

Summer Issue 2021
Veteran's Outreach Ministries
VOM
magazine

**JIMINY
CRICKET**

Pg 3

**Flag
Etiquette**

Pg 11

FREE

**DEALING WITH
DISAPPOINTMENT**

Pg 6

**Concerns About New
Army Combat**

Pg 7-8

**Change Is Part
of Every Process**

Pg 4

SUMMER 2021 EVENTS

Pg 3

Subscribe to this Magazine online!

WELCOME *from the* Board of Directors

Welcome to the summer edition of the VOM News Magazine! With the Covid-19 Pandemic under control with the vaccines established, we turn to the word of GOD for this passage. In Psalm 30:2 "O Lord my God, I call to you for help and you healed me."

However, looking after the best interest of our veterans, first responders and their families are one of the priorities we need to commit too. Many of us do not have the time to devote, forget to remember all the people that have keep us safe. However, making the time to pray for God to watch over our veterans, first responders and their families and to keep them safe from harm.

Through the power of prayer, we ask God to give them strength to cope with their pain. Psalms 121:1-2 states "I lift up my eyes to the hills-where does my help come from? My help comes from the Lord, the maker of heaven and earth."

Let's all take a few minutes to pray for the people who keep us safe.

We are searching for articles for our magazine. Specifically, regarding their or someone they know experience in the military, first responders and their families.

Lets make it our goal in life to seek salvation through prayer.



**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 johnd.vom@gmail.com for more information.

Veterans Outreach Ministries
The Board of Directors

President:

Tom Hogate:
tjhogate3@comcast.net

Vice Presidents:

Al Grimminger:
al.grimminger@icloud.com

Colin Diggs:
tcm3245@gmail.com

Steve Hague:
shague427@gmail.com

John Dimeglio:
johnd.vom@gmail.com

Rebecca Rondone:
beckyrondone@gmail.com

Glenn Ahrens:
Glenn@ElShaddaiChristian.com

Inside This Issue

Welcome Message	1
BBQ Chicken Cauliflowers Pizza	2
Summer 2021 Events	3
Change Is Part of Every Process	4
Jiminy Cricket	5
Dealing with Disappointment	6
Concerns About New Army Combat	7-8
Flag Etiquette	9
Days to Display the Flag	9
Crafting: Stress Relief Hobby	10
Reflection... Do You See It?	11-12
Female Veteran of the Quarter	13
Male Veteran of the Quarter	15
Business of the Quarter	17

Thank you Corporate Sponsor!

Bill Brennan of Brennan Associates

VOM is Sponsored by:

Oasis Church, 2200 Glasgow Ave, Newark, DE

Magazine Design by:

Grunge Muffin Designs (443)-252-2800

Meredith@grungemuffindesigns.com



BBQ CHICKEN CAULIFLOWER PIZZA

MAKES:

4 Servings

TOTAL TIME:

45 minutes

INGREDIENTS:

Crust

- 1/4 cup 2% Reduced Fat Mozzarella cheese
- 1/4 cup egg beaters
- 1 cup grated raw cauliflower or 100 grams

Toppings

- 2.25 oz chicken breasts, cooked and chopped
- 1/4 cup Reduced Fat 2% Mozzarella Cheese
- 1/2 cup of your favorite veggies
- 3 Tbsp sugar free BBQ Sauce

INSTRUCTIONS:

1 Preheat oven to 425 degrees. Place parchment paper on a cookie sheet and spray lightly with cooking spray.

2 Combine grated cauliflower, egg beaters, and cheese until mixed completely. Spoon mixture on prepared pan with parchment paper. Use the back of a spoon to thin out the mixture and form a circle about the size of a dinner plate without the rim.

3 Bake for 30 minutes. Flip the pizza crust over. Bake for an additional 10 minutes, maybe less.

4 Spread BBQ sauce over crust. Top with chicken and veggies. Sprinkle 1/4 cup cheese over the top. Broil until cheese is melted about 5 to 10 minutes.

OR - MAKE IT VEGAN!

- Leave off the Chicken
- Use Miyoko's Creamery vegan mozzarella
- Use "Just Egg" vegan egg substitute

VOM & Community Events for June-August 2021

Visit www.VeteransOutreachMinistries.com
for full Event Details

June 17 - VOM Meeting starting at 6:30pm
Oasis Church in Glasgow, DE

June 19 - Cornhole Tournament at Turkey Point Vineyard
from 1-5pm. More details www.NorthEastChamber.org

June 21 - Golf Fore Life Tournament starting at 9am
at Chesapeake Bay Golf Club benefitting the
Cecil Pregnancy & Family Resource Center

June 24 - Elkton Downtown Classic Car Cruise from 5-8pm
Corner of North St. and Main St. in Elkton, MD

June 26 - Veterans Kayak Tournament from 6:30am-5pm
Rock Run off Main St. in Port Deposit, MD

July 3 - Salute Our Veteran's Fireworks from 6-10pm
North East Community Park in North East, MD
Visit www.SaluteCecilVets.org

July 4 - Happy Independence Day!

