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Creating memories is ‘incredible side job’

Brady Street Collective offers space for all occasions
By Andy Stine
astine@altoonamirror.com

The Brady Street Collective in DuBois offers an event space for many occasions such as bridal and baby showers, family dinners, birthday parties, engagements, and many special occasions. Bespoke weddings are also becoming more popular, from reception only or full wedding day events.

Lindsey Bernardo, who owns The Brady Street Collective, said she loves what she does as a way of giving back to the DuBois community.

“Creating beautiful memories to last a lifetime is an incredible side job,” Bernardo said.

Running the day-to-day operations is only a side job for Bernardo. Her full-time job is in the physical therapy field for home health.

“I have many late nights and long days, but with The Collective I can relax some and create beauty,” Bernardo said. My family is a huge support system to me and helps with setups and big events. So even while I’m working, I’m spending time with my family.”

One of The Brady Street Collective’s biggest



— Courtesy of The Brady Street Collective.

events of the year coming up on Sept. 12 is the annual Fall Artisan Market, which is being held at the DuBois YMCA on 25 Parkway Drive. The event has become big enough over the years that Bernardo decided to move the event outside of The Brady Street Collective last year. She now uses the Fall Artisan Market as a fundraiser for a non-profit organization, and this year it will be at the YMCA.

So what can people attending the market expect?

“For all of my markets, I hand select artisans unique in their trade, bringing the most exceptional items to the customers who come,” Bernardo said. “I look for a variety of goods and services that come from hand crafters. Vendors are limited to specific needs I look for, making it a great opportunity for the vendors to highlight their goods and a terrific shopping experience.”

“We have knitted and sewn items, jewelry, candles, body care, food, specialty drinks, and sweet treats.”

Bernardo also said there will be food and drink trucks at the event.

One of the things Bernardo has loved about owning The Brady Street Collective is the ability to give back to the community. Balloon garlands are included with all bookings in the event space. She has been asked to do the garlands for various setups for the local schools, businesses and churches.

On top of artisan markets and private events, The Brady Street Collective also hosts ladies nights, family events, unique children’s experiences and they offer professional bookings where photographers take advantage of their space.

The company will also hold The Holiday Artisan Market, which will be hosted at The Brady Street Collective, on Nov. 21.

For more information, visit The Brady Street Collective on Facebook or at their website at thebradystreetcollective.com.

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John Deere 530 narrow front gas tractor w/ power steering & 3-pt. hitch, 2005 GMC Sierra
1500 Z71 4 x 4 pickup truck w/ extended cab - 5.3L V8 - running boards - w/ approx. 128,800
miles VIN# 1GTEK19BX5E165610, Polaris Ranger 800EF XP utility vehicle w/ 1,552 hrs.,
2007 Subaru Legacy 4-door sedan w/ approx. 90,000 miles VIN#4S3BL616477211516, Ford
8N wide-front gas tractor, International Harvester 430-T square baler w/ kicker, New Holland
273 square baler w/ kicker, New Holland 1465 9' haybine w/ good rolls, Avco New Idea 351
manure spreader, Farm King G2LP rotary hay tedder, John Deere 300 hay/grain elevator
(stored inside), John Deere 25 pull-type combine (stored inside - bought new at the farm in
1952), early John Deere 4-row corn planter, Massey Ferguson 3-pt. hitch sickle bar mower,
vintage Oliver 13-hoe grain drill, (3) wooden high-throw bale wagons, New Idea single-row
corn picker, 1985 Dodge Power RAM 100 Custom 4 x 4 pickup truck w/ auto trans., Ford
F350 Custom stake body truck, flatbed farm wagon, older hay rake, antique No. 1B clipper
seat cleaner, Husqvarna YTH2246 22 hp riding mower w/ 46" deck, Poulan Pro push mower,
Stihl MS362 gas chainsaw, Sabre 13 hp 38" deck riding mower, Troy-Bilt Pony riding mower,
True Temper wheelbarrow, 6" bench vise, Master 125,000 BTU portable gas heater, antique
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Woven Picnic Basket, (2)Meat Saws, Head Vase, Sears Receiver, 45 Records, Country LP
Records, Samsung & Maxima 35mm Cameras, 1891 Morgan & 1991 Walking Liberty Silver
Dollars, 1964 Kennedy Half, 1944 Washington Silver Quarter, 1 Toy Ounce .999 Silver Flintlock
Bar, Zippo Lighter, Hohner Blues Harp, Ship Wheel Clock, (2)Small Ceramic Christmas Tree,
Child's Table & Chairs, 8 Pt. Whitetail Mount, Eagles Race Diecast Car, Singer Treadle Sewing
Machine, IMAI Harley Davidson Model, Old Geezer Liquor Dispenser, Owl Ceramic Clock,
(2)Knob Hill Casino Tokens, Fishing Creel, Mo Valley Pennants, Maytag Square Alum. Tub
Wringer Washer, German Stein.

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6 Place Wooden Gun Cabinet, Spindle Back Rocker, Lane Cedar Blanket Chest, Phone
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Fryer, Sm. Kitchen Appliances, Red Devil & Shark Upright Vacuums, Vizio 38" Flatscreen TV,
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HDC 5 Speed Bench Top Drill Press, Drummond ½ HP Transfer Pump, Long Handled Tools,
Powermate 6.5 HP 60 Gal. 220V Air Compressor, Oil Drain, Carolina Parts Washer, New Car
Quest Steel Brake Lines, Retractable Air Hose Reel, **New** Oil Filters & Oil, Haynes & Chilton
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Check in on your aging parents

3 big questions to ask

BY AMY C. ARNOTT
Morningstar

One of the toughest things to go through as an adult is helping your parents as they get older. Life is finite, and both you and your parents might be reluctant to talk about what type of support they might need. But as difficult as these conversations can be, it's important to make time for them. Eldercare attorney Harry Margolis recommends age 75 as the best time to start talking to your parents about finances and caregiving issues.

From my personal experience as well as discussions with aging experts, here's what I suggest adult children talk with their parents about and how to help them. I've included insights from several guests on episodes of Morningstar's The Long View podcast.

1. How healthy are your finances?

"If I had to do it all over again, I would have had conversations with (my mom) sooner about her finances," author and journalist Cameron Huddleston told us on The Long View.

Our parents don't want to be a burden, and it may seem like everything is fine, but appearances can be deceiving. Gently ask how they're managing their bills: Are they paying on time, do they have enough money?

Then keep going with questions about income. Are they getting distributions from retirement funds or relying on Social Security and a pension? Do they have investments? They may not want to share all the paperwork, but you can ask them to put it someplace safe for you to access in case of emergency.

What you can do:

1. If the logistics are hard for your parents or they're paying bills late, ask them about setting up autopay. Along with that, they'll need account alerts and regular reviews to avoid errors or fraud.
2. See if their utility companies can add you as an authorized or emergency contact, so you get notified if they miss a payment or are in danger of shut-off.
3. If they have a lot of accounts to keep track of, help them streamline if possible. "We simplified our finances down just basically into one bank account and one credit card," Sally Balch Hurme, an elder law attorney and author, told us on The Long View.
4. If you've noticed changes that may suggest they're experiencing cognitive decline, encourage your parents to have a conversation with a healthcare provider.
5. Discuss with them who they want to be their durable power of attorney to manage and protect their assets.
6. If money is tight, help your parents get in touch with organizations such as local senior services or departments on aging. They could help with meals, transportation, or money management.

See **Questions**/Page 7

Associated Press photos

Dale Sanders, 91, celebrates upon completing his hike of the Appalachian Trail on Aug. 31 at the summit of Mount Katahdin in Baxter State Park in Piscataquis County, Maine. Below, Sanders wades across Big Wilson Stream on July 29 on the 100-Mile Wilderness north of Monson, Maine.

Back on top

At 91, Dale 'Grey Beard' Sanders reclaims record as oldest hiker to complete the Appalachian Trail

BY HOLLY RAMER
AND ROBERT F. BUKATY
The Associated Press

MILLINOCKET, Maine — More than 14 million older adults fall every year in the U.S., perhaps none so often as 91-year-old Dale Sanders.

By his count, Sanders fell 71 times while reclaiming his record as the oldest hiker to complete the Appalachian Trail. Seven were what he calls hard falls, including one that led to a brief hospitalization and another just 200 yards from the finish. But none were enough to permanently divert him from the 2,193-mile trail that runs between Springer Mountain in Georgia and Mount Katahdin in Maine.

The Appalachian Trail Conservancy defines a thru-hike as completing all of the trail's sections in any order within a year, allowing for pauses. Sanders started Sept. 6 in West Virginia, hopscotched around with some brief breaks and finished Monday atop Maine's highest peak.

A long-planned comeback

Sanders, whose trail name is Grey Beard, first set the Appalachian Trail record in 2017 at age 82. Four years later, his 83-year-old friend M.J. Eberhart, aka Nimblewill Nomad, took the title. But within months, Sanders announced his plan for a comeback.

While Sanders' first journey was easier than he expected, the latest was considerably harder. Despite six months of train-



ing near his home outside Memphis, Tennessee, he said he wasn't in the best condition when he returned to the trail.

"And even today, I feel that I should probably be in better shape than I am," he said last month. "But I just have to always go back and say, 'But I am 91, so I'm blazing new ground hiking long distances like this.'"

There's a huge difference between hiking the trail at 82 and 91, he said. "But it is possible, because I'm proving that."

In June, Sanders was descending Killington Mountain in central Vermont when he fell forward in a boulder field, scraping his legs, arms and hands.

"Thank God nothing got broken, but I was banged up," he said. "I didn't rub the blood off, I just kept hiking."

Weeks later, his left arm went numb and he ended up at a Maine hospital. What doctors initially feared was a stroke turned out to be a pinched nerve, but though he was soon cleared to resume hiking, he considered giving up.

He returned home in early August to be with his wife, whose mother had just died, and she convinced him to press on.

Mission changed along the way

Some of Sanders' best days were in Pennsylvania, where he enjoyed well-maintained trails and treats delivered by "trail angels."

"When people are taking care of you and bringing you caramel frappes on the trail, the rocks don't matter," he said.

In fact, Sanders has become something of a star among fellow hikers. Thousands more follow him on social media, which surprised Sanders and caused him to expand his mission beyond reclaiming his record.

"I wanna get it back, but right now, that's secondary," he said. "Right now, what's the most important thing — and it's one of the things that surprised me — is that people are motivated and given encouragement by my efforts."

Meredith Ewenson, who met Sanders in June while leading a hike in New Hampshire for 10 other women, said he embodied not just the idea that anything is possible, but that the journey matters most.

See **Trail**/Page 8

Mobility tests can tell a lot about how you're aging

There are many other factors to consider, as well

BY DEVI SHASTRI
The Associated Press

Hand grip strength. Balance tests. Standing up from a seated position on the floor. These physical challenges are often touted as measurements of healthy aging and even predictors of longevity. They can provide valuable

indications of your stamina and strength. They can estimate the risk of falls, which increase older adults' risk of death. And they're useful to doctors who work to address aging or people with injuries.

