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May-July 2018

VOM

Bear • Glasgow

magazine



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The Statue of Liberty stands prominently on the left side of the page, set against a backdrop of a blue sky with scattered white clouds. The statue is shown from the waist up, holding the torch aloft in its right hand. The background image is a full-page photograph that serves as the base for the text overlay.

WELCOME *from the* Board of Directors

Welcome to the Veteran's Outreach Ministries' second quarterly magazine publication for the spring quarter. As we reflect on the winter quarter issue of 2017/2018 we pray for a healthy, happy and blessed year as we at VOM goes forward in the new year, from winter snow and cold weather to spring flowers and warm weather. As a board member and/or volunteer, or a veteran and his/her family who is experiencing the effects of conflict(s) in their life, we should all reflect and review our own relationship with God constantly and pray for his understanding and guidance, using the following bible verse:

"Ask and it will be given to you, seek and you shall find, knock and the door will be open to you . This is the process for receiving help with prayer and worship being a very powerful force for healing and of self reflection to building a loving relationship with God our Father." (Mathew 7:7)

In the VOM magazine we welcome articles, upcoming events, nominations for Veteran of the Quarter and information about services to help veterans and their families. We also welcome suggestions that will help improve our magazine. Veterans Outreach Ministries in Delaware was started in April 2014 by veterans for veterans and their families as well as for the local community. VOM was incorporated as a 501 (c)(3) corporation in July 2014 in the State of Delaware.

Thank You!



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Peanut Butter Chocolate Dessert Recipe

MAKES:

16 servings

TOTAL TIME:

Prep: 20 min. + chilling

INGREDIENTS:

- 20 chocolate cream-filled chocolate sandwich cookies, divided
- 2 tablespoons butter, softened
- 1 package (8 oz) cream cheese, softened
- 1/2 cup peanut butter
- 1-1/2 cups confectioners' sugar, divided
- 1 carton (16 oz) frozen whipped topping, thawed, divided
- 15 miniature peanut butter cups, chopped
- 1 cup cold whole milk
- 1 package (3.9 oz) instant chocolate fudge pudding mix

INSTRUCTIONS:

Crush 16 cookies; toss with the butter. Press into an ungreased 9-in. square dish; set aside.

In a large bowl, beat the cream cheese, peanut butter and 1 cup confectioners' sugar until smooth. Fold in half of the whipped topping. Spread over crust. Sprinkle with peanut butter cups.



Peanut Butter Chocolate Dessert Recipe photo by Taste of Home

In another large bowl, beat the milk, pudding mix and remaining confectioners' sugar on low speed for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in remaining whipped topping.

Spread over peanut butter cups. Crush remaining cookies; sprinkle over the top. Cover and chill for at least 3 hours. Yield: 16 servings.

1 piece: 366 calories, 21g fat (11g saturated fat), 22mg cholesterol, 307mg sodium, 40g carbohydrate (28g sugars, 1g fiber), 5g protein.

THE SAGA OF The Four Chaplains

This article has been borrowed with permission from www.FourChaplains.org

It was the evening of Feb. 2, 1943, and the U.S.A.T. Dorchester was crowded to capacity, carrying 902 service men, merchant seamen and civilian workers.


Once a luxury coastal liner, the 5,649-ton vessel had been converted into an Army transport ship. The Dorchester, one of three ships in the SG-19 convoy, was moving steadily across the icy waters from Newfoundland toward an American base in Greenland. SG-19 was escorted by Coast Guard Cutters Tampa, Escanaba and Comanche.

Hans J. Danielsen, the ship's captain, was concerned and cautious. Earlier the Tampa had detected a submarine with its sonar. Danielsen

decisive—and deadly—striking the starboard side, amid ship, far below the water line.

Captain Danielsen, alerted that the Dorchester was taking water rapidly and sinking, gave the order to abandon ship. In less than 20 minutes, the Dorchester would slip beneath the Atlantic's icy waters.

Tragically, the hit had knocked out power-dorchester telegram and radio contact with the three escort ships. The CGC Comanche, however, saw the flash of the explosion. It responded and then rescued 97 survivors. The CGC Escanaba circled the Dorchester, rescuing an additional 132 survivors. The third cutter, CGC Tampa, continued on, escorting the remaining two ships.



