



# LEXINGTON COUNTY VETERANS NEWS

*"Serving those who served and sacrificed for America"*

**May/June 2013**



**Lexington, SC.**

## **YOUR VA OFFICE STAFF**

**ED LUNDEEN**

[ELUNDEEN@LEX-CO.COM](mailto:ELUNDEEN@LEX-CO.COM)

**DIRECTOR**

**JENNIFER HENDRIX**

[JHENDRIX@LEX-CO.COM](mailto:JHENDRIX@LEX-CO.COM)

DEPUTY DIRECTOR/  
NEWSLETTER EDITOR

**MELANIE DAMOUDE**

[MDAMOUE@LEX-CO.COM](mailto:MDAMOUE@LEX-CO.COM)

BENEFITS COUNSELOR

**MARGARET K. BOGGESS**

[MBOGGESS@LEX-CO.COM](mailto:MBOGGESS@LEX-CO.COM)

ADMINISTRATIVE ASSISTANT

605 WEST MAIN STREET,  
SUITE 101

LEXINGTON, S.C. 29072

TELEPHONE: (803) 785-8400

FAX: (803) 785-0115

## **TOLL-FREE TELEPHONE NUMBERS**

Lexington Main Office: 785-8400

From Batesburg/Leesville: 332-8400

From Chapin: 941-0231

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*A Note from the Editor...*

*The Veterans News will now be a  
bi-monthly issue.*

Wednesday, May 1st	Employment Fair @ National Guard Armory
Thursday, May 2nd	Gaston Outreach
Friday, May 3rd	Chapin Outreach
Saturday, May 4th	Dang-It Doll Workshop @ Our Savior Lutheran Church
Thursday, May 9th	Cayce/West Columbia Outreach
Friday, May 10th	Confederate Memorial Day County Holiday—Office Closed No Batesburg/Leesville Outreach
Saturday, May 11th	Dang-It Doll Workshop @ Cayce Masonic Lodge
Sunday, May 12th	Mother's Day
Tuesday, May 14th	County Council Meeting
Thursday, May 16th	VA Benefits Presentation @ Capital Senior Center VA presentation for Elderberry group @ Our Savior Lutheran Church
Saturday, May 18th	Armed Forces Day
Tuesday, May 21st	Generations Speaking Engagement @ Columbia Conference Center
Wednesday, May 22nd	Honor Flight
Monday, May 27th	Memorial Day County Holiday—Office Closed No Van Transportation Scheduled Memorial Day Service @ Caughman Harmon Funeral Home
Tuesday, May 28th	County Council Meeting
Thursday, May 30th	VA presentation for Shepherd's Center @ Lexington United Methodist Church
Thursday, June 6th	D-Day Anniversary Gaston Outreach
Friday, June 7th	VAMC Homeless Veteran Forum @ Dorn VA Hospital No Chapin Outreach
Tuesday, June 11th	County Council Meeting
Thursday, June 13th	Cayce/West Columbia Outreach
Friday, June 14th	Flag Day Batesburg/Leesville Outreach
Sunday, June 16th	Father's Day
Friday, June 21st	Summer Begins
Tuesday, June 25th	County Council Meeting
Thursday, June 27th	US entered into Korean War (1950)
Sunday, June 30th	Patriotic service @ Grace Baptist Church @ 10:30am

Purple—Holidays/Special Days  
 Blue—Outreach dates  
 Red—County Offices Closed/No van scheduled  
 Black—Director's appearances in the County  
 Brown—County Council Meetings  
 Pink—Special Events throughout the County  
 Orange—Special event Director of Office  
 Green—Special Notices



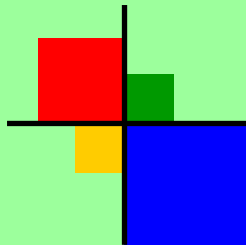
**Memorial Day:** During May the Nation honors Memorial Day and remembers the men and women who gave their lives in defense of this country. It is a time of reflection and remembrance and there are ceremonies at all National cemeteries and military installations. Fort Jackson held a dual ceremony last year between the installation and the National Cemetery. Caughman-Harman Funeral Home has a well planned memorial service each year at 10am in their Lexington chapel and I encourage you to attend that; the event last year was meaningful and well attended.

**Honor Flight:** For those of you who have not flown on one of these I encourage you to get involved. The next one is May 22nd and it is sponsored by the Lexington Medical Center. Any World War II Veteran has priority and last November, Korean War Veterans flew on it for the first time. The flight in April had a mixture of World War II Veterans and Korean War Veterans and it appears all flights will have this mixture in the future.

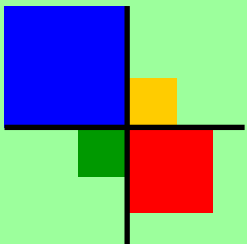
Any Veteran of this era flies free to Washington, DC for a glorious day of travel and sightseeing. Each Veteran has a guardian to assist them for the entire day and anyone can be a guardian. Guardians pay \$500 for the day and accompany the Veteran throughout the day. Please check their website for more details at [honorflightsc.com](http://honorflightsc.com) or contact the Lexington Medical Center for additional information.