But they're no crystal ball. "A poor or declining result is a reason for a health professional to investigate why function is changing, rather than gauging how long someone will live," said Auriel Willette, an expert on brain aging at

Rutgers University.

Here's a look at what mobility tests entail and how to apply the results to your health.

Sit-to-stand test goes viral, but what does it show?

"Sit-to-stand" tests come in several forms. The U.S. Centers for Disease Control and Prevention's 30-second chair-stand test is designed for patients older than 60, to see how many times they can stand up in that time period. Another test, popularized on

social media, asks someone to move from standing, to sitting cross-legged on the ground, and then back up to standing. Making your way down to the floor is worth 5 points, as is standing up, for a total score of 10. You lose a point for each support you use (such as a hand or knee) and half a point if you're unsteady. The score is zero if you're unable to sit or stand without external help.

Doctors said they haven't seen the test used with older U.S. adults, but researchers in Brazil

published studies in 2020 and 2025 that concluded middle-aged people who scored higher were less likely to die within about a decade.

Many American doctors use a test called "Timed Up and Go," or TUG. It requires the patient to get up from a chair, walk 10 feet (3 meters) and come back to their seat. That allows doctors to evaluate a person's balance, mobility and lower extremity strength all at once.

See **Mobility**/Page 9

Learning pull-ups leads MacColl to big life changes

By GEORGE THOMAS KATTOUF

For the Mirror

Can you perform a pull-up? You know, hang from a bar with your palms facing forward, then pull yourself upward with your chin over the bar. If your response is ‘Of course, no problem,’ then congratulations! You might also realize that you haven’t performed a pull-up since high school or that is an exercise you never could accomplish. If you are a senior, don’t feel bad if your answer is zero. Many in your peer group would echo your sentiments. What if you decided to focus on performing this one movement? How much training time would it take you to reach that goal and would it have a life changing impact? For Ginny MacColl, it required one year of intense dedication to complete just one pull-up, a pinnacle that became life-changing.

“I was a very shy child, and my parents put me in dance to bring me out of my shell. It was interpretive dance or modern dance, as they called it back then. Dance was my way of communicating. I loved it and kept up with it,” said MacColl, who danced from childhood through adulthood.

MacColl attended the University of Georgia, where she majored in dance education. She loved dancing but found that dance education was not her path.

“My dance teacher and I came up with a formula to go to the American Dance Festival in Connecticut, and from there to New York. It was a huge difference for me coming from Knoxville, Tennessee. Suddenly I found myself in New York City. It was exciting! I had to be very careful with my money so that I could dance all day long and go to auditions,” said MacColl, who learned to adopt a very frugal lifestyle to pursue her dreams.

“I would walk 40 blocks to my dance studio every day so I didn’t have to pay the 35 cents for the subway. My roommate and I made our own yogurt. Day-to-day living was difficult, but it was also an exciting time,” said MacColl, who also sold her car in Tennessee so she could subsidize her dance quest.

She gave herself three to five years to make her mark as a dancer. She not only beat that timeline but was able to dance on Broadway in the 1970’s musical, Pippin.

“I did the roadshow first, and that’s when I saved all my money. From doing the road show, which was probably about eight months, I got into the Broadway show. I was on Broadway for an entire year. An interesting thing about doing a Broadway show is that you know every step and every word of every song. We did seven shows a week. I was an understudy and was able to be in one of the lead roles for two weeks,” MacColl explained.

Following her stint on Broadway, MacColl was married and because of her background she was able to appear in more than 100 commercials including

THE FITNESS TRACK

Folgers Coffee, Mr. Clean and Stove Top Stuffing. MacColl’s life then took a turn.

Divorce and raising two children led her to the Poconos, where she and her family endured a challenging life, particularly during the extreme winters. She describes the setting in the Poconos as beautiful and remote. Teaching dance and working for a local radio station gave her the income to raise her children.

At the age of 16, she had made a commitment to always stay in shape. Her pregnancies did not thwart the promise she made to herself.

“When I was pregnant, I would exercise to Jane Fonda’s pregnancy record. Now I really am dating myself, but that’s what I would do every day. It was perfect because I was able to get back into doing commercials days after I had given birth. I didn’t know it at the time, but it was an excellent system to keep me in shape during those months,” said MacColl.

MacColl subsequently remarried and continued to act, but as time went on, phased out of commercials to spend more time with her son and daughter, who are currently 39 and 42 years old. Her daughter had a huge impact on her mom’s physical progression.

Daughter Jessie Graff is a renowned “American Ninja Warrior” competitor, college pole vaulter, martial arts black belt and stunt woman. Her strength, agility and endurance are remarkable. Not only has she motivated many viewers of all ages to get fit, she also influenced her own mother.

“I saw Jessie doing ‘American Ninja Warrior.’ She was strong, graceful, healthy, and she had muscles, and that’s one thing I didn’t have. I saw her and thought she looked terrific. I said, ‘Jessie, I want to learn how to get stronger,’” said MacColl, who then received a lot of sound advice from her daughter.

One of her suggestions was something she embraced and could not perform at that time. It was a single pull-up.

“I sent my daughter a video of my pull-up attempt. She said, ‘Mom, that is not a pull-up. You need to get your chin above the bar, and you have to go all the way down.’ So I went to a personal trainer. My goal was to perform five pull-ups. It took me an entire year to do just one pull-up,” said MacColl, who was 63 at the time of that achievement.

Two years later, the producers approached MacColl about doing a human interest segment with her daughter. Ultimately, they wanted to see her tackle one or more obstacles on the program. Her daughter encouraged her to begin competing in regional competitions to hone her ability to deal with the many challenges.

“My first Ninja Warrior experience was in 2017, season nine, in Daytona. I didn’t know what I was doing. Obviously, I could do

one or two pull-ups at that point. I stood at the starting block, and I’m looking at that first obstacle, which is a series of five angled steps. They’re far apart over water. I’m thinking, ‘Oh my gosh, what have I done?’ I hit the first step and on the second step I slipped right into the water. I’m under the water shocked and devastated. I let so many people down,” MacColl explained.

MacColl was grateful that the network did not air her attempt on television. It was loved ones who gave her the best advice.

My daughter said, ‘Don’t let one fall define you. Look how far you’ve come.’ My husband said, “You’ll do it again. I’m like, ‘What, are you crazy?’ And he said, ‘Because you can, you will do this.’ That helped pull me out of my doldrums,” said MacColl.

During the year following her Ninja debut, MacColl worked very hard to enhance her skills, particularly on the angled steps. In 2018 she attempted the same obstacle on “American Ninja Warrior.”

“I got to the fourth step and fell again, but this time I didn’t destroy myself,” said MacColl.

She trained her legs to be strong enough to handle the obstacle that had been her nemesis. In trials, she was able to complete the angled steps, but the COVID-19 restrictions were implemented forcing her not to be able to compete again until 2023. This time brought surprises and success.

“They changed the first obstacle. You had to jump on a mini trampoline to a pole. You jump up as high as you can on the pole and it starts to fall. The platform is at the top of the pole, so you have to pull yourself up this pole while it’s falling. I made it and they made a big deal of it. I didn’t realize it, but I was the oldest person to complete the first obstacle,” MacColl explained.

MacColl continued to compete in competitions displaying her ninja-like prowess at many regional events. Because of her worldwide achievement, she was recognized by Guinness as the oldest female ninja athlete, at age 70 years and 90 days. Her passion for fitness has been on display globally in magazines, podcasts, YouTube and other social media sites.

The daughter who has inspired so many viewers and ninja competitors in addition to her own mother is now returning the accolades.

“One of the teenage ninjas came up to me and said, ‘I want to be like your mom when I grow up.’ Seeing my mom compete at this level at this age has just shifted my perception of the world and the possibilities for me. There’s a whole new generation of kids and they have superhuman powers. How much longer can I do this? Thirty more years, you’re good,” said her daughter.

Next month, MacColl turns 75. That one single pull-up has increased with her age to 17.

“Being a ninja warrior may not be your passion, but it could be something else that keeps you strong, and that is really the name of the game. You want to stay independent for as long as possible. None of us want to be in a wheelchair or have to carry a cane, not be able to go up and down stairs or pick up your grandkids. Strength train and do your cardio. Develop grip strength, balance, mobility and toe strength. All these things will help to keep independence for as long as possible, and that’s my goal,” said MacColl.

George Thomas Kattouf of Altoona is the developer of the website AgelessTimeless.com. He has been instructing martial arts for over four decades in the Altoona area at the Academy of Martial Arts and encourages seniors to stay fit through martial arts training. If you or someone you know in Blair County is age 50 or older and would be a good candidate for the Fitness Track, email Kattouf at george@agelesstimeless.com. Tune in to the YouTube channel AgelessTimeless to learn more.



Courtesy photo

Ginny MacColl, 74, performs obstacles on NBC’s “American Ninja Warrior.”

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QUESTIONS: Be encouraging to them

(Continued from Page 5)

7. Depending on circumstances, you may be able to help them apply for Medicaid. The rules on eligibility vary by state, and there are asset limits and “look-back” restrictions. It’s a complicated process that often requires an attorney.

2. Do you have end-of-life plans?

“If you die without a will, state law is going to determine who gets your assets. ... (Or) family members get into fighting over who gets what,” Huddleston says. That’s why a will and a durable power of attorney are important. Even if there’s a will, though, beneficiary designations on various accounts can override it. If those are out of date, money could go to a place the parent didn’t ultimately intend.

Don’t overlook a health-care power of attorney (aka healthcare surrogate or healthcare proxy), which is someone who can make medical decisions if your parent can’t. An advance directive (often called a living will) specifies what sort of end-of-life care they want. Then “family knows what your wishes are so they don’t end up in court fighting over whether to keep you on life support,” Huddleston says.

And finally, ask about your parents’ wishes for a burial, cremation, or memorial service, and whether they may have already bought a cemetery plot.

What you can do: 8. Huddleston’s recommendation: “Encourage them to meet with an estate planning attorney or an elder-law attorney as soon as possible. And if your parents don’t have the resources to pay for an attorney, perhaps you can offer paying for them as a gift.”

9. Help them review beneficiary designations on IRAs, life insurance policies, and bank accounts, especially if there’s been a death, divorce, or remarriage.

10. If your loved one has already completed these documents, make sure you know where they are.

Here’s what this all boils



Associated Press file photos

A Social Security card is displayed Oct. 12, 2021, in Tigard, Ore.

down to, attorney Hurme says, “Your family really can’t carry out your wishes if they don’t know what they are. They want to do the right thing. So don’t make them guess about it.”

3. Is your home still safe, comfortable?

A 2024 survey from AARP shows that the majority of older adults want to stay in their homes as long as possible. As people age, though, it can be difficult, especially if they’re far from the rest of the family. Can your parents still climb the stairs? Can they safely maintain a big yard? Let them know there are benefits for both of you: They could help you by handling the occasional school pick-up, and they might get a health boost from interacting with grandkids.

