VETERNS

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HONORING ALL WHO SERVED

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Honoring all heroes this Veteran's Day



Veteran's Day, which is celebrated annually on November 11, commemorates the hardworking men and women who sacrifice their time and put themselves in harm's way to defend the country's core values of freedom and opportunity. While Veteran's Day certainly is a chance to honor those who have donned the uniform during wars and military installments, it also can be a chance to recognize the unsung heroes of wartime – those who step into roles so that soldiers and strategists can focus their attention elsewhere.

Take for example Naomi Parker Fraley. In 1942, Fraley was a machine shop worker at the Naval Air Station in Alameda, Calif. She was one of scores women who worked in factories and shipyards during World War II, helping to produce munitions and war supplies. Parker was 20 years old in 1942 and served as the inspiration for what would become one of the most indelible images of the era, known as "Rosie the Riveter." Parker unknowingly inspired the iconic image after she was photographed at work bent over an industrial machine in a jumpsuit with her hair tied back in a polka-dot bandana. In 2018, Naomi Parker Fraley died at the age of 96, not nearly the household name she perhaps should have been.

Rosie the Riveter helped to tout the contributions of female war employees who were defending America by working on the homefront. Rosie was a successful morale-booster, and some may be surprised to learn that Rosie has various incarnations.

Norman Rockwell's depiction of a female riveter, which appeared on the cover of the Saturday Evening Post on May 29, 1943, became an iconic staple of that time. Muscular, with a rivet gun on her lap, a sandwich in hand and a boot stomping on a copy of "Mein Kampf" – and timed perfectly to coincide with the release of a song called "Rosie the Riveter" by Redd Evans and John Jacob Loeb – Rosie became a household name. But another Rosie image actually predates Rockwell's Post cover. Naomi Parker Fraley was reportedly the inspiration for an ad created by a lesser known artist named J. Howard Miller. Miller produced a "We Can Do It!" poster for Westinghouse Electric in 1942 aimed at boosting spirits among the company's workers. The poster helped to recruit new female personnel, according to scholar James J. Kimble. This Rosie was portrayed in a red bandana with her bent arm flexed, rolling up her shirtsleeve. Both Miller's and Rockwell's depictions of female war workers became ingrained in popular culture. Rockwell's cover art was eventually loaned to the U.S. Department of the Treasury for use in war bond drives for the duration of the war. Miller's version has been emulated for generations and still epitomizes a strong female presence in the workforce.

This Veteran's Day is a prime time to delve into American wartime history, with interesting stories like the origins of Rosie the Riveter, and pay homage to all of the heroes that help ensure America's reputation as a great nation.



HONORING ALL WHO SERVED



LARRY (HERB) GALAN "LITTLE BUDDY" US Army Served Private 1st Class - SPC 4 Field Artillery 1979-1985



RICKY OSTLE British Military 2007-2018



JOHN P. FAY US Navy, AMH3 1965-1986

Veterans Day talk to focus on Cold War



Come celebrate and honor Veterans Day at the Coos History Museum on November 11 at 6:30 p.m.. This special edition talk "Touring the Cold War" will be provided by local historian and author Lionel Youst. Youst's most recent book is a memoir titled, Touring the Cold War: A Long Learning Curve which will guide his presentation for the evening and be available for purchase and autographs. After dropping out of North Bend High School and about three and half years working in many of the last logging camps in Oregon, Washington, California and British Columbia, Youst joined the Air Force. Trained as a mechanic on the B-29, he worked on the B-47, B-52, B-36 nuclear bombers and KC-135 tankers for eight years prior to becoming an aircraft maintenance officer with assignments in Libya, the Philippines, Vietnam and several states. Within the context of these assignments, and the ongoing Cold War, he worked hard to make up for the education he lost by dropping out of high school. His talk will follow these events, frequently showing the Coos Bay Times or The World headlines as the Cold War moved along.