**D-Day on June 6th:** This year marks the 69th anniversary of the greatest military operation in history, which catapulted the liberation of Europe during World War II. We owe a great debt of gratitude to our World War II Veterans and when you see one, please thank them for their service.

**It is an honor to serve Lexington County!**



# Dependents Educational and Medical Benefits



## **S**urvivors & Dependents Assistance (DEA)

Dependents' Educational Assistance provides education and training opportunities to eligible dependents of certain Veterans. The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training. If you are a spouse, you may take a correspondence course. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

### **Eligibility:**

You must be the son, daughter, or spouse of:

- ◇ A Veteran who died or is permanently and totally disabled as the result of a service-connected disability. The disability must arise out of active service in the Armed Forces.
- ◇ A Veteran who died from any cause while such permanent and total service-connected disability was in existence.
- ◇ A service member missing in action or captured in line of duty by a hostile force.
- ◇ A service member forcibly detained or interned in line of duty by a foreign government or power.
- ◇ A service member who is hospitalized or receiving outpatient treatment for a service connected permanent and total disability and is likely to be discharged for that disability. This change was effective December 23, 2006.

### **Period of Eligibility**

If you are a son or daughter and wish to receive benefits for attending school or job training, you must be between the ages of 18 and 26. In certain instances, it is possible to begin before age 18 and to continue after age 26. Marriage is not a bar to this benefit. If you are in the Armed Forces, you may not receive this benefit while on active duty. To pursue training after military service, your discharge must not be under dishonorable conditions. VA can extend your period of eligibility by the number of months and days equal to the time spent on active duty. This extension cannot generally go beyond your 31st birthday, there are some exceptions.

If you are a spouse, benefits end 10 years from the date VA finds you eligible or from the date of death of the Veteran. If the VA rated the Veteran permanently and totally disabled with an effective date of 3 years from discharge a spouse will remain eligible for 20 years from the effective date of the rating. This change is effective October 10, 2008 and no benefits may be paid for any training taken prior to that date.

For surviving spouses (spouses of service members who died on active duty) benefits end 20 years from the date of death.

### **How to Apply**

You should make sure that your selected program is approved for VA training. If you are not clear on this point, VA will inform you and the school or company about the requirements. Obtain and complete VA Form 22-5490, Application for Survivors' and Dependents' Educational Assistance. Send it to the VA regional office with jurisdiction over the State where you will train. If you are a son or daughter, under legal age, a parent or guardian must sign the application. If you have started training, take your application to your school or employer. Ask them to complete VA Form 22-1999, Enrollment Certification, and send both forms to VA. Section 301 of Public Law 109-461 adds a new category to the definition of "eligible person" for DEA benefits. The new category includes the spouse or child of a person who:

VA determines has a service-connected permanent and total disability; and at the time of VA's determination is a member of the Armed Forces who is hospitalized or receiving outpatient medical care, services, or treatment; and is likely to be discharged or released from service for this service-connected disability.

Persons eligible under this new provision may be eligible for DEA benefits effective December 23, 2006, the effective date of the law.

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DEA provides education and training opportunities to eligible dependents of Veterans who are permanently and totally disabled due to a service-related condition, or who died while on active duty or as a result of a service related condition. The program offers up to 45 months of education benefits. These benefits may be used for degree and certificate programs, apprenticeship, and on-the-job training. If you are a spouse, you may take a correspondence course. Remedial, deficiency, and refresher courses may be approved under certain circumstances.

Special Restorative Training is available to persons eligible for DEA benefits. The Department of Veterans Affairs may prescribe special restorative training where needed to overcome or lessen the effects of a physical or mental disability for the purpose of enabling an eligible person to pursue a program of education, special vocational program or other appropriate goal. Medical care and treatment or psychiatric treatments are not included.

Special Vocational Training is also available to persons eligible for DEA benefits. This type of program may be approved for an eligible person who is not in need of Special Restorative Training, but who requires such a program because of a mental or physical handicap.

## **C**HAMPVA

The Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) is a comprehensive health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries. The program is administered by Health Administration Center and their offices are located in Denver, Colorado.

Due to the similarity between CHAMPVA and the Department of Defense (DoD) TRICARE program (sometimes referred to by its old name, CHAMPUS) the two are often mistaken for each other. CHAMPVA is a Department of Veterans Affairs program whereas TRICARE is a regionally managed health care program for active duty and retired members of the uniformed services, their families, and survivors. In some cases a Veteran may look to be eligible for both/either program on paper. However, if you are a military retiree, or the spouse of a Veteran who was killed in action, you are and will always be a TRICARE beneficiary, you can't choose between the two.

