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# HONORING OUR *Heroes*







## Facts about Memorial Day

Each year on the last Monday of May, Americans celebrate Memorial Day. Memorial Day is a federal holiday that honors and mourns American military personnel who died while performing their duties in service to the United States Armed Forces.

Memorial Day has a rich history and one that's worth revisiting as the nation prepares to honor the sacrifices made by its military personnel over the centuries.

• **Freed slaves played a role in the establishment of Memorial Day.** The American Civil War is the deadliest military conflict in American history, as the Union and the Confederacy each suffered more than 800,000 casualties by the time the war ended in 1865. According to History.com, as the war drew to a close, hundreds of Union soldiers who were being held as prisoners of war died and were buried in a mass grave in a Confederate prison camp in South Carolina. After the Confederate surrender, more than 1,000 now-freed slaves honored those recently deceased Union soldiers during a ceremony in which they sang hymns and distributed flowers. The ceremony was dedicated to the fallen soldiers and served as a precursor to what is now celebrated as Memorial Day.

• **Confederate soldiers were honored, too.** Confederate losses during the Civil War outnumbered Union

losses, and those losses were not forgotten by southerners who survived the war. History.com notes that, in 1866, the Georgia-based Ladies Memorial Association, one of many



similar organizations to arise in the aftermath of the war, pushed for a day to honor fallen Confederate soldiers. In fact, these efforts are believed to have influenced General John A. Logan. In 1868, General Logan, a Civil War veteran who was then serving as commander-in-chief of a group of Union veterans, ordered the decoration of Union graves with flowers on May 30. The day would ultimately be known as "Memorial Day."

• **It took a long time for Memorial Day to become a federal holiday.** Despite tracing its origins to the immediate aftermath of the Civil War, Memorial Day did not become an official federal holiday until 1971, more than a century after the war ended. This is the same year the hol-

iday was officially designated as taking place on the last Monday in May. The designation has periodically drawn the ire of veterans and military supporters who suggest it is now more widely seen as the unofficial beginning to summer and not a day in which the sacrifices of fallen U.S. soldiers are honored to the extent that they should be.

• **Debate exists about which town has the longest history of celebrating Memorial Day.** A handful of towns claim to be the first celebrants of Memorial Day. That debate figures to continue in perpetuity, but History.com notes that Waterloo, New York, was officially recognized by U.S. President Lyndon B. Johnson as the birthplace of Memorial Day in 1966. Doylestown, Pennsylvania, and Rochester, Wisconsin are some other towns that claim to have celebrated Memorial Day since the mid-1860s.

Memorial Day has a rich history that highlights the importance of honoring the men and women who have given their lives while in service of the United States military.



# Ways to honor military & veterans

A major portion of the North American population is comprised of people who are actively serving in the Armed Forces or those who once did. USAFacts reports the military included 2,079,142 military personnel and 778,539 civilians as of September 2023. In 2023, the U.S. Census Bureau estimated there were 15.8 million veterans in the U.S. In Canada, the 2021 Census of Population found that 97,625 Canadians were serving in the Canadian Armed Forces while 461,240 Canadians were characterized as veterans.

Military men and women work tirelessly and selflessly to defend their countries' ideals and freedoms. Too often military members do not get the attention and acclaim they deserve. The month of May, which celebrates Military Appreciation Month as well as Memorial Day, is a perfect time of year to honor those who have served in various ways.

- **Improve the community.** Veterans want the communities they call home to be the best they can be, and that can be achieved by community members pitching in to improve their towns and cities. Doing something honorable, like establishing a park in honor of veterans, can be a great way to improve a community and honor service personnel at the same time.

- **Support veteran-friendly policies.** By supporting policies and organizations that prioritize veterans' rights, individuals are showing veterans they care. Policies that ensure veterans have access to services they need warrant everyone's support.

- **Donate to a nonprofit that supports veterans.** Many charities do import-

ant work to bridge the gap in care or services needed by veterans or active military members. Using hard-earned dollars to fund these nonprofits is money well spent.

- **Ask a veteran to be a keynote speaker.** Schools or businesses can ask military members to come in and speak to groups about their experiences. Newspapers and other local publications can write about veterans and share their stories.

- **Pay respects to the country.** A simple way to honor veterans is to embrace and showcase national pride. Flying the country's flag in front of homes and businesses is a first step. Attending patriotic events, such as parades and memorials, also is a way to honor veterans and others.

- **Keep cemeteries clean.** Respect the hallowed land that is the final resting place for veterans by volunteering to tidy up around headstones and other markers. On key calendar dates, such as Memorial Day, help with the placement of flags on every veteran's grave as a token of thanks for their sacrifice.

