

LEONARD C. BARNES

POST 450

QUARTERLY NEWSLETTER



Inside this issue

[Post Elections](#)

[Birthday Wishes](#)

[Your Vote Matters](#)

[Official Notice](#)

[Joke of the Day](#)

[Inspirational](#)

[Free TSA Checks](#)

[Calendar of Events](#)

[Mind Fitness](#)

[Advertise With Us!](#)

[Surviving Spouses ID](#)

[Member Spotlight](#)

[Puzzle—Word Search](#)

[Community Awareness](#)

[Our Organization](#)

[A Word from The Adjutant](#)

Post Elections

Building Our Future Through Purposeful Leadership for 2027–2029 Term

The upcoming 2027–2029 election cycle is more than a routine selection of officers — it is a defining moment for the future of Leonard C. Barnes American Legion Post 450. As we look ahead to the next two years, our Post has an opportunity to strengthen its foundation, expand its reach, and continue serving veterans and the community with excellence. Achieving that vision begins with choosing leaders who are committed, capable, and focused on what is best for Post 450.

Leadership Is About Service — Not Popularity

Officer elections should reflect the mission of The American Legion: service, integrity, and dedication to veterans and the community. The most effective leaders are not chosen because they are well-liked, but because they bring skills, discipline, and a willingness to work. Members make a powerful difference when they vote with the Post’s long-term health in mind — selecting individuals who show up, follow through, and put the organization first.

Why Your Vote Matters

The officers elected for 2027–2029 will guide major priorities, including:

- ♦ **Post Growth & Membership Engagement** — expanding our ranks, strengthening retention, and welcoming new veterans into a supportive environment.
- ♦ **Permanent Post Home Development** — continuing the long-term effort to secure a stable, permanent home that reflects the dignity and legacy of Post 450.
- ♦ **Increased Participation in Legion & Community Activities** — ensuring Post 450 is visible, active, and represented at district, state, and national Legion events, as well as local civic programs.
- ♦ **Support Beyond the Post Walls** — encouraging members to uplift one another in our private lives, recognizing that camaraderie does not end when meetings do.
- ♦ **Veteran Services & Resource Navigation** — expanding our ability to connect veterans with vital benefits, mental health support, housing assistance, employment resources, and other life-changing services.

Choosing Leaders Who Build, Not Maintain

The next two years will require officers who are ready to work — not simply hold a title. Members should look for candidates who:

- ♦ Attend meetings consistently
- ♦ Participate in Post activities
- ♦ Communicate clearly and respectfully
- ♦ Demonstrate reliability and follow-through
- ♦ Understand the responsibilities of the office they seek
- ♦ Show a genuine commitment to veterans and community service

These qualities ensure that Post 450 continues moving forward rather than standing still or fall backwards.

A Shared Responsibility

Leadership is not only about the officers elected — it is also about the members who support them. Every Legionnaire plays a role in shaping the Post’s future by volunteering, participating, offering ideas, and encouraging fellow veterans. When we work together, Post 450 becomes stronger, more visible, and more impactful.

Looking Ahead

The 2027–2029 term can be a period of growth, stability, and renewed purpose. By electing leaders who reflect the values of The American Legion and by supporting one another both inside and outside the Post, we ensure that Post 450 continues to honor veterans, serve the community, and build a legacy worthy of those who came before us.

HAPPY BIRTHDAY

OCTOBER

Reginald Broomsey
Trina Singleton
Issa Tolliver
David Williams

NOVEMBER

Patrick Allen
Larry Barbee
Eddie Brumfield'
Scottie Carter
Lisa Simmons

DECEMBER

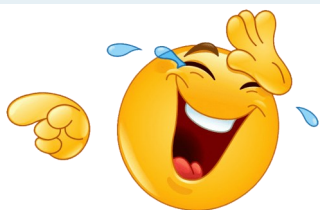
Wilma Draughn-Davis
Margaret Mims
John Richardson
Harold Robinson, Jr.
Woodrow Williams, Jr.





