

Fall Issue 2025

Veteran's Outreach Ministries

# VOM

*magazine*

New Castle County, DE  
Cecil County, MD  
Delaware County, PA  
Chester County, PA  
Philadelphia, PA

## WHAT'S INSIDE:

Fall 2025 Events Pg 4

Delaware & Maryland History Pg 5-6

*Look at Your Financial Situation* Pg 8

**Special Faith** Pg 9

**HOPE. HELP. HEALING.** Pg 11

**GROWTH** is Intentional Pg 13-14

**VETERAN** of the Quarter Pg 15

**BUSINESS** of the Quarter Pg 17

**FREE**

*Subscribe to this Magazine online!*

# WELCOME *from the* Board of Directors

Welcome to the fall edition of the VOM Magazine! As veterans we are constantly fighting wars to preserve what we cherish: family, freedom and our faith in God and Country. These wars are fought on land, at sea, in the air, and inside us. Although, a war can be thought of as its finality as to the winner or loser, there is an internal horror that strikes the heart and soul of some veterans.

These are the horrific effects of war that remain forever inside them. Through HIS, Jesus Christ, suffering and dying on the cross the war for eternal salvation, was won.

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life" John 3:16. Through God's unfailing Love the war within oneself can cease, and you will be healed from your pain and suffering. By believing in God who is our Father, we begin to understand that God's agape love for us will never end and that all things are possible through HIM.

The Board of Directors message shown above was in the VOM News Magazine, Issue #1 in the fall of 2017. The message then and the message now has not changed. Veteran's Outreach Ministries (VOM) is to spread the word of GOD to veterans, active and retired including first responders and their families seeking comfort from their pain.

The weather is changing for the fall season, from hot to cool with rain on many days. We feel the change of temperatures, but God's unfailing love is forever. We are comforted by Psalm 23 the King James Version. We will finish this message with: We all know a veteran, who may be a friend, acquaintance, brother, sister, co-worker, spouse but we may not know that the veteran suffers from PTSD, anxiety, other medical problems that we may not know including suicidal tendencies.

Hopefully, the veteran will receive help for their medical problems as there is help available to them, resources including prayers and pastor's consultations at a local church. Please reach out to us at our organization for these resources. We're here for you.



[www.VeteransOutreachMinistries.org](http://www.VeteransOutreachMinistries.org)  
Veteran's Outreach Ministries, is located in the Newark/Bear/Glasgow area, 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 Maryland and 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](mailto:johnd.vom@gmail.com) for more information.

## 2025 DISTINGUISHED PARTNERS

### DIAMOND



### GOLD



### SILVER





## The Board of Directors

### President:

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

### Vice Presidents:

**Ray Seemons - Coast Guard**  
rayandemmie@comcast.net

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

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

**Rebecca Hummer - U.S. Army**  
beckyrondone@gmail.com

## Inside This Issue

Welcome Message _____	1
Fall Jambalaya Recipe _____	2
Fall 2025 Events _____	4
Delaware & Maryland History _____	5-6
Days to Display the Flag _____	6
Look at Your Financial Situation _____	8
Special Faith _____	9
Hope. Help. Healing. _____	11
Growth is Intentional _____	13-14
Veteran of the Quarter _____	15
Business of the Quarter _____	17

**Want to Contribute? Contact Tom at: [ThomasHogate@gmail.com](mailto:ThomasHogate@gmail.com)**

### Thank You VOM Advertisers!

PolarStar Engineering, Bristoll Plantations, Palumbo's Car Care Center, AireServ, CHEP, NCC Art Studio, Grocery Outlet (Elkton), Chick-fil-a (Elkton), Baker's Restaurant, Great Wolf Lodge

### Magazine Design by:



**Grunge Muffin Designs**  
Multi-Media Design Studio  
Located in Elkton, MD  
Call: 443-252-2800  
[GrungeMuffinDesigns.com](http://GrungeMuffinDesigns.com)

[f](#) [in](#) [p](#) [ig](#)



Recipe from  
Hogate Family

## Fall Jambalaya Recipe

**TOTAL TIME:** 1 hour **SERVINGS:** 8

### INGREDIENTS:

- 2 tablespoons cooking oil
- 1 cup minced onion
- 1 cup minced green onion
- 4 garlic cloves, minced
- 12 small pork sausage links, cut into 1 inch pieces
- 1.5 cups cooked cubed chicken
- 1.5 cups cubed cubed ham
- 1 can (28oz) tomatoes cut up and reserve liquid
- 1 cup uncooked long grain rice
- 1 can (14.5oz) chicken broth
- 3 tablespoons chopped parsley
- 1 teaspoon salt
- ½ to 1 teaspoon ground black pepper
- ½ to ¾ teaspoon dried thyme

### INSTRUCTIONS:

- 1** Heat oven to 350 degrees.
- 2** In a heavy skillet, heat oil over medium. Sauté onion, green pepper, garlic, and sausage until vegetables are tender.
- 3** Add chicken and ham, cook for 5 minutes, then add all remaining ingredients.
- 4** Remove to a 2 quart casserole dish and bake covered for 1 hour or until rice is tender and all the liquid is absorbed.



