

2023 FALL CONFERENCE HOUSING

October 27-29, 2023

Capitol Plaza Hotel
415 W. McCarty
Jefferson City, MO 65101
800-338-8088

Make reservations using credit card for confirmation. Be sure to mention you are with The American Legion.

Rooms - \$98.00 + tax
Jr. Suites & Suites - \$128.00 + tax

Check in time after 3:00 p.m.

(DEADLINE FOR RESERVATIONS 9/19/2023)



 **AMERICAN
LEGION**



Department Commander's Homecoming

Homecoming celebration for

Commander Mark Clark

Saturday, November 4, 2023

Tirey J. Ford American Legion Post 21
16701 E US 40 Hwy, Independence, MO 64055

Social Hour: 5:00-6:00pm

Dinner Served: 6:00pm

Homecoming celebration following dinner.

Cost Per Person: \$25

Menu Includes:

Brisket, Smoked Turkey, Cheesy Corn, Baked Beans, Cole Slaw, & Dessert

Karaoke to follow homecoming celebration!!!

Please RSVP with Dorothy Ballew at Post 21

Phone: 816-373-0221

Email: alpost21manager@gmail.com

RSVP by October 23rd. Reservations must be made either by check or credit card.

Recommended Hotels near Post 21:

Drury Inn & Suites, 20300 E 42nd St S, Blue Springs, MO 64015, (816)-795-9393

Holiday Inn Express, 19901 E Valley View Pkwy, Independence, MO 64057, (816)-795-8889

Candlewood Suites, 4545 Trace Park Ct, Independence, MO 64057, (816)-381-7300

2023 Reminders & Upcoming Events

September 2023

1	Post Officers List due to Department
9	Online Legionnaire Article Submission Deadline
13	50% National Membership Target Date
16	American Legion Day
19	Cutoff for room reservation for Fall Conference

October 2023

9-12	National Fall Meetings - NEC – Sheraton Indianapolis City Centre
18	55% National Membership Target Date
14	Department Commander's Homecoming
19-23	National Commander's visit – Zone 1
27	Military Hall of Fame Induction -Capital Rotunda
27-28	Fall Conference – Capitol Plaza Hotel-Jefferson City, MO

November 2023

7	Election Day
10	Marine Corps Birthday
11	Veterans Day
14	December Legionnaire Articles Submission Deadline
15	Department 65% National Membership Target Date
23-24 – Thanksgiving (Department Headquarters Closed)	
30	Post Oratorical Contest should be held before this date

December 2023

7	Pearl Harbor Day
13	75% National Membership Target Date
9-22	High School Oratorical County Contest Window
25 – Jan 1 – Department Headquarters Closed	
29	Membership cutoff date for Lincoln Pilgrimage

Send to: The American Legion, PO Box 179, Jefferson City, MO 65102 - 0179

Name of Post

Post number

District

Located in the City of

County

IMPORTANT -- Your Post **Will Not** receive the new membership cards until you return this completed form to Department Headquarters. IT IS THE RESPONSIBILITY OF THE ADJUTANT OR PREVIOUS ADJUTANT (2023) TO COMPLETE AND MAIL THIS FORM. Forward immediately following the election.

IMPORTANT -- Department mail list of POST OFFICIALS and DIRECTORY are prepared from information on this certification.

Print or Type Name, Complete Mailing Address, Phone Number and Email if applicable	Date of Military Enlistment	Date of Military Discharge	Military Rank and Branch	American Legion Membership #
Commander Address Phone: () Email:				
Adjutant Address Phone: () Email:				
Finance Officer Address Phone: () Email:				
Membership Chrmn. Address Phone: () Email:				

List additional officers on back side

Membership supplies & mailings will go to Post Adjutant unless specify otherwise below.

Send Post Mail To:

Indicate Officer of Post Commander/Adjutant/Finance Officer etc.

Street Or P.O. Box

City

State

Zip

Early submission of Officers List (9/01/2023) will ensure your Post listing in the 2023-2024 Department Directory.

Additional Officers:

Print or Type Name, Complete Mailing Address, Phone Number and Email if applicable	Date of Enlistment	Date of Discharge	Rank and Branch	American Legion Membership #
Vice Commander Address				
Vice Commander Address				
Service Officer Address				
Historian Address				
Chaplain Address				
Judge Advocate Address				
Sergeant-at-Arms Address				

Post Meeting Dates _____ Time _____ Post Phone (____) _____
 Not to be Post Officers Home Phone #

Physical Address of Post _____
 _____ Street _____ City _____ Zip _____

Post Meeting Place If Not At Post _____

Annual Dues \$ _____ Are Officials Bonded? _____ Is Post Incorporated _____

DEPARTMENT BY-LAWS:

ARTICLE IX, SEC. 2 Each Post in the Department shall have a Commander, one or more Vice Commanders, an Adjutant, a Finance Officer, a Chaplain, a Historian, a Sergeant-at-Arms, and such other officers as may be provided by the Constitution and By-laws of the Post.

ARTICLE IX, SEC. 3 The election of Post Officers for the ensuing year shall be held at least thirty days (6/14/23) but not more than sixty days (5/14/23), prior to the Department Convention (7/14/23) Officers elected shall be installed after the Department Convention, but not later than 10/20/23, after the adjournment of the Annual Department Convention.

POST OFFICER BONDING:

ARTICLE XV, SEC 4 Department By-Laws provides that all Post officials handling American Legion monies shall be properly bonded with a good and solvent bonding and surety company, or by other duly qualified bond, as surety. Bonds should be approved annually by the Post. Many local insurance brokers/agents provide such coverage.

Pursuant to the Department Constitution and By-Laws, I hereby certify that the following Officers have been duly elected to serve the Post as indicated below and that I have examined the service record of each and find them eligible to belong to The American Legion.

Certified by _____

Post Adjutant/Officer

Date

**FUTURE CONFERENCE AND CONVENTION
DATES AND CITIES**

FALL CONFERENCE

2023 - 10/27 to 10/29	Capitol Plaza Hotel, Jefferson City, MO
2024 - 10/18 to 10/20	Capitol Plaza Hotel, Jefferson City, MO
2025 - 10/17 to 10/19	Capitol Plaza Hotel, Jefferson City, MO

Capitol Plaza Hotel 1-573-635-1234 Toll Free Reservation 1-800-338-8088

DEPARTMENT CONVENTION

2024 - 7/11 to 7/14	Hilton St. Louis Airport, St. Louis, MO
2025 - 7/10 to 7/13	Drury Plaza Hotel, Cape Girardeau Conference Center, Cape Girardeau, MO
2026 - 7/9 to 7/12	Oasis Hotel and Convention Center, Springfield, MO
2027 - 7/8 to 7/11	Marriot St. Louis Airport, St. Louis, MO

NATIONAL CONVENTION

2023 - 8/25 to 8/31	Charlotte, NC
2024 - 8/23 to 8/29	New Orleans, LA
2025 - 8/22 to 8/28	Tampa Bay, FL
2026 - 8/28 to 9/3	Louisville, KY
2027 - 8/27 to 9/2	Kansas City, MO
2028 - 8/25 to 8/31	Columbus Ohio





THE AMERICAN LEGION Veterans & Children Foundation



A FOUNDATION OF
HOPE



THE AMERICAN LEGION VETERANS STRENGTHENING AMERICA

P.O. Box 1055
Indianapolis, IN 46206
(317) 630-1200

 legion.org

Follow The American Legion online:

 [legion.org/facebook](https://www.facebook.com/legion.org/facebook)

 [@AmericanLegion](https://twitter.com/AmericanLegion)

This institution is an equal opportunity provider.

DONATION FORM

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ ☐ Cell ☐ Home ☐ Work

Email _____

Make Checks Payable to: *American Veterans & Children Foundation*

- ☐ I want to make a one-time donation ☐ I want to make this a recurring donation for the next 12-months. CREDIT CARD ONLY
- ☐ Paying by Check (enclosed) ☐ Paying by Credit Card (see below – MC/VISA/DISCOVER/AMEX)

Credit Card # _____

Exp. Date: ____/____/____ 3-digit Security Code (on back of card) _____

Signature Required for Credit Card _____

Mail this form with your check or
credit card information to:

American Legion
Veterans & Children Foundation
PO Box 1055
Indianapolis, IN 46206

Questions? Call (877) 534-4668 or email
customerservice@legion.org

NOTE: When the recurring donation is processed, a confirmation notice will be sent to the email address provided above.



THE AMERICAN LEGION Veterans & Children Foundation

1. The American Legion Veterans & Children's Foundation delivers needed aid for military and veteran parents who face unexpected financial hardships that threaten the stability of their homes. One-time Temporary Financial Assistance grants are used to cover housing, utilities, food and other basic needs for families with minor children at home.

2. The American Legion Veterans & Children's Foundation also trains the organization's army of accredited service officers who at any one time are continuously working more than 750,000 benefits claims for disabled veterans and their families, free of charge.

Your Gift Makes Differences for Men, Women and Children Who Have Sworn with their Lives to Protect Our Nation

Safe, secure, tax-deductible contributions can be made online at: legion.org/donate

For military and veteran families in urgent need

For disabled veterans and their loved ones

**The American Legion
Veterans & Children Foundation is**

**A FOUNDATION OF
HOPE**



About The American Legion Veterans & Children Foundation

The American Legion Veterans & Children Foundation was established in 1925 as the American Legion Endowment Fund. Since then, the donation-driven fund has helped millions of disabled veterans and military/veteran families facing unexpected, threatening challenges. The foundation is a separate tax-deductible non-profit 501(c)3 organization with a dedicated board of directors and national steering committee. It was renamed The American Legion Veterans & Children Foundation in 2019 to better reflect those it serves.

About The American Legion

The American Legion is the nation's largest veterans service organization. Founded by World War I veterans in 1919, it has grown to include all who have honorably served in the U.S. Armed Forces since Dec. 7, 1941, veterans and active-duty men and women alike. The American Legion Family consists of The American Legion, the American Legion Auxiliary, Sons of The American and American Legion Riders. The combined membership of those groups exceeds 3 million.

The American Legion works every day in Washington D.C., across the country and around the world on behalf of veterans, U.S. military personnel, young people and patriotic communities. Through "individual obligation to community, state and nation," The American Legion is committed to fulfill the words of its official motto:

"It's hard to imagine how many lives are being touched. Not just military life – but the family unit as a whole."



Ken Lee, American Legion service officer, former TFA grant recipient, speaking of the American Legion program that delivers up to \$1.2 million a year to military and veteran families facing unexpected financial crises

"The American Legion's Temporary Financial Assistance grant establishes hope in someone who has contacted and spoken to everyone for any kind of help ... We are extremely thankful and ... couldn't have been blessed more by getting into The American Legion and look forward to our future within the organization."

U.S. Marine Corps veteran **Walter Culberson**, whose family received a Temporary Financial Assistance grant to pay utilities until he got a new job after the COVID-19 pandemic put him out of work in April 2020



VETERANS STRENGTHENING AMERICA



American Legion Basic Training

The American Legion's official training program for officers, members, Legion College applicants and those who simply want to expand their knowledge of the nation's largest veterans service organization is now available online.

Already taken the old course? The American Legion Extension Institute (ALEI) has been rewritten, updated, streamlined and enhanced with videos, digital photos, clickable links, a historical timeline and additional features. The program should take less than two hours to complete. It is divided into six sections, with a quiz at the end of each one, followed by a final exam.