July 9 - Red, White, and Brew Fest from 5-9pm
at Elk River Brewing Co in Elkton, MD

July 15 - VOM Meeting starting at 6:30pm
Oasis Church in Glasgow, DE

July 17 - Veteran's Brunch with VOM starting at 11am
Oasis Church in Glasgow, DE

August 14 - Unicorn Quest from 10-2pm
All Ages. FREE Event on Main Street in North East, MD

August 19 - VOM Meeting starting at 6:30pm
Oasis Church in Glasgow, DE

CHANGE IS PART OF EVERY PROCESS, EMBRACE IT

Religion

Pastor Scott Stevens
FCA Character Coach

"To everything there is a season, and a time for every matter or purpose under heaven..." & with every Season, just like nature, there is a beginning, middle and end to every Season. If we trust in God, and know that HE has everything in control and that there is a "purpose" for everything that we do and happens to us, then there is a comfort in knowing God will be with us through every season in our life. I am grateful that God Plan, Purpose and Season has meaning for every believer.

When I first started Basic Training, as an E-1, Private, in the US Army in 1990, I was uprooted from everything I knew in the countryside in FL and thrown into a New environment at Fort Dix, NJ. These New voices and New "season" I was not prepared for, or ready for in life. I had 2 choices: One, was to complain, be fearful and resist the change, or Secondly to embrace, adapt, and embrace to this new adventure. What I learned was that Change is not always easy, sometimes shocking and never without an adjustment period. I also learned that I can and will survive when I embrace change, learn from it and grow into a better person.

This time in our country has never happened in our history and we have never experienced a Pandemic worldwide like this is our lifetime and has truly be a "Season" like none other. Yet, God promises us Philippians 4:6-7 ESV "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus." So, if we have Faith and Believe God is true to His word, then He will "guard" our "hearts and mind" from any fearful things that tries to harm us, by land, sea or in the air.

I am so thankful that being a Christian, and Follower of Christ, that we do not have to live or operate according to the thoughts a fears in society. The same Promise God gave to Joshua can be applied to our life as well, Joshua 1:9 ESV

"Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." The best and most impactful experience I have had and seen in my 30 + years from being a Christian, has come from Change. I may not have always liked the experience of the change, but later the person I have grown into has made me a better person, husband, father, coach and Christian because the difficult situation did not break me but shaped me.

One of the greatest Changes I had to do in my life was Admit that I was not in control and to submit to God's perfect plan for my life. I had a hard time believing anyone really cared for me or wanted me to succeed in life, so when bad things happened to me or around me, I responded with worry, stress and became anxious. This was not good for myself or others around me. But, when I put my trust in God and began to trust in His plan and perfect Will for my life, I realized that God is in control of it all and in His plan, everything worked out for the better.

I found great understanding in the Scripture, that I can be New again and my old ways do not have to cause me pain and stress, that God provided a New way and a new life. 2 Corinthians 5:17 ESV "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." Once I embraced that Newness, and began to understand "Every good gift and every perfect gift is from above..." James 1:17 ESV and He wants to best for me and He wants the best for you, too. I found Hope, I found Peace and I found Love within God's love.

Let me say a short Prayer with You: Dear Lord, we know that things are tough right now, and things are uncertain, yet Help us find You, help us find peace and help us find clarity in this world of Change and Confusion. We know that sometimes we do not always trust You and there are times we allow Change to overwhelm us yet help us know You are here, and You have a plan for our life.

We will embrace Your love; embrace You plan and Your purpose for us. Thank You for giving us a new Life, thank You for giving us loving friends and thank You for dying for our sins so we can spend an eternity with You. Help us to accept the things I cannot change; Courage to change the things I can; And wisdom to know the difference. Forever and ever, Amen.



Jiminy Cricket by Rob Matthews

One of the characters in the 1940 Disney movie *Pinocchio* was Jiminy Cricket, who was appointed to be *Pinocchio's* official conscience by the "Blue Fairy". One of Jiminy Cricket's most memorable quotes was "Let your conscience be your guide".

What is **conscience**? That faculty of the mind, or inborn sense of right and wrong by which we judge the moral character of human conduct. Just like *Pinocchio*, we too have a conscience, that still small voice inside that tugs at our heart, only ours is not from a "blue fairy", ours is of the Holy Spirit. It is common to all men, but like all our other faculties, it has been perverted by the fall of man, often spoken of as "seared" (1 Timothy 4:2) or "defiled" (Titus 1:15). It is our conscience that convicts us of our sins or wrongdoing.

