

Summer Issue 2023
Veteran's Outreach Ministries

VOM

magazine

New Castle County, DE
Cecil County, MD

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WELCOME *from the* Board of Directors

Welcome to the Summer Edition of the VOM News Magazine 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.

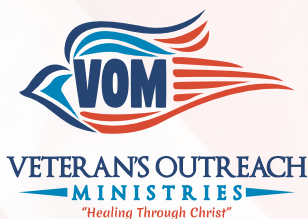
We encourage you to get outside to exercise and enjoy the fresh air and sunshine. Even only 30 minutes of physical activity a day is known to improve mental, emotional, and physical facets of life. Just be aware of keeping your hydration up so that you don't suffer heat stroke.

It's the time of year to get out and explore your local communities and what they have to offer. Supporting local farmers by visiting their markets, and shopping local at artisan fairs and festivals all help to keep our dollars in-county or in-state.

Our two local centers are located in Cecil County, MD and New Castle County, DE. We hope to announce soon a third location in Philadelphia, PA. Your donation dollars to our organization will help in this effort as we hope to reach more veterans and their families.

There are also Veterans Outreach centers in all 50 United States that are available to help. As a non-profit organization, the mission of the Veteran's Outreach Ministries is to offer support to all veterans and their families through a Christ-centered ministry using prayer, bible study, fellowship and worship.

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



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
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President:

Tom Hogate - U.S. Navy
thomashogate@gmail.com

Vice Presidents:

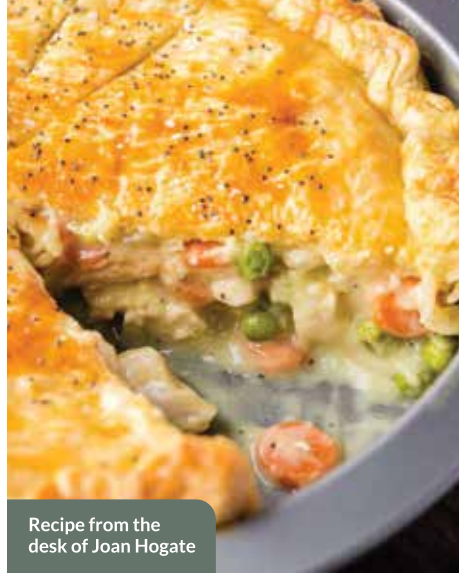
Al Grimminger - DE National Guard
al.grimminger@icloud.com

Colin Diggs - U.S. Air Force
tcm3245@gmail.com

Steve Hague - U.S. Air Force
shague427@gmail.com

John Dimeglio - Non-veteran
johnd.vom@gmail.com

Rebecca Rondone - U.S. Army
beckyrondone@gmail.com



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Chicken Pot Pie Recipe

MAKES: 8-10 Servings **TOTAL TIME:** 45 Minutes

INGREDIENTS:

- 1/3 cup of butter
- 1/3 cup of chopped onion
- 1/3 cup of flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 3/4 cup of chicken broth
- 1/2 cup of milk
- 2 1/2 cup of shredded chicken
- 2 cups of frozen mixed vegetables

INSTRUCTIONS:

- 1** Preheat the oven to 425. Prepare pie crusts by pacing the bottom into a baking dish.
- 2** Melt butter on low heat, add onion. Cook until tender. Slowly stir in flour, salt, and pepper. Stir constantly, and keep the heat on low.
- 3** Gradually add broth and milk, alternating between them. Cook until bubbly.
- 4** Add chicken and veggies. Allow to cook for a few minutes so it gets hot. Add to pie dish. Cover with the other crust, flute edges, and cut slits into the top of the crust.
- 5** Bake 30-40 minutes, during the last 10 minutes, cover the edges of the pie to prevent burning (I cut a hole in a piece of tin foil). Allow to cool for 5-10 minutes.

