

ARMED FORCES DISPATCH



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SIXTY-THIRD YEAR NO. 25
 NOVEMBER 16-30, 2023



FLIGHT OPS Lt. Cmdr. Charles Kollar, the training officer aboard aircraft carrier *USS Theodore Roosevelt (CVN 71)* awaits to signal aircraft from the flight deck, Nov. 3, 2023. *Theodore Roosevelt* is conducting routine training and certifications in the U.S. 3rd Fleet area of operations. U.S. Navy photo by MC1 Thomas Gooley

U.S. strikes enemy weapons storage facility in Syria

by David Vergun

U.S. military forces conducted a self-defense strike this month on a facility in eastern Syria used by Iran's Islamic Revolutionary Guard Corps and affiliated groups. This strike was conducted by two F-15 aircraft against a weapons storage depot, said Secretary of Defense Lloyd J. Austin III in a statement.



A U.S. Air Force KC-135 Stratotanker prepares to refuel the B-1 Lancer within the U.S. Central Command area of responsibility, Nov. 8, 2023. U.S. Air Force photo by Staff Sgt. Jasmonet Holmes

"This precision, self-defense strike is a response to a series of attacks against U.S. personnel in Iraq and Syria by IRGC-Quds force affiliates," he said.

"The United States is fully prepared to take further necessary measures to protect our people and our facilities. We urge against any escalation. U.S. personnel will continue to conduct counter-ISIS missions in Iraq and Syria," said Austin.

A senior defense official said that the Nov. 8 strikes in eastern Syria were in response to ongoing threats and attacks directed at U.S. bases in both Syria and Iraq by the IRGC and Iran-aligned militia groups.

"While our defensive measures have proven effective in countering unmanned aerial vehicle attacks on our personnel, we remain vigilant and concerned about the potential for escalation or bypassing these defenses. We have fortified our U.S. bases with additional Patriot batteries and increased defensive counter air patrols to further deter attacks and defend our forces," the senior defense official said.

"In light of heightened tension stemming from the ongoing Israel-Hamas conflict, we have undertaken additional measures to communicate directly with Iran, Iran-aligned groups in Iraq, Lebanon and our regional partners. We aim to clarify that our military actions do not signal a change in our approach to the Israel-Hamas conflict, and we have no intentions of escalating conflict in the region. Our commitment to self-defense and the protection of U.S. personnel remains the same," the senior defense official said.

Regarding the attacks by the two F-15s Nov. 8 against a weapons storage facility, Deputy Pentagon Press Secretary Sabrina Singh, who held a news conference Nov. 9, said that the damage from the battle is still being assessed, but it is known that multiple secondary explosions occurred following the strike.

If attacks by Iran's Islamic Revolutionary Guard Corps and affiliated groups continue, the U.S. reserves the right to defend its troops by taking further measures at a time and place of its choosing, she said.

Between Oct. 17 and today, 56 U.S. personnel have been injured by these attacks in Syria and Iraq. The injuries are a combination of traumatic brain injury and minor injuries, she said, adding that all have been treated and returned to duty.

NAVY HEALTH RESEARCH CENTER SHARES TECHNOLOGY, TOOLS

by John Marciano
 Naval Health Research Center
 SAN DIEGO - Naval Health Research Center (NHRC) kicked off Fleet Week San Diego at the Broadway Pier STEM Days Innovation Zone Nov. 8. Scientists from NHRC's

three research directorates set up displays offering hands-on interaction with research tool, data collection, experiment and mind reading (brain computer interface) demonstrations.

tise includes operations research and data science, epidemiology and public health, physiology, microbiology, psychology and biomedical engineering.



Naval Health Research Center showcases STEM activities to area students. U.S. Navy photo by John Marciano

"Our research staff have become an integral part of the STEM Innovation Zone event," said Dr. Ken Earhart, NHRC's chief science executive. "Sharing our technologies, tools and studies with the community is very rewarding, especially when you see all the enthusiasm for learning and fun the STEM students have while interacting with our staff".

NHRC's team of scientists and researchers consists of active-duty service members, federal civil service employees and contractors, whose exper-

Fleet Week San Diego is an opportunity for the American public to meet their Navy, Marine Corps and Coast Guard teams and experience America's sea services. During fleet week, service members participate in various community service events, showcase capabilities and equipment to the community and enjoy the hospitality of the city and its surrounding areas.

NHRC's mission is to optimize military operational readiness through cutting-edge research on warfighter, veteran and family health.



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Veterans News

Commemorating the 30th anniversary of the Vietnam Women's Memorial.

See page 11

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Austin affirms 'ironclad' U.S. commitment to deterrence on Korean Peninsula

by Joseph Clark
DOD News

Secretary of Defense Lloyd J. Austin III underscored the United States' unwavering commitment to maintaining peace and security on the Korean Peninsula during talks Nov. 13 with South Korean Defense Minister Shin Won-sik in Seoul, South Korea.

The two leaders met alongside their respective delegations at the South Korean Ministry of National Defense headquarters as part of the 55th Security Consultative Meeting, an annual capstone event marking the long-standing U.S.-South Korean defense relationship.

"We have been tested time and again, and we have met every challenge," Austin said. "Together, we've built one of the most robust, capable and interoperable alliances on earth. We have

Secretary of Defense Lloyd J. Austin III and South Korean Minister of National Defense Shin Won-sik answer questions during a news conference. DoD photo by Chad J. McNeeley

deterred greater conflict on the Korean Peninsula for seven decades. If necessary, we remain ready to fight tonight."

"Our extended deterrence commitment to [South Korea] remains ironclad," he said.

This year's meeting comes on the heels of a commitment by President Joe Biden and South Korean President Yoon Suk Yeol to further bolstering the U.S.-South Korean alliance amid growing nuclear threats posed by North Korea.

The Washington Declaration, unveiled during Yoon's official visit to Washington in April, outlines the two countries' commitment to engage in deeper dialogue and information sharing to strengthen nuclear deterrence efforts on the peninsula.

The document announced the establishment of a nuclear consultative group and further underscores the United States' commitment to extended deterrence backed by the full range of U.S. capabilities, including

see **Peace**, page 5

Top 5

- U.S. drone shot down by Yemen's Houthi rebels
- McDonough wants VA to reach 'every veteran in the country'
- U.S. Navy sees improved upkeep as hedge against strategic submarine dip
- Psychedelics may soon be available - sort of - to treat vets with PTSD

Army

- Army recruiting reforms go 'back to the future' to fix ongoing crisis
- U.S. Army 'highly unlikely' to field hypersonic glide weapon this year
- 10th Mountain Division Soldiers fly over stadium before Patriots/Commanders game in Massachusetts

Navy

- Navy changing LCS maintenance and manning practices
- Navy joins other services in allowing cammies for Pentagon Sailors
- Navy tests sub-launched drones while industry continues designing

Marine Corps

- Marine Corps commandant says 'recovery is going well' after sudden heart attack
- Marine under investigation after publishing memoir about sexual relationship with young potential recruit
- Marine receives medal for saving woman from ocean during storm

Air Force

- Hundreds more Airmen to receive medals for roles in Kabul evacuation
- Fighter wing in South Korea gets replacement for commander retiring early
- Air Force weighing turning T-7 into F-7 armed light attack jet
- NORAD receives new cloud-based command and control capability

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Senators demand improved military barracks, tell Pentagon to budget more money for upgrades

by **Corey Dickstein**
Stars and Stripes

Several senators are demanding the Pentagon improve the poor conditions of its barracks across the armed forces and better track costs associated with improving living quarters for troops.

