

Summer Issue 2019

VOM

magazine

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WELCOME *from the* Board of Directors

Welcome to the Veteran's Outreach Ministries Summer edition of the 2019 VOM News Magazine publication featuring articles about veterans, with business of the quarter, male and female veteran of the quarter, inspirational messages, health and wellness, patriotism and other articles for you to read. Each member of the Board of Directors and/or volunteers have offered prayers for another successful summer News Magazine edition as we successfully transition from spring to summer.

With Gods help and constant presence, he comforts us. He strengthens and reassures us of his unchanging goodness, limitless power and sustaining grace and when we are tempted to doubt our Lord, we are encouraged by the determined faith of Shadrach, Meshach and Abednego. They worshipped God and trusted he was with them, even when their situation seemed hopeless.

When King Nebuchadnezzar threatened to throw them into a blazing furnace if they didn't turn away from the true God to worship his golden statue (DAN 3:13-15), these three men displayed courageous and confident faith. They never doubted the Lord was worthy of their worship, (DAN 3:17) "even if" he didn't rescue them from their current predicament (DAN 3:18). And God didn't leave them alone in their time of need. He joined and protected them in the furnace (DAN 3:24-25). God doesn't leave us alone either. He remains with us through trials that can feel so destructive as King Nebuchadnezzar's furnace. Even if our suffering doesn't end on this side of eternity, God is and always be mighty, trustworthy and good. We can rely on his constant and loving presence.

We will also say a prayer for the safety of all U.S. military forces, both active and retired that are located at home and throughout the world, saying "THANK YOU". The Prayer for our military is from Isaiah 40:30. "But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not be faint".

In the VOM 2019 News Magazine publications, we welcome articles, upcoming events and information about services to inspire veterans and their families. We also welcome suggestions that will help improve this VOM News Magazine. Veteran's Outreach Ministries, located in the Bear-Glasgow area, was incorporated in Delaware in July 2014 by veterans to be a resource to veterans and their families. VOM is a 501 (C) (3) non-profit corporation.



**VETERAN'S OUTREACH
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Metropolitan Life Cook Book and from the kitchen of Joan Hogate

Custard Bread Pudding

MAKES:	TOTAL TIME:
8 Servings	60 minutes

INGREDIENTS:

- 1 Cups day old bread crumbs
- 1 Quart milk, scalded
- 1/4 Teaspoon salt
- 1/2 Cup sugar
- 3 Eggs
- 3 Tablespoons butter
- 1/2 Teaspoon vanilla

INSTRUCTIONS:

- 1** Set oven to 325 Degrees
- 2** Pour milk over bread cubes and add salt and sugar. Beat eggs and add to bread cube mixture with butter and vanilla, mix well.
- 3** Pour into a 1-1/2 quart greased casserole Set casserole in a pan and pour hot water to within 1 inch of top (bain marie).
- 4** Bake 50 to 60 minutes or until knife inserted near rim comes out clean. Add handful of raisins and a sprinkle of cinnamon at the end before serving.

Make it vegan! Simply substitute eggs for 1.5 cups of applesauce, use margarine and soy milk.

From left are Brig. Gen. Janeen L. Birkhead, Brig. Gen. April D. Vogel, Maj. Gen. Linda L. Singh, and Command Sgt. Maj. Perlisia D. Wilson. (Sarah L. Voisin/The Washington Post)



Series Part 2 of 4

Women in the Military

A Series by Lishamarie Hunter

We will discuss women taking on more active combat roles in the military throughout the second part of this series. This article will highlight the women who broke barriers and provided the background for the modern female warriors in today's military, during the Vietnam War, Desert Storm, Iraqi Freedom and throughout Afghanistan War.

1962-1972

During the Vietnam War, over 11,000 women serve, mostly as nurses in all five divisions of the military, Army, Navy, Marines, Air Force and Coast Guard. All were volunteers.

There are eight women, seven of these women were Army and one Air Force, who served in the Vietnam war and made the ultimate sacrifice during the service to their country. Their names are inscribed on the Vietnam War Memorial Wall in Washington DC.