World Travel

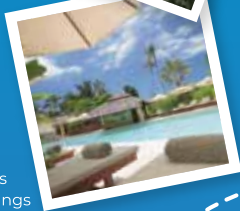


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Salute to Veterans & Fireworks Show

Honor Ceremony 8pm

Danny Paisley & The Southern Grass - Live Music! 6-9pm

Fireworks at Dusk

MONDAY, JULY 3, 2023

Info & Details:
www.stoccv.org

News & Updates:
[SaluteCecilVets](https://www.facebook.com/SaluteCecilVets)
 North East Town Park
 in North East, MD

SCHEDULE 6-10PM

- 6pm - GATES OPEN
Kids Games, Food, Displays, Vendors
- 8pm - HONOR CEREMONY
Flag Raising, Pledge of Allegiance, National Anthem, Invocation with VFW Chaplain, Veteran Acknowledgements
- 8:30pm - More Festivities
Music, Fun, Food Trucks, Community Vendors, Raffles, and later... Fireworks!



VETERANS OUTREACH
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2023

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VOM & COMMUNITY EVENTS FOR JUNE - AUGUST 2023

www.VeteransOutreachMinistries.org
Visit for full Event Details

- June 21 - *Longest Day of the Year, Summer Begins!***
- June 24 - History of Middletown, DE Seminar 1-2pm**
Appoquinimink Library in Middletown, DE
- June 29 - VOM Meeting starting at 6:30pm**
Regular meeting - all are welcome!
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- July TBD - VOM Veterans RoundTable Discussion**
10:30am-2pm. Contact ThomasHogate@gmail.com for details
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- July 1 - Pura Vida Community Donation Yoga Class**
12:30-1:30pm at Lower Ferry Park in Perryville, MD
Donations collected go to Veteran's Outreach Ministries
Full event goes from 2-5pm with Vendors, Fun, WXCX Radio
- July 3 - Salute to Cecil County Veterans & Fireworks Display**
6-10pm, Free, Fireworks, food, fun, and honoring veterans.
North East Community Park in North East, MD
- July 4 - *Happy 4th of July (Independence Day)!***
- July 10 - Medicare and Identity Fraud Seminar 10am-12pm**
Senior Medicare Patrol, a division of Delaware Health and Social Services - State of Delaware, discusses Medicare and identity fraud in the lobby.
Appoquinimink Library in Middletown, DE
- July 17 - Teatime at the Library for Adults 10:30-11:30am**
Sip tea and chat with others in the community.
Appoquinimink Library in Middletown, DE
- July 20 - 18th Annual Golf Outing (Middletown Chamber of Commerce)**
10am Registration, 11am Shotgun Start, \$150 per golfer
St. Anne's Golf Club, 110 St. Anne's Blvd, Middletown, DE
- August 10 - VOM Meeting starting at 6:30pm**
Regular meeting - all are welcome!
Oasis Church, 2200 Glasgow Ave, Newark, DE 19702
- August 12 - Unicorn Quest 2023 10am-2pm**
FREE event, open to all ages. A day of magic filled with vendors, kids' games, pirates, treasure, food, and fun.
Main Street, North East, MD. www.NorthEastChamber.org
- August 26 - Old Line Rumble 2023 (CVMA 40-2 Poker Run)**
10am-3:30pm. Pre-Register before Aug 25th to receive free poker run patch! \$20 per rider / \$10 passenger
Features: Food, Drinks, Vendors, Swag, Raffles, 50/50, Silent Auction, and Prizes! VFW Post 6027, North East, MD

History of Furry Warriors

Man's best friend.

Call 'em what you want – war dogs or military working dogs – they have been around for centuries worldwide. The states had an unofficial canine war force in World War I, but military dogs did not become officially recognized until March 13, 1942, when a private organization, Dogs for Defense was established to recruit the public's dogs for the U.S. military's War Dog Program, known as the K-9 Corps.

WWII in the Pacific theater, Doberman Pinschers served as sentries, scouts, and messengers.