JOKE OF THE DAY

- 1. Why did the recruit bring a step-ladder to basic training?
→ He heard the ranks were climbing fast!
- 2. Why did the Commander love math?
→ He always found the right angle of attack.
- 3. Why did the soldier bring a drawing pad and pencil to battle?
→ To draw fire.
- 4. Why did the recruit take his bed to formation?
→ He wanted to stand at rest.
- 5. Why did the private cross the road?
→ To report to the other side.



Veterans & Families: Your Vote Matters on November 3

On November 3, 2026, veterans, surviving spouses, and military families across Louisiana will have the opportunity to vote on several important ballot measures — including one that directly affects long-term financial stability for disabled veterans’ families.

Louisiana Disabled Veteran Homestead Tax Exemption Amendment

This statewide constitutional amendment allows the surviving spouse of a disabled veteran to make a one-time transfer of their existing homestead property tax exemption to a new primary residence, capped at the exemption amount previously received.

Why this matters: Under current law, surviving spouses lose their exemption if they move, because the benefit is tied to the specific home occupied at the time of the veteran’s passing. This amendment provides financial flexibility, helping surviving spouses who need to downsize, relocate, or adjust living arrangements without losing vital property tax relief.

Other Ballot Measures Affecting Veterans Nationwide

While Louisiana’s amendment is the most direct veteran-focused measure, other states have proposals that may indirectly affect veterans’ civil rights and benefits. For example:

- Virginia Voting Rights Restoration Amendment:** Voters in Virginia will decide whether to automatically restore voting rights to individuals upon release from prison. This change would impact justice-involved veterans seeking to regain full civil participation without requiring a gubernatorial pardon.

Check Local Measures in Your Parish or County

Local propositions may also affect:

- Property tax rates
- Veteran service funding
- Local homestead exemptions
- Community resource allocations

Veterans and families are encouraged to review their parish or county voter guides for additional measures that may influence benefits or community support programs.

Make Your Voice Heard

Veterans and their families have always stood at the forefront of service and civic responsibility. By voting on November 3, you help shape policies that protect earned benefits, strengthen support systems, and ensure future stability for those who served.

*Your vote is your influence. Your vote is your power.
Let’s show up together and make a difference.*

While federal laws are passed by the U.S. Congress rather than placed on state ballots, several major pieces of federal legislation and policy enactments impact military veterans:
Recent Federal Laws Enacted

Disabled Veterans Housing Support Act: Excludes VA service-connected disability compensation from income calculations for certain Department of Housing and Urban Development (HUD) programs. This allows low-income disabled veterans to access housing assistance programs without their disability compensation disqualifying them.

(continue on page 7)

Inspirational

“Faith is taking the first step even when you don’t see the whole staircase.” — Dr. Rev. Martin Luther King, Jr.

OFFICIAL NOTICE — OFFICER ELIGIBILITY

2027–2029 Election Cycle

In accordance with the Leonard C. Barnes Post 450 Constitution & Bylaws (Revised May 2023), this announcement serves as formal notice of the eligibility requirements for all candidates seeking elected office for the 2027–2028 term.

Members are encouraged to review these standards carefully before submitting their names for nomination.

Membership & Documentation Requirements

All candidates must:

- ◆ Be a member in good standing with current annual dues paid.
- ◆ “Be current on Annual Dues (monthly fees do not apply).”
- ◆ Have an unaltered DD-214 on file with the Adjutant; all information must be visible and legible. “All information should be visible; no covered-up or missing information... NO EXCEPTIONS.”
- ◆ Possess an Honorable Discharge or Uncharacterized Medical Discharge.

Attendance & Participation Requirements

Candidates must demonstrate consistent participation in Post operations:

- ◆ Attend at least 80% (18) of scheduled meetings per term cycle.
- ◆ Have no more than three (6) call-ins per term cycle.
- ◆ Maintain good standing with no disciplinary actions pending.

General Expectations for All Officers

Elected officers must be able to:

- ◆ Uphold and enforce the Post Constitution & Bylaws.
- ◆ Work collaboratively with the Commander, PEC, committees, and auxiliaries.
- ◆ Represent Post 450 with professionalism and integrity.
- ◆ Support Post programs, membership growth, community engagement, and veteran services.

