

Parent/Child Incorporated (PCI) Veterans Day

November 11, 2022



Dr. Sharon Small
Chief Executive Officer/HS/EHS Director
MEd, MA, PhD

Presidential Proclamation





A Proclamation on National Veterans And Military Families Month, 2022

This month, our Nation honors the strength and sacrifices of the families, caregivers, and survivors of our veterans and our current service members. They may not wear uniforms, but their service is essential to our national security and the character of our Nation. We owe them a debt of gratitude that we can never fully repay.

Constant tours, deployments, and rotations are difficult for our military families. Jill and I have personally experienced the anxious pride that parents feel seeing their child in uniform. We have marveled at the devotion of military families and their resilience to uproot their lives every few years and move to new communities. We honor the stalwart courage and resolve of veteran families caring for their loved ones when their service in uniform concludes. We grieve alongside families of the fallen who have lost a piece of their soul. That is why I take so seriously the sacred obligation to prepare and equip our service members when we send them into harm's way and to care for them and their families when they return home.

Since coming to office, I have signed into law important expansions of services and benefits to support our veterans and their families, improved VA health care and benefits for veterans exposed to burn pits and other toxic substances through the PACT Act, and made historic reforms to the military justice system that will enhance safety and protections for service members and their families impacted by sexual assault and domestic violence.

Proclamation Continued

The First Lady's Joining Forces initiative is helping military spouses find jobs, connecting military children with better education, and helping to ensure that military and veteran families, caregivers, and survivors have what they need to thrive. My Administration has also released a comprehensive public health strategy to reduce military and veteran suicides, which will guide our efforts to stand with families and protect the lives of our Nation's heroes.

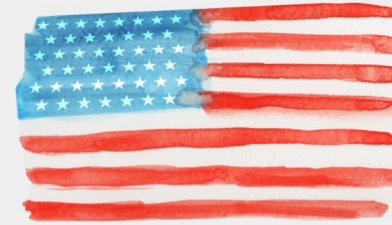
To be a veteran or a service member is to have endured and survived challenges most Americans will never know. To be the family of one of those proud patriots is to sacrifice more for our country than most Americans will ever give. During National Veterans and Military Families Month, we pay homage to the unrelenting bravery and dedication of all who wear the uniform and to the unwavering love and support of all who serve alongside them. Families who put their lives on hold so our military can hold the line represent the best of America, and we will always remember what they do for our Nation.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2022 as National Veterans and Military Families Month. I call upon the people of the United States to honor veterans and military families with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October, in the year of our Lord two thousand twenty-two, and of the Independence of the United States of America the two hundred and forty-seventh.

JOSEPH R. BIDEN JR.





— Thank you for —

DEFENDING
OUR LIVES AND
OUR LIBERTY.