# JOIN US IN OUR MISSION TO EMPOWER HOMELESS VETERANS!

## **We provide:**

- Transitional Housing
- Addiction Recovery
- Mental Health Counseling
- Financial Counseling
- Supportive Resources

## **To veterans in need**

**Show your support by  
donating or by attending  
one of our events!**



**SCAN  
TO GET  
INVOLVED**

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





# VOM & COMMUNITY EVENTS

## SEPTEMBER - NOVEMBER 2025

VeteransOutreachMinistries.org  
Visit for Full Event Details

Sept 1 - *Happy Labor Day!*

Sept 11 - *Patriot Day A day of Remembrance*

Sept 12 - **2nd Friday Celebration in North East, MD on Main Street**  
5-8pm. Free. Live Music, Outdoor Vendors, Food, Shopping, Fun!

Sept 18 - **VOM Meeting starting at 6pm** - All welcome!  
Glasgow Baptist Church, 3021 County Line Road, Newark DE.

Sept 19 - **Veterans Stand Down 8:30am-2pm**  
Shutte Park Dover, DE. For more info: lbjnavcret@hotmail.com

Sept 20 - **Veterans Thank You Brunch hosted by VOM (Veterans Eat Free!)**  
10am at Elk Moose Lodge #851 in Elkton, MD. RSVP needed  
by September 15th, Call Thomas Hogate 302-229-1819.

Sept 27 - **Vet Fest 2025. Fundraiser to Stop Soldier Suicide.**  
Town of Whitehall (neighborhood) located in Middletown, DE.

Oct 16 - **VOM Meeting starting at 6pm** - All welcome!  
Glasgow Baptist Church, 3021 County Line Road, Newark DE.

Oct 18 - **Warrior Weekend hosted by CHEP, INC.**  
From live music at your favorite local breweries, to a Poker Run  
around the community, to fireworks, Warrior Weekend is packed  
with fun for the whole family! Details on ChepInc.org

Oct 31 - *Happy Halloween! Stay Safe!*

Nov 4 - *Election Day! Don't forget to vote!*

Nov 11 - *Happy Veterans Day!*

Nov 13 - **VOM Meeting starting at 6pm** - All welcome!  
Glasgow Baptist Church, 3021 County Line Road, Newark DE.

Nov 22 - **Jingle Bell Ball hosted by CHEP, INC.**  
An evening full of music, food, drinks, and Christmas cheer! What  
better to celebrate the season of giving than by supporting those  
who served our country all while sharing a special evening with  
loved ones? Details on ChepInc.org

**Veterans  
Thank You  
Brunch**  
Saturday  
Sept 20th  
Brunch 10am

**10 YEARS**  
VETERAN'S OUTREACH  
MINISTRIES



**All Veterans are  
Welcome and  
Eat For FREE!**  
To RSVP  
Contact:  
**Tom Hogate**  
**302-229-1819**

**Location:**  
**Elkton Moose  
Lodge #851**  
71 Cherry Hill Rd  
Elkton, MD 21921

# DELAWARE & MARYLAND HISTORY

## THE C&D CANAL

The Chesapeake & Delaware Canal (C&D Canal) is a 14-mile-long, 450-foot-wide and 35-foot-deep ship canal that connects the Delaware River with the Chesapeake Bay in the states of Delaware and Maryland in the United States.

In the mid-17th century, mapmaker Augustine Herman observed that these great bodies of water were separated only by a narrow strip of land. In 1764, a survey of possible water routes across the Delmarva Peninsula was made, but little action followed. The idea was raised again in 1788 by regional business leaders, including famed Philadelphians Benjamin Franklin and Benjamin Rush.