- **Volunteer at a VA hospital.** Now more than ever VA hospitals may be short-staffed and have need of more volunteers to help with various services. Volunteer work can include visiting patients or running recreational activities, both of which can boost the spirits of veterans receiving care.

Honoring veterans and other military personnel doesn't have to be difficult. Beyond a simple "thank you," there are many steps people can take to show their gratitude to active military personnel and veterans.



## THANK YOU FOR YOUR SACRIFICE.



# MOSAIC

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## How to honor first responders

This fall marks the 20th anniversary of the 9/11 terrorist attacks. The attacks on September 11, 2001 remain the deadliest terror attacks in world history, claiming more than 2,900 lives and causing countless injuries and long-term health problems for tens of thousands of civilians and first responders.

The 20th anniversary of 9/11 will no doubt evoke responses that span the emotional spectrum. Sadness may dominate such responses, but the anniversary of 9/11 also is a great time to reflect on the efforts of first responders. First responders played a vital role on 9/11, and many lost their lives and/or suffered long-term health consequences resulting from their selfless efforts to save innocent victims of the attacks.

In the two decades since the 9/11 attacks, first responders have continued to make countless sacrifices to ensure their communities are safe and peaceful places to call home. The 20th anniversary of 9/11 is a great time to recognize the efforts of

first responders and honor them for all they do.

- **Donate to local fire departments.** According to the U.S. Fire Administration, 54 percent of active firefighting personnel are volunteers. Many of those volunteer firefighters work for underfunded departments that are in need of financial support. Donating to such departments is a great way to show first responders how much their efforts are appreciated. Donations may be used to purchase new equipment, upgrade existing facilities, provide vital training, and/or improve response times, the latter of which can increase the likelihood that firefighters make it through calls safe and sound.

- **Back legislation to support wounded first responders.** Many first responders suffer significant mental and physical injuries while on the job. Various nonprofit organizations help wounded first responders who may need to make modifications to their homes or purchase costly equipment to get through their daily lives. But nonprofit or-

ganizations cannot go it alone in support of wounded first responders. Citizens can do their part by promoting and voting for local, state and national legislation that makes it easy for wounded first responders to get the help they need, when they need it. In addition to urging local politicians to support such legislation, private citizens can utilize social media to promote proposals and other efforts to support wounded first responders. Many 9/11 first responders are still fighting for government-backed support to treat injuries suffered 20 years ago, and a vocal citizenry can be a strong asset in their fight and the fight of countless others in need of help.

- **Commit to supporting first responders year-round.** The 20th anniversary of 9/11 will call attention to the efforts of first responders on that day 20 years ago as well as the countless times since then that these brave men and women have served their communities. But first responders deserve vocal, year-round support. Make a concerted effort to thank policemen, firefighters,

EMTs, nurses, and doctors in your community whenever you interact with them, and urge others to follow suit.

First responders play a vital role in communities across the globe. The 20th anniversary of 9/11 can serve as a catalyst for communities to express their support for first responders.



## May Holidays

- National Military Appreciation Month
- National Police Week 05/11-05/17
- National EMS Week 05/18-05/24
- Firefighters' Day 05/04
- Nurses' Day 05/06
- 80th Anniversary of V-E Day 05/08
- National Homefront Heroes and Military Spouse Appreciation Day 05/09
- Armed Forces Day 05/17
- Memorial Day 05/26





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# Nurses serve in a variety of roles

Nurses are invaluable professionals within the medical community. Whether they work in hospital settings, nursing homes, assisted living facilities, doctor's offices, or elsewhere, nurses provide vital services to individuals in need every day.

Nurses wear many hats, and that's evidenced by the different types of nurses making a difference each day. Individuals considering a career in nursing should know that talented nurses are in high demand and career opportunities in the field are expected to grow in the years to come. For example, the U.S. Bureau of Labor

Statistics estimates that employment of registered nurses will grow by 6 percent between 2022 and 2032. That growth rate exceeds the average expected rate for all occupations. Whether individuals want to become a nurse or gain a greater understanding of the many ways nurses contribute each day, this rundown of the various types of nurses can shed light on these unsung heroes of the medical community.

- **Pediatric nurse:** Pediatric nurses make a strong impression because they are the first nursing professionals many people recall interacting with, and those interactions may last from early childhood through adolescence. Pediatric nurses perform a range of tasks, including the administration of medication; monitoring of vitals like temperature, pulse and blood pressure; health evaluations to identify symptoms; and even speak with parents to calm any nerves or anxieties they may have.

Pediatric nurses typically work in doctor's offices or hospital settings.

- **Geriatric nurse:** Geriatric nurses figure to be in especially high demand in the coming years, as an analysis from the Bipartisan Policy Center indicates more than four million individuals in the United States will turn 65 in 2024. AARP has characterized that surge in the over-65 population as a "silver tsunami," and geriatric nurses will play pivotal roles in ensuring the aging population gets the care it needs in the decades to come.