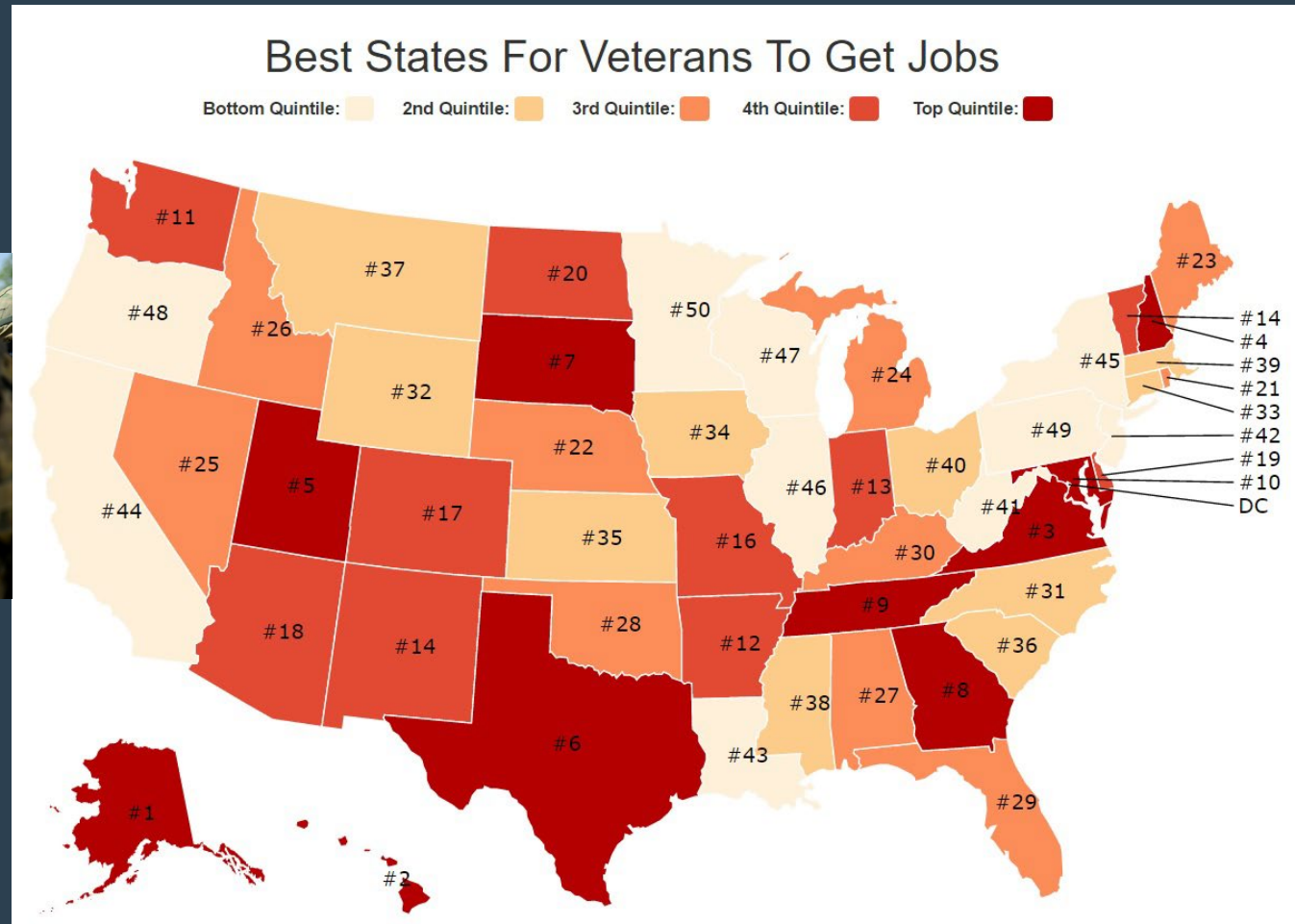




VETERANS DAY HISTORY

Veterans Day occurs on November 11 every year in the United States in honor of the “eleventh hour of the eleventh day of the eleventh month” of 1918 that signaled the end of World War I, known as Armistice Day. In 1954, President Dwight D. Eisenhower officially changed the name of the holiday from Armistice Day to Veterans Day. In 1968, the Uniform Holidays Bill was passed by Congress, which moved the celebration of Veterans Day to the fourth Monday in October. The law went into effect in 1971, but in 1975 President Gerald Ford returned Veterans Day to November 11, due to the important historical significance of the date. Veterans Day commemorates veterans of all wars! Veterans Day originated as “Armistice Day” on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime.

