

Summer Issue 2020

Veteran's Outreach Ministries

VOM

magazine

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WELCOME *from the* Board of Directors

As we move into the summer season, we see God's Creations through the rebirth of nature and warmer weather. Trees are in full bloom with the spring rains done and the summer heat coming making everything green once more. How is your spiritual life holding up after the spring effects of the Coronavirus (Covid-19) pandemic, including social distancing, face masks, and businesses being closed. Are you struggling?

Think about it for a minute. With the rebirth of spring, leave your struggles behind, trust and believe that God knows your struggles and will be there to help you with them, whatever they are.

Also, Christ our savior has given us a new rebirth with God our Father through His sacrifice on the cross. Once we recognize Him as our Savior, we are born again to begin a new journey different than our previous life. Although, many obstacles will test our faith it is through prayer we can overcome these barriers.

Christ will carry us through the tuff times. The bible states "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. "(Psalm 18:2). Let's pray that our faith is strong and 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.



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

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 john.d.vom@gmail.com for more information.

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RECIPE by Meredith S. K. Boas
of Grunge Muffin Designs

Strawberry Kiwi Smoothie

MAKES: **TOTAL TIME:**

1 Serving 15 minutes

CALORIES: 324.5 in 1 serving

INGREDIENTS:

- 1 Banana (broken into smaller pieces)
- 4 Strawberries
- 1.5 Kiwis
- 1 tbsp Semi Sweet Mini Chocolate Chips (Enjoy Life brand)
- .5 cup Soy Milk (or Almond, or Regular Milk)

INSTRUCTIONS:

- 1** Break banana into pieces and add to blender.
- 2** Slice up the strawberries and add to blender.
- 3** Peel kiwis, then slice, and add to blender.
- 4** Measure and pour in the chocolate chips, followed by the milk of your choice.
- 5** Blend on high for 30 seconds or until smooth. Pour and enjoy!

Add More Flavors & Calories

- Peanutbutter
- Pomegranates
- Canteloupe
- 1 tbsp Semi Sweet Mini Chocolate Chips (Enjoy Life brand)
- .5 cup Soy Milk (or Almond, or Regular Milk)

By Ken Cushwa Youth Pastor Stepping Stones

Communication begins with a willingness to meet where you are...

In a world of cell phones, laptops, virtual reality, and instant results we have forgotten the importance of just talking to one another. Communication is delivered via text or video messaging and often times is considered the most intimate means of talking. The problem is we lose our ability to consider the message or the intent without seeing the person and their facial expression. Emotions are eliminated right away and the directness of the black and white text in front of you now causes you to draw conclusions without any emotions and possibly ends in the incorrect response.

One of my fondest memories came as I was sitting on the front porch of my Grandfather's house on the wall of the porch and talking.



My grandfather was mayor of our town and so anytime people would be on their evening walks they would wave and say "Hello Mayor" or "Good evening Mayor" and my grandfather would wave and respond back with a smile and "Hello". Often times they would come to the steps leading to this amazing porch and request to talk with him or just sit and relax for a spell.

Some of the things they discussed were in regards to city business and I can remember not always knowing exactly what was being talked about. What I do recall is a comfort and a peace I felt just being there. It was the presence and small conversations that made me feel special because whoever was on that porch was considered family and treated as such. Love was extended in the form of a greeting, a handshake, the rocking of chairs; and the warm conversation that would arise in company. I still can feel the warmth of the evening, the sounds of crickets, and the great conversations over the din of passing cars or just the sounds of nature.

I often think back to come to the conclusion that my grandfather was simply doing what Jesus called us all to do and often demonstrated much to the surprise of the men who followed him. Throughout scripture Jesus met people where they were and wanted to communicate the love he had and the conversation to help them to come to know him and what comfort and peace his grace could give. In Romans 12:9-10 it says; "Love must be without hypocrisy" detest evil; cling to what is good. Show family affection to one another with brotherly love, outdo one another in showing honor. When Christ would meet someone it was always with an open heart to who they were and not what they displayed or how they acted. Jesus went directly to the heart of people because he knew it was the heart that needed change and not the outward appearance. I believe we have learned to complicate our lives and our daily walk with things that have no bearing on ultimately who we are.