How Does it Work?

Course Structure

The Course is arranged into 5 major topic areas and 1 concluding section. Each section will present information about the topic via text, images and video.

Evaluation

At the end of each topic area there is a quiz that will help gauge your understanding of the material.

When you've completed each section quiz, you'll be able to take the final exam. The exam will take roughly ~30 minutes to complete.

Course Topics

History & Organization

Learn why and how The American Legion came into existence after World War I.

Veterans Affairs & Rehabilitation

The foremost pillar of American Legion service learn the ways in which the organization is dedicated to compassionate care, timely delivery of benefits, career development and other areas of advocacy for those who have served in uniform.

National Security

Outlined here is The American Legion's position on a strong, well-equipped and effectively deployed U.S. military, including a decent quality of life for those now in uniform and retirees of the Armed Forces.

Americanism

This pillar of American Legion service is filled with respect for the nation that those in the military swore with their lives to defend, from proper treatment of the U.S. flag to voter education to youth programs that make life-changing differences.

Children & Youth

The American Legion's long-held position that "every child deserves a square deal" is explained here, to include such programs and efforts as the Child Welfare Foundation, the Family Support Network,

Temporary Financial Assistance and other initiatives that aim to help children and youth follow their dreams, no matter their circumstances.

Course Conclusion

See how all the pieces of American Legion service and advocacy fit together to best serve our nation and learn where other committees and commissions play vital roles.

Final Exam

Take an online test to see how well you understand the nation's largest veterans service organization.

For more information or to take the course go to: www.legion.org/alei



YOUR SUMMARY OF THE AMERICAN LEGION BENEFITS

Reserved for Members

RETAIL DISCOUNTS



OFFICE DEPOT/OFFICE MAX -

Members receive significant discounts on over 93,000 items online or in-store with a purchasing card printable online. Next day delivery is free on purchases of \$50 or more for American Legion members.



LIFESTATION - Members can receive special discounted rates on a medical alert system and a free extra item.

ADDED MEDICAL BENEFITS



DISCOUNTS ON HEARING AIDS

Members, family, and extended family are eligible for hearing care discounts from Amplifon Hearing Health Care. Benefits include: hearing aid low-price guarantee; convenient locations nationwide; risk-free 60-day trial period; 1-year free follow-up care; free 2-year supply of batteries (160 cells).

INSURANCE



LIFE INSURANCE THROUGH MUTUAL OF OMAHA -

Members aged 45-85 are eligible for guaranteed issue whole life policies. (May not be available in all states).



USAA -

Provides a full range of financial products including: insurance, banking, investments, and financial advice. As an American Legion member, you are eligible to join. There are no membership fees to join USAA, and when you sign up, your eligible family members can join USAA as well.

AUTO RENTAL, RELOCATION, AND TRAVEL



AUTO RENTALS - Members can receive special discounts with ALAMO, NATIONAL, and ENTERPRISE.



NORTH AMERICAN VAN LINES AND



ALLIED VAN LINES - Preferred savings on interstate (state-to-state) moving and in-transit storage.



GOV VACATION REWARDS -

Members can get the best discount available on travel including airfare, hotel, car rental, vacation packages, cruises, and more.



VETERANS HOLIDAYS - This

program offers members the opportunity to rent a furnished condominium for 2-8 people, for an entire week, for less than they would pay for a single hotel room.



THE AMERICAN LEGION TRAVEL CENTER

POWERED BY HOTELPLANNER

American Legion members can save on hotel stays by searching for name brand hotels in their desired area at discounted rates.



MOTEL 6 - Members receive a preferred discount at any of the 1,100 pet-friendly Motel 6 locations in the U.S. and Canada.



WYNDHAM HOTEL GROUP -

Special savings off the best available rate at thousands of participating hotels throughout the world!



NOTE: These discount offers are valid at participating locations and are not valid with any other discounts or special prices. The American Legion does not guarantee any discounts.

ASSISTANCE WITH YOUR VETERAN BENEFITS

BENEFIT ASSISTANCE - The American Legion helps all veterans obtain full medical, career, and education benefits, as well as assistance in preparing VA claims applications.

VETERANS' REPRESENTATION - The American Legion is the nation's largest and most effective advocate in Washington, D.C., for veterans, troops, and their families. The American Legion fights every day on Capitol Hill and across the country for a quality VA health-care system, improved benefits processing, and a decent quality of life for active-duty military personnel.

ACCREDITED SERVICE OFFICERS - The American Legion has nearly 3,000 trained experts in veteran benefits nationwide. Visitors of www.legion.org can search online for the service officer nearest to them.

CAREER OPPORTUNITIES FOR VETERANS - The American Legion works closely with numerous employers, lenders, and agencies, including the Department of Labor and the Small Business Administration, to produce hundreds of career events across the country each year. The Legion is also the nation's leading advocate for veteran entrepreneurs and job candidates who have service-connected disabilities.

TOP-RANKED MEMBER MAGAZINE - You'll receive a full year's subscription to *The American Legion Magazine*, the nation's most widely circulated publication for veterans and top-ranked magazine, among all titles, for readership. Each issue is packed with features, commentaries, interviews, military history, photos, and more of interest to America's veterans.

The American Legion ★ P.O. Box 7017 ★ Indianapolis, IN 46207

**MAKE SURE YOU ARE RECEIVING
ALL THE BENEFITS AS A MEMBER OF
THE AMERICAN LEGION!**

!!!!!! Announcement !!!!!



Missouri Cadet Patrol Academy



**The 2023 Session of Cadet Patrol is cancelled due to lack
of Highway Patrol Staff.**

Plans are being made for the 2024 Session

Date: June 22-29, 2024

Cost : TBA

POC: Frankie Adams – Chairman - 573-380-6231

TRAVEL PROTECTION WHEN YOU NEED IT!

Emergency Assistance Plus is a plan that protects you and your family if you get sick or hurt while traveling in the U.S. or abroad. Available for Legionnaires and their families, EA+ gives you access to 24-hour emergency medical assistance services that your primary insurance typically will NOT cover!



EMERGENCY
ASSISTANCE
PLUS



From Your American Legion Department

HERE ARE JUST SOME OF THE EA+ SERVICES AVAILABLE TO YOU*

MEDICAL EVACUATION



Emergency Medical Monitoring by an EA+ medical expert to make sure you get the best care in a medical emergency.

Air Ambulance or Emergency Medical Evacuation if deemed medically necessary to get you to a more appropriate medical facility quickly if your current facility can't properly treat your medical condition.

MEDICAL ASSISTANCE



Prescription Replacement Assistance if your medications are lost or stolen.

24-Hour Doctor/ER/Dentist/Attorney Locator

Assistance to help you quickly find a professional no matter where you are in the world.

ASSISTANCE FOR COMPANIONS



One Round-Trip Economy-Class Airline Ticket to bring a loved one to your bedside if you're traveling alone and become hospitalized.

Airfare Home for Dependent Children or Grandchildren who are left unattended if you're unable to care for them due to your hospitalization.

Ticket Home for a Traveling Companion if you are evacuated, transported home or pass away while away from home.

TRANSPORTATION HOME



Transportation Home after hospitalization via a one-way airline ticket, arranged and provided by EA+.

Nurse Escort provided if deemed medically necessary to help ensure you get proper medical care during your trip home.

Return of Deceased Remains service to bring your body home if you pass away while traveling.

Vehicle Return if you can't drive your vehicle back home because your medical condition prohibits it AND your companion can't drive it either.

OTHER VITAL TRAVEL ASSISTANCE



Destination Intelligence regarding weather, travel, health, inoculations, travel restrictions, and special events.

Real-time Security Intelligence in the event you feel threatened by political unrest, social instability, weather conditions, or health hazards.

Lost Luggage Assistance helps you track down any lost luggage, personal items or documents.

Language Interpretation Assistance to connect you with an interpreter over the phone.

AND SO MUCH MORE ...

If you get sick or hurt away from home, Legionnaire Emergency Assistance Plus® (EA+®) gets you the help you need!

*This is only an outline of the plan's features. Hospitalization is a requirement to be eligible for some services. All services must be arranged and provided by EA+. Please read your Member Guide carefully to understand all the services available to you, as well as any rules and regulations. Visit www.theLIT.com/Emergency-Assistance-Plus to view a sample of the EA+ Plan details.



Mental Health Awareness Month Promotional Toolkit



Extension
University of Missouri



MISSOURI
dept. of
Agriculture

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Purpose

Rural Missouri is historically strong and resilient while dealing with long work hours, weather, disease and insects, government regulations, machinery breakdowns, crop uncertainty, livestock problems, and commodity prices. Worry, isolation, loneliness, stress, and anxiety are challenges many face. This reminds us of the importance of evaluating personal health and wellbeing during Mental Health Awareness Month.

According to the February 2020 “Growing Stress on the Farm, The Expanding Economic and Mental Health Disparities in Rural Missouri” [report](#), rural Missouri’s mental health crisis is more challenging than in urban areas. It may be especially severe in the agricultural community. Recent studies, media coverage and congressional action suggest that farmers and ranchers face a unique set of external challenges. These result in adverse mental health outcomes in agricultural communities. Pervasive stigma and geographic barriers to accessing mental health care sometimes prevent those seeking behavioral health services for stress, anxiety and depression from receiving it in rural Missouri.

During previous Mental Health Awareness campaigns, messages about mental health awareness and suicide prevention have not specifically targeted rural, agricultural communities. In response to this growing concern, [MU Extension](#) developed this toolkit to join the conservation during the national Mental Health Awareness Month in May.

Please join Missouri’s mental health in rural communities’ movement and national efforts to raise awareness about mental health. This toolkit offers practical resources to help strengthen farmer resilience with coping mechanisms to maintain balance and protect their mental health.

This promotional toolkit is intended to provide resources for information for farmers, their families, and farm-related organizations seeking assistance with farm stress and other behavioral health issues.

Outreach Ideas

Start the conversation in your community about mental health by:

- Sharing social media messages, infographics, articles and resources on social media.
- Liking and sharing posts from the [Show-Me Strong Farm Families](#) Facebook page.
- Creating a watch party on Facebook or hosting a live screening of a video on mental health and wellbeing.
- Visiting the [Missouri Department of Mental Health](#) website and sharing rural mental health resources.
- Printing resources to share with farmers, ranchers, and community members.
- Coordinating with MU Extension specialists to schedule/host a MU Extension program on rural mental health and wellbeing. See pages 14 and 15.

News Release

Partner representative name

Title

Email

Phone number

[CITY WHERE PARTNER REPRESENTATIVE IS HEADQUARTERED IN ALL CAPS,] Mo. – University of Missouri Extension field specialist [name] or [insert partner representative name here] says May is Mental Health Awareness Month.

“In 2022, Missouri farmers, ranchers and their families face tough challenges,” says (last name of specialist). “Economic uncertainties, changes in commodity prices and ongoing weather issues add to the daily stresses of farming and ranching.”

Rural Missourians also sometimes encounter barriers to receiving help in a timely manner because mental health services may not be available in all rural counties.

MU Extension covers the 114 counties in Missouri. “The toolkit, provides resources and tools to promote and support the mental health and well-being of farmers, ranchers and their families,” says Karen Funkenbusch, MU Extension health and safety specialist.