1st Lieutenant Sharon Ann Lane, U.S. Army was killed by a rocket explosion on June 8, 1969, less than 10 weeks after she arrived in Vietnam. Assigned to the 312th Evacuation Hospital, 1LT Lane was working in the Vietnamese ward of the

hospital when the rocket exploded, killing her and her patients. She was from Ohio and her name can be found on Panel 23, Line 112

2nd Lieutenant Pamela Dorothy Donovan, U.S. Army died of a rare Southeast Asian virus on July 8, 1968. Born in Ireland, she was assigned to the 85th Evacuation Hospital in Qui Nhon. 2LT Donovan is remembered on Panel 53W, Line 43.

Lieutenant Colonel Annie Ruth Graham, U.S. Army suffered a stroke on August 14, 1968. She was from North Carolina and was the Chief Nurse with the 91st Evacuation Hospital in Tuy Hoa. Her name can be found on Panel 48W, Line 12.

Captain Mary Therese Klinker, U.S. Air Force was part of an on-board medical team during Operation Babylift. Her flight was carrying 243 infants and children when it developed pressure problems and crashed while attempting to return to the airport. Captain Klinker was killed on April 4, 1975, just three weeks before the Fall of Saigon. A native of Indiana, she is remembered on Panel 1W, Line 122.

2nd Lieutenant Carol Ann Drazba, U.S. Army

...Continues on Page 5

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Continued from Page 3...

was killed in a helicopter crash near Saigon on February 18, 1966. Born and raised in Pennsylvania, she is remembered on Panel 5E, Line 46.

2nd Lieutenant Elizabeth Ann Jones, U.S. Army was flying with 2LT Drazba and was killed in the same helicopter crash near Saigon. She was assigned to the 3rd Field Hospital. 2LT Jones was from South Carolina and is remembered on Panel 5E, Line 47.

Captain Eleanor Grace Alexander, U.S. Army had been working in a hospital in Pleiku to help out during mass casualties from Dak To when her plane crashed on the return trip to Qui Nhon on November 30, 1967. She was with the 85th Evacuation Hospital. She was from New Jersey and is remembered on Panel 31E, Line 8.

1st Lieutenant Hedwig Diane Orlowski, U.S. Army was on board with Capt. Alexander when their plane crashed on its return trip to Qui Nhon. She was assigned to the 67th Evacuation Hospital, 1LT Orlowski was from Michigan. She is remembered on Panel 31E, Line 15.

These eight women embodied courage, selfless service and sacrifice. They are American heroes who volunteered to serve their country. They joined the over 265,000 American women who served during the Vietnam era. Approximately 11,000 served in Southeast Asia. A small number of women served in civilian capacities, such as the American Red Cross and the USO. More than 50 civilian women died during this conflict. Other women were assigned as physicians, air traffic controllers, intelligence officers, clerks and in other capacities.

1973

The draft (only for males) ends and an all-volunteer military is formed creating opportunities for women.

1976

The first females are admitted to the service academies, U.S. Military Academy at West Point, U.S. Naval Academy at Annapolis, and the Air Force Academy to be trained in military science.

1978

Women in the Navy and Marines are allowed to serve on non-combat ships as technicians, nurses and officers.

1980

The first women graduates from West Point.

1991-1992

During the Persian Gulf War, more than 41,000 women are deployed to the combat zone. Two are taken captive. SPC Coleman and MAJ Cornum were the two female POWs.

1991

Congress authorizes women to fly in combat missions.

1993

Congress authorizes women to serve on combat ships. It wasn't until November 1993 that the patriotic service of all women was honored in the nation's capital at the dedication of the Vietnam Women's War Memorial.

1998

For the first time, women fighter pilots fly combat missions off aircraft carrier in Operation Desert Fox, Iraq.

2000

Captain Kathleen McGrath becomes the first woman to command a U.S. Navy warship. The vessel is assigned to the Persian Gulf.

2003

During the War in Iraq, three Army women become prisoners of war in the first days of the invasion. Jessica Lynch, Shoshana Johnson, and Lori Piestewa.

2004

Colonel Linda McTague becomes the first woman commander of a fighter squadron in U.S. Air Force history.

2005

During the "War on Terror," Sergeant Leigh Ann Hester becomes the first woman awarded the Silver Star for combat action.