- **Family nurse practitioner:** The American Association of Nurse Practitioners® notes family nurse practitioners (FNPs) provide a wide range of family-focused health care services to patients of all ages. FNPs perform physical exams; order or perform diagnostic tests; prescribe medications; develop treatment plans; and treat acute and chronic illnesses. If that sounds like a role played by physicians, it's not far off, making this among the most challenging jobs within the nursing profession.

- **Emergency room nurse:** Individuals who think a fast-paced work environment is for them may want to consider a career as an emergency room nurse. ER nurses treat patients of all ages from all walks of life. No two emergency room patients are the same, so ER nurses will rarely, if ever, have the same day on the job more than once. Accurate assessment skills are vital for ER nurses, who also must be skilled communicators, as emergency room patients are often in distress.

Nursing is an expansive profession with a host of opportunities for aspiring professionals who want to work in the medical community.



**NATIONAL  
NURSES  
DAY**  
MAY 6, 2025





# HONORING MEMORIAL DAY

We honor those who gave their lives in service to our country.



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Temple	500 W. Barton Ave, Temple, TX	254-773-4564

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

## How to support veterans through nonprofits

Military service personnel make a personal sacrifice and put the country before their own needs and those of their families. Serving the military has inherent risks to safety, but many still heed the call to serve.

Serving the nation seldom is an easy task, and sometimes acting military and veterans need some assistance. Many charities work to provide that assistance, and these organizations are worth supporting.

• **Wounded Warrior Project®:** This organization was founded in 2003 by a group of veterans and friends in Roanoke, Virginia, who wanted to take action to help injured service men and women. The mission of WWP is to honor and empower service personnel who incurred physical or mental injuries, illnesses or wounds related to military service on or after September 11, 2001. According to the organization, 100 percent of a person's donation supports wounded warriors, with roughly 71 percent spent directly on programs and services, and the balance paid to support the delivery of this support.

• **Homes For Our Troops:** Homes For Our Troops builds and donates specially adapted and customized homes nationwide to help severely injured post-9/11 veterans. Since the nonprofit organization's inception in 2004, nearly 90 cents out of every dollar spent has gone directly to program services to veterans. HFOT builds homes where veterans choose to live, and continues a relationship with the veterans after home delivery to assist with rebuilding their lives.

• **Gary Sinise Foundation:** Many people recognize Gary Sinise as a prominent and award-winning actor known predomi-

nantly for his roles as Lieutenant Dan in "Forrest Gump" and Detective Mac Taylor on "CSI: New York." After the tragic attacks on September 11, 2001, Sinise began devoting much of his time to support the people who were deployed in response to those attacks. Sinise ultimately decided to found his own organization with the mission of expressing gratitude and giving support to the men and women who willingly fight for the country to keep the nation safe and free.

• **K9s for Warriors:** According to the K9s for Warriors organization, an average of 20 veterans take their own lives each day and roughly 1,000 dogs are euthanized. To change these stark statistics, K9s for Warriors was established to adopt and train shelter dogs as service animals, and pair them with mentally struggling veterans who could benefit from a four-legged friend. A study by Flagler College found 92 percent of the nonprofit's veteran graduates reported a reduction in medication usage, and 82 percent reported reduced suicide ideation after being paired with a dog.

Supporting military and veterans charities is a great way to show your appreciation for the individuals who served and sacrificed for their countries.



# What is the Purple Heart?

The United States Military is among the most impressive armed forces in the world. Millions of people have worn the uniform and defended this great nation domestically or internationally. Active and retired personnel often take pride in their military service, and the desire to serve eclipses a need for commendation. The military rewards exemplary service, and no honor is more unique than the Purple Heart Award.

A select number of people receive the Purple Heart. According to the United States Army, the Purple Heart is given to those who are wounded or killed in battle. Individuals who are injured or perish in terrorist attacks also are eligible to receive the commendation.

The Purple Heart is unlike any other commendation offered by the military. The Purple Heart is the oldest American military decoration, as General George Washington awarded the first purple-colored heart-shaped badges to soldiers who fought during the American Revolution as part of the Continental Army. Then the Purple Heart was known as the Badge of Military Merit, according to The National WWII Museum in New Orleans. Washington wanted to establish an award for valor and meritorious service. Additional criteria

were added later that governed eligibility for the award. This included, “A wound, which necessitates treatment by a medical officer, and which is received in action with an enemy of the United States, or as a result of an act of such enemy...” It also was the first military award that could be given to soldiers of any rank.

The first soldiers to receive the Badge of Military Merit were William Brown and Elija Churchill. The first service member to receive the modern-day Purple Heart was Army Gen. Douglas MacArthur for his service in the Pacific Theater during World War II.