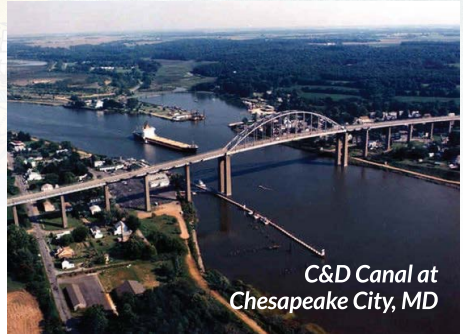
Despite the beginnings of a commercial venture in 1802 coincident with Canal Mania in England and Wales, it was not until 1829 until the C&D Canal Company could, at last, announce the waterway "open for business". Its construction cost of \$3.5 million (equivalent to \$89.1 million in 2024) made it one of the most expensive canal projects of its time.

In the present era, the C&D Canal is owned and operated by the U.S. Army Corps of Engineers, Philadelphia District. The project office in Chesapeake City, Maryland, is also the site of the C&D Canal Museum and Bethel Bridge Lighthouse. The canal saves approximately 300 miles on the route between Wilmington or Philadelphia on the Delaware River and Baltimore on Chesapeake Bay, avoiding a course around the Delmarva Peninsula.

The canal is a landmark and cultural boundary for the state of Delaware, considered a divide between the urbanized

## Part 1 of 4

Article pulled  
from Wikipedia



northern portion of the state and the rural southern portion, known locally as "Lower Delaware", and demarcates an unofficial northern limit to the Delmarva Peninsula.

### Early years...

In the mid-17th century, Augustine Herman, a mapmaker and Prague native who had served as an envoy for the Dutch, observed that two great bodies of water, the Delaware River and Chesapeake Bay, were separated only by a narrow strip of land. Herman proposed that a waterway be built to connect the two.

More than a century passed before any action was taken. In 1764, a survey of possible water routes across the Delmarva Peninsula was made. One was proposed by Thomas Gilpin, Sr., a Quaker from Philadelphia, Pennsylvania, who, along with other members of the American



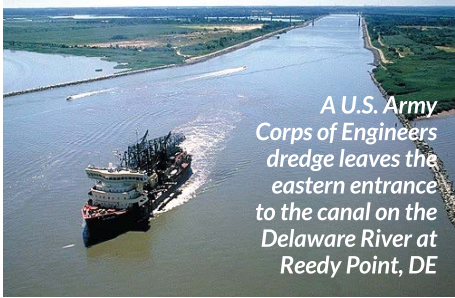


Philosophical Society, sought a waterway to shorten the shipping distance from the Chesapeake Bay to Philadelphia. He proposed a canal across the Delmarva Peninsula to connect the Chester River at present-day Millington, Maryland, to the Delaware River. He even bought 39 acres of land, largely in and around Millington, but the canal would not become a reality for decades.

The idea was raised again in 1788 by regional business leaders, including noted Philadelphians Benjamin Franklin and Benjamin Rush. The canal would reduce, by nearly 300 miles, the water routes between Philadelphia and Baltimore.

In 1802, following actions by the legislatures of Maryland, Delaware, and Pennsylvania, the Chesapeake & Delaware Canal Company was incorporated.

More surveys followed, and in 1804, construction of the canal began under Benjamin Latrobe. The work included 14 locks to connect the Christina River in Delaware with the Elk River at Welch Point, Maryland, but the project was halted two years later for lack of funds.



*A U.S. Army Corps of Engineers dredge leaves the eastern entrance to the canal on the Delaware River at Reedy Point, DE*



# DAYS TO DISPLAY THE AMERICAN FLAG

## Holidays to Display Flag

September-November 2025 Fall Issue

- Labor Day - Sept 1
- V-J Day, Japan signed surrender - Sept 2, 1945
- Patriot Day and National Day of Service and Remembrance - Sept 11, half staff until sunset
- U.S. Constitution approved - Sept 17, 1787
- Constitution and Citizenship Day - Sept 17
- POW/MIA Recognition Day - Sept 19
- Columbus Day (observed) - Oct 13
- Navy Day - Oct 27
- Signing of WWI Armistice - Nov 11, 1918
- Veterans Day - Nov 11
- Thanksgiving Day - Nov 27