Throughout May, MU Extension will join the national Mental Health Awareness campaign to provide resources designed to be useful to farming and rural communities where they live, work and play.

“With increased pressures on today’s farmers, we want to let farmers know there are ways to fight stigma and provide a safe environment to address mental health concerns of farmers,” says [insert partner representative name here]. “We want to help our rural communities develop and maintain a support system for our farmers.”

For more information, go to [www.extension.missouri.edu/xxxxx], or contact [partner representative] at [partner representative email.]

Interview Talking Points

Suggested talking points for Mental Health Awareness Month.

- May is Mental Health Awareness Month.
- Many resources are available to rural Missourians to help with ongoing stresses, but sometimes it is difficult to find them. MU Extension and the [Missouri Department of Agriculture](#) are working together to help farmers, their friends and families, and rural communities find resources.
- Health care resources are not available in rural areas. Factors such as transportation, cost and stigma create barriers to seeking rural mental health resources and/or treatment. Farmers, who are self-employed, may not have insurance coverage for mental health issues.
- Farmers face unique challenges because there are many things beyond their control such as the weather and markets. Planting time is one of the busiest and most stressful times of the year for farmers.
- Mental health issues are not unique. 1 in 5 people will experience mental illness during their lifetime. Between 2003 and 2017, the suicide rate among rural Missourians grew by 78%. Hospital emergency department visits for suicide attempts or ideation grew by 177%.¹
- While the overall suicide rate declined in 2020, it rose slightly in those under 24 and preliminary data suggest that the suicide rate increased in Missouri during 2021.²
- In early May and September, Missouri typically experiences a peak in suicide behavior and deaths.²
- Many farm and ranch families experience financial and emotional stress. To assist farm families during these stressful times, the "[Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals](#)" guide sheet can be helpful.

* To find more Missouri facts and resources, see the Missouri Department of Mental Health "[Suicide Infographic 2019](#)" and the American Foundation of Suicide Prevention "[Suicide Facts & Figures: Missouri 2022](#)".

Social Media Post

Mental Health Awareness

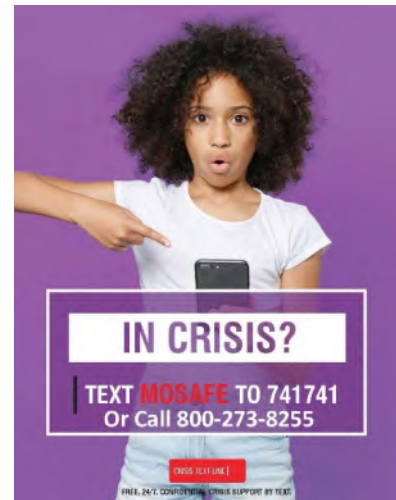
- Suicide is growing at an alarming rate in rural Missouri. Between 2003 and 2017, the suicide rate among rural Missourians grew by 78%, and throughout the last decade hospital emergency department visits for suicide attempts or ideation increased 177%.¹
- Farming is a stressful business that typically requires long hours in predominantly isolated working conditions. Farmers tend to live in communities where access to mental health care is limited by distance, stigma or cost due to insurance status.¹
- Rural communities may have limited access to healthcare services, which can make it difficult for farm and ranch families to receive support when they experience a mental health crisis. Poor mental health can make it difficult to manage other common stressors.¹
- Stigma may not directly affect you, but it may prevent 1 in 5 Americans with mental health conditions from seeking help. Rural, agricultural communities can be highly influenced by stigma. Take the StigmaFree quiz to see if you might be affected: <https://www.nami.org/Get-Involved/Pledge-to-Be-StigmaFree> ³
- Suicide prevention specialists and mental health care providers talk about the importance of suicide prevention among farmers and ranchers: <https://youtu.be/rWDSKCnZWDA> ³
- Everyone has stress and a moderate amount of stress is normal. Read more about the different types of stress and how they can affect you as an individual at: <https://extension.missouri.edu/news/when-stress-is-not-normal-3454>
- According to the [U.S. Department of Health and Human Services Office of Minority Health \(HHSOMH\)](#), Black Americans are 20% more likely to experience serious mental illness than the general population. ⁴
- Children's Mental Health Week is the first full week in May each year. Find resources to promote Children's Mental Health Week at: <https://namimissouri.org/get-involved/youth/childrens-mental-health-week/>



Referral Resources

- Preventing suicide means being informed and knowing what to do when you or someone you know is having a difficult time. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) for free, confidential assistance 24/7.
- Suicide Safe is a free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. Download the app today from the app store.

<https://store.samhsa.gov/product/suicide-safe> ⁵



- Five steps to help someone at risk: ask, keep them safe, be there, help them connect, and follow up. Learn more about each of the 5 steps at: <https://www.nimh.nih.gov/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/index.shtml>
- Comments about suicide should never be discounted. If you or someone you know is contemplating suicide, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).³
- “Missouri 2-1-1” is a free referral and informational helpline that connects people with a wide range of health and human services 24/7. Simply dial 2-1-1 from any phone.
- Youth.gov has many resources for youth and families facing mental health issues. Learn more and find resources for youth at: <https://youth.gov/youth-topics/youth-mental-health>
- Mental Health conditions typically begin during childhood adolescence or young adulthood. Make things easier and explore information, tips and resources for getting youth treatment, support and accommodations they need at: <https://nami.org/Your-Journey/Kids-Teens-and-Young-Adults>
- Military OneSource does not provide health care services, but it does point members of the military family to resources available to help. Learn more about Military OneSource at: <https://www.militaryonesource.mil/health-wellness/mental-health/>

- The National Suicide Prevention Lifeline is available for everyone. Find resources specific to you or someone you care about at: <https://suicidepreventionlifeline.org/help-yourself/#>.

Recognizing Signs and Symptoms

- Individuals experiencing a mental health crisis may not even realize it. Identifiers of someone who may be at risk include: change in routine, decline in the care of animals, increase in illnesses, increase in farm accidents, or decline in appearance of farm.⁶
- Sometimes you NEED help. Sometimes you ARE the help. Learn about signs and symptoms of stress on the farm or ranch. Addressing stress is important for prevention of anxiety and depression: <https://www.youtube.com/watch?v=Jt9Tt3CcJuY&feature=youtu.be>³
- Farm life is a busy lifestyle. If you are caring for your mind, body, and soul but still feel like you are struggling with your mental health, visit <http://www.mhascreening.org> to check your symptoms. Screening is free and confidential.³
- Men and women cope with stress differently. Men are less likely to talk about stress. Men escape by trying to get away physically or by denying there is a problem. They may cover stress up with drugs or alcohol. Men may also get angry and aggressive in response to stress.
- Men and women cope with stress differently. Women are more likely to "tend and befriend." They reach out to friends and family to talk things through and gain support with their problems.
- Stress can surface in the form of physical, emotional, or behavioral changes depending on the person and the situation. Learn more about recognizing stress at: <https://dmh.mo.gov/media/pdf/recognize-and-manage-stress-farm-life>



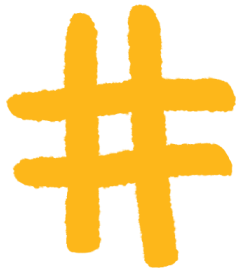
- Do you have a loved one who may be experiencing stress on the farm or ranch? Chronic stress can lead to anxiety and depression. It is important to check the signs and symptoms. <https://extension.missouri.edu/media/wysiwyg/Extensiondata/Pro/AgrAbility/Docs/StressSignsSymptoms.pdf>
- Be proactive and talk to your health care provider. Ask about potential signs of stress, anxiety, or depression.⁷
- You know better than anyone else how you are doing emotionally. It is important to check in with yourself and prioritize your mental health.

Managing Stress

- Manage and alleviate your stress by taking time to take care of yourself. Set limits on how much time you spend reading or watching the news. You can stay up to date on the news, but make sure to take time away to focus on things in your life that you can control.
- Chronic and uncontrolled stress can be detrimental to your health and interpersonal relationships. Learn ways to manage stress in your life: <https://ag-safety.extension.org/production-agriculture-and-stress/>⁸
- Work and life create stress for all of us and we all manage and cope with stress differently. Here are resources to help you manage stress in your life. <https://extension.missouri.edu/news/personal-resources-to-manage-stress-3456>
- Farming and ranching are stressful occupations. It is important to know how to manage stress levels and reduce the effects of unwanted stress: <https://dmh.mo.gov/media/pdf/recognize-and-manage-stress-farm-life>
- Build fun and relaxation into your daily and long-term plans. Think of something you can do regularly, even if you can only take five minutes a day. Once you have built five minutes into each day, try to increase relaxation time little by little.
- Approaches that focus on relaxation can help a variety of health conditions. Learn about relaxation techniques and which technique is right for you: <https://nccih.nih.gov/health/stress/relaxation.htm#hed2>



- Farmers and ranchers often work long hours and eat meals on the go. Healthy, regular eating is essential. Pack fruits and vegetables, whole grain snacks, and plenty of water for long days in the field.
- Take care of your physical health to help lower your stress. Take a break to focus on positive parts of your life, like connections with loved ones.
- Research shows the benefits of exercise go beyond just physical well-being. Physical activities, like walking, biking and tai chi, can help reduce feelings of depression and stress, enhance mood and overall emotional well-being, increase energy levels, and improve sleep.⁹



Hashtags:

- #MentalHealthMonth
- #MentalHealthAwareness



Infographics

[Common Warning Signs of Mental Illness](#)

[How to Deal with Stress and Anxiety](#)

[It's Okay to Talk About Suicide](#)

[Getting the Right Start: Student Guide to Mental Health](#)

[Suicide Prevention Facts and Resources in Missouri](#)

[Taking Charge of Your Mental Health](#)

[Want to Know How to Help a Friend?: Student Guide to Mental Health](#)

Videos

[Agriculture Mental Health Motion Graphic](#) from Ag Health and Safety Alliance

[Farm Stress: You Are Not Alone](#) from Douglas County Kansas

[Suicide Prevention in Rural Communities](#) from I-CASH Iowa Ag Safety

[The Surprising Rate of Farmer Suicide | Listen to America](#) from HuffPost

[Understanding Key Stresses in Farming and Ranching](#) from NDSU Extension

Articles

[Chronic Stress Leads to Health Problems](#)

[Come Together to Manage Stress on the Farm](#)

[Have You had 15 Laughs Today?](#)

[How to Talk to a Man About His Mental Health](#)

[Mental Health Issues Facing the Black Community](#)

[New Research Identifies Behavioral Health Crisis in Agriculture](#)

[Personal Resources to Manage Stress](#)

[Suicide Prevention for Men](#)

[Supporting Farmers' Mental Wellness](#)

[When Stress is Not Normal](#)

[Worries Within](#)



Print Resources

[Farm and Ranch Family Stress and Depression: A Checklist and Guide for Making Referrals](#) from MU Extension

[Farm Families and Mental Health](#) from Texas A&M AgriLife Extension

[How Stress Affects Your Health](#) from American Psychological Association

[Missouri Ask Listen Refer](#) from Missouri Department of Mental Health

[Signs and Symptoms of Stress](#) from MU Extension, Missouri Department of Agriculture, and Upper Midwest Agricultural Safety and Health Center (UMASH)

[Stress Management and the Challenge of Balance](#) from MU Extension

[Suicide Lifeguard](#) from Missouri Institute of Mental Health

[Suicide-Proofing Your Home](#) from MU Extension

MU Extension Programs

[Health Information for Men](#)

"Health Information for Men" (HIM) program aims to help change life expectancy for American men. Through lessons that cover the latest finding on health-related topics ranging from hypertension to sleep, HIM provides the information needed to improve their health.