Guam with trainer Bob Forsyth

It quickly became apparent there would not be enough of those breed of dogs to meet the demand. They opened up the field to include 30 breeds, led by Airedale Terriers, Boxers, Labrador Retrievers, German Shepherd Dogs, and Saint Bernards. American donors were given a certificate by the government as a means of thanks for

their “patriotic duty.” Dogs were immediately sent into training, where some excelled and others didn't. Wash-outs were returned to their owners; those who passed were eventually sent into battle from foxholes to beach fronts, where they were utilized for messenger, mine-detection, sentry and scout duties.

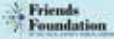
Eventually, the military began training its own dogs, but by the war's end, Dogs for Defense procured approximately 18,000 of the 20,000 dogs. One famous furry warrior was Chips. Chip was a German Shepard/Husky mix was credited with saving many United States soldiers lives. Chip earned a Purple Heart and Silver Star. This German Shepherd mix, one of the most famous combat canines of World War II, once conducted a daring raid on a sniper nest in Sicily, breaking away from his handler and capturing four enemy soldiers.

Five years after WWII, the Korean Conflict triggered the need for military working dogs again. They were chiefly deployed on combat night patrols and were detested by the North Koreans and Chinese because of their ability to ambush snipers, penetrate enemy lines and scent out enemy positions. It reached a point where reports noted the foes were using loudspeakers saying, “Yankee, take your dog and go home!” The dogs were chiefly used to patrol air base perimeters and guarding bomb dumps.

Fast forward to Vietnam – a totally new environment and job description for these “fur missiles,” as some military dog handlers described them. In a terrific chronology, Their duties were widespread – scout, sentry, patrol, mine and booby-trap detection, water and combat. The Viet Cong hated the dogs so intensely they put \$20,000 bounty for their capture. These dogs walked sentry and alerted the service members to many Viet



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**11/3/1945
WAR DOGS
RETURN...**

First members of infantry scout dog platoons to arrive from overseas get back their land legs by limbering up with their masters, as this one does here. He returned with over 90 dogs that served with the 5th Army in Italy. (Getty Images)



Cong ambushes. An estimated 4,000 dogs and 9,000 military-dog handlers served in Vietnam.

During the evacuation of Vietnam, the military working dogs that served our forces and saved many service members lives were left behind. They were classified as "surplus equipment." Many handlers were willing to pay their dog's flight home, the military would not allow them to do so. During this time some were transferred to the South Vietnamese military and police units who were not trained to handle them and others were euthanized. It is estimated that of 4,000 that served, fewer than 200 made it back to the U.S. Because of this in 2000 Congress passed the "Robby Law" allowing other law enforcement agencies to adopt the dogs.

In stark contrast to Vietnam, the hot, dusty environments of Iraq and Afghanistan serve up a new set of challenges for military working dogs trained for explosive and drug

detection, sentry, therapy and service. Cairo, a Belgian Malinois, was a member of Seal Team Six that killed Osama bin Laden. A new breed of elite canine soldier, a Special Forces dog's training covers such skills as bomb-sniffing and parachuting from helicopters.

Dogs' sense of smell is roughly 50 times better than ours, meaning they can sniff out IEDs before they detonate and injure or kill U.S. servicemen in the prolonged Iraq and Afghanistan conflicts.

Ground patrols are able to uncover only 50 percent of these, but with dogs, the detection rate increases to 80 percent, claims the Defense Department. According to retired Air Force K9 handler, Louis Robinson, a fully trained bomb detection canine is likely worth over \$150,000, and considering the lives it may save, you could characterize it as priceless.

VFWs can Dispose of American Flags in our Local Area

The process and tradition of properly retiring an American flag requires finding a disposal location in your area. At one of these locations (VFW, American Legion, others), your American flag can be properly retired with the respect and gravity that it is entitled. The retirement of an American flag is a time-honored tradition and one that carries a great significance. Taking your flag to one of these flag disposal locations will ensure that the traditions and ceremony are utilized in the flag's retirement.

As a revered symbol of the United States of America, the flag demands the highest level of respect; and as such should be disposed of in a respectable manner. Provided below are steps to properly retire your own American flag if you are unable to locate a facility. These steps are in accordance with the United States Flag Code (4 USC Sec 8 Para (k), Amended July 7, 1976).

