



Awareness Month comes at a time of increased public attention to how racism affects people of color.

### **PTSD and Racial Minorities**

Racial minorities are more likely than whites to have PTSD. One explanation for these differences may be that racial minorities have more frequent exposure than whites to some types of traumatic events.

For example, racial minorities are more likely to live in areas with higher rates of community violence. But higher risk of being exposed to a traumatic event only partially explains the racial differences in PTSD prevalence. Additional factors are involved, including those that could affect recovery, such as the ongoing stresses of poverty and limited access to mental health care.

### **PTSD and Racial Discrimination**

Racial discrimination is associated with worse physical and mental health and poorer quality of life. Growing evidence also points to experiences with racial discrimination as a factor that increases the risk of PTSD for racial and ethnic minorities.

Extreme experiences, such as racially-motivated physical or sexual assaults, meet the classic definition of a traumatic stressor: exposure to actual or threatened death, serious injury, or sexual violence. Whether experiences of racial discrimination that are less severe, such as verbal threats, can be said to “cause” PTSD is a topic of debate among experts, but it is clear that these other kinds of experiences are related to increased risk of PTSD.

Events known as microaggressions—everyday, more subtle experiences that communicate hostility or are derogatory toward a particular group—can also contribute to the overall negative impact of racism on mental health.

### **Future Research**

Based on these known negative health effects of systemic racism and the racial disparities in PTSD, we are committed to promoting a focus on issues of race, racism, and cross-cultural competence in National Center for PTSD research and education projects.

Understanding the relationship of race and racism to PTSD are critical aspects of PTSD awareness. If you or someone you know has PTSD, reach out. PTSD is a treatable disorder, and there are a variety of effective treatments.

### **[Only woman to receive Medal of Honor celebrated at exhibit in in Tenn](#)**

The only woman ever to receive the Medal of Honor had it taken away more than a century ago just before she died, then posthumously restored by President Jimmy Carter in 1977 in a back-and-forth not unlike the pitched battles she waged on the front lines for equal rights. The Charles H. Coolidge National Medal of Honor Heritage Center

in Chattanooga, beginning Saturday, will feature a new exhibit honoring the contributions of Dr. Mary Walker. [From Stars and Stripes]

### [\*\*Air Force makes history by selecting woman to become next senior enlisted leader\*\*](#)

06/19/2020 07:03 PM EDT

Chief Master Sgt. JoAnne Bass will become the next chief master sergeant of the Air Force, the first woman to be the senior enlisted leader for a military service, the Air Force announced Friday. Bass was chosen to be the 19th chief master sergeant by incoming Air Force Chief of Staff Gen. Charles "CQ" Brown, who was recently appointed the first African American to be a military service chief. [From Stars and Stripes]

### [\*\*For First Time in Decades, Female Soldier Completes Final Phase of Special Forces Training\*\*](#)

06/19/2020 06:46 AM EDT

A female National Guard soldier has successfully completed the final stage of the Army's Special Forces Qualification Course (Q Course), but she's not a Green Beret yet. The soldier finished the grueling three-week evaluation known as Robin Sage this week, but she is still in the final counseling phase, in which she and other students receive evaluations from course staff, Lt. Col. Loren Bymer, spokesman for U.S. Army Special Operations Command, told Military.com on Thursday. [From Military.com]

### [\*\*Improved Body Armor for Female Airmen Coming This Fall\*\*](#)

06/18/2020 06:56 AM EDT

The Air Force recently awarded a contract to begin production of body armor specifically designed for women, as part of a service-wide push for inclusion and gear better suited for female Airmen. The Air Force Life Cycle Management Center Female Fitment Program Office recently awarded the contract to TSSi of Harrisonburg, Va., after an evaluation of possible gear that included both laboratory and field assessments, according to an Air Force Materiel Command release. [From Air Force Magazine]

### [\*\*Woman becomes first observant Sikh to graduate from the US Military Academy at West Point\*\*](#)

06/17/2020 10:00 AM EDT

A woman has made history by becoming the first observant Sikh to graduate from the US Military Academy at West Point. Second Lieutenant Anmol Narang, a second-generation immigrant born and raised in Roswell, Georgia, is the academy's first observant Sikh, meaning she follows religious practices including Kesh, which calls for allowing one's hair to grow naturally without cutting it. [From CNN]

## Buying and selling a home



[Residential Real Estate](#)

**Date: June 20, 2020 Time: 9 - 10:30 AM (EST).**

This is a "**FREE**" question and answers session for potential home buyers and home sellers in the state of Georgia. Participants must be at least 18 years of age; not working with a licensed Real Estate agent/broker to buy or sell a property. Dial: (712) 770-4895 Access 539 975

Eddie D. Alford SR. | Lead Pastor | mobile: (678) 328-7888 | email: [Ealford3580@gmail.com](mailto:Ealford3580@gmail.com)

**Disclaimer:** This information session is not intended to solicit anyone nor current properties listed for sale with a brokerage. Eddie D. Alford is the Senior Pastor of God's Amazing Grace Christian Ministries and an active license Realtor with Solid Source Realty, Inc. Lic# 219567. reply to Sender (Pastor Alford)

## Safe firearm storage saves lives

### Talk to friends and family about firearm safety

More women than ever are taking on the responsibility of firearm ownership. Women Veterans are well-trained in the care and use of firearms, but other members of your home may not be.