This story is shared in
reference to the Four
Chaplains Chapel at Victory
Village in Middletown, DE

knew he was in dangerous waters even before he got the alarming information. German U-boats were constantly prowling these vital sea lanes, and several ships had already been blasted and sunk.

The Dorchester was now only 150 miles from its destination, but the captain ordered the men to sleep in their clothing and keep life jackets on. Many soldiers sleeping deep in the ship's hold disregarded the order because of the engine's heat. Others ignored it because the life jackets were uncomfortable.

On Feb. 3, at 12:55 a.m., a periscope broke the chilly Atlantic waters. Through the cross hairs, an officer aboard the German submarine U-223 spotted the Dorchester.

The U-223 approached the convoy on the surface, and after identifying and targeting the ship, he gave orders to fire the torpedoes, a fan of three were fired. The one that hit was

Aboard the Dorchester, panic and chaos had set in. The blast had killed scores of men, and many more were seriously wounded. Others, stunned by the explosion were groping in the darkness. Those sleeping without clothing rushed topside where they were confronted first by a blast of icy Arctic air and then by the knowledge that death awaited.

Men jumped from the ship into lifeboats, over-crowding them to the point of capsizing, according to eyewitnesses. Other rafts, tossed into the Atlantic, drifted away before soldiers could get in them.

Through the pandemonium, according to those present, four Army chaplains brought hope in despair and light in darkness. Those chaplains were Lt. George L. Fox, Methodist; Lt. Alexander D. Goode, Jewish; Lt. John P. Washington, Roman Catholic; and Lt. Clark V. Poling, Dutch Reformed. Quickly and quietly, the four chaplains spread out

among the soldiers. There they tried to calm the frightened, tend the wounded and guide the disoriented toward safety.

"Witnesses of that terrible night remember hearing the four men offer prayers for the dying and encouragement for those who would live," says Wyatt R. Fox, son of Reverend Fox.

One witness, Private William B. Bednar, found himself floating in oil-smeared water surrounded by dead bodies and deris.

"I could hear men crying, pleading, praying," Bednar recalls. "I could also hear the chaplains preaching courage. Their voices were the only thing that kept me going."

Another sailor, Petty Officer John J. Mahoney, tried to reenter his cabin but Rabbi Goode stopped him. Mahoney, concerned about the cold Arctic air, explained he had forgotten his gloves.

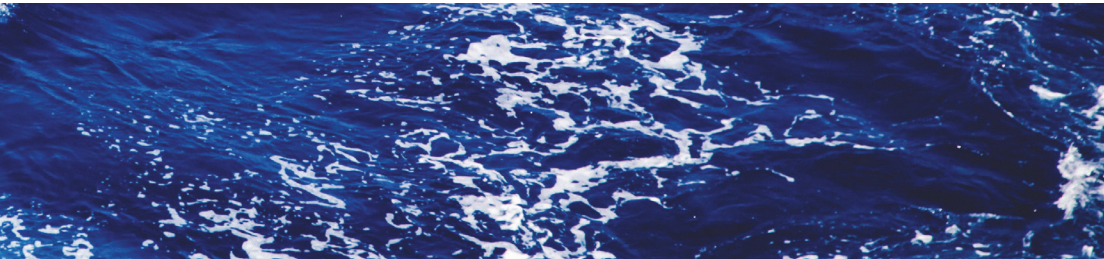
"Never mind," Goode responded. "I have two pairs." The rabbi then gave the petty officer his own gloves. In retrospect, Mahoney realized that Rabbi Goode was not conveniently carrying two pairs of gloves, and that the rabbi had decided not to leave the Dorchester.

Ladd's response is understandable. The altruistic action of the four chaplains constitutes one of the purest spiritual and ethical acts a person can make. When giving their life jackets, Rabbi Goode did not call out for a Jew; Father Washington did not call out for a Catholic; nor did the Reverends Fox and Poling call out for a Protestant. They simply gave their life jackets to the next man in line. As the ship went down, survivors in nearby rafts could see the four chaplains—arms linked and braced against the slanting deck.

Their voices could also be heard offering prayers. Of the 902 men aboard the U.S.A.T. Dorchester, 672 died, leaving 230 survivors. When the news reached American shores, the nation was stunned by the magnitude of the tragedy and heroic conduct of the four chaplains.

"Valor is a gift," Carl Sandburg once said. "Those having it never know for sure whether they have it until the test comes."