In the Gospel of John, we read about the scribes and Pharisees bringing a woman caught in adultery to Jesus. They questioned him concerning the law of Moses which said she should be stoned to death. Jesus then wrote something on the ground, then stood and said "He that is without sin among you, let him first cast the stone at her". They who heard it, being convicted by their own conscience, went out one by one until all had left (John 8:9).

When the Holy Spirit stirs a person's conscience and brings him into the presence of God, it is not that person's relationship with others that bothers him, but his relationship with God. Psalms 51:4 says: Against thee, thee only, have I sinned.

When we acknowledge our sins and repent saying "I have sinned" and mean it, not just simple sorrow for a foolish mistake, but true

repentance, then the Holy Spirit who produces these struggles, begins the formation of the Son of God in that person's life. This new life will reveal itself in conscious repentance.

The foundation of Christianity is repentance. Godly sorrow brings repentance that leads to salvation but worldly sorrow brings death (2 Corinthians 7:10). Conviction of sin is best described in these words: My sins, my Savior, How sad on Thee they fall!

Jesus talking about the comforter, which is the Holy Spirit whom the Father will send, said in (John 16:8) "and when he comes, he will prove the world to be in the wrong about sin and righteousness and judgement"

A conscience that has been seared or hardened over the years can be made right. Remember, Christ died for our sins and gave us a way to be right with God. A way to be forgiven. It was Christ's blood that was shed for us. How much more shall the blood of Christ, who, through the eternal Spirit, offered himself without spot to God, purge your conscience from dead works to serve the living God?

We are all responsible for every word spoken and what we say will either acquit us or convict us (Matthew 12:36-37).

THINK before you speak:

T rue
H elpful
I nspiring
N ecessary
K ind

*...and then "Let
your conscience
be your guide"*



Dealing with Disappointment

By Kelvin Ramsey

A few years ago, I was all excited about the progress my garden was making in the spring. I put in nice, neat rows of tomatoes and peppers as well as basil and some marigolds. After all was done, I put away the tools and stood back to admire my handiwork. I had visions of truckloads of vegetables that I would make salads from and bunches of flowers to adorn the table. After the hard days work, I retired for the evening. After work the next day, I went home and wandered out to the garden to see how much everything had grown (I tend to exaggerate a bit). What I saw left me speechless. All of the peppers were gone except for a few stubs sticking out of the ground, the marigolds were pruned back, and even some of the tomatoes had been chewed upon. Mr. Bunny Rabbit had visited my garden and helped himself. I was terribly disappointed.

How do I react? Do I scream in anger (which I did not do) and threaten harm to every rabbit that crosses into my yard (which did cross my mind). Do I give up on gardening as a futile enterprise? Do I learn anything from the event? The rabbit did what rabbits do. It just so happens that I offered it a tasty dessert beyond its normal meal of grass. Anger in such a situation is not appropriate. How could I be angry against one of God's creatures for doing what it does? Giving up would not be a wise choice - all I have to do is replant and put a fence around the garden (which I did). I hopefully learned to be a little more prepared when I put my vegetable plants in the ground.

Often we overreact to the little things that have disappointed us. I have seen people become angry at a child that cries (that is what children do). I have seen children and teenagers give up on school because of a poor grade (because of the disappointment at not doing better). I have seen adults give up on relationships because of a misunderstanding that has disappointed them.

Our expectations for others should not be greater than God's expectations for us. We must remember that we constantly disappoint God who wants only the very best for us. Yet, He continues to love us and to care for us in spite of those disappointments. He has even given of the best that He has (His only Son) just for us, whether or not we live up to his standards. May we develop a mindset to show the love of God to others, even when we are disappointed.



Concerns About New Army Combat Physical Fitness Test

An Article by
Lishamarie Hunter

All things change but are all changes good for everybody? The current Army Physical Fitness Test (APFT) has measured the fitness of individual soldiers since 1980. It consists of three simple events. Soldiers must do as many sit-ups and push-ups as they can in two minutes each, with a brief rest in between, and then complete a two-mile run as quickly as possible.

The APFT was designed to measure and incentivize individual fitness by testing muscular endurance and cardio fitness. Scoring scales differ by gender (except for sit-ups) and are graduated for age. They are designed so that any highly motivated soldier, with a substantial amount of training and effort, can excel on the test. This has been a point of pride for many troops and their leaders. Soldiers must take the test twice a year and their scores appear on their fitness reports, thus factoring into any assessments for promotion. This allowed for fair considerations for promotions and schools.

