

Fall Issue 2020

Veteran's Outreach Ministries

# VOM

*magazine*

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# WELCOME *from the* Board of Directors

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With fall upon us we see many changes in trees, flowers and weather. Trees are turning beautiful colors, with weather cooling us down from summer, etc. Just as the change in seasons we also can make changes to ourselves through prayers. With the fall season upon us and the Corona (Covid-19) Pandemic still around, our struggles are still upon us, Trust and believe that God will be there to help you with them, whatever they are.

Many times we make resolutions to better ourselves. Many times we fail for one reason or another. Though prayer we can ask God to help us to achieve our goals. In Scripture James, brother of Jesus, tells us about trials we must go through in order to succeed in completing our objective. "Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that testing of your faith develops perseverance. Perseverance must finish its work so that you maybe mature and complete, not lacking in anything." James 1:1-3.

Through prayer God will give us the wisdom to help us through times we thought was impossible to achieve our goal. James further notes "If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." James 1:4-5. Let us pray that our faith is strong but when we stumble, Christ will be there to pick us up.

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

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.



[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

Veteran's Outreach Ministries is expanding into the Chester and Delaware County areas in Pennsylvania. Currently, we are seeking volunteers to help us with this growth. If anyone is interested in assisting us with this expansion please contact me at 610-299-5523 or johnd.vom@gmail.com for more information.

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Apple Crisp Recipe  
by Meredith S. K. Boas  
of Grunge Muffin Designs

## APPLE CRISP RECIPE

**MAKES:** 9 Servings      **TOTAL TIME:** 65 minutes

### INGREDIENTS for Apple Layer:

- 8 Peeled and cubed Granny Smith Apples
- 1/2 cup Brown Sugar
- 1/4 cup All Purpose Flour
- 1 tsp Cinnamon
- 1 tsp Nutmeg
- 1/4 tsp Salt
- 1Tbsp Lemon Juice
- 1 tsp Vanilla Extract

### INGREDIENTS for Crisp Layer:

- 1.5 Cups of Rolled Oats
- 1 cup Brown Sugar
- 1 cup All Purpose Flour
- 1 tsp Cinnamon
- 3/4 cup of Butter (or any vegan substitute)
- 1 tsp Vanilla Extract

### INSTRUCTIONS:

- 1** Prepare the apple layer by putting all ingredients in a mixing bowl. Toss together until all apple pieces are coated.
- 2** Transfer the apple mix to a 9x13 dish coated with non-stick spray or butter and smooth down.
- 3** Preheat the oven to 350F (180C)
- 4** Prepare the crisp topping by putting all ingredients into a mixing bowl until well blended. Then spread topping onto the apple layer.
- 5** Place in oven and bake for 40-50 minutes until the top is golden brown and the apple layer is bubbling at the sides. Then remove and serve!





An Article by Lishamarie Hunter

## Females Underrepresented in Brain Injury Research

Women are taking on more combat roles in today's Armed Forces. With those more demanding positions they are experiencing an increase in Traumatic Brain Injuries. Service members sustain Traumatic Brain Injuries (TBI) during their day to day activities, training and deployments. Most are considered minor TBI/concussions. Data suggests that over the last 18 years the armed forces has sustained over 383,947 TBIs. The various classification are penetrating (5,215), severe (4,067), moderate (37,424), Mild (315,897), and not classified (21,344). Out of the various branches the Army has had the majority of injuries. (12 Aug 2020). The different categories of TBI are as follows: Penetrating TBI occurs when an object pierces the skull and enters the brain tissue. Moderate TBI is caused when the brain moves within the skull and collides with the bone, often times referred as shaken baby syndrome. This occurs

when the brain bangs back and forth against the skull. Symptoms from the TBI are but not limited to: Loss of consciousness, state of confusion, loss of memory, and feeling dazed (2020).

The differences between woman and men are not only emotional but physiological. Trauma between the two genders are experienced differently, and have very different effects on effects and recovery. While the reality is there needs to be much more research done on how women react, respond and recover from these traumas, in particular concussions or traumatic brain injuries, also know as TBI's. It was during the research that scientists found that the data was skewed because they lacked information that specific to gender. During the research process they learned that 95 percent of the data collected were from male service members. When researchers paired 49 males and female service members, they noticed that sex does have more



effects on TBI, and women were affected more cognitively from the trauma to the brain (11 August 2020).