### **Eligibility**

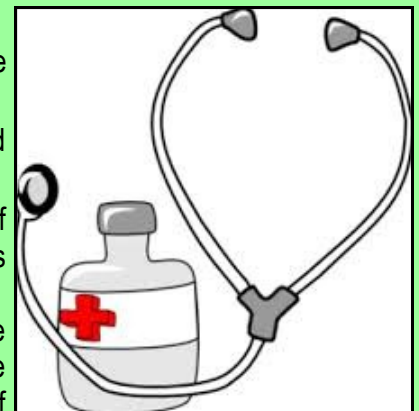
To be eligible for CHAMPVA, you cannot be eligible for TRICARE/CHAMPUS and you must be in one of these categories:

- ◇ the spouse or child of a Veteran who has been rated permanently and totally disabled for a service-connected disability by a VA regional office, or
- ◇ the surviving spouse or child of a Veteran who died from a VA-rated service connected disability, or
- ◇ the surviving spouse or child of a Veteran who was at the time death rated permanently and totally disabled from a service connected disability, or
- ◇ the surviving spouse or child of a military member who died in the line of duty, not due to misconduct (in most of these cases, these family members are eligible for TRICARE, not CHAMPVA).

An eligible CHAMPVA sponsor may be entitled to receive medical care through the VA health care system based on his or her own Veteran status. Additionally, as the result of a recent policy change, if the eligible CHAMPVA sponsor is the spouse of another eligible CHAMPVA sponsor, both may now be eligible for CHAMPVA benefits. In each instance where the eligible spouse requires medical attention, he or she may choose the VA health care system or coverage under CHAMPVA for his/her health care needs.

### **Benefits**

In general our CHAMPVA program covers most health care services and supplies that are medically and psychologically necessary. Upon confirmation of eligibility, you will receive program material that specifically addresses covered and non-covered services and supplies in the form of a CHAMPVA handbook.



Continued on page 5

## General Exclusions

Like all health programs there are certain services and supplies that are not covered by our program, some of these are:

- ◇ Services and supplies obtained as part of a grant, study, or research program.
- ◇ Services and supplies not provided in accordance with accepted professional medical standards or related to experimental/investigational or unproven procedures or treatment regimens.
- ◇ Care for which you are not obligated to pay, such as services obtained at a health fair.
- ◇ Care provided outside the scope of the provider's license or certification.
- ◇ Services or supplies above the appropriate level required to provide the necessary medical care.
- ◇ Services by providers suspended or sanctioned by any federal agency.
- ◇ Services provided by a member of your immediate family or person living in your household.
- ◇ CHAMPVA Mental Health and Substance Use Disorder Benefits (01-01)

For a complete listing of non-covered services and supplies please consult the CHAMPVA handbook.

## Medicare Impact

CHAMPVA is always the secondary payer to Medicare. If you are eligible for CHAMPVA, under age 65 and enrolled in both Medicare Parts A&B, SSA documentation of enrollment in both Parts A&B is required.

For your benefits to be extended past age 65, you must meet the following conditions:

- ◇ if the beneficiary was 65 or older prior to June 5, 2001, and was otherwise eligible for CHAMPVA, and was entitled to Medicare Part A coverage, then the beneficiary will be eligible for CHAMPVA without having to have Medicare Part B coverage.
- ◇ if you turned 65 on/or before June 5, 2001, and have Medicare Parts A and B, you must keep both Parts to be eligible.
- ◇ if you turned 65 on or after June 5, 2001, you must be enrolled in Medicare Parts A and B to be eligible.
- ◇ you are not required to enroll in Medicare Part D in order to become or remain CHAMPVA eligible.



## Remarried Widows/Widowers

Remarriage: Eligibility for CHAMPVA ends at midnight on the date of your remarriage if you remarry prior to age 55. If you remarry on or after your 55th birthday, The Veterans Benefit Act of 2002, Public Law 107-330, allows you to keep your CHAMPVA benefits.

**Termination of Remarriage:** If you are a widow(er) of a qualifying sponsor and you remarry and the remarriage is later terminated by death, divorce, or annulment you may reestablish CHAMPVA eligibility. The beginning date of your re-eligibility is the first day of the month after termination of the remarriage or December 1, 1999, whichever date is later.





*You are invited to a*  
***Memorial Day Service***

*“The hero is commonly the simplest and obscurest of men.”*  
*~ Henry David Thoreau*

*Monday, May 27, 2013*  
*10:00am*

*Caughman~Harman Funeral Home*  
*503 North Lake Drive*  
*Lexington, SC 29072*  
*803-359-6118*

*Come help us remember those who gave the ultimate sacrifice upon our  
Nation’s Altar of Freedom.*

*\*Light refreshments will be served following the service\**



# History of Memorial Day

**M**emorial Day, originally called Decoration Day, is a day of remembrance for those who have died in our nation's service. There are many stories as to its actual beginnings, with over two dozen cities and towns laying claim to being the birthplace of Memorial Day. There is also evidence that organized women's groups in the South were decorating graves before the end of the Civil War: a hymn published in 1867, "Kneel Where Our Loves are Sleeping" by Nella L. Sweet carried the dedication "To The Ladies of the South who are Decorating the Graves of the Confederate Dead" (Source: Duke University's Historic American Sheet Music, 1850-1920). While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day. It is more likely that it had many separate beginnings; each of those towns and every planned or spontaneous gathering of people to honor the war dead in the 1860's tapped into the general human need to honor our dead, each contributed honorably to the growing movement that culminated in General Logan giving his official proclamation in 1868. It is not important who was the very first, what is important is that Memorial Day was established. Memorial Day is not about division. It is about reconciliation; it is about coming together to honor those who gave their all.