The best way to get back to showing love towards one another begins with your heart and what needs to be corrected there. Once that change has been made it is you who will make the impact on someone with a simple smile, a "Hello", or handshake. You don't need a front porch to bring back the feeling of communicating but boy wouldn't it be great if you did. I leave you with this last thought, if you find that you lack joy or a heart to love others. Jesus is waiting for you to call on him to get a new heart and start back on the journey of rocking on the front porch and talking. *Philippians 2:3*

DAILY PRIORITIES FOR FAITH

Article by Debbie DiVirgilio
Faith Based Non-Profit
with permission

What are your daily priorities? Do you wake up every morning and make your faith a priority... or is your faith an after-thought that might get squeezed in? Over the years, I have found that if I don't consciously make my faith a priority, it doesn't happen, maybe you have found the same? So, what are some strategies for giving it first-place in life?

Plan to spend time reading the Bible each and every day. We learn about the heart of God through His word –this is one way that He speaks to us. This probably means more than just a cursory glance at a scripture, but instead really understanding what the God's word is trying to teach us. Look at the context of the passage-what is happening before and after, what was going on in the culture, what do the words mean in their original Greek or Hebrew form?

But, we also have to be careful. Sometimes we get in the habit of reading the Bible just to read it, or for knowledge. While knowledge is wonderful, it is not able to really speak to the heart matters in our lives. It is easy to fall into a trap of reading for knowledge—especially when we read the Old Testament. But, God wants to get to our hearts, to the essence of who we are. Each day, before you begin your reading,

When scriptures really speak to you, take a minute to pray and ask God what he wants you to learn from the passages you are about to read.

When scriptures really speak to you, take the time to write them down and begin to memorize them. When we memorize scripture, we are able to call on it and apply it when we need it.



Now it is time to spend time actually communicating with God. Far too often, we spend our time talking and asking God for what we want (not necessarily bad things....but let's face it, it is really all about what we want.) Plan some time sitting in the quiet and listening for God to communicate with you. It won't happen when you are talking or when you haven't prepared your heart, but when get quiet and listen, you will hear Him.

As a leader, faith is an essential part of who you are. When we cultivate our faith, it will flow into everything we do and are. We begin to see ourselves as a puzzle piece within the bigger picture of God's plan. How exciting is that!

How can you plan to make your faith a priority today? Personally, I find that making my faith a priority means I start the day with God---before I do other things, before my mind is filled.

I KNOW THE PSALM, BUT HE KNOWS THE SHEPHERD

Psalm 27:14 NKJV

Chaplain Gene Manuel MA, CPE

After graduating from high school in 1959, I immediately joined the U.S. Army. My basic training was at Fort Hood, Texas, and advanced training at Fort Sill, Oklahoma. I was stationed at Fort Bragg, NC for a few months and my final two years were at Dachau Germany. I was honorably discharge on August 10, 1962.

I attended The University of Kentucky on the G.I. Bill and obtained a master's degree in communications.

My career in the hospital setting began in 1966 at the University of Kentucky Medical Center as a media specialist, University of Louisville Medical Center as chief of biomedical communications, and then took a position at Perry Point Veteran Medical Center as chief of medical media where I retired in September 1999.

My combined military service and VA service permitted me to retire at the age of 57. My wife and I love to travel and have been blessed to visit over 50 countries. After thirteen years of retirement, I completely changed my profession and began volunteering as a chaplain at our local hospital. I volunteered for three years and then joined the staff as hospital chaplain. As hospital chaplain, I was required to have additional spiritual training whereby I obtain a clinical pastoral education "CPE" certificate.



Serving as a chaplain I am occasionally asked to preside at funeral services. I believe the Twenty-third Psalm is one of the most appropriate scriptures to read at a funeral. For centuries it has been one of the most treasured passages in the Holy Scripture. It is among the most familiar, so much so that even people who are not religious or very knowledgeable about Scripture recognize these words.

They are among the most comforting, often being quoted in times of trouble or distress. There are many images in this psalm which hold a particular meaning.

One image comes from the verse, "Yea, though I walk through the valley of the shadow of death, I will fear no evil; for thou art with me, thy rod and thy staff they comfort me."

God is frequently described in the Bible as being a shepherd who cares for and tends to a flock of sheep. Many of us can remember when we were a child in Sunday school seeing the picture of the shepherd carrying the little lamb or the one with the good shepherd watching over his flock.

The shepherd uses his rod to ward off evil and to direct the sheep as they walk. The staff with its large crook at the end serves to support the sheep's body when it crosses a dangerous path. The Lord protects, guides, and supports us. He does not send us through the dark valley with a cheery promise to meet us again on the other side. He goes with us each step of the way. The Good Shepherd reliably guides us through the valley of tears. He quiets our fears, comforts our hearts, and reassures us that we will make it through, though at times, we may not be so sure.