What role does gender play in brain injuries? Women are more likely to report a head injury. Women's necks are not as strong as a male's neck, which would account for a moderate brain injury. Women's symptom sometime look like another illness vomiting, nausea, headache, or drowsiness (August, 2020). They found that women sustained more work related concussions, with more severe symptoms and a longer recovery period than their male counterparts. Men were more aggressive after a head injury, and women were more likely to die from it. Why is this? Women are not educated about brain injuries, they are unprepared for the time it take to completely recovery from the injuries. Equipment does not usually fit well, helmets are typically too large for their heads. The research data has prompted the military to develop more form fitted equipment for females serving our Armed Forces.

The Pink Concussion Organization is very pro active in the prevention, research and recovery of TBI's. This group is affiliated with the Veterans Affairs. They are funded by donations. This organization has made great stride in providing information on the major research and its outcome in the Traumatic Brian Injury Field of medicine, and provide a number of educational presentation to present the latest findings.

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# Days to Display the Flag

## Holidays to Display Flag

### September–November 2020 Fall Issue

- Labor Day - September 7
- Patriot Day and National Day of Service and Remembrance - Sept 11, 1/2 staff until sunset
- U.S. Constitution Approved - September 17, 1787
- Constitution and Citizenship Day - September 17
- POW/MIA Recognition Day - September 18
- U.S. Air force Established - September 18, 1947
- Columbus Day - October 12
- Navy Day - October 27
- Signing of WWI Armistice - November 11, 1918
- Veterans Day - November 11

## Non Flag Display Days

### (for information only)

- VJ Day, Japan signed formal surrender - September 2
- U.S. Navel Sea Cadet Corps Incorporated - September 10, 1962
- Rosh Hashanah Begins - September 18
- Autumn Begins - September 22
- Gold Star Mothers Day - September 27
- Yom Kippur Begins - September 27
- VFW Day, VFW Established - September 29, 1899
- Afghanistan War Began - October 7, 2001
- U.S. Navy Established - October 13, 1775
- National Boss Day - October 16
- Grenada Campaign Began - October 23, 1983
- United Nations Day - October 24
- Halloween - October 31
- Daylight Savings Time Ends (set clock back one hour) - November 1
- Election Day - November 3
- U.S. Marine Corps Established - November 10, 1775
- Grenada Campaign Ended - November 21, 1983
- First Sunday of Advent - November 29



# The Star Spangled Banner

With all the Sports organizations under Corona (Covid-19) Pandemic it seems that the The history of the Star Spangled Banner and Francis Scott Key should be highlighted and brought back into the spotlight.

“The Star-Spangled Banner” is the national anthem of the United States. By the time the song officially became the country’s anthem in 1931, it had been one of America’s most popular patriotic tunes for more than a century. The anthem’s history began the morning of September 14,

After a local printer issued the song, originally called “Defence of Fort M’Henry,” two Baltimore newspapers printed it, and it spread quickly to various cities along the East Coast.

By November 1812, Key’s composition had appeared in print for the first time under the name “The Star-Spangled Banner.”

## Francis Scott Key

A Maryland-born attorney with a thriving practice in Washington, D.C., Francis Scott Key watched the bombardment of Fort McHenry from a ship anchored in Baltimore’s harbor.

Key had been helping to negotiate the release of an American civilian, Dr. William Beanes, who had been captured in an earlier battle. As a condition of the release, the British ordered the Americans not to return to shore during the attack on Baltimore.



1814, when an attorney and amateur poet named Francis Scott Key watched U.S. soldiers—who were under bombardment from British naval forces during the War of 1812—raise a large American flag over Fort McHenry in Baltimore, Maryland.

## Who Wrote “The Star Spangled Banner”?

Francis Scott Key wrote “The Star Spangled Banner” and its initial verse on the back side of a letter while watching the large American flag waving over the fort that morning. Back in Baltimore, he continued working until he had completed four verses (only one of which is commonly known today).

## From Drinking Song to American Anthem

Ironically, the melody Key assigned to accompany the lyrics of “The Star-Spangled Banner” was a popular English drinking song called “To Anacreon in Heaven.”

Written around 1775 by John Stafford Smith, the song honored the ancient Greek poet Anacreon, a lover of wine. It was originally performed at a London gentleman’s music club called the Anacreontic Society.