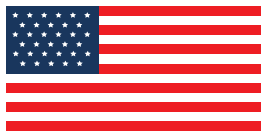
Until World War II, only soldiers in the Army could receive the decoration. It was originally stated that the Navy and Marine Corps. lacked the authority to award

it to sea service personnel. Prior to World War II, around 78,000 Purple Hearts were issued to U.S. Army personnel. However, by the end of WWII, more than one million Purple Hearts were issued to men and women. Army Lt. Annie G. Fox, who was serving as the chief nurse at Hickam Field, Hawaii, was the first woman to receive a Purple Heart for her work during the Pearl Harbor attacks, according to the USO.

The Purple Heart is issued automatically when the criteria are met, unlike other military awards that require application or petition. Service members can receive multiple Purple Hearts throughout their military careers. Curry T. Haynes, who served in the Army during the Vietnam War, had a total of 10 Purple Hearts at the time of his death in 2017 from cancer.

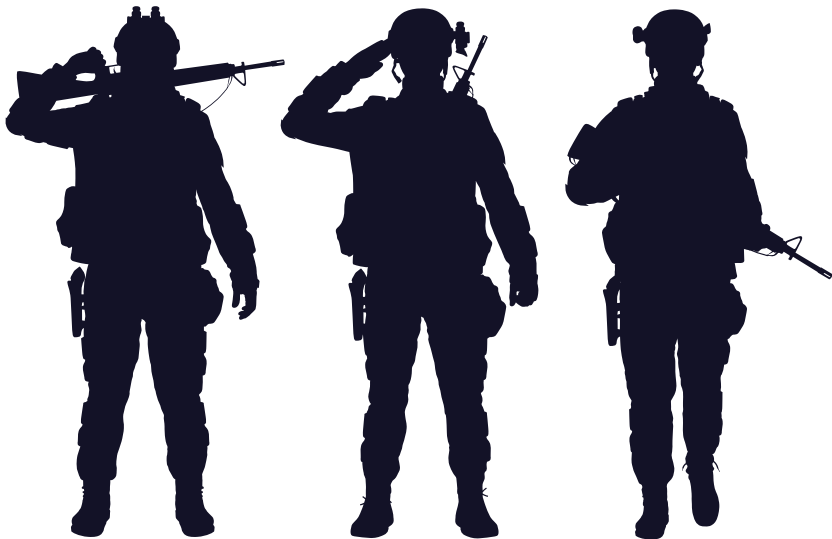
U. S. President John F. Kennedy is the only president to receive a Purple Heart. President Kennedy served in the Navy during WWII and injured his back when a Japanese destroyer collided with his patrol torpedo. Despite his injury, Kennedy swam three miles while towing a badly burned crew member to safety.

The Purple Heart Award is a unique military decoration that has evolved since its inception during the American Revolution.



# ARMED FORCES DAY

**MAY 17, 2025**











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and Honor You



# The basics of PTSD

Being involved in a traumatic event can be a harrowing experience. Such situations can elicit a range of reactions, some of which may linger for quite some time. When that occurs, people may be experiencing post-traumatic stress disorder, or PTSD.

What is PTSD?

The American Psychiatric Association characterizes PTSD as a psychiatric condition that may occur in people who have experienced or witnessed a traumatic event or series of such events, which are viewed by the individual as emotionally or physically harmful or life-threatening. The APA notes that symptoms must last for more than a month and cause significant distress or problems with a person’s ability to function each day in order to be diagnosed as PTSD.

Can anyone develop PTSD after a traumatic event?

Yes. The APA notes PTSD is not exclusive to any particular ethnicity, nationality, culture, or age group. However, the APA also points out that most individ-

uals who experience traumatic events do not go on to develop PTSD.

What are the symptoms of PTSD?

The National Institutes of Mental Health reports that symptoms of PTSD are broken down into four categories:

- Re-experiencing symptoms: Flashbacks in which the event is relived, including its physical symptoms; recurring memories or dreams related to the event; distressing thoughts; and physical signs of stress are considered re-experiencing symptoms.
- Avoidance symptoms: These symptoms may cause people to change their routines, such as avoiding being in a car after a traffic accident. Avoidance symptoms include staying away from places, events or objects that remind individuals of their traumatic experience. Symptoms also may involve avoiding thoughts or feelings related to the event.
- Arousal and reactivity symptoms: The NIMH notes these symptoms are often constant and can lead to feelings of stress and anger that interfere with daily activities like sleeping, eating or concentrating. Being easily startled; feeling

tense or on edge; irritability and angry or aggressive outbursts; and engaging in risky, reckless or destructive behaviors are some examples of arousal and reactivity symptoms.