This program will be taking place in-person at the Coos History Museum where masks and physical distancing will be required. The museum doors will open at 6 p.m. with the talk beginning at 6:30. This program is available to all, with an admission fee of \$7 for non-members (payable at the door) or free with your CHM membership. For information, visit the Coos History Museum website (https://cooshistory.org/ events/veterans-day-talk/) or call 541-756-6320.

Established in 1891, The Coos County Historical Society is an Oregon 501(c)3 not for profit organization and the second oldest historical society in the state. For information about the Society and the Coos History Museum, visit cooshistory.org or email info@cooshistory.org.





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Bud Dubay proudly served his country in the U.S. Navy after arguing with a doctor who said he was too small to serve.



Budy Dubay and his wife Scharlotte relax at the Gold Beach home.

Navy man recalls his service at the end of WWI

BY DIANA BOSETTI

The Pilot

For Bud Dubay, military service ran in the family's bloodline. His dad and three uncles fought in World War I, and three out of four of his brothers enlisted in World War II. Even Dubay's sisterin-law achieved an impressive rank while teaching pilots to fly.

So on March 5 when his 17th birthday rolled around, he had his dad drive him to the recruitment office to sign papers so he could enlist.

"But then the doctor said he wasn't gonna take me," said Dubay. At a petite 128 pounds, the doctor deemed him too little for service.

But what Dubay lacked in size, he made up for in stubbornness. He kept arguing with the doctor until another physician walked over to see what the fuss was about.

"He's in good shape," Dubay said the second doctor replied. "We can feed him and get some weight on him."

A verdict that brought great relief. Not just because he was going to be in the Navy, "but because my dad left and there was no way for me to get back home," he said with a laugh.

The year was 1944. Pearl Harbor occurred three years prior, but the bloodiest battle of the war - The Battle of the Bulge - would begin nine months later.

"Two of my brothers came home with Purple Hearts, and the other came home in a casket," said Dubay.

The latter brother was a paratrooper and was shot down while descending into that battle.

By the time Dubay completed boot camp and it was his turn to go overseas, America and allied forces were claiming victory and troops were starting to come home.

Dubay said he went back and forth so many times to the Philippines, Okinawa and Korea, that he eventually lost count. Each trip hauling upwards of 5,000 men on a 610-foot long, 75-foot-wide Naval ship.

The work was hard and required 14 days to get to the South Pacific, another 16 to get back, followed by a single day off before setting back out to sea.

Though Dubay said he was too young for the invasion, and just old enough for the evacuation, dangers still lurked.

The ocean was riddled with metal, spiked balls that were anchored below yet bobbed above the surface. Not only were they effective tools of psychological warfare, their explosive properties could punch a hole big enough to send every soul to their death.

"I can't remember where we were, but we found ourselves in the middle of a minefield," Dubay said. "They announced it over the PA system. One of the mines was right off the edge of our ship, three feet from the hull, starboard side. Everyone who was on deck ran over to see it."

The sudden movement by some of the 3,500 men on board caused the ship to lilt just enough that it snuck past the mine. "If the ship had been level, we would have hit it," Dubay said. For the next 72 hours, everyone was on duty and in their life jackets. Dozens of mines had to be navigated.

"It was awfully scary," Dubay said. "It wasn't so bad in the daytime when everyone was looking out for them, but at nighttime nobody went to sleep."

Twenty years later, Dubay would wake up in the middle of the night, panicked and heart pumping.

"I'll tell you, it was like I was right back there again," he said. There were also storms, but Dubay said he never got sick. On one occasion, about 20 men were hanging onto the railing, vomiting overboard.

Dubay's rank by this time meant he had 33 sailors under his charge. Sensing that the men were growing weak and at risk of falling into the churning waves below, he instructed them to tie ropes around ankles, one sick man to the other, then anchor them to something solid.

"An executive came by and said 'Cocksman, what's the meaning of all this!" Dubay said. "I said 'Sir, these people are so sick they would have fallen off if I didn't tie them up."

To which his superior took another look at the men, and replied "Very good young man, very good," then continued to walk along the deck.