Memorial Day was officially proclaimed on 5 May 1868, by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11, and was first observed on 30 May 1868, when flowers were placed on the graves of Union and Confederate soldiers at Arlington National Cemetery. The first state to officially recognize the holiday was New York in 1873. By 1890, it was recognized by all of the northern states. The South refused to acknowledge the day, honoring their dead on separate days until after World War I (when the holiday changed from honoring just those who died fighting in the Civil War to honoring Americans who died fighting in any war). It is now celebrated in almost every State on the last Monday in May (passed by Congress with the National Holiday Act of 1971 (P.L. 90 - 363) to ensure a three day weekend for Federal holidays), though several southern states have an additional separate day for honoring the Confederate war dead: January 19 in Texas, April 26 in Alabama, Florida, Georgia, and Mississippi; May 10 in South Carolina; and June 3 (Jefferson Davis' birthday) in Louisiana and Tennessee.



In 1915, inspired by the poem "In Flanders Fields," Moira Michael replied with her own poem:  
We cherish too, the Poppy red  
That grows on fields where valor led.  
It seems to signal to the skies  
That blood of heroes never dies.

She then conceived of an idea to wear red poppies on Memorial day in honor of those who died serving the nation during war. She was the first to wear one, and sold poppies to her friends and co-workers with the money going to benefit servicemen in need. Later a Madam Guerin from France was visiting the United States and learned of this new custom started by Ms. Michael and when she returned to France, made artificial red poppies to raise money for war orphaned children and widowed women. This tradition spread to other countries. In 1921, the Franco-American Children's League sold poppies nationally to benefit war orphans of France and Belgium. The League disbanded a year later and Madam Guerin approached the VFW for help. Shortly before Memorial Day in 1922, the VFW became the first Veterans' organization to nationally sell poppies. Two years later their "Buddy" Poppy program was selling artificial poppies made by disabled veterans. In 1948, the US Post Office honored Ms. Michael for her role in founding the National Poppy movement by issuing a red 3 cent postage stamp with her likeness on it.

Traditional observance of Memorial day has diminished over the years. Many Americans nowadays have forgotten the meaning and traditions of Memorial Day. At many cemeteries, the graves of the fallen are increasingly ignored and neglected. Most people no longer remember the proper flag etiquette for the day. While there are towns and cities that still hold Memorial Day parades, many have not held a parade in decades. Some people think the day is for honoring any and all dead, and not just those fallen in service to our country.



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There are a few notable exceptions. Since the late 50's on the Thursday before Memorial Day, the 1,200 soldiers of the 3rd U.S. Infantry place small American flags at each of the more than 260,000 gravestones at Arlington National Cemetery. They then patrol 24 hours a day during the weekend to ensure that each flag remains standing. In 1951, the Boy Scouts and Cub Scouts of St. Louis began placing flags on the 150,000 graves at Jefferson Barracks National Cemetery as an annual Good Turn, a practice that continues to this day. More recently, beginning in 1998, on the Saturday before the observed day for Memorial Day, the Boys Scouts and Girl Scouts place a candle at each of approximately 15,300 grave sites of soldiers buried at Fredericksburg and Spotsylvania National Military Park on Marye's Heights (the Luminaria Program). And in 2004, Washington D.C. held its first Memorial Day parade in over 60 years.



To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed on Dec. 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of Remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to 'Taps'."



The Moment of Remembrance is a step in the right direction to returning the meaning back to the day. What is needed is a full return to the original day of observance. Set aside one day out of the year for the nation to get together to remember, reflect and honor those who have given their all in service to their country.

But what may be needed to return the solemn, and even sacred, spirit back to Memorial Day is for a return to its traditional day of observance. Many feel that when Congress made the day into a three-day weekend in with the National Holiday Act of 1971, it made it all the easier for people to be distracted from the spirit and meaning of the day. As the VFW stated in its 2002 Memorial Day address: "Changing the date merely to create three-day weekends has undermined the very meaning of the day. No doubt, this has contributed greatly to the general public's nonchalant observance of Memorial Day."

## Amyotrophic Lateral Sclerosis and the VA

Amyotrophic lateral sclerosis, or ALS, is a disease in which certain nerve cells in the brain and spinal cord slowly die. These nerve cells are called motor neurons, and they control the muscles that allow you to move the parts of your body. ALS is also called Lou Gehrig's disease.

People with ALS gradually become more disabled. How quickly the disease gets worse is different for everyone. Some people live with ALS for several years. But over time, ALS makes it hard to walk, speak, eat, swallow, and breathe. These problems can lead to injury, illness, and eventually death. In most cases, death will occur within 3 to 5 years after symptoms begin, although some people do live for many years, even decades.

ALS is rare. Each year in the United States and most of the world, only 1 to 2 people out of 100,000 get ALS. Men get ALS slightly more often than women do. ALS can occur at any age, but it most often starts in middle-aged and older adults.

Thanks to the efforts of The ALS Association, key members of Congress, advocates and the Department of Veterans Affairs, ALS has been listed as a disease entitled to presumptive service connection. This means that if a service member is diagnosed with ALS, his or her condition will be presumed to have occurred during or been aggravated by military service and as such, be entitled to service connection and full benefits.