The senators in a letter to Defense Secretary Lloyd Austin sent recently questioned the Pentagon's apparent failure to properly evaluate the conditions in thousands of military barracks on bases worldwide and asked the service branches to invest more in their junior enlisted quarters in the years ahead.

The Oct. 31 letter signed by four Republicans and two

Democrats cites findings in a damning September report from the Government Accountability Office that found junior enlisted troops in all the service branches living in barracks with mold, missing kitchenettes, sewage overflow, water-quality issues, rodent infestations, broken air conditioning and other unsafe conditions.

"At a time when the Department of Defense is rightly working to address serious recruitment and retention issues, reports of poor living conditions serve only to dissuade qualified Americans from considering military service," Sens. Jon Ossoff, D-Ga., John Cornyn, R-Texas, Raphael Warnock, D-Ga., Ted Cruz, R-Texas, Marco

Rubio, R-Fla., and Ted Budd, R-N.C., wrote. "Moreover, those who have already answered the call to serve deserve a standard of living commensurate with the most modern and capable fighting force in the world. Anything less represents a failure to uphold the U.S. government's commitments and endangers military readiness."

Despite media attention in recent years highlighting problems with mold and other issues in barracks across the military, the Pentagon does not have standardized ways to track conditions in its living quarters, nor does it properly track costs associated with barracks upkeep, according to the GAO report.

The government watchdog

said none of the military services could provide "complete or reliable" information on how much the services have spent to improve barracks, how much money that they have available to improve barracks or how much they would need to meet basic living standards across all their barracks.

The GAO also charged the military has failed to study how barracks issues affect the morale of troops or their desires to stay in uniform.

Pentagon officials have acknowledged the problems that troops face in on-post housing, including in the junior enlisted barracks. The Army in 2022 condemned more than a dozen barracks buildings on Fort Bragg, N.C. — now Fort Liberty — after senior service officials toured the outdated buildings with major heating, air conditioning and ventilation flaws. The Army moved some 1,200 soldiers out of those buildings, which were either marked for renovation or demolition.

Army officials at a House hearing on barracks conditions following the GAO report said it would need to spend at least \$6.5 billion in coming years to improve barracks conditions. Top Army officials said the service has some 6,700 barracks buildings across the service, and



Junior-enlisted troops without dependents typically live in military-managed barracks. A Government Accountability Office report in September 2023 found some barracks pose serious health and safety risks. GAO investigators observed conditions such as sewage overflow, mold and mildew, and broken windows and locks. DoD photo courtesy Government Accountability Office

at least 300 of those are in poor or failing condition.

The Senators wrote in their letter of their continued "frustration regarding atrocious and unacceptable conditions in barracks facilities across the armed forces." They urged Austin to ensure future budget requests, including the fiscal 2025 budget request expected in the spring, better account for needed improvements in barracks.

They demanded Austin's next budget request include funding for "100 percent of assessed barracks sustainment, restoration and modernization, requirements." They asked the Pentagon to include in the budget request specific amounts each service requires to sustain, restore and

modernize its barracks. And the senators urged Austin to implement a "consistent methodology across each service" to assess the needs in military barracks.

The senators also want Austin to include in the 2025 budget request long-term, installation-specific needs to construct new barracks and other military buildings.

They also asked Defense Department officials to regularly brief them on efforts to improve barracks.

The senators wrote the GAO's "findings call into question the reliability of armed service budget requests for facilities sustainment, restoration, and modernization, which already consistently fall below assessed requirements."



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World War II veterans now offered free VA health care

by Linda F. Hersey
Stars and Stripes

WASHINGTON - Nursing home care and medical services are now free to the Greatest Generation under a new policy by the Department of Veterans Affairs that waives enrollment fees, copays and monthly premiums for the roughly 119,000 World War II veterans still alive.

The no-cost care is effective immediately under the new VA policies announced Friday. Veterans who served between Dec. 7, 1941, and Dec. 31, 1946, are eligible for the free health care. They must be enrolled in VA health care to qualify.

Veterans turned down previously for coverage are encouraged to reapply, as are those denied coverage because of income eligibility restrictions.

The VA is in the process of contacting veterans, their families and their caregivers to inform them of the free services.

Some nursing home officials said Monday that they are waiting to hear from veterans service organizations on how the free care will be applied and implemented.

This included the Southwest Louisiana War Veterans Home, which has 13 residents who are World War II veterans. Staff

there said they are aware of the announcement but are awaiting more information. Officials at the Maine Veterans' Homes had a similar response.

A VA spokesman on Nov. 13 did not provide details about the program.

The changes are part of the Joseph Maxwell Cleland and Robert Joseph Dole Memorial Veterans Benefits and Health Care Improvement Act of 2022. Known as the Cleland-Dole Act, the legislation enables the veterans to keep their existing private health plans, Medicare, or other coverage. It also expands telehealth coverage and expands services for veteran homelessness, among other provisions.

The Act was named after the late Sen. Robert Dole, R-Kan., who served in World War II, and the late Sen. Joseph Cleland, D-Ga., a Vietnam veteran and former VA administrator.

More than 16 million Americans served in World War II. About 130 of those veterans are estimated to be dying each day, according to the VA.

"These members of the Greatest Generation answered the call to serve when our nation — and the world — needed them most. Now, it's our job to serve them in every way that we can," Dr. Shereef Elnahal, the VA undersecretary for health, said in a statement last week.



BEAMING ON Army JROTC Cadets at Fort Knox Nov. 3, 2023, during a JROTC National Raider Challenge. U.S. Army photo by Nathan Abbott

Peace

continued from page 3
nuclear capabilities.

The U.S. also pledged, as part of the declaration, to enhance regular visibility of strategic assets on the Korean Peninsula.

Austin noted during Monday's talks that, in the months following the declaration, a U.S. ballistic missile submarine conducted a port visit in South Korea for the first time in 40 years. The USS *Ronald Reagan* Carrier Strike also recently completed a port visit, and, last month, the U.S. landed a B-52 Stratofortress bomber on the Korean Peninsula for the first time this century.

"We will continue to do the things we promised to do," Austin said in a news conference following the daylong talks. "In the past 12 months, we've transformed our posture in the region. We are more forward deployed and more capable to respond to anything that could happen."

The defense ministers built upon the priorities outlined

in the Washington Declaration during their meeting, as they endorsed an update to the 2013 Tailored Defense Strategy.

The updated document reflects the current security environment, North Korea's advancing capabilities, and guidance from the most recent U.S. and South Korean national defense strategies.

During Monday's session, the leaders also codified their vision for the future of the alliance. In a joint vision statement, they recognized the alliance as a "staple for peace and stability on the Korean Peninsula and in the Indo-Pacific region and a stalwart protector of international norms."

"In recognition of the changing security environment, the alliance must adopt a forward-looking posture that is responsive to its foundational and most pressing threat— [North Korea]—while also contributing to the security of the region and the world," according to the statement.

Austin and Shin outlined three key priorities driving the future of the alliance. Those

include: deterring strategic attacks from hostile actors in the region, modernizing each nation's capabilities to strengthen the combined defense architecture of the alliance, and strengthening solidarity and defense co-operation with like-minded partners in the region.