2008

16,000 women are serving in Iraq, Afghanistan, Bosnia, Germany, Japan, and other related areas. It was during this time that woman soldiers worked with the Marines and Infantry as Female engagement Teams (FET), Lioness Teams. Their mission was to listen to women in the communities and gather information male soldier could not collect due to the cultural restraints.

2015

CPT Kristen Griest and CPT Shaye Haver

were the first two women to successfully graduate the Ranger school and be awarded the prestigious Ranger Tab. CPT Shaye Haver also, went on to become one of the first female infantry officers. Women are leaders in the Marine Infantry Units, as well.

2019

The Maryland National Guard for the first time in its history has four top leaders are all female. The members are MG Linda Singh, BG Janeen Birkhead, BG April Vogel, and CSM Perlisa Wilson.

Currently, women are serving traditionally held male occupations within all the military services. They are also serving in combat zones and in combat leadership positions. With the opening up of all areas within the military, maybe one day a woman will hold the highest position and lead the strongest military force in the world as the Commander-In-Chief of the United States of America's Armed Forces.



Caption: Lynch was captured in Iraq in March 2003. (HO/REUTERS)

WHAT'S NEXT

Part 3 of this series (Fall 2019) will concentrate on modern military females and the challenges they face.

Days to Display the Flag

Holidays to Display Flag

May-June 2019 Summer Issue

- Mother's Day - May 12
- Womens Army Corp Founded - May 15, 1942 (half staff until sunset)
- Armed Forces Day - May 18
- Memorial Day observed- May 27 (half staff until noon)
- Flag Day - June 14
- U.S. Army founded - June 14, 1775
- Fathers Day - June 16
- Independence Day - July 4
- National Korean War Veterans Armistice Day - July 27
- Korean War Ended - July 27, 1953

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

Non Flag Display Days

(for information only)

- Law Day - May 1
- Loyalty Day - May 1
- National Day of Prayer - May 2
- Nurses Day - May 6
- Unconditional Surrender of all German Forces Signed - May 7, 1945
- V-E Day Declared - May 8, 1945
- Military Spouses Day - May 10
- Victoria Day (Canada) - May 20
- National Maritime Day - May 22
- D-Day: Allied Invasion of Europe - June 6, 1944
- Summer Begins - June 21
- Pledge of Alliance Recognized by Congress - June 22, 1942
- G.I. Bill signed into Law - June 22, 1942
- Post 9/11 G.I. Bill signed into Law - June 30, 2008
- Korea War Began - June 25, 1950
- National Post Traumatic Stress Awareness Day - June 22
- U.S. Army Air Corp Established - July 2, 1926
- World War II Began - July 28, 1914

What Does It Mean to Trust?

Spiritual Message

Article by
Pastor Rick Hagar
Proverbs 3:5-6

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him and He shall direct your paths.

What does it mean to trust? One definition says trust is to believe in the reliability of someone or something, to believe in the truth, ability, or strength of someone or something. In a relationship, trusting someone means you think that the person is reliable, you can have confidence in them and you feel safe with them.

I love spending time with my two year old grandson but I have also learned to be on my guard when I am with him. If you see him standing on the stairs, or standing on top of something, and he begins counting to three, you better drop everything and get ready to catch him, because when he gets to three he will jump. And he has total trust and confidence in the fact that someone will be there to catch him when he does jump.

The author of our text has already given instructions to his son and with each set of instructions, has also encouraged him with a promise that can be expected if the instructions are kept. In our text, the author is encouraging his son, and the Lord is using it to encourage us, that we are to trust in the Lord with our whole heart, or with our entire being. Just as the little boy trusts so much that he jumps off the steps, knowing someone will be there to catch him, we can have that same trust and confidence in God.

The author also points out that we are not to lean on our own understanding, or we are not to necessarily try to understand everything about what God is doing in every situation, but simply to trust Him. We are to simply jump into His arms and trust that he will catch us. In so doing, we are recognizing that God's ways are far above our ways, and God's perspective is much different than our perspective. We can also recognize that God has a perfect plan for our

lives that we may not understand, but if we trust Him, we can know it is the best plan for us.

And with that, we are also promised that if we acknowledge Him in all our ways, that He will surely direct our paths. We can trust that He is already working out His plan for our lives and he will guide our steps in the way that we should go.