Cecil County, MD:

- A** **VFW Post 6027 Cecil County Memorial**
815 Turkey Point Rd
North East, MD 21901 - 410-287-7817
- B** **VFW Post 8175 Elkton Memorial**
208 W. High St.
Elkton, MD, 21921 - 410-392-3914
- C** **VFW Post 7687 Ches. City Memorial**
304 Basil Ave
Ches. City, MD, 21915 - 410-885-5217

New Castle County, DE:

- D** **VFW Post 615 Jacob Ferdinand Speer**
1226 Old Cooches Bridge Rd
Newark, DE, 19713 - 302-368-2672
- E** **VFW Post 838 Colonial**
15 W Market St - PO Box 5
Port Penn, DE, 19731 - 302-832-8151
- F** **VFW Post 3792 Sgt William Lloyd Nelson**
5695 Summit Bridge Rd
Townsend, DE, 19734 - 302-378-9619

Find a Location right near you! Search here:
www.usflagstore.com/flag_disposal_s/2241.htm

Days to Display American Flag

Holidays to Display Flag

June - August 2022 Summer Issue

- Flag Day - June 14
 - U.S. Army Founded - June 14, 1775
 - Father's Day - June 18
 - 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 (Longest Day) - 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 Began - 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

This information was taken from the Veterans of Foreign Wars (VFW) 2022/2023 Calendar.



The Meaning Behind the 13 Folds of the U.S. Flag

If you've ever attended a military funeral, perhaps you noticed that the honor guards pay meticulous attention to folding the U.S. flag that once draped the casket. Guards make crisp, precise folds a total of 13 times to complete the ceremony. Much like every other aspect of our nation's greatest symbol, each of the 13 folds holds significance.

Flag etiquette dictates that every time an American flag is to be stored or presented during a ceremony, its handlers should fold it in half twice lengthwise; then starting with the end opposite the blue field, make a taut triangular fold. Handlers continue to fold the flag in triangles until the flag has formed a triangular "pillow" with the blue field showing on the outside. It's a dignified way to treat the flag, and gives a powerful touch to patriotic ceremonies.

This 13-fold procedure was common long before the more modern assigned meanings. The source and date of origin of the meanings is unknown, but for those who participate or witness a formal flag folding ceremony, the 13 meanings can create an uplifting experience.

This is what the 13 folds mean:

- 1** *The first fold* of our flag is a symbol of life.
- 2** *The second fold* signifies our belief in eternal life.
- 3** *The third fold* is made in honor and tribute of the veteran departing our ranks, and who gave a portion of his or her life for the defense of our country to attain peace.
- 4** *The fourth fold* exemplifies our weaker nature as citizens trusting in God; it is to Him we turn for His divine guidance.
- 5** *The fifth fold* is an acknowledgement to our country, for in the words of Stephen Decatur, "Our country, in dealing with other countries, may she always be right, but it is still our country, right or wrong."

6 *The sixth fold* is for where our hearts lie. It is with our heart that we pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.

7 *The seventh fold* is a tribute to our armed forces, for it is through the armed forces that we protect our country and our flag against all enemies.

8 *The eighth fold* is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day, and to honor our mother, for whom it flies on Mother's Day.

9 *The ninth fold* is an honor to womanhood, for it has been through their faith, love, loyalty, and devotion that the character of men and women who have made this country great have been molded.

10 *The 10th fold* is a tribute to father, for he, too, has given his sons and daughters for the defense of our country since he or she was first-born.

11 *The 11th fold*, in the eyes of Hebrew citizens, represents the lower portion of the seal of King David and King Solomon and glorifies, in their eyes, the God of Abraham, Isaac, and Jacob.

12 *The 12th fold*, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son, and Holy Ghost.

13 *The last fold*, when the flag is completely folded, the stars are uppermost, reminding us of our national motto, "In God We Trust."