And other days as may be proclaimed by the President of the United States

## Non Flag Display Days (for information only)

- U.S. Navy Sea Cadet Corps Inc - Sept 10, 1962
- Grandparents Day - Sept 7
- "Star Spangled Banner" written by Francis Scott Key - Sept 14, 1814
- Ladies Auxiliary VFW organized - Sept 14, 1914
- U.S. Air Force Established - Sept 18, 1947
- World Suicide Prevention Day - Sept 18
- United International Day of Peace Established - Sept 21, 1918
- Autumn Begins - September 22
- Gold Star Mothers Day - Sept 28
- VFW Day, VFW Established - Sept 29, 1899
- Rosh Hashanah Begins at sundown - Oct 2
- Afghanistan War Began - Oct 7, 2001
- Yom Kippur Begins - Oct 11
- Columbus Day - October 13
- U.S. Navy Established - Oct 13, 1775
- National Boss Day - Oct 16
- Grenada Campaign Began - Oct 23, 1983
- United Nations Day - Oct 24
- Halloween - Oct 31
- Daylight Savings Ends - Nov 2 (set clocks back)
- Election Day - Nov 4
- U.S. Marines Corps Established - Nov 10, 1775
- Grenada Campaign Ended - Nov 21, 1983





# Unite YOUR PACK



Plan your next gathering with Great Wolf Lodge. Find out why so many meeting professionals keep coming back as an alternative to the standard offerings at many hotel chains. Thanks to our adaptable meeting spaces and state-of-the-art conference rooms, fully-invested-in-your-success sales professionals and total event seamlessness, it's easy to combine productivity with enjoy-ability and bring groups together for a memorable escape.

**GROUPS  MEETINGS**  
*by Great Wolf Lodge*

**667-577-9653 | Perryville, MD**  
**[www.greatwolf.com/maryland/venues](http://www.greatwolf.com/maryland/venues)**



**You can reach Tyler at 410-398-4214**

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Tyler Simonds. Edward Jones, Member SIPC

# FINANCIAL FOCUS:

## *Look at your financial situation holistically*

When you plan a trip, you consider not only the destination but also the climate, activities that interest you, transportation needs, anticipated costs, best time to go and coverage for your work, home or pets. It's a holistic approach — looking at your trip from a variety of angles. It's wise to apply that same holistic thinking when you plan for your financial future — that is, bringing into the picture all elements of yourself.

***Here are some things that may affect your financial strategy:***

***Your views on helping your family*** – Your decisions about helping your family are going to be a major part of your financial strategy. When your children are young, you'll need to decide if you're going to save money for their college education, and if so, how much, and in what investments. When they're young adults, you may also need to decide how much financial support you're willing to provide for major expenses such as down payments on a new home or a new car. And when you're drawing up your estate plans, you'll need to consider how and when to distribute assets to your family.

***Your personal beliefs*** – As someone with civic, ethical and moral concerns, you may feel compelled to make charitable gifts throughout your life and then make philanthropy part of your legacy. To accomplish these objectives, you'll want to include gifting techniques in your financial strategy today and your estate plans for tomorrow.

***Your purpose in life when you retire*** – Having a purpose can bring fulfillment beyond financial security. Leading up to retirement, your purpose may involve providing for your immediate family, bringing value to your profession or contributing to your community. When you retire and step off your career path, you're

entering a new world of possibilities. How will you define, and live out, your new sense of purpose at this stage of your life? Do you seek to broaden your horizons by traveling around the world? Or spend more time volunteering? Can you pursue hobbies that give you a chance for self-expression? Each of these choices will carry different financial implications for how much you'll need to accumulate for retirement and how much income you will need to take out each year from your retirement accounts, such as your IRA and 401(k).

***Your health*** – Your physical and mental health can play big roles in your financial plans and outlook. On the most basic level, the healthier you are, and the better you take care of yourself, the lower your health care bills will likely be during retirement, which will affect the amount you need to put away for health care. And you also may need to prepare for the costs of long-term care, which can be enormous.

It can be challenging to weave all these elements into a single, unified vision, so you may want to get some help from a financial professional. But, in any case, be prepared to look at your situation holistically because, when putting together a lifetime's financial strategy, every part of your life matters.



**Resources:**  
*Leading Your Child to Christ*  
[focusonthefamily.com/parenting/leading-your-child-to-christ](http://focusonthefamily.com/parenting/leading-your-child-to-christ)  
*Prayers for Special Needs Children*  
[yourprayernow.com/prayer-for-special-needs-child](http://yourprayernow.com/prayer-for-special-needs-child)  
*Raising a Child with Disabilities*  
[modernparentinghub.wordpress.com/2025/02/25/raising-a-child-with-disabilities-drawing-strength-from-faith-and-seeking-help](http://modernparentinghub.wordpress.com/2025/02/25/raising-a-child-with-disabilities-drawing-strength-from-faith-and-seeking-help)

**Article by**  
**Dee Jones, President**  
**Light 2 World, Inc**

DeeJones1.wordpress.com  
 FB: @DeeJonesMinistry  
 410-459-5060  
 DeeJones.org



# Special Faith

Spirituality can be a confusing concept for anyone, especially children. How does one foster a sense of faith in a child with disabilities? In our family, spectrum-related disorders, oppositional defiance, and developmental disfunction are challenges we face daily. What resources can help with such daunting issues? Hope is here! Let us explore a few ideas that foster faith in the hearts of special children. A good foundation begins with biblical truth. God's Word tells us that each child is fearfully and wonderfully made (Ps. 139).