Veterans with continuous service of 90 days or more: Veterans diagnosed with amyotrophic lateral sclerosis (ALS)/Lou Gehrig's disease at any time after discharge or release from qualifying active service is sufficient to establish service connection for the disease, if the veteran had active, continuous service of 90 days or more.

Contact our office for help in filing for this condition.





## OUTREACH DATES AND TIMES

Please be aware that our outreach dates and times have changed.  
The correct dates and times are listed below.  
Appointments are strongly encouraged.



**Batesburg/Leesville Outreach** – 2nd Friday of the month at the Batesburg/Leesville Library from 10 a.m. to 12 noon.



**Cayce/West Columbia Outreach** – 2nd Thursday of the month at the Cayce/West Columbia Library from 10 a.m. to 12 noon.



**Chapin Outreach** – 1st Friday of the month at the Chapin Library from 9 a.m. to 11 a.m.



**Gaston/Swansea Outreach** – 1st Thursday of the month at the Gaston Library from 10 a.m. to 12 noon



Prints for Sale



**We have several copies of the Veterans Memorial and Gibson Pond prints for sale in our office. The Gibson Pond print is 32x24 and the Monument print is 24x15. Both are suitable for framing. The cost is \$10.00 each. The proceeds will be placed in our Veteran's Fund and/or Van Fund. Your donation is tax-deductible and a receipt can be provided. Come by the office to have a closer look at the prints. Please stop by our office M-F from 8 to 5 to purchase one or more of these beautiful prints!**

# Anniversary of D-Day

On June 6, 1944, 160,000 Allied troops landed along a 50-mile stretch of heavily-fortified French coastline to fight Nazi Germany on the beaches of Normandy, France. General Dwight D. Eisenhower called the operation a crusade in which “we will accept nothing less than full victory.” More than 5,000 Ships and 13,000 aircraft supported the D-Day invasion, and by day’s end on June 6, the Allies gained a foot- hold in Normandy. The D-Day cost was high -more than 9,000 Allied Soldiers were killed or wounded -- but more than 100,000 Soldiers began the march across Europe to defeat Hitler.



Soldiers in cargo vehicles move onto a beach in Normandy during the Allied Invasion of Europe, D-Day, June 6, 1944.



Soldiers wade through surf and Nazi gunfire to secure a beachhead during the Allied Invasion, June 6, 1944.



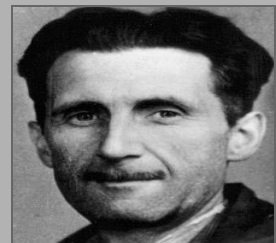
Gliders fly supplies to Soldiers fighting on Utah Beach during the Allied Invasion of Europe, D-Day, June 6, 1944.



Ships carry Soldiers and equipment across the English Channel toward the coast of Normandy, D-Day, June 6, 1944.

*“People sleep peaceably in their beds at night only because rough men stand ready to do violence on their behalf.”*

*- George Orwell*



# SC Housing Salutes "Palmetto Heroes" with 3% Mortgage Rate Offer

*Special Homebuyer Program Makes \$7.7M Available for Loans and Down Payment Assistance*

**Columbia, S.C. - March 26, 2013** - Today, the South Carolina State Housing Finance and Development Authority (SC Housing) announced it is once again making funds available to help South Carolina's heroes - law enforcement officers, correctional officers, teachers, firefighters, nurses, Veterans and EMS personnel - that want to become homeowners. The 2013 Palmetto Heroes Program, a \$7.7 million initiative, offers qualified homebuyers a low interest rate of 3% and \$5,000 in down payment assistance - some buyers may even qualify for up to \$8,000 in down payment assistance on newly constructed homes.

Purchasing your first home can be challenging for anyone - especially those in a noble profession making only a modest salary. Palmetto Heroes is one way SC Housing salutes members of these professions by offering low interest loans to those who qualify. A huge benefit of the program - the down payment assistance - could even be forgivable over time in some cases, depending on the borrower's income!

"This program is our way of honoring these dedicated individuals who contribute so much to our state," said Valarie Williams, Executive Director of SC Housing. "It's important that we invest as much in them as they do into our state each and every day. We hope this program might even strengthen recruitment and retention in these careers, which are crucial to our state's overall wellbeing."

To date, the Palmetto Heroes Program has made over 600 mortgage loans totaling over \$72 million. The average loan amount is \$116,480, and the average household income is approximately \$43,000.

Those who do not qualify for the Palmetto Heroes Program may still qualify for one of the other homeownership programs offered by SC Housing, which are available year round to a broad range of South Carolinians seeking to become homeowners.

## ***More about Palmetto Heroes***

Palmetto Heroes is available to law enforcement officers, correctional officers, teachers, firefighters, Veterans, nurses and EMS personnel who are currently certified in their profession, and reside and work in South Carolina. Mortgage loans can be up to 30 years and are available through any of SC Housing's network of more than 100 participating private sector lenders and brokers statewide. Maximum income limits are based on the median income per county and household composition. The Palmetto Heroes Program may not be used for refinancing.