An actual flashlight from a USAT Dorchester lifejacket donated by a survivor to the Chapel of Four Chaplains.



By this time, most of the men were topside, and the chaplains opened a storage locker and began distributing life jackets. It was then that Engineer Grady Clark witnessed an astonishing sight.

When there were no more lifejackets in the storage room, the chaplains removed theirs and gave them to four frightened young men.

"It was the finest thing I have seen or hope to see this side of heaven"

"It was the finest thing I have seen or hope to see this side of heaven," said John Ladd, another survivor who saw the chaplains' selfless act.

The only surviving life jacket from the USAT Dorchester, located at the U.S. Army Chaplain Museum, Ft. Jackson, South Carolina

That night Reverend Fox, Rabbi Goode, Reverend Poling and Father Washington passed life's ultimate test. In doing so, they became an enduring example of extraordinary faith, courage and selflessness.

The Distinguished Service Cross and Purple Heart were awarded posthumously December 19, 1944, to the next of kin by Lt. Gen. Brehon B. Somervell, Commanding General of the Army Service Forces, in a ceremony at the post chapel at Fort Myer, VA.

A one-time only posthumous Special Medal for Heroism was authorized by Congress and awarded by the President Eisenhower on January 18, 1961. Congress attempted to confer the Medal of Honor but was blocked by the stringent requirements that required heroism performed under fire. The special medal was intended to have the same weight and importance as the Medal of Honor.

Days to Display the Flag & Flag Maintenance

Holidays to Display Flag

May-June-July 2018 Spring Quarter

- National Day of Prayer -
The 1st Thursday of May (3rd)
- Mother's Day - May 13
- Peace Officers Memorial Day - May 15
(1 /2 staff until noon)
- Armed Forces Day-May 19
- Memorial Day-May 28 (1 /2 staff until noon)
- Flag Day-June 14
- Fathers Day-June 17, 2018
- Independence Day-July 4
- Veterans Armistice Day-July 27

*And such other days as may be proclaimed
by the President of the United States*

Non Flag Display Days

(for information only)

- German Forces Unconditional Surrender -
May 7, 1945
- V-E Day Declared - May 8, 1945
- D-day: Allied Invasion of Europe - June 6, 1944
- Pledge of Allegiance recognized by Congress -
June 22, 1942
- GI Bill signed into law - June 22, 1942
- Korean War Began - June 25, 1950
- Post-9 / 11 GI Bill signed into law -
June 30, 2008
- US Army Air Corp Established - July 2, 1926
- World War 1 Began - July 28, 1914

Flag Care

Weather

American flag should not be displayed on days when the weather is bad, except when an all-weather is used.

For the best results, do not expose your American flag to rain, snow or exceptionally high winds; these forces of nature can shorten a flag's life considerably. Should the flag become wet, it should be carefully spread out and allowed to dry completely. Never fold or roll-up a wet or damp flag.

Proper Respect

The American flag should never be fastened, displayed, used, or stored in such a manner as to be easily torn, soiled, or damaged. It should never be used as a covering for a ceiling.

Cleaning Synthetic Flags

Synthetic material flags such as nylon or polyester can be machine washed with cold water and a mild detergent. Do not let the flag stand in the wash water for extended periods of time or some color transfer may occur from the red stripes to the white stripes. These flags should be placed flat to dry.

Cleaning Cotton Flags

Natural fiber flags such as cotton and wool should be handled with greater care. We suggest spot cleaning or dry-cleaning. Please contact your local dry cleaners for their recommendation. A majority of dry-cleaners will dry-clean a U.S. flag at no charge.



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INTEGRITY

THE ART OF TAKING NO OFFENSE & GIVING NO OFFENSE

By Robert L. Kilmer, Chaplain, Aston Twp. Police Dept.,
Law Enforcement Chaplains of Delaware County

Webster defines the word integrity as, “The quality of being honest and trustworthy; the condition of being whole; not being broken into parts.”

When ships are going into rough seas, they set “watertight integrity”. Certain hatches must be securely closed so that water is unable to enter the ship and sink her. If a little water is allowed to get through the seals it could build up and flood the ship. In order to prevent this from happening the hatches must be well maintained. Rubber gaskets and knife edges must remain free of paint, rust and/or gouges which could allow water to seep through.