What you can do: 11. Explore whether your parents can stay in their home with adjustments: bedroom on the first floor, grab bars in the bathroom, video doorbell, wearable medical alert device like a watch or pendant, or a TV-based video calling system that family members can control from their phones.

12. Help them find someone to assist with meals, laundry, errands, and so on. If your parents have a long-term care insurance policy, check whether it covers some of these services. Vet these service providers carefully and check in on



A canning jar filled with money sits on a shelf on June 15, 2018, in East Derry, N.H.

your parents even if you’re not giving hands-on help. Your attention and vigilance could protect them from exploitation.

13. If staying home isn’t in the cards for them anymore, look into home-sharing or an accessory dwelling unit that can offer both independence and proximity to younger relatives.

14. Explore continuing care retirement communities. With CCRCs, also known as life plan communities, people go in healthy and live independently, with “Someone to always rely on no matter what.” That’s the take from Joy Loverde, an author, speaker, and family caregiver who talked to us on The Long View. Fees and operators’ financial stability vary, so if your parents opt for a CCRC, make sure to do your research.

15. Look into assisted

living. “There are assisted living communities that are excellent,” Loverde says. “And they also have therapists, and they have spiritual programs, and they have a family environment.” And again, a long-term care insurance policy can help with those expenses. Arrange to tour a facility with your parents so they can see how the residents are taken care of, the activities, and the food.

16. If you meet a brick wall and they just won’t talk about living elsewhere, then get to know their neighbors and exchange phone numbers. In an emergency, they could check on your folks.

Your loved ones may not be open to these tricky conversations the first time around, but raise the issue gently again, making sure they know how much you care.

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ASK THE BROKER

SCHOOL’S BACK IN: WHY IT’S STILL PRIME TIME TO LIST

Years ago it was very popular to try to sell your home in the summertime. Much of the selling season was geared toward listing your home in the spring and getting it sold so that you could move into a new home before the kids had to go back to school. But these days, home sales really don’t rely on school being back in session. Granted, for some folks, buying a home is geared towards the school year, but for many buyers school is no longer a factor.

Today’s buyer is likely to be a baby boomer downsizing or a millennial first-time home buyer. Neither of these buyer groups is really concerned about their kids starting school at the end of the summer.

Why does this matter to you?

If you behave like a traditional home seller, you might think the selling season is over right now. School is back in session so you might decide to wait to list until next spring. And, if you’re already listed and your home hasn’t sold, you might think it’s a good idea to take your home off the market and put it back up next year.

That’s a bad strategy.

Today’s home buyers are going to buy your home throughout the fall and winter – so taking it off the market can really hurt your chances of selling.

Despite the advice I give here, there will be sellers who behave in the traditional manner – which is really good for you since you will now have less competition for your home. Fewer homes on the market has been a problem for the market for some time. So, the more homes we can get the better. There is a constant flow of buyers ready to purchase homes. And, you might be surprised to know that - due to the low inventory – many of them are still willing to battle it out for your home in a bidding war. So, your price could be driven up by that competition. We had several sellers in that situation just this past week. They had multiple offers and their homes ultimately sold for over asking. Needless to say, they are all quite happy about that!

Bottom line – despite fears of higher interest rates and serious competition, buyers are still buying and the outlook for selling a home remains strong. So, if you’re ready to list, let me give you a few words of advice: Be sure you have your home in the best condition and price it correctly. Using Perry Wellington Realty can help you through all of the guess work. Our agents can provide advice and information on the best way to price your home and how to make sure it shows the best for potential buyers. Afterall, before a buyer steps foot in your home for a showing, they’re checking it out online. These days, buyers shop on their phones and computers. How your home appears online can make or break your deal. So, let us help you market your property in the best way possible – with Matterport Virtual 3D Tours, drone video, professional still photography and our own live TV show where your property will be marketed across Central PA!

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If you have questions, you can contact me at 814-695-5323 office, 814-934-5246 cell, or email at broker@perrywellingtonrealty.com.

Adam Conrad Jr. MBA, CRS®, DRE®, CRB®, SRS®, e-Pro is the broker/owner of Perry Wellington Realty, licensed in PA, FL, MD, and WV. Adam is the Owner and Director of Education of Vintage Real Estate School. He is also a Licensed Certified Residential Appraiser and Title Agent. Adam has lectured in business and entrepreneurship at Pennsylvania State University, Saint Francis University, and other colleges. He hosts a weekly TV show on NBC affiliate WJAC on Fridays at 12:30 p.m. He is also an author and contributor to Inman News. All statistics courtesy of the Allegheny Highlands Association of Realtors (1/1/18 – 12/31/25).

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Getting flu shot simpler now as the calendar turns to fall

Dear Savvy Senior, I always get my annual flu shot, but I never know whether I'm getting the right one. Can you explain which flu vaccine is best for seniors this fall and whether there are any other recommended vaccines I should get? — **Trying to Stay Healthy Dear Trying,**

If you're 65 or older, getting your annual flu shot is one of the most important things you can do to protect yourself during flu season. But with new vaccines and changing recommendations, many older adults aren't sure which shots they need. The good news is that this fall's advice for seniors is simple: Get an enhanced flu vaccine, and use the opportunity to make sure you are up to date on other important vaccines, including RSV, pneumonia, shingles and, depending on your health situation, COVID-19.

Best flu shot for seniors

Influenza can be especially dangerous for older adults. As we age, our immune systems don't respond as well to infection, which is why people 65 and older account for most flu-related hospitalizations and deaths. The Centers for Disease Control and Prevention (CDC) recommends that adults 65 and older receive one of three enhanced flu vaccines instead of a standard-dose shot: Fluzone High-Dose, Fludac or Flublok. Each of these vaccines is designed differently, but all produce a stronger immune response in older adults. Studies have not shown



Jim Miller
Savvy Senior

that one works better than the others, so there's no need to wait for a specific brand. The important thing is to get one of these enhanced vaccines when it's available.

Also new for the 2026-27 flu season is Moderna's mFLUSIVA, the first mRNA flu vaccine authorized in the United States. It is fully approved for adults ages 50 to 64 and has received accelerated approval for those 65 and older, pending additional study results. While mRNA technology could eventually allow flu vaccines to be updated more quickly to match circulating strains, adults 65 and older should continue to follow CDC recommendations and choose one of the three enhanced flu vaccines whenever possible.

The best time to get your flu shot is September or October, but it's not too late if you miss that window. Even a flu shot in November or later can still provide valuable protection.

Medicare Part B covers one flu shot each flu season at no cost when it's given by a Medicare-participating doctor, clinic or pharmacy.

Other vaccines

While you're getting your flu shot, it's also a good time to review your other vaccinations with your healthcare provider or pharmacist. The CDC recommends a one-time RSV vaccine for everyone age 75 and older, as well as adults ages 50 through 74 who are at

increased risk for severe RSV illness. Medicare Part D covers RSV vaccines.

Adults age 50 and older who have not received a pneumococcal vaccine should also consider getting protected against serious forms of pneumonia. The preferred options are Prevnar 20 (PCV20) or Capvaxine (PCV21). Most people need only one dose, and Medicare Part B covers these vaccines.

If you have not received the Shingrix shingles vaccine, it is another important vaccine to consider. The two-dose vaccine is more than 90 percent effective at preventing shingles and the painful nerve problems that can follow. Medicare Part D covers both doses.

COVID-19 recommendations have become more individualized in recent years, but older adults remain at higher risk for serious illness. Talk with your healthcare provider about whether an updated COVID vaccine is appropriate for you. Medicare Part B covers COVID vaccines.

Vaccine timing

Flu, RSV, COVID-19 and other recommended vaccines can generally be given during the same visit. But if you're concerned about temporary side effects such as fatigue, muscle aches or a sore arm, ask your healthcare provider or pharmacist about spacing them out. To find pharmacies and other providers offering vaccines near you, visit vaccines.gov.

Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

TRAIL: Performs a victory dance

(Continued from Page 5)
"Seeing it in real life is something that I'll definitely remember forever," she said. Ewenson said her group spotted Sanders early in the morning, but it wasn't until he blazed by them hours later that they saw the Grey Beard logo on his T-shirt and realized who he was. They caught up with him that night at an Appalachian Mountain Club hut, arriving around 4 p.m. "I got here at noon," he told them. The next morning, she and others cheered as Sanders performed a "victory dance" before setting off again. "My first thought was 'Wow, his mobility is insane,'" Ewenson said. "His face on that body just doesn't make any sense. My brain couldn't compute how he was so impossibly fit for being that age."

Off-trail adventures

Sanders was born in Kentucky in 1935, two years before the Appalachian Trail was completed. Bullied as a child for his small size, he gained confidence in solo sports like acrobatics and swimming. He later served in the Navy and retired in 2002 after a long career in parks and recreation. Sanders holds numerous other age-related records, including becoming the oldest person to paddle the entire length of the Mississippi River, an 87-day trip he started on his 87th birthday. On his latest adventure, he tackled obstacles like downed trees or steep scrambles with vigor, though he started to get a bit wobbly toward the end of one 12-mile day. He laid down on the trail, said he needed a power nap and briefly fell asleep. Two minutes later, he got up and kept hiking.

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Associated Press file photo

A participant uses light weights during a class for older adults at the Dale Turner Family YMCA on April 30 in Shoreline, Wash.

MOBILITY: One measure of many

(Continued from Page 5)

Dr. George Hennawi, who treats older adults at Med-Star Health in Baltimore, said all the tests are meant to pinpoint specific weaknesses and narrow down their underlying cause, whether that's knee pain, slow reflexes, poor balance or feeling winded or dizzy because of cardiovascular issues.

"The key to react to it is to understand where did we not do well," he said.

Full picture of health is important

Tests like the viral sit-to-stand one are what doctors call screening tools. They're helpful in narrowing down issues, but they don't provide enough information for a full diagnosis.

Other popular tests for a person's "physiological age," or how your body is aging, include tests of grip strength, walking speed, gait steadiness and balance. Such tests look at how hard your hand can squeeze something, whether you favor one side while walking, how long and well can you stand on one leg and how far forward can you reach without becoming unsteady.

Many doctors also use these challenges to understand a person's risk for "frailty," a medical condition that means the body is less able to handle strain from illness or injury.

Doctors sometimes use a 10-minute assessment called the Short Physical Performance Battery, which includes several tests including gait, balance and strength. It was developed by the National Institute on Aging and large clinical trials have shown it predicts mortality, disability and more.

At the University of California, Los Angeles' Multidisciplinary Falls Clinic, Dr. David Lee said it's important to look across multiple tests in combination. Grip strength, for example, is predictive of many different things, but it can be affected by arthritis, stroke or even simply not conditioning those muscles.

"It's one measure of many," Lee said.

Good health about more than good score

Experts note that strength and mobility are just one part of healthy aging. Tests of cognition, memory, hearing, eyesight

and many other measures are key to evaluating how someone is aging.

They also cautioned against training to pass a test. Instead, keep the big picture in mind. Exercise your whole body. Eat nutritious meals. Address stress in a healthy way. Prioritize your sleep. Take care of your heart.