Jesus also invited little children to come to him unhindered, for to such belongs the kingdom of heaven (Matthew 19:14). Yes, all children are quite valuable to God.

If you are a parent of a child with special needs; there will be moments of doubt and even frustration. So, remember Proverbs 22:6, which tells us to, "train up a child in the way he should go; even when he is old, he will not depart from it." This verse does not promise a perfect life or a life free from pain. "It means regardless of the disability; the Lord still expects parents to help our children discover their personal life path." With God's help, and hard work on our part, we can help our children live a life filled with hope and purpose.

**One author offered the following guidance:**

1. God has a plan for our children [Jeremiah 29:11].
2. We're in their life to help them find God's plan for their lives.
3. God's principles will guide us.
4. It takes a community. "And though it may be a lifetime of parenting, we can obey God and trust Him with the outcome of our children." You are not alone, take care of yourself, and seek help from a faith community before becoming overwhelmed.

Note a few final tips for leading your child to faith in Christ. Know your child and their level of cognitive development. Begin by teaching your child these truths:

- *God always keeps His promises.*
- *God gives us rules that we must obey.*
- *Even if Mommy or Daddy can't see what you are doing, God sees it.*
- *God disciplines us because He loves us.*
- *Their sin and need for a Savior.*
- *The significance of Jesus' death and resurrection.*
- *God's faithful presence in a believer's life.*

This is a life-long journey and your faith community Bible teacher and pastor can give you support and guidance along the way. Focus on the Family has numerous resources to assist. Don't tackle this alone. We are encouraged to share God and share our lives with others (I Thessalonians 2:8). Pray and keep the faith!





**GROCERY  
OUTLET**  
*bargain market*

**ELKTON**

Active and Retired Military  
and Veterans, Law  
Enforcement, Firefighters  
and EMT, come in today  
and get your...



## HONORARY HERO SAVINGS CARD

Please show your Military or Service I.D. to receive your card

801 E Pulaski Hwy  
Elkton, MD 21921

[elkton@groceryoutlet.com](mailto:elkton@groceryoutlet.com)

443-350-9136 | 7am - 9pm Every Day!

@ElktonGroceryOutlet @GOofElkton

**AIRESERV**  
HEATING & AIR CONDITIONING

a **neighborly** company

Duct Cleaning • Air Conditioning Maintenance, Service & Installation  
Heating Maintenance, Service & Installation • Ductless Mini-Splits

### FREE MEMBERSHIP

Advantage Plan Membership  
for Veterans - Forever!

Get a **FREE** Tune-Up for Your  
Heater & AC Unit Yearly

### 15% OFF

**ALL** Services  
for Veterans

*Thank You  
for Your Service!*

*Excellent Customer Service, Quality HVAC Services!*

**(302) 212-4521**

[www.YourAireServ.com](http://www.YourAireServ.com)

# HOPE. HELP. HEALING.

Like so many Americans, I am truly grateful for the folks who have served and are serving our country in one of the branches of our military. The sacrifices extend beyond their own lives as their service leaves an unmistakable impression on their families. From frequent moves, extended times of separation, and the scars and wounds of the battlefield, we owe a great debt to these heroes.

Sadly, many of our veterans return home trying to sort through all the challenges that they have incurred in service to our country. As a pastor, I have watched too often as these brave men and women battle these "demons" and sink under the weight of the heavy burdens that they carry. They feel alone, desperate, and without hope of ever experience "normal" again. Their gaze is often distant with their mind holding them captive to the pain that they have incurred.

As a follower of Christ, I am reminded that Jesus endured the greatest pain & suffering imaginable. As He lived here upon earth, He was despised and rejected by man, and He ultimately took the judgement for our sin as He gave His life on the cross. As He paid for sin and defeated death when He rose from the grave, He has provided the way to meet the deepest needs of our servicemen and women.

As we love our veterans, there are three elements that Jesus provides which will meet their greatest need.

**1. HOPE...** A person dealing with pain - whether it be physical, emotional, or mental needs to have hope. When there is no hope, a person spirals into deep depression and they are imprisoned by their thoughts. Only Jesus can provide true hope. He has made a way that we do not have to live with pain and suffering for eternity. There is truly light at the end of the long, dark tunnel.