After two years in the service, Dubay was discharged. In 1947 he married his wife, Scharlotte, then spent the next 40 years working in the logging industry.

After 74 years of marriage, their love is still evident. As Scharlotte talked about the many churches and schools they helped build after his retirement, Dubay gently caressed her back. Penny, their chocolate-colored Dachshund, slept in a chair nearby.

Across the street from their Gold Beach residence, cookiecutter residences sat half finished and are a far cry from the neighborhood Scharlotte grew up in. She is the oldest, Gold Beach-native resident who as a young girl would go into the woods with her father to hunt.

And they both laughed as Dubay talked about how when he was a toddler, he refused to wear anything except a sailor suit.

"I wore it all the time," Dubay said. "My mother would always say that I had to take it off at some point so she could wash it."

A sign, perhaps, that deep in his soul he was meant to be a Navy man.







U.S. Navy WWII Vet

Dorothy Nickerson will turn 98 in December - a mere 78 years after she enlisted in the Navy to serve as a nurse's assistant during World War II.

"The Navy didn't take women until after we turned 20, and we weren't sent overseas because we were considered too delicate," Nickerson said. "Even nurses couldn't go and had to stay aboard the hospital ships, but things are different now," Nickerson added.

Born in Madera and raised by her grandmother until the age of 13, Nickerson said she eventually moved to San Francisco but wanted to see the world and be of service.

"I had to make up my mind, it was either the service or nursing corps," said Nickerson. "It was faster to get in the service than nursing school and I chose the Navy because I wanted to get in the action."

Nickerson was stationed at various locations on the East Coast - including Maryland (where she took nursing assistant courses); Philadelphia, New Jersey and eventually Mechanicsburg, Pennsylvania - where she stayed until the end of the war.

"I loved it." Nickerson said. Nickerson said she reached the rank of 3rd Class Petty Officer, and spent her time taking care of veterans returning from war, including bathing and changing their dressings.

When asked what she remembers most about her time in the service, Nickerson said with pride that it was being able to touch the liberty bell. She said she also remembers how much she admired Franklin D. Roosevelt.

"He was a great president," Nickerson said. "I was in the service when he was president."

After serving in the Navy for a little under two years, Nickerson got married and had four children - two boys and two girls.

She continued to work in the medical field for another 60 years, and at the age of 50 Nickerson bought a 32-foot sailboat - which she took as far south as Baja, Mexico.

"I made friends with the Mexican people," Nickerson said.

Nickerson lives in Gold Beach now, where she has resided for the last 32 years.

"I have always loved small towns," Nickerson said.

A day to honor all veterans

The month of November is a special time for the nation's veterans. While Memorial Day honors fallen soldiers and service people, Veteran's Day, which takes place each November, is an opportunity to commemorate the efforts of all who have been in the armed forces, with a special emphasis on living veterans. While people are encouraged to thank veterans throughout the year, Veteran's Day is a particularly poignant time to show your appreciation for the men and women of the military.

Honoring Our Veterans

November 2021

Veteran's Day takes place on November 11 and marks an important moment in history. On November 11, 1918, World War I, known at the time as "The Great War," unofficially ended when an armistice, or temporary cessation of hostilities, took place between Germany and the Allied nations on the eleventh hour of the eleventh day of the eleventh month. World War I ended on paper when the Treaty of Versailles was signed on June 28, 1919. In November 1919, President Woodrow Wilson proclaimed November 11 as the first commemoration of Armistice Day, according to the U.S. Department of Veterans Affairs.

Armistice Day became a federal holiday in the United States in 1938. However, after subsequent wars, including World War II and the Korean War, veterans' service organizations lobbied for Armistice Day to be revised so it would be more inclusive of all veterans. On June 1, 1954, President Dwight D. Eisenhower signed legislation to strike the word "Armistice" from the holiday's name in favor of "Veterans." Since then, November 11 has been known as "Veterans Day" and has honored veterans of all wars.

