

Fall Issue 2019

# VOM

*magazine*

## *Inside this Issue*

Resources for  
Veterans

**THE STORMS OF LIFE**

Women in Part 3  
the **Military**

**EFT TAPPING**  
*How it can  
work for you!*

*Subscribe to this Magazine online!*

# WELCOME *from the* Board of Directors

---

Welcome to the Veteran's Outreach Ministries Fall edition of the 2019 VOM News Magazine publication featuring articles about male and female veterans of the quarter including business of the quarter, health and wellness, religious and spiritual articles, recipe, and other articles for your enjoyment to read and enjoy.

Each member of the Board of Directors and volunteers have offered prayers for a successful edition as we successfully transition from summer to fall.

How fast summer just slid by. In a blink of an eye fall is upon us. As seasons pass us by so it is with life. God gave us a precious gift called life. He also gave us a free will to decide how we will use each day. Each new day we have an opportunity to a fresh start. How we choose to use each day is entirely up to us.

Our Life is temporary on earth however Christ our Lord and Savior has given us eternal life for those who believe in Him. In John 3:16 Christ said "For God so loved the world He has given His one and only son, that whoever believes in Him shall not perish, but have eternal life" By His dying on the cross, and resurrection. He gave us salvation, which is everlasting.

For as time moves in a blink of an eye so will we be judged by God. In 2 Corinthians 4:16-17 "though outwardly we are wasting away, yet inwardly we are being renewed day by day." In 2 Corinthians 4:18 "So we fix our eyes to not what is seen, but what is unseen. For what is seen is temporary, but what is unseen is eternal."

## ***Let's make it our goal in life to seek salvation.***

We at Veteran's Outreach Ministries (VOM) offer this prayer to all the U.S. military forces stationed at home and Abroad saying "Thank You" This prayer is from Isaiah 40:31. "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 faint. "

To our readers and subscribers of this VOM News Magazine we thank you and we welcome articles, suggestions and information about services to inspire veterans and their families. Testimonials are also welcome regarding this magazine content, and should be sent to [Meredith@grungemuffindesigns.com](mailto:Meredith@grungemuffindesigns.com).



**VETERAN'S OUTREACH  
MINISTRIES**  
*"Healing Through Christ"*

[www.VeteransOutreachMinistries.org](http://www.VeteransOutreachMinistries.org)

Veteran's Outreach Ministries, is located in the Newark/Bear/Glasgow area. We were 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 organization

# Veterans Outreach Ministries The Board of Directors

## President:

Tom Hogate:  
[tjhogate3@comcast.net](mailto:tjhogate3@comcast.net)

## Vice Presidents:

Al Grimminger:  
[al.grimminger@icloud.com](mailto:al.grimminger@icloud.com)

Colin Diggs:  
[tcm3245@gmail.com](mailto:tcm3245@gmail.com)

Steve Hague:  
[shague427@gmail.com](mailto:shague427@gmail.com)

John Dimeglio:  
[johnd.vom@gmail.com](mailto:johnd.vom@gmail.com)

Rebecca Rondone:  
[beckyrondone@gmail.com](mailto:beckyrondone@gmail.com)

Kammie Kirkpatrick:  
[kammie.work@outlook.com](mailto:kammie.work@outlook.com)

## Inside This Issue

Welcome Message .....	1
Homemade Chicken Pot Pie .....	2
Resources for Veterans .....	4
Thank You Message .....	4
Women in the Military .....	5-6
Days to Display the Flag .....	6
The Heart .....	7
The Storms of Life .....	8
EFT Tapping .....	9-10
Female Veteran of the Quarter .....	11
Male Veteran of the Quarter .....	12
Business of the Quarter .....	13

### **Thank you Corporate Sponsor!**

Bill Brennan of Brennan Associates

### **VOM is Sponsored by:**

Friendship Baptist Church  
2200 Glasgow Avenue, Newark, DE 19702

### **Magazine Design by:**

Grunge Muffin Designs (443)-252-2800  
[Meredith@grungemuffindesigns.com](mailto:Meredith@grungemuffindesigns.com)