**2. HELP...** When a person is all alone and feels like no one cares, there is Jesus. He is willing to listen and hear all their problems. He understands what it is like to be alone, and what it feels like to go through agony and pain. He desires to carry all our burdens for us and give us strength. His wisdom to deal with the problems is unmatched.

**3. HEALING...** When a person is dealing with a hurt, all they want is relief. They desire to receive healing, but cannot achieve it on their own. Jesus is the Great Physician. Not only does he care about our physical hurts, but more importantly, He demonstrated over and over that He offers healing of the mind & soul. Healing is not immediate, but through faithfully walking with Jesus, one can find healing.

***As we witness the greatest needs of our veterans, let us work together to get them to Christ who is the only source of true HOPE, HELP, and HEALING!***



**We're Seeking New  
Board Members for our  
VOM Delaware Branch**

**FOR INFO, PLEASE VISIT:**  
[VeteransOutreachMinistries.org](http://VeteransOutreachMinistries.org)  
 Tom Hogate at 302-229-1819  
 or [ThomasHogate@gmail.com](mailto:ThomasHogate@gmail.com)

**10 YEARS**  
**VETERAN'S OUTREACH**  
 MINISTRIES



# PolarStar

ENGINEERING & MACHINE

**MANUFACTURER OF THE  
INDUSTRYS LEADING  
AIRSOFT SYSTEM**



**5 GARFIELD WAY NEWARK, DE 19713**

**POLARSTARENGINEERING.COM**



# GROWTH is Intentional

**Luke 2:52 "And Jesus grew in wisdom and stature, and in favor with God and man."**

It is a short verse, but it can apply to so many areas of a person's life. Growing in Wisdom means there was an intentional act of studying and a plan for growth. Most of us do not naturally grow in wisdom; we grow older, sometimes heavier, and sometimes smarter, but wisdom does not come with age; it comes with experience, good judgment and learning from one's mistakes.

I can remember when I first came into the military in 1990, I was not wise in many areas. I was told by my Drill Sergeant that if I listened to his instructions, followed his plan, everything would work out easily for me. I grew up not having a father around, and I loved it when I played sports, when other kids' dads would be around to show me things and use their knowledge and experience to teach me.

I was always a "good kid" and I was never the best at anything, but would always be the "most improved", "most teachable" or get the "coach's award". I usually felt welcomed on the Team I was on and always pushed myself hard in everything I did.

However, learning was not my favorite topic, nor did I pick it up naturally, plus I did not like to read was easily bored. I was always good and learning through demonstration and could find it easy to follow instructions. So, military life was rather easy for me. I did not know anything about being a soldier and there were others who TOLD me they knew what they were doing, so I believed them and followed their lead.

They had the experience and wisdom and I was open to their instructions. I have found out in life that being "teachable" might be one of the greatest gifts someone can have in life. However, there is a problem with learning or following orders. You have to make sure the ones you are listening to have your best interests in mind and are good people. Many people have bad motives for teaching you their ways, or they are selfish in their methods.

So, with wisdom, people must also have discernment. One of my favorite verses in the Bible says *"Wisdom in the principal thing; therefore get wisdom: and with wisdom get Understanding"* Proverbs 4:7.

So, having wisdom and knowledge is good, but the understanding of HOW to use that knowledge and wisdom is key to a person's success in life. I have known a lot of head knowledge-people, who were clueless to finance, relationships, and even basic life skills. I am so glad that each time I wanted to learn a new area in my life, I reached out to wise men and women who lived a life that reflected their knowledge, and were not selfish or did ungodly things. It is sad to say, that in my 30+ years of experience as a coach, mentor, and Pastor, I have seen many people follow and listen to the wrong people and get into a mess in their lives because they did not use understanding and discernment to get out of the the situation they were in.

I have taught at the Detention Centers in MD and FL, and spoken with many people in my counseling sessions who did not want the life they are in, but followed or listened to the wrong person, and let their emotions and feelings get them into trouble.

I speak to youth, military men and women all across this country, and always tell them it only takes "ONE wrong relationship to destroy everything you built up" (just look at the story of Samon and Delilah). Because the relationships you build and trust in, are going to determine the path you follow.

I have known and counseled with many "successful" businessmen and women who have "trusted in" the wrong person who "took all their money", or allowed another relationship to destroy their marriage, business and life. I found myself speaking with people daily who say, "I wish I could go back and change things". No one wants to destroy their family, get fired or break ties with good people because of foolish behavior, yet it happens daily because we trust in the wrong people and are not WISE enough to stop something that is heading down the wrong path. I am glad I have mentors in my life who pour into me and challenge me to be better, do better, and live a better life. I am glad I read the Bible, which changes me from the inside out, read self-help books, and go to counselling when I feel out of place or off balance.