 **NFF** Learn more about
The National Flag
Foundation on
their website.
www.NationalFlagFoundation.org

Hope for Feeling Fearful

Article by
Dee Jones, President
Light 2 World, Inc



Early in our son's life, he would literally cry and scream in his sleep. Most nights about an hour or less after putting him to bed, we would experience this loud melodic outcry or screams. Off to the doctor we would go, knowing there was something terribly wrong. Even though our son suffered with reflux disease and other issues, we were facing another phenomena

toss and turn after when he began to sleep. Some children even sleepwalk. As he grew older another diagnosis was given. Childhood insomnia. We quickly learned about the "family bed" as our little one spent many nights with us.

Distinguishing between Night Terrors and Nightmares was helpful information for us. Night Terrors occurs early in the



called "Night Terrors or Sleep Terrors. This sleep disorder usually occurs around 18 months of age or older in most cases. A small percentage of infants under 12 months will experience Night Terrors. We were blessed with such a child who endured Night Terrors between 3-6 months old. It was horrible for him and us. We discovered that infants and children who suffer from Night Terrors are still sleeping! He would

sleep cycle and the infant or child is still asleep, which means sleepwalking may occur. Causes range from heredity, trauma or exposure to trauma or fearful events, and lack of sleep. Nightmares occur later in the sleep cycle and the child or adult may remember what occurred and may not go back to sleep easily. There is hope.

In my 2017 study about feeling fearful, participants was asked to describe what

feeling fearful was like. I noted that fear was expressed emotionally, physically, spiritually, and psychologically. Unfortunately, infants and young children may find it hard to describe the fear they feel. Infants and children express fear differently as they develop, thus fear should be addressed appropriately by age or by cognitive development. When an infant or child is sleep deprived, it can affect their emotions, learning ability, energy level, and immune system.

So, what can be done? First, know what you are dealing with. It is best to consult your healthcare provider if you are unsure. An early diagnosis helped us set up a routine to alleviate some of the symptoms he was experiencing. Creating a calm routine at bedtime, and melatonin was prescribed in low doses by our provider.

per episode, seek medical attention as soon as possible.

Nightmares are scary dreams that usually occur in the older child and adults. Nightmares keep them from going back to sleep easily. The child is usually awake after the nightmare and may remember the dream. If this occurs, discuss the dream with the child, using language at their developmental level. Protect your child from frightening movies, television shows, or scary stories at bedtime.

Provide a security blanket or toy at night and a nightlight nearby with soothing music can help as well. If your child sleeps with you for a little while, its ok. Return him/her back to their room, rub their back as you pray to assist them back to sleep. There is hope for the fearful. My little one is 6 now and still has a few tummy issues, suffers

Light 2 World Inc.

Dee Jones, President
1013 Beards Hill Road Suite M #237
Aberdeen, MD 21001
410-459-5060
www.DeeJones.org
www.DeeJones1.wordpress.com
www.Facebook.com/DeeJonesMinistry

Resources:

Johns Hopkins Medicine (2023).
Night Terrors and Nightmares,
www.hopkinsmedicine.org/health-conditions-and-diseases/nightmares-and-night-terrors
D. A. Jones (2017).
The Meaning of Feeling Fearful for
New Nurses in Community/Public Health,
Walden University, Dissertation 2017.
www.scholarworks.waldnu.edu/cgi/viewcontent.cgi?article=4893&context=dissertations

Elevating the crib helped with the reflux at naptime and at night; don't forgot to apply lots of prayer.

Night Terror prevention is facilitated by using a calm voice and soothing music. Cuddle the infant or rock him/her gently. Do not wake up the child, guide him/her back to sleep or back to bed. Set a regular bedtime and a peaceful environment. If Night Terrors last longer than 30 minutes

insomnia, but has very few Nightmares and no more Night Terrors.

For more information regarding Night Terrors and Nightmares, visit the website for Johns Hopkins Medicine.



Discover the Powerful Therapeutic Combo of Cold and Breath

Article Written by
Rebecca Hummer
of Pura Vida Yoga



Have you ever taken a cold shower, submerged in an ice bath or even splashed your face with freezing cold water? If so, you instantly noticed a change in your breathing. That instant reset. Yes. Let's discuss.

