

‘I’m Passionate About Improving Quality of Life for Our Military Personnel’

VFW Sport Clips ‘Help A Hero Scholarship’ recipient plans to use scholarship toward health science and leadership degree

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One day, while waiting in the lobby of a Sport Clips for her son’s haircut to be finished, Army veteran Jessica Glass noticed a sign that advertised a scholarship exclusive to veterans. Intrigued to further her education in health science and leadership so that she could better assist military personnel, she applied.

“It was much quicker and easier than I expected,” Glass said. “By the time I finished, I kept double-checking because I couldn’t believe I was already done.”

Glass served with Headquarters and Headquarters Detachment (HHD) 48th Chemical Brigade out of Fort Hood, Texas, from August 2010 until December 2013.

Before learning about the scholarship, Glass had limited experience with VFW, with most of her exposure coming from stories of her great-grandmother, who volunteered at a local VFW Post. Her great-grandfather served in the Navy during WWII.

Eager to learn more about the organization, Glass attended an annual Purple Heart breakfast at her son’s elementary school, where she got to connect with VFW members who were in attendance.

“The VFW was actively involved and were showcasing the many ways they support veterans and the community,” Glass said. “That experience opened my eyes. I signed up that very day.” Currently, she’s associated with Post 3103 in Fredericksburg, Virginia.

Glass is currently a doctoral candidate in health science and exercise leadership, with her

NATIONAL HEADQUARTERS

406 W. 34th Street
Kansas City, MO 64111
Office 816.756.3390
Fax 816.968.1157

WASHINGTON OFFICE

200 Maryland Ave., N.E.
Washington, D.C. 20002
Office 202.543.2239
Fax 202.543.6719

info@vfw.org
www.vfw.org

main focuses being injury prevention and evidence-based approaches to personal health and wellness.

“Service members continually push themselves to perform at the highest level in order to protect us, often at the expense of their physical and mental well-being,” Glass said. “My goal is to improve their quality of life by equipping them with the education and tools needed to prevent injury and support long-term health. I’m passionate about improving the quality of life for our military personnel.”

This article is featured in the 2025 September issue of Checkpoint. If you're a VFW member and don't currently receive the VFW Checkpoint, please contact VFW magazine at magazine@vfw.org.