The Anacreontic Song, as it was known, had a track record of popularity in the United States by 1814. In one famous case, defenders of the embattled second president, John Adams, used the tune for a song called “Adams and Liberty.”

Key himself had even used the tune before, as accompaniment for verses he wrote in 1805 commemorating American naval victories in the Barbary War.

## Key's Complicated Legacy

After the war of 1812, Key continued his thriving law career. He served as a member of the "Kitchen Cabinet" of President Andrew Jackson and in 1833 was appointed as a U.S. attorney for the District of Columbia.

He composed other verses over the course of his life, but none received anywhere close to the recognition of "The Star-Spangled Banner." After contracting pleurisy, Key died in 1843, at 63.

Though his celebrated anthem proclaimed the United States "the land of the free," Key was in fact a slaveholder from an old Maryland plantation family, and as a U.S. attorney argued several prominent cases against the abolitionist movement. He did speak out against the cruelties of the institution of slavery, but did not see abolition as the solution.

Instead, Key became a leader of the colonization movement, which advocated the relocation of black slaves to Africa and eventually resulted in the modern nation of Liberia.

## Growing Popularity of "The Star-Spangled Banner"

At first, "The Star-Spangled Banner" trailed "Yankee Doodle" and "Hail Columbia" in popularity among patriotic 19th-century tunes. But during and immediately after the Civil War, Key's song gained a deeper meaning, as the American flag became an increasingly powerful symbol of national unity.

By the 1890s, the U.S. military had adopted the song for ceremonial purposes, playing it to accompany the raising and lowering of the colors. In 1916, President Woodrow Wilson signed an executive order designating it "the national anthem of the United States."

In 1931—more than 100 years after it was composed—Congress passed a measure declaring "The Star-Spangled Banner" as the official national anthem.

## History of the National Anthem at Sporting Events

"The Star-Spangled Banner" made its sporting-event debut in September 1918, during that year's first World Series game between the Chicago Cubs and Boston Red Sox.

In addition to the ongoing toll of World War I, a cloud of violence hung over Chicago's Comiskey Park, as a bomb had torn apart the Chicago Federal Building just the day before. During the seventh-inning stretch, the military band on hand struck up "The Star-Spangled Banner," and in a moving spectacle, players and fans alike fell silent and saluted the flag.

The practice soon spread across major league baseball, and into other sports, and eventually became a widely accepted pregame tradition.

While many view the playing of "The Star-Spangled Banner" before sporting events as an important patriotic ritual, over the years some athletes have chosen to protest enduring racial injustices in American society by turning their backs on the flag, refusing to stand or taking a knee while the national anthem is performed.



*This article originally appeared on  
www.History.com from the editors.  
Updated: Aug 21, 2018  
Original: Sep 28, 2017*

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4. "How the National Anthem Has Unfurled," The New York Times.
5. "The Song Remains the Same," ESPN the Magazine.



# FINDING REST DURING THE UNREST

Article by  
Pastor Rick Hagar

Often times throughout history, when there appeared to be great turmoil or unrest, the people of God would question where is God in all of this, and why is He allowing us to go through this. And so as our country continues to work through its current unrest, many of us are asking those same types of questions. Where is God during this time of Pandemic that is gripping our country and many parts of the world? Where is God during the times of unrest and violence in our American cities and local communities?

It is in those times we must remember that God is a sovereign God. He is the supreme authority over all things and all things are under His absolute control. And in His sovereignty, He is ultimately working all things out according to His perfect will and good pleasure and for our good as His dear children.

The Apostle Paul, in writing to the Church of Rome encouraged them by saying, "For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us." (Romans 8: 18)



WHERE IS GOD  
DURING THIS TIME  
OF PANDEMIC?

He is reminding them and us that even though they are going through many trials and tribulations, those trials and tribulations do not compare with the glorious things that await us through our Lord and Savior, Jesus Christ. And for those of us, who have put our faith and trust in Christ, know this to be true.

He then went on to say in the same chapter, "And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son, that he might be the firstborn among many brethren." (Romans 8: 28-29) We can know that all things, regardless of the trials and tribulations, regardless of the circumstances in which we find ourselves, are actually working out for our good if we truly love God and are seeking His will and purpose in our lives.

And we are assured that God's ultimate goal for us, and our ultimate goal for ourselves should be to be in the process of being conformed to the image of his dear Son, Jesus Christ.