Our lives must maintain integrity as well. If we follow God’s Word we can maintain our integrity.

One of the things God tells us in His Word is found in Psalm 119:165; “Great peace have they which love Thy Law; and nothing shall offend them.” That means we should not take offense when we hear something we do not agree with or like. TAKE NO OFFENSE! We must have integrity of the heart, mind and soul. I need to check my integrity often.

We take offense over too many things today:

- **Not getting enough recognition –**
yet we recognize the faults of others
- **Not enough being done for us –**
but too much being done to us
- **Someone forgets to say hello –**
so we never say hello to them again



Integrity... real integrity... won't allow us to take offense into our hearts. Once we allow bad thoughts into our head, they multiply and travel to our hearts. Once there, we become infected with these thoughts to the point where it starts to affect others. We need to realize that these bad thoughts need to be contained so that our integrity is maintained, otherwise it will turn into bitterness. Our integrity will be compromised.

I remember being on an aircraft carrier in the China Sea back in 1956. We were refueling from a tanker. The seas were rough that day and the tanker slammed into us causing a 14' hole to be punched into our port side. Just before the collision this voice came over the squawk box telling us to avoid the port side.

Too late!

However, our damage control people got right on the job and repaired the damage so that the water was contained to the one compartment. They maintained our water tight integrity.

Things we do at home, on the job, meeting with friends, no matter where we are, reflect who we are.

- **In I Kings 9:4 God speaks of David walking in integrity of heart before Him;**
- **In Job 2:3 & 9, Job held fast his integrity before God – despite his wife and friends;**
- **Proverbs 20:7 says: “The just man walks in his integrity – his children are blessed by it”;**
- **III John, verse 4 states, “I have no greater joy than to hear that my children walk (live) in truth.**
- **Take no offense. Do you love God's Word? Maintain your knife edges instead of throwing knives.**
- **Give no offense. Do you love who you are? Maintain your gaskets instead of blowing one.**

MINDFULNESS

By: Rebecca Rondone
Owner of Pura Vida Yoga
& Physical Training

Mindfulness-based Cognitive Therapy (MBCT) is an approach to psychotherapy that was originally created as a relapse-prevention treatment for types of depression. We know now that anyone is capable of this beautiful practice and the benefits.

Mindfulness focuses on becoming aware of all incoming thoughts and feelings, accepting them without judgment, and not attaching or reacting to them.

Anyone can do mindfulness practice. There are no barriers. It doesn't matter how old you are or what your physical ability are.

Mindfulness can help us put some space between ourselves and our reactions, breaking down our conditioned responses for the better.



How to Start:

Find yourself a comfortable place and sit where you can focus and will not be disturbed. Take a deep breath. Bring awareness to sounds coming and going, and let them be whatever they are.

Close your eyes or take a soft internal gaze. Now focus on your breath. Bring your whole awareness to the sensation of your breathing. Sense the cool air entering and the warm air exiting. Feel both the rise and fall of the chest, and the belly expand and contract. It's normal for the mind to wander. Open your whole consciousness to the simple process of breathing.



**“The idea is to sit
with your thoughts
and let them be
whatever they are.”**

Each time you catch yourself being dragged away by a thought, gently bring back your focus to your breath.

Feel a growing sense of peacefulness within as you keep settling into the breath with more focus.

Notice how it feels to get caught up in the passing contents of awareness, and how it feels to let them go by. Be aware of peaceful awareness itself.

Once you're there in the state of peaceful stillness, you may decide to sit in that state for as long as you want. Finally, you may bring your practice to a close by opening your eyes and slowly allowing yourself to physical move. Keeping the peaceful stillness with you that you have created and allowed.

Pura Vida Yoga & Physical Training is a veteran owned and operated facility. Our mission is to maintain an intimate and sacred environment for people to grow in their physical and spiritual practice. In addition we will help guide individuals in the evolution of their yoga practice and life.

Pura Vida Yoga and Physical Training provides a unique environment, in which anyone can be comfortable and encouraged on their way to a healthy lifestyle.

Services we offer are personal training, partner training, group PRT, kids and teens conditioning, Aerial, Vinyasa, Hatha, Gentle, and Private Group Yoga, fitness boot camps, corporate wellness days, and other fitness and wellness workshops.

***We can not wait to
walk this journey with you.***

Next, bring your attention to the presence of the thoughts that are moving through your mind, trying to pull your attention away from your breath. Take notice of them. This is the most important step.