My wife and I started our relationship in 1992 in the Church and with Pastors who spoke with us for 6 weeks of Counselling on what it takes to have a successful marriage. Then, each year we committed to attending Marriage Workshops to improve and help our marriage and our relationship. Even when we felt like "nothing was wrong", we attended and "grew in wisdom" in each session we went through, and we always made room for improvement.

I do not know what struggle you are going through right now, or what difficulty you are in by not using wisdom and discernment in your life? But I do know it is not too late, and you are NEVER too far removed that it can not be helped or improved. Reach out to me or a professional counselor to help you "grow in wisdom and strength".

Let me Pray with you... Dear Lord, help me this day. Help me understand the errors of my ways, help me grow in You, and admit my mistakes, help me to humble myself to Your wisdom and strength. I want to live a better life, and know it begins with putting my trust in you rather than myself or others. Help me find positive people who will help me along the way, in Jesus' Name Amen.

Feel free to reach out to me, a local Pastor, Spiritual Leader or a Chaplain at your local VFW or American Legion.



# VETERAN of the Quarter

*Eric Poston*  
*An ARMY Veteran*

By the time I decided to stop drinking, alcohol had been part of my life for as long as I could remember. It was my constant companion, my way of numbing pain I didn't know how to face. **Letting it go felt impossible—but that decision changed everything.**

My name is Eric, and I am a U.S. Army veteran who served in the Persian Gulf War from 1987 to 1993. Long before I put on a uniform, I had already learned to use drugs and alcohol to cope with life's traumas. Growing up in the South, men didn't talk about feelings. We carried the weight of stress, pain, and racism in silence. Drinking wasn't just common—it was expected.

When I came home from the military, my alcohol use continued and soon was joined by pain medication and cocaine. I told myself it was normal—after all, a lot of people I knew lived the same way. But reality hit hard when I lost a job I had held for 11 years because of my substance use. My life had become unmanageable, ruled entirely by where and when I could drink or use.

I entered inpatient treatment at Perry Point to address my addiction, but therapy revealed something deeper. I had been carrying grief since losing my mother at just four years old. I had endured sexual trauma as a child. Those wounds ran deep, and alcohol had been my way of avoiding them for decades.

Over the years, I had been able to quit drugs and pain pills, but alcohol was the chain I couldn't break. Walking away from it felt like losing part of myself. Still, I knew it was the only way forward.




In 2016, I made the choice—and I haven't looked back. Since then, I have been free from all substances. I rarely take pain medication, and I've found a deeper fulfillment in helping others than I ever experienced in using.

Today, I work at Voices of Hope, a nonprofit recovery organization serving Harford and Cecil Counties. My role gives me purpose and allows me to share my story so others know recovery is possible. I'm active in Alcoholics Anonymous, and my home group, Joppa 12, meets every Wednesday at 7 p.m. in Edgewood, MD.

I have a sponsor, and I guide others through the steps, just as someone once did for me.

This is my journey—from pain and addiction to freedom and purpose. If you're struggling, know this: **you are not alone and change is possible.**




*voices of hope*

## GAME NIGHT

**3RD SATURDAY OF EVERY MONTH**  
COME JOIN US FOR A NIGHT OF FUN AND FELLOWSHIP!

- SPADES
- UNO
- BOARD GAMES
- CATCHPHRASE
- ...AND MORE!



**WHERE: 7 ABERDEEN SHOPPING PLAZA**  
**WHEN: 3RD SATURDAY OF EVERY MONTH**  
**TIME: 7:00PM**

EVERYONE IS WELCOME! BRING A FRIEND AND LET'S ENJOY A NIGHT OF GAMES, LAUGHTER, AND SUPPORT!