During National Safety Month this June, VA encourages women Veterans to make sure firearms are stored safely in the home. Talk to friends and family about proper firearm storage and safety methods. Doing so can help prevent accidents and suicides.

### Firearm storage and a decreased risk of accidents and suicide

VA is working to prevent suicide among those who have served or are currently serving in the armed forces. Safe firearm storage is an important part of suicide prevention.

Firearms were used in nearly half of all suicides among Americans in 2017 and nearly 70% of all Veteran suicides. Women Veterans have a [higher risk of suicide](#) than other women and are also more likely to use firearms to attempt suicide.

For most, [thoughts of suicide are usually brief](#) and temporary. Putting time and space between someone in crisis and firearms by using secure storage methods can make all the difference.

Research also shows there is an [80% reduction in accidental firearm deaths](#) among children when firearms and ammunition are stored separately.

## **Important checklist**

Here are some simple ways to protect yourself, your friends and your family:

- Keep firearms unloaded when not in use and out of the reach of children and unauthorized adults.
- Store firearms in a safe, locking cabinet or lockbox.
- Store ammunition separately from firearms.
- Use a cable or trigger lock for your firearm.
- Store firearms disassembled or remove the firing pin.
- Make sure household members understand the safety guidelines concerning firearms.
- If there is someone at high risk for suicide in the home, store firearms at the home of someone you trust. Check relevant firearm laws before doing so.
- Regularly review the safe storage of your firearms and safe handling guidelines.
- Request a firearm lock from your local VA Suicide Prevention Coordinator (SPC). Find your local SPC using the VA [resource locator](#).

By following and talking about safe and simple storage practices, you can help prevent firearm accidents and deaths in the home. Firearm owners have a duty to protect themselves, family members and the public from misuse.

## **Protect you, friends and family**

Firearm safety locks, safes, and other proper storage methods not only protect you but your friends and family members as well.

Free cable firearm locks are available at VA Medical Centers (VAMC) across the country courtesy of [Project ChildSafe](#), a VA-endorsed program. You can get the locks from your VA primary care team or your VAMC's suicide prevention coordinator.

For more information, review VA's [Safe Firearm Storage Toolkit](#), learn how to create a [safe home environment](#). Check out VA's [safety brochure for Veterans](#).

If you or someone you know is having thoughts of suicide, contact the Veterans Crisis Line to receive free, confidential support and crisis intervention available 24 hours a day, 7 days a week, 365 days a year. Call 1-800-273-8255 and press 1, text to 838255 or chat online at [VeteransCrisisLine.net/Chat](#).



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Verse of the Day

*For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*

**Romans 10:10 KJV**

**YOU TOO CAN BE A MEMBER OF THE VETERANS FOR CHRIST, INC.**

Sign up online to become an associate member. The annual associate membership of \$120.00 which can be used as a tax deduction for supporters. Registration fees can be paid online through our PayPal account. You will get a free VFC T-shirt with your associate membership. Your tax deductible membership fee will support the VFC mission.

All Honorably Discharged Veterans are welcome to come and observe the VFC; feel free to ask questions and learn more. If we don't know the answer we know someone who does. Please browse our web site [www.veteransforchristinc.org](http://www.veteransforchristinc.org). There you'll find information on many subjects of interest to veterans. You'll also find a Newsletter for your branch of service and links to Social Security and many other links with an abundance of information.

Our monthly meetings are on hold until the pandemic is cleared and a vaccine is developed. No meetings are being held at the Wesley Chapel Library at 2861 Wesley Chapel Rd., Decatur, Ga. Our meetings are the fourth Thursday of every month and start at 6:30 (PM) for approximately one hour and a half, unless otherwise advertised. We will be respectful of your time.

Thank you for your interest in the VFC. We look forward to communicating and fellowshiping with you soon. We are looking for a corporate sponsor for our VFC Gerald Prince College Scholarship which is donated each September at our Anniversary Luncheon

"Be on your guard, stand firm in the faith, being men of courage, be strong." 1Cor 16:13

Sincerely,

*William A. Harris, Jr.*

William A. Harris, Jr., USAF Retired  
President, Veterans for Christ, Inc.  
[www.veteransforchristinc.org](http://www.veteransforchristinc.org)