Let yourself be aware of those thoughts, feelings, images and memories. Your ebb and flows of thoughts will keep alluring your mind away from your breath. Tell yourself: I'm noticing my thoughts, yet I will let them go. Don't get caught up or fascinated in them to start thinking yourself away.

The idea is to sit with your thoughts and let them be whatever they are. Most of all, just notice their impermanence as they finally fade off with an attitude of acceptance toward those free-flowing thought.

The Meaning of Memorial Day

By Washington Examiner Staff May 28, 2017
and Tom Hogate, VOM April 29, 2018

Though Memorial day and Veterans day are two separate holidays, both days seem vaguely synonymous and appear to celebrate the same thing: the men and women who serve in the United States Military.

However, in reality Memorial Day is much older than Veterans Day and each holiday commemorates different personnel in the United States armed services.

Memorial Day stemmed from a desire to honor the dead after the Civil War, on May

General Logan chose that date at the time to honor his fallen comrades precisely because no battles took place on that day.

He made clear that the purpose of the day was to remember those who had died fighting and to decorate "the graves of comrades who died in defense of their country, and whose bodies now lie in almost every city, village and hamlet churchyard in the land".

After WW1 the holiday was adjusted to honor all Americans who had died fighting in any war, not just the Civil War. In 1971 with congressional approval of the National Holiday Act, it became a federal holiday to be celebrated on the last Monday in May. In December 2000, "A National Moment of Remembrance" was passed.

This addition marked 3:00 p.m. local time as a point to "voluntarily and informally observe in



5,1868 General John Logan, commander of the Great Army of the Republic through General Order No. 11 selected May 30 as Decoration Day.

their own way a Moment of Remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to Taps".

VETERAN *of the Quarter*

Scott C. Stevens, a native of Spartanburg SC, who currently resides in Charlestown, MD. Scott served in the US Army as an Enlisted Tank Mechanic on active duty from 1990-1995. Scott attended Basic Training at Fort Dix, NJ and was stationed at Aberdeen Proving Grounds. Scott served as State Side Support during Desert Storm at U.S. Army Combat Systems Test Activity (Aberdeen Test Center)- in Aberdeen, MD. During training Scott injured his left shoulder and has 20% VA Rated Disability.

After his active duty time was complete, Scott went into the National Guard in Edgewood, MD as a Helicopter Mechanic until 1998. Scott then went on to use his Montgomery GI Bill College Fund to get his BS in Psychology from UMBC and graduated with honors in 1999.

Scott also spent an additional two years in pursuit of his Gospel Ministry License from the Christian Service Center Ministries in Bel Air, MD. He was a Youth Pastor for fourteen years and now is an Associate Pastor for Life Church in Aberdeen, MD.

Due to his love and compassion for helping others and especially Veterans, Scott has returned to working with Veterans for the State of MD as a DVOP, Disabled Veterans Outreach Program Specialist, Job Specialist since 2015.

Scott loves to help Veterans with resume writing, mock interview questions, job readiness and distributes job leads directly to Veterans in the Maryland, Delaware and Pennsylvania areas. Scott also takes an active role in the community by being on the Board of Directors for Cecil County Fellowship of Christian Athletes, FCA, serves as a Character Coach for Perryville High Football and is a Member of the American Legion in Perryville and DAV in Elkton, MD.



Scott is happily married to his wife Marie Gelaine of 23 years and their 3 children Caleb (21), Silas (19) and Grace Hope (16).

BUSINESS *of the Quarter*

Palumbo's Good Year

Our History

It's 1955. John Palumbo is a 21 year old student attending Temple University. He's majoring in Military Science with a secondary major in Dental Arts. The son of immigrant parents from Italy, John is a determined and self motivated young man with a solid work ethic.

When he enters his sophomore year at Temple University, John enrolls and is accepted into the Temple University ROTC program. John starts looking for part time employment and finds an advertisement for a sales position at a Goodyear Tire Store in Philadelphia. John has never worked with tires before, but he's never shied away from anything new. During the interview the store manager sees "something" in that college kid and hires him on the spot. With the job secured at the 69th Street Upper Darby Goodyear Store, John gets to work.