Veterans Day was moved to the fourth Monday in October for roughly seven years under the Uniform Monday Holiday Act, which sought to ensure threeday weekends for federal employees by celebrating certain national holidays on Mondays. But since November 11 bore such significance, many states disapproved and continued to observe the holiday on November 11. In 1975, President Gerald Ford signed legislation to return the observation of Veterans Day to November 11 beginning in 1978. Should the day fall on a Saturday or Sunday, the federal government observes the holiday on the previous Friday or following Monday, respectively, according to History.com.

The United States isn't the only country to celebrate its veterans. Canada, Great Britain, Australia, and France also commemorate the veterans of World War I and II on or near November 11 as Remembrance Day or Remembrance Sunday.



3 unique ways to give back to service members

Military service in the military personnel. By 2018, United States was once more the number had dipped below common than it is today. 1.3 million. Military service According to the Council on in Canada is also somewhat Foreign Relations, the draft uncommon, as the Department of National Defence for military service was ended in 1973, a point in time when reports that active military 2.2 million men and women personnel totaled just 68,000 made up the country's active as of 2018.

The vast majority of people in countries where military service is not compulsory will never serve in the military. But that does not mean nonmilitary personnel do not appreciate the sacrifices service members and their families make. In fact, a recent report

conducted for Canada's Department of National Defence found that while many Canadians seem only vaguely aware of what their military does, appreciation for service members was high.

Service members and their families make many sacrifices to protect the

for veterans.

driving. Adults who want to help service members can serve as drivers for veterans who can't drive themselves. Such a gesture ensures they won't miss any appointments with doctors or physical therapists, helping them get on the road to recovery that much

2. Donate your airline miles.

Some disabled veterans receive medical treatments far away from home at facilities that specialize in treating certain types of injuries, which can make it difficult for their families to be there for them during their recoveries. By donating airline miles to military families, ordinary adults can ensure injured servicemen and -women can still see their families during difficult times in their lives. Access to such support systems can be a big help as veterans work to recover from their injuries.

3. Sponsor a service dog.

A significant percentage of veterans return home with post-traumatic stress disorder, or PTSD. PTSD has been linked to a host of conditions, including depression and anxiety. However, programs such as Companions for Heroes, an organization that places service dogs with veterans, has helped many veterans successfully cope with PTSD. By sponsoring a service dog through an organization such as Companions for Heroes, adults who want to help service members can provide an invaluable service to men and women fighting to regain their quality of life.





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There are many ways for ordinary citizens to show their support for the brave men and women who selflessly serve in the military.



The history of Flag Day

The American flag is a symbol of the country's history, pride and success in overcoming political oppression. Through its many incarnations and variations, the Stars and Stripes has waved over government buildings, schools and private residences.

According to History.com, in 1775, the Second Continental Army led to the creation of the first "American" flag. However, that flag was too similar to the British Union Jack flag, George Washington requested a revision. In 1777, the Second Continental Congress passed a resolution stating that the "flag of the United States be 13 stripes, alternate red and white." Furthermore, the "union" was represented by 13 stars of white in a blue field, "representing a new constellation."

More than a century later, a small-town Wisconsin teacher named Bernard Cigrand came up with the idea for an annual flag day in 1885. Even though the Fourth of July, a holiday in which the flag is prominently and proudly displayed, had long been celebrated as the birthday of the United States, Cigrand wanted a holiday that would focus specifically on the flag in all its glory. June 14 was selected because it marked the anniversary of the official adoption of the first flag. Cigrand led his school in the first formal observance of the holiday, and throughout his life continued to advocate for respect of the flag. Various other organizations liked the idea of a day to honor the flag, including the State Board of Education of New York, the Betsy Ross House and the New York Society of the Sons of the Revolution. Yet, it wasn't until May 30, 1916, that Flag Day was officially established by presidential proclamation by President Woodrow Wilson. Still, it would take another 33 years for President Truman to sign an Act of Congress designating June 14 as the official National Flag Day, which he did on August 3, 1949.