The new ACPFT includes six events and must be completed within 50 minutes in the following order: **Deadlift** between 120 and 420 pounds (more weight equals better

score) and complete three repetitions in five minutes, **standing power throw** (throw a 10-pound medicine ball backwards over your head and complete one practice and two record throws in three minutes, with the longest record throw counting), **hand release push-ups** (as many as possible in three minutes, lifting hands off the ground between each repetition), **sprint-drag-carry** (five repetitions of a 25-meter out-and-back shuttle run in four minutes), **leg tuck abdominals or plank** (starting from a dead hang on a pull-up bar, lift knees to elbows as many times as possible in two minutes or plank 2-4 minutes), then complete a **two-mile run** on a flat surface in under 20 minutes.

After a year-long field test of the program the data again raises questions about whether the Army's attempt to create a more physically fit force is creating barriers to success for women. Internal Army figures from April show 44% of women failed the ACFT, compared to 7% of men since Oct. 1. "Female soldiers continually score lower than male counterparts in all events" according to a United States Army Forces Command briefing obtained by military.com (May, 2021).

Five Concerns with the ACPFT

1: It is Too Complicated. Every unit in the Army, no matter how small or large, will be required to train for and administer this elaborate test. The time required to regularly train for it will likely exceed the amount of time currently allocated for unit or individual physical fitness — which means it will come at the expense of other, potentially far more important, combat training tasks. Simply administering the test will require a large chunk of unit time at least twice, if not more, each year.

2: It Requires Too Much Specialized Equipment. The new test requires a staggering amount of cumbersome technical equipment. While the Army gamely argues that future service budgets will provide funds for thousands of new deadlift weight sets, pull-up stations, kettle balls, sleds, and medicine balls, the overhead investment in the new test is unfathomable. It's not enough to have a few sets of the equipment for testing time — every soldier must have access this specialized gear several times a week, if not every day, for proper training. The Army estimates that this equipment will cost around \$20 million. Not to mention the logistical challenges distributing it to troops, in over 120 countries and at hundreds if not thousands of posts, camps, and stations.

3: It Doesn't Access Well Across the Army. The Army is a massive organization of more than one million active and reserve soldiers who are literally spread all around the world. While active-duty Army units based on large posts may eventually be able to deal with the twin challenges of complexity and specialized equipment. What does the implementation of this look like to more than 540,000 soldiers in the Army Reserve and the Army National Guard.

How many of their 39 annual training days will be devoted to simply taking the test, much less preparing for it? And, since many soldiers in the reserve component live far away from where they drill, where will they find the specialized equipment for regular training? Not every gym in America has a 10-pound medicine ball let alone even a gym located nearby. What about the outliers, Army recruiters, small ROTC detachments, and pockets of soldiers scattered across civilian graduate programs, acquisition offices, joint headquarters and U.S. embassies, not to mention the thousands of soldiers forward-deployed in austere environments.

4: It Might Increase Injury Rates. We've heard that early pilots of the new test have

reduced injury rates. Yet there are at least two good reasons to suspect that injury rates will not significantly decline — and might even increase — when it becomes mandatory for all soldiers. Improper training always leads to injuries. Many of the events of the new PT test are complex. They will require well-trained fitness coaches to oversee proper and safe practice. Second, the apparent standards for maxing the new test, are far beyond what even fit soldiers may be able to strive for. It encourages soldiers to either over-train in pursuit of the maximum score, which will likely cause serious injuries, or perhaps abandon the maximum and do only what is necessary for the minimum score, which results in less fit soldiers.

5: It Tries To Do Too Much. The ACFT tries to meld individual and unit combat fitness standards into a single test. But why that is necessary. Unit PT is used to build esprit de corp, how is that goal achieved when the females within the unit are failing at much higher rates than their male counterparts. This issue breed resentment within an unit that already feels that females do not belong or can't pull their own weight. No one disputes that Army units should be as physically prepared for combat. That has always been the purpose of unit physical standards, not individual fitness standards. It makes far more sense for unit commanders to determine what physical standards make their soldiers combat ready, rather than having the Army staff determine that for them. An realistic universal standard for an individual fitness standard makes more sense (May, 2012).

If Army leaders truly believe that the existing PT test cannot provide a sufficient baseline of individual fitness, they need to go back to the drawing board and design a new test. Army leaders seem to have been so blinded by all the science involved in the test's development that they have lost sight of what will work most effectively across an incredibly large, far-flung, and diverse organization. If Army leaders truly feel that the current PT test is not adequate for the demands of the 21st century, they need to find a far better solution. Bring back the question is all change good change for everyone?

References

David Barno & Nora Bensahel, Dumb and Dumber: THE ARMY'S NEW PT TEST SPECIAL SERIES - STRATEGIC OUTPOST OCTOBER 16, 2018, Retrieved; May 30, 2021.