Positions Open for Election

- ◆ Commander
- ◆ 1st Vice-Commander
- ◆ 2nd Vice-Commander
- ◆ Adjutant
- ◆ Finance Officer
- ◆ Chaplain
- ◆ Service Officer
- ◆ Sergeant-at-Arms
- ◆ Judge Advocate



Members are encouraged to nominate individuals who demonstrate reliability, commitment, and a strong record of participation. Officer elections are not based on popularity—they are based on service, readiness, and dedication to the mission of Post 450.

How Surviving Spouses Can Get a Military ID Card

When a military member passes away, their surviving spouse retains access to essential military benefits, including the Commissary, TRICARE, and base privileges. However, to maintain seamless access, the surviving spouse must obtain a new Uniformed Services Identification (USID) card to reflect their updated status in DEERS.

Key Steps to Get a New USID Card:

- ⇒ Update DEERS First:
- ⇒ Active Duty: A Casualty Assistance Officer typically handles the update.
- ⇒ Retirees: The surviving spouse or family representative must notify DEERS directly by calling 800-538-9552 or submitting documentation to the DMDC Support Office.

Check Your Application Options:

- ⇒ In-Person (RAPIDS Site): Schedule an appointment via the ID Card Office Online locator. Walk-ins are limited.
- ⇒ Online Renewal Pilot: Eligible if you reside in the U.S., have a DEERS photo taken within the last 12 years, have an active email in DEERS, and have a verifiable physical mailing address.

(continue on page 5)

CALENDAR OF EVENTS

01 OCTOBER 2026

- BE THE ONE

05 OCTOBER 2026

- Fall Meetings (Indianapolis, Indiana)

13 OCTOBER 2026

- Navy Birthday

19 OCTOBER 2026

- Notification of 2026 Child Well-Being Foundation Grant Recipients

01 NOVEMBER 2026

- BE THE ONE

04 NOVEMBER 2026

- Election Day

09 NOVEMBER 2026

- Buddy Check

10 NOVEMBER 2026

- Marine Corps Birthday
- American Legion Auxiliary Birthday

11 NOVEMBER 2026

- Veteran's Day

16-20 NOVEMBER 2026

- American Education Week

27 NOVEMBER 2026

- Holiday Donor Blood Drive begins

01 DECEMBER 2026

- BE THE ONE

07 DECEMBER 2026

- Pearl Harbor Day

12 DECEMBER 2026

- Wreaths Across America Day

20 DECEMBER 2026

- Space Force Birthday

31 DECEMBER 2026

- Post All-Time High Award
- Post Honor Ribbon
- General John J. Pershing Honor Award

MIND FITNESS

1. I speak without a mouth and hear without ears. I have no body, but I come alive with the wind.

What am I?

2. You measure me life in hours and I serve you by expiring. I am quick when I am thin and slow when I am fat. The wind is my enemy.

What am I:

ADVERTISE WITH US!

Support Veterans
Promote Your
Business or Charity

We are now accepting advertisements for our
QUARTERLY
NEWSLETTER ,
WEBSITE & SOCIAL
MEDIA ACCOUNTS



Affordable rates for
members / non-members!

NEWSLETTER ADS

- Business Card - \$15 / \$20
- Quarter Page - \$25 / \$40
- Half Page - \$50 / \$60
- Full Page - \$75 / \$100

WEBSITE ADS

- Sidebar Ad - \$20 / \$40
- Banner Ad - \$30/ \$60
- Spotlight Feature - \$40/ \$70

BUNDLE & SAVE

- Basic Bundle - \$30 / \$50
- Visibility Package - \$50 / \$80
- Premium Partner - \$75 / \$120

Reserve your space today!

Contact::

Wilma Draughn-Davis,
Adjutant, Editor
lcbpost450@gmail.com

Free TSA PreCheck?