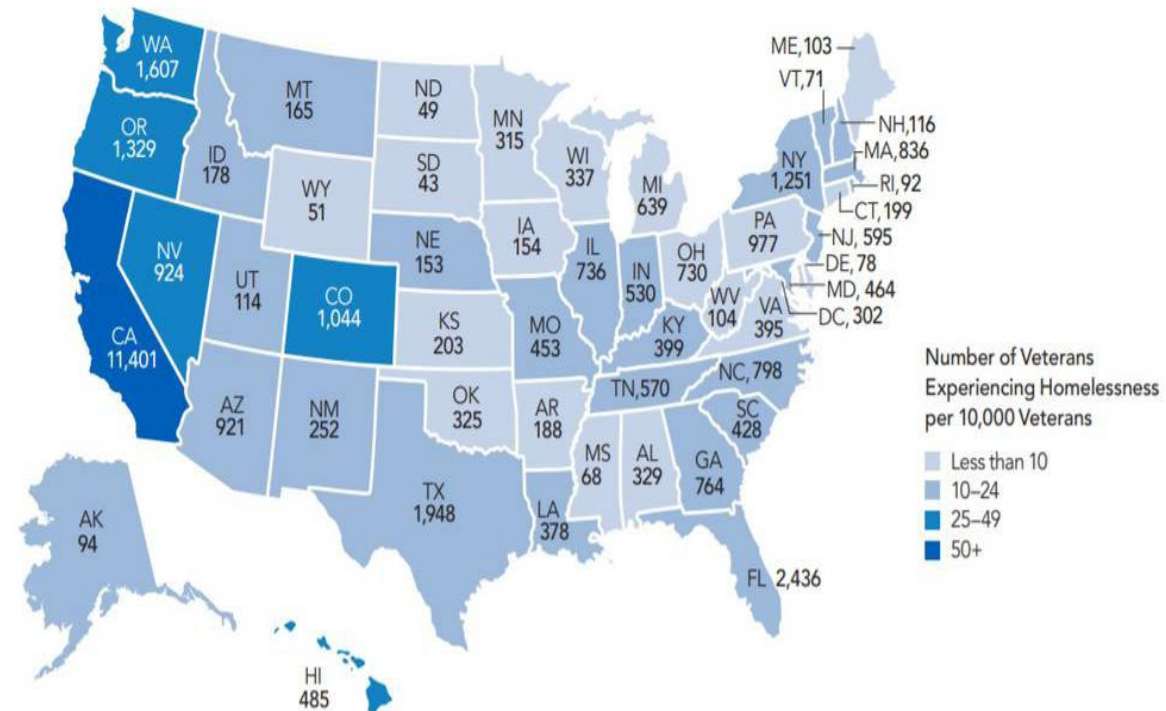
Military Stats



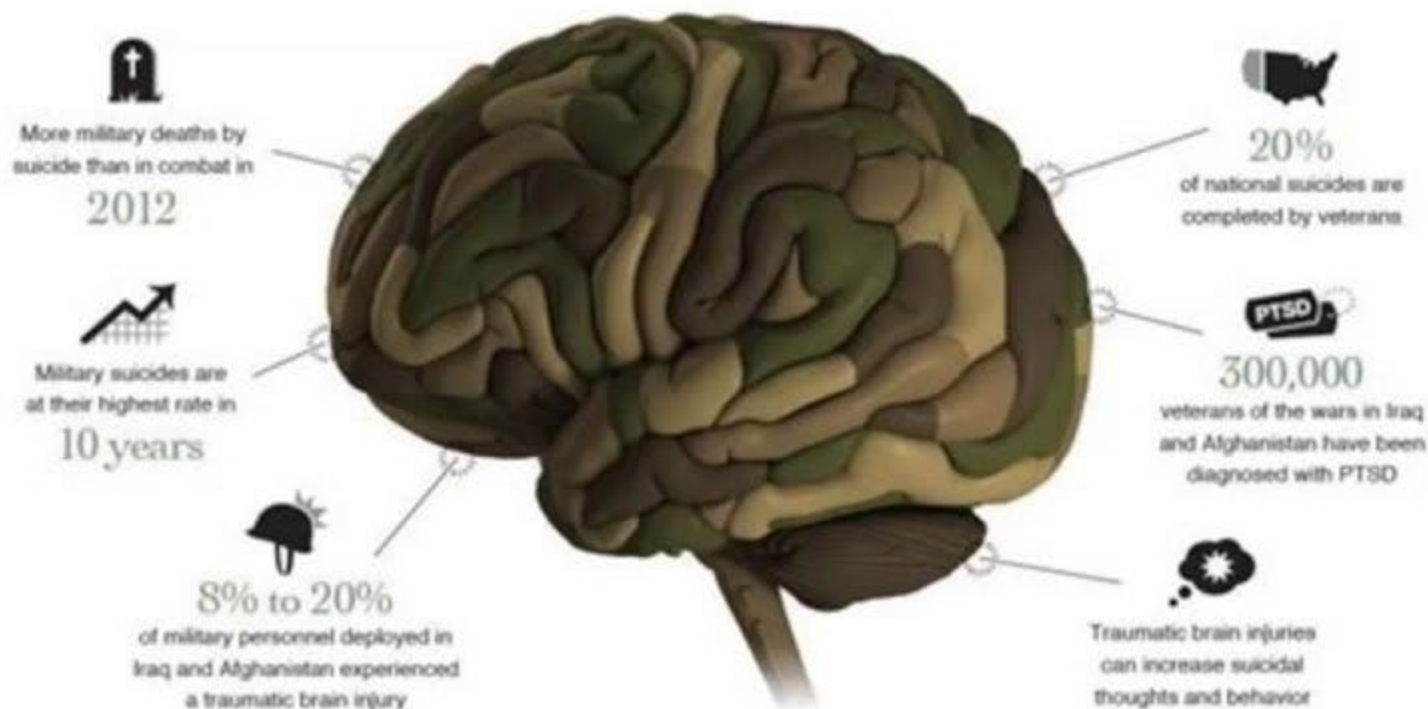
HOMELESS VETERANS



EXHIBIT 5.5: Estimates of Homeless Veterans By State, 2020



A VETERAN'S WORST WOUNDS MAY BE THE ONES YOU CAN'T SEE.



Recognizing mental illness is the first step toward recovery. Show returning soldiers that seeking help is a sign of strength. Learn more at psychiatry.org/mentalhealth



MENTAL ILLNESS & OUR VETERANS

- Of the 1.7 million veterans who served in Iraq and Afghanistan, 300,000 (20 percent) suffer from post-traumatic stress disorder or major depression
- A 2013 report of mental health care for OEF and OIF veterans found that the mental health workforce had insufficient capacity to address the needs of service members returning home
- Data indicate that one-third of returning Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) service members have reported symptoms of mental health or cognitive problems
- (APA.ORG)





1 IN 3 

WARRIORS DO NOT FEEL COMFORTABLE WITH EXISTING MENTAL HEALTH CARE RESOURCES WITHIN THE DOD OR VA.


“ WE ACT TOUGH, SO PEOPLE ASSUME WE DON'T NEED HELP - **WHEN WE REALLY DO, AND WE JUST CAN'T ASK FOR IT.** ”
- WWP ALUMNUS

“ I LIED ABOUT MY EMOTIONS, EXPERIENCES, AND SYMPTOMS OF PTSD WHEN I SEPARATED FROM THE MILITARY SO I COULD GET OUT WITHOUT MENTAL HEALTH ISSUES ON MY RECORDS. TRYING TO FUNCTION AS THOSE SYMPTOMS ONLY WORSENER WAS A NIGHTMARE. ”
- WWP ALUMNUS

THE UNEMPLOYMENT RATE FOR NON-ACTIVE DUTY WARRIORS IS



THREE TIMES THE CURRENT NATIONAL UNEMPLOYMENT RATE.

 52.6% OF WARRIORS SAY ISSUES CONCERNING **PHYSICAL HEALTH** CAUSED THEM TO CUT DOWN ON TIME SPENT AT WORK OR OTHER REGULAR ACTIVITIES.

“ JUST BECAUSE SOMEONE HAS PTSD, IT DOES NOT MEAN THEY ARE INCAPABLE OF PERFORMING OR HOLDING A JOB. ”
- WWP ALUMNUS



OF WARRIORS HAVE A **FRIEND** WHO WAS SERIOUSLY WOUNDED OR KILLED ON DEPLOYMENT.

59.8%



OF WARRIORS INDICATE THEY FEEL THERE'S **LITTLE MEANING** IN THE THINGS THEY DO IN THEIR **DAILY LIFE.**

“ I FELT LIKE I DIDN'T BELONG HERE, THAT I SHOULD HAVE DIED IN THE WAR. ”
- WWP ALUMNUS

**22 VETERANS
DIE BY SUICIDE
EACH DAY**



30% of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health problem requiring treatment

Of the 30%, less than half of returning veterans in need receive any mental health treatment



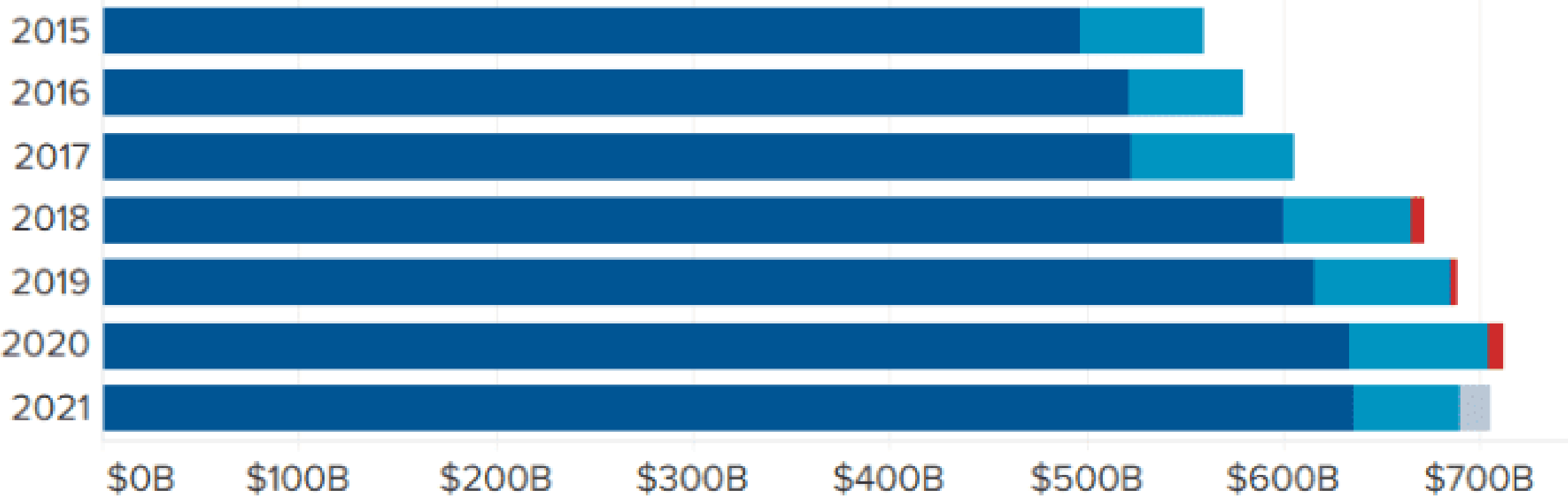
Source: Mental Health First Aid USA @MHFirstAidUSA