The Apostle Paul then concludes this chapter by reminding us that he is persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. (Roman 8: 38-39) Paul's list covers about anything a Child of God could ever encounter, but assures us that none of these can separate us from the love of God, which is demonstrated in and through Christ Jesus our Lord.

**What struggles are you facing today? What trials and tribulations are you encountering in your daily life? As a child of God, we can rest in the knowledge that God is in complete control and He is working all things out for our good and His glory. And in that knowledge we can experience sweet peace even when the storms are all around us. May we rest in that sweet peace today and everyday.**







# Jesus Said There'd Be Days Like This

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*Article by  
Pastor Ray B. Seemans  
of Troubadour Ministry*

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In Matthew 24:1-41 Jesus gives us in great detail the signs of the end of the age. We cannot change the course of divine prophecy, and it's entirely possible that we who are reading this will experience the return of Jesus Christ in all His glory and power! In verse 44 He tells us to be ready "for the Son of Man is coming at an hour when you do not think He will".

The world is entangled in sin, distraction, destruction, and mayhem. The enemy is hard at work to keep our eyes on the horrific events going on and take our eyes off Jesus and His word. The real picture, the big picture is in the scriptures in Matthew. Each of us has a purpose and a calling on our lives and we are promised that those who are serving the Lord when He returns will be blessed! We are saved by faith but remember, "faith without works is dead". Are you ready for His return? He desires that not one should perish but we must be obedient to Him.

The events and turmoil we are experiencing are bringing high levels of anxiety, isolation, and depression which in turn have caused many of us to turn to other means of coping with our emotions and spirituality. Brothers and sisters we must turn our eyes upon Jesus, lock arms together and lift one another up. "Do not forsake the gathering of the saints (believers in Christ)". We need each other to stand firm in our faith together. In Jesus' name!





## VOM & Community Events for Sept-Nov 2020

Visit [www.VeteransOutreachMinistries.com](http://www.VeteransOutreachMinistries.com)  
for full Event Details

- Sept 17 - CHEP Annual Golf Outing**  
Chesapeake Bay Golf Club in
- Sept 17 - VOM Meeting from 6:30-8pm**  
Oasis Church in Glasgow, DE
- Sept 23 - Veteran's Day Assistance from 9am-1pm**  
Widener University (Delaware Law School)
- Sept 26 - Vet Fest 2020 & 10k**  
The Town of Whitehall in Middletown, DE
- Sept 26 - Yoga Nidra/Sound Bath Meditation**  
Pura Vida Yoga in Perryville, MD
- Sept 5 to Nov 14 - Drone Pilot Training**  
DWS Drone School in Wilmington, DE
- Nov 21 to Dec 5 - Drone Pilot Training**  
DWS Drone School in Wilmington, DE
- Oct 7 to 28 - Virtual Fiber Arts & Fabric Dying**  
Hosted by NCC Art Studio
- Oct 14 to Nov 4 - Virtual Beginner's Watercolor**  
Hosted by NCC Art Studio
- Oct 15 - VOM Meeting from 6:30-8pm**  
Oasis Church in Glasgow, DE
- Oct 16 to Nov 6 - Virtual Beginner's Acrylic Painting**  
Hosted by NCC Art Studio
- Oct 21 - Veteran's Day Assistance from 9am-1pm**  
Widener University (Delaware Law School)
- Nov 10 - VOM Meeting from 6:30-8pm**  
Oasis Church in Glasgow, DE
- Nov 10 - Veteran's Day Assistance from 9am-1pm**  
Widener University (Delaware Law School)

# Managing Your Emotional State

When anger is discussed in mainstream society, it's often regarded as a one-dimensional emotion; in reality, this couldn't be further from the truth. Anger is a very complex emotion which can be triggered by a variety of circumstances. Furthermore, anger can manifest to conceal other emotions which may make a person feel more vulnerable or out of control. In other scenarios, someone who is dealing with anger may have underlying repressed issues which have yet to be dealt with.

First and foremost, it's important to understand that anger is an emotional state which manifests when someone feels hurt, threatened or otherwise provoked. Different things make various people angry, but anger ultimately boils down to a natural response following discomfort. In today's world, there are many misconceptions regarding anger and what it's all about.