If you are a retired veteran who travels to visit family, attend reunions, keep medical appointments, or just enjoy some well-earned time away, you know airport security can be one of the more tiring parts of the trip. TSA PreCheck can help make that process a little easier. With TSA PreCheck, travelers usually use

a dedicated screening lane, keep their shoes and light jackets on, and leave laptops and approved liquids in their bags.

One question comes up often: “Do retired veterans get TSA PreCheck for free?” The short answer is: not automatically. Retired military status by itself usually does not give you the same automatic TSA PreCheck benefit that current uniformed service members receive. That said, there are a few important exceptions that may apply to you, your family, or someone you know.

Know the Difference

Current members of the U.S. Armed Forces—including active duty, National Guard, reserve components, and the Coast Guard—can use TSA PreCheck by entering their 10-digit Department of Defense ID number as their Known Traveler Number when booking flights. That benefit is tied to current DoD status.

For retired and separated veterans, it works differently. Your retired military ID, years of service, or veteran status does not automatically add TSA PreCheck to your boarding pass. Unless you qualify through a special program, you would normally apply through the standard TSA PreCheck process and pay the enrollment fee.

A good rule of thumb is this: if the TSA PreCheck mark is not printed on your boarding pass, you will not be able to use the TSA PreCheck lane at the airport. It is worth checking your airline profile and boarding pass before you leave home.

Who May Qualify for a Fee Waiver

There is a special benefit for some veterans with severe service-connected disabilities. Under the VETS Safe Travel Act, certain retired or separated veterans may qualify for TSA PreCheck enrollment at no cost. This applies to veterans enrolled in VA health care who have a qualifying service-connected disability involving permanent blindness, loss or loss of use of a limb, full paralysis, or partial paralysis, and who require a VA-issued wheelchair or prosthetic limb because of that disability.

If that sounds like it may apply to you, start with VA.gov. Sign in and check the benefits letters and documents section for a TSA PreCheck Application Fee Waiver Letter. If you believe you qualify but do not see the letter, contact Ask VA before you begin the TSA PreCheck application.

If You Have a Waiver Letter, Follow the Steps Carefully

Once you have the VA waiver letter, do not rush through the enrollment process. The free enrollment process is currently handled through IDEMIA, one of TSA’s authorized enrollment providers.

(continue on page 5)

Free TSA PreCheck?

(continue from page 4)

Eligible veterans generally need to email the VA letter to IDEMIA customer support with “VETS Safe” in the subject line, then wait for an offer TSA PreCheck code before enrolling or renewing. That step is important. If you use the wrong provider or pay before following the waiver process, you may not be reimbursed. The waiver covers the application fee only; TSA still requires applicants to meet the usual citizenship, security, and background-check requirements.

Are Family Members Included?

Some military family members may also have options. Gold Star family members—spouses, parents, children, and siblings of service members who died in military service—may qualify for free TSA PreCheck enrollment through TSA’s military-family initiative. TSA has also announced discounted enrollment for spouses of currently serving military and uniformed service members.

For most retired veterans who do not qualify for a waiver, TSA PreCheck is still available through the regular application process.

Before paying out of pocket, check whether a travel credit card, airline loyalty program, veterans organization benefit, or retirement benefit will cover or reimburse the fee.

One Last Look Before You Fly

TSA PreCheck can make travel easier, but it is not the only help available. If you have a disability, mobility device, prosthetic limb, medical equipment, or concerns about screening, you can contact TSA Cares for assistance. TSA recommends reaching out at least 72 hours before your flight. A few minutes of preparation before travel can save a lot of frustration at the airport—and help you start your trip on a better note.



How Surviving Spouses Can Get a Military ID Card

(continue from page 3)



Bring Required Documentation:

- ⇒ Deceased service member's long-form death certificate, full legal name, and SSN.
- ⇒ Your current or expired military dependent ID card.
- ⇒ One unexpired government-issued photo ID (driver's license, passport).
- ⇒ A second form of ID (Social Security card, birth certificate).

Expiration Rules

- ⇒ Under Age 65: Issued with a fixed expiration date and typically requires renewal every 4 years.