Steve Beynon, May, 10, 2021, Nearly Half of Female Soldiers Still Failing New Army Fitness Test, While Males Pass Easily. Military.com, Retrieved; May 30, 2021.

Sean Kimmons, July 18, 2018, Army Combat Fitness Test set to become new PT test of record in late 2020, Army News Service. Retrieved; May 30, 2021.

Flag Etiquette

The U.S. Flag Code formalizes and unifies the traditional ways in which we give respect to the flag. This is a list of do's.

When displaying the flag, DO these:

- Display the U.S. flag from sunrise to sunset on buildings and stationary flagstaves in the open. The flag may be displayed 24/7 if properly illuminated during the darkness.
- When placed on a single staff or lanyard, place the U.S. Flag above all other flags.
- When flags are displayed in a row, the U.S. flag goes to the observer's left. Flags of other nations are flown at same height. State and local flags are flown lower.
- When used during a marching ceremony the U.S. Flag will be to the observer's left.
- On Memorial Day it is flown at half-staff until noon and then raised.
- When flown at half-staff, should be first hoisted to the peak for an instant and then lowered to the half-staff position. The flag should be again raised to the peak before it is lowered for the day.
- When the flag is displayed over the middle of the street, it should be suspended vertically with the union to the north in an east and west street or to the east in a north and south street.
- When placed on a podium the flag should be placed on the speaker's right. Other flags should be to the left.
- When displayed either horizontally or vertically against a wall, the union should be uppermost and to the flag's own right.
- When displayed in a window it should be displayed in the same way -- with the union or blue field to the left of the observer.
- When the flag is displayed on a car, the staff shall be fixed firmly to the chassis.
- When the flag is used to cover a casket, it should be so placed that the union is at the head and over the left shoulder. The flag should not be lowered into the grave or allowed to touch the ground.

More info from... www.military.com

Days to Display the Flag

Holidays to Display Flag

June - August 2021 Summer Issue

- Flag Day - June 14
 - U.S. Army Founded - June 14 1775
 - Fathers Day - June 20
 - Independence Day - July 4
 - National Korean War Veterans Armistice Day - July 27
 - Korean War Ended - July 27 1953
- And other such days as may be proclaimed by the President of the United States

Non Flag Display Days

(for information only)

- D-Day Allied Invasion of Europe - June 6 1944
- Summer Begins - June 21
- Pledge of Allegiance Recognized by Congress - June 22 1942
- G. I. Bill signed into law - June 22 1944
- Korean War Began - June 25 1950
- National Post Traumatic Stress Awareness Day - June 27
- Post 9/11 G I Bill Signed into Law - June 30
- U.S. Air Corps Established - July 2 1926
- World War 1 Began - July 28 1914
- 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

The above information was taken from the Veterans of Foreign Wars (VFW) 2020/2021 Calendar.



Crafting: The Stress-Relieving Hobby You May Have Forgotten

By Sheila Reist

The pandemic is beginning to lift, but during the height of it I had experienced a lot of negative feelings to a degree I hadn't before. I struggled with anxiety about the pandemic and current events, fear of what the future would bring, loneliness from missed time with family and friends, and feelings of intense sadness as time progressed and nothing seemed to be looking up.

At some point I realized that I had to make what I could of the situation and that maybe taking a break from television and the internet would be more fulfilling. Fortunately, I had been encouraged to keep myself occupied when I was growing up, so I'd already had a background in crafting – but even for those that haven't tried it, there are so many affordable kits available it's pretty easy to get into.

A lot of creative things I usually enjoy, like drawing and painting, are more open-ended and felt overwhelming at the time. After doing some research, I came across a bunch of different kits on Amazon and found one that I thought I'd really enjoy which was a dollhouse miniatures kit. The dollhouse kit appealed to me because I liked them growing up, but there are so many styles of miniatures, that though I thought of them as very feminine, they really run the gamut of interests! Like the idea of a tiny restaurant, barn, car, or museum?

There's almost certainly a miniature kit for it. What I loved about the kits was they

really hit that sweet spot of having something to do, but without having to make any big decisions which I found to be very stress-relieving. There are always directions to follow and with kits, they usually come with everything you need so you don't have to worry about having to purchase a bunch of tools, wood, or other knick-knacks (just be sure to check you don't need to order glue or tweezers for instance).

Miniature crafting has been a huge relief to me, and I think it can be worth the try for anyone looking to occupy themselves. It's relatively low cost and can be made cheaper by using materials you already have laying around; it's screen-free so you can make some time for yourself that's away from news, social media, and television; and most of all it's just so satisfying. Each little item that's completed comes with its own feeling of success – of something having been

Miniature Crafting by Sheila Reist



accomplished. These little lily pads of peace and personal satisfaction helped me through the harder parts of the pandemic, and will be something I rely on in the future when I'm feeling stressed.