This is a great way to reduce stress levels for yourself. But how? Regularly taking cold showers imposes a small amount of stress on your body. By doing this, it leads to a process called hardening in which your nervous system gradually gets used to handling moderate levels of stress. This hardening process in turn aids you to remain calm, the next time you find yourself in a higher stress occurrence. Exposure therapy at its finest.

Cold therapy also helps with higher levels of alertness. The cold showers awakens your body, inducing a higher state of alertness. This is known to stimulate you into taking deeper diaphragm breaths also known as a three part breath. This decreasing the level of CO2 throughout the body, aiding your focus and concentration. Cold showers can keep you ready with a head on a swivel focus throughout the day and week.

Another benefit is your immune response. Studies have suggested that taking a cold shower increases the number of white blood cells throughout your entire body. These blood cells then work to protect your body against disturbing disease. It is believed that this process is connected to and responsible for an increased metabolic rate, which stimulates the immune response. Strength in numbers I would say!

Next is the increase in willpower. Many would agree that it takes a strong-willed mind to endure frigid cold temps for an extended duration. Incorporating cold showers/baths into your daily routine, one will begin the process of strengthening their willpower, which then also benefits other aspects of the day. For beginners, one may start with a 30 sec cold shower/bath and increase by will there after.

Lastly, weight loss has been shown from the exposure to cold showers/baths increasing metabolic rate directly. It is known to stimulate the generation of brown fat.

Brown fat specifically is a type of fat tissue that in turn generates energy by burning calories. Cold showers are an effective tool for people who are looking to lose a few pounds.

In summary, we hope you cool off, take a load off, or even splash your face to breathe and refresh mind and body. In this process, receptors creating both Dopamine and Noradrenaline will help mental health as well. It all helps to get back to senses. What a great time to start heading into summer while we are blessed with polar opposite warmer temps! Stay Cool!!!



VETERAN'S OUTREACH
MINISTRIES
"Healing Through Christ"

Donations to Benefit Veteran's Outreach Ministries



Saturday, July 1st
Starting at 12:30pm
Community Donation
Yoga Class in the Park!



Fundraiser for VOM

This is a community base donation class offered by Pura Vida Yoga and Physical Training.

When: July 1st 12:30pm

Where: Lower Ferry Park Perryville, MD

Donate: VeteransOutreachMinistries.org

Proceeds will benefit:

Veterans Outreach Ministries (Newark, DE)

VOM'S MISSION:

Christ our Lord will heal any veteran who believes in him. Veteran's Outreach Ministries program is to empower, help, and heal veterans and their families. Coming together with other

veterans and their families in prayer, asking our Lord Jesus Christ to heal them from their pain, thus finding emotional and physical peace.

Class Description:

Come participate in a healthy and rejuvenating one hour yoga session. Enjoy the benefits of this all level Vinyasa class including breath awareness, movement for strength, flexibility and balance, and meditative rest.

Bring a mat (we have a limited supply to rent).

Check out the schedule online at:

www.puravidayoga-pt.com to see when you can join in one of our other offered classes.



Lower Ferry Park in Perryville, MD is vibrant!

You can reach Tyler at 410-398-4214
 This article was written by Edward Jones for use by
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 Simonds, Edward Jones, Member SIPC



FINANCIAL FOCUS: *Can you Build an Estate Plan like a House?*

If you've ever been involved in building a house — or even if you've just heard about it — you know that there's a well-defined process to be followed. But here's something to think about: Some of the same steps connected to constructing a home are the same as those needed to build an estate plan.

What are those steps? Here are some to consider:

• **Get the right "builder."**

Unless you are experienced at DIY, you'll probably have to hire someone to build a house for you. Of course, you'll make your wishes known about what you want your house to look like, but you'll be relying on the builder's expertise. And the same is true with estate planning — you'll want to share your goals and vision with a legal professional who's experienced in creating estate plans.

• **Build a strong foundation**

"Every house needs a strong foundation" isn't just a metaphor — it's true for every house that's built. And when you create an estate plan, you also need a foundation that includes whatever basic elements are appropriate for your situation — a will, a living trust, power of attorney, etc.