"Our vision is that of a peaceful Korean Peninsula and a free and open Indo-Pacific region in which the United States and [South Korea] stand together at the forefront of tackling the most significant and consequential security challenges," the document reads.

The defense leaders lauded the strength of the longstanding U.S.-South Korea alliance following the talks and committed to further strengthening the two countries' defense ties.

"For the past 70 years, the [South Korea]-U.S. alliance has developed into the linchpin of peace, stability and prosperity of not only the Korean Peninsula, but the world—and one of the strongest alliances in history," Shin said.

Bath Iron Works starts work on USS John E. Kilmer

Bath Iron Works recently began work on its 45th destroyer at a fabricating facility in Brunswick, Maine.

DDG 134, USS John E. Kilmer, is named for a Navy hospital

man who earned the Medal of Honor during the Korean War for his actions treating wounded Marines at the Battle of Bunker Hill, BIW said in a statement.

The ship is the fourth Flight III

Arleigh Burke destroyer to start construction at BIW.

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2 Navy carriers join Japan destroyer on multi-large deck event in Philippine Sea

Navy aircraft carrier strike groups *Carl Vinson* and *Ronald Reagan*, and the Japan Maritime Self-Defense Force helicopter destroyer JS Hyuga concluded a multi-large deck event in the Philippine Sea on Nov. 8. MLDE provided the two maritime forces an opportunity to engage in joint operations to include enhanced maritime communication operations, air warfare operations and cross-deck flight operations to strengthen maritime integrated-at-sea operations and combat readiness.



“Our ability to rapidly aggregate maritime forces and work collectively alongside the *Ronald Reagan* strike group and Japan Maritime Self-Defense Force enhances our combined readiness,” said Rear Adm. Carlos Sardiello, commander, CSG 1. “Multi-large deck event demonstrates collective resolve by rehearsing with our Allies as an assurance of our commitment to regional security and stability. It is also a symbol of a willingness to extend a helping hand of partnership to

willing and likeminded nations.”

The ships and aircraft of the two naval forces, with more than 10,000 Sailors, conducted coordinated surface and air operations in a complex maritime environment to demonstrate the U.S. Indo-Pacific Command Joint Force’s ability to deliver a powerful maritime force.

“Through the exercise, we improved our tactical capabilities and interoper-

ability with the U.S. Navy,” said JMSDF Rear Adm. Kazushi Yokota, commander of Escort Flotilla 3. “The Japan-U.S. Alliance is essential not only for the defense of Japan, but also for peace and prosperity of the Indo-Pacific region.”

Coordinated maritime engagements and operations in the Philippine Sea are part of the U.S. Navy’s routine presence in the Indo-Pacific. U.S. naval forces, with their network of partners and Alliances,

are indispensable to ensuring maritime security and the flow of unimpeded lawful commerce in the region.

“It’s a testament to the strong relations we maintain with like-minded Allies across the region—and the world—that we are able to bring together a tightly coordinated and united international force like this,” said Rear Adm. Pat Hannifin, commander of Task Force 70 and CSG 5.”

Aircraft carriers *Carl Vinson* and *Ronald Reagan* transit the Philippine Sea, Nov. 6, 2023. U.S. Navy photo by MC1 Ryre Arciaga

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USS O'Kane Sailors to showcase culinary talents at Joint Culinary Training Exercise competition

In an impressive feat of culinary prowess, two Sailors from destroyer USS O'Kane (DDG 77) have been selected to participate in the annual Joint Culinary Training Exercise, slated to take place at Fort Gregg-Adams, Va.

Culinary Specialist 2nd Class Rey Vincent Martinez and CS3 Jamal Brown will represent O'Kane and the Navy in this prestigious competition.

This year's competition at Fort Gregg-Adams provides an invaluable platform for participants to showcase their culinary talents, all while engaging in a spirit of camaraderie and healthy competition. It serves as a testament to the Navy's commitment to fostering professional development and recognizing the hard work and dedication of its service members.

The selection process for the competition was rigorous and highly competitive. The Navy Food Management Team in San Diego held tryouts, ultimately recommending candidates from the West Coast to the Naval Supply Systems Command Headquarters. Following a comprehensive review of all nominations, NAVSUP HQ announced



Culinary Specialist 3rd Class Jamal Brown is one of two Sailors from destroyer O'Kane selected to participate in the 48th Annual Joint Culinary Training Exercise. U.S. Navy photo by Lt. Zachary Anderson

the official team member selections. Martinez and Brown were among 11 individuals chosen, which included one team manager, five professional team members, and five student team members.

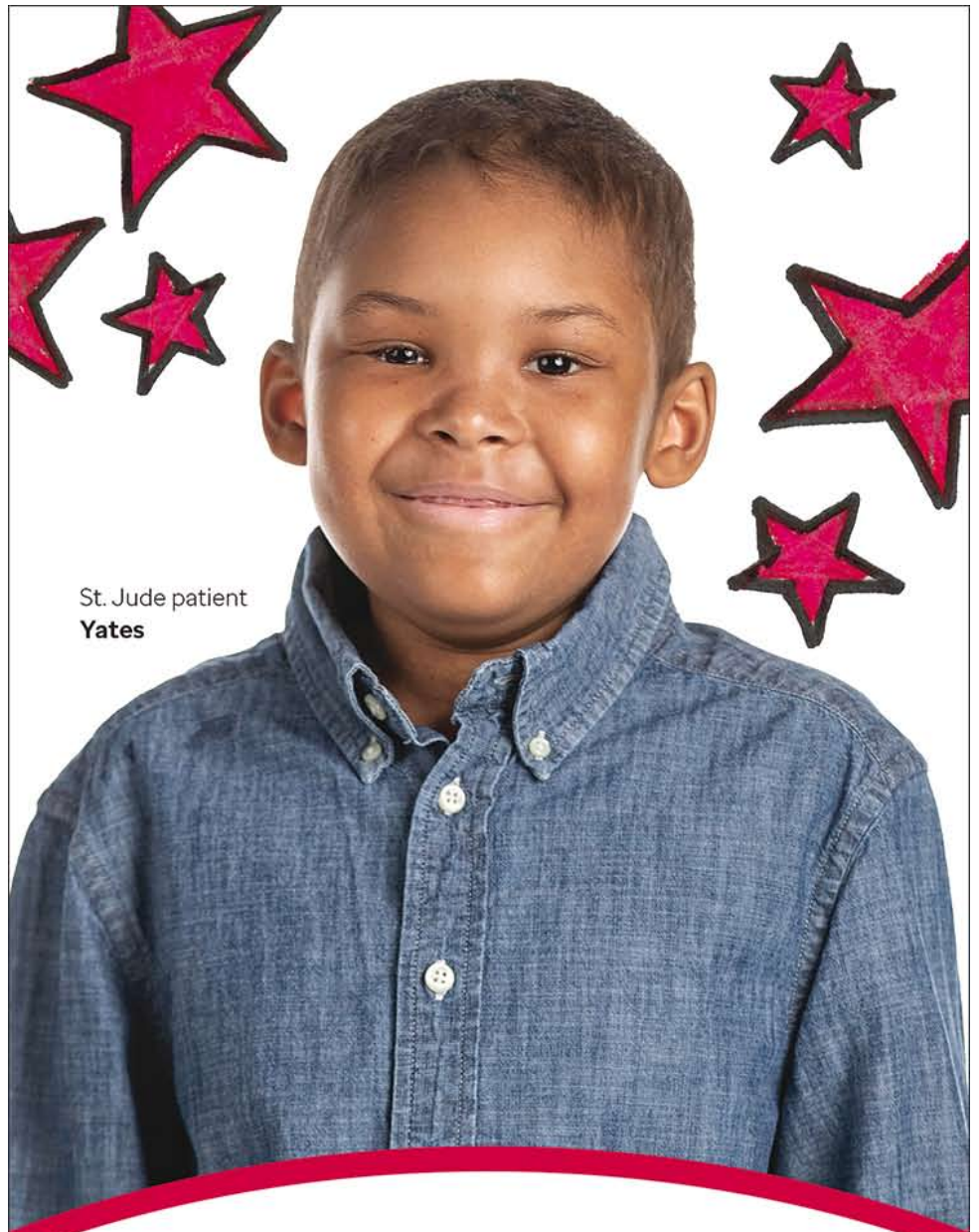
This recognition isn't just a personal achievement for Martinez and Brown, but also an honor for the entire crew of O'Kane,