Taste of Home's Homemade Chicken Pot Pie

## Homemade Chicken Pot Pie

### **MAKES:**

6 Servings

### **TOTAL TIME:**

30 minutes

### **INGREDIENTS:**

- 2 tablespoons canola oil
- 1 medium onion, chopped
- 1/2 cup all-purpose flour
- 1 teaspoon poultry seasoning
- 1 can (14-1/2 ounces) chicken broth
- 3/4 cup 2% milk
- 3 cups cubed cooked chicken
- 2 cups frozen mixed vegetables, thawed
- 1 sheet refrigerated pie crust

### **INSTRUCTIONS:**

**1** Preheat oven to 450°. In a large saucepan, heat oil over medium-high heat. Add onion; cook and stir until tender. Stir in flour and poultry seasoning until blended; gradually whisk in broth and milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened. Stir in chicken and vegetables.

**2** Transfer to a greased 9-in. deep-dish pie plate; place crust over filling. Trim, seal and flute edges. Cut slits in crust. Bake 15-20 minutes or until crust is golden brown and filling is bubbly.

**Make it vegan!** Simply substitute chicken for potatoes, use vegetable broth, and soy milk.

# BOWERS LAW

A MARYLAND TRIAL PRACTICE



DISCOUNTS AVAILABLE TO VETERANS  
BY MENTIONING THIS AD.

*We specialize in injury cases  
(auto accidents, work injuries)  
traffic cases, and criminal defense work.*

OFFICE NUMBER IS 410-885-6200

OFFICE ADDRESS (LOCAL):

229 E MAIN ST ELKTON, MD 21921

OFFER: FREE CRIMINAL RECORD EXPUNGEMENT  
REVIEW & MARYLAND EXPUNGEMENTS FOR  
ELIGIBLE CHARGES (AUGUST-OCTOBER 2019)



**Chuck M Redstone, Agent**

920 Peoples Plz  
Newark, DE 19702  
Bus: 302-832-0345

[chuck.redstone.wz8f@statefarm.com](mailto:chuck.redstone.wz8f@statefarm.com)

## Community means everything.

That's why I'm proud to be here to help life go right™ –  
and to support Veterans Outreach Ministries.  
If there's anything you need, call me.





# RESOURCES FOR VETERANS

## CHEP

Website: [www.chepinc.org](http://www.chepinc.org)  
Service: Transitioning Housing  
for Homeless Veterans

Department of Veterans Affairs  
Website: [www.veteran-affairs.org](http://www.veteran-affairs.org)

National Domestic Violence Hotline  
Phone: 800-799-7233

Veteran's Centers for  
Transitioning Assistance  
>[www.WoundedWarriorProject.org](http://www.WoundedWarriorProject.org)  
>[www.MakeTheConnection.net](http://www.MakeTheConnection.net)  
>[www.VetCenter.va.gov](http://www.VetCenter.va.gov)

Veteran's Crisis Hotline  
Phone: 800-273-8255



*Thank  
you!*  
**FOR YOUR  
SUPPORT**

A thank you to Giant Foods in Frazier, Pa and General Manager, Jon Smith for their donation of cakes and beverages for various VOM outreach programs/events. Jon is also helping this ministry by promoting VOM magazines and other items relating to veterans. Giant Foods and Jon's generosity has helped to make each outreach program/event very successful.

A thank you to all the article providers, both veteran and non-veterans, who supplied all the featured articles for our VOM News Magazine from the beginning to now. We also thank all the advertisers who believe in our magazine.

We cannot forget a thank you to the First Responders, Veterans and active military, both male and female, and may each be blessed with health, happiness and spiritual fulfillment.

U.S. Army photo



## Series Part 3 of 4

A Series by Lishamarie Hunter

# Women in the Military

## *Unique Challenges*

The past two articles that I have written provided a chronological timeline of how women have served this nation's military, starting with the Revolutionary War up to today's modern conflicts. The growing number of women who are serving has increased from four percent in the 60's to fifteen percent in 2015, and is expected to increase throughout the following years.

This year West Point Military Academy saw a historical number of women enter and graduate from the institute. There are 2.2 million women veterans in the United States and they make up 10% of overall veteran population. The issues that affect these service members are unique to their gender.

One statistic states that female veterans have a 250% greater risk of suicide than civilian women. Women feel invisible, disconnected and isolated after leaving the military. Many female veterans have been misdiagnosed with bi-polar disorder, chronic depressed or having hormonal issues when they are actually struggling with MST/PTS (military sexual trauma, and or post

traumatic stress). These experiences create issues with reintegration into civilian life.