For more information, contact one of the real estate professionals, banks or mortgage brokers certified in SC Housing programs. Visit [www.SCHousing.com](http://www.SCHousing.com) for a complete list.



# Yard Sale

For  
Veteran David Hockemeier, Jr.

*Saturday, May 25, 2013 8 am-Noon*  
*American Legion Post 7 Hut*  
211 American Legion Drive  
(off Harmon Street in Lexington)

Anyone desiring to make a donation of items for the yard sale can do so by bringing them to the Hut during the following days and times:

Wednesday, May 22	9 am—2 pm
Thursday, May 23	9 am—2 pm
Friday, May 24	9 am—3 pm

Or call 359-1278 for other times

David is the son of Legionnaire David Hockemeier, Sr. and Auxiliary member Betty Hockemeier. David had a stroke at the age of 33 in December 2012. He is a single father and veteran. His medical insurance and other funds will run out in May. Funds and donations received as a result of this event will be used for David's on going medical and rehabilitation expenses.

Monetary donations may be mailed to:



American Legion Post 7  
C/O Treasurer Fred Sons  
PO Box 421



Lexington, SC 29071-0421

Make checks payable to *American Legion Post 7* and put on  
Notes line: Medical Expenses for D. Hockemeier



Items for sale will be household items to include small and larger pieces — furniture, small appliances, etc. Some clothing and outdoor items. If you would like to make a donation, please bring by the hut or call Linda Griffith at 359-1278. All proceeds to go for David Hockemeier, Jr. medical expenses.

All Donations are tax deductible and the Lexington-Saluda Chapter of Thrivent Financial is a proud sponsor for this event.

May  
is

NATIONAL STROKE  
AWARENESS  
MONTH

Yard Sale sponsored by Post 7 on  
May 25 from 8 am to noon at 211  
American Legion Drive in Lexing-  
ton—just off Harmon Street near  
the Old Mill on US Hwy. #1.

Stroke is an emergency and a  
brain attack. Act **FAST** and call  
**9-1-1** at the first sign of stroke.

**F** **FACE**  
Ask the person to smile. Does one  
side of the face droop?

**A** **ARMS**  
Ask the person to raise both arms.  
Does one arm drift downward?

**S** **SPEECH**  
Ask the person to repeat a simple  
phrase. Is their speech slurred or  
strange?

**T** **TIME**  
If you observe any of these signs,  
call 9-1-1 immediately.

### IMMEDIATE HELP NEEDED FOR ONE OF OUR OWN...

Fellow Legionnaire David Hockemeier's son, David, is in need of help. He suffered a stroke this past December at the age of 33 and his insurance funds will be running out the end of May. He is a single parent with a four-year old daughter and a veteran. If you are interested in making a donation for the David Hockemeier, Jr. Fund, please make checks payable to the *American Legion Post 7* and mail to our Treasurer Fred Sons (263 Dreher Street, Lexington, SC 29072-2713). Be sure to put in the notes line "Stroke Awareness" so that we will know it is for David and his family. To find out more about strokes, please visit the website listed below. (Funds will be matched — \$1 for every \$3 raised — by the Lexington-Saluda Chapter of Thrivent Financial for Lutherans.)







National  
STROKE  
Association™  
Learn more at  
[www.stroke.org](http://www.stroke.org)



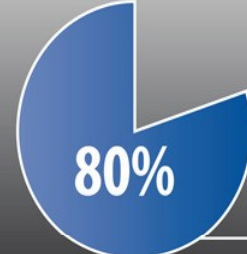



ALL FUNDS COLLECTED  
WILL BE SENT TO  
DAVID THROUGH POST 7.  
PLEASE GIVE GENEROUSLY.  
YOUR HELP IS NEEDED.

# STROKE STOPS BLOOD FROM GETTING TO THE BRAIN. **IT CAN BE DISASTROUS.**

 <p>Stroke kills <b>twice</b> as many women each year than breast cancer.</p>	 <p>Strokes in children are increasing at an alarming rate—up 50% among young boys over 12 years.</p>	 <p>The average stroke patient pays more than <b>\$140,000</b> in lifetime medical bills.</p>	 <p>Every <b>40 seconds</b> someone in the U.S. has a stroke—nearly 800,000 in 2012.</p>
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## • **GOOD NEWS**

UP TO 80% OF STROKES CAN BE PREVENTED BY CONTROLLING RISK FACTORS LIKE:

 <p><b>80%</b></p>	 <p><b>HIGH BLOOD PRESSURE</b></p>	 <p><b>ATRIAL FIBRILLATION</b> (A TYPE OF IRREGULAR HEARTBEAT)</p>	 <p><b>HIGH CHOLESTEROL</b></p>
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TAKE THE FAST TEST TO IDENTIFY COMMON STROKE WARNING SIGNS.

WHEN STROKE HITS, LONG-TERM DISABILITY CAN BE SIGNIFICANTLY CUT IF YOU GET MEDICAL CARE **FAST**.

 <p><b>F</b>ace droops on one side.</p>	 <p><b>A</b>rms drift downward when raised.</p>	 <p><b>S</b>peech is slurred.</p>	 <p><b>T</b>ime is critical. <b>Call 9-1-1 IMMEDIATELY.</b></p>
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A severe headache with no known cause is another key warning sign of a stroke.