showcasing the exceptional talent and professionalism present within the ranks of the Navy.

The JCTE, recognized as the largest military culinary competition in North America, has been fostering culinary excellence since 1973. The competition brings together military chefs from across the globe, representing all branches of the U.S. Armed Forces.

The event is sanctioned by the American Culinary Federation and aims to promote growth in the culinary profession, emphasizing modern culinary tenets such as ability, practicality, nutrition, workmanship, economy, presentation, creativity, and concept.

An integral part of U.S. Pacific Fleet, U.S. 3rd Fleet leads naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to flawlessly execute our Navy's role across the full spectrum of military operations – from combat operations to humanitarian assistance and disaster relief. U.S. 3rd Fleet works together with our allies and partners to advance freedom of navigation, and other principles that underpin security for the Indo-Pacific region.

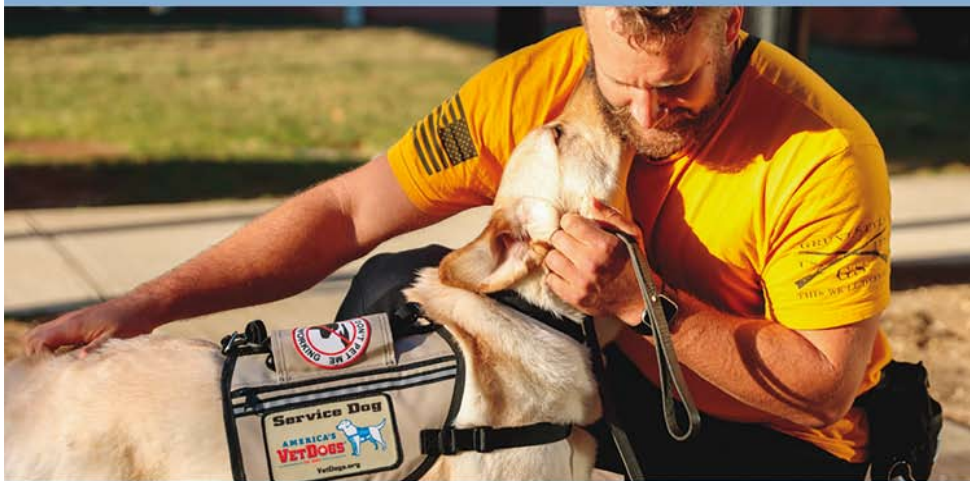


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Art inspired by St. Jude patient **Amber**

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McGinn assumes command of EODMU-11

CORONADO – Explosive Ordnance Disposal Mobile Unit Eleven (EODMU-11) recently welcomed its newest leader during a change-of-command ceremony at Naval Outlying Field Imperial Beach.

Cmdr. Ryan McGinn relieved Cmdr. Cmdr. Jay Higgins in front of friends, family members, and EODMU-11 personnel as part of an outdoor ceremony at the unit's headquarters.



Higgins took command of EODMU-11 in January 2022. While serving as its commanding officer, he led a team of 216 personnel on a deployment to U.S. 5th Fleet where they conducted a wide range of operations in support of Navy and special operations forces. He also oversaw the development of training innovations that focus on preparing the unit's Sailors for future combat operations.

"This has been the most rewarding tour of my career," said Higgins. "I am honored and privileged to have been the leader of such amazing servants to our great nation. I will miss you."

Keynote speaker, Commodore, Explosive Ordnance Disposal Group One, Capt. Wade Hilderbrand, said that Higgins most defining leadership trait was his passion. "Jay is fiercely passionate and dedicated to the EOD community, the mission and his teammates. And I've never seen him more passionate and proud of a unit than he has been at Mobile Unit Eleven," said Hilderbrand.

In his first address as EODMU-11's commanding officer, McGinn thanked the crew and officers for their commitment.

"Thank you for having the courage and determination to earn your place here today," said McGinn. "Precious few Americans are willing to lay in on the line to sacrifice for our constitution, to which each of us swore a solemn oath."

As a component of EOD Group One, EODMU-11 provides EOD platoons to eliminate hazards from aviation, surface, ground, underwater and improvised ordnance.

NAVWAR empowers the next generation of innovators with LEGO robots

by Lily Chen, Naval Information Warfare Systems Command
Naval Information Warfare System Command co-hosted the 13th annual For Inspiration and Recognition of Science and Technology (FIRST) LEGO League (FLL) Challenge Qualifying Tournament Nov. 4 at Eastlake High School in Chula Vista to inspire and cultivate future talent in the fields of science, technology, engineering and math (STEM).



In collaboration with the Eastlake High School FIRST Robotics Competition team TitanBot, they hosted 16 teams from across Southern California to compete in a series of LEGO robot games to move to the next round of competition.

Founded by inventor Dean Kamen, FIRST engages students ages four to 18 in exciting, mentor-based, research and robotics programs that help them become science and technology leaders, as well as well-rounded contributors to society.

As part of the Department of Defense's STEM initiatives to cultivate an environment where the United States of America is the world leader in manufacturing, robotics, artificial intelligence and biotechnology, NAVWAR's continued involvement with FIRST demonstrates a commitment to inspiring new and future talent in STEM fields to maintain the nation's competitive advantage for years to come.

TitanBot is a non-profit, student-run organization at Eastlake High School, which facilitates STEM-related activities and mentorship opportunities for younger students.

At FLL Challenge qualifying tournaments, students compete in hands-on challenges designed to grow their critical thinking, coding and problem-solving skills. This year's game theme was "Masterpiece," shining a spotlight on the role STEM plays in the arts and empowering young people to design and build a world of endless possibilities.

Around 145 participants aged 9 to 14 operated small-scale autonomous LEGO robots of their own design to complete missions based around the season's challenge. Each team competed in three 2.5-minute rounds to determine their highest game score, where they tried to complete as many of the 15 available missions as possible.

Navy Reserve Squadron VR-57 reaches 200,000 mishap-free flight hours

by Chief Petty Officer Chelsea Milburn
Commander, Naval Air Force Reserve

SAN DIEGO - Aviation is a dangerous business. From pilots and aircrew to maintainers and support rates, keeping aircraft and crews safe from takeoffs to landings takes hard work and expert coordination. In October, the "Conquistadors" of Fleet Logistics Support Squadron (VR) 57 celebrated the milestone of reaching 200,000 consecutive, mishap-free flight hours.