[Mental Health First Aid Training](#)

"Mental Health First Aid" is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.

[Missouri AgrAbility Project](#)

The purpose of the Missouri AgrAbility Project is to help increase the likelihood that farmers, ranchers, farm workers, and farm family members who are limited by any type of disability or chronic health condition employed in production agriculture or agriculture-related occupations become more successful.

[Question, Persuade, Refer \(QPR\)](#)

"QPR (Question, Persuade, Refer)" is a one-hour online program. A certified QPR Gatekeeper instructor with MU Extension will help participants recognize the warning signs for suicide, and learn how to intervene by using the three-step QPR method. Participants will become certified QPR Gatekeepers prepared to "Ask a question, save a life."



[Taking Care of You](#)

"Taking Care of You" is a stress management program developed by an interdisciplinary MU Extension team. This research-based, multi-session program offers practical strategies and experiences to help you deal with stress in your life. Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health. Each session week you will explore topics through small group discussion, self-reflection, and activities.

[Tai Chi for Arthritis and Falls Prevention](#)

"Tai Chi for Arthritis and Falls Prevention" is designed to improve multiple aspects of health through slow, gentle movements that can be practiced almost anywhere. The degree of exertion can be easily adjusted, making this program suitable for adults of all levels and abilities. You will learn warmup exercises, six basic and six advanced moves and a cooldown during 16 one-hour classes. Harmony of inner and outer self comes from integrating mind and body, which can be achieved through the ongoing practice of tai chi.



[Weather the Storm in Agriculture: How to Cultivate a Productive Mindset](#)

Weather the Storm in Agriculture focuses on helping farmers and their families understand the effects of stress on the mind and body and how to manage it effectively during difficult times.

[Youth Mental Health First Aid Training](#)

"Youth Mental Health First Aid" teaches you how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.



National Suicide Prevention Lifeline



The [National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org), 1-800-273-TALK (8255), provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

The lifeline is available for everyone to find resources specific to an individual visit

<https://suicidepreventionlifeline.org/help-yourself/#>.

Starting July 16, 2022, the National Suicide Prevention Lifeline will be available for mental health or emotional crisis situations by calling 988. 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline.

When people call, text, or chat 988, they will be connected to trained counselors that are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary.

The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis, even after 988 is launched nationally.

Missouri Referral Resources

[Access Crisis Intervention \(ACI\) Hotline](#)

“ACI” provides access to services for individuals experiencing a behavioral health crisis. Callers will have access to behavioral health crisis services. The hotline provides free, confidential assistance 24/7. Visit the [website](#) to find the “ACI” hotline number for your county.

[Iowa Concern](#)

Iowa Concern provides stress counselors, an attorney for legal education, information, and referral services for a variety of services that Missourians can access through MU Extension and a North Central Region Farm and Ranch Alliance Network federal grant. The toll-free number, live chat, and website are available 24/7. 800-447-1985

[Missouri 2-1-1](#)

“Missouri 2-1-1” is a free referral and informational helpline that connects people with a wide range of health and human services 24/7. Simply dial 2-1-1 from any phone.

[Missouri Suicide Prevention Network \(MSPN\)](#)

MSPN's goal is to coordinate and develop implementation of the Missouri Suicide Prevention Plan, based on the National Strategy for Suicide Prevention.

Find the Missouri 24/7 Crisis Lines for your county [here](#).

The Crisis Text Line can be reached by texting “MOSAFE” to 741741.

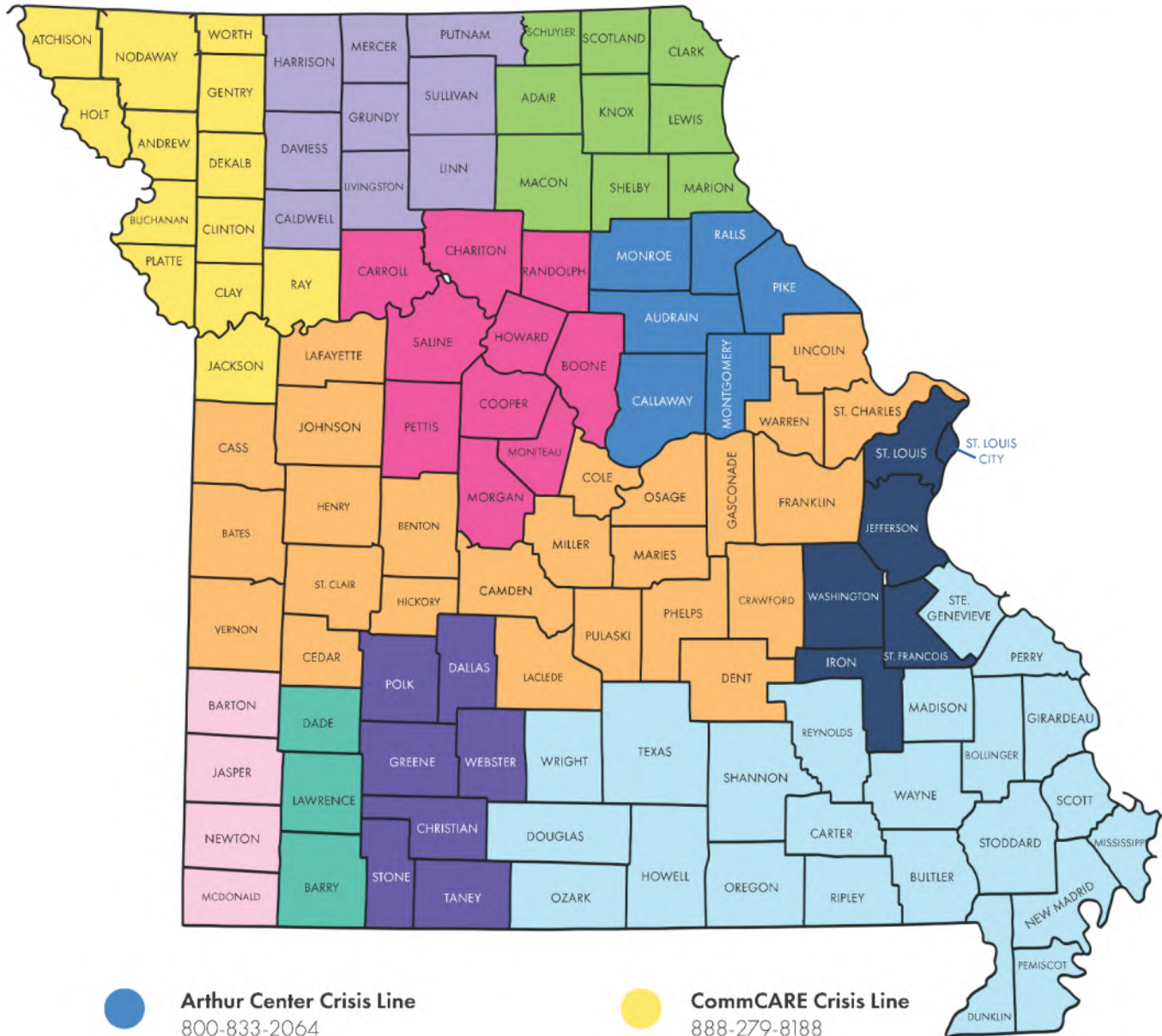
[MU Psychological Recovery Telepsychology Services](#)

The MU Psychological Services Clinic offers Skills for Psychological Recovery (SPR) Telepsychology services to help adults and youth cope with anxiety and stress. To request services, call 573-882-5808, email adpsc@umsystem.edu or visit the [website](#).

[North Central Farm and Ranch Stress Assistance Center](#)

The North Central Farm and Ranch Assistance Center is a 12-state, 15-partner collaborative to create and expand stress management and mental health resources and services for agricultural producers and stakeholders in the North Central Region.

STATE-WIDE 24-HOUR **CRISIS LINE**



- **Arthur Center Crisis Line**
800-833-2064
- **Behavioral Health Response**
800-811-4760
- **Burrell Southwest MO Crisis Line**
800-494-7355
- **Burrell Central MO Crisis Line**
800-395-2132
- **Clark Center Crisis Line**
800-801-4405
- **CommCARE North Central Crisis Line**
888-279-8188
Preferred Family Healthcare Crisis Line
844-341-2390
- **CommCARE Crisis Line**
888-279-8188
- **Compass Health Crisis Line**
888-237-4567
- **MOCARS Crisis Line**
800-356-5395
- **MOCARS | Mark Twain Behavioral Health Crisis Line**
800-356-5395
Preferred Family Healthcare Crisis Line
844-341-2390
- **Ozark Center Crisis Line**
800-247-0661

Acknowledgements

The preparation of this document was coordinated by Karen Funkenbusch, Director, Missouri AgrAbility Project, University of Missouri Extension. Special thanks to the following individuals for their contributions to this document.

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Have a resource to share?

If you know of a farm-related resource that is not included in this document, please contact Karen Funkenbusch.

Disclaimer: The University of Missouri Extension, Missouri Department of Agriculture and USDA NIFA Farm and Ranch Stress Alliance Network do not have formal relationships with any external resources.

Endnotes

¹ "Growing Stress on the Farm - Missouri Hospital Association." 26 Feb. 2020, https://www.mhanet.com/mhaimages/BehavioralHealth/BehavioralHealth_GrowingStressOnTheFarm.pdf. Accessed 14 Apr. 2020.

² "MO Suicide Prevention Network: United States: MOSPN." (n.d.). Retrieved from <https://www.mospn.org/>

³ "Mental Health Awareness Month Campaign Kit." 5 May. 2019, <https://gpcah.public-health.uiowa.edu/wp-content/uploads/2019/04/Mental-Health-Campaign-Kit-May-2019.pdf>. Accessed 14 Apr. 2020.

⁴ "Mental Health Issues Facing the Black Community: The Underlying Causes." (n.d.). Retrieved from <https://www.sunshinebehavioralhealth.com/mental-health-issues-facing-the-black-community/>

⁵ "Suicide Safe Mobile App | SAMHSA Publications and Digital" <http://store.samhsa.gov/product/suicide-safe>. Accessed 14 Apr. 2020.

⁶ "Rural Resilience - American Farm Bureau." <https://www.fb.org/programs/rural-resilience/>. Accessed 14 Apr. 2020.

⁷ "Mental Health and the Impact on Wellness." <https://agn.memberclicks.net/assets/docs/OSHAResources/Mental%20Health%20Resource.pdf>. Accessed 14 Apr. 2020.

⁸ "Production Agriculture and Stress - Ag Safety and Health." 17 May. 2019, <https://agsafety.extension.org/production-agriculture-and-stress/>. Accessed 14 Apr. 2020.

⁹ "The Emotional Benefits of Exercise - National Institute on Aging." <https://www.nia.nih.gov/health/infographics/emotional-benefits-exercise>. Accessed 14 Apr. 2020.

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- Missouri Farm and Ranch Stress Alliance Network USDA NIFA 2021-70035-35436
- North Central Farm and Ranch Stress Alliance Center USDA NIFA 2020-70028-32728
- Missouri AgrAbility USDA NIFA 2018-41590-22323
- Missouri's BFRDP USDA NIFA 2018-70017-28578

MISSOURI VETERANS' HALL OF FAME, INC.

