballast system used to surface in an emergency was a legacy system that was never tested at greater depths, and proved to be inadequate, the documents show. There were known problems with the silver-brazed joints in pipes throughout the sub. And training was inadequate for a nuclear reactor shutdown at depth.

The Navy believes the Thresher's sinking was likely caused by a burst pipe and electrical problems that led to a nuclear reactor shutdown. "The Navy continues to stand by and remain transparent with the families and the public on the conclusions of the 1963 Court of Inquiry and the likely scenarios that caused the loss of Thresher," Lieutenant Katherine Diener, a US Navy spokesperson said. Another 4000 pages of Thresher related documents are due to be released, she said. Mr. Bryant, himself the skipper of a Thresher-class submarine, agreed that a series of events led to the sinking: The sub descended far too quickly without stopping to assess for leaks from previous shock testing months earlier; there were training concerns because the location of valves had changed while in dock; and ice build-up prevented the crew from effectively blowing the ballast tanks to resurface.

The main cooling pumps eventually stopped, followed by the nuclear reactor, robbing the submarine of the ability to stop its fatal descent, he said. No one will know for sure exactly how the disaster played out. But it's clear that precious minutes went by as the crew became aware of their dire situation. At one point, a message from the submarine to a rescue ship referred to "900 north" suggesting the sub was 900 feet (274m) beyond its test depth, according to the documents. The test depth was redacted but previously declassified documents indicated it was 400m, said Norman Friedman, a US naval analyst and author of more than 30 books on naval topics. The documents reveal many of the submarine's safety systems were based on operations in shallower depths from previous-generation submarines, and were inadequate in the unlikely scenario of a loss of nuclear propulsion while deep underwater, Mr. Bryant said.

That World War II mindset during the nuclear age proved fatal for the Thresher crew, he said. At the time, the US Navy's resources and personnel were strained as it pushed to get ballistic missile-equipped submarines deployed

quickly to counter the Soviet missile threat, Mr. Friedman said. That contributed to veteran crew members being reassigned and new officers and sailors coming aboard who were less familiar with the Thresher's complicated system of pipes and valves before the fatal dive, he said. "It's almost a wartime situation and you might consider them casualties of the Cold War," he said of the Thresher's crew. The sub's destruction caused the Navy to accelerate safety improvements and to create a program called SUBSAFE, an extensive series of design modifications, training and other improvements. One submarine has sunk since then, the USS Scorpion in 1968, and it was not SUBSAFE-certified, the Navy said.

Tim Noonis, whose father, a radio operator, perished on the Thresher, said the loss remains painful for families like his, but he finds comfort that the Navy corrected mistakes for the sake of future sailors. "No one wants to lose a family member, but if other families have benefited, well, there's some solace in that," Mr. Noonis said. Mr. Noonis was born at Portsmouth Naval Shipyard, where the Thresher was built. The sub was based in Groton, Connecticut. Its final dive took place beyond the continental shelf, about 350km off Massachusetts' Cape Cod. Thresher currently rests at a depth of 2600m. The wreckage is spread over more than a kilometer on the ocean floor.

Vaccinations and Older Adults

National Institute on Aging | August 16, 2021

As you get older, your doctor may recommend more vaccinations, also known as shots or immunizations, to help prevent certain illnesses. Talk with your doctor about which of the following vaccines you need. Make sure to protect yourself as much as possible by keeping your vaccinations up to date.

COVID-19 vaccines

Coronavirus (COVID-19) is a respiratory disease that causes symptoms such as fever, cough, and shortness of breath. It can lead to serious illness and death. Studies show that COVID-19 vaccines are effective at keeping people from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. We are still learning how effective COVID-19 vaccines are against new variants of the virus. Read more about COVID-19 vaccine effectiveness. The Centers for Disease Control and Prevention (CDC) recommends that everyone age 12 and older get vaccinated. Contact your local health department (<https://www.cdc.gov/publichealthgateway/healthdirectories/index.html>) or use the Vaccine Finder at <https://www.vaccines.gov> for more information on COVID-19 vaccination in your area. Learn more about the new vaccines to prevent COVID-19.

Flu vaccines for older adults

Flu - short for influenza — is a virus that can cause fever, chills, sore throat, stuffy nose, headache, and muscle aches. Flu is very serious when it gets in your lungs. Older adults are at a higher risk for developing serious complications from the flu, such as pneumonia. The flu is easy to pass from person to person. The virus also changes over time, which means you can get it again. To ensure flu vaccines remain effective, the vaccine is updated every year.

