

e-tips...*to help you Live Well*

I Love National Flag Day


100 years ago, President Woodrow Wilson designated June 14 as National Flag Day. He intended that on this day we would rededicate ourselves to our nation, remember our first fathers' vows of independence and liberty and stand with united hearts as citizens of the United States.

And, oh, how I love our flag. Betsy Ross is credited with creating the first American flag in 1776 and 17-year old Robert G. Heft of Ohio submitted the winning design of the 50-star American flag to President Dwight D. Eisenhower in 1959. It is such a pleasing and timeless design and I love how each star represents all 50 of our unique but united entities. I'm especially fond of the last two additions – Hawaii and Alaska!

The flag flying at my house represents my love and commitment to my country. I know America is not perfect, but I wouldn't want to live anywhere else. I value my freedom to live, work, worship, play, and travel anywhere I want. I love our diversity and am so happy my ancestors came from England and Norway to settle here and that my new family members are from Chile and Puerto Rico. And while I dislike our current public incivility, I'm also grateful for freedom of speech.

I think we really need to honor National Flag Day this year, maybe more than in years past. Join me this year in flying your flag or recognizing flags in the community and demonstrating your commitment to our country and all it represents. Our national anthem, The Star Spangled Banner, expresses my hope for our ability to move through today's strife, "And the rocket's red glare, the bombs bursting in air, Gave proof through the night that our flag was still there, O say does that star-spangled banner yet wave, O'er the land of the free and the home of the brave?"

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