• Cognition and mood symptoms: These symptoms can cause people to feel detached from loved ones. People experiencing cognition and mood symptoms may have negative thoughts about themselves or the world; ongoing negative emotions, including fear, guilt or shame; feelings of social isolation; and difficulty feeling positive emotions like happiness.

Can PTSD be treated?

Yes. The APA lists cognitive behavioral therapy and medication among the options doctors may consider to help people overcome their PTSD. More information about PTSD treatment can be found at psychiatry.org.

PTSD does not affect most people who experience a traumatic event. But the APA urges individuals who develop PTSD to recognize they are not to blame and that treatment is available and effective.

Answers on Page 14.



*This*  
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## HONOR AND PRIDE WORD SEARCH

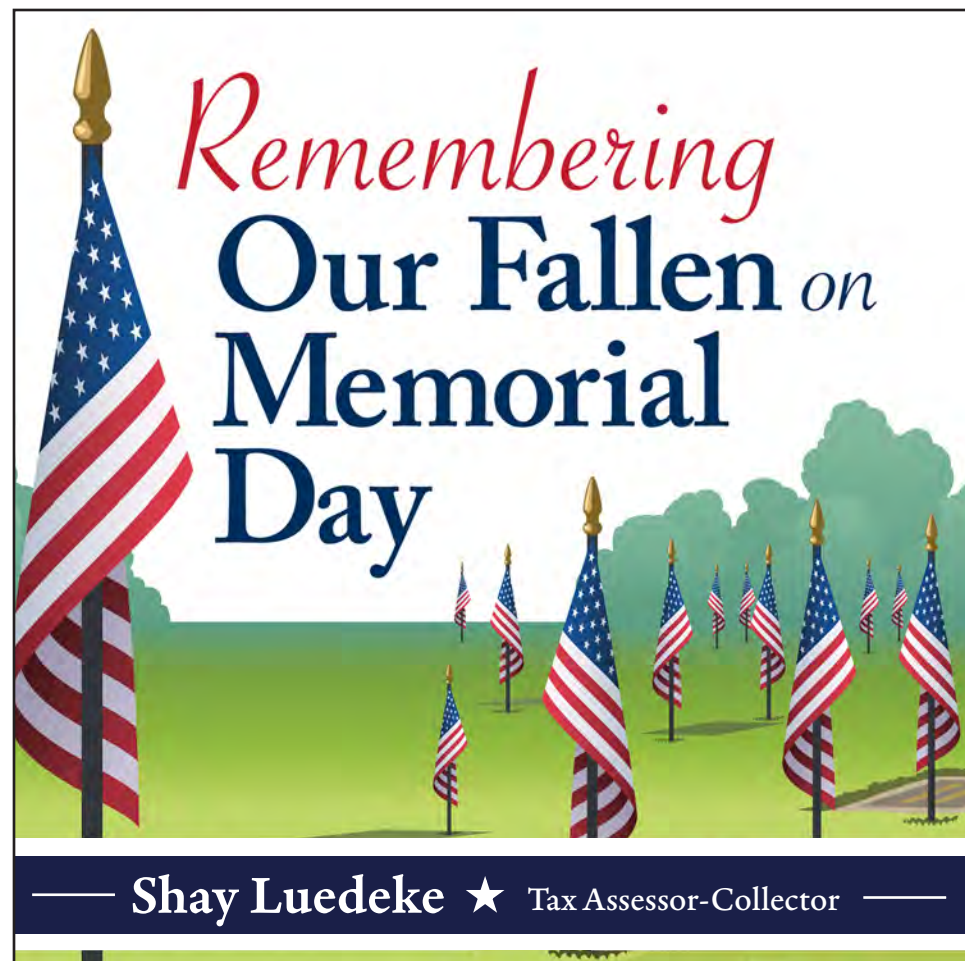
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L	R	D	C	E	N	C	N	G	A	L	F	C	V	T	I	E	M	O	F

Find the words hidden vertically, horizontally, diagonally, and backwards.

### WORDS

BRANCH  
CEMETERY  
DRAFT  
DUTY  
ENLIST  
FALLEN  
FEARLESS  
FLAG  
HEROES  
HONOR  
MEMORIAL  
MEMORY  
MILITARY  
OBSERVED  
PLATOON  
REMEMBER  
RESPECT  
SACRIFICE  
SERVICE  
SOLDIER  
SOMBER  
THANKS  
TOUR  
VETERAN





## How to help aging veterans

According to data from the Department of Veterans Affairs, surveys from the Pew Research Center and the U.S. Census Bureau, there were more than 18 million living military veterans in the United States by the end of 2023. Seventy-two percent of those veterans are age 50 and older, and many served during wartime.

Military personnel make significant sacrifices to protect the freedoms Americans enjoy each day, and it's vital that those efforts are never forgotten, even if it's been decades since service personnel have been on active duty.