Reflection... do you see it?

An Article by Rebecca Rondone
Owner of Pura Vida Yoga & Physical Training

Most often revealing pieces of ourselves we want to run away from. It hurts and we push away. Resistance is habitual. How can new pathways to find freedom be created in your life? The confusion, pain, and or discomfort is showing us something. Lean in. It is often a sign that something is ready to be released so that you can begin.

Savasana (shah-VAH-sah-nah or shih-VAH-snah) is the final resting pose at the end of almost every yoga practice. Savasana, quite literally, means "Corpse Pose" – which to some does not exactly bring such peaceful images to mind, does it?

The reason is that the art of relaxation is harder than it looks... The essence of Savasana is to relax with attention, that is, to remain conscious and alert while still being at ease. Remaining aware while relaxing can help you begin to notice and release long-held tensions in your body and mind.

Cultivating the art of Savasana is more valuable than ever. Our society tends to place greater value on speed and productivity; learning how to do nothing is a skill that can help you become more productive when you need to be.

Savasana helps us learn how to completely surrender, stop fighting the clock, and make space for peace and harmony to fill the soul. Savasana is refreshing Gods Creation and returning with heightened functionality.

There are actually three stages of Savasana:

Stage 1 is allowing the body to find relaxation.

Stage 2 is when savasana actually begins.

Stage 3, the final state of savasana, occurs when the ego and mind let go.

How to Meditate on Scripture:

- Start with prayer and focus your mind upon God.
- Next, choose a passage of scripture.
- Read the passage numerous times.

- Re-read parts that may be confusing or that specifically speak to you at the moment.
- Consider, ponder, and seek to understand the scripture.

It is a practice in which distracting thoughts and feelings are not ignored but are rather acknowledged and observed without judgment as they arise to create a detachment from them and gain insight and awareness.

When the mind becomes free from agitation, is calm, and at peace the benefits are manifold. It is an essential practice for mental hygiene. A clarity of perception, improvement in communication, blossoming of skills and talents, an unshakable inner strength, healing, the ability to connect to an inner source, relaxation, and rejuvenation, are all a natural results of meditating regularly. In today's world where stress catches on faster than the eye can see or the mind can perceive, meditation is no more a luxury. It is a necessity.

Contraindications. People who are not advised to lie on back should avoid this pose. An alternative would be to sit up supported against the wall or a chair. One who is suffering with severe acidity may hurt himself/herself to lying on the back because food pipe may displease your body system.



For a mindful few minutes on the mat, floor, or chair, try these techniques.

- Practice progressive relaxation.
- Do some breath counting (Sama Vritti).
- Grab a block.
- Get comfy.
- Practice "witnessing."
- Let your body feel heavy.
- Breathe out for longer than you breathe in.

To exit the pose, first begin to deepen your breath. Bringing gentle movement and awareness back to your body, wiggling your fingers and toes.

What does the Bible say about Meditation? Scripture frequently mentions meditation and meditating on the teachings and laws of God. It is important that we think deeply and reflect on what we believe and our actions. Without this introspection, we can forget the importance of living righteously and following the lessons of the Bible.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy— think about such things.



**AmeriCorps
Seniors**

410.996.8416

www.volunteercecil.org



**Beachside Yoga at
Craft Haven Campground
Perryville, MD**

FEMALE

VETERAN of the Quarter

Born: Christiana Hospital, April 15, 1988

Hometown: Newark, DE moved a lot as my father was in the USMC so I also lived in West Harrison, NY, Quantico, VA and Wilmington, DE

Parents: Gail Snyder married to GySgt David Snyder and Michael Hartman married to Diane Hartman

Siblings: David Snyder (Galion, OH), Derek Snyder (Galion, OH), Darcey Snyder (Wilmington, DE), Michael Hartman (Pennsville, NJ) and April Hartman (Pennsville, NJ)

Education: Delaware Military Academy for high-school, an all NJROTC school in Wilmington, DE graduated in 2006.

Married: 2019 to Gregory Kaczmarczyk, Jr. and have 1 beautiful daughter.

Military History

Joined the USMC reserves in 2006, went to bootcamp at Parris Island, SC in July. Went to Camp Geiger for Marine Combat Training in October followed by specialized training in



Emma Mullen



Twenty Nine Palms, CA where radio, linesman and computer processing specialties are trained. First duty station was Willow Grove, PA where she set up Forward operating Bases for training and pre-deployment communications.

