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SDDVA February Column – Valentine's Day: A Time to Honor Our Veterans and Their Families

Valentine's Day is traditionally a time for celebrating love, affection, and appreciation for those who hold special places in our hearts. While roses, chocolates, and sweet messages are the norm, it's also a perfect opportunity to reflect on a different kind of love—the deep and unwavering love for country and the sacrifice that comes with it.

As we celebrate this day of love, let us not forget the men and women who have selflessly served in our military. They've given up comforts, faced dangers, and endured hardships to protect the freedoms we hold dear. Valentine's Day is a chance to recognize the extraordinary contributions of our veterans—those who have fought for our country in times of peace and conflict alike.

It's also a time to honor the families of our veterans. Behind every soldier, sailor, guardian, airman, and marine is a family that has sacrificed just as much. They've lived with uncertainty, carried the weight of waiting for loved ones to return, and often had to manage life's challenges alone. These families serve alongside our veterans, offering their unwavering support, strength, and love, sometimes without recognition.

This Valentine's Day, consider reaching out to a veteran, a service member, or a military family. A simple card, a word of thanks, or a gesture of support can make a world of difference. Or, it could be a great time to do a "buddy check." Remember, love comes in many forms, and sometimes, the most meaningful expressions of love are those that acknowledge the sacrifices others have made for us.

As we exchange sweet notes and tokens of affection this February 14th, let's take a moment to extend that same appreciation to those who have served our country and the families who stood by them. The love and sacrifice they have shown deserve our heartfelt recognition—not just on Valentine's Day, but every day.