Finally, experts said it's important to know the context in which a test has been studied and verified. If it's shown to predict an outcome for one age group, the performance standards won't necessarily apply to others.

If you score poorly in a mobility test and are concerned about your fall risk, or have recently fallen, talk to your doctor. The test results are the first step in determining if you need an assistive device, physical therapy, a change in medications or something else, said Emily Nabors, a falls prevention expert with The National Council on Aging.

She cited one estimate that more than a quarter of older adults fall each year, but most of them don't tell their doctor about it.

"If you've fallen, you might feel fine," she said, "but you might not be fine at all."



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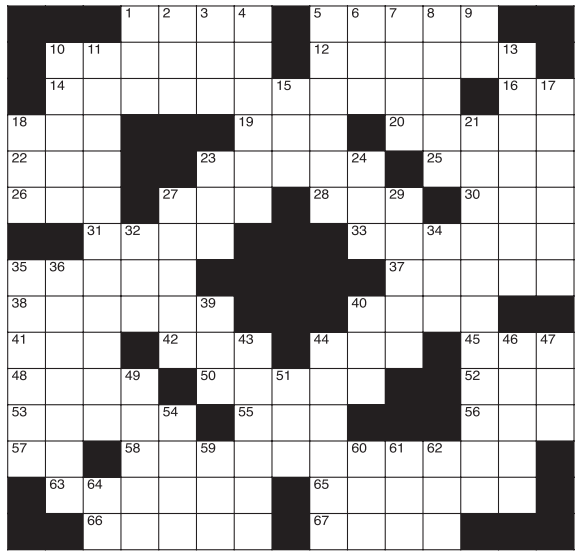
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'15 Jeep Patriot - 2.4L, FWD, 125K
'15 Mazda CX5 - 2.0L, AWD, 161K
'15 Subaru Outback - 2.5L, AWD, 146K
'15 Ford Escape - 1.6L, 4x4, 131K
'15 Jeep Compass - 2.4L, 4x4, 114K
'14 Ford Edge - 3.5L, AWD, 140K
'14 Chevy Traverse - 3.6L, AWD, 157K
'13 Subaru Crosstrek - 2.5L, AWD, 129K
'13 Jeep Grand Cherokee - 4x4, 152K
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AD BARGAIN Crossword Puzzle Solution on page 13



CLUES ACROSS

1. Longtime Vogue editor Wintour
5. A Spanish title of respect
10. A way of looking
12. Properly
14. Rolled steel
16. Not down
18. Law degree
19. Consume food
20. Intermediate ecological stage
22. Old world, new
23. Dispense justice
25. Stiff hair-like structure
26. Ethiopia
27. Cool!
28. Father
30. An enthusiastic devotee of sports
31. Holm oak
33. Be united
35. Rattling breaths
37. Supermarket chain
38. Provided with a quality
40. Samoan monetary unit
41. Swiss river
42. Hill (Celtic)
44. Have already done
45. ATM company
48. Syngman ___, Korean president
50. Very willing
52. Arctic explorers (abbr.)
53. Food listings
55. Bachelor's place to crash
56. Big Blue
57. Sports magazine
58. Relating to a place north of south of the equator
63. Female follower of Bacchus
65. A type of laugh
66. Slovenly women
67. Large jug

CLUES DOWN

1. Boxing's GOAT
2. Zero
3. Midway between north and northeast
4. Concurred
5. Added flavor
6. Amount of time
7. Eggs of parasitic insects
8. S-shaped moldings
9. Atomic #45
10. ___ d'art: small artistic item
11. A godparent's "kids"
13. Nocturnal burrowing lizard
15. Hit lightly
17. Aircrafts
18. Witness
21. Alluding to something
23. Take to the limit
24. Baglike structure in a plant or animal
27. Start over
29. Administered
32. Romanian monetary unit
34. Unit of liquid capacity
35. Equips with weapons again
36. Disney town
39. Female deer
40. Title of respect
43. A place to go rafting
44. A way to conclude
46. Type of television
47. Georgia rockers
49. Leonhard ___, Swiss mathematician
51. Slang for gun
54. River in Bosnia and Herzegovina
59. Bar bill
60. Small, gray-headed crow
61. Frozen water
62. Norwegian krone
64. Commercial

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Paws & Claws

Illnesses common to particular pure breeds

Dogs are faithful companions that can bring joy to the lives of many people. There are a number of breeds to consider when individuals and families decide to welcome a dog into their homes. In fact, people may be attracted to certain breeds due to their appearances or behavioral traits. For example, Golden retrievers are one of the most popular family dogs for good reason, as they are patient and more easily trained than other breeds.

It's important to note that breed traits do not end with disposition. A dog's breed could affect its health. Certain breeds are predisposed to genetic conditions. The following are some examples, courtesy of Healthline, CBS News, Pet Wellbeing, and VetInfo.

- **Labrador Retriever:** These energetic and playful pups also are great picks for family dogs. Under-exercised Labs are prone to weight gain and increased risk of joint diseases due to obesity, including hip and elbow dysplasia.
- **Siberian Husky:** Huskies are beautiful animals with fluffy tails and double coats. Their gazes can be captivating, as blue eyes are common with the breed. Huskies may be at risk for autoimmune skin disorders.
- **Great Dane:** A Great Dane is among the tallest breeds. The large size of the animal means it has a shorter life expectancy than smaller dogs. Furthermore, large dogs like Great Danes and Saint Bernards are vulnerable to a condition called "bloat." When a dog is suffering from bloat, liquid and gases become trapped in its stomach, making it swell and twist, essentially suffocating its internal organs.
- **German Shepherd:** A highly intelligent working breed, these dogs are prone to hereditary hip dysplasia, as well as degenerative myelopathy. The second condition is an untreatable disease that results in progressive paralysis.
- **Lhasa Apso:** This shaggy breed requires eye care to remain in good health. Tearing is nearly constant and must be carefully cleaned away.
- **Bulldog:** The Bulldog as well as other breeds with short and pushed-in snouts, such as Pugs and Boxers, can experience respiratory problems if they are overheated.
- **Yorkshire Terrier:** These pint-sized pups are big on personality. They tend to have digestive issues, so extra caution may be necessary when choosing their foods.
- **Cocker Spaniel:** This spunky breed with a long, flowing coat is at risk for eye diseases



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Physical therapy helps people avoid surgery

Individuals who are dealing with injuries or chronic pain may seek relief in various ways. Surgery may seem like an inevitable outcome, but advances in medicine have led to more conservative solutions. Physical therapy is a powerful, non-invasive first-line treatment that is increasingly being recommended by health care professionals as a means to address a wide range of conditions.

According to the Cleveland Clinic, physical therapy is a health care specialty that helps restore movement, manage pain and improve physical function. Physical therapists undergo many years of schooling, during which they learn to employ targeted exercises, hands-on care, and patient education to help people heal after surgery, recover from injuries, or manage chronic health conditions.

By targeting structural mechanics, restoring tissue mobility, and addressing underlying movement dysfunctions, physical therapy frequently can resolve complex medical conditions without the risks, costs, and down time associated with surgery. Here are some of the conditions PT can address.

- **Herniated or bulging discs:** Targeted exercises, such as mechanical traction and spinal extension maneuvers, can help centralize disc material away from compressed nerves, says the Jacksonville Orthopaedic Institute.
- **Spinal stenosis:** Strengthening of core and pelvic stability muscles can reduce loading on the spinal canal. Manual therapy will help restore joint

mechanics to alleviate pain and other symptoms.

- **Degenerative disc disease:** Physical therapists can help strengthen deep postural stabilizer muscles to create internal support. This can help relieve mechanical stress on intervertebral discs that have worn out.
- **Soft tissue injuries:** Overuse injuries and tendon degradation can lead to pain that mimics conditions that require surgical repair. These may include achilles tendinopathy, plantar fasciitis, and carpal tunnel syndrome. PT may be an initial treatment option for these conditions.
- **Pelvic floor dysfunction:** The National Center for Biotechnology

Information says pelvic floor dysfunction involves the abnormal activity or function of the pelvic floor musculature. Pelvic floor dysfunction can affect bladder and bowel function and cause pain in the abdomen, including during intercourse. Physical therapy uses biofeedback, internal and external manual techniques, and targeted neuromuscular retraining to strengthen the pelvic basket.

- **Joint osteoarthritis:** The Cleveland Clinic says osteoarthritis is the most common form of arthritis. It happens when the cartilage that cushions the ends of bones in a joint wears down over time. PT can address osteoarthritis in knees, hips, shoulders, and other joints.

Physical therapy can be a powerful tool when patients consistently and actively participate in the treatment. For many, a tailored physical therapy plan provides a path to complete recovery.

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WEDNESDAY, SEPTEMBER 9, 2026

Hollidaysburg student proves age doesn’t define success

Smith launched The Jesus Crate store to boost teen mental health

By COLETTE COSTLOW
ccostlow@altoonamirror.com

Hollidaysburg Area senior Addison Smith first got a taste for business while running a hot chocolate stand beside her family’s annual spring yard sale.

To simulate a real business scenario, her father, Mike, helped his two children form a business plan by calculating profit and loss margins. They factored in supplies, such as Keurig cups of hot chocolate, into their budget.

Exposing Smith to business scenarios at a young age contributed to her store, The Jesus Crate, that sells subscription boxes filled with journals, stickers and self-written devotionals.

“I get opinions from different friends; I’m like, ‘What are things that help you be reminded of God?’” she said.

She received many awards since her business launched in July 2025, including second place at the Young Entrepreneurs Academy Investor’s Panel — earning \$3,500 toward her business — and second place at the 2026 Future Business Leaders of America competition National Leadership

Conference, making Hollidaysburg history as the first female FBLA National placewinner.

Age doesn’t define success, according to Smith. “I have a lot more time to fail and to try again because failure is where you grow,” she said. “I have more time to fall and realize what I did wrong, and then fix that and not do it again.”

Being a Hollidaysburg native, Smith and her family regularly attended Hicks Memorial Methodist Church in Duncansville throughout her childhood, instilling a strong sense of faith in her.

“All of the people who taught me there have been so supportive of me and have been incredible,” she said. “And I think they inspired me to do this (The Jesus Crate).”

Meanwhile, she and her younger brother, Avery, began dipping into their first business with their self-made hot chocolate stand while her parents ran a yard sale for three years.

“I had them figure out what they were going to sell this for, which was reasonable and somebody would buy it at a yard sale,” Mike said.

Addison attended Foot of Ten Elementary School before moving up to Hollidaysburg Area Junior then Senior High School. In 10th grade, she joined the school’s FBLA club.

“I joined it so I could skip school,” she said, tongue-in-cheek.

However, she participated with a group in the Intro to Social Media Strategies category. They were required to create a social media campaign to fundraise for a nonprofit. They chose the Blair Regional YMCA and raised just over \$1,500 for the Y’s youth scholarship fund by selling yellow shoelaces, which customers wore at the annual Perry Wellington Turkey Trot Race in November 2024.