Many female veterans do not identify as veterans. They often feel betrayed by the institution and do not want anything to do with it. Statistics state that 90% of the females who have served has experienced being sexual harassed. Several have said they don't identify because they did not fight in a combat zone or because they served during peace time, therefore, do not feel they deserve the acknowledgement of being a veteran.

By not identifying as a veteran many have missed out on the benefits and resources that would have assisted in their transition process. The Department of Veterans Affairs, over the past couple of years have greatly improved the process for veterans to request and receive their benefit.

In its 2017 Annual Homeless Assessment Report to Congress, the U.S. Department of Housing and Urban Development (HUD) estimated that just over 40,000 veterans were homeless on a single night in January of that year. Of those, about 9% were women. From 2016 to 2017, the number of homeless female veterans increased by

7%, compared with 1% for their male counterparts. Returning women are 4 times as likely as male veterans to become homeless. One problem, unique to homeless female veterans, is that many have children. The institutions that provide assistance to homeless veterans often times do not have enough resources for the female veteran and their families.

While serving most women are the minority, often times they are the only female in their section. Many believe they must constantly prove themselves. In the service and out many females face challenges to their ability to preform their jobs; female mechanic have been made to work administrative positions. When they leave the service often times they are challenged on their vet status.

Two female veterans relayed their story about how one afternoon they parked in a disabled veterans parking space. When they got out of the vehicle an elderly gentleman confronted them, "that is for veterans!" She replied "I know". He continued and followed her into the business where he wanted to know why she thought she could park there. She finally showed him her VA Healthcare card. He turned and left.

An article, **5 Things Women Veterans Want Everyone To Know**, written by Goldstein in 2017 found that regardless of the person's rank, branch of service, ethnicity or age women who had served wanted to have their service recognized not challenged or intoned. They did not want the people who were suppose to provide healthcare and mental health to over look their service and sacrifice.

The majority of the women interviewed expressed exhaustion with the fact that "approximately 15% of all active duty forces are women and 20% of new enlistments are also women, yet are underrepresented and under resourced.

Even though women have served since the Revolutionary War, it was not until 1988 that the VA began offering medical and mental health to female veterans. It was described by a VA clinic manger from Salt Lake City calls it "the legacy of that exclusion is still being felt today."

Many women do not want to be treated differently but they want their experience to be taken in to consideration, when receiving services from institution who are supposed to provide care for them. The one message that was very clear when researching and interviewing people for this subject was "A Veteran is a Veteran."

# Days to Display the Flag

## Holidays to Display Flag

### August–October 2019 Fall Issue

- V-J Day, Japan signed surrender – Sept 2, 1945
- Labor Day – Sept 2
- Patriot Day and National Day of Service and Remembrance – Sept 11 (*half staff until sunset*)
- U.S. Constitution Approved – Sept 17, 1787
- Constitution and Citizenship Day – Sept 17
- POW/MIA Recognition Day – Sept 20
- Columbus Day (observed) – Oct 14
- Navy Day – Oct 27

## Non Flag Display Days

### (for information only)

- Air Force Day – Aug 1
- U.S. Coast Guard Established – Aug 4, 1790
- Purple Heart Metal Established – Aug 7, 1782
- Vietnam War Began – Aug 7, 1964
- Japan Surrendered, Ending WWII – Aug 14, 1945
- National Navaho Code Talkers Day – Aug 14
- National Airborne Day – Aug 16
- National Aviation Day – Aug 19
- Women's Equality Day – Aug 26
- U.S. Naval Sea Cadet Corps Incorporated – Sept 10, 1962
- Star Spangled Banner Written by Francis Scott Key – Sept 14, 1814
- Ladies Auxiliary VFW Organized – Sept 14, 1914
- U.S. Air Force Established – Sept 18, 1947
- Autumn Begins – Sept 23
- VFW Day, VFW Established – Sept 29, 1899
- Gold Star Mothers Day – Sept 29
- Rosh Hashanah Begins – Sept 29
- Afghanistan War Began – Oct 7, 2001
- YOM Kippur Begins – Oct 8
- Columbus Day – Oct 12
- U.S. Navy Established – Oct 13, 1775
- National Boss Day – Oct 16
- Grenada Campaign Began – Oct 23, 1983
- United Nations Day – Oct 24
- Halloween – Oct 31

# THE HEART

by Rob Matthews

## *Your Thoughts Control Your Actions.*

Proverbs 23:7 tells us "For as he thinketh in his heart, so is he".