Americans can honor the flag by displaying it on Flag Day. Here's how to display the flag properly, courtesy of Military.com.

- The flag should be free of any obstructions, such as power lines or tree limbs.
- If displayed with other flags, Old Glory should be at the top-most point or in the center of a horizontal array of flags.
- If the flag is displayed on its side, the blue field should be to the left.
- The flag should be raised in the morning at a residence or business and taken down at night. The only exception to the flag being out at night is if it's illuminated.
- Flags can be repaired. However, if a flag is tattered, it can be removed and brought to a local VFW hall to be properly disposed of.
 Flag Day honors the Stars and Stripes, a symbol of the great American nation.









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Explore the history of Veteran's Day

Veterans • November 2021 🔳 6 Service members make numerous sacrifices in defense of their countries. While the debts to service members may never be the kind that can be repaid in full, paying tribute to veterans, on 🖹 Veteran's Day and throughout the year, can be a great way to show them just how much their efforts are appreciated.

VETERAN'S DAY BEGINS WITH ARMISTICE DAY

Honor

Veteran's Day is a byproduct of the end of World War I, when Germany and the Allied Nations signed the Treaty of Versailles, formally ceasing fighting and establishing terms of peace. On No-





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vember 11, 1919, the first anniversary of the signing of the treaty, the first Armistice Day events were held. Armistice Day was initially a legal holiday to honor the end of World War I only, states History.com. The United States Congress passed a resolution in 1926 for an annual observance, and November 11 became a national holiday starting in 1938. However, in 1954, after the country had been embroiled in both World War II and the Korean War, Congress amended the Act of 1938 by renaming the commemoration "Veteran's Day" to honor veterans of all wars.

VETERAN'S DAY IN OCTOBER?

According to Military.com, for a short time, thanks to the Uniform Holiday Bill, which in 1968 established three-day weekends for federal employees by celebrating national holidays on Mondays, Veteran's Day was moved to the fourth Monday of October – the first being October 25, 1971. However, many people did not agree with this decision, continuing to honor the holiday on the original date. In 1975, President Gerald Ford signed a new law that returned Veteran's Day to November 11 beginning in 1978. Since then, parades, memorial events, volunteer efforts, and other celebrations revolving around veterans have been held on November 11.

VETERANS AROUND THE WORLD

Many countries, including the United States, celebrate veterans on or near November 11. America's closest neighbor to the north, Canada, commemorates veterans on Remembrance Day (also November 11), as does the United Kingdom. Britain also has Remembrance Sunday, which is the second Sunday of November. Remembrance Day also is called Poppy Day, when people of the Commonwealth member states wear a red poppy flower in honor of military members who have died in the line of duty.

Paying tribute

There are various ways to honor veterans on Veteran's Day and Remembrance Day. Federal government closings, educational efforts in schools, parades, and visits to military hospitals or cemeteries may take place. In Europe, it is common to observe two minutes of silence at 11 a.m. every November 11.

Veteran's Day and its sister holidays mark the honoring of veterans of all wars, with a particular focus on living veterans. It is a day to celebrate the dedication and selflessness of hardworking military men and women.



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The roles of the different branches of the U.S. military

The United States military is one of the most comprehensive, effective and respected armed forces in the world. Without the tireless commitment of military personnel - from the soldiers on the ground to the support staff behind the scenes – America could not be the world power it is today.

Each branch of the U.S. military has a unique mission, and here is a brief rundown of what those missions entail, courtesy of Military. com and the U.S. Department of Defense.

UNITED STATES ARMY

The Army is one of the three military departments that reports directly to the Department of Defense. The Army conducts operational and institutional missions around the world, typically handling land-based missions. The Army also guards U.S. installations

and properties throughout the world.

UNITED STATES NAVY

Serving to protect the freedom of the seas, the Navy is another branch of the military that reports directly to the Department of Defense. Among its many missions, the U.S. Navy serves to make the seas safe for travel and trade.