Thirty-seven percent of living veterans are age 70 and older, and these brave individuals must face the challenges of aging as well as some, including chronic injuries, that might be traced to their time in the military. That makes helping aging veterans an especially worthy endeavor, and those interested in doing just that can consider the following ideas.

- **Offer your expertise free of charge.** Working professionals can help aging veterans by providing advice or services free of charge or at steep discounts. For example, accountants can offer to prepare and file aging veterans' tax returns free of charge or, if the returns are complicated, at steep discounts. Financial advisors can visit a local veterans hall or home and speak to members or residents about managing money after retirement.

- **Invite veterans over for special events or gather-**

**ings.** The Department of Veterans Affairs reports that veterans who served in the last 30 years make up the largest number of living veterans. Though there are still plenty of veterans who served prior to 1994, they may no longer have extensive social networks as more and more aging veterans pass away. Social connections are vital to long-term health, and researchers at the Center for Healthy Aging at Penn State University found that adults between the ages of 70 and 90 who reported more frequent, pleasant social interactions exhibited improved cognitive performance in the ensuing days. Individuals who want to help aging veterans can invite them over for special events, such as game watches, holiday gatherings or even weekly family meals.

- **Pitch in around the house.** Whether they suffered injuries during their time in the service or not, many aging veterans face the same physical limitations as others approaching or past retirement age. Offer to help aging veterans around the house. Mobility issues can make it hard to mow a lawn, tend to a garden or clean the interior of a home. Such tasks are made much easier when others pitch in, and these gestures can be a great way for families to show their appreciation to the brave individuals who protected the freedoms Americans enjoy each day.

There's no shortage of ways to help aging veterans, many of whom could use a helping hand as they navigate their golden years.



# Ideal foods for a Memorial Day barbecue

Though Memorial Day precedes the summer solstice by several weeks, the three-day weekend in late May is widely viewed as the unofficial start of summer. Backyard barbecues have become a popular way to celebrate Memorial Day weekend, and all eyes tend to be on the grill once a party kicks off.

Food is indeed a big component of Memorial Day weekend. A 2024 survey from the market research experts at Numerator found that 52 percent of Memorial Day celebrants intended to grill or barbecue at home during the holiday weekend. Hosts likely recognize that guests will expect to eat during a backyard barbecue, and the following are some ideal dishes to offer this Memorial Day weekend.

- **Salads:** Weather is unpredictable, but conditions tend to be warm in many parts of the country by Memorial Day weekend. That means some guests will be looking for lighter fare that won't make them feel too sluggish in the late-spring sun. Salads can fit the bill for hungry guests who want to satisfy their cravings without feeling bloated. Tri-color pasta salad, anti-pasto and tossed salad make for great appetizers that pack a nutritional punch as well. Of course, don't forget staples like macaroni and potato salad, which are often best served alongside grilled fare.

- **Smoked foods:** Smoking meats has become wildly popular in recent years. A 2024 report from Research and Markets indicated that the global markets for smoker grills is projected to increase from \$6.8 billion in 2023 to \$9.3 billion in 2030. Memorial Day weekend barbecue hosts can consider the growing affinity for smoked foods and offer something up from their own smoker. There's no shortage of foods that can be smoked, from whole chickens to brisket to desserts, and guests may appreciate a smoky taste of something different this Memorial Day weekend.

- **Hot dogs and hamburgers:** Though

experimentation and unique offerings are sure to be appreciated, it's also important to offer guests some traditional backyard barbecue staples. Perhaps nothing fits that bill better than hot dogs and hamburgers. A 2024 analysis of grocery store sales conducted by Upside found that sales of store-brand hot dog buns increase by 449 percent over Memorial Day weekend, even though hamburger bun sales make up more than half (54 percent) of all bun sales over the rest of the year. Hot dogs and Memorial Day weekend seem to go hand-in-hand, but that doesn't mean a grill should go burger-free come this popular late-May holiday. Upside reports hamburger bun sales increase by 273 percent over Memorial Day



weekend, proving hosts and guests really favor these staples when kicking off summer celebration season.

- **Water:** It's easy to overlook when the focus is on food, but water is a necessity at Memorial Day weekend barbecues. Water can help people remain hydrated and cool off if temperatures spike, and it also can help adults avoid overindulging in alcohol. The Numerator study found 76 percent of Memorial Day shoppers purchase beer over the weekend, and alcohol can lead to dehydration. Offering water can help guests remain hydrated and encourage responsible alcohol consumption.