Someone once said, "Sow a thought, reap a deed. Sow a deed, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny." What is your destiny?

A life of eternal damnation apart from GOD or a life of eternal joy with GOD! "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

Galatians 6:7-8 GOD said, "The thoughts of their heart are so evil, I'm going to have to destroy them," and He sent the flood because of the thoughts of men's hearts Genesis 6. The heart of the human problem is the problem of the human heart.

GOD searches and knows all hearts. Nothing is hidden from him. If the Lord were to search your heart, what would he find?

Would he find compassion, kindness, love, joy, tolerance, forgiveness, peace, charity, or would he find jealousy, pride, envy, greed, unforgiveness, gossip, lying, lust?

**Be sure of this my friends, GOD knows your heart. You may have your brothers, your family, your spouse, co-workers, church family and all else fooled, but not GOD.**

The bible says in Jeremiah 17:9-10, "The heart is deceitful above all things, and desperately wicked: who can know it? I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings".

Jesus says in Luke 6:45, "A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of



his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh".

What does that mean, "treasure of his heart"? Have you ever watched a pirate movie and they endlessly search for treasure...

there is always a map and X marks the spot! I tell you now, we have the "X" right here in front of us. The Bible IS the treasure chest and is full of hidden treasure if we take time to read it. Let GOD'S word fill your hearts.

The heart is the dwelling place of GOD. Ephesians 3:17 expresses the desire that "Christ may dwell in your hearts by faith". The love of GOD "is shed abroad in our hearts by the Holy Ghost which is given unto us", Romans 5:5.

Proverbs 3:5, "Trust in the Lord with all thine heart; and lean not unto thine own understanding". Psalms 19:14, "Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O Lord, my strength, and my redeemer".

## WHERE IS YOUR HEART?



# THE STORMS OF LIFE

*By Glenn Ahrens, Earthly Director*

**EL SHADDAI אֱלֹהֵינוּ CHRISTIAN MINISTRIES Inc.**

Remember when life seemed so simple? You did not have to worry about being shot when you walked someplace or turning the TV on with kids in the room and be afraid they were going to see something that we would have cringed at, that we would've considered totally inappropriate. Today you cannot even go to church without worrying about some maniac coming in and shooting people regardless of your faith. I think the expression that we would've used back then about what's going on now is "going to hell in a hand basket".

This reminds me of the story in the Bible in Mark 4, where Jesus calmed the seas. Verse 37 and 38 state "a furious squall came up, and the waves broke over the boat, so that it was nearly swamped. Jesus was in the Stern, sleeping on a cushion.. The disciples will him and said to him, 'teacher, don't you care if we drown?'"

"We need to fix the things that we have control over and pray for those that we don't."

How often do we get so caught up in work and things going on around us that we feel like we don't even have time to think? So often we get so busy that we start to neglect important things like our spouses, family, and friends. I feel most importantly that we also neglect our Creator. To me the story in Mark 4 reminds me of life.

We get so involved in life that we feel like we are on a boat in the middle of a major storm. As an avid sailor I have been there and it is no fun. The problem is while focusing on the storm we allow little things to slip by us. All arguments, in my opinion, start out as tiny disagreements or misunderstandings and can grow into major battles, separations, or not talking to those that used to be our best friends or even family. We need to take time as the expression says to "smell the roses".

Life can be the most beautiful experience on Earth or the biggest nightmare. The thing that we seem to forget is that the choice is ours to make. We often overlook who else is in the boat with us.

We have a wonderful God who is always there for us. According to Mark's account, Jesus was not happy. In his frustration he yelled, "Peace, Be Still!" The storm and the huge waves stopped immediately. The literal translation of, Be Still, taken from the Greek, is-hush! Or in modern terms: Shut up!

We need to fix the things that we have control over and pray for those that we don't. This brings to mind Psalm 46. 1st 10 starts out "be still, and know that I am God;". So often we ask God for everything but don't want to give him anything.