UNITED STATES AIR FORCE

The Air Force also reports directly to the Department of Defense and trains for and maintains global superiority in air, space and cyberspace. Air Force personnel fly planes, helicopters and even satellites.

United States Marine Corps

The Marine Corps is a component of the Department of the Navy. It carries out global

missions on both sea and shore and serves as an expeditionary force. Marines are a rapidreaction team and are usually the first boots on the ground in a conflict.

UNITED STATES COAST GUARD

The Coast Guard safeguards maritime interests through both civil and military missions. The Coast Guard operates around the world and in domestic waterways and ports.

UNITED STATES ARMY NATIONAL GUARD

The oldest branch of the U.S. military, the National Guard serves as a complementary force to active duty. Those in the National Guard are trained to be versatile, providing for humanitarian aid, domestic emergencies, combat missions, and homeland security operations.

The Air Force Reserve, Air National Guard, Army Reserve, Coast Guard Reserve, and Navy Reserve are the other branches made up of servicemen and servicewomen who primarily work civilian jobs but may be called to full-time military duty if necessary.

The U.S. Armed Forces are headed by the President of the United States. The Secretary of the Department of Defense reports directly to the Commander-in-Chief. The DOD controls each military branch, except for the Coast Guard, which is overseen by the Department of Homeland Security.

Learn more about the U.S. military at dod. defense.gov.

How to show your appreciation for the military in a unique time

United States military personnel serve both domestically and abroad. Active-duty personnel are following in the footsteps of retired veterans and protecting the freedoms of their fellow Americans while also plaving a vital role in protecting millions of non-Americans across the globe.

United States military personnel make myriad sacrifices every day. Recognition of those sacrifices is just one of the many ways Americans can show their appreciation for the military, even during the era of social distancing.

• HELP A VETERAN.

According to the U.S. Census Bureau, as of 2019 there were 17.4 million military veterans living in the United States. More than half of those veterans are 65 or older. As difficult as social distancing during the COVID-19 pandemic has proven for everyone, perhaps no group has sacrificed more than men and women over 65, millions of whom have been separated from their families. Aging men and women spent a year or more isolated at home to protect themselves from a virus

that public health officials acknowledged was especially lethal to people over 65. Adults who want to show their appreciation for military veterans can reach out to local veterans' organizations and offer to lend a hand. Such organizations may be delivering meals to vulnerable veterans, driving veterans to appointments to see their doctors or get vaccinated or organizing events for veterans who have already been vaccinated. Pitching in to help with such efforts is a great way to show veterans their efforts are still appreciated, even if it's been decades since they last served.

• HELP A MILITARY FAMILY.

Data from the Office of the Undersecretary of Defense indicates that there were roughly 1.3 million active-duty military personnel in 2018. Many of those service members serve overseas for months at a time. Their families back home can use a helping hand even in the best of times, but they might be especially needy while confronting the pandemic. Though vaccination projections suggest hundreds of millions of Americans will be fully vac-

cinated by mid-summer, in the meantime neighbors can help local military families handle life at home. Invite a local military family over for a weekly meal, offer to take kids to a sports practice if it's safe to do so or help out with chores like mowing the lawn or washing the car.

DONATE TO CHARITIES THAT SERVE

THE MILITARY. Adults who have not been vaccinated and are hesitant to be around others can still show their appreciation for military service members. Various organizations help both active-duty military and veterans, and donating to such charities can be a great way to help an excellent cause. If you're unsure about which organization to support, visit Charity Navigator at charitynavigator.org. Charity Navigator evaluates hundreds of thousands of charitable organizations and can be an invaluable resource for prospective donors.

Veterans and active military personnel deserve support. There are various ways for people to express that support, even as the world continues to confront the pandemic.



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Combat veterans and the threat posed by PTSD

Every day men and women in the military put themselves in harm's way to protect the lives and freedoms of their fellow countrymen. These brave men and women pay a steep price for their service, spending time away from their loved ones and putting themselves at risk of long-term physical and mental injuries.