Everyone age 6 months and older should get an annual flu vaccine, but the protection from a flu vaccine can lessen with time, especially in older adults. Still, you are less likely to become seriously ill or hospitalized because of the flu if you get the vaccine. A flu vaccine is especially important if you have a chronic health condition such as heart disease or diabetes. You should get your vaccine ideally by the end of October each year so you are protected when the flu season starts. It takes at least two weeks for the vaccine to be effective. However, if you have not received your flu vaccine by the end of October,

it's not too late as flu season typically peaks in December or January. As long as the flu virus is spreading, getting vaccinated will help protect you.

There are flu vaccines designed specifically for people age 65 and older. Medicare will pay for the vaccine, and so will private health insurance plans. You can get a flu vaccine at your doctor's office or local health department, as well as at some grocery and drug stores. The vaccine ingredients are the same wherever you receive it.

Vaccines to help prevent pneumonia

Pneumococcal disease is a serious infection that spreads from person to person by air. It often causes pneumonia in the lungs and it can affect other parts of the body. There are two pneumococcal vaccines: PPSV23 and PCV13. According to the CDC, adults who are age 65 and older should get the PPSV23 vaccine. Some older adults may also need the PCV13 vaccine. Talk with your health care professional to find out if you need both pneumococcal vaccines.

Tetanus, diphtheria, and pertussis (whooping cough) vaccines

Tetanus, diphtheria, and pertussis are serious diseases that can lead to death.

- Tetanus (sometimes called lockjaw) is caused by bacteria found in soil, dust, and manure. It enters the body through cuts in the skin.
- Diphtheria, also caused by bacteria, is a serious illness that can affect the tonsils, throat, nose, or skin. It can spread from person to person.
- Pertussis, also known as whooping cough, is caused by bacteria. It is a serious illness that causes uncontrollable, violent coughing fits that make it hard to breathe. It can spread from person to person.

Getting vaccinated is the best way to prevent tetanus, diphtheria, and pertussis. Most people get vaccinated as children, but you also need

booster shots as you get older to stay best protected against these diseases. The CDC recommends that adults get a Tdap (tetanus, diphtheria, and pertussis) or Td (tetanus, diphtheria) booster shot every 10 years. Ask your doctor when you need your booster shot.

Shingles vaccine for older adults

Shingles is caused by the same virus as chickenpox. If you had chickenpox, the virus is still in your body. The virus could become active again and cause shingles. Shingles affects the nerves. Common symptoms include burning, shooting pain, tingling, and/or itching, as well as a rash with fluid-filled blisters. Even when the rash disappears, the pain can remain. This is called post-herpetic neuralgia, or PHN. The shingles vaccine is safe and it may keep you from getting shingles and PHN. Healthy adults age 50 and older should get vaccinated with the shingles vaccine, which is given in two doses. (Zostavax, an earlier shingles vaccine, is no longer available in the United States.)

You should get a shingles shot even if you have already had chickenpox, the chickenpox vaccine, or shingles, received Zostavax, or don't remember having had chickenpox. However, you should not get a vaccine if you currently have shingles, are sick or have a fever, have a weakened immune system, or have had an allergic reaction to Shingrix. Check with your doctor if you are not sure what to do. You can get the shingles vaccine at your doctor's office and at some pharmacies. All Medicare Part D plans and most private health insurance plans will cover the cost.

Travel vaccines

Check with your doctor or local health department about vaccines you may need if traveling to other countries. Sometimes a series of shots is needed. It's best to get them at least four to six weeks before you travel to allow time to build up immunity and get the best protection, particularly from those that may

require multiple doses. For more information, visit the CDC website <https://wwwnc.cdc.gov/travel> or call its information line for international travelers at 800-232-4636.

Vaccine side effects

Common side effects for all these vaccines are mild and may include pain, swelling, or redness where the vaccine was given. Before getting any vaccine, talk with your doctor about your health history, including past illnesses and treatments, as well as any allergies. It's a good idea to keep your own vaccination record, listing the types and dates of your shots, along with any side effects or problems. For more about vaccine safety and vaccine side effects go to <https://www.cdc.gov/vaccinesafety/vaccines/index.html>. For more information about shots and vaccines contact:

- American Lung Association 800-586-4872, info@lung.org, or www.lung.org.
- Centers for Disease Control and Prevention (CDC) 800-232-4636 or 888-232-6348 (TTY). cdcinfo@cdc.gov, or www.cdc.gov.
- National Heart, Lung, and Blood Institute 301-592-8573, nhlbiinfo@nhlbi.nih.gov, or www.nhlbi.nih.gov.
- National Institute of Allergy and Infectious Diseases 866-284-4107 or 800-877-8339 (TTY), ocpostoffice@niaid.nih.gov, or www.niaid.nih.gov.