They gave a seven-minute presentation at the FBLA State Leadership Conference in 2025 and secured first place, sending them to the national competition in Anaheim, California.

While competing at Nationals, Smith attended events during her free time, such as the business plan finalists.

“I watched probably two hours of business plan finalists at Nationals,” she said. “And I was like, ‘This seems like a really cool project,’” she said.

After watching the presentations, she returned to her hotel room and began thinking about her own business plan for future FBLA competitions.

“I was trying to figure out what I could do for it,

and I was like, ‘I really love a Jesus crate, like helping teens like me,’” she said.

Launching new plans

After returning home from Anaheim, Smith began working on launching The Jesus Crate.

By teens for teens, the subscription box is meant to strengthen spiritual connections with young Christians who typically struggle to make time for devotion. Her crates are built around genuine teenage struggles, such as anxiety, friendship and stress, that compare to examples found in the Bible, according to her website.

She writes her own devotionals, which are included in the crates and overseen by her youth group director, along with challenge cards that encourage users to act out their faith.

The Classic Crate, filled with a journal, stickers and bracelets, is available on her website for \$18.50. The Create Your Crate and the Creators Create are available for \$22.

With help from her father, she launched her business on July 25, 2025, and began selling her products in September. So far, she’s sold 35 crates.

Under a post from July 2025, an Instagram user commented, “Just found out about this, and I am so excited! ... I can’t wait to get one for myself!”

While playing sports and volunteering during her junior year of high school, Smith still made time to run her business and send out orders.

“My dad always told me, ‘You have to understand the way business works because everything is a business,’” she said. “But then FBLA gave me the skills, the knowledge and the confidence to try and start my own business and take that step.”

She presented The Jesus Crate in the business plan category at the FBLA State Leadership Conference in 2026 and secured the last spot to compete at the Nationals competition from June 29 to July 2 in San Antonio, Texas.

For the business plan category, many competitors make a mock business and present hypothetical scenarios, she said. But she thinks presenting her real business plan gave her a leg up in the contest.

“These are risks and challenges that I have to overcome, and they could literally see that,” she said. “And when the judges ask questions, I was like, ‘Yeah, that happened to me. This is how we solved that.’”

She took home second place in business plan, the first female in Hollidays-



Mirror photo by Colette Costlow

Hollidaysburg Area senior Addison Smith sits alongside the high school’s swimming pool wearing merchandise from her business, The Jesus Crate, which she launched in July 2025.

burg history to place that high in a national FBLA competition.

Stating that she competed to have fun, learn lessons and gain experience, she said she worked hard for the award.

“It was cool to see that it paid off and people saw it,” she said.

Definitely driven

Smith plans to continue The Jesus Crate after high school, as she wants to keep the business sustainable over the years.

However, she wants to study healthcare in the future with hopes of becoming a physician assistant with a trauma or emergency room specialization.

“I would rather help people,” she said.

While competing in her school’s FBLA program, Smith swims for Hollidaysburg Area Senior High’s main team, USA team, and the Blair Regional YMCA team. She runs cross country and participates in National Honor Society and Key Club. She is also a life-

guard and swim instructor at the YMCA.

Since Smith was a young girl, Mike said she woke him up at 4:30 a.m. every morning to make her school’s 5 a.m. swim practice.

“I wasn’t moving fast enough, so the next thing I know, my coffee is made, and my breakfast sandwich is made. And the truck is started,” he said.

That story shows that when Smith wants something, she grabs it, he said.

“Definitely driven,” her mother, Jen, said. “She’s

well organized, definitely has a plan every morning.”

A lot of that self-discipline stems from her athletic background, her mother said, referencing early morning swim practices and late-night cross country practices.

“I would say I owe a lot of who I am as a person to athletics,” Smith said. “The more time and dedication you put into something is how much better you do.”

Mirror Staff Writer Colette Costlow is at 814-946-7414.

The Smith file

Name: Addison Smith

Age: 17

Hometown: Hollidaysburg

Education: Foot of Ten Elementary School, Hollidaysburg Area Junior High School, Hollidaysburg Area Senior High School

Family: Parents, Mike and Jen; brother, Avery

Pets: Beagle, Tucker; and gecko Bobby

Clubs: Hollidaysburg Area swim team (USA and main), cross country team, Key Club and National Honor Society, YMCA swim team, life-guard and swim instructor

Awards: Fourth place in Business Plan at the FBLA State Leadership Conference, second place at the Young Entrepreneurs Academy (YEA!) Investor’s Panel and second place at the FBLA National Leadership Conference, all in 2026

Website: <https://thejesuscrate.com/pages/mision> Instagram: https://www.instagram.com/the_jesus_crate/ reels/



Items in an order from Addison Smith’s The Jesus Crate include a journal, bracelets, stickers, a QR code to her “Faith Over Fear” playlist and figurines.



Courtesy photos

Addison Smith holds her second-place trophy beside the FBLA National Leadership Conference sign welcoming competitors to San Antonio, Texas.

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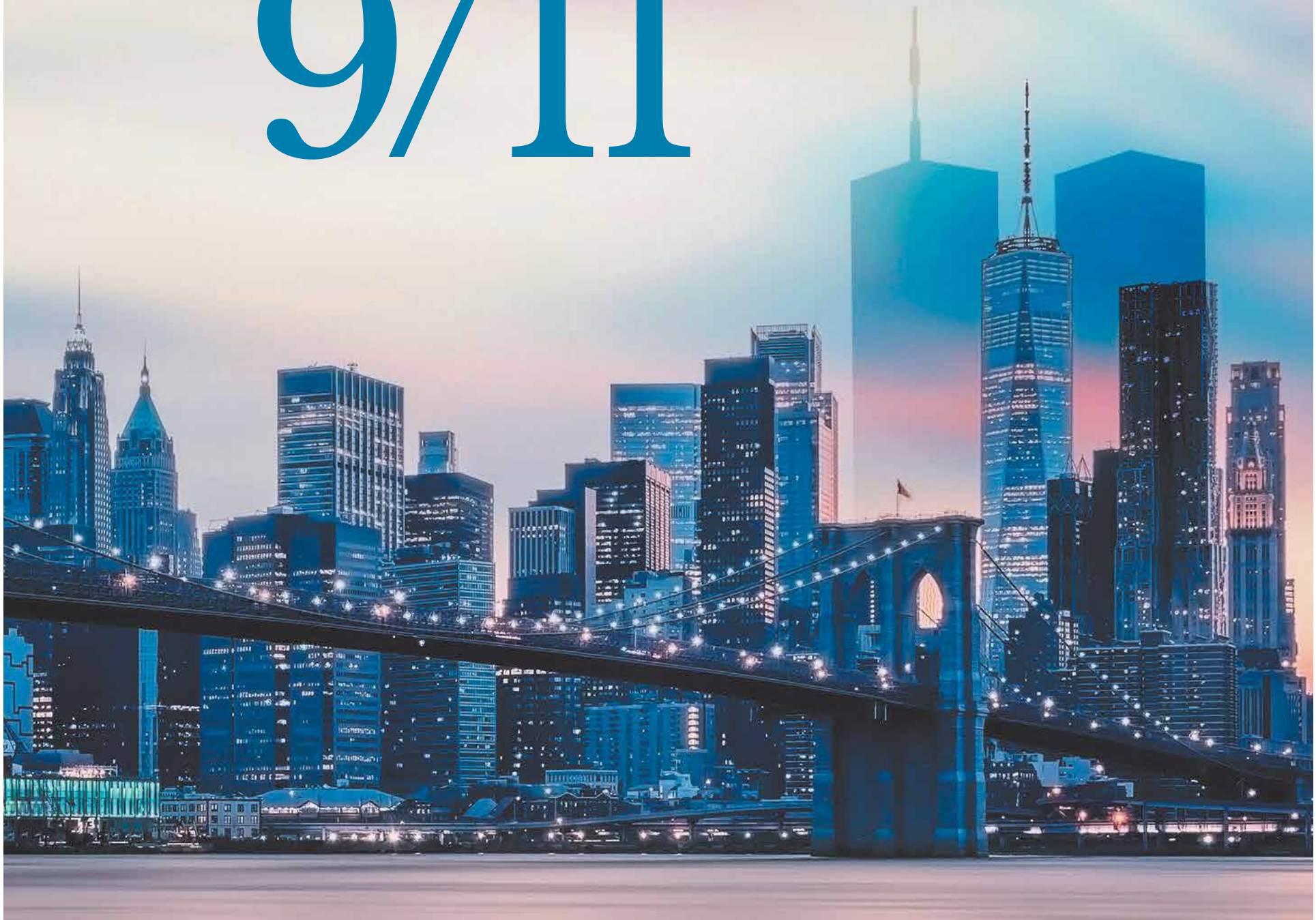
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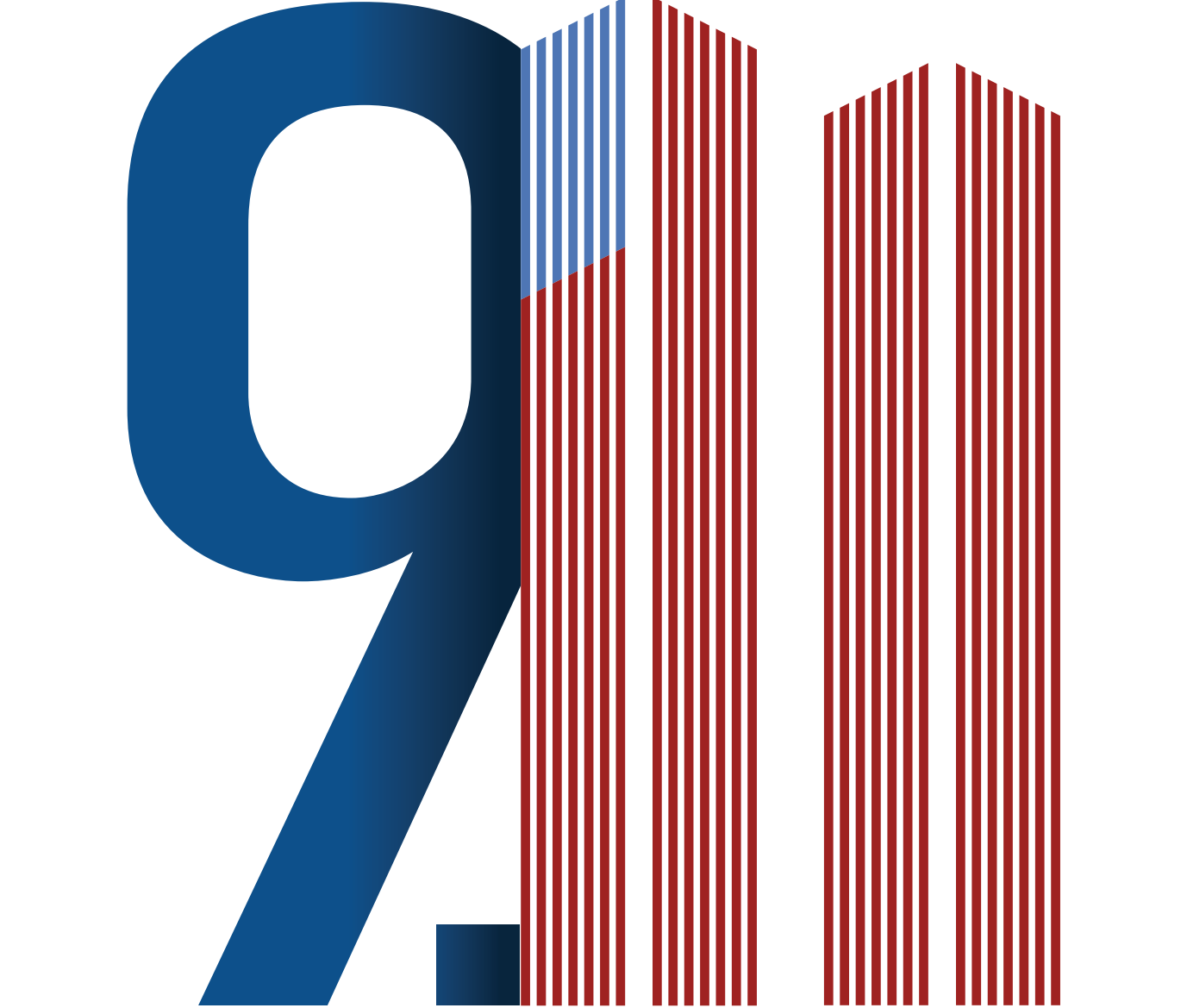
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A timeline of the morning of September 11, 2001