In all that we do, may we be found trusting in the Lord with our all heart, not necessarily trying to understand everything, but acknowledging Him in all our ways, realizing that, He has promised to direct our paths.

***May God Bless you and Keep you
in His Love and Perfect Will...***



Pride & Humility

I am thinking a lot about pride and humility. We all know the verses; Pride comes before a fall (Proverbs 16:18). When pride comes, there comes disgrace (Proverbs 11:2)

If anyone thinks they are something when they are not, they deceive themselves (Galatians 6:3) I mean deep inside, we all know that pride is not a good thing, right? But, how many of us regularly fall into the pride trap?

And for some of us, our daily work...our mission has fallen into the pride trap. Even though we are doing great things in ministry or nonprofit work, sometimes our motive is just not what it should be. Perhaps, we need to ask ourselves...are we willing to give up that one thing that we believe is what makes us matter to others.

Now, as nonprofit and ministry leaders, I know this is not something that is easy to talk about. Instead we focus on what we are doing, how many we are reaching, etc. And maybe we have a friend or two that we jokingly compare our results with.

And that is ok, until we begin to fill our heads full of the success we think we are achieving.

But, we can accomplish absolutely nothing without God. It is through his grace that we are able to minister in a way that is effective and reaches others. It is through his wisdom that we are able to make decisions that guide the organization in the right direction. And it is through his guidance that we are able to stay humble.

I heard a speaker this morning who said, "we cannot develop humility, it is instead a by-product of the time we spend with Jesus." Humility comes from remaining open to the heart of God.

So, I ask you today, how much time are you spending with Jesus? You might think you don't have time, but really you don't have time not to.

When you get your security and sense of identity from Christ, it changes everything! No longer does it matter what the world says.

Have a great week!



Improving Your Mental Wellness *Goes Beyond* Mental Health



By: Rebecca Rondone

Owner of Pura Vida Yoga & Physical Training

Focus on the word Hope just for one min. Our Amazing Human mind, body, and soul will lighten and look colorful in immediate response. When applied perfectly to the larger topic of Mental Wellness, Hope is used in a way a painter can take a single drop of paint and create a masterpiece. Hope provides many with insights that can be utilize to improve your happiness and Mental Wellness.

Mental Well-being is much more than absence of symptoms of mental illness. Every person has two separate spectrums of symptoms related to both Mental Illness and Mental Health. These spectrums range from negative/bothersome symptoms to positive/optimal symptoms.

For example, a person may have an anxiety disorder. At anytime their symptoms of mental

illness (Anxiety) can range from strongly negative (high anxiety, impairing daily functioning) to strongly positive (absence of symptoms, no anxiety). At the same time this person has a separate set of symptoms related to Mental Wellness. These also range from strongly negative (i.e. poor wellness, distressed, unhappy) to strongly positive (i.e. mentally fit, mentally well, happy, fulfilled).

Mental Health and Mental Wellness are related, however, they also must be addressed independently to achieve both optimal Mental Health (lack of disease) and Mental Wellness (presence of positive wellbeing).

While many individuals have no symptoms of Mental Illness, many would rate their Mental Wellness not so positive. This helps everyone to realize how easy it could be to lack disease (Mental Illness) and yet not have Mental Wellness. For example, you can lack Mental Illness but be unhappy in your professional or



personal life.

It's encouraged to assess your Mental Health and Mental Wellness often. Its cautioned about individual tendency to stop assessing when symptoms of Mental Wellness elevates and any situational or chronic illness subsides. If one does, they neglect to evaluate and improve their Mental Wellness which may continue to be suboptimal. Mental Wellness continuous individual self evaluations creates an extensive opportunity for us to help ourself Mentally and Physically in our Health beyond what we might have thought possible. Mental Wellness also improves our Physical Health.

Here are just a few suggestions provided to improve our Mental Wellness:

By doing more of the things that make us feel good. These activities include: Having meaningful conversations, listening to music, meditation, reading and playing with your children. Be mindful of the activities that

decrease our Mental Wellness: working long hours, extensive use of the home computer and having boring or superficial conversations where our minds wander. While it may be impractical to avoid things like working, we can be mindful and make sure we take the time to enjoy more pleasing activities and minimize the ones that detract from our Mental Wellness.