Recently, a friend shared a story with me about cruising down a river in Europe. He said as they passed a large flock of sheep grazing on the shore near the river, he was amazed that this large flock of sheep had no shepherd watching over them. Then he happened to notice on a distant hill side there was the shepherd perched on a rock not with a rod and staff but with an AK47 with a telescopic scope on the rifle. The shepherd was there to watch over his flock. I am certain that at one time or another we all have felt as though we were walking through such a "valley of the shadow of death." but, God is always at our side watching over us.

Another image that comes from the verse is, "Thou preparest a table before me in the presence of mine enemies." I find this verse especially appropriate at military funerals.

Some time ago I heard a story about a veteran of World War I, which is often referred to as the trench warfare. This was a fascinating story about a battle that had taken place in Europe. The veteran was an American, but he had enlisted with the British army and was fighting in the war for quite some time before most Americans enter the war.

They had been fighting on a stretch of land for many days. Both armies seemed to be at a stalemate. It so happened that the battle continued into Christmas Day. The fighting stopped, and all was quiet. Later in the morning, the German officers moved toward the British lines under a flag of truce and conferred with the British officers. After extended conversation, the two armies agreed to a truce to stop fighting for the day. They agreed to share their food for a Christmas meal.

The soldiers from each side joined together, ate together, and sang a few songs that had different words, but common tunes.

History tells us that these two armies hated one another. Americans especially hated Germans with a deeply racist attitude. But there they were, eating together in the presence of an enemy.

The veteran said after sharing their food, it was hard to go back to fighting the next day. They had shared food. They had sung songs of Christ's birth. He said these soldiers were just like us. They had mothers and fathers just like we did. Some had wives and children, brother and sisters just like us.

He said he had glimpsed a time in the future when all of them would be together in heaven, and all their earthly conflicts would disappear. To all believers, what a glorious day that will be.

Wait on the Lord; be of good courage, and He shall strengthen your heart, I say: wait on the Lord!



RED TAILS TUSKEGEE AIRMAN

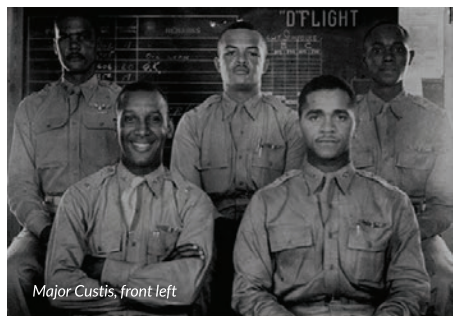
Article by Antionette Blake

On January 20, 2012, George Lucas released the movie *Red Tails*, a movie that featured a crew of African American pilots in the Tuskegee training program, having faced segregation while kept mostly on the ground during World War II, under the guidance of Col. A.J. Bullard.

During World War II, the Civil Aeronautics Authority selected 13 black cadets to become part of an experimental program at the Tuskegee Institute in Alabama. The program aims at training "colored personnel" to become fighter pilots for the Army. However, discrimination, lack of institutional support and the racist belief that these men lacked the intelligence and aptitude for the job dog their every step. Despite this, the Tuskegee Airmen, as they become known, more than prove their worth.

I was recently talking to a family friend who told me the story about her cousin, Major Lemuel Rodney Custis, a Tuskegee Airman, so I decided to learn more about him.

Major Lemuel Rodney Custis, was an African American Military Pioneer. He was the last surviving member of the first class of the Famed Tuskegee Airmen headed by General Benjamin O. Davis Jr. Having received a BS Degree from Howard University in 1938, he became Hartford's first African American police officer in 1939.



Major Custis, front left

In 1995, he was a consultant for the HBO movie, "The Tuskegee Airmen" and served on the Board of Directors at the New England Air Museum in Washington D.C. His life achievements were recognized by Central Connecticut State University with an Honorary Doctorate of Humanities Degree in 2001.

Many of the men who served are no longer with us which is why any time there is an opportunity to acknowledge and thank a

Tuskegee Airman for their service it is a prideful moment for all Americans.

Recently at the Superbowl in Miami, Col. Charles McGee, a Tuskegee Airman during World War II, participated in the coin toss before the NFL Super Bowl 54 game between the San Francisco 49ers and the Kansas City Chiefs on Sunday, Feb. 2, 2020, in Miami Gardens, Florida.

Over the course of his 30-year military career, McGee flew 409 fighter combat missions, more than any other U.S. serviceman. McGee flew 136 combat missions in World War II, as part of the Tuskegee Airmen, the only African-American pilot squadron in the war.