• **Make the necessary additions.**

Even if you're pleased with your new house, you may eventually decide to make some changes, such as adding on a new bedroom or bathroom. And the structure of your estate plan may need to undergo some modifications, too. For example, if you drew up a will two decades ago, but haven't looked at it since, it may be out of date — especially if you've experienced changes in your life, such as new children or a divorce and remarriage. That's why it's a good idea to review your estate plans at least every few years.

• **Protect your investment.**

Of course, when you build a new house, you'll have to insure it properly. And while there's no actual "insurance policy" for an estate plan, you do have ways to protect it. For one thing, you need to make sure beneficiary designations on retirement plans, investment accounts, insurance policies and other assets are correct. These designations are powerful and can even supersede the instructions in your estate-planning documents. So, as mentioned, if you've had significant life changes involving your family, you need to ensure your beneficiary designations are updated if you want to protect how insurance proceeds, investments and other assets are distributed.

• **Watch for mistakes**

It's unfortunate, but mistakes do happen in home construction. Water stains can indicate that water is seeping through cracks in the foundation. Or cracks in retaining walls and garage floors could be a sign that the concrete structures were installed improperly. Estate plans can also contain errors or bad choices. Some are inadvertent, such as failing to put intended assets into a trust, but others are done with the best of intentions, such as naming adult children as joint owners of your assets. Even if your children are quite responsible, this move could give their creditors access to your money. If you want your children to be able to step in as needed, you could find other methods, such as giving them power of attorney.

Following these "construction" techniques can help you create an estate plan that can last a lifetime.





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MALE

VETERAN *of the Quarter*

*David Shiel SSgt,
U. S. Air Force*

My military experience began when I was in Elkton High School and enlisted in the US Air Force in 1979. I graduated from Basic Training, (Lackland Air Force Base, Texas) as an Airman Basic in September of that year.

After basic training, I went to Keesler Air Force Base, in Biloxi, Mississippi for several months of training to be a Wideband Communications Equipment Specialist. My first duty assignment was to Duke Field, at Eglin Air Force Base In Florida. I worked on wideband communication radios, called a Track 97A.

My second duty assignment was a two-year tour to Linsey Air Base, Wiesbaden, Germany. I worked on the upgrade of the European Interior Intrusion Alarm System (Project SAFENEST) and the Tactical Air Control System Mobile Depot Maintenance Program. I was assigned to Linsey Air Base, but I often went on temporary duty assignments and traveled to other bases to install intrusion alarm systems and service, repair, and sometimes overhaul wideband communications equipment.



My third and final duty assignment was to the 5th Combat Communications Group, Robins Air Force Base in Georgia. The 5th Combat Communications Group is a specialized highly trained unit of the USAF that sets up advanced communications capabilities anywhere in the world to keep warfighters around the world connected to execute the mission. I enjoyed the four years I served in the USAF and was honorably discharged at the rank of Staff Sergeant on August 15th, 1983.

I would like to thank all active military and veterans for your service to our country. Everyone who enlists in the military is willing to put their life on the line and possibly pay the ultimate sacrifice to protect our country. Thank you for your hard work and dedication. Thank you for your service and God Bless.



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BUSINESS of the Quarter

Elkton Community Kitchen

For 20+ years (since 2001), Elkton Community Kitchen has been serving a hot lunch to their hungry neighbors every Friday. All are welcome!

Their mission is to feed the community of the Elkton, MD area who are in need of a hot, nutritious meal in a safe, kind, and reliable environment with wholesome interaction.

Introduced in 2022 they also began supporting several foster families with a weekly hot meal. Volunteer Providers prepare the meal to serve eight, and it is delivered to the family immediately following the Friday lunch.

Lunch is provided each week free of charge and served in the dining hall of the Elkton Presbyterian Church (EPC) on Main Street.



As a 501c3 non-profit, donations provided to EKC, no matter the size, have the power to make a tangible impact on the lives of countless families struggling to make ends meet. By contributing to their cause, you become an integral part of their community, extending a helping hand to those who need it the most.

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