(MVHoF)

NOMINATION INFORMATION

CRITERIA AND GUIDELINES

(Recommend reading the complete package before you begin)

- Nominations: The Missouri Veterans' Hall of Fame, Inc. (MVHoF) was organized to honor those who have honorably served in the US Armed Forces, and have contributed exceptionally to community, state and/or nation.
- Criteria:
 - Eligibility: The nominee must be:
 - A veteran, living or deceased, who wore the uniform of this nation's Armed Forces, performed his/her military duties, and received a discharge under honorable conditions from U.S. military service.
 - A Missouri connection - Either born in Missouri, entered military service from Missouri, or lived in Missouri for a minimum of eight years.
 - Contributed exceptionally to the Community, State, and/or Nation before, during or after service.
 - Additionally, the veteran must be of good character; and have no felony convictions.
 - NON-Eligibility: To preclude conflict of interest or the appearance thereof, the following individuals are not eligible for nomination:
 - MVHoF Board members, Advisors or Employees of the MVHoF.
 - Members of MVHoF Selection Committee (SC).
 - MVHoF members may be eligible three (3) years after they have ceased service therewith.

- Letters that simply recommend the nominee for inclusion will not be considered.
- Multiple nominations for a single individual are discouraged.
- The deadline for submitting or mailing the Nomination Package is April 30th of the year for which the veteran is being nominated.
- General guidelines and required documents for Nomination:
 - Nomination Form: Signed and dated before April 30th. Please be accurate and sign the form indicating your validation of the data.
 - Cover Letter that provides a summary of the nominee's Military Service branch, service time, rank, military duties and any highlights or special awards while serving. Also include a statement on how the veteran meets the Missouri connection criteria. See eligibility requirements.
 - Nominee's Discharge Orders (DD Form 214, NGB Form 22, or a Report of Separation).
 - If the veteran does not have a copy of his/her Discharge Orders, he/she (or if deceased, relatives) may request the Discharge Orders and/or the nominee's decorations on SF Form 180, Military Record Requests by going to one of two websites www.archives.gov/st-louis/military-personnel/ or www.archives.gov/veterans/military-service-records/.
 - Summary of why the nominee should be inducted into the MVHoF. Describe the veterans contribution to Community, State, and Nation in an exemplary manner, valor, achievement or service. Create a

synopsis of the Nominee's life accomplishments. Some suggested areas are provided below. (Must not be longer than one page).

- Military Awards and Decorations, highlights and/or special awards.
 - Civilian and military education.
 - Professional employment history.
 - Describe the veteran's advocacy contributions and include the Nominee's active involvement with veteran service or support organization.
 - Present the Nominee's civic affiliations and contributions (e.g. Rotary, Kiwanis, schools, public service, fraternal, etc.).
 - Discuss civilian awards, honors, or publications about the Nominee (e.g. Presidential awards, Who's Who, Citizen of the Year, books, newspaper or magazine articles, etc.).
- Recommendation Letters: No more than two Letters of Recommendation should be submitted from people not immediately related to the nominee and will be submitted at the discretion of the nominee or nominator.

- Mailing Instructions: Mail completed package to:

Missouri Veterans' Hall of Fame
911 N. Simpson
Warrensburg, MO 64093

- \$50.00 Nonrefundable Nomination Processing Fee.

Make Check out to: MVHoF Processing Fee

- All Nomination Packages MUST be postmarked no later than April 30. Any package postmarked after this date will be considered by the Selection Committee during the following year.
- Please **DO NOT** send original documents as nothing will be returned to sender.
- Selection Process:
 - MVHoF Executive Board will appoint a "Selection Committee" (SC) in April of each year. The SC will be comprised of selected veterans from across the state. The SC may also include previously inducted members of the MVHoF.
 - The SC, following the criteria and guidelines of the MVHoF Bylaws, will review all nomination packages, and compile a recommended list of no more than 10 nominations for the MVHoF Board's final approval. Veterans who are approved for induction into the MVHoF will be notified in late June.
- Annual Induction

Each year, the MVHoF will hold an Induction Ceremony. The time and place will be advertised on the MVHoF website. Please see our website for additional details.

Questions – please go to Website: www.mvhof.org, email missourihalloffame@gmail.com or leave a message at 314-580-9782.

Missouri Veterans' Hall of Fame (MVHoF)
Nomination Form

For detailed information regarding nominations please read the **Missouri Veterans' Hall of Fame Nomination Information** Criteria and Guidelines.

Nominator's Information

Full Name: _____

Home Address: _____

Home phone: _____ Cell phone: _____

Email Address: _____

Nominee's Information

Full Name: _____

Home Address: _____

Home phone: _____ Cell phone: _____

Email Address: _____

City & State of Birth: _____ Service Branch: _____

Missouri connection: _____

Dates of Service: _____

Is the Nominee Deceased?: Yes ___ / No ___ Rank at Separation: _____

Military Duties: _____

AFFIDAVIT and AUTHORIZATION

I hereby affirm that the information contained in this Nomination Package is accurate to the best of my knowledge, and in conformance with **Missouri Veterans' Hall of Fame Nomination Information**. I agree to provide additional information if requested by the Missouri Veterans' Hall of Fame (MVHoF). I acknowledge that all provided documents will not be returned.

Signature of Nominator: _____ Date: _____

Nomination Checklist

Note: Please black-out the Social Security Number on all documents that are submitted.

Please include all the completed items in the Nomination Package:

1. **Completed MVHoF Nomination Form** (1 page)
2. **Copy of DD Form 214** (Or equivalent separation/discharge document)
3. **Summary of Nominee's Life Accomplishments** (No more than 1 page)
4. **Letters of Recommendation** (Optional – but no more than 2)
5. **\$50.00 Nonrefundable Nomination Processing Fee** - Please make check payable to: "MVHoF" for: **Nomination Fee**

Mail Nomination Packet before April 30th of the year being considered to:

**Missouri Veterans' Hall of Fame
911 N. Simpson
Warrensburg, MO 64093**

Website: www.mvhof.org



★ DEPARTMENT OF MISSOURI, INC. ★ PO BOX 179 ★ JEFFERSON CITY, MISSOURI 65102-0179 ★
★ (573) 893-2353 ★ (800) 846-9023 ★ FAX (573) 893-2980 ★
★ E-MAIL: info@missourilegion.org ★ WEBSITE: www.missourilegion.org ★

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DIXON, MO 65459

THOMAS K. GOODIN
NATIONAL EXECUTIVE COMMITTEEMAN
1829-A CEDAR RIDGE RD
JEFFERSON CITY, MO 65109

MARK CLARK
SENIOR VICE COMMANDER
1308 NW BASSWOOD CT
GRAIN VALLEY, MO 64029

LOWRY A. FINLEY-JACKSON, DEPARTMENT ADJUTANT

2023-2024 HIGH SCHOOL ORATORICAL SCHOLARSHIP PROGRAM

A Constitutional Speech Contest

TO: Post Adjutants (For Post Oratorical Chair)

This letter inaugurates the 90th Annual High School Oratorical Contest. For decades, Legionnaires of Missouri have unselfishly worked to help boys and girls become better citizens. Certainly, it is a record in which we can all take pride.

To accomplish our goal, we cannot merely wish for results. It takes hard work by the Post Chair. The Post Chair is the key to the Oratorical Program, which can be no better than the number of schools and students enrolled by them.

Post Chair must contact their schools immediately. The minute that high schools receive our materials is when contestants need to begin to prepare for this program.

Contact your schools. Briefly explain the program, its purpose, and what it does for the students. Encourage the school to enroll its entire speech or social studies class, but if the school can enroll only one student, that is fine. Tell the school the name and address of the County Oratorical Chair, available from your District Chairman. Next, find out what supplies are needed for your schools. Such as the website www.missourilegion.org/oratorical or printed brochures. Then, order them from Department Headquarters.

All the Forms for the Oratorical contest are only available online at <https://www.missourilegion.org/general>. This is the only the material to be used this year, as outdated materials can cause embarrassment.

Thank you for making the Oratorical program successful. Call or write if I can help in any way.

Sincerely,

Judge Duane Benton, Chair

Department Oratorical Commission

P.S. ***Oratorical information is now available at <http://www.missourilegion.org/oratorical>***



★ DEPARTMENT OF MISSOURI, INC. ★ PO BOX 179 ★ JEFFERSON CITY, MISSOURI 65102-0179 ★
★ (573) 893-2353 ★ (800) 846-9023 ★ FAX (573) 893-2980 ★
★ E-MAIL: info@missourilegion.org ★ WEBSITE: www.missourilegion.org ★

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GRAIN VALLEY, MO 64609

LOWRY A. FINLEY-JACKSON, DEPARTMENT ADJUTANT

90th ANNUAL
2023-2024 ORATORICAL SCHOLARSHIP PROGRAM
A Constitutional Speech Contest

Greetings High School Administrator:

The American Legion Department of Missouri, teaming with your local Post, will again sponsor the High School oratorical contest. The contest meets the guidelines of the Missouri State High School Activities Association and appears in the Advisory List of Contests and Activities, of the National Association of Secondary School Principals. The Legion contest is a partner with the National Speech & Debate Association, the honor society for high school students (formerly the National Forensic League).

The Oratorical Contest exists to increase students' knowledge of the Constitution of the United States, to develop the ability to think and speak clearly, and to promote the rights and responsibilities of American citizenship.

We hope your students will participate in the Contest this year. We encourage you to enroll at least one to represent your school.

This year, state finalists will receive the largest scholarship certificates ever--for **\$5,000**, **\$2,500**, **\$2,250**, and **\$2,000** respectively--redeemable after graduation at any college. Also, some colleges grant substantial scholarships to the participants.

All information about the contest is at <http://missourilegion.org/oratorical>. For any questions, simply contact Department Headquarters, PO Box 179, Jefferson City, 65102, services@missourilegion.org, or call (573) 893-2353.

To enter a student, send the Form to me or you may enter electronically at <http://www.missourilegion.org/oratorical>

School administrators and educators have supported this program for the past 89 years. We trust it continues to earn the cooperation of your speech, social studies, civics, government, and similar programs.

Sincerely,

Judge Duane Benton, Chair
Department Oratorical Commission

P.S. Feel free to pass this to your speech teacher/coach, and to other interested teachers or students

CERTIFICATION FOR
THE AMERICAN LEGION DEPARTMENT OF MISSOURI, INC.
HIGH SCHOOL ORATORICAL CONTEST

Date _____

THIS CERTIFICATION SHOULD BE MAILED **OR** E-MAILED
ON OR BEFORE **NOVEMBER 30th**.

The total number of students in our high school who participated in the Oratorical Contest is:

Number of Students (Please include **all students who studied** for this program.)

