

## HEADS UP

### NOMINATIONS SOUGHT

Women of Achievement is calling for nominations for the 2017 Class of Honorees. The St. Louis Women of Achievement Award honors and recognizes volunteer service and volunteer leadership. The deadline for nominations is Jan. 16. Online submissions and printable nomination forms are available at [www.woastl.org/nominate.php](http://www.woastl.org/nominate.php).

Women from the St. Louis area, including the Metro East, who have demonstrated outstanding commitment to the betterment of the St. Louis region through voluntary contributions, volunteer leadership and a significant breadth of a volunteer career are eligible.

Women of Achievement considers nominees with substantial volunteer impact in areas such as education, arts, health and human services, youth and family, philanthropy, social justice and advocacy. The 10 honorees will be recognized at the 2017 Women of Achievement Luncheon on May 16 at the Ritz-Carlton, St. Louis.

## Vet spreads message to aid colleagues

For many, being an Afghanistan war veteran is a source of pride. But for one St. Louis veteran, it's also a source of pain. The pain comes from the knowledge that his colleagues who served in the same theater of war are still struggling with the physical and mental scars of war. This is the message that John "Jack" Smith, a 40-year-old St. Louis veteran, is spreading through his volunteer work at the St. Louis VA Medical Center. Smith, who served in Afghanistan from 2001 to 2003, is a member of the St. Louis VA Medical Center's Veterans of Foreign Wars Post 116. He is also a member of the St. Louis VA Medical Center's Veterans of Foreign Wars Post 116's "Operation Homecoming" program. Smith is a member of the St. Louis VA Medical Center's Veterans of Foreign Wars Post 116's "Operation Homecoming" program. Smith is a member of the St. Louis VA Medical Center's Veterans of Foreign Wars Post 116's "Operation Homecoming" program.

## WHAT'S ON TELEVISION

**THE BILLY CRUSH HOUR**  
**THE BILLY CRUSH HOUR**  
**THE BILLY CRUSH HOUR**

**THE BILLY CRUSH HOUR**  
**THE BILLY CRUSH HOUR**  
**THE BILLY CRUSH HOUR**

## LOTTERY

**LOTTERY**  
**LOTTERY**  
**LOTTERY**

**LOTTERY**  
**LOTTERY**  
**LOTTERY**

## HEADS UP

**NOMINATIONS SOUGHT**  
 Women of Achievement is calling for nominations for the 2017 Class of Honorees. The St. Louis Women of Achievement Award honors and recognizes volunteer service and volunteer leadership. The deadline for nominations is Jan. 16. Online submissions and printable nomination forms are available at [www.woastl.org/nominate.php](http://www.woastl.org/nominate.php).

Women from the St. Louis area, including the Metro East, who have demonstrated outstanding commitment to the betterment of the St. Louis region through voluntary contributions, volunteer leadership and a significant breadth of a volunteer career are eligible.

Women of Achievement considers nominees with substantial volunteer impact in areas such as education, arts, health and human services, youth and family, philanthropy, social justice and advocacy. The 10 honorees will be recognized at the 2017 Women of Achievement Luncheon on May 16 at the Ritz-Carlton, St. Louis.

To submit items, email them to [headsup@post-dispatch.com](mailto:headsup@post-dispatch.com) or fax them to 314-340-3050.

## EVENTS

**BOOK FESTIVAL SPEAKER**  
**When** • 7:30 p.m. **Saturday** **Where** • Arts and Education Building at the Jewish Community Center **How much** • \$18 **More Info** • [jccstl.com/arts-ideas/st-louis-jewish-book-festival/](http://jccstl.com/arts-ideas/st-louis-jewish-book-festival/)  
 William Novak will discuss his book "Die Laughing: Killer Jokes for Newly Old Folks" as part of the St. Louis Jewish Book Festival. The book is a collection of jokes and cartoons about growing older that deals with memory loss, long marriages, medicine, changes in sexuality and the afterlife.

To list a community event or meeting, submit it online at [events.stltoday.com](http://events.stltoday.com).