One of the most popular misconceptions is that anger is a bad feeling. To the contrary, anger can be quite enlightening and serve as a source of motivation. The truth of the matter is that anger is not inherently bad, but how someone handles their anger can be bad if they aren't in control of themselves. It's absolutely OK to feel angry, but it's not OK to fail to control yourself when you are angry. This is an important distinction which everyone should be aware of.

Anger is a quite complex emotion, despite what some people may believe. There are, in fact, different levels of anger. Understanding each of these levels and what they entail can be enlightening. An awareness of the levels of anger can also help people determine steps they should take to prevent anger from escalating to potentially dangerous heights.

Reviewing The Different Levels Of Anger

Each level of anger is different from its

predecessor or successor. The triggers and factors associated with various levels of anger provide considerable insight into humans and different emotional states.

## *Annoyance*

Annoyance is the first level of anger and is quite common. People get annoyed at various minute things, such as long lines, traffic jams or hearing someone chew with their mouth open. Generally, annoyance is very mild and tends to subside fairly quickly. Of course, someone who finds themselves regularly annoyed should be cognizant of what's bothering them and whether or not they can make changes to improve how they feel. Since annoyance is the lowest level of anger, it's also the easiest to regulate.

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

Frustration is the second level of anger and tends to come along once an annoyance has festered and lasted for too long. A frustrated individual may feel tense or otherwise have a hard time concentrating on certain matters, due to their current negative emotional state. Frustration generally takes longer to subside than annoyance and remaining collected can be much more challenging.

## Hostility

After frustration comes hostility which serves as the third stage of anger. Hostility takes place when someone has been consistently subjected to various people or circumstances which displease them or threaten them. In many cases, hostility is the result of pent up anger which hasn't been constructively resolved and is, therefore, seeping out. Sometimes, individuals employ hostility as a means of defense or to obtain the emotional release which they crave.

Hostility can be displayed in various ways, and none of them are pleasant. Screaming, swearing, or even getting physical are signs of hostility which can quickly lead to the fourth stage of anger. In virtually all cases, people should attempt to calm themselves down before they get to a point where they are hostile and lashing out at others in various ways. Hostility rarely makes anything better or solves existing problems.

## Rage

Rage is the fourth and final stage of anger. By the time someone has reached the point of being enraged, they are verbally confrontational, throwing objects, making threats or even physically lashing out at others. Rage is a dangerous emotional state because it means that someone has lost control of their emotions and is unable to manage their anger. The fourth stage of anger can quickly follow if hostility is allowed to increase and worsen.

Many people have gotten themselves in trouble because of words which were said or acts which were committed during fits of rage. By the time a person has reached the point of being truly enraged, anger has taken control of them. Because someone who is enraged is not in control of their emotions, it can be very difficult to calm them down. Anger should never reach the point of rage; this is why self-control and dealing with anger before it escalates into its latter stages is so critical.

## Managing Anger

As you can see, each level of anger is built off its predecessor and increased in intensity. Ongoing annoyance turns into frustration which then becomes hostility which transforms into a rage. Realistically speaking, it's much easier to manage annoyance and frustration as opposed to hostility or rage. However, despite the chronological occurrence of anger levels, there are certain situations which can immediately set someone off and cause them to become hostile or enraged.

Everyone will deal with anger at one level or another throughout the various point of their lives, and that's fine. What's important is the ability to manage anger. Sometimes this may involve walking away, ending a bad relationship or silently counting to ten in your head. Anger isn't always easy to manage, and virtually everyone experiences the temptation to simply lash out and get the quick and seemingly easy release. The only problem here is that the quick and easy release comes with consequences which aren't very desirable.

## Managing Triggers Of Anger

Just as each person will experience anger in their lives, they will also learn what their triggers are. Each person has various things which annoy them. Not all triggers can be avoided, but some can be. This is where personal choice and responsibility enter the equation. Are you regularly subjecting yourself to people, environments or situations which anger you? Would you feel better, happier or more productive in life with fewer triggers of anger? The chances are that you would.

Anger is not an inherently bad emotion, but it's also not something which you should undergo on a typical and frequent basis. Ongoing anger can quickly morph into chronic anger which comes with a plethora of emotional, mental and even physical health issues.

No matter who you are or what your life looks like, managing your emotional state and understanding that it ripples out into other areas of your life is paramount.





