

# MIZZOU MILITARY AND VETERANS NEWSLETTER

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Please contact Robert Ross at [veterans@missouri.edu](mailto:veterans@missouri.edu) with any questions regarding the newsletter.

# VETERANS TRANSITION COURSE

Each fall semester, Robert Ross, the director of the Student Veterans Resource & Support Center, offers a one-credit hour veterans transition course for student veterans.

The course is designed to help veterans and service members transition into the university setting. Goals include identifying and utilizing student resources, general knowledge of how the university functions and key components of the system, sharing off-campus resources and helping students identify what their “next step” is after earning a degree.

“The main goal of the course is to assist students in transitioning to the campus environment,” Ross said. “It is very important that student veterans are aware of all of their resources in case they need help with that transition.”

Joe Toepke, an Army student veteran, knows how important the course is because he personally benefited from taking it.

“I talk to student veterans all the time who are unaware of all of the resources available to them,” Toepke said. “This course is trying to have the opposite happen.”

Those interested in taking the course can currently enroll for Fall 2021. The official name of the course is Proseminar in Interdisciplinary Studies: Veterans Transition Course, and the course number is INTDSC 2001-01.

For more information, contact Robert Ross at [veterans@missouri.edu](mailto:veterans@missouri.edu).



# TERRENCE GRUS



Terrence Grus is director of MU’s Graduate Admissions & Student Services as well as a Navy veteran.

In the Navy, Grus served for two years on an auxiliary salvage rescue ship. He was stationed in Charleston, South Carolina, and the ship travelled up and down the East Coast from Florida to New York.

“My ship was one of five or six ships that was invited to Fleet Week in New York Harbor,” Grus said. “It was my last year of service, so I was appreciative of that experience and got to experience New York City.”

After finishing his two years active duty, Grus served four years in the Navy Reserves and enrolled at MU. He received a bachelor’s degree in education and a master’s degree in higher education. Grus then joined MU’s admissions team.

Grus first worked as an academic advisor, then shifted to a coordinator position and eventually became manager. In 2003, Grus built the graduate admissions program and began work as the director.

Grus has great respect for the student veterans he comes in contact with.

“Student veterans are extremely motivated, directed and come with a purpose,” Grus said. “They all have extreme drive and life experience and come ready to learn.”

## KENNETH TROTTER

Kenneth Trotter is a Marine Corps veteran and a senior strategic communication student at Mizzou.

Trotter says he knew that strategic communication was meant for him because of his military experience.

“I served 10 years in the Marine Corps,” he said. “I was initially stationed in Japan as a Combat Correspondent and journalist before becoming the marketing and public affairs representative for Marine Corps recruitment in Kansas City, Missouri. I did that for three years and absolutely loved it.”

Trotter was in charge of planning public affairs and producing media at recruitment events to encourage people to join the Marine Corps. His passion for influencing others and communication led him to Mizzou.



“After doing research on Mizzou, I realized that the veteran program and journalism program here are outstanding,” Trotter said. “The school’s commitments aligned with my own personal experiences and values. It also really resonated with me to see diversity in veteran’s leadership on campus.”

Trotter comes from a military family, which influenced his decision to join the Marines and his outlook on life.

“Being in the military and from a family of veterans has taught me to remain resilient,” Trotter said. “The Marine Corps prides itself on making things challenging and testing you to see if you want to be better, and that is something that will always drive me.”

## ARMY ROTC COMMISSIONING WITH ANDREW POGUE

Andrew Pogue is a May 2021 graduate from Clinton, Missouri, currently involved in the Army ROTC.

Pogue is graduating with a degree in business economics as well as a minor in military science. While graduation is on the horizon, he looks forward to commissioning.

“I’ll commission as an Armor Officer on May 16,” Pogue said. “I’ll report to Fort Benning in July for the Armor Basic Officer Leadership Course (ABOLC) at the Maneuver Center of Excellence. After ABOLC, I’ll receive my first duty station either in the United States or overseas.”



During his time at Mizzou, Pogue became involved as a member of the Kinder Fellows and Scholars, a competitive academic fellowship program exclusive to undergraduates



that is devoted to the intellectual origins and early history of constitutional democracy in the U.S. Pogue says his involvement was beneficial because it increased his own personal knowledge of the Constitution.

“During my commissioning, I will take an oath to protect and defend the Constitution,” Pogue said. “Being a part of the Kinder Fellows and Scholars allowed me to better understand the Constitution and the values it represents.”

Pogue was also involved in multiple ROTC extracurriculars at MU, including the Northern Warfare Challenge, ROTC Book Club and Marksman Club. However, he says his favorite part

of the Army ROTC was the people.

“The ability to surround yourself with like-minded people who want to serve their communities and country is something I value greatly,” he said.