Naval Aircrewman Mechanical 1st Class Justin Wales said the accomplishment came as a result of the team's coordination and trust in one another. "It goes all the way down from maintenance making sure the plane is ready to go and things are done correctly, to all the roles of the aircrew, to the pilots who get us there," said Wales. "For aircrewmembers, we're always helping and double checking each other. If one person is done with our role, we go and help out another."



Wales said that being able to have confidence in each member of the team builds a high level of trust in their work.

"I've never had a moment where I felt I had to second guess if I would make it home to my kids when flying in one of our aircraft," said Wales. "It's a testament to everybody's hard work."

Aviation Machinist's Mate Brittney Johnson commented on the squadron's teamwork. "No one likes to see anyone get hurt or things go wrong," said Johnson. "It's a reward in itself to reach this accomplishment, knowing that we're doing the right things. If it was me by myself, this plane could never fly. Knowing that we're able to work together to keep the aircraft and crew safe is really meaningful. We put our own people on these flights. It's a different type of reality check."

Read more at <https://www.navyreserve.navy.mil/News/Article-View-News/Article/3583695/navy-reserve-squadron-vr-57-reaches-200k-mishap-free-flight-hours/>.

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LOCAL PHOTO GALLERY



BROADWAY PIER, San Diego (Nov. 11, 2023) U.S. Coast Guard Petty Officer 2nd Class Clem Palmer, an electronic technician with Coast Guard Cutter *Forest Rednour*, gives a tour to locals aboard the cutter during Fleet Week San Diego. U.S. Marine Corps photo by Lance Cpl. Hannah Hollerud



PACIFIC OCEAN (Nov. 3, 2023) Sailors conduct post-flight checks on a Sea Hawk helicopter assigned to the "Black Knights" of Helicopter Sea Combat Squadron (HSC) 4 on the flight deck of aircraft carrier *Carl Vinson*. U.S. Navy photo by MC2 Leon Vonguyen



SAVUSAVU, Fiji (Nov. 6, 2023) Lt. Cmdr. Zoe Zimmer speaks with a local Fijian patient during a Pacific Partnership 2023 community health engagement at a local village here. Now in its 18th year, Pacific Partnership is the largest annual multinational humanitarian assistance and disaster relief preparedness mission conducted in the Indo-Pacific.

U.S. Navy photo by MCC Kegan E. Kay

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Career & Education

Air Force chief of staff letter to airmen



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from Secretary of the Air Force Public Affairs

ARLINGTON, Va. - Newly appointed Air Force Chief of Staff Gen. David W. Allvin released his first letter to Airmen.

In the letter, Allvin expresses humility, pride, and a sense of urgency in assuming the role and lays out the need for follow-through on key readiness and innovation initiatives while also ac-

knowledging the challenges faced by the Air Force.

The letter serves as a rallying call for Airmen to continue their exceptional service and adapt to the evolving demands of national security.

To read the full letter, go to https://www.af.mil/Portals/1/documents/2023SAF/CSAF_23_Message_to_Airmen_Follow_Through.pdf.

Want to achieve your goals? Write them down

(StatePoint) If you have a big idea, goal or dream about helping others, writing down your vision can help. Studies show you're 42 percent more likely to achieve your goals if you write them down.

Take it from Marcy Bursac. After reviewing thousands of handwritten entries, Pilot Pen selected her as the newest winner of the G2 Overachievers Grant, which rewards an exceptional individual who goes beyond their everyday job and responsibilities to make a difference in the lives of others.

A technical analyst at a cybersecurity firm by day, Bursac is also an author, podcaster, wife and mother. She has used her technological expertise to develop an app for "The Forgotten Adoption Option," her book and platform that helps facilitate adoptions for children in foster care. As an adoptive parent herself, she made it her mission to make it easier for other families to adopt children from foster care, helping to place as many as possible in loving homes.

"Some types of adoption are cost-prohibitive for many families and can take years," said Bursac. "The reality is that there are thousands of children who need a forever family today, and foster care adoption is an option that can make this dream more financially affordable for more families."

Marcy has already helped more than 12,000 families through the foster care adoption process. She plans to use the grant money to fund her continued efforts to unite children in foster care with their forever families.

Inspired? Write down your own goals and aspirations and include all the little details required to bring them to life. Be sure to reach for a high-quality writing instrument like G2, the longest lasting gel ink pen. To learn more about the G2 Overachievers Grant competition or to enter or nominate someone you know, visit G2Overachievers.com.

"We know firsthand that we are so much more likely to achieve our goals when we put pen to paper," said Ariann Langsam, vice president of marketing for Pilot Pen. "That's why we pride ourselves on both providing the tools that people can use to make a difference in the lives of others, and recognizing and amplifying the work of individuals who are making those efforts."



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FREE INSPECTION



Army Nurse Corps Lt. Diane Carlson poses with South Vietnamese service members and local children while serving in Vietnam in the late 1960s. Courtesy photo by Diane Carlson Evans

Commemorating the 30th anniversary of the Vietnam Women's Memorial

by Katie Lange
DOD News

Anyone who's ever scanned the list of 58,318 names etched into the Vietnam Veteran's Memorial in Washington, D.C., may have noticed a few that were different from the rest — particularly, the eight names that belong to women.

While women weren't allowed to serve in combat back then, plenty volunteered for other roles that still saw them deployed to Vietnam and put in harm's way.

As the nation recognizes all who have served this Veterans Day, a special spotlight will be on these women because Nov. 11 also commemorates the 30th anniversary of the Vietnam Women's Memorial. Standing about 300 feet behind the apex of the Wall, the memorial was the first in the nation's capital to exclusively recognize the patriotic service of women, both military and civilian.

It took a long time to be realized, though. In fact, the idea for it didn't even begin to take shape until the Vietnam Veterans Memorial was dedicated in 1982. Diane Carlson Evans, who eventually founded the women's memorial, made sure she was at that unveiling.

"I had to be at the dedication. I had to find names," Evans said.

Evans was a captain in the Army Nurse Corps during the Vietnam era and served in the country as a nurse at two hospitals from 1968 to 1969. She said she and many other women saw a lot of trauma, and they did their best to save lives.

An estimated 10,000 women served in Vietnam, while more than 265,000 military and civilian women served around the world during that era. While 90% of the women who served in Vietnam were nurses, many were also in administrative roles,

military intelligence or air traffic control. The eight women listed on the Wall were military nurses, but dozens more women died during the war working as civilian war correspondents, photojournalists, humanitarian aids and more.

When Evans and the other women returned home, much like thousands of male service members of that era, they didn't receive a warm welcome.

"I believe in protesting war if we don't support it, but they didn't separate the war from the warrior, and we were feeling the brunt of it," she said. "For so many of us, our way of surviving our homecoming was to just not talk about [the war]."

However, about a year after the Wall's dedication, Evans saw a photo of the statue that would be added to the memorial depicting three servicemen. And that's when something just clicked.

"If they're going to have a statue to the men, there has to be one to the women, or they'll never know we were there," Evans remembered saying to her husband.