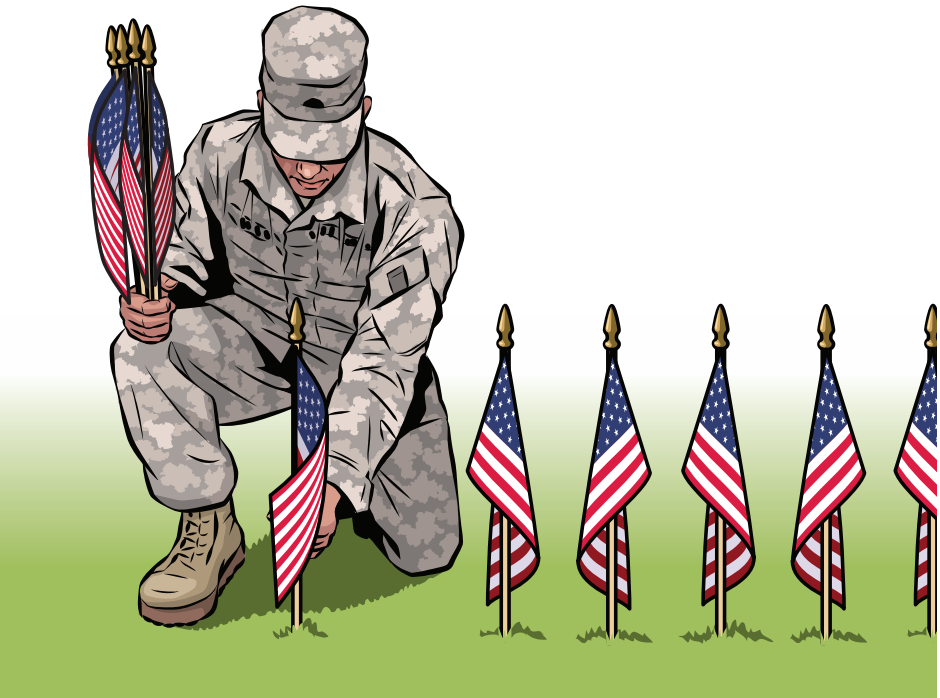
Memorial Day weekend is a festive time, and backyard barbecue hosts can add to the fun by serving foods tailor-made for such celebrations.



## Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

Answers on  
Page 14.





# Remembering Our Fallen *on* Memorial Day

Veterans play an important role in educating our nation's youth about the founding principles upon which America was founded. As combat veterans, VFW members can provide students with a unique perspective about the sacrifices America's service members make to maintain freedom for all of us. When visiting a classroom, a VFW member may bring appropriate memorabilia, uniforms, photographs and other relevant material. American history is something we all share, and there's no one better to help tell that story than someone who's had a great part in shaping it. Contact a VFW POST 4008 member to arrange for a veteran to visit your classroom. See website and join us for Bingo, all proceeds go to our Veterans, youth programs, scholarships and more.

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REMEMBER AND HONOR

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# The roles of various military members

Reports from the United States Central Intelligence Agency indicate the country has the third largest active military in the world. As of September 2023, the U.S. military consisted of just under three million people, more than two million of whom are military personnel (just under 800,000 are civilian employees).

The U.S. military is made up of seven branches: Army, Marine Corps, Navy, Air Force, Space Force, Coast Guard, and the National Guard. No two branches of the military perform the same functions, and there are various leadership positions within the branches. The following run-down of various military positions can help Americans gain a greater understanding of the individuals who work to keep the country safe each day.

• **Secretary of Defense:** The Secretary of Defense is a unique position in America, as laws designed to ensure civilian control of the military mandate that the Secretary of Defense cannot have served as an active-duty commissioned officer in the military in the preceding seven years (ten years in the case of a general). The Secretary of Defense is the head of the Department of the Defense and the secretary's authority over the military is second only to the president's.

• **Chief of Naval Operations (CNO):** The CNO is the highest-ranking officer in the United States Navy. The CNO an admiral and is a member of the Joint Chiefs of Staff, which is the body of the most se-

nior uniformed officers within the Department of Defense. Though the CNO is a significant position, the person in the role does not have operational command over naval forces.

• **Four-star General:** General is a title familiar to civilians and armed forces personnel alike. A Four-star General in the U.S. Army is a senior level commissioned officer who typically has more than 30 years of experience and service. General is the highest rank normally available in the U.S. Army, though a General of the Army may be named in time of war where the commanding officer must be equal or of higher rank than individuals commanding armies from other nations.

• **General (Air Force):** General also is the highest rank in the United States Air Force. According to Executivegov.com, four-star generals in the Air Force take charge of command positions in NATO, Numbered Air Forces, and the Chief of Staff.

• **Commandant of the Marine Corps (CMC):** The CMC is the highest-ranking Marine Officer and is also a four-star general. The CMC is on the Joint Chiefs of Staff and reports directly to the Secretary of the Navy. The CMC transmits the plans and recommendations of the Marine Corps to the Secretary and advises on those plans.