Covid-19 Treatment

Why You Should Not Use Ivermectin to Treat or Prevent It

FDA & Becker's Hospital Review | <https://www.fda.gov/consumers/consumer-updates/why-you-should-not-use-ivermectin-treat-or-prevent-covid-19> | March 5 & August 25, 2021

COVID-19. We've been living with it for what sometimes seems like forever. Given the number of deaths that have occurred from the

disease, it's perhaps not surprising that some consumers are looking at unconventional treatments, not approved or authorized by the Food and Drug Administration (FDA). Though this is understandable, please beware. The FDA's job is to carefully evaluate the scientific data on a drug to be sure that it is both safe and effective for a particular use, and then to decide whether or not to approve it. Using any treatment for COVID-19 that's not approved or authorized by the FDA, unless part of a clinical trial, can cause serious harm. There seems to be a growing interest in a drug called ivermectin to treat humans with COVID-19. Ivermectin is often used in the U.S. to treat or prevent parasites in animals. The FDA has received multiple reports of patients who have required medical support and been hospitalized after self-medicating with ivermectin intended for horses. Here's What You Need to Know about Ivermectin:

- FDA has not approved ivermectin for use in treating or preventing COVID-19 in humans. Ivermectin tablets are approved at very specific doses for some parasitic worms, and there are topical (on the skin) formulations for head lice and skin conditions like rosacea. Ivermectin is not an anti-viral (a drug for treating viruses).
- Taking large doses of this drug is dangerous and can cause serious harm.
- If you have a prescription for ivermectin for an FDA-approved use, get it from a legitimate source and take it exactly as prescribed.
- Never use medications intended for animals on yourself. Ivermectin preparations for animals are very different from those approved for humans.

What is Ivermectin and How is it Used?

Ivermectin tablets are approved by the FDA to treat people with intestinal strongyloidiasis and onchocerciasis, two conditions caused by parasitic worms. In addition, some topical (on the skin) forms of ivermectin are approved to treat external parasites like head lice and for skin conditions such as rosacea. Some forms of ivermectin are used in animals to prevent

heartworm disease and certain internal and external parasites. It's important to note that these products are different from the ones for people, and safe when used as prescribed for animals, only.

When Can Taking Ivermectin Be Unsafe?

The FDA has not reviewed data to support use of ivermectin in COVID-19 patients to treat or to prevent COVID-19; however, some initial research is underway. Taking a drug for an unapproved use can be very dangerous. This is true of ivermectin, too. There's a lot of misinformation around, and you may have heard that it's okay to take large doses of ivermectin. That is wrong. Even the levels of ivermectin for approved uses can interact with other medications, like blood-thinners. You can also overdose on ivermectin, which can cause nausea, vomiting, diarrhea, hypotension (low blood pressure), allergic reactions (itching and hives), dizziness, ataxia (problems with balance), seizures, coma and even death.

Ivermectin Products for Animals Are Different from Ivermectin Products for People

For one thing, animal drugs are often highly concentrated because they are used for large animals like horses and cows, which can weigh a lot more than we do—a ton or more. Such high doses can be highly toxic in humans. Moreover, FDA reviews drugs not just for safety and effectiveness of the active ingredients, but also for the inactive ingredients. Many inactive ingredients found in animal products aren't evaluated for use in people. Or they are included in much greater quantity than those used in people. In some cases, we don't know how those inactive ingredients will affect how ivermectin is absorbed in the human body. Meanwhile, effective ways to limit the spread of COVID-19 continue to be to wear your mask, stay at least 6 feet from others who don't live with you, wash hands frequently, and avoid crowds.

Obsessive-Compulsive Disorder Impacts on Thoughts and Behavior

Source: <https://www.informedhealth.org/obsessive-compulsive-disorder.html> | August 2021

We all know the worrying feeling that we have forgotten to do something, like turning off the oven or locking the door. And it might be a good idea to double-check if you aren't absolutely sure. But some people are so worried about forgetting to do something that they feel the urge to check over and over again. Compulsive urges like this may gradually come to dominate their whole life. There are different types of obsessive-compulsive disorder (OCD). Some people are so afraid of germs that they constantly wash their hands. Others can't stop counting things, cleaning their surroundings or obsessing over the same repetitive thoughts. Regardless of the kind of ritual they may have developed, people who have OCD just can't stop doing these things.