Proving to be an excellent learner, John quickly climbs the ladder. Within his first year of employment, John becomes the store manager and the Philadelphia district's go-to guy. Corporate sends him to evaluate and turn around poorly performing Goodyear Stores in the Philadelphia area. Within a few years he had "fixed" a handful of locations.

Establishing a New Business

John works with Goodyear corporate until 1971, when he and his family decide to take out a handshake loan. With the loan, they buy a dilapidated former gas station in Glasgow, DE that used to store old airplane parts.

This building was abandoned years earlier and was located in the median of a mostly "locals only" highway.

In December of 1972, after major renovation, John Palumbo's Car Care & Appliance Center opens its doors for the first time.

John wasn't relying on the few homes and businesses in the immediate area. He was betting his money on the surrounding towns and numerous housing developments in progress. John knew he could meet that need. He also knew that traffic on the run down U.S. Route 40 would flourish once again.

Fast forward over forty five years later, and John is still at his shop. You can find him in the back office and on the sales floor. His son, Steve, has grown up in the business. You'll find them both enjoying a chat with customers while still getting the necessary work done.

Don't be surprised if one of them offers to make you a fresh cup of coffee. Serving Generations of Veterans and their Families with the Very Best Service Naturally, the tire store and auto service center has grown tremendously since opening over four decades ago. Today, Palumbo's Car Care Center Inc. is The state-of-the-art tire and auto service center in Glasgow, Delaware.

We offer complete automotive service for engine diagnostics, shock and strut replacement, brake service, engine tune-ups, radiator service, wheel alignments, and much more. All our automotive technicians are ASE Certified and we're one of only two ASE BLUE SEAL CERTIFIED shops in Delaware.

Palumbo's has you covered for tire service, also. We provide mounting and installation, computerized wheel balancing, tire rotation, and flat tire patch repair.

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I AM THE FLAG

by Ruth Apperson Rous

I am the flag of the United States of America.

I was born on June 14, 1777, in Philadelphia.

There the Continental Congress adopted my stars and stripes as the national flag.

My thirteen stripes alternating red and white, with a union of thirteen white stars in a field of blue, represented a new constellation, a new nation dedicated to the personal and religious liberty of mankind.

Today fifty stars signal from my union, one for each of the fifty sovereign states in the greatest constitutional republic the world has ever known.

My colors symbolize the patriotic ideals and spiritual qualities of the citizens of my country.

My red stripes proclaim the fearless courage and integrity of American men and boys and the self-sacrifice and devotion of American mothers and daughters.

My white stripes stand for liberty and equality for all.

My blue is the blue of heaven, loyalty, and faith.

I represent these eternal principles: liberty, justice, and humanity.

I embody American freedom: freedom of speech, religion, assembly, the press, and the sanctity of the home.

I typify that indomitable spirit of determination brought to my land by Christopher Columbus and by all my forefathers - the Pilgrims, Puritans, settlers at James town and Plymouth.

I am as old as my nation.

I am a living symbol of my nation's law: the Constitution of the United States and the Bill of Rights.

I voice Abraham Lincoln's philosophy: "A government of the people, by the people, for the people."

I stand guard over my nation's schools, the seedbed of good citizenship and true patriotism.

I am displayed in every schoolroom

throughout my nation; every schoolyard has a flag pole for my display.

Daily thousands upon thousands of boys and girls pledge their allegiance to me and my country.

I have my own law—Public Law 829, "The Flag Code" - which definitely states my correct use and display for all occasions and situations.

I have my special day, Flag Day. June 14 is set aside to honor my birth.

Americans, I am the sacred emblem of your country. I symbolize your birthright, your heritage of liberty purchased with blood and sorrow.

I am your title deed of freedom, which is yours to enjoy and hold in trust for posterity.

If you fail to keep this sacred trust inviolate, if I am nullified and destroyed, you and your children will become slaves to dictators and despots.

Eternal vigilance is your price of freedom.

As you see me silhouetted against the peaceful skies of my country, remind yourself that I am the flag of your country, that I stand for what you are - no more, no less.

Guard me well, lest your freedom perish from the earth.

Dedicate your lives to those principles for which I stand: "One nation under God, indivisible, with liberty and justice for all."

I was created in freedom. I made my first appearance in a battle for human liberty.

God grant that I may spend eternity in my "land of the free and the home of the brave" and that I shall ever be known as "Old Glory," the flag of the United States of America.

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