The attacks of September 11, 2001, shook the world and have continued to affect global politics and international relations well into the 21st century. While that impact was not on the minds of Americans in the early hours of September 11, this timeline of that fateful morning, courtesy of the National September 11 Memorial & Museum, shows that it was not long after the first plane crashed into the World Trade Center that authorities recognized the United States was under attack.

• **5:45 a.m.:** Two of the hijackers pass through security at Portland International Airport in Maine. The men will take a short flight to Boston Logan International Airport, where they will join three other hijackers and board American Airlines Flight 11.

• **6:00 a.m.:** Polling stations open in New York City for primary elections.

• **7:59 a.m.:** American Airlines Flight 11 takes off from Boston with 11 crew members, 76 passengers and five hijackers on board. The plane, which will eventually crash into the North Tower at the World Trade Center, is filled with more than 76,000 pounds of fuel.

• **8:15 a.m.:** United Airlines Flight 175 takes off from Boston with nine crew members, 51 passengers, and five hijackers on board. This flight also is loaded with 76,000 pounds of fuel.

• **8:19 a.m.:** American Airlines ground personnel are alerted by flight attendant Betty Ann Ong that Flight 11 is being hijacked. This call lasts roughly 25 minutes and Ong reports that the cockpit is unreachable. In the moments before Ong's call, one of the hijackers stabbed Daniel M. Lewin, who was sitting in front of him in first class. Lewin is likely the first person killed in the 9/11 attacks.

• **8:20 a.m.:** American Airlines Flight 77 takes off from Washington Dulles International Airport. The flight has 49,900 pounds of fuel and is carrying six crew members, 53 passengers and five hijackers.

• **8:21 a.m.:** The transponder on Flight 11 is turned off. This device is meant to allow air traffic controllers to identify and monitor the flight path of a plane.

• **8:24 a.m.:** One of the hijackers of Flight 11 unwittingly broadcasts a message to

air traffic controllers alerting them to the attacks. The hijacker was attempting to communicate with passengers and crew within the cabin.

• **8:30 a.m.:** Around this time, roughly 80 people have already begun gathering on the 106th floor of the North Tower of the World Trade Center for a financial technology conference. The conference is one of many events on the Trade Center schedule that day.

• **8:37 a.m.:** The Boston Air Traffic Control Center alerts the military that a hijacking is under way.

• **8:42 a.m.:** United Airlines Flight 93 takes off from Newark International Airport. The flight was due to take off at roughly the same time as the other hijacked planes, but was delayed due to routine traffic. Seven crew members, 33 passengers and four hijackers are on board. The flight is filled with 48,700 pounds of fuel.

• **8:46 a.m.:** Five hijackers crash Flight 11 into floors 93 through 99 of the North Tower of the World Trade Center. Hundreds, including everyone on board the flight, are killed instantly. The crash severs all three emergency stairwells, trapping hundreds of people above the 91st floor.

• **8:46 a.m.:** Police, paramedics and firefighters are sent to the North Tower.

• **8:50 a.m.:** While visiting an elementary school in Florida, U.S. President George W. Bush is notified that a small plane has hit the North Tower.

• **8:52 a.m.:** A flight attendant aboard Flight 175 reaches a United Airlines operator in San Francisco and reports the flight is being hijacked. By 9 a.m., various passengers on Flight 175 have called family members.

• **8:55 a.m.:** The Port Authority informs people inside the South Tower via a public

address system that the building is secure and there is no need to evacuate.

• **8:59 a.m.:** The Port Authority Police Department orders both towers evacuated. One minute later, Captain Anthony Whitaker expands the order to include all civilians in the entire World Trade Center complex.

• **9:02 a.m.:** An evacuation order is broadcast in the South Tower.

• **9:03 a.m.:** Five hijackers crash Flight 175 into floors 77 through 85 of the South Tower. All onboard the flight are killed, as are an unknown number of people inside the building. Two of the three emergency stairwells are impassable and most elevator cables are severed, trapping many people above the impact zone and inside elevator cars.

• **9:03 a.m.:** A second call for mobilization brings the total number of New York City Police Department officers responding to the scene to roughly 2,000. In addition, the FDNY issues a fifth alarm and deploys several hundred additional firefighters to the scene.

• **9:05 a.m.:** President Bush is informed that a second plane has crashed into the World Trade Center.

• **9:12 a.m.:** Flight attendant Renée A. May calls her mother and tells her that hijackers have seized control of Flight 77. When May's call is disconnected, she calls American Airlines.

• **9:30 a.m.:** Amidst reports of additional hijacked planes, the Mayor's Office of Emergency Management at 7 World Trade Center is evacuated.

• **9:37 a.m.:** Hijackers crash Flight 77 into the Pentagon. All 53 passengers and six crew members perish, and 125 military and civilian personnel on the ground are killed in the fire caused by the crash.

• **9:42 a.m.:** The Federal Aviation Administration grounds all flights, ordering all civilian planes in United States airspace to land. Departures also are prohibited.

• **9:45 a.m.:** Evacuations at the White House and the U.S. Capitol begin. Both the House of Representatives and Senate are in session at the time the evacuation begins.

• **9:58 a.m.:** Flight 93 is flying so low to the ground that passenger Edward P. Felt is able to reach an emergency 911 operator in Westmoreland County, Pennsylvania.

• **9:59 a.m.:** The South Tower collapses after burning for 56 minutes. The tower collapses in just 10 seconds.

• **9:59 a.m.:** Continuity-of-government procedures are implemented for the first known time in American history.

• **10:03 a.m.:** Four hijackers crash Flight 93 into a field near the town of Shanksville, Pennsylvania. All 33 passengers and seven crew members on board perish. Passengers and crew had stormed the cockpit, and the plane ultimately crashes just 20 minutes' flying time from Washington, D.C.

• **10:15 a.m.:** The E Ring of the Pentagon collapses.

• **10:28 a.m.:** The North Tower collapses after burning for 102 minutes. More than 1,600 people are killed as a result of the attack on the North Tower.

• **11:02 a.m.:** New York City Mayor Rudolph Giuliani urges the evacuation of lower Manhattan.

• **12:16 p.m.:** The last flight still in the air above the continental United States lands. Within two and a half hours, U.S. airspace has been cleared of roughly 4,500 commercial and general aviation planes.

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Did you know?

According to the National Park Service, **2,996 people were killed during the terrorist attacks on the United States on September 11, 2001.** Those who lost their lives included **343 firefighters and paramedics, 23 New York City police officers, and 37 Port Authority police officers.**

Tens of thousands of additional individuals have suffered in the aftermath of September 11 due to exposure to chemicals and industrial debris.

In recognition of that, the United States government helped to establish the **September 11th Victim Compensation Fund (VCF).** The VCF is a federally funded program that was established to compensate for physical harm or death caused by the terror attacks on September 11. As of April 30, 2026, victims have been awarded \$17.79 billion since the inception of the fund.

NEVER FORGET

September 11, 2001

Twenty-five years later, we pause to honor the lives lost, the families and survivors, and the first responders who served with courage and sacrifice.



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The remarkable story of

Flight 93



September 11, 2001, is among the darkest days in the history of the United States. But the day also was one marked by incredible heroism and a collective bravery that showed the world Americans would not be intimidated by terrorism.

The lack of fear in the face of terrorism was on display aboard United Airlines Flight 93. Flight 93 was one of the four planes hijacked on the morning of September 11, 2001. But unlike the hijacked planes that ultimately crashed into the Pentagon and the Twin Towers of the World Trade Center, Flight 93 never reached its intended target,

which 9/11 investigators suspected was the U.S. Capitol Building in Washington, D.C. Flight 93 departed Newark International Airport in Newark, New Jersey, at 8:42 a.m. on September 11, 2001. The flight was delayed by 42 minutes due to considerable congestion at the airport. That delay meant that Flight 93 took off just four minutes before the hijacked American Airlines Flight 11 was flown into the North Tower of the World Trade Center.

Flight 93 was intended to be a non-stop flight from Newark to San Francisco, and the The 9/11 Pentagon Memorial notes that long haul was

among the reasons the plane was targeted by the perpetrators of the 9/11 attacks. The cross-country flight meant the plane had a full fuel tank, which is not standard on shorter flights. Flight 93 also was a Boeing 757, which was an aircraft type that hijackers were trained to fly. In addition, Flight 93 featured just 33 passengers and seven crew members, which the Pentagon Memorial notes appealed to the hijackers because it suggested there would be less resistance when the plane was taken over. That proved to be a significant miscalculation on the part of the terrorists. Less than an hour after Flight 93 departed Newark, the hijackers stormed the cockpit and soon turned the plane in a southeast direction. Passengers and crew were forced to the rear of the cabin, but they were not wholly unaware that they were part of a multifaceted and coordinated suicide attack on the United States. Due to the 40-minute delay at Newark Airport, passengers and crew aboard Flight 93 were able to piece together details of what was unfolding in the eastern United States that morning.

The Pentagon Memorial notes that Flight 93 passengers' and crew members' awareness of the attacks on the World Trade Center and

the Pentagon prompted them to discuss fighting back, and they quickly decided to do just that. That heroic decision led to the formation of a plan to confront the hijackers. Undoubtedly cognizant that such a confrontation might cost them their own lives, the passengers and crew nonetheless moved forward with their plan to fight back against the hijackers.