Yoga also helps individuals learn optimism and authentic happiness. Yoga focuses on topics such as improving "Positive Emotions" and cultivating a "Meaningful" and "Engaged" Life.

The discussions or thoughts about cultivating Hope and Mental Wellness motivates people to improve self evaluations and action. It improve both their Mental Health and Mental Wellness. It will help focus on cultivating Physical, Mental and Social wellness as well as targeting the absence of disease. I encourage you to focus on both aspects in your life as well and I hope these resources can be foundation of a better you!

FEMALE

VETERAN of the Quarter

Pam Campos-Palma

She is a first-generation military service member, college student, and a proud daughter of Honduran and Guatemalan immigrants. She was born in Boston, Massachusetts and was encouraged to enlist out of high school by her mother who wanted her to serve her country and obtain educational opportunities and life experiences.

Pam served in the U.S. Air Force for over a decade as an operations and anti-terrorism intelligence analyst and an aircrew intelligence trainer. She served in Germany, Kyrgyzstan, Iraq and Afghanistan. Most of Pam's military job entailed working with pilots, aircrews, military police, law enforcement, and wing commanders. Very early in her career she was recognized for her exceptional skills and stood out as a top performer within her units.

and social movements.

She began her career in the immigrant rights movement, served as a gubernatorial appointee in Oregon, and as a consultant to international NGO's and social impact ventures. She was named a "Top 40 Latinos in Foreign Policy" by Huffington Post and a 2018 Champion of Change by the UN.

Pam holds an MPA in International Policy & Management from NYU, is a Defense Council member of the Truman National Security Project, an Advisory Board member of Women of Color Advancing Peace and Security (WCAPS), and a member of the Women's March Steering Committee.



Now Pam is an impactful strategist and organizer focused on international peace and security, justice, and defeating hate at home and abroad.

As an independent trainer and consultant, she has been internationally recognized for her leadership and is a trusted, transformative force diversifying and building military veterans' civic voice and power to win real change.

Currently Pam advises national leaders and many organizations, where she expertly bridges grassroots and grass top worlds, and brings foreign policy and issues of security to life through organizing people



MALE

VETERAN of the Quarter

Jon Dansicker

I enlisted in the United States Marine Corps in September 2000, one year prior to 9/11 and was honorably discharged in September of 2008. My deployments overseas include Iraq, Haiti, Djibouti, Albania, and Liberia. Upon transitioning from the Marines, he worked as a contractor for the Department of Defense until 2011 when he began his assignment with the U.S. Department of Veterans Affairs Vet Center program.

The Vet Centers were created by Congress in 1979 out of response to the Vietnam War. Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional readjustment counseling to eligible Veterans, active duty service members, including National Guard and Reserve components, and their families. Individual, group, marriage and family,

bereavement, and military sexual trauma counseling are all offered at the Vet Centers.

He is working as a Veteran Outreach Specialist for the Vet Center's since 2011, helping Veterans navigate the VA while transitioning from the military to civilian life.

He also serves on the executive committee for the Havre de Grace American Legion as the post service officer. He's also a board member for Liberty Launch, a non-profit therapeutic sailing program for Veterans. He holds a bachelors degree in Criminal Justice from Steven University in Baltimore, MD and a masters degree in Leadership and Management from Notre Dame of Maryland. He enjoys water sports, competing in triathlons, and engaging in community events, and attending church at the Perry Point VA hospital.



BUSINESS *of the Quarter*

Kammie Kirkpatrick
Empowerment Coach



Kammie Kirkpatrick
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My name is Kammie Kirkpatrick, and I am an Empowerment Coach. I am faith-filled, brave, fun, compassionate, loving, and adventurous. Whether it is skydiving so a friend's dream could come true, or doing stand-up comedy just because it sounded awesome, there are no limits to my desire to experience all the joy life has to offer. For more than ten years, I have been training in the area of personal growth and development through an organization called Landmark Worldwide. Not a day goes by that I am not grateful beyond words for my life.