Department of Defense funding by fiscal year

2021 figure is the proposed budget. Prior years are the enacted budgets.

■ Base ■ OCO (War Budget) ■ OCO for Base ■ Emergency



SOURCE: Office of the Under Secretary of Defense (Comptroller)/Chief Financial Officer.

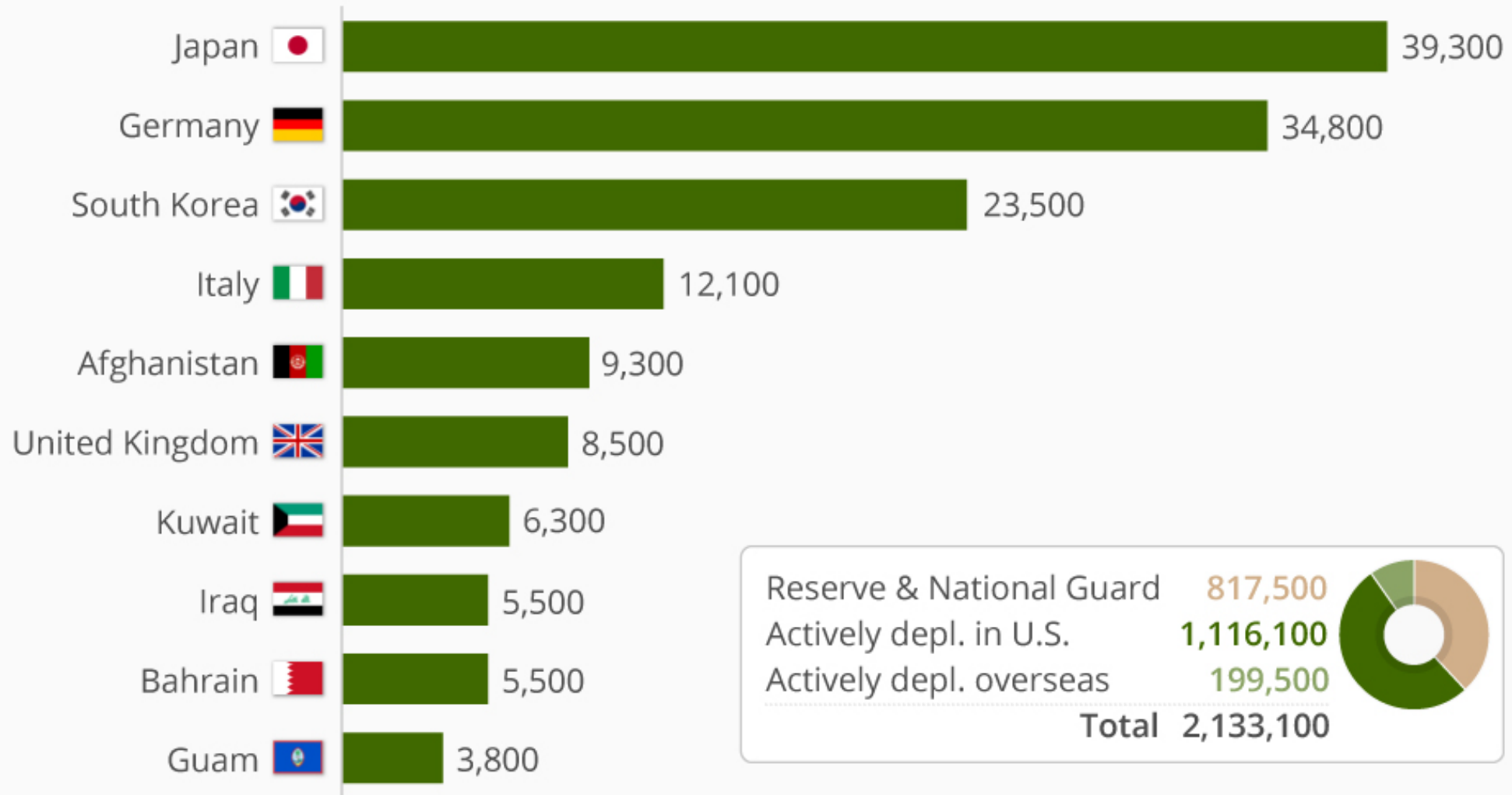




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Where U.S. Military Personnel is Stationed Abroad

Top ten countries in which personnel of the United States military is based*



@StatistaCharts

* all branches, no civilian employees, figures rounded, as of December 2016

Source: Department of Defense, Visual Capitalist



ABOUT WOUNDED WARRIOR PROJECT™

Wounded Warrior Project (WWP) is a nonprofit organization whose mission is to honor and empower wounded warriors. Thousands of wounded warriors and caregivers receive support each year through WWP programs and services designed to nurture the mind and body, and encourage economic empowerment and engagement.