Student selected to represent our High School in the County (or Group) Contest:

Mr./Ms. _____ (NAME)	_____ (STREET)	_____ (CITY, STATE, ZIP)
_____ (GRADE) (AGE)	_____ (EMAIL ADDRESS)	_____ (PHONE NUMBER)

Alternate Selection:

_____ (NAME)	_____ (STREET)	_____ (CITY, STATE, ZIP)
_____ (GRADE) (AGE)	_____ (EMAIL ADDRESS)	_____ (PHONE NUMBER)

HIGH SCHOOL _____

STREET ADDRESS _____

CITY & ZIP _____ COUNTY _____

PRINCIPAL Mr./Ms. _____ PHONE _____

TEACHER/COACH Mr./Ms. _____ PHONE _____

E-MAIL ADDRESS _____

Local Newspaper Name/Address _____

You may enter electronically at <http://www.missourilegion.org/oratorical>

MAIL THIS COPY TO

Judge Duane Benton, Chair
Department Oratorical Commission
The American Legion
PO Box 179
Jefferson City, MO 65102
services@missourilegion.org

OR E-MAIL TO

"High schools may select, in any reasonable manner, a contestant to represent the school. Each contestant, to advance, must be certified the winner of each prior contest beginning with the high school. Certification must be made in writing to both the COMMISSION Chair and the CHAIR of the next contest. If a winner is disqualified, withdraws, or cannot compete, then the second-place contestant may advance. If a substitute contestant is not available without undue delay, the contest shall proceed among available contestants."

2023-2024 High School Oratorical District Chairs- As of 8/01/23

District	Chairs	Email	Phone
1 st District	Ed Anderson, 602 S. Campbell St., Edina MO 63537 [Ralls, Schuyler, Scotland, Clark, Adair, Knox, Shelby, Lewis, Macon, Marion, Monroe]	eanders1@sbcglobal.net	(660) 341-1416
2 nd District	Kenny Stark, 24455 Halley Rd, Brookfield, MO 64628 [Mercer, Putnam, Grundy, Sullivan, Livingston, Linn, Carroll, Chariton, Randolph]	Family.stark@live.com	(660) 258-6306
3 rd District	Jeffrey Benes, 4934 Norwood St, Westwood, KS 66205 [Worth, Harrison, Gentry, DeKalb, Daviess, Clinton, Caldwell, Clay, Ray]	jefferybenes@skcschool.org	(913) 334-8722
4 th District	Marvin Harper, 202 McCandles, Barnard MO 64423 [Atchison, Nodaway, Holt, Andrew, Buchanan, Platte]	marehar@grm.net	(660) 562-8770
5 th District	Kerry Boardman 1008 SW Shorthorn Dr, Grain Valley, MO 64029 [Jackson County]	kerryboardman@yahoo.com	(913) 206-0466
6 th District	Patricia C. Olmstead, 1005 S. Main St., El Dorado Springs MO 64744 [Cass, Johnson, Bates, Henry, Vernon, St. Clair, Cedar]	patriciaolmstead@hotmail.com	(417) 684-7512
7 th District	Stephen Olson, 4236 E North St., Marshall, MO 65340 [Lafayette, Saline, Howard, Pettis, Benton, Hickory]	stephen.j.olson@hotmail.com	(660) 831-0982
8 th District	Christine Sapp, 608 Appaloosa Dr Ashland, MO 65010 [Callaway, Cooper, Boone, Morgan, Cole, Osage, Camden, Miller, Moniteau]	csapp88130@gmail.com	(573) 469-3461
9 th District	Larry DuFour, 106 Mill Run Ln., St. Peters MO 63376 [Audrain, Pike, Montgomery, Lincoln, Warren, Gasconade, St. Charles, Franklin]		(636) 441-7102
10 th District	Scott Owen 2042 Hilltop Dr, Arnold, MO 63010 [St. Louis County]	voiceovers4u@gmail.com	(314) 277-0621
11 th /12 th District	Darlene Coats, 5389 Wells Ave, St. Louis MO 63112 [St. Louis City]	darlenecoats@sbcglobal.net	(314) 367-1173 (314) 477-6841
13 th District	Duane DeClue, 108 Virginia Ave., Crystal City MO 63019 [Jefferson, Washington, Iron, St. Francois, Ste. Genevieve, Perry, Madison, Reynolds]	duanedecclue@earthlink.net	(636) 208-9097
14 th District	James Walton 618 West Salcedo Rd, Sikeston, MO 63801 [Bollinger, Carter, Ripley, Butler, Stoddard, Cape Girardeau, Pemiscot, Dunklin, New Madrid, Mississippi, Scott]	jwaltonin12@hotmail.com	(573) 815-9233
15 th District	Kim Bell, 99 Valley View Ct., Pineville MO 64856 [Barton, Dade, Jasper, Lawrence, Newton, McDonald, Barry]	Kimberly.bell2014@gmail.com	(417) 850-3966
16 th District	David E. Shafer, 14325 Camden Ln., Dixon 65459 [Oregon, Maries, Pulaski, Phelps, Laclede, Crawford, Dent, Wright, Texas, Shannon, Howell]	shaferde@windstream.net	(573) 759-6874
17 th District	Bill Roark, 3712 W. Morningside St., Springfield MO 65807 [Polk, Dallas, Greene, Webster, Christian, Douglas, Stone, Taney, Ozark]	bill@billroark.com	(417) 207-0038

**2023-2024 High School Oratorical
District Chairs- As of 8/01/23**

Checklist
POST Oratorical Chair
for
Local high-school contests

The High School Oratorical Contest—one of our great Americanism programs—emphasizes knowledge about the U.S. Constitution. It stimulates speaking abilities for high school youth, along with emphasis on the duties, rights, and responsibilities of citizenship under the Constitution.

The Post Oratorical Chair (and Committee) are the key to participation. Here are some specific suggestions.

- _____ 1. Study the Missouri Rules Brochure for all details of the program. Or visit <https://www.missourilegion.org/oratorical>
- _____ 2. Contact local high schools to encourage participation. (Talk with principals and relevant teachers—speech, social studies, and history teachers—as well as school board members and other community leaders..)
- _____ 3. Have your Post order a bronze medal for the winner at the local high school, from Department Headquarters, P.O. Box 179, Jefferson City, Missouri 65102 - Cost is \$12.50.
- _____ 4. A local high school contest has only one speech—an oration on some phase of the U.S. Constitution with emphasis on the attendant duties, rights, responsibilities, and privileges of citizenship. It must last between 5-6 minutes.*
- _____ 5. Volunteer to help—if asked by the high school—to furnish judges, timekeepers, and other helpers.*
- _____ 6. Find out when the County Contest is. Tell the local schools of the time, place, and date of County Contest. Also, tell them of name of the County Chair. [If there's any doubt who the County Chair is, please do contact the District Chair, listed on the enclosed list.]
- _____ 7. Remind the high school to certify the winner's name, age, grade, and address, and total number of students who study the topic, to the District Chair and to the State Oratorical Chair. **DEADLINE - NOVEMBER 30th**
Remember, entry is easy at <https://www.missourilegion.org/oratorical>
- _____ 8. Arrange with your Post to sponsor the winner to the next contest levels. Arrange transportation, if needed. Ask Post members to attend subsequent contests.

* **Note:** Local high schools may conduct the contest in any reasonable way, and most conduct no contest.

Date _____

**The American Legion
Department of Missouri, Inc.
P.O. Box 179
Jefferson City, MO 65102**

Please send the following supplies for the 2021-22 American Legion High School Oratorical Contests:

_____ 2021-22 Missouri Oratorical Contest Rules

SEND TO: NAME: _____
 ADDRESS: _____
 CITY: _____
 EMAIL: _____

METHODS OF JUDGING

Zone and state contests have five judges. Lower contests may have three or five judges. Judges should be trained or experienced in public speaking, and (preferably) previously judged speech contests. Judges should not have judged a prior contest including the contestant, or be employed by a school represented by a contestant. Arrangements for judges are made by the Chair of each contest, who should brief the judges before the contest. A judge should not discuss anything about the contest with a contestant before the contest.

During the contest, judges are seated separately. Each judge individually ranks the contestants without consulting anyone else. Judges must use and follow the scorecard on the preceding page.

If the prepared oration or assigned topic ignores the attendant duties and obligations of a citizen, the contestant may be penalized up to 10 points. Judges also downgrade contestants if parts of the assigned topic discourse appear overly “canned.”

The Judges, Timekeepers, Tabulators, and Chair, following the last speech, may proceed to a private room for final tabulation.

Tabulators check each scorecard and then tally the rankings. The contestant receiving lowest total rankings (*not* total points) is the winner. (For example, if contestant #1 receives two firsts, two seconds, and a third on the judges’ score cards, the total score is 9. If contestant #2 receives two firsts, two seconds, and a fourth, the total score is 10. Though contestant #2 receives two firsts, the total score of 10 places second.)

In contests with five judges, if two contestants have the same rankings total, the tie is broken by the rankings of the five judges for the two contestants. One contestant wins by three judges’ Record of Choice – comparing only the rankings of the two top contestants. Total points do *not* break a tie between two contestants.

If three (or more) contestants receive the same rankings total, the tie is broken by the highest total points from all judges. Total points are used only when three (or more) contestants tie on total rankings. In the rare case of a tie on points as well as on rankings, the judges will meet, compare scores and arrive at consensus rankings, which are final.

CERTIFICATION OF CONTESTANTS

Each high school (or home school) may select, in any reasonable way, a contestant to represent it. High school (or home school) contests are preferred in order to increase participation.

A contestant, to advance, must be certified the winner of each prior contest beginning with the high school (or home school). Certification must be made in writing or by e-mail to both the COMMISSION Chair and the CHAIR of the next contest.

If a contest has only one contestant, that student advances to the next higher level. If a winner is disqualified, withdraws, or cannot compete, then the runner-up may advance. If a substitute contestant would delay the contest, the contest shall proceed among available contestants.

The Commission supplies forms to certify contestants. Other written certifications are acceptable if equivalent information is provided. Electronic certification is available for high schools or home schools at www.missourilegion.org/oratorical.

OTHER CONTEST RULES

Publicity – The names of contestants may be released to the media for publicity purposes. Interviews or photographs of contestants are prohibited before the contest. No publicity shall be given to the judges before the contest, who are introduced only after announcement of their decision.

Broadcasts – Television and radio recording is permitted if the normal speaking voice of the contestant is not interfered with or amplified within the auditorium, the lighting and other conditions are the same for all contestants, and the Legion is not obligated financially. Satisfactory arrangements for recording must be made in advance with the Chair of the contest and with the person in charge of the building. Recording shall not change the contest schedule, nor distract the contestants. Any other electronic/digital data gathering, receiving and/or transmitting equipment shall not be used by contestants or audience members during the contest.

Copies of Prepared Oration – Contestants in the district, zone, and state contests shall give the Chair two printed copies of their prepared oration, which clearly show the title. Contestants may possess and consult a copy of their oration until exiting the holding room to speak, when they must leave the copy in the holding room.

Dress – Contestants shall not wear uniforms, or awards and medals from previous competition. Business attire is recommended for all contestants.

Notes and Rostrums – Contestants may not use notes, speaker’s stands, or amplification systems while speaking. Prompting is not allowed, nor props of any kind.

Applause – The Chair at each contest shall try to prevent applause until all contestants speak, so that speakers are judged on merit.

Order of Speaking – Contestants speak in the order determined by a drawing conducted with the Chair, who will refer to the speakers only as Number 1, Number 2, etc.

Announcement of Winner – The Chair does not introduce the contestants by name until after the judges finish all scoring. The Chair announces only the first place winner and alternate, or only those contestants receiving actual awards.

