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**BUSINESS**



### Fear is Negotiable: Business Survival Skills 101

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**May 6th 2014: Helping our Heroes Part III:  
Moving from PTSD towards Hope**

In the third segment of our Helping our Heroes series, we continue our salute to those who serve by talking one-on-one with one of my most memorable guests, Jon Cummings. The struggles returning soldiers and veterans are having should be considered a national emergency and the statistics regarding veteran and soldier suicide are astounding. Jon's story of triumph over tragedy serves to prove that everyone can make a difference in the life of others. If you have a friend or loved one serving or recently retired from the military, this is an important episode to listen to.



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### Featured Guest



#### Jon Cummings

Jon Cummings is a 9 year U.S. Army veteran that lost a fellow Army friend, C.J. Fishpaw, to suicide. Jon knows firsthand the struggles facing our nation's veterans. Jon is a firefighter paramedic with the Suwannee County Fire Rescue and a tactical medic for the county SWAT team. Once Jon read a report on the statistics of soldier and veteran suicide he felt he needed to do something. As a result the C.J. Fishpaw and Kyle Henry Memorial Walk was born.

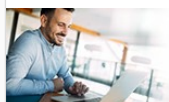
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