Performed training for urban desert operations in Yuma, AZ followed by preparing for deployment in Camp Pendleton, CA. Deployed to Al Asad, Iraq for a 7 month deployment where she set up networks for convoys and forward operating bases. Returned to Willow Grove, PA and then moved to joint base Ft. Dix, NJ for her remaining time in the Marine Corps.

Work History

2018-Present Weyrich, Cronin and Sorra CPA - Administrative Assistant

2016-2018 Comcast - Customer Service Representative

2010-2016 David's Bridal - Assistant Service Manager

2009-2010 Merchandiser with an independent company

2004-2009 Vince's Sports Center - Customer Service Representative



Community means everything.

Chuck M Redstone, Agent

920 Peoples Plz

Newark, DE 19702

Bus: 302-832-0345

chuck.redstone.wz8f@statefarm.com

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.





PALUMBO'S CAR CARE CENTER, INC.

FAMILY OWNED & OPERATED FOR 47 YEARS

- Brakes & Shocks
- Struts Experts
- 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

Financing Available! No Credit, No Problem!

1000^s Of Tires In Stock
Online Pricing, Same Day Installation
While you wait

www.palumbos.net
2515 Pulaski Highway • Newark, DE 19702
On Route 40, Across from People's Plaza

CALL US 302-368-2800



GOODYEAR BRIDGESTONE NITTO DUNLOP Continental
GENERAL TIRE FIRELLI MICHELIN FUZION Firestone

Facebook

MALE

VETERAN of the Quarter

Collin J. Hague

Although not a Captain in military rank, Captain Collin J. Hague, is in the aviation world as an EMS (Emergency Medical Service) helicopter pilot.

Collin enlisted in the United States Navy in January, 2004, graduating from Great Lakes basic training as an Airman First Class in March of the same year. From there he was stationed at Naval Air Station, Pensacola, in the Florida panhandle, where he attended advanced training as an Aircraft Ordnanceman. After graduation from "Bomb School" he was stationed at Fallon Naval Air Station, Nevada in support of the Top Gun School for Naval Aviators. The vast desert bombing range provides relative closeness to the Pacific naval bases, and a remote location far away from civilian populations for obvious safety reasons. Airman Hague's responsibilities were to load the practice warheads and machine gun ammunitions on the FA-18 Hornets in preparation for simulated air combat and bombing missions.

Newly promoted Petty Officer 3rd class Hague completed his tour at Fallon, in March 2006, and was then stationed at San Diego Naval Base, California, aboard the U.S.S. Boxer, part of the Pacific West fleet in support of the United States Marine Corp's 15th Marine Expeditionary Unit (MEU) at Camp Pendleton, California. These MEU's consist of approximately 3,000 Marines, three LCAC's (Landing Craft, Air Cushion) hovercraft, Cobra attack helicopters, several Harrier AV-8B jump jets, and CH-53 Sea Stallion transport helicopters.

The U.S.S. Boxer's mission is to provide transportation and support for the 15th MEU to anywhere in the world. In June, 2006, Petty Officer Hague was deployed to the Persian Gulf in support of Operation Iraqi Freedom. Their mission was to pick up the 15th MEU from Camp Pendleton, about 50 miles north of San Diego, and transport the unit to the Persian Gulf. While deployed, Petty Officer 3rd Class Hague was promoted to Petty Officer 2nd Class. In July, 2006, the USS Boxer anchored off the coast of



Kuwait while the 15th MEU deployed all their equipment and personnel on their mission in country. From there, the U.S.S. Boxer weighed anchor and posted security in the Persian Gulf until the MEU was ready to return home in March of 2007.

After serving four years in the United States Navy and being honorably discharged as a Petty Officer 2nd Class, Collin earned his Bachelors of Science degree in Aviation Management, and has continued his education pursuing a Master's Degree in Human Factors from Embry Riddle Aeronautical University.

While accumulating 1000's of hours as a helicopter pilot, Collin has received many aviation certifications such as Certified Flight Instructor, Commercial Instrument Rating, and Airline Transport Pilot, for both fixed wing aircraft, and helicopters. He is currently a Qualifying Instructor Pilot working for Air Methods, the largest Medevac Company in the United States, where he certifies fellow pilots for required simulator training and check rides in the pilot's designated helicopter. Collin currently pilots the Airbus H-135 helicopter, and in August of this year will assume the position of Pilot Supervisor for Air Methods, flying the EMS helicopter at Christiana Care's Level 1 Trauma Center.

**UP TO 30%
SAVINGS
ON INK & TONER***

**Veterans and Active
Military enjoy an
additional 10%
Discount when
presenting ID at
time of purchase.**

Great value, consistent, premium quality ink and toner
cartridges – matching all major printer brands – at a lower cost.