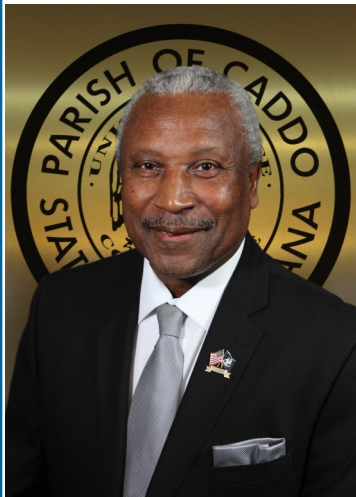
- ⇒ Age 65 and Older: Eligible for an "INDEF" (permanent) status ID card, eliminating future routine renewals.

Note: Remaining unmarried is required to maintain survivor ID eligibility. Any old dependent ID cards must be surrendered or destroyed upon receiving the new card.

Wallace, J. (2026, July 20). *How to Get a Military ID Card as a Surviving Spouse*. MyMilitaryBenefits. <https://mymilitarybenefits.com/benefits/how-to-get-a-military-id-card-as-a-surviving-spouse/>

MEMBER SPOTLIGHT: Kenneth Epperson, Sr.

CADDO PARISH COMMISSIONER KEN EPPERSON RECEIVES PRESIDENTIAL APPOINTMENT TO NATIONAL COUNCIL



Caddo Parish, La. — Caddo Parish Commissioner Ken Epperson, Sr. has been appointed to the National Association of Counties (NaCo) Veterans and Military Service Advisory Council by NaCo President George Dunlap.

Dunlap noted that Epperson was selected for this role because of his “unwavering commitment to NaCO, as well as his participation and leadership.”

As member of the council, Epperson will assist in the development of best practices and policies to promote innovative programs, services and benefits for our nation’s military, veterans and their families.

"I am honored to be appointed by President Dunlap to represent Caddo Parish and all of our veterans," said Epperson. "We are indebted to the service and sacrifices of all of our veterans, in Caddo Parish and beyond, and it is our duty to continue to support them every step of the way," said Epperson. An Army veteran, Epperson has been a powerful voice for veterans on behalf of Caddo Parish, serving as the Chairman of the Commission’s Veterans Services Committee, and the Veterans Celebration Committee established in 2011, which hosts the largest Veterans honor ceremony and parade in Louisiana. He has also advocated for such projects as the Northwest Louisiana Veterans Cemetery.

The National Association of Counties (NaCo) seeks to assist counties and parishes across the country by advancing county and parish priorities, promoting innovative policies, nurturing leadership skills and building networks of knowledge and collaboration. Through committees, councils, caucuses and task forces, NaCO empowers counties to optimize resources, improve services and enhance public understanding of government.

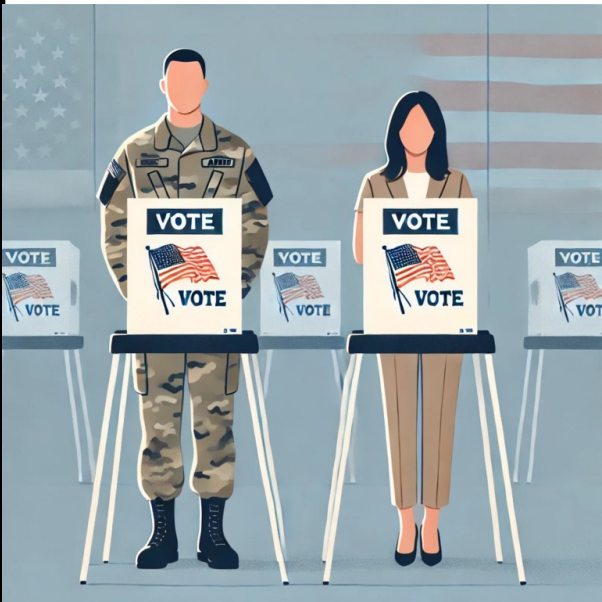
By: Krystle Beauchamp, Director of Communications (Original printed 14 August 2026)