Time Keeper – The Chair names an official timer to keep an accurate time record of each contestant. The timer shall sit on the main floor in full view of the contestants. The timer has a stop watch and time cards with the figures 3, 4, 5 and 6. Timing starts when the contestant starts speaking. When 5 minutes pass in the Prepared Oration, the card with the figure “5” is placed in full view of the speaker, followed by the “6” card at the end of 6 minutes. During the Assigned Topic, the timer uses cards with the figures 3, 4 and 5. (Time cards with the figures 8, 9 and 10 are used for the Oration in the State Finals.) The Chair announces the time immediately after each speech, for the benefit of the judges. The Chair also announces penalty points then, if any.

Escorts – Immediately before the prepared orations, all contestants enter a separate room with an Escort appointed by the Chair, so the other orations cannot be heard. Contestant #1 then goes to the platform for delivery of the oration, following which he or she retires to the separate room. Each student in turn speaks and returns to the room, then all contestants return together to the platform.

Assigned Topic – Immediately before the last prepared oration, the Chair places in separate envelopes the text of the four Assigned Topics, and asks someone in the audience to draw one. The Article or Amendment drawn is the topic for all contestants, but is not then announced. The Chair reads the topic to the judges and audience after the last oration.

Assigned Topic Preparation – Approximately five minutes before delivery of the assigned topic, contestant #1 is first shown the topic and taken to a private room, with an escort who ensures that the contestant does not consult anything except the actual words of the topic.

Each contestant is called in order of previous appearance. Each, also in turn, is shown the topic and escorted to the private room for five minutes, just like contestant #1.

Tabulators – The Chair appoints at least three Tabulators to compile and check the judges’ scorecards before handing them to the Chair. The Chair and the Tabulators shall not divulge the judges’ scorecards to anyone at the site of the contest. Persons interested in the scoring, for professional purposes, may request, from the commission Chair, copies of the scores of a contestant (with judges’ names omitted).

MISSOURI NATIONAL WINNERS

1949	Paul T. Heyne	Concordia
2011	Anisha N. Gururaj	Chesterfield
2013	Agnes G. Rieger	Kansas City
2014	Ashwath S. Kumar	Columbia

MISSOURI STATE WINNERS		
1935	Everett Grese	Concordia
1936	Thomas Tierney	St. Louis
1937	Charles Brown	Springfield
1938	Carl Kenagy, Jr.	Raytown
1939	Kenneth Hackman	Brentwood
1940	Olin W. Venable	Boonville
1941	James J. Jenkins	Maplewood
1942	Maurice Kraxberger	Salisbury
1943	Ed Keath	Clayton
1944	Richard B. Dempsey	St. Louis
1945	Patrick O'Mera	St. Louis
1946	Howard Downs	Independence
1947	Robert A. Southern	Independence
1948	Robert Wallace	Springfield
1949	Paul T. Heyne	Concordia
1950	Kenneth Lee Frerking	Concordia
1951	Martin E. Palmer	St. Louis County
1952	Monty Harlow	Springfield
1953	David Morton	Kansas City
1954	Thomas Hungerford	St. Louis
1955	Leonard Goodall	Warrensburg
1956	Kenneth R. Jennison	Carthage
1957	Jeana Sue Herl	Hannibal
1958	Robert Dickeson	Independence
1959	June Lynne Skaggs	Monett
1960	David J. Wynne	St. Louis
1961	John H. Garabedian	Kansas City
1962	Sandra Lee Appleby	St. Charles
1963	Bond R. Faulwell	Kansas City
1964	John Willibrand	St. Charles
1965	David Hilgendorf	St. Louis
1966	Robert Thedinger	Kansas City
1967	Robert Thedinger	Kansas City
1968	Gary Klingsporn	Monett
1969	John W. Head	Palmyra
1970	Susan J. Dye	Hannibal
1971	John W. Head	Palmyra
1972	Joyce Meier	Farrar
1973	Robert Banks, Jr.	Monett
1974	Debbie O. Downs	Manchester
1975	Joy Anita Haven	Manchester
1976	Donald A. Calvert	Cape Girardeau
1977	John F. Gillespie, Jr.	Manchester
1978	Charles J. Rupp	Diamond
1979	Allan H. Harvey	Rolla
1980	Brenda Tompkins	Bolckow
1981	Glen Dasmalchi	Mansfield
1982	Kevin W. Smith	North Kansas City
1983	Rodney Sexton	Ava
1984	Patrick Walker	Grandview
1985	Sam M. Coring	Springfield
1986	Catherine M. Kintner	Jackson
1987	Marty Tade	Columbia
1988	Rachel L. Bringer	Palmyra
1989	Bryan D. Watson	Milan
1990	Ted W. Beasley	St. Louis
1991	Lisa S. Williams	Manchester
1992	Brian W. Prewitt	Ballwin
1993	Amy E. Smith	Warrenton
1994	Tina Suneja	Town and Country
1995	Tina Suneja	Town and Country
1996	Karen M. Barmann	Maryville
1997	Bradley W. Cordes	Raytown
1998	Erin K. Guyer	Ballwin
1999	Arif H. Kamal	Warrensburg
2000	Edward C. Shelton	Kansas City
2001	Ashley S. Oppenheim	Ballwin
2002	Ashley S. Oppenheim	Ballwin
2003	Jared R. Wortman	Warrensburg
2004	Afrin N. Kamal	Warrensburg
2005	Alexandra K. Hunstein	Ballwin
2006	Michael E. Gertz	Sedalia
2007	Cody L. Clemons	Malta Bend
2008	Brittany M. Sanders	Gladstone
2009	Brittany M. Sanders	Gladstone
2010	Derek W. Schulze	Warrenton
2011	Anisha N. Gururaj	Chesterfield
2012	David A. Rogers	Warrensburg
2013	Agnes G. Rieger	Kansas City
2014	Ashwath S. Kumar	Columbia
2015	Meghana C. Bharadwaj	Wildwood
2016	Meghana C. Bharadwaj	Wildwood
2017	Lorinda A. Ruz	Independence
2018	Makaylah L. Jones	Maryville
2019	Marissa M. Gertz	Smithton
2020	Andrew R. Moore	Kahoka
2021	Vignesh Kumar	Columbia
2022	Evan T. Becker	St. Charles
2023	Jana A. Rawashdeh	St. Peters

The American Legion

DEPARTMENT OF MISSOURI, Inc.

Ninetieth Annual
High School
Oratorical Scholarship
Program

A CONSTITUTIONAL SPEECH CONTEST

2023-2024



Judge Duane Benton, Chair
Oratorical Commission, P.O. Box 179
Jefferson City 65109 (800) 846-9023
programs@missourilegion.org

ZONE I

Larry J. DuFour (636) 441-7102
106 Mill Run Lane. St. Peters 63376
Christine A. Sapp (573) 469-3461
608 Appaloosa Dr. Ashland 65010

ZONE II

Marvin E. Harper (660) 652-3291
202 McCandles. Barnard 64423
Kerry L. Boardman (913) 206-0466
1008 SW Shorthorn Dr. Grain Valley 64029

ZONE III

Patricia C. Olmstead (417) 684-7512
1005 S. Main St. El Dorado Springs 64744
David E. Shafer (573) 759-6874
14325 Camden Ln. Dixon 65459

ZONE IV

Darlene Coats (314) 477-6841
5389 Wells Avenue. St. Louis 63112
John L. Midkiff (636) 207-0626
1277 Mautenne Dr. Ballwin 63021

www.missourilegion.org/oratorical

THE AMERICAN LEGION Department of Missouri, each school year, sponsors an Oratorical Contest for high school students in Missouri.

The purpose of the contest is to develop knowledge and appreciation of the United States Constitution, the ability to think and speak clearly and critically, and the acceptance of the duties, responsibilities, rights and privileges of American citizenship. The contest meets guidelines of the Missouri State High School Activities Association, and appears in the Advisory List of Contests and Activities, of the National Association of Secondary School Principals. The Legion contest is a partner with the National Speech & Debate Association, the honor society for high school students (formerly the National Forensic League).

AWARDS

The Department of Missouri awards the following medals and scholarships at State Finals:

1st place	Gold Medal	\$5,000.00
2nd place.	Silver Medal	\$2,500.00
3rd place.	Silver Medal.	\$2,250.00
4th place.	Silver Medal.	\$2,000.00
Zone		
1st place	Gold Medal	
2nd place.	Silver Medal	
Others.	Bronze Medal	
District		
1st place	Silver Medal	
2nd place.	Bronze Medal	
County award	Brooch	

If a high school contest is held, the sponsoring Post should award the winner a bronze medal, available from Department Headquarters, P.O. Box 179, Jefferson City 65102 at \$12.50 each.

Contestants in the National Finals receive scholarships of **\$25,000, \$22,500, and \$20,000** for the top three places. State winners who participate in first-round National contests receive **\$2,000** scholarships. Second-round National participants (who do not make the finals) receive additional **\$2,000** scholarships. Some colleges and universities (including Drury University) give additional scholarships based on participation in the Oratorical Contest.

SCHEDULE OF CONTESTS

Contest	Date
High School	Before November 30, 2023
County	Between December 9 and 22, 2023
District	Before January 22, 2024
Zone	Before February 12, 2024
State Finals	On Sunday, February 25, 2024
Most Contests are on a Sunday Afternoon	

NATIONAL CONTESTS

National contests are May 17 - 19, 2024, in Hillsdale, Michigan. Missouri sends one contestant to the first of the three National rounds. The top three national finalists earn berths in Original Oratory at the National Speech & Debate national tournament.

PREPARED ORATION

Each contestant delivers a prepared oration, which must be an original effort. Plagiarism may cause disqualification.

The oration must address some aspect of the Constitution of the United States, which emphasizes the attendant duties and obligations of a citizen to our government. A student shall use the same subject for the oration throughout all contests.

The oration in all contests, except the State Finals, must last between five and six minutes. The oration in the State Finals must last between eight and ten minutes. The same oration must be used by the state winner in the national contest. The title of the oration is announced by the contest Chair before each oration.

Quotations must be clearly indicated. If they exceed ten words, the author's name shall be given both orally and in the manuscript. All speeches are delivered in English (except for short phrases from other languages). Singing is not permitted (although songs may be quoted).

ASSIGNED TOPIC DISCOURSE

Contestants in the district, zone, and state contests give an Assigned Topic Discourse, in addition to a Prepared Oration. The discourse lasts between three and five minutes. The oration quotation rule must be observed.

The discourse tests the speaker's knowledge of the subject, the extent of research, and the ability to relate the topic to the basic principles of the Constitution. All contestants speak on the same topic, drawn during the contest from the four listed on the next page.

	DELIVERY TIME			
	Prepared Oration		Assigned Topic	
	Not Less Than	Not More Than	Not Less Than	Not More Than
School, County	5 min.	6 min.	-	-
District & Zone	5 min.	6 min.	3 min.	5 min.
State Finals	8 min.	10 min.	3 min.	5 min.

If a contestant speaks less than the minimum or more than the maximum time, a penalty of one point for each minute (or fraction thereof) is deducted from the contestant's total score.

ASSIGNED TOPICS – 2024

AMENDMENT II

A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed.

* * * * *

AMENDMENT XXIII

The District constituting the seat of Government of the United States shall appoint in such manner as the Congress may direct:

A number of electors of President and Vice President equal to the whole number of Senators and Representatives in Congress to which the District would be entitled if it were a State, but in no event more than the least populous State; they shall be in addition to those appointed by the State, but they shall be considered, for the purposes of the election of President and Vice President, to be electors appointed by a State; and they shall meet in the District and perform such duties as provided by the twelfth article of amendment.