The hijackers' attempted to thwart the efforts of passengers and crew to regain control of the plane by rolling and pitching the aircraft, and the Pentagon Memorial notes they even flipped the plane upside down at one point. But those efforts proved futile, and the terrorists flying the plane ultimately decided to crash the aircraft into a field in rural Pennsylvania. At the time of the crash, which killed all on board Flight 93, the plane was just 20 minutes' flying time from the U.S. Capitol, where Congress was in session. By thwarting the terrorists' plan to crash the plane in Washington, D.C., the passengers and crew aboard Flight 93 saved countless lives at the expense of their own. That remarkable bravery and selflessness serves as a reminder that September 11, 2001, though marked by unspeakable tragedy, also was a day characterized by incredible courage.

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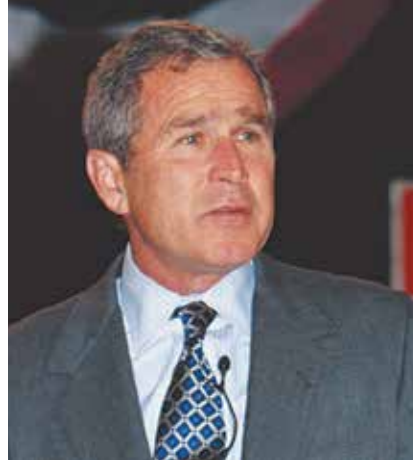
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Key figures in the American response to the attacks on 9/11

In a speech delivered to a shaken nation on the evening of September 11, 2001, United States President George W. Bush noted Americans' response to the deadliest terror attacks in world history reflected "the best of America." President Bush also indicated the search was already under way for the perpetrators of the attacks, a hunt the president noted would benefit from the full resources of the American intelligence and law enforcement communities.

The American response to the attacks of 9/11 was a



multifaceted effort that involved an assortment of key officials whose roles are worth noting as Americans reflect on the tragic

events of 9/11 25 years after the attacks shook the world.

President George W. Bush

President Bush had not even been in the Oval Office for a full year when the attacks of 9/11 occurred. After the attacks, President Bush inspired confidence among the American people. The Miller Center at the University of Virginia notes that President Bush's approval rating in the weeks after the attacks rose to 90 percent. President Bush deemed Friday, September 14, a National Day of Prayer and Remembrance.

Donald Rumsfeld

Donald Rumsfeld was roughly nine months into his second stint as the United States Secretary of Defense when the 9/11 attacks occurred. Rumsfeld, who also served in the role under President Gerald Ford from 1975 to 1977, directed the actions of the Department of Defense in the aftermath of the 9/11 attacks. According to the United States Department of War, in the wake of the attacks on 9/11, Rumsfeld proposed a reorganization of the worldwide defense command structure. Rumsfeld also initiated a global restructuring of the U.S. forces that included shifting forces from Europe and the Korean peninsula.

George Tenet

George Tenet served as the

Director of Central Intelligence (DCI) for the Central Intelligence Agency (CIA) from late 1996 until mid-July 2004. The Council on Foreign Relations notes that, in the aftermath of the 9/11 attacks, President Bush granted Tenet and the CIA open-ended authority to capture and detain anyone who the intelligence branch considered a "continuing, serious threat" to the United States.

Condoleezza Rice

Condoleezza Rice served as the National Security Advisor to President Bush from 2001 to 2005. Chapman University notes that Rice played a crucial role in the Bush administration's response to the 9/11 attacks, including the decision to invade Iraq in 2003, which Rice advocated for. Rice continued to play an influential role in shaping America's post-9/11 foreign policy while serving as President Bush's Secretary of State from 2005 to 2009.

General Tommy Franks

United States Army General Tommy Franks was Commander of the United States Central Command (CENTCOM), a role he took on in July 2000. General Franks was tasked with orchestrating the military response to the attacks, including guiding the war in Afghanistan. General Franks also led the invasion of Iraq in 2003.




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President George W. Bush's

address to the nation on September 11, 2001

On the evening of September 11, 2001, millions of Americans were struggling to make sense of the events that occurred earlier that day, when hijackers commandeered four commercial airplanes, ultimately crashing two into the Twin Towers at the World Trade Center in New York City and another into the Pentagon in Washington, D.C. A fourth hijacked plane crashed in a field near the town of Shanksville, Pennsylvania, after passengers and crew attempted to regain control of the plane from the hijackers. The attacks were the deadliest terrorist attacks in world history. All passengers and crew on board all four flights died on September 11, and thousands of others on the ground lost their lives that day as well. In what seemed like the blink of an eye, Americans were forced to confront the unsettling reality that America was under attack. That was the situation confronting United States President George W. Bush when Mr. Bush addressed the nation that evening.

“

Good evening. Today, our fellow citizens, our way of life, our very freedom came under attack in a series of deliberate and deadly terrorist acts. The victims were in airplanes, or in their offices; secretaries, businessmen and women, military and federal workers; moms and dads, friends and neighbors. Thousands of lives were suddenly ended by evil, despicable acts of terror.

The pictures of airplanes flying into buildings, fires burning, huge structures collapsing, have filled us with disbelief, terrible sadness, and a quiet, unyielding anger. These acts of mass murder were intended to frighten our nation into chaos and retreat. But they have failed; our country is strong.

A great people has been moved to defend a great nation. Terrorist attacks can shake the foundations of our biggest buildings, but they cannot touch the foundation of America.

These acts shattered steel, but they cannot dent the steel of American resolve.

America was targeted for attack because we're the brightest beacon for freedom and opportunity in the world. And no one will keep that light from shining.

Today, our nation saw evil, the very worst of human nature. And we responded with the best of America — with the daring of our rescue workers, with the caring for strangers and neighbors who came to give blood and help in any way they could.

Immediately following the first attack, I implemented our government's emergency response plans. Our military is powerful, and it's prepared. Our emergency teams are working in New York City and Washington, D.C. to help with local rescue efforts.

Our first priority is to get help to

those who have been injured, and to take every precaution to protect our citizens at home and around the world from further attacks.

The functions of our government continue without interruption. Federal agencies in Washington which had to be evacuated today are reopening for essential personnel tonight, and will be open for business tomorrow. Our financial institutions remain strong, and the American economy will be open for business, as well. The search is underway for those who are behind these evil acts. I've directed the full resources of our intelligence and law enforcement communities to find those responsible and to bring them to justice. We will make no distinction between the terrorists who committed these acts and those who harbor them.

I appreciate so very much the members of Congress who have joined me in strongly condemning these attacks. And on behalf of the

American people, I thank the many world leaders who have called to offer their condolences and assistance.

America and our friends and allies join with all those who want peace and security in the world, and we stand together to win the war against terrorism. Tonight, I ask for your prayers for all those who grieve, for the children whose worlds have been shattered, for all whose sense of safety and security has been threatened. And I pray they will be comforted by a power greater than any of us, spoken through the ages in Psalm 23: "Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me."

This is a day when all Americans from every walk of life unite in our resolve for justice and peace. America has stood down enemies before, and we will do so this time. None of us will ever forget this day. Yet, we go forward to defend freedom and all

”

25 YEARS LATER, WE REMEMBER

Twenty-five years have passed, but we will never forget. We remember the lives taken, the families forever changed, and the heroes who answered the call when our nation needed them most. We remember the courage, compassion, and unity that emerged from one of the darkest days in our history.

September 11, 2001 — September 11, 2026

We remember. We honor. We will never forget.
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The reactions *of* world leaders to the attacks on 9/11

Americans were shocked by the terrorist attacks of September 11, 2001. Images of hijacked airplanes being flown into the World Trade Center in lower Manhattan and the attack on the Pentagon will never be forgotten, and the Flight 93 National Memorial in Stoystown, Pennsylvania, serves as a reminder and a living testament to the bravery of the passengers who prevented the hijackers of that plane from reaching their intended target, which investigators believe was the United States Capitol Building in Washington, D.C.

As Americans coped with the tragic events of September 11, leaders from across the globe condemned the terrorists' brutality and issued statements of support for the United States in the hours and days following the attacks.



“ These terrorist attacks are a serious challenge not only to the United States, but to the freedom, peace and democracy of the world... We must stand up with firm resolve to acts of terrorism, together with other nations of the world. ”



— **Junichiro Koizumi**,
Prime Minister of Japan

“ This mass terrorism is the new evil in our world today. It is perpetrated by fanatics who are utterly indifferent to the sanctity of human life, and we, the democracies of this world, are going to have to come together and fight it together. ”



— **Tony Blair**,
Prime Minister of the United
Kingdom of Great Britain and
Northern Ireland

“ My government condemns these attacks to the utmost. I want to express my heartfelt condolences and my unqualified solidarity to you and the American people. ”



— **Gerhard Schröder**,
Chancellor of Germany,
in a personal letter to
President George W. Bush

“ In the face of such unspeakable horror we cannot but be deeply disturbed. I add my voice to all the voices raised in these hours to express indignant condemnation, and I strongly reiterate that the ways of violence will never lead to genuine solutions to humanity's problems. ”

— **Pope John Paul II**

“ We, who know well the insanity of terrorism, manifest our support and solidarity... to all the citizens of the United States. ”



— **Jose Maria Aznar**,
Prime Minister of
Spain

“ I want to tell President Bush, who is my friend, that we stand in total solidarity — we bring you the total solidarity of France and the French people. It is solidarity of the heart. ”



— **Jacques Chirac**,
President of France

“ I condemn in the strongest possible terms the senseless attacks which have just been perpetrated against the United States of America. These barbaric acts constitute intolerable aggression against democracy and underline the need for the international community and the members of the alliance to unite their forces in fighting the scourge of terrorism. ”

— **George Robertson**,
Secretary General of NATO

“ On behalf of the European Union, they condemn in the strongest possible terms this type of cowardly attack on innocent civilians. ”



— Joint statement from **Guy Verhofstadt**, Prime Minister of Belgium, and **Louis Michel**, Minister of Foreign Affairs for Belgium

“ Greece condemns, most categorically, these horrific acts. We hope that the culprits be located and brought to justice immediately. ”



— **Costas Simitis**,
Prime Minister of Greece

9/11 Memorials

across the United States



The shocking attacks of September 11, 2001, are unforgettable. Millions of Americans recall exactly where they were and what they were doing the moment they heard the United States was under attack. While the 19 terrorists who hijacked four commercial airplanes on the morning of September 11, 2001, aspired to crash the planes into cities in the eastern United States, the attacks resonated with Americans everywhere. The presence of 9/11 memorials throughout the United States serve as a reminder that every community was touched by the attacks of September 11. These monuments also endure as a testament to American resiliency and ensure that Americans born before and after the horrifying events of September 11 will never forget those who lost their lives that day and in the days, weeks and months following the attacks.

The Voices of September 11th Living Memorial Project was launched in 2006 and chronicles the 2,977 individuals who lost their lives on 9/11 as well as the six individuals and unborn children who perished in the 1993 bombing of the World Trade Center. In addition to maintaining an extensive online collection of more than 87,000 photographs, the 9/11 Living Memorial also maintains a list of 9/11 memorials across the United States at voicescenter.org/livingmemorial/memorials/by-state. Americans interested in visiting a memorial near their homes can peruse this abridged rundown of memorials by state or visit the 9/11 Living Memorial website for a full list of memorials.