PUZZLE WORD SEARCH

Find the military-related words hidden in the puzzle. Words can be horizontally, vertically, and diagonally

Words:
ARMY, NAVY, MARINE, AIRFORCE, COASTGUARD, SOLDIER, VETERAN, FREEDOM, HONOR, SERVICE, COURAGE, DUTY, SALUTE, FLAG, PATRIOT, MISSION, UNIFORM, MEDAL, BRAVERY, LIBERTY

S	E	R	V	I	C	E	Q	P	A	T	R	I	O	T
A	R	M	Y	T	G	L	F	M	E	D	A	L	N	O
L	I	B	E	R	T	Y	A	H	O	N	O	R	P	Q
U	N	I	F	O	R	M	S	V	E	T	E	R	A	N
T	D	U	T	Y	B	R	A	V	E	R	Y	C	X	Z
E	F	R	E	E	D	O	M	J	M	I	S	S	I	O
M	A	R	I	N	E	P	L	A	G	H	T	S	N	N
C	O	A	S	T	G	U	A	R	D	Y	K	R	W	H
A	I	R	F	O	R	C	E	U	S	A	L	U	T	E
F	L	A	G	O	C	O	U	R	A	G	E	H	T	V
S	O	L	D	I	E	R	Q	N	A	V	Y	M	P	B
R	T	H	W	X	Y	Z	K	L	C	D	E	F	G	H



FAST VETS Act: Streamlines administrative requirements within the Veteran Readiness and Employment (VR&E) program. It allows veterans to update their rehabilitation and vocational plans more quickly when their disability rating or health status changes.

VA Budget Shortfall Accountability Act: Directs the Government Accountability Office (GAO) to perform comprehensive financial audits on the VA's multi-billion dollar funding shortfalls. It mandates ongoing yearly oversight reporting to protect veterans' benefits and health system operations.

Ongoing Implementation of Federal Programs

PACT Act Expansion: Continued expansion of presumptive condition coverage (including additional toxic exposure, burn pit, and radiation-related cancers and respiratory illnesses) allows eligible veterans to enroll in VA healthcare directly without proving direct service connections.

GI Bill Monthly Verification: Federal administrative rules mandate that all GI Bill and Post-9/11 education beneficiaries submit monthly enrollment verifications to maintain uninterrupted monthly housing allowance payments.

LOUISIANA CONSTITUTIONAL AMENDMENTS

What Shreveport and Louisiana Voters Need to Know Before Election Day

As a Louisiana voters will have the opportunity to vote not only for candidates but also on proposed changes to the Louisiana Constitution. Constitutional amendments deserve our attention because they can have long-term effects on how our state is governed, how taxes are handled, and how public resources are managed. These are not simply political talking points. They are decisions that can affect our families, homeowners, veterans, seniors, and communities.

Read Before You Vote

One of the most important things voters can do is read each amendment carefully. A **YES** vote means you want to change the Louisiana Constitution as proposed. A **NO** vote means you want to leave the Constitution unchanged on that particular issue.

Here are some of the issues voters should be watching:

Governor Term Limits

One proposed amendment would place additional restrictions on an individual's ability to serve as governor after serving more than one and one-half terms. Supporters may view this as another safeguard against too much political power being concentrated in one person. Opponents may question whether additional restrictions are necessary. *Before voting, ask yourself:* Does this amendment strengthen accountability and encourage new leadership, or does it unnecessarily restrict voters' choices?

Property-Tax Issues

Another important issue concerns property taxes and the qualifications for certain special assessments. Changes to income limits could allow additional homeowners to qualify for property-tax protections. For homeowners—particularly seniors and families living on fixed or moderate incomes—property taxes can make a significant difference in whether they can afford to remain in their homes.

Before voting, ask yourself: Will this change provide meaningful relief to homeowners who need it, and who will ultimately pay for that relief?

State Investments and Digital Assets

Another proposal involves allowing certain state funds to be invested in digital assets and precious metals. Supporters could argue that this gives Louisiana additional investment opportunities and diversification. Critics may be concerned about the risks associated with investments that can fluctuate significantly in value.