* * * * *

AMENDMENT XXV, SECTION 3

Whenever the President transmits to the President pro tempore of the Senate and the Speaker of the House of Representatives his written declaration that he is unable to discharge the powers and duties of his office, and until he transmits to them a written declaration to the contrary, such powers and duties shall be discharged by the Vice President as Acting President.

* * * * *

AMENDMENT V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, not be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

* * * * *

ORGANIZATION

The contest is supervised by the Oratorical Commission of nine members appointed by the Department Commander. The Commission is the final authority on all aspects of the contest.

The state is divided into four zones:
Zone 1 - Legion Districts 1, 2, 8 and 9
Zone 2 - Legion Districts 3, 4, 5 and 7
Zone 3 - Legion Districts 6, 15,16 and 17
Zone 4 - Legion Districts 10, 11/12, 13 and 14

Each District Commander appoints County Chairs and a District Chair. The Commission appoints the four Zone Chairs. Each Chair cooperates with the local schools and Legion Posts to promote the program; to supervise generally the contests in the area; and, in addition, to preside at the particular contest he or she chairs.

ELIGIBILITY

All contestants shall be citizens or lawful permanent residents of the United States, bona fide students under age 20, and presently enrolled in grades 9 through 12, in a high school or junior high school (public, parochial, military, home or private). Contestants must either be legally domiciled in, or attend school within Missouri. Contestants may enter the contest in only one state. Students who graduate early may compete if not enrolled in a college, university, trade school, or other institution of higher learning on February 25, 2024.

The three finalists in the National Finals cannot compete again at any level.

SPONSORSHIP

Contests are sponsored and financed by The American Legion Department of Missouri, Inc., and the Legion Posts throughout the State.

Posts sponsor and assist the contestants from their local high schools. If no Post is near a high school, or if a contestant is not sponsored by a Post, then the Commission, upon request, will assist the contestant.

Posts of each county unite to sponsor the county champion at the district contest. Posts in each district sponsor the district winner at the zone contest, while Posts of the zone sponsor the zone champion at the State Finals in Jefferson City.

Contests are open to the public, with no admission charge. Schools and the public, generally, are invited to cooperate with the Legion in promoting this patriotic enterprise. Constructive criticisms and suggestions are considered by the Commission at its annual meeting.

CRITERIA FOR SPEECHES

Before the contest, each Judge should study the scoring of the Prepared Oration and Assigned Topic, as indicated by this scorecard:

Name of judge _____		Date _____
Number of Contestant		1 2 3 4 5 6
A. Content		
1. Was the speech original, fresh, and direct, applying the student's knowledge?	Prepared Oration Assigned Topic	12 pts. 4 pts.
2. Did the student skillfully select examples, descriptions, analogies, and specific data?	Prepared Oration Assigned Topic	12 pts. 4 pts.
3. Was the speech logical, well organized, and developed?	Prepared Oration Assigned Topic	12 pts. 4 pts.
4. Did the student show a comprehensiveness of knowledge of the subject matter?	Prepared Oration Assigned Topic	16 pts. 6 pts.
B. Speaking Skills		
1. Did the student use volume, rate, pitch, and diction effectively?	Prepared Oration Assigned Topic	6 pts. 4 pts.
2. Rate the speaker's style: language use, word arrangement and selection, and transitions.	Prepared Oration Assigned Topic	6 pts. 4 pts.
3. Were body actions – poise, eye contact, posture, gestures, facial expressions – appropriate?	Prepared Oration Assigned Topic	6 pts. 4 pts.
	Total Points	_____
Penalties:		
1 point for each minute (or fraction thereof) over or under allotted time		
1-10 points for failure to speak on the Constitution		

Rank each Contestant 1, 2, 3, 4, 5, 6.



VA SURVIVOR BENEFITS & THE PACT ACT

You may be eligible for VA benefits and services after your loved one has passed.



The PACT Act makes it easier for many survivors to receive Dependency and Indemnity Compensation (DIC).

VA will be contacting survivors who were previously denied DIC benefits and may be newly eligible under the PACT Act. You do not need to wait for VA to contact you to submit a claim.

How to Apply for DIC and/or Accrued Benefits

Surviving family members may apply for these benefits using the appropriate VA form on va.gov/family-member-benefits.



Dependency and Indemnity Compensation

Monthly payment for the eligible surviving spouse, dependent children or parent(s) of the Veteran or service member IF Veteran or service member died in the line of duty or due to a service-related injury or illness.



Accrued Benefits

A one-time payment to a surviving spouse, dependent child(ren) or dependent parent(s) of a deceased Veteran based on relationship when the record shows additional benefits (such as VA compensation or pension) due to the Veteran prior to passing.

Additional Survivor Benefits Available:



Burials and Burial Allowance

Burial benefits available include a gravesite in any of our National cemeteries with available space, opening and closing of the grave, perpetual care, a government headstone, marker, or medallion, a burial flag, and a Presidential Memorial Certificate, at no cost. Some survivors may also be eligible for a plot allowance, transportation allowance, and burial allowances based on the service connected disability status of the deceased Veteran.



Education and Training

Chapter 35 benefits and Fry Scholarship are the two main GI Bill programs offering educational assistance to survivors and dependents of Veterans who died in the line of duty or as a result of service-related disabilities.



Final Monthly Payment

If a Veteran who is receiving VA compensation or pension benefits passes away, their last month of benefits can be paid to their surviving spouse.



Home Loan Guaranty

Certificate of Eligibility is available for surviving spouses receiving DIC.



Health Care

Survivors and dependents of Veterans may qualify for health care benefits, such as CHAMPVA.



U.S. Department
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Learn more and sign up at [VA.gov/PACT](https://va.gov/PACT)
Download the [VA Health and Benefits App](#)
Call us at 1-800-MyVA411 (1-800-698-2411)
Find a VA at [VA.gov/find-locations/](https://va.gov/find-locations/)



PACT ACT FREQUENTLY ASKED QUESTIONS



..... VIETNAM GULF WAR POST-9/11

The PACT Act is a new law that expands VA health care and benefits for Veterans exposed to burn pits and other toxic substances. This law helps us provide generations of Veterans—and their survivors—with the care and benefits they've earned and deserve.

The Act **(1)** expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era, and **(2)** expands eligibility for benefits for Veterans exposed to toxic substances.

What new or expanded presumptions will the Act create and when will they be in effect?

VETERANS AND SURVIVORS CAN FILE CLAIMS FOR ALL CONDITIONS OUTLINED IN THE PACT ACT IMMEDIATELY.

For Gulf War and post 9-11 Veterans, that includes:

Brain cancer, Glioblastoma, Respiratory (*breathing-related*) cancer of any type, Gastrointestinal cancer of any type, Head cancer of any type, Lymphoma of any type, Lymphatic cancer of any type, Neck cancer, Pancreatic cancer, Reproductive cancer of any type, Kidney cancer, Melanoma, Asthma (*diagnosed after service*), Chronic rhinitis, Chronic sinusitis, Constrictive bronchiolitis or obliterative bronchiolitis,

Emphysema, Granulomatous disease, Interstitial lung disease (*ILD*), Pleuritis, Pulmonary fibrosis, Sarcoidosis, Chronic bronchitis, Chronic obstructive pulmonary disease (*COPD*).

For Vietnam Veterans and other Veterans exposed to tactical herbicides, that includes two Agent Orange presumptive conditions:

Monoclonal gammopathy of undetermined significance (*MGUS*), High blood pressure (*hypertension*).

How can Veterans apply for VA health care?

Apply **online** at [VA.gov/health-care/apply/application/introduction](https://va.gov/health-care/apply/application/introduction).

Call our toll-free hotline at 877-222-8387, M-F, 8:00 a.m. - 8:00 p.m. ET.

Mail a completed, signed Application for Health Benefits (VA Form 10-10EZ).

Bring a completed, signed VA Form 10-10EZ with you to your nearest medical center or clinic or get help through your state's Department of Veterans Affairs Service Officer.

Get help filing your claim by working with an [accredited representative](#).

What are the PACT Act key components?



The Act **expands and extends eligibility for VA health care for Veterans with toxic-exposures** and Veterans of the Vietnam era, Gulf War era, and Post-9/11 era.



VA **will improve the decision-making process** for determining what medical conditions will be considered for presumptive status.



Every enrolled Veteran will **receive an initial toxic exposure screening** and a follow-up screening every five years. Veterans who are not enrolled, but who are eligible to enroll, will have an opportunity to enroll and receive the screening.



VA health care staff and claims processors will receive **toxic exposure-related education and training**.



The Act requires **research studies** on mortality of Veterans who served in Southwest Asia during the Gulf War, Post-9/11 Veteran health trends, and Veteran cancer rates.



The Act will help VA **build a stronger, more skilled workforce** to meet the growing demand for benefits and services.



The Act authorizes **31 new medical facilities** across the country, providing greater access to VA health care.

How can a Veteran file a claim?



Veterans who would like to file a claim must complete [VA Form 21-526EZ](#) to apply for benefits and submit any supportive evidence.



To learn about standard VA disability claims, supplemental claims, secondary claims, and more visit: [VA.gov/disability/how-to-file-claim/when-to-file](https://va.gov/disability/how-to-file-claim/when-to-file).

If a Veteran was previously denied a claim, what can they do?

VA will contact Veterans when a presumption of service connection is established or changed. However, **Veterans previously denied a toxic-exposure related claim** are encouraged to file a supplemental claim. Once a supplemental claim is received, VA will review the claim under the new law.

VA



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FOR RELEASE AUGUST 3-10, 2023

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AGENT ORANGE AWARENESS DAY – AUGUST 10, 2023

Perryville, Missouri - August 10th is set aside every year to observe Agent Orange Awareness Day. This date marks the day in 1961 when the substance was first used in Vietnam and is meant to pay tribute to those who were exposed to this deadly compound. Missouri's National Veterans Memorial will "go orange" to observe Agent Orange Awareness Day.

In 1979, President Jimmy Carter signed off on a Department of Veterans Affairs study of Agent Orange; legislation known as the Agent Orange Act was signed into law in 1991. The Blue Water Navy Veterans Act of 2019 expanded the criteria for Agent Orange exposure to include those stationed on ships off the coast of Vietnam during the conflict.

Come join us on August 10, 2023, as Missouri's National Veterans Memorial honors and pays our respects to those who have been affected by Agent Orange exposure. Throughout the day, informational displays on Agent Orange will be placed around the grounds, followed by the Wall and other monuments "going orange" at dusk. Refreshments will be provided in the Event Room by Girl Scout Troop 72067 and Perry County Health System. Orange candles will be available under the pavilion between 8-9pm for those wanting to light one in memory of a loved one lost to the effects of Agent Orange.

Information on the In Memory program will be available for those wishing to commemorate a loved one lost due to the effects of Agent Orange.

POC at Missouri's National Veterans Memorial is Rae Lynn Munoz, (573)620-3501.

Questions? Contact Rae Lynn at raelynn@mnvmfund.org.





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Saturday, September 30, 2023

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All Active & Military Veterans

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and Receive a Free Suit and Shirt...
...and so much more!**

Entertainment

Food & Live Music

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**For More Information
or to sponsor the event, please contact**

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