

Sacrifice. That is the first word I think of when I think of Veterans day. Veterans day is one of the most important days for people to remember, because most of us take veterans for granted, and we don't take time to appreciate what they do each day, and what they have to live with. Veterans, past and present, have gone through so much so the people can feel safe in their country, but a lot of people don't really appreciate the special holiday. Anyone who served, even if they were not on the front lines, have gone through challenges that most of us can't put into words because of how gruesome it was. My grandfather was a medic in the Vietnam War, and even though he didn't serve the front lines, he's faced many difficulties that I can't even describe. Veterans Day is one of the most important holidays to celebrate, not only because of what they did, but also because the aftermath of service is one of the biggest challenges they face.

Too many people go about their days mindlessly and don't take time to appreciate what others have done so they feel safe. Veterans have sacrificed so much that way the people can have that sense of protection people sometimes forget. One of the major physical difficulties veterans face is disfigurement. For example, if a limb has to be amputated, basic daily tasks are a much bigger obstacle to face. Also, after service, getting a job is much more difficult, and with an amputated limb, it's even harder to land a good job. To add more struggles onto this already growing list, with a physical difficulty, it could lead to a mental difficulty. Take into perspective you are a veteran. Your leg had just been amputated, and now running, walking, jumping, and many other things are harder to do or even impossible. Many veterans are going through that at this very moment, and something that traumatic can lead to many mental challenges. Depression, anxiety, addiction, and suicidal thoughts are all major things some veteran's have to face. The main problem is post-traumatic stress disorder, or PTSD. PTSD is when someone gets vivid flashbacks of traumatic events, either by witnessing it or being a part of it. This can cause sleep disturbances and vivid flashbacks of the event. People suffering from PTSD usually have dry responses to questions or statements, and seem to ignore people and the rest of the world. Anyone who has, had, or is currently serving in the military are one of the most crucial types of people in the world. Veterans suffer through so much, but little acts of kindness can go a long way for them. Simple things, like thanking a veteran if you see one, is possibly one of the best things to do. I remember at the State Fair a while ago, my mom thanked a veteran as we passed him on our way to leave. His eyes lit up, and he seemed genuine when thanked my mom. That one act of kindness most likely made his whole day, and it required no skill, talent, or hard work. There are other small things you can do, such as hanging a flag up on patriotic holidays. Making cards for your local veterans is also something you can do. These small acts of kindness require practically no hard work, yet there's a surprising amount of people who don't do these small yet mighty actions. There are also charities that you can donate to, such as Wounded Warrior Project. Wounded Warrior Project helps veterans, whether physically or mentally wounded. Veterans sacrifice so much, so let's not have their sacrifice be for nothing. Veterans give up so much for us, and we can all take part in helping be the solution, not the problem, because even the smallest actions have the biggest effect of all.