So, she began what turned into a 10-year quest to get a memorial built for female Vietnam veterans. (To put this effort into perspective, the larger memorial, the Wall, took three years.) After years of planning and finding allies to support the cause, Congress approved a site on the National Mall for it in 1988, but the initial design was rejected by the D.C. Commission of Fine Arts, Evans said.

So, they held a national open-design competition that received 350 submissions. The design by Glenna Goodacre, a New Mexican sculptor, came out on top. She created the bronze statue that's now in place depicting three women and a wounded soldier.

What in the worlds? Civil War veteran and journalist's close encounter with 'Martians' near Lodi in 1896

by Jeff Jardine
CalVet

On the eve of Halloween in 1938, Orson Welles mystified six million American listeners with his radio spoof of "War of The Worlds," based upon H.G. Wells' novel by the same name and published 40 years earlier. Vanity Fair magazine in 2015 called the broadcast "the world's first viral fake-news media event."

Ever since that broadcast, claims of UFOs in the skies—and of aliens abducting humans before returning them like an unwanted birthday gift—are commonplace. The federal gov-

ernment is currently re-investigating claims of sightings, from the 1950s to today. That stated, consider this tale told 127 years ago by a Civil War veteran and journalist.

Some 42 years before Welles aired his "War of the Worlds," and two years before Wells published his original story in 1898, another H.G.—H.G. Shaw—claimed he and a friend came face to face with a trio of extraterrestrials near the San Joaquin County community of Lodi.

Henry Glenville Shaw served as a 1stLt. with the 125th Ohio Volunteer Infantry during the

Civil War; after which he embarked upon a long career as a newspaperman in Stockton and San Francisco. He wrote of his close encounter with three of a very different kind in the November 27, 1896, edition of the Stockton Evening Mail.

Guiding a horse-drawn buggy along a canal near Lodi one evening, Shaw and friend, Camille Spooner, came upon three unusual beings in a field.

"We were jogging along quietly when the horse stopped suddenly and gave a snort of terror," Shaw wrote. "Looking up we beheld three strange beings. They resembled humans

in many respects, but still they were not like anything I had ever seen. They were nearly or quite seven feet high and very slender. We were both somewhat startled, as you may readily imagine, and the first impulse was to drive on. The horse, however, refused to budge; and when we saw that we were being regarded more with an air of curiosity than anything else, we concluded to get out and investigate."

When he spoke to these visitors, they "warbled" to each other as each party sized up the other. Shaw described them as wearing no form of clothing. Their skin was velvety, their
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continued from page 11

heads and faces hairless, they had small ears, big eyes and noses with "the appearance of polished ivory."

"I noticed, further, that their hands were quite small and delicate, and that their fingers were without nails," Shaw wrote. "Their feet, however, were nearly twice as long as those of an ordinary man, though they were narrow, and the toes were also long and slender. I noticed, too, that they were able to use their feet and toes much the same as a monkey; in fact, they appeared to have much better use of their feet than their hands."

They also were virtually weightless.

"As one of them came close to me I reached out to touch him, and placing my hand under his elbow pressed gently upward, and lo and behold I lifted him

from the ground with scarcely an effort. I should judge that the specific gravity of the creature was less than an ounce. It was then that I observed him try to grasp the earth with his toes to prevent my lifting him. They were graceful to a degree, and more divinely beautiful than anything I ever beheld."

He marveled at the egg-sized object each creature held in hand.

"Upon holding them up and partly opening the hand, these substances emitted the most remarkable, intense and penetrating light one can imagine," Shaw wrote. "Notwithstanding its intensity, it had no unpleasant effect upon our eyes, and we found we could gaze directly at it. It seemed to me to be some sort of luminous mineral, though they had complete control of it."

(Think of the illuminated tip of the critter's index finger in "E.T. the Extra-Terrestrial" movie.)

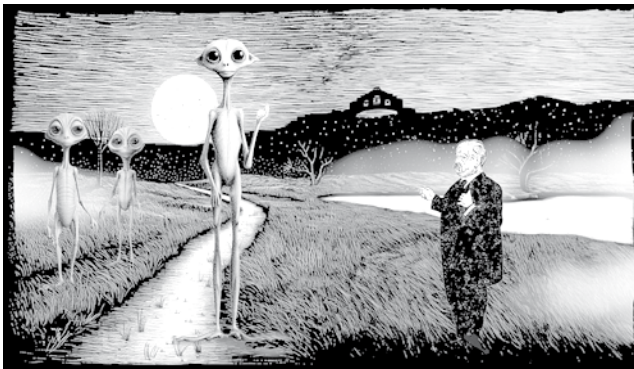


Illustration featuring extraterrestrial beings and drawing of man from 1890s, in a rural setting with a canal and sun. Did H.G. Shaw see Martians in Lodi in 1896? Courtesy photo

What they couldn't handle was Shaw himself.

"One of them, at a signal from one who appeared to be the leader, attempted to lift me, probably with the intention of carrying me away," Shaw wrote. "Although I made not the slightest resistance he could not move me, and finally the three of them tried it without the slightest success. They appeared to have no muscular power outside of being able to move their own limbs."

They gave up trying to pilfer him and turned back toward the Woodbridge Canal. Shaw and his friend saw a huge spaceship hovering about 20 feet above the water.

"It was 150 feet in length at least, though probably not over twenty feet in diameter at the widest part," Shaw wrote. "It was pointed at both ends, and

outside of a large rudder there was no visible machinery."

The visitors headed toward it, "... not as you or I walk, but with a swaying motion, their feet only touching the ground at intervals of about fifteen feet," Shaw wrote. "We followed them as rapidly as possible, and reached the bridge as they were about to embark. With a little spring they rose to the machine, opened a door in the side, and disappeared within. I do not know of what the affair was built, but just before it started I struck it with a rock and it gave no sound. It went through the air very rapidly and expanded and contracted with a muscular motion, and was soon out of sight."

One last thing: Shaw theorized that visitors were from the Red Planet.

"Those we beheld were in-

USS Chung-Hoon shifts homeport to San Diego

SAN DIEGO - Arleigh Burke-class guided missile destroyer USS *Chung-Hoon* (DDG 93) arrived at Naval Base San Diego Nov. 9, concluding the ship's homeport shift from Joint Base Pearl Harbor-Hickam, Hawaii to Naval Base San Diego.

Chung-Hoon, assigned to U.S. 3rd Fleet, recently completed a deployment to the U.S. 7th Fleet area of operations and has been relocated to San Diego to complete a mid-life modernization.

The modernization will broaden

Chung-Hoon's warfighting capabilities and is part of a larger guided-missile destroyer modernization program.

"We will certainly miss the Aloha spirit but hope to bring some of it with us to San Diego," said Cmdr. Kevin Schaeffer, *Chung-Hoon's* commanding officer. "The support we received from the entire Pearl Harbor waterfront was always fantastic, and we will miss the team that has been supporting us since our commissioning. Our *Chung-Hoon* ohana has made lifelong memories, both personally and professionally, during our 20 years in Hawaii. We are excited to start this new chapter in San Diego."

An integral part of U.S. Pacific Fleet, U.S. 3rd Fleet operates naval forces in the Indo-Pacific and provides the realistic, relevant training necessary to execute the U.S. Navy's role across the full spectrum of military operations - from combat operations to humanitarian assistance and disaster relief. U.S. 3rd Fleet works together with Allies and partners to advance freedom of navigation, the rule of law, and other principles that underpin security for the Indo-Pacific region.

habitants of Mars who have been sent to the earth for the purpose of securing one of its inhabitants."

ern times at least, H.G. Shaw predated H.G. Wells and Orson Welles.