Super Bowl coin flip honor for 100-year-old Tuskegee Airman from Bethesda

Col. Charles McGee recently celebrated his 100th birthday in December and having a lifetime of service to his country, McGee downplayed his contributions: "We human beings are just one small aspect in a mighty grand world."



Col. Charles McGee, a Tuskegee Airman



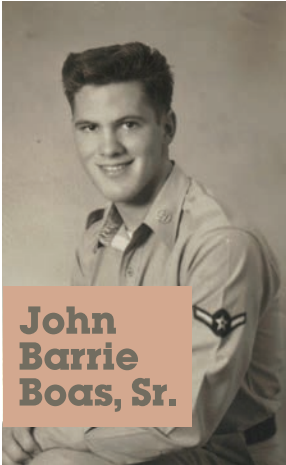
Two Grandfathers,

An Article by:
Brandon S. Boas

What is a role model? To me, it involves any person that influenced me to become the best version of myself. I'm proud to say I've had two major role models that not only guided me toward becoming a professional, career-oriented man, but also one who is compassionate and loving to his family and those that are in need.

Those role models are my grandfathers; John Barrie Boas and Fred Davis Tate. Because of their influence I've become a public educator that gives back to my community as much as I can through education, commitment, and events.

When my grandfathers were young men they joined the Armed Forces and gave back through their



efforts of protecting this great country and making sure that their community, families, and fellow citizens were safe.

Although both of these great men passed away in the last decade, it is important to keep the memories of our veterans and their contributions alive. One way to do this is by recounting stories and memories, and sharing pictures.

It was always a pleasure sitting for hours at my grandfather Fred's house listening to stories about how the Navy helped him mature into a strong-hearted, and caring man through the training he endured. The tours he had to go on

Their Stories

out at sea and the friendships and bonds he made during the time he served helped mold him.

On the other side of the family tree, listening to John talk about all the missions he was apart in when it came to flying in the Air Force, whether it was over Tripoli or later in his life, the Gulf, was something that was uncanny when you got to listen to his stories.

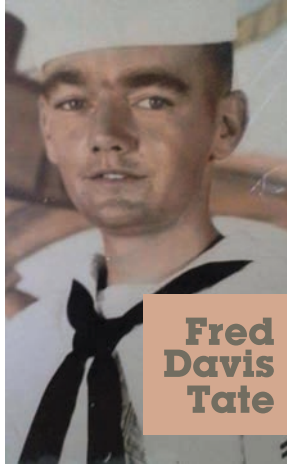
From seeing John Wayne film a new movie in Libya to being in the middle of a battlefield with his plane, the stories seemed like they were straight out of Hollywood and being premiered on a television screen in my own home.

The rich history that I learned from other parts of the world through his eyes and stories, as well as Fred's is something that is priceless.

It is rather hard to understand when you're a kid, but as you grow old, you realize the importance of learning all the stories, events, and things that made up your family members to become who they are today. Especially the ones that served and protected all of us in times of war and uncertain events, the stories that detailed both Fred and John's life mean more to me than I could ever explain.

This is why it is important to remember not only the ones you loved that served in the armed forces, but also to remember their stories of trials and tribulations, the history that spawned from these events, and the way a single human (or two in this case), could paint such an amazing story from their own experiences.

That is why these memories, depictions, and stories will forever hold a special place in my heart, but also be the same information that I can carry on to the next generation of my family tree.



PHOTOS:
(Page 5) Cpl. Christina Oliver of the
Marines on patrol in 2010.

(Page 6) Lance Cpl. Stephanie
Robertson of the Marines in
Afghanistan in 2010.

Credit: Lynsey Addario for
The New York Times

An Article by Lishamarie Hunter

Removing the Barriers to Women in the VA Healthcare System

Our country has an obligation to provide quality healthcare for those who have served and sacrificed to defend our constitution. In many ways they do this very effectively.

Female veterans were not entitled to Veterans' benefits until 1981. Women make up a total of 8% of our society's veteran population. The increase of female presence in our military and serving in multiple areas of conflict, with repeated deployments more women are requiring healthcare through the VA Healthcare system. Their increase presence is creating a demand on the VA Healthcare system to provide services that are limited or not available because of the uniqueness of the female veteran population's needs.

Roles for women are changing in our society. Women are participating in more and more non-traditional roles both in and out of the military. Jobs and titles within the institutions that were traditionally dominated by males now include females.

Woman are currently in all combat arms roles: armor, artillery, infantry etc. In recent years women have graduated from among the military's elite service training schools, to include: Ranger school, special forces, and navy seal training. As modern warfare evolves the

front lines fluctuate and fighting techniques advance, no person is a noncombatants in theaters of operation.