Before voting, ask yourself: Should taxpayer-funded state resources be allowed to participate in these types of investments?

Local Tax Elections

Another proposed constitutional change deals with the rules surrounding certain local tax propositions. This matters because local governments use taxes and fees to help fund services such as infrastructure, public safety, education, and other community needs.

Giving local governments additional flexibility may be helpful, but voters should also consider how those changes could affect their future tax bills. Before voting, ask yourself: Does this change give local communities useful flexibility while preserving the taxpayers' right to have a voice?

Don't Just Vote—Understand Your Vote

As voters, we have a responsibility to look beyond political advertisements, social media posts, and campaign slogans.

Read the amendment. Understand the amendment. Then make your own decision.

Ask:

- 1) Who benefits from this change?
- 2) Who could be negatively affected?
- 3) Will this increase or decrease government accountability?
- 4) Could this affect my taxes?
- 5) Could this affect my family or community?
- 6) What are the long-term consequences?
- 7) Is this something that belongs in the Constitution?

Our Constitution should not be changed simply because a proposal sounds good in a campaign advertisement. We should understand exactly what we are voting to put into—or keep out of—the state's governing document.



Shreveport Voters: Check Your Actual Ballot

The statewide amendments are only part of the story. Depending on your parish, ward, and precinct, your ballot may contain additional local races or propositions.

Before Election Day, use Louisiana's official voter information system to check your registration, polling location, and sample ballot.

Your vote is your voice—but an informed vote is a stronger voice.

November 3 is more than Election Day. It is an opportunity for the people of Louisiana to decide what direction we want our state to take.

Don't vote because somebody told you how to vote. Vote because you took the time to understand what is on the ballot.

***Note:** The final official ballot and wording of constitutional amendments should be verified through the Louisiana Secretary of State before publication or distribution, because ballot information can change as election preparations are finalized.*

References:

[https://ballotpedia.org/Louisiana_One-Time_Transfer_of_Disabled_Veteran_Homestead_Tax_Exemption_for_Surviving_Spouses_Amendment_\(2026\)](https://ballotpedia.org/Louisiana_One-Time_Transfer_of_Disabled_Veteran_Homestead_Tax_Exemption_for_Surviving_Spouses_Amendment_(2026))
<https://virginiaindependentnews.com/politics/virginia-voters-will-decide-3-ballot-measures-in-november-general-election/>
<https://cck-law.com/blog/three-veterans-bills-signed-into-law-in-2026/>
<https://valoannetwork.com/va-announces-expansion-of-benefits-for-2025/>

Background: After the Civil War, the 15th Amendment granted African American men the right to vote. However, many Southern states used poll taxes, literacy tests, and intimidation to block Black citizens from voting.



COMMUNITY HIGHLIGHTS

Members Making a Difference Through Raised Garden Beds Serving Our Seniors, Strengthening Our Community

Community involvement is about more than attending meetings—it is about rolling up our sleeves and making a difference where we live. Members of American Legion Leonard C. Barnes Post 450 are demonstrating that spirit of service through a meaningful community project focused on helping our elderly neighbors create and maintain raised garden beds.

Post 450 members are helping bring this effort to life by assisting seniors with the creation of raised garden beds where they can grow vegetables, herbs, and other plants. For many older adults, gardening provides more than fresh produce. It can provide a sense of purpose, connection, and pride while bringing neighbors together.

Raised garden beds can also make gardening more accessible for seniors who may have difficulty bending, kneeling, or working directly at ground level. This project is about service, fellowship, healthy living, and giving back to those who have helped build our communities.

You Can Be Part of the Difference

We believe that community improvement takes all of us. Whether you have gardening experience, construction skills, tools, plants, soil, or simply a willingness to volunteer, there is a place for you in this effort. We encourage veterans, family members, churches, civic organizations, businesses, community groups, and individual residents to join us.