Many men and women, even those who never served in the military, are aware of posttraumatic stress disorder, or PTSD, a mental health problem that some people develop after experiencing or witnessing a life-threatening event. Combat veterans are vulnerable to PTSD, and the percentage of veterans who deal with it each day is alarming. According to the U.S. Department of Veterans Affairs, as many as 20 percent of veterans who served during Operations Iraqi Freedom or Enduring Freedom have PTSD. In addition, the USDVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Though it's not exclusive to men and women who have served in the military, PTSD has long been linked to combat veterans. In fact, the American Psychiatric Association notes that PTSD has been referred to as "shell shock" and "combat fatigue" in the past.

While the APA notes that a diagnosis of PTSD requires exposure to an upsetting traumatic event, that exposure can be indirect rather than firsthand. Because some people may assume that only firsthand exposure to trauma can lead to PTSD, many may be suffering in silence. That makes it all the more important that people learn to recognize the symptoms of PTSD. According to the APA, symptoms of PTSD, which can vary in severity, fall into four categories.

1. INTRUSIVE THOUGHTS:

Flashbacks, distressing dreams and repeated, involuntary memories are examples of intrusive thoughts symptomatic of PTSD. The APA notes that some people with PTSD experience flashbacks so vivid that they feel they are reliving the traumatic experience or that it is unfolding before their eyes.

2. AVOIDING REMINDERS:

Some people with PTSD may avoid people, places, activities, objects, or situations they feel will trigger distressing memories. Soldiers, for example, may avoid interacting with fellow combat veterans. Avoiding discussions about a traumatic event and how they feel about it is another symptom of PTSD.

3. NEGATIVE THOUGHTS AND FEELINGS:

The APA says that negative thoughts and feelings may include ongoing and distorted beliefs about oneself or others; ongoing fear, horror, anger, guilt, or shame; considerably diminished interest in activities previously enjoyed; and a sense of estrangement and detachment from others.

4. Arousal and reactive symptoms:

These symptoms may include irritability and angry outbursts; reckless or selfdestructive behavior; being easily startled; or have difficulty concentrating or sleeping.

PTSD poses a significant threat to the men and women who serve in the military. Additional resources about PTSD is available at www.ptsd.va.gov and www.psychiatry.org.





How Memorial Day and Veterans Day differ from each other

Memorial Day and Veterans Day each honor the military, though the two holidays are not the same. Memorial Day, which is celebrated annually on the last Monday in May, honors the brave men and women who lost their lives while serving in the American military. Many communities host memorial ceremonies honoring their fallen soldiers on Memorial Day, ensuring such soldiers' bravery and sacrifices are never forgotten. While many people now view Memorial Day weekend as the unofficial start of summer, the weekend should not be celebrated without also pausing to reflect on and recognize the military personnel who lost their lives in defense of freedom and the American way of life.

Veterans Day is celebrated annually on November 11 and recognizes all men and women who have served in the military. Veterans Day coincides with Remembrance Day, which is a celebrated by the Com-

monwealth of Nations, an association of 53 member states with connections to the British Empire. Though Veterans Day and Remembrance Day are each celebrated on November 11, the latter recognizes armed forces members who died in the line of duty, making it more similar to Memorial Day than Veterans Day. It's not uncommon for people to recognize fallen soldiers on Veterans Day, but many use the holiday to express their appreciation to existing veterans.



ON BEHALF OF DEL NORTE UNIFIED SCHOOL DISTRICT AND DEL NORTE COUNTY OFFICE OF EDUCATION, THE BOARD OF TRUSTEES AND SUPERINTENDENT OF SCHOOLS WOULD LIKE TO THANK OUR MILITARY VETERANS AND THOSE CURRENTLY SERVING IN THE ARMED FORCES OF THE UNITED STATES OF AMERICA AT HOME AND ABROAD

HONORING ALL WHO SERVED VETERANS DAY

UNITED STATES OF AMERICA ------DNCOE