FEMALE

# VETERAN of the Quarter

Hello let me start by introducing myself, my name is Donzella Brenda (Selby) Johnson and I was raised by my grandparents in a small town on the Eastern Shore of Maryland called Oriole. My first name was given to me because I share the same birth month and day with my uncle whom was a POW, MIA of the Korean War. I attended Washington High School and was on the Honor Roll and tutored Math. I graduated on June 6, 1976 and started Delaware Technical Community College on June 7, 1976. While at Delaware Technical and Community College, I earned a Certificate in the Clerical Field, tutored Math and Shorthand and was a member of DECA. Ever since I was a young child, my goals were to graduate high school, go to college, join the Military, get married and have a family. All of these, I accomplished. My proudest moment was becoming the mother of a daughter who was born at 7 months and is a NYU graduate in Broadcast Journalism and is at the University of Rochester and a son who was my miracle child because he was not supposed to live pass his 5th birthday and now is 33 years old and has his own online talk show and is my caregiver.

My Military and Civilian Education and Training are 42A Human Resource Specialist, 92Y Unit Supply Specialist and 91S Preventive Medicine. My other Completed Military Education is Equal Opportunity Leader, Advisor and Mediator. Homecoming, Deployment and Freedom Salute Coordinator, Subsistence, Supply, POL (Fuel) and Ammunition Clerk, Budget Management, Commodities Manager, Personnel Admin and Automated Logistics Specialist, Recruiting and Retention, Microsoft Office Word, Excel, Power Point, Unit Fund and Property Book NCO. Lastly my Civilian Education and Trainings are Delaware Medical Reserve Corps Coordinator, overseen 684 Medical and Non-Medical Volunteers, AED/CPR, All Hazards Training, Autism and Emergency Preparedness, Bio terrorism Awareness, Community Emergency Response Team, by having this training I was able

## Donzella Brenda



to save a gentlemen's life in 2012 and the article was published in the FEMA Newsletter, Advanced Emergency Response Team, Family Emergency Preparedness, FEMA Trainings, Grant Writing, Points of Distribution, RSS and Team building. I previously worked with Emergency Management Services and Office of Preparedness for the State of Delaware. In this role, I performed Administrative Support, Outreach and Workshops preparing our Delawareans for any type of disaster (fire, tornado etc.) During an actual event, I am part of the Incident Command team. Also am a Layleader for the Diabetes, Chronic Disease, Chronic Pain and Cancer Thriving and Surviving Self Management Programs, Narcan Training and Matter of Balance.

Despite all my Education and Training, 6 months after retiring from the Military, I got the shock of my life, I became a Homeless Veterans. I remained in that status for a little more than a year. I lost my home, transportation, all my furnishings, awards, medals and pictures. The main reason for the loss was I was not considered a Veteran, because I was Title 32 and not Title 10. I was not afforded the benefits, retirement and resources that are generally received upon retirement. I felt like at that point that the



# Community means everything.

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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.



National Guard and the Reserve were the forgotten ones. Throughout my tenure of homelessness and even today, I focus every day on ending homelessness for all of our Veterans and fighting for the benefits, resources that all our Soldiers and Airmen of the National Guard and Reserve so deserve.

It has been an enriching experience to be involved as the President of the Delaware National Guard Army/Air Retired Association and the Secretary for the DE National Guard Enlisted Association and presently the Membership Chairperson, Ways and Means Chairperson and the State Conference Coordinator, I am also a former Executive Council member of the Homeless Veteran Stand down Committee, I now serve as their Service Provider Coordinator.

I am presently the Secretary for Area II National Guard Enlisted Association. Despite my many disabilities I put my all in giving back, collecting resources and educating myself, so that no one has to go through the trials and tribulations I faced, especially my National Guard Family. I do believe God took me through this to strengthen others that have or will be in the future go through the same obstacles I endured.



MALE

## VETERAN of the Quarter

*D. E. Stir*

My name is Ed Stir and I was born at Offutt AFB, NE. My father was career military. I entered the USAF at 17 and did my basic at Lackland AFB, San Antonio, TX. I PCS'd to Dover AFB, where I worked in the ER/Ambulance Crew. Here I became an ACLS Instructor and a National Registry EMT, which was a new thing then.

At Dover, we recovered the American remains from Johnstown, Guyana, and the Canary Islands plane crash that together killed almost 2,000 people, 18 months apart. I also attended Flight School at Brooks AFB, TX for Aeromedical Evacuation- I was later Honorably Discharged and enrolled in Wesley Colleges Nursing Program, under the Vietnam GI Bill, in Dover, DE, and I worked in the local emergency room while in school and after graduation.