To learn more, visit **woundedwarriorproject.org**.

This promotion is sponsored by the event organizing group, which is solely responsible for its fulfillment. Wounded Warrior Project name and logo are used by permission.

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MILITARY STATISTICS

A Look at Today's Military



37% are in the Army



25% are in the Air Force

U.S. AIR FORCE



13% are in the Marine Corps

NAVY

25% are in the Navy



16% are officers and **84%** are enlisted



15% of active duty members are female



80% of active duty personnel are under 35



The average age is **28.3 years**



55% of active duty members are married



43% have children



Average number of children is **2.0**



100% of active duty personnel have a high school diploma or equivalent



Average active duty income is **\$46,144**



Average active duty HHI is **\$56,480**





5 MILLION AMERICANS ARE PART OF TODAY'S MILITARY FAMILY

ABC

CHILDREN TYPICALLY MOVE **6 — 9** TIMES BETWEEN KINDERGARTEN AND HIGH SCHOOL



THERE ARE **2** MILLION MILITARY CHILDREN



MILITARY SPOUSES ARE UNEMPLOYED OR ACTIVELY SEEKING WORK

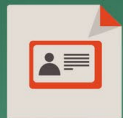


6 WAYS TO SUPPORT MILITARY FAMILIES

Here's how to support military families when their loved ones are home or abroad. Add a little bit of body text

WWW.GUIDEPOSTS.ORG

GIVE THEM A GIFT CARD



Some days that means cooking is an overwhelming prospect. On those days, the gift of a meal out, is priceless.

DROP OFF A MEAL



Along the same lines as #1, having a meal ready to pull out of the freezer is a huge gift.

OFFER A NIGHT -AWAY



Use less energy by turning off appliances when not in use, switching to energy saving bulbs, and investing in energy saving appliances/objects.

TREAT THEM TO A MOVIE



Military families—like a lot of families—struggle to make ends meet financially. That often means there's nothing left for extras, like a night out at the movies.

HELP WITH TRANSPORTATION



It's hard for a parent to have two kids scheduled for two events at the same time. Offer to step in for transportation and even a little surrogate parenting.

A FAMILY NIGHT BASKET



Include games, puzzles or a DVD. Don't forget to include special snacks like candy or popcorn. Help them take advantage of time together by making it a special event.





WOMEN IN THE MILITARY

From Service to Civilian Life

This infographic provides key highlights on women in the military. The information and statistics in this document is from our various data collection efforts centered on military life, transition, employment, entrepreneurship, and higher education.



Women Service Member Population

Active Duty, Guard, and Reserve

361,000+

Active Duty and Selected Reserve members to date (which represents around 17% of the total military force)

TOTAL MILITARY FORCE

Active Duty **204,628**
(16% of DoD Active Duty force)

Selected Reserves **158,173**
(10% of the Selected Reserve force)

Veterans

2 MILLION+ FEMALE VETERANS

to date (which represents around 10% of the veteran population)

Female Post-9/11 Veterans

FASTEST GROWING POPULATION

(which represents 17% of the Post-9/11 veterans population)

Military Service for Women ★★★★★

TOP MOTIVATIONS FOR MILITARY SERVICE



TOP SKILLS & ATTRIBUTES STRENGTHENED BY MILITARY SERVICE

- ▶ Work ethic and discipline (85%)
- ▶ Teamwork (84%)
- ▶ Adaptation to different challenges (81%)
- ▶ Mental toughness (79%)
- ▶ Leadership and management skills (77%)
- ▶ Professionalism (74%)
- ▶ Ability to get things done (74%)
- ▶ Perseverance (74%)
- ▶ Training & teaching others (72%)*
- ▶ Self-Discipline (72%)
- ▶ Coping with adversity (72%)*

WAS MILITARY SERVICE WORTH IT?

 **88%** of female service members reported that **JOINING THE MILITARY WAS A GOOD DECISION**

73% SERVED OUTSIDE OF THE CONTINENTAL UNITED STATES operating across different cultures, nations, and regions



STEM ★★★★★★★★★★

 **40%** reported that their military specialization is **STEM RELATED**

* Indicates significantly higher for female service members compared to male service members

PARENT/CHILD INCORPORATED

ON NOVEMBER 11,
WE WANT TO HONOR ALL PAST
AND CURRENT PCI MILITARY
PERSONNEL AND FAMILIES.



Happy Veterans Day!

Current PCI Employees

Lutene Nunn, Retired US Air Force

Rudy Pacheco, US Marine Corps

Erma Marshall, US Army

Family Members of Current PCI Employees

Ernest S. Small - Retired Veteran US Air Force – Husband of
Dr. Sharon Small

Porter C. Murphy, Jr. – US Army – Brother of Dr. Sharon
Small

Jesse J. Harbert III – Retired US Air Force Reserves –
Brother-in-law of Dr. Sharon Small