Unfortunately for some God does not work that way. God will always answer us but we don't stop to listen or put down media items that so many are so obsessed with that that's all that matters. The act of being still and getting quiet becomes a big challenge in our hectic world. The world asked us to be busy, but God asks us to be still so that we can and receive his love, peace and guidance.

**GOD BLESS**

# Emotional Freedom Technique

## How It Can Work for YOU!

By: Rebecca Rondone

Owner of Pura Vida Yoga & Physical Training

I'm honored to share this practice for all readers. I've had the privilege to share with Police and Fire Professionals, Cecil County Health Department, Voices Of Hope, Peer Specialists, and Girls and Boys Club of Harford and Cecil County. The practice consists of tapping with your fingertips on specific meridian points while talking through an emotion and or traumatic memories. Suitable for ages child to adult.

### What is a Meridian Point?

Put simply, meridian points are certain points that can be mapped throughout the body. Energy circulates through your body along this specific network of channels. You can tap into this energy at any point along the system.

All negative emotions are felt through a disruption of the body's energy. The body, like everything, is composed of energy. Restore balance to the body's energy, and you will mend the negative emotions and physical symptoms that stem from the energy disruption. Tapping restores the body's energy balance, and negative emotions are conquered.

### How does Tapping Work?

The basic technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points. Tapping on these meridian points – while concentrating on accepting and resolving the negative emotion – will access your body's energy, restoring it to a balanced state.

Acupoint tapping sends signals directly to the stress centers of the mid-brain, not mediated by the frontal lobes (the thinking part, active in talk therapy). Because EFT simultaneously accesses stress on physical and emotional levels, EFT gives you the best of both worlds, body and mind, like getting a massage during a psychotherapy session. In fact, it's EFT's ability to access the amygdala, an almond-shaped part of your brain that initiates your body's negative reaction to fear, a process we often refer to as the "fight or flight" response, that makes it so powerful.

Think of your amygdala as a personal alarm system. When you experience trauma or fear, the amygdala is triggered and your body is flooded with cortisol, commonly known as the "stress hormone." This intricate chain reaction – your stress response – significantly influences and sometimes even causes whatever it is that troubles you, whether that's an illness, injury, emotion, or even an external problem such as an issue with a friendship.

It's estimated that 10 million people worldwide have used tapping.

What's so exciting is how incredibly quickly it can alleviate issues like depression, anxiety, insomnia, PTSD, physical pain, and even illness.

By stimulating these parts of your body – as we do in EFT Tapping – you can drastically reduce or eliminate the distress that accompanies or gives rise to these problems you face. By doing so, you can often eliminate the problems themselves!

Tapping is simple and painless. It can be learned by anyone. And you can apply it to yourself, whenever you want, wherever you are. It's less expensive and less time consuming. It can be used with specific emotional intent towards your own unique life challenges and experiences. Most importantly, it gives you the power to heal yourself. Emotional Freedom Techniques is a form of counseling intervention that draws on various theories of alternative medicine including acupuncture, neuro-linguistic programming, and Thought Field Therapy.

## 1. Identify the issue

In order for this technique to be effective, you must first identify the emotion or ailment you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

## 2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

## 3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself."

*You can alter this phrase so that it fits.*

## 4. EFT tapping sequence

The EFT tapping sequence is the methodic tapping on the ends of nine meridian points.

There are 12 major meridians that mirror each side of the body and correspond to an internal organ. EFT mainly focuses on these nine:

- karate chop (KC): small intestine meridian
- top of head (TH): governing vessel
- eyebrow (EB): bladder meridian
- side of the eye (SE): gallbladder meridian
- under the eye (UE): stomach meridian
- under the nose (UN): governing vessel
- chin (Ch): central vessel
- start of the collarbone (CB): kidney meridian
- under the arm (UA): spleen meridian

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

- eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- beginning of the collarbone
- under the arm



After tapping the underarm point, finish the sequence at the top of the head point.

While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. Recite this phrase at each tapping point. Repeat this sequence two or three times.

## 5. Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.



*FEMALE*

## VETERAN of the Quarter

*Teresa  
Childress-Gilliam*

I am a West Virginia native. I graduated from Greenbrier East High School, Fairlea WV in 1973 and attended West Virginia University and Center College shortly after. I left college and started working for the State of West Virginia, Charleston WV but at the same time found myself involved in a volatile relationship. Domestic violence rapidly became a part of my daily life: at home, at work, at social functions... it became all-consuming.