Female service members find themselves fighting side by side with their male counterparts serving in every aspect of our military.

The Department of Veterans Affairs to provide quality healthcare has created the Center for Women Veterans to address various issues that are specific to women who have served. They are conducting research into all areas of women's healthcare. Women's signs and symptoms are very different than male Veterans when it comes to heart disease, reproductive issues, Traumatic Brain Injury (TBI) and PTSD/MST in women.

The Center of Women Veteran has started a website womenshealth.va.gov that provides information for female veteran on all the research and programs that concern the Women Veteran population. The organization released their findings on the multiple barriers to women obtaining the necessary services they require upon departing from the Military.

In 2010 Congress passed the legislation Caregivers and Veterans Omnibus Health Services Act (Public Law 111-163). This law requires the VA to examine healthcare barriers

to women Veterans utilizing and accessing health care through Veterans Health care services.

It identified the nine barriers that impede women from accessing the VA Healthcare system, which are:

1. Comprehension of Eligibility Requirement and Scope Services
2. Effect of Outreach Specifically Addressing Women's Health Services
3. Access to Care (effects of Driving Distance)
4. Location and Hours
5. Childcare
6. Acceptability of Integrated Care
7. Gender Sensitivity
8. Mental Health Stigma
9. Safety and Comfort

The VA Office Women's Health Services conducted research to address the nine barriers. They awarded the research to a contractor who conducted a phone survey of over 8,400 female Veterans of all branches of service, and released a report Barriers to Care Study, 25 April 2015. The entire 225 page report that details research findings and solutions are available on the website womenshealth.va.gov

Change takes time. The Department of Veterans Affairs has taken the first steps to remove barriers to many women that have served and to future women who continue to enlist and serve honorably in our military. They are developing programs, provide funding, research and implementation of the findings. All for the sole purpose to provide a holistic approach to healthcare for those who deserve to be treated with respect and dignity because of their selfless service to this country.

References

Barriers to Care Study, womenshealth.va.gov retrieved on 16 February 2020
Bumbler, E & Shanker, T, Pentagon is Set to Lift Combat Ban for Women, New York Times, 23 January 2013. Retrieved, 16 February 2020



Days to Display the Flag

Holidays to Display Flag

June–August 2020 Summer Issue

- U.S. Army Founded – June 14, 1775
- Flag Day – June 14
- Fathers Day – June 21
- Independence Day – July 4
- Korean War Ended – July 27, 1953
- National Korean War Veterans Armistice Day – July 27

Non Flag Display Days

(for information only)

- D-Day Allied Invasion of Europe – June 6, 1944
- Summer Begins – June 20
- Pledge of Allegiance Recognized by Congress – June 22, 1942
- GI Bill Signed Into Law – June 22, 1944
- Korean War Began – June 25, 1950
- National Post Traumatic Stress Awareness Day – June 27
- Post 9/11 GI Bill Signed into Law – June 30, 2008
- U.S Army Air Core Established – July 2, 1926
- Air Force Day – July 1
- U.S. Coast Guard Established – August 4, 1790
- Purple Heart Medal Established – August 7, 1782
- Vietnam War Begins – August 7, 1964
- Japan Surrendered Ending WWII – August 14, 1945
- National Navajo Code Talkers Day – August 14
- National Airborne Day – August 16
- National Aviation Day – August 19
- Women's Equality Day – August 26



Managing Stress



An Article By:
Rebecca Rondone

Owner of Pura Vida Yoga
& Physical Training

Stress in the right amount can be helpful and motivating. However too much stress over a long period of time can cause serious behavioral, emotional, and health problems. It can affect your career, your relationships, and your overall well-being.

Just like God created us all authentically, we all have a different way of dealing with stress. It is key to better understand your own stress and to have practical tools, guidelines, and tips for developing and maintaining a healthy level of stress in your life.

Technique 1

Diaphragmatic breathing is a slow rhythmic pattern of breathing that produces a general feeling of calm. It is a simple technique that involves breathing in through the nose slowly and deeply, and breathing out through the mouth, again, slowly and easily. This can often help with anxiety and excess tension.

Below are (7) stress management techniques. There will always be different strategies that best suit your lifestyle and the stress or problems you identify. It is important to set aside at least 15 minutes each day to do management methods.

It is key to keep track of your physical and psychological states while you use these management techniques and coping skills. You can learn a lot about your self by tracking.

Relax, Stretch

Technique 2

Yoga is a series of postures or stretches that are held for several seconds to several minutes. When paired with slow, deep breathing, the stretches induce the feeling of relaxation. The aim of yoga is to achieve mental, physical, and spiritual health. There is also a philosophy and lifestyle associated with true yoga practice.