Johnnie Thomas (deceased) – US Air Force – Brother-in-law
of Dr. Sharon Small

James E. Fritz - (deceased) – US Army - Husband of Adelina
Fritz

John E. Fritz – Retired US Army - Son of Adelina Fritz

Brandon Fritz - Former US Air Force – Grandson of Adelina
Fritz

Paul Michael Zertuche Jr. – US Army Active Duty – Nephew of Debra Bedoy
Edmund Gonzalez – US Air Force Active Duty – Nephew of Debra Bedoy
Fred Balderrama – Retired US Army – Uncle of Debra Bedoy
Aulio Marroquin – Retired US Army – Brother-in-law of Debra Bedoy
Jaime Castillo – Retired US Army – Uncle of Debra Bedoy
Joe Piña – Retired US Army – Brother-in-law of Debra Bedoy
Steven Balderrama – Retired US Army – Cousin of Debra Bedoy
Paul Michael Zertuche – Retired US Army – Nephew of Debra Bedoy
Marc Anthony Cisneros – Former US Marine – Godson of Debra Bedoy
Juan Magallanez – (deceased) – US Army – Cousin of Debra Bedoy
Antonio Romero – (deceased) – US Army – Uncle of Debra Bedoy
David Castillo – (deceased) – US Army – Uncle of Debra Bedoy
Pete Perez – (deceased) – US Army – Uncle of Debra Bedoy
Inez Perez – (deceased) – US Army – Uncle of Debra Bedoy
Joe Perez – (deceased) – US Army – Uncle of Debra Bedoy
Ryan James Valdez – US Army Active Duty – Nephew of Liz Rodriguez @ Mainland HQ
Edward River Jr. - Veteran US Marine – Nephew of Liz Rodriguez @ Mainland HQ
Andres Lozano - Veteran US Army – Nephew of Liz Rodriguez @ Mainland HQ
Joe Uribe - Veteran US Marine – Cousin of Liz Rodriguez @ Mainland HQ
Rudy Martinez - Veteran US Marine – Cousin of Liz Rodriguez @ Mainland HQ
Joe Zamora – Retired US Army/Green Beret – Cousin of Liz Rodriguez @ Mainland HQ
Maria Zamora – Retired US Navy – Cousin of Liz Rodriguez @ Mainland HQ
George Uribe - (deceased) – US Marine Vietnam, Purple Heart– Uncle of Liz Rodriguez
@ Mainland HQ
Santos Rodriguez - (deceased) – US Navy WWII– Father-in-law of Liz Rodriguez @
Mainland HQ
Jimmy Rodriguez – US Air Force – Husband to Lisa Rodriguez & Stepfather to Danae
Guzman @ Mainland HQ
Michael Rodriguez – Former Marine – Brother to Lisa Rodriguez & Uncle to Danae
Guzman @ Mainland HQ

Roxann Vogt – US Marine – Daughter of Diana Vogt @ Mainland HQ
Christopher Townsend – US Marine -Son-in-law of Diana Vogt @ Mainland HQ
Henry Sanchez – US Navy – Brother of Diana Vogt @ Mainland HQ
Jonathan Muñoz – US Marine – Nephew of Diana Vogt @ Mainland HQ
Joseph Muñoz – US Navy – Nephew of Diana Vogt @ Mainland HQ
Rudy Pacheco – US Marine – Facilities/Transportation Supervisor @ Brady
Charles Pritchard – US Army – Father of Mary Pritchard-Doxie @ Bandera Operations Building
Charles Pritchard – US Army – Brother of Mary Pritchard-Doxie @ Bandera Operations Building
Melvin Pritchard – US Army – Brother of Mary Pritchard-Doxie @ Bandera Operations Building
Chester Jones – US Army – Stepfather of Mary Pritchard-Doxie @ Bandera Operations Building
Eddie Doxie – US Army – Father-in-law of Mary Pritchard-Doxie @ Bandera Operations Building
Robert Doxie – US Navy – Brother-in-law of Mary Pritchard-Doxie @ Bandera Operations Building
Elton Christopher Doxie – US Army – Nephew of Mary Pritchard-Doxie @ Bandera Operations Building
Alfredo V. Charles – US Army – Father of Lydia Almares @ Bandera Operations Building
Sgt. Hervey Vela – US Marine Corps – Brother-in-law of Lydia Almares @ Bandera Operations Building
MSGT. Michael Stanley – US Air Force – Nephew of Lydia Almares @ Bandera Operations Building
James Edwards Walker Sr. – US Navy – Husband of Lisa Walker @ Bandera Operations Building
Richard Petty Sr. – US Army – Father of Monica Ellison @ Crestway
Wade Ellison – US Air Force – Husband of Monica Ellison @ Crestway

Richard M. Galloway Sr. – US Airforce – Father to Terri Galloway ECC @ Culebra

Erma Marshall – Veteran US Army – Education Center Coordinator @ George Gervin
Abraham Marshall – Retired US Army – Husband of Erma Marshall @ George Gervin
Lewis E. White – Army – Father of Erma Marshall @ George Gervin
Paul Carter – (Vietnam Veteran) US Army – Brother of Erma Marshall @ George Gervin
Phillip Carter – Retired US Marine – Brother of Erma Marshall @ George Gervin
James Carter – US Air Force – Brother of Erma Marshall @ George Gervin
Wilton Allison – US Army – Brother of Erma Marshall @ George Gervin
Necal Manuel – Army – Uncle of Erma Marshall @ George Gervin