An original thought? Hardly. Earthlings began writing fiction about Mars and Martians in the mid-1700s. But for mod-

The difference between Shaw's story and theirs? That was his story, and he took it with him to his grave in 1907.



Destroyer USS Chung-Hoon (DDG 93) sails toward Naval Base San Diego. U.S. Navy photo by MC1 Kelby Sanders

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Encouraging kids is always in tune

I had, I made piano lessons mandatory for them.

My husband's musical education ended abruptly in Catholic school. During the opening night pre-performance rehearsal for "Anything Goes," the chorus was practicing the third bridge of the title song. As they belted out "Just think of those shocks you've got, and those knocks you've got," the conductor stopped the song and instructed, "This side of the room, again from the top."

Half of the chorus sang, "Just think of those ..."

"Stop!" the director shouted. "Now, tenors only, begin again," he said, motioning to Francis' section.

"Just think of," the boys crooned, but were stopped short again. The director pointed to Francis and the boy beside him. "You two only - go." Francis and the other boy sang out as they had done before, but the director held up his hand, then pointed directly to Francis. "You!" he stared intently into Francis' confused eyes. "Don't sing tonight. Just lip sync." And that was the end of Francis' education in music.

At Robinson Barracks Middle School, parents, siblings and other obliged victims filed into the cafeteria lined with metal folding chairs and construction paper decor. Due to poor acoustics, skidding chair legs, audience chatter, and tuning instruments were deafening. Soon, the stage curtains at one end of the room opened, and the middle school music conductor stepped up to the mic.

After a brief introduction, the director turned to face the orchestra, and each musician obediently poised, ready to play their instruments. They had gangly limbs, big feet, and mouthfuls of braces, and were dressed in their father's ties, dresses purchased at the base exchange, and wobbly high-heeled shoes. But, they might as well have been playing in the New York Philharmonic. They were as serious as a heart attack.

We heard the tap-tap-tap of the director's baton on the edge of the music stand, and his arms raised aloft. With the full attention of his orchestra, he thrust his head and hands forward to signal the start of "Marche Militaire."

Twenty minutes later during "Coney Island Express," I dabbed a tissue at my head to see if my ears were bleeding. Bless their eager little hearts, the violinists screeched like chickens being slaughtered, the clarinets sounded like cats in heat, and a rogue horn randomly bleated off key. Although we saw Hayden's cheek's puffing away, we couldn't detect the low register of his tuba through all the racket.

After fistfuls of Duplex Creme Cookies and styrofoam cups of tepid coffee at intermission, we somehow made it through "Highlights from Harry Potter" to curtain call. On the minivan ride home, we hid our auditory trauma and showered Hayden with praise. Our parenting methods weren't pitch perfect, but as long as our kids felt encouraged and supported, our family would always be in tune.

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It was with that in mind that Shamir worked with Renault Group's BWT Alpine F1 Team, one of the world's leading professional car racing teams, to engineer high-performance, state-of-the-art lens technology that they call Shamir Driver Intelligence. Under varied road and lighting conditions, they made use of artificial intelligence to incorporate extensive input, insights and real-world data from measurements of everyday drivers, and head/eye tracking from BWT Alpine team's pro drivers facing extreme road challenges. Studies used 80 vehicle types, with drivers of almost every age and gender. 200 driving scenarios were researched.

24-hour endurance race drivers face amongst the most extreme challenges to their vision because they need to do this while racing in a wide variety

of conditions in daytime and at night. They must be able to see well enough to safely, effectively and decisively make numerous split-second decisions and act upon them, or they could crash themselves and others while driving at high speeds.

AutoMatters™ & More by Jan Wagner



World-renowned sportscar endurance racer and former IndyCar racer Sébastien Bourdais spoke at a press conference about Shamir Driver Intelligence at the San Diego Automotive Museum. Here are excerpts from what he shared with us:

"For me vision has been a challenge as long as I can remember. Now I get to enjoy the improvements in technology with glasses through the technology that Shamir has developed, and I can tell you the Shamir Driver Intelligence is really a huge jump. The differences in how you react and what you see and how you see it and how much effort it takes to actually see those details is really astounding. It is really exciting. The demand that we go through in racecars — the response that we need is much faster. We need to be able to identify things without having to spend too much effort distracting you from what it is that you have to do, which is operate the machine at the

limit, when you're going as fast as we are in racecars, for long periods of time with a lot of reflections, glare — in different conditions: at night, during the day — with the interference from other cars in the mirrors. Driving at night makes it really tricky for us because you have very pointy sources of light that shine, and reflect and bounce off of every other car. You have artificial lights from people, you have traffic cars that go around the paddock and all of a sudden you have headlights looking straight at you so you don't know if that car is actually on the track or in the paddock or in the parking lot or anywhere. There's just a lot of distractions, so any little help you can get towards fighting glare, blinding lights and stuff like that is a huge benefit. Definitely everything that I've seen so far just points toward a huge improvement and it's really a big benefit for me."

After the presentation we gave Shamir our eyeglass prescriptions and were fitted for frames — one pair optimized for daytime and one pair for night. Having used both pairs of glasses, my experience is that my eyes are more comfortable — even in challenging lighting conditions. However, these glasses are just intended for driving and should not replace your everyday eyeglasses.

To explore a wide variety of content dating back to 2002, with the most photos and the latest text, visit "AutoMatters & More" at <https://automatters.net>. Search by title or topic in the Search Bar in the middle of the Home Page, or click on the blue 'years' boxes and browse. Copyright © 2023 by Jan Wagner — AutoMatters & More #815



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Pedram A.

U.S. Marine Corps Veteran
BS, Computer Networks and Cybersecurity

This Veterans Day, University of Maryland Global Campus (UMGC) salutes our military veterans, like Pedram, for their unwavering commitment, selflessness and service. We wish to extend our gratitude to all who have served in the U.S armed forces. We thank you for your dedication, and we are honored to serve you as you strive to achieve your higher education goals.

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Naval Base Theater - NBSD,
 619-556-5568, Bldg. 71
 3465 Senn Rd. ★

Thursday, November 16
 6pm Expendables r
 8:10pm The Creator pg13
Friday, November 17
 6pm Killers of the Flower Moon r
Saturday, November 18
 3:10pm PAW Patrol: Mighty Movie pg
 6pm Napoleon (ADVANCE SCREENING) r
Sunday, November 19
 1pm PAW Patrol: The Mighty Movie pg
 3pm Killers of the Flower Moon r
Thursday, November 23
 Closed for Holiday

Bob Hope Theater 577-4143 ★
 MCAS Miramar Bldg 2242

Friday, November 17
 6pm Killers of the Flower Moon R
Saturday, November 18
 3pm The Creator PG-13
 6:30pm Killers of the Flower Moon R
Sunday, November 19
 12pm Barbie PG-13 FREE MOVIE
 3pm Paw Patrol: The Mighty Movie PG
Friday, November 25
 6pm Five Nights at Freddy's PG-13
Saturday, November 26
 3pm Five Nights at Freddy's PG-13
Sunday, November 27
 12pm NO MOVIE
 3pm FREE MOVIE: Wish PG

