A patriot loves their country and defends it. My mom is a great example of a patriot. She recently joined the Air Force as a CRNA. She puts people to sleep for their procedures. It may not seem like much, but she's making a difference and an impact.

The members of my church show their patriotism by helping people in the community. They're showing their love for our country and all of the people in it. This deep devotion to one's country is what drew me to the members who do Meals on Wheels. On Thursdays, they gather early in the morning to make meals for people. One day, during my leadership program at the church, I inquired about what they were doing. A gentleman kindly explained to me that it wasn't just about delivering food to people, but spreading the gospel and hope. He told me that he could give me a snack and I'd eat it and it'd be gone, but if he gave me the gospel, it would never go away. I helped them deliver meals and spent my breaks helping them make meals. To me, being patriotic means helping each other, being kind, and making sacrifices.