You can help by:

- ♦ Helping construct raised garden beds
- ♦ Donating seeds, plants, soil, or gardening supplies
- ♦ Volunteering your time and skills
- ♦ Helping with watering and garden maintenance
- ♦ Assisting elderly residents with their gardens
- ♦ Recruiting other volunteers and community partners

A Call to Serve

Our veterans have always understood the importance of serving others. This project gives us another opportunity to put that spirit into action.

We are showing that making a difference doesn't always require a large organization or a large budget. Sometimes, it starts with a few people willing to pick up a shovel, build a garden bed, and help a neighbor.

Let's continue growing a stronger Shreveport—one garden, one senior, and one act of kindness at a time.

YOU CAN BE PART OF THIS WONDERFUL OPPORTUNITY!

If you would like to volunteer, donate materials, sponsor a raised garden bed, or help identify an elderly resident who could benefit from this project, please contact American Legion Leonard C. Barnes Post 450 for more information.

Come join us. Bring your hands, your heart, and your willingness to serve.



Together, We Can Grow Something Good!

Our Organization

MEETING:

Every 3rd Saturday of the Month

LOCATION:

717 CROCKETT STREET
SHREVEPORT, LA
(2 FLOOR ENTRY IN BACK)

TIME:

10:30 AM

EMAIL ADDRESS:

lcbpost450@gmail.com

WEBSITE:

Lcbost450.org



COMMANDER:

Riley Young, Jr.
318-422-1308

1ST-VICE
COMMANDER

W.J. Nelson
318-7736644

2ND-VICE
COMMANDER

Joan Welch
225-229-5553

FINANCE OFFICER

Orlisa Johnson
318-518-4399

ADJUTANT

Wilma Draughn-Davis
318-617-0997

A Word from The Adjutant

When Anger and PTSD Collide: My Story

As someone living with Posttraumatic Stress Disorder (PTSD), anger has been one of the most difficult symptoms for me to understand and manage. It often shows up fast, strong, and without warning. For a long time, I didn't realize how deeply it was connected to my trauma. I just knew it was affecting my relationships, my sense of safety, and even my willingness to participate in treatment.

Through my own healing journey, I've learned that anger is incredibly common among Veterans and trauma survivors. It isn't just "being mad"—it can feel like a shield, a warning system, or a way to stay in control when the world feels unpredictable. But it can also become overwhelming, leading to isolation, conflict, and even thoughts of self harm. I've experienced how anger can make everyday life harder and how it can interfere with progress in therapy.

One of the most helpful parts of my treatment has been learning how clinicians assess anger. Self report tools and structured questionnaires gave me language for what I was feeling. Seeing my own scores helped me understand patterns I didn't notice before—what triggers my anger, how intense it gets, and how it shifts over time. These assessments also helped my providers tailor my treatment so it wasn't just focused on PTSD, but on the anger that came with it.

I've also learned more about why anger and PTSD are so closely connected. For me, anger often shows up when I feel threatened, vulnerable, or misunderstood. In therapy, when anger comes out, it's usually because we're touching something painful. Instead of being judged for it, I've been encouraged to explore what the anger is protecting. That shift has helped me feel safer and more understood.

Trauma focused treatment has helped reduce my anger, but I've learned that anger doesn't always disappear just because PTSD symptoms improve. I've had to work on emotional awareness, grounding skills, and ways to calm my body when I feel myself getting overwhelmed. These tools have made a real difference. They help me pause, understand what's happening, and choose a response instead of reacting automatically.

As a patient, I'm hopeful about the future of PTSD and anger treatment. I appreciate that researchers and clinicians are paying more attention to anger as its own challenge—not just a side effect of trauma. Better assessments, more targeted interventions, and deeper understanding will help people like me continue to heal and regain control of our lives.

By: Wilma M Draughn-Davis, Post Adjutant

Disclaimer: This article reflects my personal experiences as a patient and is intended for general educational purposes only. It should not be used as medical advice, diagnosis, or treatment guidance. Anyone experiencing PTSD, anger, or other mental health concerns should consult a qualified healthcare professional for individualized support.

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