Lowry Theater - NASNI,
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Outside food and beverage are NOT permitted. Debit/credit cards only.
Friday, November 17
 6pm Killers of the Flower Moon r
Saturday, November 18
 2pm Killers of the Flower Moon r
 6pm The Creator pg13
Sunday, November 19
 1pm PAW Patrol: The Mighty Movie pg
 3pm Killers of the Flower Moon r
Friday, November 24
 6pm Five Nights at Freddy's pg13
Saturday, November 25
 1pm Five Nights at Freddy's pg13
 3:30pm Killers of the Flower Moon r
Sunday, November 26
 1pm Five Nights at Freddy's pg13
 3:30pm Killers of the Flower Moon r

Pendleton Theater and Training Center ★
 Bldg 1330 Mainside (Across from Mainside Center)
Saturday, November 18
 1:30pm PAW Patrol: Mighty Movie (PG)
 4pm Saw X (R)
Saturday, November 25
 1:30pm Killers of the Flower Moon (R)

Marine Corps veteran, PetSmart founder, pens Amazon best-selling book

Jim Dougherty, Author and Founder of PetSmart and Petsense by Tractor Supply, Achieves Amazon.com Best-Seller Author Status with his latest book: *Pet Project: How a Simple Idea Transformed the Pet Industry Forever*
 Jim Dougherty is a U.S. Marine veteran, winner of the World Pet Association's Pet Industry Lifetime Achievement Award, and now Amazon.com is proud to launch his newest book: *Pet Project: How a simple idea transformed the pet industry forever*. It is a story of unwavering perseverance and determination.
 Upon its release and solidifying its status as a must-read for aspiring entrepreneurs and pet lovers alike, "Pet Project" celebrates the enchanting world of human-animal bonds and the values of teamwork and leadership that it took to create 2 of the biggest retailers in the pet retail business category. In addition to securing top spots on Amazon's coveted bestseller lists, *Pet Project* also hit #1 on the NEW RELEASE List for both Animal Care and Pets and Retailing Industry categories while

also holding similar rankings in Australia and the UK.
 This memoir gives an insightful look into the founding and subsequent success of PetSmart and Petsense by Tractor Supply. It takes readers through the journey of Jim Dougherty, entrepreneur, and visionary, who transformed the pet industry and created a brand that celebrates the bond between people and their pets. In a collaborative effort to explain the resilience and determination of Jim Dougherty, this memoir includes 60+ interviews with pet industry executives, leaders, and professionals.
 With determination and a listening ear, Jim and his team started a one-stop shop that revolutionized the pet retail industry, providing pet lovers unparalleled access to premium products.
 The book is not just for pet lovers but anyone looking to discover the importance of resilience, determination, and customer-centric approaches to business.
 For more about Jim Dougherty and the "Pet Project," please visit: www.petprojectthebook.com

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Brain Therapy TMS in San Diego offers hope for people suffering from Treatment Resistant Depression, Anxiety, and PTSD through innovative, highly effective, non-surgical, non-drug treatment.

What is TMS?

Imagine a world where the brain could be stimulated and treated without invasive surgeries. The visionaries of yesteryears, like Penfield and Perot, gave us a sneak peek into such possibilities. Now, Transcranial Magnetic Stimulation (TMS) is shaping that vision into a reality, promising a new era of non-invasive brain therapies.

A Glimpse into TMS

TMS is like a medical marvel – it stimulates the human brain through the intact skull without causing significant discomfort. This groundbreaking technique was pioneered by Barker and his team in 1985. Since its inception, TMS has shown its therapeutic potential, particularly in treating depression.

In simpler terms, TMS employs magnetic stimulators to create a magnetic field that influences brain activity. This field generates secondary electric currents in the brain, affecting the cortex and parts of the subcortical white matter. By adjusting the intensity and frequency of the impulses, TMS can produce

a myriad of effects on different brain areas.

Delving Deeper: Mechanisms of TMS

The key to TMS lies in its ability to affect synaptic plasticity, which results in sustained effects.

rTMS, or repetitive TMS, especially, has displayed its therapeutic prowess, surpassing the outcomes of traditional treatments like electroconvulsive therapy for certain refractory conditions.

Neuronal Plasticity: Long-term Changes

Studies have elucidated how rTMS influences synaptic plasticity, shedding light on its long-term effects. By stimulating specific neural pathways, rTMS can enhance or suppress synaptic activity. Research on rodent brains has even indicated molecular changes that underpin these effects, suggesting the profound potential of TMS.

Therapeutic Uses of rTMS

While rTMS effects can last 30-60 minutes, repeated sessions promise more prolonged impacts. A structured protocol of multiple sessions spread over weeks is adopted. This approach gradually induces functional and structural changes in neural connections, enhancing the

treatment's effectiveness.

Depression: The New Frontier for TMS

Major depression, a global health concern, remains challenging to treat, even for seasoned professionals. TMS offers a ray of hope. Many studies have reported its positive effects in alleviating depressive symptoms. Delving into its mechanism reveals TMS's ability to modulate neurotransmitter pathways, especially those associated with mood regulation.

Movement Disorders and TMS

TMS, though primarily affecting the cortex, can indirectly influence deeper brain structures like the basal ganglia, which are pivotal for movement. Conditions such as Parkinson's Disease, Huntingtons Disease and Essential Tremor have all been studied under the lens of TMS therapy, with promising results.

rTMS and Its Impact on OCD

The study and application of rTMS on OCD highlight its complex relationship with brain circuitry.

With the brain's variable activity in OCD, the direct and indirect effects of rTMS play distinct roles. The local effects on the motor system, for instance, provide a measurable and tangible outcome. However,

challenges arise in selecting the optimal cortical site for intervention, coupled with determining the mental state of the patient during the treatment.

The role of neuroimaging, computer modeling, and even rTMS as a diagnostic tool must be considered. These tools, in combination, could potentially pinpoint the most effective brain circuits to target. The main takeaway is that while rTMS is undeniably effective, its success hinges on personalizing the therapy to everyone's unique brain activity.

Safety of rTMS

Safety remains paramount in any therapeutic intervention, and rTMS is no exception. As a non-invasive, controlled treatment, rTMS has a commendable safety record. Though rare complications have been reported, such as induced seizures, these instances often result from deviations from established safety protocols. When adhering to proper guidelines, particularly concerning the frequency, intensity, and stimulation intervals, rTMS remains a reliable therapy. With only 12 reported complications over almost two decades amidst thousands of conducted studies, the therapy's safety profile remains robust.

Potential Limitations and Future Prospects

While current data on rTMS's effectiveness is promising, there is an acknowledged need for a more profound understanding. The central limitation revolves around the lack of comprehension and knowledge of rTMS's mechanism of action, especially on a molecular level.

Questions linger: Why do rTMS show promising results in Parkinson's but not in other dopamine-deficient conditions like depression? Is the focus on a singular area while researching depression limiting the therapy's potential? With so many individual anatomical differences, understanding the varying nuances becomes paramount.

The horizon, however, holds potential. The vast array of patterns, protocols, and techniques that could be employed with rTMS suggest an expansive future for this therapy. Large-scale, long-term studies will be instrumental in truly harnessing the therapy's potential.

Nevertheless, the validation by major organizations, such as the FDA's approval for treating depression and OCD, underscores rTMS's undeniable benefits. As research progresses, the Therapeutic range of rTMS is set to widen, offering hope to countless individuals worldwide.

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