Gustavo Trevino Jr. – US Marines – Spouse of Erika Trevino ECC @ Imperial

Daniel Flores – US Marines – Husband of Tanya Flores @ PCI Academy EHS

Vidal V. Flores – US Army – Father of Alice Nieto @ PCI Academy HS

Vidal E. Flores – US Army – Brother of Alice Nieto @ PCI Academy HS

Ruben E. Flores – US Army – Brother of Alice Nieto @ PCI Academy HS

Nico F. Diaz – US Marines – Grandson of Alice Nieto @ PCI Academy HS

Phoenix Perez – US Army – Grandson of Alice Nieto @ PCI Academy HS

Manual Ortiz – US Navy – Stepson of Carla Mandujano @ PCI Academy HS

Dionicio Luna – US Army – Uncle of Carla Mandujano @ PCI Academy HS

Dion Luna – US Navy – Cousin of Carla Mandujano @ PCI Academy HS

Damian Luna – US Army – Cousin of Carla Mandujano @ PCI Academy HS

Angelica Player – US Army - Cousin of Carla Mandujano @ PCI Academy HS

Rolando Sanchez - US Marine – Cousin of Carla Mandujano @ PCI Academy HS

Sandra Ann Sanchez – US Army – Cousin of Carla Mandujano @ PCI Academy HS

Jesse Manuel Aceves – US Marines – Son of Rose Mary Marin @ Pearsall

Jesus L. Rios Jr. – US Army – Uncle of Patricia Cardenas @ Place for Life EHS

Desiree Chavez – US Army – Daughter of Valerie Gonzales @ Terry O'Connor

John David Gonzales – US Marines – Nephew of Valerie Gonzales @ Terry O'Connor

Lutene Nunn – Retired US Air Force – Education Center Coordinator @ Timberhill

Willie Nunn – (deceased) – US Army – Father of Lutene Nunn @ Timberhill

Bobby Clark – (deceased) – US Army – Brother of Lutene Nunn @ Timberhill

Berl Stallworth – Retired US Army – Uncle of Lutene Nunn @ Timberhill

Bobby Stallworth – (deceased) – US Army – Cousin of Lutene Nunn @ Timberhill

Kenny Stallworth – (deceased) – US Army – Cousin of Lutene Nunn @ Timberhill

Jimmy Debose – Veteran US Air Force – Cousin of Lutene Nunn @ Timberhill

Isaiah Potter – (deceased) – US Army – Uncle of Lutene Nunn @ Timberhill

Spencer Potter – Retired US Army – Cousin of Lutene Nunn @ Timberhill

William Tinsley – Veteran US Army – Son-in-law of Lutene Nunn @ Timberhill

Keith Stallworth – Retired US Navy – Nephew of Lutene Nunn @ Timberhill

A Hero's Welcome

By Robert Longley

Time to come home dear brother
Your tour of duty through
You've given as much as anyone
Could be expected to do

Just a few steps further
The smoke will start to clear
Others here will guide you
You have no need of fear

You have not failed your brothers
You clearly gave it all
And through your selfless actions
Others will hear the call

So take your place of honor
Among those who have gone before
And know you will be remembered
For now and evermore



Honoring all who served

VETERANS DAY DEALS!



Restaurant Deals

54th Street Grill & Bar - November 11, 2022

Free entrée valued at up to \$12 on Veterans Day for Veterans and active-duty service members who dine inside a 54th Street location.

7-Eleven - November 11, 2022

Get a free coffee or Big Gulp on Veterans Day. Download the 7-Eleven app and sign in or register.

Applebee's - November 11, 2022

Veterans and active-duty military can select a free meal from a limited menu on Veterans Day. Proof of service required.

Aspen Creek Grill - November 11, 2022

On Veterans Day, all Veterans and active-duty military can select from a

Bar Louie - November 11, 2022

On Veterans Day, Louie Nation is offering a free craft burger or flatbread of your choice to all active-duty military and Veterans.

Big Boy - November 11, 2022

Veterans can come in on Veterans Day with a valid ID and pick up a voucher for a free future meal. Participating locations only. Limit 200 per store.

BJ's Restaurant - November 11, 2022

On Veterans Day, all service members can enjoy a complimentary entrée up to \$14.95, plus a free Dr. Pepper by presenting a military ID or proof of service.

Bob Evans - November 11, 2022

There's plenty to look forward to if you're near a Bob Evans location on Veterans Day. The chain is offering seven homestyle menu items for Veterans for free on November 11, including country fried steak and crispy fried chicken.

Buffalo Wild Wings Free Wings - November 11, 2022

All day on Veterans Day, Veterans and active-duty military who dine in or call for takeout at their local B-Dubs can receive a free order of boneless wings and a side of fries. At participating U.S. locations only

Charley's Philly Steaks - November 11, 2022

Offering a small or regular-size cheesesteak on Veterans Day. Please note that this promotion is at domestic non-AAFES locations only.

Chick-fil-A - November 11, 2022

Some participating Chick-fil-A locations may offer specials or discounts. Check your local Chick-fil-A to confirm.

Chili's Grill & Bar - November 11, 2022

All Veterans and active-duty military personnel can choose a complimentary meal from a select menu on Veterans Day.

Cicis Pizza - November 11, 2022

Free adult buffet with valid active-duty or retired military ID on Veterans Day.

Cracker Barrel Old Country Store - military family appreciation month/November 11, 2022

During military family appreciation month, Cracker Barrel will offer in-store specials on Veterans Day for Veterans and promotions throughout November to support military families in partnership with Operation Homefront. On Veterans Day, Veterans can receive a free slice of double fudge Coca-Cola cake with their meal.

Denny's - November 11, 2022

On November 11, Denny's will be offering any Veterans or active-duty military with a valid ID a free Build Your Own Grand Slam breakfast from 5 a.m. until noon.

Dickey's Barbecue Pit - November 11, 2022

Free pulled pork classic sandwich is available this Veterans Day. To redeem in-store, Veterans and current military personnel must present a military ID or valid proof of service

Duck Donuts - November 11, 2022

All Veterans and active-duty service members with IDs can get a free doughnut on Veterans Day at participating Duck Donuts locations.

Dunkin' Donuts - November 11, 2022

On Veterans Day, Veterans and active-duty military can enjoy a free donut at Dunkin' Donuts restaurants nationwide, no purchase necessary.

Einstein Bros. Bagels - November 11, 2022

On Veterans Day, Veterans and active-duty military get a free hot or iced medium coffee.

Famous Dave's - November 11, 2022

On Veterans Day, all former and current military personnel will receive a free Georgia chopped pork sandwich plus a side. Dine-in or to go.

Fox & Hound - November 11, 2022

This Veterans Day, get a free meal. Dine-in only. Not available at Schaumburg, Illinois, and Arlington Heights, Illinois, locations.

Freebirds World Burrito - November 11, 2022

Free chips and dip for Veterans and active-duty military. Choose from queso blanco, guacamole or salsa.

Freddy's Frozen Custard & Steakburgers - November 11-30, 2022

On Veterans Day, receive a card for a free Freddy's Original Double combo meal. Card is valid through November 30.

Golden Corral - November 14, 2022

Military Appreciation Night will be held on Monday, November 14 from 5pm - close. Golden Corral will once again be honoring our military heroes with a free "thank you" meal.

Grady's BBQ - November 11, 2022

Grady's BBQ is celebrating Veterans Day with a free meal for active-duty military and Veterans.