In 1980, I returned to my hometown of White Sulphur Springs WV in an attempt to get out of my abusive relationship but little did I know, it isn't that simple! Leaving the abusive relationship did not fix the problem. Things quickly escalated and long story short, I was seriously injured by my abuser, but he was arrested, charged, and convicted.

There were many times when I didn't know what my future held, whether or not I would survive this great ordeal called domestic violence... but I did survive! In 1982, I was finally free and safe to live my life. I relocated to Philadelphia, PA where I initially worked at the University of Pennsylvania Science Center as a data entry clerk.

In July 1984, I enlisted into the U. S. Army Reserve. I went to Basic Training (BT) at Fort Jackson SC in last 1984 and to Advanced Individual Training (AIT) at Fort Sam Houston TX in early 1985. My first assignment upon completion of training in May 1985 was at the 361st Evacuation Hospital, Folsom PA as a Patient Administration Specialist (71G). Upon arrival at the 361st Evacuation Hospital, I immediately began inquiring about other jobs.

I enrolled in the Medical Supply Specialist (76J) correspondence course in August 1985. I completed the Medical Supply Specialist (76J) correspondence course in July 1986 and also attended and completed the Administrative Specialist (71L) course in August 1986. The completion of these two military occupational skills (MOSs) early in my career, greatly influenced my promotion potential in my latter career.

In 1986, I also started working for the



Department of Treasury (Internal Revenue Service). In 1989, I completed phase 2 of the Medical Supply Specialist (76J) course and became a Department of the Army (DA) civilian. I retired as a DA civilian in March 2014.

I continued my Army Reserve career until December 2013, retiring at the rank of Master Sergeant. I served in the greatest medical units in Pennsylvania, Delaware, New Jersey, and Germany under the 79th ARCOM, 99th RSC, and ARMEDCOM (commands). I graduated from the United States Army Sergeants Major Academy in 2007.

I held five military occupational specialties (Patient Administration NCO, Human Resources Manager, Medical Supply NCO, Finance NCO, and Retention/ Transition NCO) and I was an Army Instructor.

There are no words that can express how the Army changed my life for the better... and it still does today! As the Delaware Libraries - Veterans/Military Families Program Developer, I hope my military experience and passion for Veterans has helped me develop and implement training, events, resources, etc. to enhance the lives of our military service members, Veterans, and their families in Delaware. I love working alongside other Veterans who are committed to our military community. My heroes wear dog tags! God bless our troops!

## — MALE —

# VETERAN of the Quarter

*Theron Palmer, Sr.*

I enlisted in the Marines in 1987 and graduated from Parris Island S.C. serving a total of 10 years. My path included, Ground Radio Repairman school, 29 Palms, CA., 1st Low altitude air Defense Bn, Comm Plt., Marine Corps Air Station Futenma, Okinawa, Japan and 1st Recon Bn, Hdqtrs Comm, Camp Pendleton, CA. which is who I was deployed with to the Persian Gulf for the 1st Gulf war.

I separated in 1992 and re-upped in 1997 (broken time) finishing out my service at Combat Service Support Group-1, Maintenance Bn., 29 Palms, CA. as a Sgt.

After the Marine Corps I worked for the California Department of Corrections and Rehabilitation in Northern California. I worked my way through to supervisor level and nearly worked in every unit in the department. I eventually moved back to my home of record in Delaware. I married my 1st love in 2008 and I worked alongside my wife in the real estate field building up our business into a full-service real estate brokerage, ELM Properties in Wilmington, DE.

With support at home I started my own contracting company and utilized all the skills the Corps provided me to help build our business into a leading property management and sales company. My wife and I both sit on the board of the Mutual Advancement Coalition, a real estate development company that will serve our community with training, networking, and job opportunities for the underserved and underrepresented, which includes minorities and veterans.