# Baker's Restaurant

1075 Augustine Herman Hwy  
Elkton, MD 21921

[www.BakersRestaurant.net](http://www.BakersRestaurant.net)

## Contact:

410-398-2435

## Live Music

every Fri & Sat  
from 6-9pm

## Hours:

Wed: 4-8pm

Thur: 12-8pm

Fri-Sat: 12-9pm

Sun: 12-8pm

Mon-Tue: Closed

*Family owned since 1958  
Proud supporter of VOM*



# The Art Studio



**WATERCOLOR • ACRYLIC PAINTING • FIBER ARTS & FABRIC DYEING • POTTERY  
PHOTOGRAPHY • DRAWING • JEWELRY MAKING • WEAVING • MORE**

**TO REGISTER: [NEWCASTLEDE.GOV/ARTSTUDIO](http://NEWCASTLEDE.GOV/ARTSTUDIO) | (302) 995-7661**

**310 KIAMENSI ROAD | WILMINGTON, DE**



**New Castle  
County | DE  
Parks &  
Recreation**  
Live Healthy New Castle County

**the ART STUB**



@NCCartstudio



@nccartstudio

# BUSINESS of the Quarter



voices of hope

*Voices of Hope is a Maryland-based nonprofit recovery community organization dedicated to providing hope, healing, and support to individuals and families affected by substance use disorder.*

Guided by its core values of integrity, compassion, and connection, the organization works to reduce stigma, expand access to recovery resources, and build strong networks of care in the community.

A cornerstone of Voices of Hope's approach is its peer-driven model. Many staff members and volunteers are themselves in recovery, allowing them to connect with participants through shared experience. This personal understanding helps build trust and provides practical, meaningful support—whether that's meeting someone in the community, in a treatment facility, or on the street.

The organization offers a wide range of services. Harm reduction efforts include free naloxone (Narcan) training and distribution, safer use supplies, and education to reduce the risk of overdose and the spread of infectious diseases. For individuals ready to enter or sustain recovery, Voices of Hope connects them with treatment, housing, transportation, and peer support groups. One-on-one peer support helps participants navigate challenges like obtaining identification, meeting court obligations, or finding employment.

Its Recovery Centers in Harford and Cecil Counties serve as safe, welcoming spaces for anyone seeking support. Here, people can attend recovery meetings, participate in game night, or simply have a conversation with someone who understands. The organization also engages in direct outreach, going into high-need areas to provide immediate assistance and resources.

NOW AVAILABLE AT  
VOICES OF HOPE

**SMART  
RECOVERY  
MEETINGS**

**Thursdays 7 pm to 8:30 pm**  
In our Cecil County Location

- Evidence Informed Approach to Overcoming Addictive Behaviors
- Stigma Free & Emphasizes Self-Empowerment

**Arron Wright, Program Manager**  
[info@voicesofhopemaryland.org](mailto:info@voicesofhopemaryland.org)  
[www.voicesofhopemaryland.org](http://www.voicesofhopemaryland.org)

Beyond direct services, Voices of Hope is deeply involved in advocacy and education. It participates in initiatives to improve addiction and recovery policies and organizes events like International Overdose Awareness Day vigils and Recovery Month celebrations to raise awareness and foster community engagement.

What makes Voices of Hope stand out is its unwavering commitment to meeting people without judgment. Recovery is rarely a straight path, and setbacks can happen. Whether someone is taking their first step, returning after a relapse, or seeking a safe place to talk, Voices of Hope walks alongside them every step of the way.

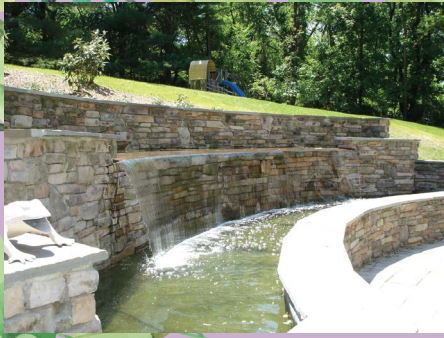
At its heart, this non-profit believes that recovery is not only possible but worth fighting for. By fostering relationships, sharing lived experiences, and offering practical tools, the organization is helping to build healthier communities — one life at a time.



## CECIL COUNTY HARDSCAPING COMPANY

[BristolPlantation.com](http://BristolPlantation.com)

- Paver Walkways, Patios, and Driveways
- Outdoor Kitchens
- Water Feature
- Landscape
- Retaining Walls
- Landscaping/Outdoor



Location:  
1100 E Pulaski Hwy  
Elkton, MD 21921  
(410) 392-9494  
Open 6:30am-10:00pm





**WEBSITE:**  
***palumbos.net***

**2515 Pulaski Hwy,  
Newark, DE 19702**  
On Route 40, Across  
from People's Plaza



- Expert Brake Service
- Shocks & Struts
- Air Conditioning
- We Love Company Cars
- Engine Diagnostics
- Exhaust Systems
- Dealer Maintenance
- No Appointment Necessary

**Financing Available!  
No Credit, No Problem!**

**We Accept Carshield &  
Most Extended Warranties**



***CALL US***  
***302-368-2800***