Learn about more sudden signs of stroke @ [www.stroke.org](http://www.stroke.org)

# New Drivers License Information



Example of New Designation

The South Carolina Department of Motor Vehicles (DMV) announced on September 7, 2012, the availability of a “VETERAN” designation on driver licenses, identification cards and beginner permits for individuals who served honorably in the United States Armed Forces.

The VETERAN designation applies only to individuals who served honorably as members of the United States Armed Forces. To apply, Veterans must present their Form DD214 (Certificate of Release or Discharge from Active Duty), which indicates an honorable discharge.

No other proof of service will be accepted. Military dependents, spouses, or civilian employees on military bases are not eligible.

The cost to add VETERAN designation to a driver license, identification card or beginner permit is \$1.00. If a customer adds the designation without changing or renewing his license, he will pay only the \$1.00 fee. However, if the customer conducts another license transaction, he will pay \$1.00 plus the required transaction fee. For example, a customer that adds the designation when he renews his 10-year driver license would pay \$25.00 plus the \$1.00 fee. A customer who changes his address and adds the designation would pay \$10.00 plus the \$1.00 fee. Each time a customer changes or renews his credential, he must pay an additional \$1.00 fee to add the designation.

Because state law requires documentation of military service, Veterans applying for the designation must visit a DMV office. To get the best service in the shortest amount of time, DMV recommends that customers visit the office on Tuesdays, Wednesdays, and Thursdays. Customers should also remember that the days before and after a holiday are extremely busy at DMV.

## Volunteers needed

### County Council Needs You!



Veterans are needed to lead the Pledge of Allegiance at County Council meetings on the 2nd and 4th Tuesdays of the month. County Council meetings start at 4:30pm, so you would need to be present around 4 to 4:15pm. Contact the office at 803-785-8400 if you are interested.

### Looking for Volunteer Van Drivers

The van runs on Mondays, Wednesdays, and Thursdays, taking Veterans to appointments at DORN VAMC for their scheduled appointments between 9am and 1pm. If you can volunteer to drive the DAV van at least 1 day a month, contact the office at 803-785-8400.





Thank you from naval construction battalion four deployed to Rota Spain. We received the large box full of boxes of Girl Scout cookies. Thank you so much! This helps our morale and makes work easier knowing we have mothers caring for us back at home. We are currently under several projects in different areas of the world. Some people are in Cameroon Africa, Morocco, African, Kuwait City, Bahrain and Georgia. Some of the work we do includes building wells, constructing wooden homes, reinforcing DOD and allies base infrastructure and much more.

Your box was requested here in headquarters in Spain and as soon as we pass our physical fitness test in May, I will be sure to pass it to all the Seabees here, probably will use them in our over the hump party in May when we will have a cook out and day of sports to celebrate the midway point of our battalion's deployment.

If you can share please with your Girl Scouts and mothers so they know the work they do does not go unnoticed. Take care and thanks again.

### **Blue Star Mother's**



mum mama mommy  
**BEAUTIFUL**  
 unconditional love  
 creative **UNSELFISH**  
**LOVE U LOVE U LOVE U**  
**BELIEVES**  
 life patient **GENTLE**  
 compassionate  
**NURTURING**  
 strength **DEVOTED**

## *Happy Mother's Day!*

**SOME**  
*Super* **Heroes**  
 Don't have  
**CAPIES...**  
*They are*  
*called* **DAD**

# Happy Father's Day!

## Dang-it Doll Workshops

On Saturday, May 4th, Our Savior Lutheran Church, located at 1500 Sunset Blvd. in West Columbia, will be hosting a workshop for us in connection with the area churches "In As Much" community outreach project. The workshop will be in their fellowship hall at the back side of the building from 9:00am until 2:00pm. The public is invited to participate.

On Saturday, May 11th, we will be having our regular May Dang-it Doll workshop from 10:00am until 3:00pm at the Cayce Masonic Lodge, 1701 12th. Street, Cayce, SC 29033. The Lodge Brothers will be fixing their famous Hot Dog Lunch for us. This will be our last workshop before the summer break. We will start back in September with our Fall Fling Workshop on Saturday, September 14, 2013.

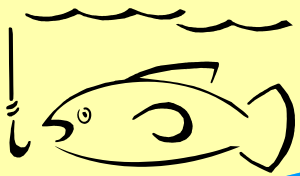
Grab a friend and come join us in stuffing and decorating the dolls so we can bring smiles and stress relief to our service men and women. To date, we have shipped over 98,337 Dang-it Dolls all over the world. We have volunteers ranging in age from 5 to 90 years old. There is something for everyone to do.

The new supply of Dang-it Doll T-shirts in black or white are here. Youth sizes are \$15.00, adult sizes up to 2X are \$20.00 and 3X and above are \$25.00.