My business, Empowering Your Life, was created in October of 2018. I organically developed my business to make a difference in the world. A heartbreak in my own life, and an excited teenager (with a huge dream) helped me realize why I was created...to empower others. From that moment, I haven't looked back. I have come to realize, as human beings, we are either struggling with something or have a goal we want to accomplish. Whether it is through

my creative one-on-one sessions, or powerful seminars; my goal is that people have someone committed to their success, and a partner to share their journey. I give people permission to dream. I also encourage everyone to expand their view of themselves, and most importantly, of life itself. I want to live in a world where people are blown away by the unique experience of who they truly are. Few things are more powerful and world changing than an empowered person. I believe it is why we were created, and it is my pleasure to serve you.

When I think of empowering a veteran, I don't need to look any further than my very own father. He served in the US Army (C-Company, 3rd Brigade of the 47th Infantry) during the Vietnam War. That's the thing about veterans... they're everywhere! They are our sons and daughters, aunts and uncles, cousins and nephews, and yes, our mothers and fathers. It is why the topic of empowering veterans is so important. Veterans are a huge part of the world

as a whole, and sometimes our whole world.

For this article, I decided to go straight to the source. My Dad. A friend suggested it, but I have to admit I was a little hesitant. I never know if my Dad wants to talk about his time in the war, and to randomly bring it up seemed harsh to me. What if it was the farthest thing from his mind that day, and I brought it to the forefront? I received an answer to that question almost instantly. "Not a day goes by that I don't remember or recall what happened over there," replied my Dad. His answer gave me courage to continue.

Fighting back tears, I realized my not wanting to talk to my Dad about his time in the war had more to do with me than him. It brought to the surface my own fear, heartache, and sadness, that someone I loved so much had experienced something so traumatic. As my Dad said, "It's just not something you can get away from." So, today, we didn't try. Today we shared our hearts and our experiences. Even though I have never been to war, I could relate to times when I didn't let fear win over courage, when a spirit of camaraderie was all that kept me going, or when my heart ached to make a difference

where God planted me, and my intentions were misconstrued.

From our conversation I realized the best way to empower my vet was to listen. Really listen. Without trying to comfort, change, or lessen his experience. To let come up whatever came up until the next conversation, and to make sure there is another conversation. Feeling alone is death to any human being, especially someone who has experienced the reality of war. I highly recommend listening to your vet today.

My Dad described one of the many profound moments he experienced in Vietnam. It was the first time he arrived in country, and his platoon was circling over an airbase while rockets were exploding below. "In that moment, I accepted whatever was going to happen to me. If it was my time, it was my time." I have to believe not much can rattle a man after an experience like that. Especially not a loving conversation from his sobbing daughter who just wanted to let him know he was not alone. Thank you for your service Dad, and thank you for my life. And thank you to everyone who took the time to read this.



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The Star-Spangled Banner

Francis Scott Key

O say can you see, by the dawn's early light,
What so proudly we hail'd at the twilight's last gleaming,
Whose broad stripes and bright stars through the perilous fight
O'er the ramparts we watch'd were so gallantly streaming?
And the rocket's red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there,
O say does that star-spangled banner yet wave
O'er the land of the free and the home of the brave?

On the shore dimly seen through the mists of the deep
Where the foe's haughty host in dread silence reposes,
What is that which the breeze, o'er the towering steep,
As it fitfully blows, half conceals, half discloses?
Now it catches the gleam of the morning's first beam,
In full glory reflected now shines in the stream,
'Tis the star-spangled banner - O long may it wave
O'er the land of the free and the home of the brave!

And where is that band who so vauntingly swore,
That the havoc of war and the battle's confusion
A home and a Country should leave us no more?
Their blood has wash'd out their foul footsteps' pollution.
No refuge could save the hireling and slave
From the terror of flight or the gloom of the grave,
And the star-spangled banner in triumph doth wave
O'er the land of the free and the home of the brave.

O thus be it ever when freemen shall stand
Between their lov'd home and the war's desolation!
Blest with vict'ry and peace may the heav'n rescued land
Praise the power that hath made and preserv'd us a nation!
Then conquer we must, when our cause it is just,
And this be our motto - "In God is our trust,"
And the star-spangled banner in triumph shall wave
O'er the land of the free and the home of the brave.

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