

# Veterans Day



PV2 Brock Ormsby, Army National Guard  
Active Duty



3rd Class Machinist Roger  
Truitt, Osgood, U.S. Navy,  
Vietnam War 1967-1971



Cpl Kenneth Shaw, Co B,  
87th Recon Bn., Korea



Cpl Dan Cyrus, Third  
Marine Division 69-71

## PV2 Casey Burdette graduates from basic

### SUBMITTED PHOTO

PV2 Casey Burdette graduated on October 28 from US Army basic Combat training at Fort Jackson, South Carolina. Burdette, son of Rachel Burdette and Rob Burdette, is a lifelong Milan resident and a 2020 graduate of Milan High School. He moves on now to Fort Lee, Virginia for advanced individual training as a wheeled vehicle mechanic.



(At left) Tec 5 Ralph Scott  
Hehe, HQ Co 2 Bn 3 Inf  
Div, World War II



SSgt Joshua Flodder,  
Batesville, U.S. Air Force,  
Minot AFB, Minot, ND,  
Active



(At left) PFC  
Greg Niese,  
Batesville,  
U.S. Army,  
Fort Hood, TX.



Corporal Robert E. Flodder,  
Batesville, U.S. Army Air  
Corps, World War II



SFC Christopher Flodder,  
Batesville, U.S. Army, Active  
Guard Reserves, Army  
Aviation Support Facility,  
Shelbyville, IN, Active



Sgt. Lee Flodder, Batesville,  
U.S. Marine Corps,  
Mountain Warfare Training  
Center, Bridgeport, CA,  
Active

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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 post-traumatic 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 US-DVA notes that estimates now suggest as many as 30 percent of Vietnam veterans have had PTSD in their lifetime.

Though it’s not exclu-



sive 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.

PTSD...Cont. Pg. 7

# 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.

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 three-day 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.



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# Veterans Day

## PTSD...Cont. from Pg. 6

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; consid-

erably 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 self-destructive 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](http://www.ptsd.va.gov) and [www.psychiatry.org](http://www.psychiatry.org).

Charles Blair Jr., Versailles, U.S. Army, 82nd Airborne Specialist  
Dallas Lamping, Batesville, U.S. Army  
MM3 Kelly Carf, Guilford, U.S. Navy  
Sgt. Reid Meyer, Batesville, U.S. Marine Corps, Somalia and Iraq  
Lance Corporal Joseph Steven Dean, Napoleon, U.S. Marine Corps  
E4 Brandi Jo Dean, Napoleon, U.S. Army  
Sgt. Benjamin Howard Dean, Napoleon, U.S. Marine Corps  
Cpl. Steve Spencer, Batesville, U.S. Army Reserves  
E5 Donald Comer, Osgood, U.S. Army  
E3 James Comer, Osgood, U.S. Navy  
Kaleb Riley, Versailles, U.S. Airforce, Active

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