## ASHLI WOFFORD

Ashli Wofford is a senior member of the Army ROTC, who is majoring in criminal justice and psychology and graduating in May. After graduation, she will be commissioning as a military police officer.

“After graduation I will be going to Fort Knox to be a cadre member for juniors that are going through cadet summer training,” she said. “Then I will go to MP BOLC to train to be a military police officer.”

Wofford says that the Army ROTC program has greatly impacted her life and taught her about leadership.

“I’ve learned that with leadership the little things do matter,” Wofford said. “I’ve also learned from the Army ROTC that you never really know your limits. You can keep pushing yourself and be surprised with how much you can accomplish!”



Wofford says that she will carry teachings from the ROTC for the rest of her life.

“LTC Tara Bradley, professor of military science, used to say, ‘Be comfortable with being uncomfortable,’” she said. “I live by that to this day and will definitely teach that to my soldiers in the future.”

After Wofford graduates from training, she hopes to travel the world and help fellow soldiers reach their fullest potential.



## EDITH NOURSE ROGERS STEM SCHOLARSHIP

The Edith Nourse Rogers Science Technology Engineering Math (STEM) Scholarship allows some eligible veterans and dependents in high-demand fields to extend their Post-9/11 GI Bill or Fry Scholarship benefits. Read below to find out if you're eligible for up to nine months (or \$30,000) of added benefits and how to apply.

For more information go to the following link. <https://www.va.gov/education/other-va-education-benefits/stem-scholarship/>.

## MILITARY SPOUSE TRANSITION COURSES

U.S. Department of Labor Veterans' Employment and Training Service (VETS) is currently offering free Transition Employment Assistance for Military Spouses (TEAMS) workshops.

The workshops are focused on helping military spouses plan and prepare for their job search. All classes are free and open to all transitioning military spouses as they pursue their own future employment goals.

In order to provide maximum flexibility for all participants and to address the current COVID environment, all classes will be conducted virtually.

<https://www.veterans.gov/milspouses/events/>.

## MSVA MARCH CLEANUP



On March 6, members of the MSVA and friends participated in a cleanup sponsored by the City of Columbia's Adopt-A-Spot Beautification Program. The MSVA has adopted Hitt Street and part of University Avenue as its spot and hopes to host more cleanups in the future.

# THE VETERANS WELLNESS CENTER AND OTHER RESOURCES FOR VETERANS

The **Veterans Wellness Center** at Mizzou provides veterans with clinical mental health services and referrals to other resources. The center is located in the MU School of Law Veterans Clinic in Hulston Hall. Veterans on and off campus can work with VA specialists on mental health needs and help with case management and enrollment assistance.

If Veterans wish to enroll for VA health services, they can call 573-814-6535 and get enrolled over the phone. Veterans can also utilize the VA Video Connect for behavioral health services if needed.

Veterans can call the facility at **573-814-6393** or call Randall Rogers directly at **573-814-6278** to set up VA Video Connect appointments.

- **To get information about your VA Benefits:** You can obtain this information directly from the VA by one of these methods: You can submit your request by e-mail to the VA through the *Ask A Question* link on <https://iris.custhelp.va.gov>, or contact a benefits representative at 1-800-827-1000 Monday-Friday.
  - The VA has a list of helpful apps related to mental health [located here](#), as well as a [page dedicated to maintaining and enhancing your mental health and wellbeing](#) at this time.
- **MU Student Veterans Resource and Support Center**
  - [veterans@missouri.edu](mailto:veterans@missouri.edu).
- **Columbia Vet Center** 4040 Rangeline Street Suite 105 Columbia, MO.
  - 573-814-6206
- **Harry S. Truman Memorial Veterans Hospital** 800 Hospital Drive Columbia, MO.
  - 573-814-6000 main number
  - 573-814-6486 number for mental health services
- **Veterans Crisis Line:** For immediate, free crisis counseling please contact the Veterans Crisis Line. Help is available 24 hours a day, 7 days a week. Serves all veterans, all service members, National Guard and Reserves, as well as military family and friends.
  - 1-800-273-8255 and press 1 for main number
  - Text 838255 for the text chat
  - 1-800-799-4889 support for deaf and hard of hearing
  - Chat online at <https://www.veteranscrisisline.net/get-help/chat>.
- You can also take a [Mental Health Assessment Online Screening](#) or visit [Ask Listen Refer](#).
- Visit [stufftodo.missouri.edu](http://stufftodo.missouri.edu) to access regular guided yoga and meditation sessions.
- University employees can access the [Employee Assistance Program](#) (EAP), which provides counseling services and occupational stress programs.
- Employees may also choose to connect with a provider from the comfort of their homes with the [behavioral health services](#) available through university insurance.

# TWITTER ACCOUNT

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ON TWITTER**

**You can now follow the  
Student Veterans Resource &  
Support Center on Twitter.**

**Follow for updates related to  
veterans news!**

