## How veterans demonstrate "Duty, Honor, Country" throughout their lives

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Veterans exhibit "Duty, Honor, Country" throughout their service to the United States of America. The phrase, "Duty, Honor, Country" first became the motto for the U.S Military Academy at West Point In 1898. However, General Douglas MacArthur solidified its importance in 1962 during his speech for his acceptance of the Thayer Award. The motto "Duty, Honor, Country" was made to aid in building courage when all seems lost and to shape and guide one's character. This phrase helps to shape a soldier's actions both during their deployment and after their time in the military.

Duty, an obligation to fulfill certain tasks given to solely you or as a group. During a veteran's time of service, they carry a lot of responsibility on their shoulders that they were entrusted with. A soldier's fulfillment in said responsibilities shows their character regarding integrity, behavior, and attitude. Once given a command from a superior officer, it is their duty to follow the instructions, even if it means risking their lives. Their commitment to training and the mission necessary in protecting our country is a part of their duty. These examples demonstrate the soldier's loyalty and willingness to do what is necessary for both themselves and the country. Veterans also demonstrate duty by sharing their experiences both during and after deployment. By sharing their experience, they are able to inform future soldiers of what to expect while also educating the public. The stigma regarding mental health support for veterans is slowly going away. Veterans are able to promote mental health awareness, such as having honest conversations about PTSD and advocating for resources that may assist in improving mental health. My nana was a chaplain for a VA hospital in Augusta, Georgia, and heard many stories from veterans about their experiences. Only recently are veterans and soldiers actually able to speak out about their PTSD and other related mental health conflicts. Even while fighting battles on two fronts they continue fulfilling their obligations to ensure that our citizens and borders are safe and protected.

Honor, a high respect for one. During a veteran's time in service, they may have been awarded many accomplishments and recognitions. A veteran demonstrates honor through their service in general and their sacrifices. Each position in the military is integral to our safety. No matter what role they hold, such as analyzing images to identify surfaceto-air missile sites or being face-to-face with the enemy, our soldiers protect the country from all dangers. Resilience, meaning to continue pushing through when met with obstacles, is a very important key component of honor. For example, if there was a dangerous situation, the veteran not backing out shows how mentally and physically strong they are. Pushing through when there are barriers or dangers is a very courageous act for one to do. Country, having a sense of loyalty to one's homeland. Our veterans' service in the military demonstrates the idea of loyalty for our nation. Veterans have shown their commitment to 'country' by knowingly risking their own lives to protect democracy and to uphold the U.S. Constitution. When soldiers join the military, they swear the Oath of Enlistment. This Oath of Enlistment requires that soldiers solemnly swear to defend the U.S Constitution and uphold the principles of Democracy. It is their duty to protect the country and the principles and freedoms it was built on.

Taking everything into account, veterans demonstrate "Duty, Honor, Country" throughout their lives in a variety of meaningful ways. The motto "Duty, Honor, Country" guides soldiers to be all that they can be throughout their lives, both during and after their time in deployment. The saying can act as a guiding principle for both veterans and the people. It helps to keep their spirits up in dark times and to remind them of their purpose as American soldiers. Thank you to all of our current soldiers and veterans who keep us safe.