Symptoms

Obsessive-compulsive disorder covers both obsessive thoughts and compulsive behavior. Obsessive thoughts are constant and repetitive thoughts that are very hard to shake off. Although someone with OCD feels that the thoughts are illogical and unpleasant, it is hard to simply stop them using will power alone.

Typical obsessions include a constant fear of germs and infections, a fear of forgetting to do something, and a fear of behaving inappropriately. An excessive need to keep things orderly is also considered to be obsessive-compulsive behavior. Some people have an obsessive fear of hurting themselves or others, or of sexually molesting someone. But that doesn't mean that they would actually do those things.

Compulsive behaviors are certain rituals that are repeated over and over. For people with OCD, this is a way to try to get frightening thoughts out of their head and feel safe again.

Some people are afraid of dirt, and constantly wash their hands or clean their home all the time. People who compulsively arrange things have developed a very specific idea of how and in what order things should be arranged. If things are arranged in a different way it makes them nervous. Some people are compelled to collect things, and can't throw anything away. This can become so extreme that they may stop taking out the garbage. Others can't stop counting things: For example, repeatedly counting to 20 helps them feel calm for a short while. If people with OCD suppress this behavior, they feel anxious, tense and scared.

Causes, Prevalence, & Outlook

There are probably many reasons why some people develop OCD. It is thought that genetic, psychological and external circumstances all play a role. OCD sometimes develops following a stressful time in life or a serious crisis. Some people with OCD experienced traumatic events in childhood, such as abuse or the sudden death of a close relative. Certain personality traits seem to increase the likelihood of developing OCD too. For example, some people who develop OCD tend to be very responsible and conscientious by nature, and may be scared of making mistakes.

Genes might also influence the development of OCD. There are often several people in one family who have OCD symptoms. But the causes may vary from person to person. OCD is fairly common. It is estimated that as many as 3 out of every 100 adults are affected by it at some point in their lives. Although it can develop at any age, it usually starts in childhood, puberty or young adulthood.

It usually takes some time before people notice that they or someone else have developed OCD. This condition doesn't appear from one day to the next. A lot of people think that their behavior is normal until they realize how much time their rituals are taking up. This may affect their work, family lives or relationships and

make it difficult for them to fulfill their responsibilities or pursue hobbies. OCD starts to govern their lives. The way in which OCD develops over time can vary. Without treatment, it often becomes chronic, although the intensity of symptoms may vary. Some people with OCD go through phases in which they have no symptoms, or in which the symptoms are barely noticeable. The type of obsessions and compulsions might change over time too.

OCD is often less severe in adults than it is in children and teenagers. If teenagers with OCD don't have treatment, only 4 out of 10 of them experience an improvement in symptoms within five years. Many people only manage to get their OCD under control with the help of professionals.

Diagnosis

It can be difficult to clearly distinguish between OCD and other conditions similar to OCD. It is important to see a doctor or psychotherapist in order to get a reliable diagnosis. The first step is finding out how people feel about their obsessive thoughts and what kind of compulsive behavior they have. The doctor or therapist asks various questions, such as the following:

- Do you find that certain thoughts or images keep coming to mind even though you try to shut them out?
- What do you do to get rid of these thoughts?
- Do you think that any of your behavior is illogical or exaggerated?
- Do you feel you need to do certain things over and over again even though you don't want to?

To be diagnosed with OCD, a person must have obsessions and compulsions on most days for at least two weeks, or their symptoms must have a noticeable impact on daily life. Sometimes OCD also causes physical symptoms, like very dry skin in people who feel compelled to wash themselves all the time. The diagnosis also involves looking for signs of other medical conditions that cause similar symptoms. For

instance, people who constantly worry too much about all sorts of things might have general anxiety disorder rather than OCD. If the main reason for washing all the time is an exaggerated fear of germs, the person may have a phobia instead. OCD sometimes occurs together with several other psychological problems or disorders. Many people with OCD also have depression.