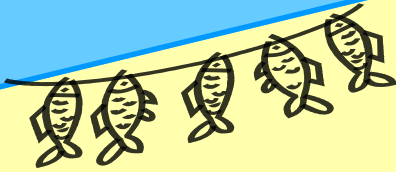
Remember, if you want to sponsor a box or two of stuffing or a box of dolls for shipping, donations can be made online at the website: [www.militarystressreliefdolls.com](http://www.militarystressreliefdolls.com)







# TAKE A SOLDIER FISHING



**FOR SOLDIERS WHO DEPLOYED TO IRAQ OR AFGHANISTAN**

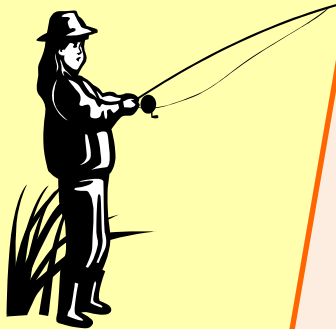
Friday,  
June 7th



Irmo side  
of dam  
at Lake  
Murray



Lunch  
catered by  
Shealy's  
BBQ after  
the event



A - Cruise - 4 - A Cause  
Remembering our Disabled Veterans  
"A Day on the Water with Chuck"  
In Memory of US Coast Guardsman and US Navy Sailor WWII  
19 year Veteran Charles L. Highfill, Sr. December 10, 1926 - June 17, 2011



# Annual Patriotic Service

Sunday, June 30, 2013  
10:30am

Grace Baptist Church  
416 Denham Avenue  
West Columbia, SC 29169  
803-794-8237



We will be having  
an emphasis on  
the 60th  
Anniversary of the  
Korean War



*All Veterans are Invited*

# Featured Medal: **NATO**

The **NATO Medal** is an international military decoration which is awarded to various militaries of the world under the authority of the North Atlantic Treaty Organization (NATO). It is manufactured by Eekelers - Centini, International, of Hemiksem, Belgium. There are currently ten versions of the NATO Medal in existence, for service in Yugoslavia, Kosovo, the Republic of Macedonia, two for service during Article 5 operations (Eagle Assist, Active Endeavour), and four for Non-Article 5 NATO operations (ISAF, Balkans, NTM-Iraq, and Pakistan). In addition, there are corresponding clasps for operations such as ISAF, Kosovo, Yugoslavia, NTM-Iraq (NATO Training Mission-Iraq) and clasps designating Article 5, and Non-Article 5 designations. There is also a NATO Meritorious Service Medal, with a "Meritorious Service" clasp.

## Non-Article 5 Medal

For U.S. Forces, eligibility for the Non-Article 5 Medal for the Balkans remains the same as those previous NATO medals with the exception of the dates of service. Those members entering the Balkan theatre on or after 1 January 2003 will be eligible for the Non-Article 5 medal. The service must be 30 days either continuous or accumulated. Aircrew members will accumulate one day of service for the first sortie flown during any day of the operation. Additional sorties on the same day will receive no further credit. The Balkans area is delineated as the political boundaries and airspace of Bosnia-Herzegovina, Croatia, Yugoslavia (including Kosovo), the Republic of Macedonia, and Albania, based on the detailed description contained in the SFOR, KFOR, and TF Fox OPLANS. Service members who are entitled to more than one NATO medal during the same period will only be awarded one NATO Medal. The NATO chain of command will deem which medal is appropriate. This medal may also be awarded with the "ISAF" clasp for service in Afghanistan, as well as the "NTM-I" clasp for service in Iraq for NATO forces. For U.S. Forces the eligibility for the Non-Article 5 Medal for service with the ISAF are those who are members of units or staffs as set out in the Joint Operations Area taking part in operations in Afghanistan. The area of eligibility is delineated by the political boundaries of the International Security and Assistance Force. The service must be a minimum of 30 days either continuous or accumulated, from 1 June 2003 to a date to be determined. The British Government allows its soldiers to accept, but not wear the medal officially, unlike many other NATO member forces who allow their soldiers to wear the medal. On July 24 2012, The Department of Defense announced that NATO medals for operations in Libya and Africa have been approved for acceptance and wear by eligible U.S. service members and DOD civilian personnel.



Picture of NATO Medal

## NATO Meritorious Service Medal

The NATO Meritorious Service Medal was first awarded in 2003 to commend NATO staff whose personal initiative and dedication went beyond their duty to make a difference both to their colleagues, and to NATO as an organization. The Medal is the personal Award of The Secretary General of NATO, who signs each citation. Less than 50 medals are awarded each year and it remains the only significant award for individual personal effort for NATO staff; and can be awarded to Military and Civilian staff alike. When assessing nominations for the award, there are several criteria taken into consideration: the performance of acts of courage in difficult or dangerous circumstances; showing exceptional leadership or personal example; making an outstanding individual contribution to a NATO sponsored program or activity; or enduring particular hardship or deprivation in the interest of NATO. The NATO Meritorious Service Medal is now authorized for wear on U.S. Military uniforms.



For basic information and questions, please check out our webpage at [www.lex-co.sc.gov/departments/DeptRZ/va/Pages/index.aspx](http://www.lex-co.sc.gov/departments/DeptRZ/va/Pages/index.aspx)

We have also moved the Veterans Service Organizations in Lexington County to the webpage.

**Coming in the Next Issue...Fully Developed Claims Process & VA Caregiver Program**