Technique 3

Guided imagery is a cognitive mental approach that involves focusing on developing a calming image, or series of images, that form a relaxing scene in the mind. Guided imagery or visualization makes use of your natural ability to create pleasant images in your mind and weave them into peaceful and relaxing scenes resulting in a feeling of comfort.

Technique 4

Meditation is a form of relaxation that helps train the mind to focus and concentrate on a word, phrase, or number while ignoring distracting thoughts. Meditation is a simple yet effective technique for her to do. Singa relax feeling that helps counteract stress. It helps to adopt a passive, non-judge mental attitude.

Technique 5

Rational thinking is a systematic approach to learning how to recognize and change upsetting thoughts and beliefs that give rise to negative feelings such as anxiety, anger, depression, fear and guilt. Rational-emotive behavior therapy is based on the idea that your emotions largely stem from how you interpret events. Your thoughts, attitude, beliefs, and self-talk can strongly influence your reaction to different situations. While you may not always be able to control how people behave toward you or the event that occurs around you, you can control the view you have of them.

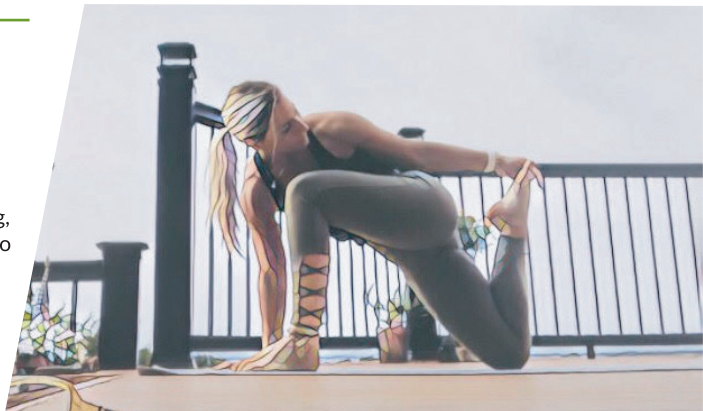
Breath Slow, Deep

Technique 6

Progressive muscle relaxation is a method where relaxation is produced through the systematic tightening and releasing of major muscle groups throughout the body. Tension often results in muscles feeling tight and stiff. Prolonged tension may result in spasms and pain. Various types of head, back, and neck aches are often caused or made worse by tension. A progressive series of isometric exercises popularly known as progressive muscle relaxation training can be useful in a number of ways.

Technique 7

Lifestyle management is crucial in developing and maintaining positive and healthy habits, such as regular exercise, sensible eating, and getting enough sleep. This also includes in eliminating unhealthy behaviors. The choices you make in your daily life can have a major effect on increasing or decreasing your risk of stress related problems in the future.



FEMALE

VETERAN of the Quarter

Cleopatra Jones

I was born in Santo Domingo, Dominican Republic. My parents moved to Santurce, San Juan, Puerto Rico, when I was three years old. At the age of five, my parents moved us, once again, this time to Philadelphia, Pennsylvania.

My parents always thought of their children first and foremost – they wanted to give us a better life. In Philadelphia, I attended the Incarnation of Our Lord School and later went to Cardinal Dougherty High School, or CDHS, graduating with top honors. I received a college scholarship, but I chose to enlist in the United States Marine Corps in 1981.

Soon thereafter, the head nun and principal of CDHS came knocking at our door, very upset. The nun was quick to reprimand my mother because she "permitted me to throw away my scholarship" and join the U.S. Marine Corps. My mom was appalled. When I look back now, becoming a Marine was one of the best decisions I have ever made in my life.

I went to basic training, or boot camp, at the Marine Corps Recruit Depot at Parris Island, South Carolina. There, I spent 13 weeks feeding the sand fleas during the summer of 1981. I arrived with painted nails and toenails, black eyeliner, corvette red lipstick, and topped off with a full "updo" hairstyle, which was made possible thanks to an entire can of hair spray.

**"Whew... Was I in for
a rude awakening."**

After boot camp, I remained at Parris Island for Advanced Individual Training, or AIT, learning my Military Occupational Specialty, MOS 0151, which is an administrative clerk. I completed all my initial training by 1982.

My first assignment after AIT was at Twentynine Palms, or 29 Palms, in San Bernardino County, California. The place was pure desert and complete with 120-degree weather on the daily. I had to get adjusted to the climate change and did not have PT for about six



weeks. That place was where my Marine Corps journey truly began.