Treatment

Although there's no "cure" for OCD, with good professional help the symptoms can be reduced to a tolerable level, enabling people with OCD to start leading normal lives again. People with OCD are usually advised to have psychological treatment. Cognitive behavioral therapy (CBT) in particular has been proven to be an effective treatment for OCD. In Germany, it is offered by behavioral therapists. Medication for depression (antidepressants) may be considered in addition to CBT, or if psychological treatment isn't an option (yet). Selective serotonin re-uptake inhibitors (SSRIs) are commonly used for this purpose.

Apart from these treatments, self-help is an option, for example by talking to other people with OCD in a support group. Some people like to use books or websites to learn about their obsessive-compulsive behaviors and deal with them. Others may try to manage their OCD using relaxation techniques like meditation or autogenic training. Compulsions are exhausting and can be very time-consuming. They may become so severe that you hardly have time for anything else in life, making it difficult or impossible to get on with daily activities. People with OCD are also often ashamed of their thoughts or behavior. They might try to hide their behavior because they're worried that other people will think they're weird. It can be difficult to hide, though.

Many people are reluctant to seek help or tell others about their problem. Others might be scared of how being labeled "mentally ill" could

affect their work and their families. But many people who have completed treatment say that they wish they had sought help earlier. OCD can be a challenge for families and possibly lead to conflict. Family members may feel they also need to go along with the compulsive behavior, for instance by arranging things in a certain order, so they don't upset the person with OCD. Or they might feel like they constantly have to make sure that they're not doing anything to reinforce the person's fears. Parents in particular often also feel bad because they think they should have noticed their child's problem sooner.

But it often takes a long time to realize that someone has a problem, not least because they try to hide their obsessive-compulsive behavior as long as possible. Many of them might not think that they have OCD themselves, or they may refuse to accept help. But family members are important when it comes to helping people with OCD because they may understand the person's condition better than other people do. When family members are involved in therapy, they can help the person face their fears and manage their behavior. This can be especially helpful after the treatment is completed, to help make sure it has a lasting effect.

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, Mike Laborico and Dave Johnson. (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 or hand deliver to Bart.

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 November 1, 1955 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 2021

September

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 VVA-535 Board & General Meeting VJ Day: Japan signed formal surrender (1945)	3	4
5	6 Labor Day Rosh Hashanah Begins	7	8	9	10	11 Patriot Day and National Day of Service and Remembrance
12 Grandparents Day	13	14 Star- Spangled Banner written by Francis Scott Key (1814)	15 Yom Kippur begins	16	17 Constitution Day - US Constitution Approved (1787) Citizenship Day POW/MIA Recognition Day	18 Air Force Birthday (1947)
19	20 National POW Recognition Day	21	22 Autumn Begins	23	24	25
26	27	28	29	30		

Gold Star Mothers Day			VFW Day VFW Established 1899			

October

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 VVA-535 Board & General Meeting Afghanistan War Began (2001)	8	9
10	11 Columbus Day (observed)	12	13 Navy Birthday (1775)	14	15 Nevada County Stand Down National Boss Day	16
17	18	19	20	21	22	23
24 United Nations Day	25	26	27 Navy Day	28	29 CSC - Visalia	30 CSC Visalia
31						

Halloween						
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November

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Operation Rolling Thunder ends (1968)	2 Election Day	3	4 VVA 535	5	6
7 Daylight Savings Time Ends	8	9	10 Marine Corps Birthday (1775)	11 Signing of WW I Armistice (1918) Veterans Day	12	13 VFW Post 84 Hoe Down for Heroes
14 Battle of Ia Drang begins (1965)	15	16	17	18	19	20
21 Grenada Campaign Ended (1983)	22	23	24	25 Thanksgiving Day	26	27
28 First Sunday of Advent Hanukkah Begins at sundown	29	30				

December

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2	1	2 VVA 535 Christmas Dinner	3	4
5 Victorian Christmas	6	7 Pearl Harbor Remembrance Day	8 War Declared on Japan (1941) Victorian Christmas	9	10 Human Rights Day	11 Germany and Italy Declared War on U.S. (1941)
12 Victorian Christmas	13	14	15 Iraq War Ended (2011) Bill of Rights Day Victorian Christmas	16 Victorian Christmas	17	18 Wreaths Across America
19 Victorian Christmas	20 Panama Campaign Began (1989)	21 Winter Begins	22	23	24	25 Christmas Day
26	27	28	29	30	31	

Kwanzaa					New Year's Eve	
					Official end of WW II (1946)	
					Kosovo Campaign Ended (2013)	