Cartridge World of Delaware
800 Peoples Plaza Newark, DE 19702
cwde@cwdelaware.com

(302) 832-2933
www.cartridgeworld.com/store472

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)**



BUSINESS *of the Quarter*

*Grunge Muffin
Designs, LLC*



**Grunge Muffin
Designs**

**A Design Studio
In Elkton, MD**

Call: 443.252.2800

LET'S CONNECT



**WE'RE A ONE
STOP SHOP FOR:**

**Branding
Graphic Design
Social Media
Web Design
Photos & Video**

Request A Quote at www.GrungeMuffinDesigns.com

Grunge Muffin Designs is an award-winning design studio that has been in operation since 2015 pre-dominantly serving the tri-state area of Delaware, Maryland, and Pennsylvania. Husband and wife duo Brandon & Meredith Boas co-own the studio together.

They opened their business after completing complimentary creative bachelor degrees in Simulation & Digital Entertainment and Integrated Arts respectively from the University of Baltimore. These degrees cover both the technical side and design side of just about any creative service a client could be looking for.

Both Brandon and Meredith have family members who've served in the military including parents and grandparents. They love this country, and have a great appreciation for the men and women who serve it. As such, their studio Grunge Muffin Designs does offer special rates for veterans and military personnel as well as non-profit organizations.

If you're seeking creative services for yourself or a business/organization you know - they'd love to receive your referral. They give free estimates as well as open and honest feedback and project assessments. If they truly don't feel that they're

the team for you then they'll be upfront about it, and they'll help get you pointed in the right direction. They don't believe in high pressure sales but they DO believe in making long-lasting relationships with their clients.

Making sure that their clients have effective and attractive creative marketing pieces is very important to them and they strive to make sure the brands they create are unique and versatile. Ideally their clients' brands will fit in with their respective industries but then stand out as exemplary.

Grunge Muffin Designs designed this VOM Magazine AND the top right ad for Bristoll Plantation

Before contacting them, take a look at the "Projects" section of their website and review their past client projects. If their creative style seems like a good match for you then give them a call or send them an email to set up an initial consultation where they can learn more about your project needs.

They look forward to connecting with you!

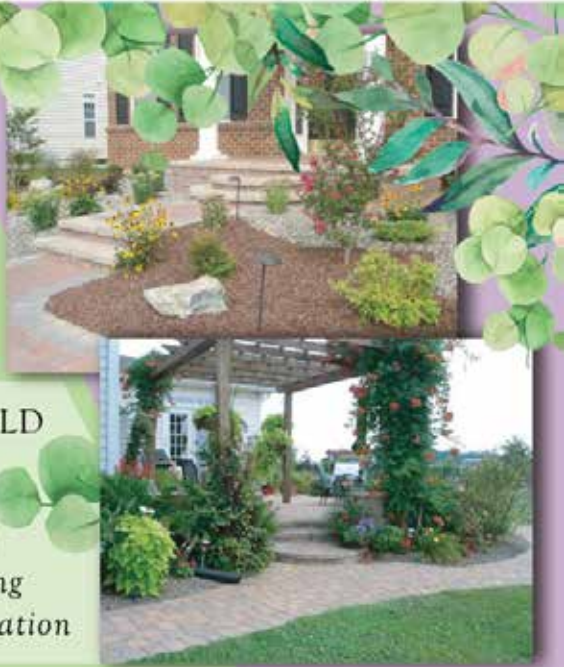
Bristoll
Plantation

(410) 392-6001

Hardscaping Company from Cecil County

WE DESIGN & BUILD
OUTDOOR LIVING
SPACES FOR:

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



**Veteran Owned
& Operated**

**Manufacturer of the
Industry's Leading
Airsoft System**

**"Made with pride in
the USA"**



www.polarstarairsoft.com



5 Garfield Way, Suite B, Newark, DE 19713

The Art Studio | 310 Kiamensi Road, Wilmington



Thursdays from 6:30-8:30pm at The Art Studio (starting 9/9/21)

A Community Arts Program for Veterans and Military to explore your unique creative side and experiment with elements of art and design. Play with a variety of art forms including drawing, painting, collage and more! No art experience necessary and no expectations! You only need a desire to express yourself. \$5 per class, materials included.

Learn more by calling (302) 995-7661 or newcastlede.gov/artstudio



County Executive Matthew Meyer
Department of Community Services
Division of Community Resources



ART
STUDIO

**REN
NERS**



BRUCE RENNER
302-420-5713

**Renner's Road
Construction**

Email:

BruceRRenner@iCloud.com

Website:

[rennersroadconstruction.
simplesite.com](http://rennersroadconstruction.simplesite.com)

**Contact
for FREE
Estimate**

Subscribe to this Magazine online!