While there, I attended College of the Desert and received a degree in business management. I started a family, getting married to a man named Rodney, and together we had a son – Rodrell Darren Jennings. When Rodrell was just three, we received orders to Okinawa, Japan, where we spent a year.

Some of my other duty stations have been Kaneohe Bay, Hawaii; Camp Pendleton, California; and has traveled to places like Seoul, South Korea. No matter what country or continent I was in, my mother always called on my birthday and sent me treats and cards. Like many Devil Dogs, mail call was one of the highlights of my days in the Marine Corps!

It was not easy being a woman in the Marines, which is still the most physically demanding branch of our military and the one with the smallest percentage of female service members – just 7.6 percent.

I've always believed, "if you could do the Marine Corps, you could do anything and succeed at anything in life."

Like I said, joining the USMC was one of 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.



best things that ever happened to me. It wasn't always "rainbows and unicorns," but it made me the strong, self-confident, independent woman that I am today. I'm very thankful for the friends that I made and the experiences I had.

I received my honorable discharge at Camp Pendleton as a sergeant and moved back home, where I spent three years as a Marine Reservist at the Philadelphia Naval Yard.



PHOTO:
Cleopatra Jones
Marine Corps, 1981

After totally getting out of the Marines, I started a long career, working my interesting jobs. I worked at the Philadelphia Airport, United States

Postal Service, Alamo Rent a Car, Delaware Open MRI, the Delaware Department of Labor, and the United States Senate.

Since 2019, I've worked as a constituent advocate in the Office of U.S. Senator Chris Coons (D-Del.) In the Senate, I draw on my life experiences. As a Senate staffer, I'm responsible for helping constituents with questions and issues with immigration, veterans, military, and postal service.

With my military experience and my passion for fellow veterans, I love helping veterans, active military members, and their families. I'm now married to Kevin Jones, and have three children and nine grandchildren.

We live in Bear, Delaware, and I'm very active in my local church, Victory Christian Fellowship, where I've worshipped for the last 20 years. I consider myself firm in my faith, and Jesus Christ is the Lord of my life. I'm currently a dance ministry co-leader, children's ministry dance leader, and also a Sunday school teacher.

"God Bless Our Troops, our Veterans, and the United States of America. Semper Fidelis. Oorah!"

MALE

VETERAN of the Quarter

Tampa Scott

Tampa Scott was raised in Brooklyn, New York where he had eight children, three boys, and five girls. He recently lost one of his sons to Diabetes at an early age. Tampa served our country for 10 years and 10 months in the United States Army.

After departing the military with an honorable discharge, he started using drugs to cope with his state of depression which led to the destruction of his life. Shortly after he decided to go to Coatesville VA Medical Center in Coatesville, PA.

Soon after he enrolled in the Chester County Opportunities Industrialization Center (OIC) Homeless Veteran Program and began to get his life back together.

He began writing inspirational poetry and was able to obtain his own place within the community.

Thanks to the (OIC) he has been able to get his life back on track.

Tampa recently attended the OIC Day on the hill in Harrisburg with other OIC's from Pennsylvania. Tampa was able to share his poem with an audience that included state legislatures and left a profound impression on all in attendance.

This is my story, This is my song

Praising my Savior, all the day long
By following Jesus, you can never go wrong
When you are weak, He'll make you strong
So keep your head up, and keep moving on

I've fallen short of His glory, and God was still there
So this is my story I want you to hear
I found God, and I know He's the King
Now that I've found Him, I can now sing

I have a song in my heart, that I want to bring out
While praising my Savior, it caused me to shout
My Lord, my Savior, He's King of all King's
He's kind and He's loving, that's just some of the things

He's done things for me, I could not do for myself
For He's the medication, which I need on my shelf
He's been there for me, through thick and thin
With Jesus Christ, I'm sure to win

He's opened doors that were shut in my face
Just by doing His will, things are falling in place
For Christ I live, and for Christ I die
Now if you know Jesus, then you know why

Well this is my story, but it's only the start
As long as I keep His word in my heart
Glory to God



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- A sunrise
- A good dream
- A Child's kiss
- A hug
- A raise
- Beauty
- Exercising
- Encouragement
- A pat on the back
- Excellent service
- Your team winning
- A pleasant surprise
- A wish come true
- Breakfast in bed
- A clear blue sky
- Baby birds chirping
- Ice cream
- A clear blue sky
- A day at the beach
- A long weekend
- Fresh-cut flowers
- Fond memories