These are just a handful of the influential positions established to ensure the U.S. military can effectively fulfill its mission to keep the country safe each and every day.



## Game Answers

C	I	H	V	E	H	S	I	Y	T	R	R	B	F	Y	U	B	R	M
Y	A	P	S	E	L	R	A	E	F	U	S	I	A	T	U	S	N	K
P	E	G	D	R	E	C	E	L	D	O	C	E	U	M	V	D	A	F
U	B	G	D	R	E	C	E	L	D	O	C	E	U	M	V	D	A	F
M	B	U	V	B	B	P	E	D	G	E	K	M	C	R	F	E	L	H
P	S	O	L	Y	D	M	P	S	K	L	E	A	N	E	L	L	A	F
A	T	D	I	U	S	U	F	T	E	M	R	Y	R	A	T	I	L	I
T	O	O	N	I	E	G	R	E	M	A	N	B	L	A	E	C	V	E
N	L	A	N	C	E	O	M	E	V	B	R	R	A	N	P	K	O	R
G	O	U	D	M	T	C	C	N	C	A	D	V	F	H	E	M	F	E
H	A	B	U	O	R	R	G	C	N	C	O	R	E	K	N	I	E	Y
P	T	B	I	R	A	I	N	K	E	S	E	M	S	E	O	R	E	H
N	O	L	C	E	N	G	A	L	F	C	V	T	I	E	M	O	F	A

6	4	7	3	9	5	2	1	8
9	1	3	4	2	8	5	7	6
5	8	2	1	7	6	9	3	4
7	5	8	9	3	1	4	6	2
3	6	4	7	5	2	8	9	1
2	9	1	8	6	4	3	5	7
1	3	9	2	8	7	6	4	5
8	7	6	5	4	3	1	2	9
4	2	5	6	1	9	7	8	3

## B-TOWN BULLETIN

### Belton PD Youth Police Academy

6th-8th Grade

9a-4p | June 16-18

\$30 for lunch, activities, shirt, & snacks

Apply by May 9 @ PD

### Memorial Day - Remember & Honor

412 E Central Ave, Belton

6p | May 28

By Belton Area Chamber  
of Commerce

### Rucks on Main Memorial Day

#### Ruck March

Fill rucks with food to donate and  
march

9a | May 24

\$40 | [www.rucksonmain.org](http://www.rucksonmain.org)

## ★ ★ ★ ★ Safety tips ahead of your Memorial Day barbecue ★ ★ ★ ★

Memorial Day weekend marks the unofficial start of summer for millions of people across the country. Backyard barbecues are a staple of Memorial Day weekend, and such informal gatherings contribute much to the laid back vibe of this beloved three-day weekend.

Backyard barbecues may be all about food and fun, but it's important that hosts take measures to ensure such soirees are safe as well. By employing the following measures, hosts can ensure their Memorial Day barbecues are safe for all in attendance.

- **Place the grill in a safe location.** The National Fire Protection Association urges hosts to place their grills a safe distance away from the home, deck railings and out from under eaves or overhanging branches. The NFPA also notes no grill should be placed within 10 feet of any structure, including a home.

- **Check propane tanks for leaks prior to using the grill.** Memorial Day may be the first time many people use their grill since the previous summer or fall. The NFPA recommends propane grill users check their tanks for leaks prior to using the grill for the first time. This inspection is simple. Apply a light solution of soap and water to the hose. The NFPA notes a propane leak will release bubbles. The smell test also can reveal a leak, as a strong odor of gas can indicate a leak. In such instances, close the tank valve and turn off the grill. If the leak stops, have the grill serviced by a professional. If the leak persists, call the fire department. The NFPA urges hosts who detect an odor of gas while cooking to get away from the grill immediately and call the fire department. Do not move the grill in such instances.

- **Man the grill at all times.** An unattended grill poses a significant safety hazard. Whether you're using a propane grill, a charcoal grill, a smoker, or a hybrid, make sure an adult is keeping an eye on the grill at all times.

- **Purchase long-handled cooking tools.** The American Red Cross notes that long-handled cooking tools are designed to keep chefs safe. Such tools ensure cooks' hands and arms do not have to be directly over flames, which can periodically flare up and pose a safety hazard.

- **Ensure children are supervised when swimming.** The grill is not the only safety threat that may be present at Memorial Day barbecues. Hosts who will open their pools or provide inflatable pools for children should make sure kids are supervised when in or around the water at all times. Before allowing kids in a pool, hosts should confirm their swimming abilities and insist kids who cannot swim or only recently learned to swim wear inflatables or life jackets to reduce drowning risk.

Memorial Day weekend is a festive time at many households. By emphasizing backyard barbecue safety strategies, hosts can ensure everyone has a great time and gets home safe this Memorial Day weekend.





HONORING THEIR  
**Service & Sacrifice**