I haven't forgotten my more physical life in the Corps, my wife and I began cycling together to have fun and get a little exercise in 2008. We have grown from a few family members cycling around New Castle county to Grumpy Gramps Cycling Club. The cycling club has created our own signature ride, the DE Head 2 Toe Relay. It is a 142-mile team relay event from the top of the state to the bottom. This is our third year hosting it and we couldn't do it without the determination of my wife Evette and all our teammates and



volunteers. Charity and giving have been always be a large part of our cycling life since the beginning. We have not missed a year riding in an MS ride. From the MS Bike to the bay in Delaware to the MS City to Shore in New Jersey. All MS rides support multiple sclerosis research with the funds raised from the yearly event in multiple states. The DE Head 2 Toe proceeds go to support Bike Delaware our non-profit partner and they promote cycling and cycling related issues.

I have been blessed in my life with 4 sons, and 2 grandsons, all great kids to a man. I have a wealth of friends' military and civilian. My wife is supportive and a great teammate. Were it not for the Corps, I might have missed out on this portion of my life. I will be forever grateful for what I went through and learned in the Marines. The Corps has allowed me to appreciate the good things. Semper Fidelis has become the bedrock of my life and as I've said... I have been blessed.



# BUSINESS *of the Quarter*

## Northern Chesapeake Counseling, LLC



Joel Lightfoot - Owner - (443) 567-6397  
[www.northernchesapeake.com](http://www.northernchesapeake.com)

Northern Chesapeake Counseling, LLC is a private mental health therapy practice in Bel Air, MD. Northern Chesapeake Counseling brings a wealth of experience to the issues of mental health, addiction, and trauma.

The practice employs a full-time therapist with a Level II Trauma Certificate from the Ferentz Institute and the staff has over 15 years of personal and professional experience in the addictions field. The staff has over 7 years' experience in child welfare.

We provide individual, family and group psychotherapies to adolescents and adults. We are developing therapeutic groups focused on life skills, coping and social skills, mindfulness, emotional regulation, anger management, relapse prevention, parenting, and reintegration after incarceration.

The owner of Northern Chesapeake Counseling, Joel Lightfoot, grew up in Texas and joined the US Army when he was eighteen years old. He was trained as a Fire Support Specialist and Supply Sergeant. He served at Fort Benning, Georgia; Korea; Fort Bragg, North Carolina; and in Vicenza Italy before injuries, arthritis, depression, anxiety, and a severe drinking problem led to an untimely exit from the service.

He counts himself fortunate to have received an honorable medical discharge. He left the Army at 30 years old as a Staff Sergeant. During that year, he became sober and began developing skills which serve him well in his current endeavors.

He holds a Bachelor's Degree and a Master's Degree in Social Work. Upon completion of his Master's degree, he began working in the Child Welfare system as a case manager in a boys group home in Baltimore, MD. a Kinship Care Social Worker in Montgomery County, the Independent Living Coordinator for Harford County, and the Director of Treatment Foster Care for a private non-profit in Harford County.

This work solidified his understanding of the developmental impact of trauma and addiction. It helped him to focus his attention on the treatment of those issues. He even spent a year working as an addictions counselor in an inpatient treatment center before turning exclusively to private practice.

Joel is currently the owner and sole provider for Northern Chesapeake Counseling and is excited at the growth of his practice in recent months. He is also optimistic about growing the business in the months and years to come. He attributes his success to his love of family.

Bristoll  
Plantation

(410) 392-6001

## Hardscaping Company from Cecil County

WE DESIGN & BUILD  
OUTDOOR LIVING  
SPACES FOR:

- > Entertainment
- > Relaxing      > Dining
- > Gardening    > Recreation



## **PALUMBO'S CAR CARE CENTER**

**YOUR ASE CERTIFIED AUTO SERVICE SPECIALISTS**



- Brake Experts
- Shocks & Struts
- Air Conditioning
- We Love Company Cars
- 12 "State of the Art" Auto Service Bays
- Engine Diagnostics
- Exhaust Systems
- Dealer Maintenance
- We Accept Extended Warranties
- No Appointment Necessary

**Part of the Elite ASE Blue Seal Certified Network**



**1000<sup>s</sup> Of Tires In Stock**  
Online Pricing, Same Day Installation



**GOODYEAR    BRIDGESTONE    NITTO    DUNLOP    Continental**  
**GENERAL TIRE    PIRELLI    MICHELIN    Fuzion    Firestone**

See Coupons At

**[www.palumbos.net](http://www.palumbos.net)**

2515 Pulaski Highway • Newark, DE 19702



Ask About Our Financing

**302-368-2800**

# 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.

*Subscribe to this Magazine online!*