86 REASONS TO SMILE

- A day off
- Dancing
- A good joke
- A compliment
- Chocolate
- Being loved
- Volunteering
- Good news
- Holiday lights
- A great meal
- A massage
- Teamwork
- Lunch break
- Saving money
- A good movie
- A child's smile
- A baby's first word
- Winning the lottery
- Breaking a bad habit
- Your favorite music
- Sleeping puppies
- Riding a carousel
- Getting an "A"
- Doing your best
- Being promoted
- Winning a contest
- Sleeping late
- Finding money
- Going on a picnic
- Your stocks rising
- An unexpected gift
- Last day of school
- Dessert
- Baby birds chirping
- Watching cartoons
- Change of seasons
- Frisky kittens
- A sleeping baby
- A beautiful sunset
- Being first in line
- Sharing a joke
- A full moon
- Dining out
- A parade
- No cavities!
- Birthday cake
- A bargain
- Hope
- Being applauded
- Getting a love note
- Scoring a touchdown
- Meeting deadlines
- Leaving on vacation
- A refund from the IRS
- A clean bill of health
- Reading a good book
- A present you really want
- Giving a treasured gift
- A cool drink on a hot day
- First winter snowfall
- Seeing a shooting star
- A surprise birthday party
- Photos of people you love
- Having a prayer answered

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BUSINESS of the Quarter

Brian Conley Veterans Resiliency Center



Grand Opening of The Brian Conley Veterans Resiliency Center in April, 2019

When Major Kevin Conley returned from Afghanistan in 2010, he had a dream. After working his way through the military and VA bureaucracies, he wanted to help other Veterans avoid the nightmare he was put through. He was medically retired from the U.S. Army at the age of 44 in 2014 due to his multiple medical issues incurred while on active duty. Because of his experiences and lessons learned, Kevin Conley has acquired a unique understanding of what a Veteran and his family face when returning from active duty.

Nine surgeries and psychological scars of Post Traumatic Stress Disorder (PTSD) took a toll on Kevin and his family and as they struggled for answers, they met others that were experiencing the same things. The Conley's started a peer support group and started helping others with small home repairs such as installing a fence for a service dog, constructing a wheelchair ramp and installing a garage door.

In November 2016, the Conley's purchased the late 1800 home at 104 S. Broad Street, Middletown, DE that now houses The Brian Conley Veterans Resiliency Center, named after

Kevin's brother who lost his battle with brain cancer in 2015. As he fought his battle with this disease, he never gave up hope. It is this resiliency that we hope our veterans will emulate as they fight through their struggles.

When purchased, The Brian Conley Veterans Resiliency Center was just a shell of a house with no interior walls, no electric, no plumbing, no HVAC. With the generosity of the community donating over \$300,000 and 100's of volunteers working 1000's of hours, WHW opened the center in April 2019 and now houses up to 14 homeless male veterans.

The Brian Conley Veterans Resiliency Center serves all veterans and their families. We provide programs that enhance their living conditions; either through residential placement in our center or another center or by providing services that improve their life skills, such as financial planning, job placement, family reunification, counseling, support groups, etc. We take a holistic approach and address the full person(s) not just individual needs. Since our director, Kevin Conley, has traveled that road, he has unique experience in navigating through the systems and uses his

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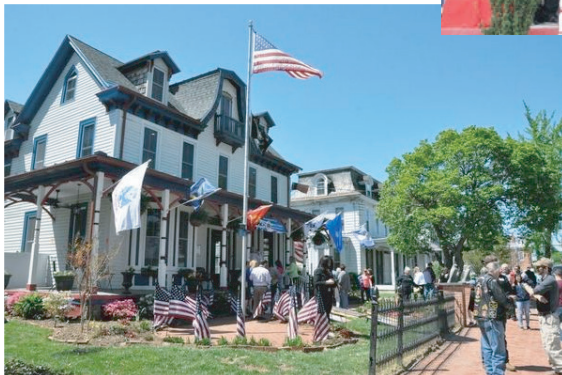
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knowledge in walking the veterans and their families through the process. If needed he hand holds the veterans and accompanies them at their appointments and helps them through the appeal process. We estimate 100 individuals a year will be serviced through at least one of our programs. We focus not only on the veteran but also the veterans' families. We service every veteran and family member that asks for our assistance.



You can visit us on facebook and our website (www.whwonline.org) for more information and to donate to The Brian Conley Veterans Resiliency Center so we can continue our mission to "Win The Battle At Home." Please call us at 302-696-2318 if you are a veteran who needs assistance or if you know a veteran struggling.

PHOTOS:
Ben Mace/ GateHouse Media Delaware

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