

Heartbeat for Warriors National Anthem Essay

One of the only songs you learn in history, and one of the only history lessons you learn in choir, the National Anthem of America "*The Star-Spangled Banner*" was written in 1814 and is played at football games and other sporting games.

The hand-over-heart is not only a sign of respect, but it is part of the United States' "Flag Code," It is law of the land; this was approved by the President Franklin D Roosevelt in 1942. While it is a law, there are not penalties for not following the law. But members of the military in uniform should not actually put their hand over their hearts and should instead salute. Veterans and members of the military not in uniform may also salute rather than hand over heart.

To me, the National Anthem is important to me and is like a tradition, because I remember every super bowl I would stand up to a flag and someone singing "*The Star-Spangled Banner*" and I would put my right hand on my heart (left side of my upper chest) and would stay in silence as the celebrity, would sing. I do not know when I was taught this, and I think that is why it is important to me, because it seems normal.

The National Anthem's "*The Star-Spangled Banner*" lyrics come from a poem written by a lawyer in 1814 named Francis Scott Key after he had witnessed Fort McHenry get attacked by the Royal Navy in Baltimore Harbor during the Battle of Baltimore in the War of 1812. The amateur poet was inspired by the American Flag, also known as "*The Star-Spangled Banner*," flying above the fort during the American victory. The anthem was set to a tune of a popular British song "*To Anacreon in Heaven*" It soon earned the title of the National Anthem with four stanzas but only one is sung nowadays and the third stanza celebrates the deaths of slaves "*No Refuge could save the hireling and slave from the terror of flight or the gloom of the grave*," which refers to the black slaves hired to fight on the side of the British during the war of 1812. There was a huge controversy resurrected in August 2016 by Collin Kaepernick before the preseason NFL game.