Later I traveled to Texas and joined the National Guard in Houston, where I served as NCOIC Medical (flight) Section, 149th AHB, 2 months later I was activated for Desert Storm with the 217th Evac out of San Antonio.

After the war I moved to Teen Challenge, Hot Springs, Arkansas. Teen Challenge is a Faith Based Program that helps those struggling with life controlling issues. My issue was alcohol and PTSD and panic attacks. I later did an Internship there and attended Teen Challenge international Ministry Institute, known as Staff Training School, in Jacksonville, FL. After this I moved to Douglasville, GA, where I joined the Chaplains Training Detachment at Dobbins ARB, in Marietta, GA., then later transferred to the 248th, Medical Company Marietta, GA., where I was Platoon Leader of the Treatment Team.



D. E. Stir SSGT, USAF & US Army Reserve  
Guard Combat Medical Instructor (91B3H)

I came home to Delaware to be close to my Grand-babies, They are the best! I'm Service Connected Disabled and can't work. So I went back to school and earned my Bachelors Degree in Theology at The Sure Foundation Theological Institute. I've been trained in Biblical Counseling and Addictions Ministry at Elijah House. I was led to Victory Village Veterans Transitional Living Center, located in Middletown, DE, where we help Honorably Discharged Veterans that are facing difficult time in life, get back on their feet. I came on as the Volunteer Resident Chaplain and later added the title of Volunteer Resident Manager, both of which I am still doing 3 years later. I can truly say that Jesus, our Messiah SAVED MY LIFE! He has brought me full circle and I've experienced too many things for this short bio, but I'm grateful for all He has done and I'm grateful for all those fellow veterans out there. Together we CAN overcome! Welcome home!



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# BUSINESS *of the Quarter*

## *Freedom Hills Therapeutic Riding*



*Traumatized veterans find relief on horseback. Photo By Mary Carole McCauley for The Baltimore Sun*

## Celebrating 36 Years of Serving Individuals who happen to have disabilities

*Renee S. Dixon  
Executive Director*

Freedom Hills Therapeutic Riding Program a Premier Center for Professional Association for Therapeutic Horsemanship as well as a Maryland Horse Discovery Center, offers Equine Facilitated Therapy to people who happen to have mental, physical and or emotional difficulties including Military Veterans, active Military and "Kids at Risk". Our youngest student was 18 months old when he started. Our oldest student was 99 years old when he graduated.

We were the second program in the United States to offer Equine Facilitated Therapy Military Veterans. The Military Veterans come from the Elkton Vet center and the Aberdeen Vet Center as well as individually.

The "Kids at Risk" come from WINN Family Services, Perryville Outreach as well as individually. Many of these organizations serve

people in both Cecil and Harford County.

Our Mentally Challenged population come from Bay Side Community as well as individually. We serve approximately 300 students per year.

In 2017 we started an Animal Education Program where we go into the school system with a miniature horse, a miniature donkey, a bunny, some chickens and two ducks. We also take this program to fairs to teach children about animals.

We are proud to be a Maryland Farm Based Education Center where we encourage schools to bring children out to the farm to increase the children's interest in learning. We also helped write the curriculum for "Maryland's Equine Farm Based Education".

The only time an individual with a disability is turned away is if their doctor will not allow them

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to ride. However, in those cases we offer Natural Horsemanship which is groundwork and the person does not need to ride a horse.

We invite you and your colleagues to come out and visit Freedom Hills Therapeutic Riding Program so you can experience firsthand the joy and healing horses offer people.

A VOM representative, Tom Hogate, visited this excellent facility and was given a tour of the facilities.

When I interviewed a female veteran that has had many adversities to overcome. Her name was Cecelia Kress, an Air Force Veteran. She talked about her disabilities and how the Freedom Hills Therapeutic Riding Program helped her to overcome them. The tour, including the horse barns, training room, and the arenas were very well cared for and all the associates were actively busy. The days are long and very productive according to Renee.

I was impressed and the associates were very helpful when asked about the facility and what they were doing.



*Cecelia Kress of Abingdon kisses and talks to Colada after an evening of riding at Freedom Hills Therapeutic Riding Program. Cress is a disabled Air Force veteran. (Caitlin Faw / Baltimore Sun)*

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