Hard Rock Café - November 11, 2022

On November 11, both active-duty and retired military can receive a free Legendary Steak Burger at the Hard Rock Cafe. They can also take advantage of the Hard Rock Cafe's military discount of 15% off other items.

Hooters - November 11, 2022

On Friday, November 11, all Veterans who present a military ID or proof of service and purchase a beverage at any participating Hooters location nationwide, will receive a free entrée from a special Hooters Veterans Day Menu (available for dine-in only). The Hooters Veterans Day Menu includes five of Hooters' most popular entrées:

- Buffalo Chicken Salad
- Buffalo Chicken Sandwich
- Grilled Chicken Sandwich
- Hooters Burger
- 10-Piece Boneless Wings

Hopdoddy burger bar - November 11, 2022

Free classic burger with cheese for Veterans on Veterans Day. Redeemable for in-store dining or to-go orders placed by phone.

IHOP - November 11, 2022

Veterans and active-duty military can get free Red, White and Blueberry pancakes at any IHOP on November 11. This offer is only valid if you dine in with proof of service.

Ikea - November 11, 2022

Enjoy a free meal at Ikea on Veterans Day. Military ID required.

Incredible Pizza - November 6-12, 2022

Veterans eat free all week.

Kolache Factory - November 11, 2022

Enjoy one free kolache (any kind) and one cup of freshly brewed Katz coffee (any size) on Veterans Day. All Veterans and active military with government-issued military photo ID or DD 214 are eligible.

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Krispy Kreme Free Doughnut & Coffee - November 11, 2022

On Veterans Day, a doughnut and coffee will be on the house.

Little Caesars - November 11, 2022

On Veterans Day, Veterans and active-duty military can get a free Lunch Combo from 11 a.m. to 2 p.m. at Little Caesars. Only select Little Caesars are participating, so make sure you call ahead to your local one before you head over.

Logan's Roadhouse - November 11, 2022

On Veterans Day, all active-duty military and Veterans are invited to enjoy a free meal from the American roadhouse menu in honor of Veterans Day. This offer is available 3 - 6 p.m. at all Logan's Roadhouse restaurants nationwide.

Macaroni Grill - November 11, 2022

This Veterans Day, all Veterans and active military receive a free mom's ricotta meatballs + spaghetti with military ID.

Melting Pot - November 11, 2022

Veterans eat for free on Veterans Day at select Melting Pot locations with the purchase of regular-priced four-course meals. Veterans must show military IDs.

Mission BBQ - November 11, 2022

Veterans and active duty military will receive a free sandwich on Veterans Day.

MOD Pizza - November 11, 2022

Sign up to receive a buy-one-get-one-free MOD-size pizza or salad with military ID by November 8, and MOD will send you a coupon on Nov. 9 to redeem on Veterans Day.

Native Grill & Wings - November 11, 2022

All Veterans and active-duty military are invited to enjoy a free menu item (up to \$11.99) on Veterans Day.

O'Charley's - November 11, 2022

Veterans can get a free meal—a \$10 value—at participating O'Charley's locations on November 11 if they show military ID. O'Charley's offers a special “Veterans Thank You Menu” that you can choose from. Just check beforehand to see if your nearby O'Charley's is participating.

Olive Garden - November 11, 2022

This Veterans Day, Olive Garden is offering Veterans and active-duty service members a free entree from a special menu. All entrees include Olive Garden's famous breadsticks and choice of soup or salad.

On The Border Free Entree - November 11, 2022

This Veterans Day, Veterans and active-duty military will receive a free pick-two combo meal.

Orange Leaf Frozen Yogurt - November 11, 2022

On Veterans Day, all Veterans and active-duty military can enjoy half off a cup of froyo.

Outback Steakhouse - November 11, 2022

This Veterans Day, all military Veterans and active service members can enjoy a free bloomin' onion and Coca-Cola.

Perry's Steakhouses - November 11, 2022

Free pork chop dinner for U.S. active military and Veterans on Veterans Day with the purchase of a dinner entrée.

Pizza Inn - November 11, 2022

Participating Pizza Inn locations offer free buffets and other deals for active and retired military members on Veterans Day.

QuikTrip (QT) - November 11, 2022

On Veterans Day, enjoy a free Big Q or coffee. Current and former military, show ID at checkout



Veterans Day Deals



THANK YOU FOR YOUR SERVICE

**SPECIAL
OFFER**

Veterans Day discounts on haircuts

Great Clips - November 11, 2022

Veterans and active-duty military can visit a U.S. Great Clips salon on November 11 to receive either a free haircut that day or a free haircut card to use at a later date. Visit the Great Clips website for details.

Sports Clips - November 11, 2022

Some locations will be offering free haircuts to Veterans and active-duty service members

Bed Bath & Beyond - November 11, 2022

For active-duty U.S. military, Vets and Spouses, Bed Bath and Beyond is offering 25% off any in-store purchase on November 11, 2022. Call or visit your nearest location for details.

Rack Room Shoes - November 11, 2022

20% off all purchases for Veterans and military on Veterans Day, 10% off purchases year round. Visit the Rack Room Shoes website for details.

Target - November 2022

Target is offering all U.S. active-duty military personnel, Veterans and their families a 10% discount off the guest’s full basket. To receive the offer, guests must first demonstrate eligibility by registering at www.target.com/circle/military. After eligibility has been verified, an exclusive, one-time use 10% Target Circle offer will be available for the guest to use in-store or online.

Walgreens - November 11-14, 2022

Military, Veterans and their families receive 20% off eligible, regular-price purchases in-store when using my Walgreens membership.

National Parks - November 11, 2022

All National Park Service sites that charge an entrance fee will offer free admission to all visitors on Veterans Day.

PARENT/CHILD INCORPORATED

THANK YOU FOR
YOUR SERVICE,
VETERANS!



Today we honor you and all
that you do for our country.