Continued on page 11

We Remember

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9/11

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A nighttime photograph of the New York City skyline, featuring the World Trade Center towers. A bright blue light beam shines upwards from the base of the towers. The foreground shows trees and other city buildings.

PHOTO BY JIN S. LEE

"One of the worst days in America's history saw some of the bravest acts in Americans' history. We'll always honor the heroes of 9/11. And here at this hallowed place, we pledge that we will never forget their sacrifice."

—President George W. Bush

The logo for PennCrest BANK, featuring a stylized green mountain peak and the text "PennCrest BANK" in green and blue.

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Continued from page 10

Alaska

• **Alaska Fallen Firefighters Memorial and 9/11 Remembrance, Anchorage, AK:** This memorial is dedicated to 19 Alaskan firefighters who died in the attacks on 9/11.

Alabama

• **Moody 9/11 Memorial, Moody, AL:** This memorial features a chard of twisted metal from one of the Twin Towers.

Arkansas

• **9/11 Steel Monument Memorial, El Dorado, AR:** This memorial features a granite archway inscribed with the names of the four Arkansans who died in the attacks.

Arizona

• **The Salome - 9/11 Memorial, Salome, AZ:** The design of this monument was a community effort and features a double-sided metal waving flag intended to serve as an icon of hope and freedom.

California

• **Flight 93 Memorial, Union City, CA:** The name, age and hometown of each individual on Flight 93 are featured on stones that also include a stainless steel mirror to reflect viewers' own images, which serves as a reminder that any visitor could have been aboard Flight 93 on 9/11.

Colorado

• **9/11 Stair Climb, Morrison, CO:** The route of the stair climb is designed to equate to 110 stories, which was the height of the Twin Towers.

Connecticut

• **Amy Toyen Sculpture, Avon, CT:** This life-size sculpture of a child reading a book and holding a teddy bear honors Amy Toyen, who was attending a technology

conference at One World Trade Center when the attacks occurred.

District of Columbia

• **David Bernard Memorial Garden, Washington, D.C.:** This memorial is named after fallen IRS employee David Bernard and dedicated to all of the IRS employees who perished in the attacks on 9/11 and the bombing of the Federal Building in Oklahoma City in 1995.

Delaware

• **Dover 9/11 Memorial, Dover, DE:** This memorial is carved from a tulip tree and dedicated to all who died on 9/11.

Florida

• **Spring Hill Memorial Garden, Spring Hill, FL:** This memorial features a piece of iron from the World Trade Center, a piece of the airplane from Flight 93 and a tile from the Pentagon.

Georgia

• **9/11 Memorial Garden and Trail, Athens, GA:** This memorial was the brainchild of retired teacher Bob Hart. Hart built the memorial, which is open to the public and features 99 poles with all of the 9/11 victims' names, on his 18-acre wooded property.

Hawaii

• **Honolulu Community College 9/11 Memorial, Honolulu, HI:** A sealed vessel featuring a golf ball-sized piece of the World Trade Center and a charred hunk of the roof of the Pentagon are attached to the back of this memorial.

Iowa

• **Knoxville Freedom Trees Memorial, Knoxville, IA:** This memorial honors the police, fire, EMT, and other rescue workers who died in service on 9/11.

Idaho

• **Celebration Forest, Sandpoint, ID:** This memorial features memorial trees purchased by donors and planted in the permanent forest preserve in north Idaho.

Illinois

• **Commander Dan Shanower September 11 Memorial, Naperville, IL:** This memorial honors Navy intelligence officer Commander Dan F. Shanower, who died in the attack on the Pentagon on 9/11.

Indiana

• **Indiana 9/11 Memorial, Indianapolis, IN:** This memorial features two 11,000-pound beams from the Twin Towers and a pair of six-foot-tall black granite walls inscribed with remembrances of 9/11.

Kansas

• **Anthony 9/11 Memorial, Anthony, KS:** Artifacts from the attacks of 9/11, including a block of limestone from the Pentagon, are incorporated into this memorial.

Kentucky

• **Walton Community Park, Walton, KY:** This memorial honors those who perished in the attacks on 9/11 and those who continue to fight terrorism.

Louisiana

• **Lake Charles 9/11 Memorial, Lake Charles, LA:** Local artists designed this memorial that features beams from the World Trade Center rising from a reflecting pool.

Massachusetts

• **Memorial to Merrimack Valley Victims, Lawrence, MA:** This memorial honors and features the names of 29 area victims, many of whom were on Flight 11 or Flight 175.

Maryland

• **Survivors and Victims Memorial, Ocean City, MD:** This memorial located on the boardwalk features a statue of a firefighter and honors the 343 firefighters from the New York City Fire Department who were killed during the attacks on 9/11.

Maine

• **Maine Fire Service Institute 9/11 Memorial, Brunswick, ME:** This memorial features a section of a girder from the World Trade Center that was donated by the New York City Fire Department.

Michigan

• **Remembrance Plaza, Lansing, MI:** This memorial was designed with an elevated square concrete base. Three sides of the base represent the states where hijacked planes were crashed while a fourth side features a statement dedicated to the American spirit evident in those who perished in the attacks and persevered in the aftermath.

Missouri

• **Fenton Heroes Memorial, Fenton, MO:** This memorial features a polished granite wall and a sculpted model of the Twin Towers.

Montana

• **Community 9/11 Memorial at MSU Billings, Billings, MT:** This 4,150-square-foot memorial features benches for personal reflection and a scaled-down replica of the Twin Towers.

Nebraska

• **Memorial Clock, Lexington, NE:** A plaque at the base of this clock identifies the clock, which was the brainchild of local middle school students, as a memorial to the victims of 9/11.

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Nevada

• **Elko 9/11 Memorial, Elko, NV:** This memorial located at Elko City Hall honors victims and first responders and incorporates steel from the World Trade Center.

New Hampshire

• **Benson Memorial Park, Hudson, NH:** The entrance to the memorial and the path leading through it follow the flight path of Flight 77, which was hijacked on 9/11 and deliberately crashed into the Pentagon.

New Jersey

• **Monmouth County 9/11 Memorial, Atlantic Highlands, NJ:** This memorial features a timeline walkway to recollect the day's events and a stone base carved with the names of county residents who perished in the attacks.

New Mexico

• **Vista Verde Park 9/11 Memorial, Rio Rancho, NM:** This memorial features a bronze replica of the Twin Towers and a plaque commemorating the lives lost on 9/11.

New York

• **DeWitt 9/11 Memorial, DeWitt, NY:** This memorial features a sculpture of two textured stainless steel flames representing the Twin Towers and signifying light and hope for the future.

North Carolina

• **September 11th Oak, Raleigh, NC:** This memorial features a rare Daimyo Oak as a living memorial to the victims of the 9/11 attacks.

North Dakota

• **The International Peace Garden, Dunseith, ND:** The International Peace Garden features steel girders from the Twin Towers and hosts an annual 9/11 memorial service that is open to all.

Ohio

• **Todd C. Weaver Memorial Tree and Plaque, North Canton, OH:** This memorial honors Ohio native Todd Weaver, who was in his office on the 94th floor of the South Tower when the first plane crashed into the World Trade Center on September 11.

Oklahoma

• **University of Oklahoma 9/11 Memorial Grove, Norman, OK:** Located on the campus of the University of Oklahoma, this memorial is situated in a peaceful setting and features a small plaque in memory of the victims.

Oregon

• **Gladstone 9/11 Memorial, Gladstone, OR:** This site located at the Gladstone Fire Station features a memorial fountain honoring the 343 firefighters who died while responding to the attacks on 9/11.

Pennsylvania

• **Flight 93 National Memorial, Stoystown, PA:** This memorial was designed after an international competition solicited ideas for a permanent memorial honoring the 40 passengers and crew who bravely thwarted a planned attack on Washington, D.C. on September 11.

Rhode Island

• **Tribute to Amy N. Jarret, North Smithfield, RI:** This memorial

plaque honors United Airlines flight attendant Amy Jarret, who was working on Flight 175 when the plane was hijacked.

South Carolina

• **Myrtle Beach 9/11 Memorial, Myrtle Beach, SC:** This memorial in Warbird Park features a steel beam from the Twin Towers and a 9/11 timeline.

South Dakota

• **South Dakota WTC Steel Memorial, Sioux Falls, SD:** This memorial features a steel cross section cut from rubble retrieved from the World Trade Center in the aftermath of the attacks.

Tennessee

• **Assembly Park, Knoxville, TN:** This domed memorial features the names of the 9/11 victims etched in stone.

Texas

• **Beaumont 9/11 Memorial Garden, Beaumont, TX:** This Pentagon-shaped garden is approximately 50 feet by 50 feet and features brick columns eight feet high.

Utah

• **Utah Healing Field, Sandy, UT:** Each year in honor of 9/11, the Sandy Healing Field displays thousands of American flags. The annual event honoring the victims of 9/11 is open to the public.

Vermont

• **9/11 Memorial Flag, Milton, VT:** A stone pillar at this memorial describes how locals residing in Grand Isle County erected a flag within 24 hours of the 9/11 attacks.

Virginia

• **Fairfax County 9/11 Memorial Grove, Fairfax, VA:** This grove was designed by an architect with the National Park Service and overlooks a lake at the Fairfax County Government Center. A commemorative plaza is located within the grove.

Washington

• **Kitsap 9/11 Memorial, Bremerton, WA:** Each element of this memorial featuring two steel beams recovered from the Twin Towers tells a story and reflects a timeline of some of the events of the morning of 9/11.

West Virginia

• **September 11th Tree Memorial, Morgantown, WV:** This memorial along a walkway in Morgantown features trees planted and dedicated to those with a connection to the city who perished in the 9/11 attacks. Plantings are accompanied by plaques featuring the names of victims.

Wisconsin

• **Ann Nelson Memorial Bench at Wayland Academy, Beaver Dam, WI:** This memorial bench is dedicated to Ann Nelson, a Wayland Academy alumna who lost her life in the World Trade Center on 9/11.

Wyoming

• **Evanston 9/11 Memorial, Evanston, WY:** This memorial features two steel beams reclaimed from an old county road bridge and refashioned to represent the Twin Towers prior to their collapse on 9/11. Four trees are planted around the beams and each represents one of the terrorists' targets and Flight 93.

How the attacks on 9/11 affected air travel

It's been 25 years since terrorists attacked the United States on September 11, 2001. The effects of those attacks were wide-ranging, and anyone who has traveled by air in the quarter century since the horrific events of 9/11 knows that the world changed forever on September 11. On the morning of September 11, 2001, hijackers boarded four different airplanes they ultimately gained control of. Two of those planes were flown into the Twin Towers at the World Trade Center in lower Manhattan while another was flown into the Pentagon in Virginia. A fourth hijacked plane crashed in rural

Pennsylvania after brave passengers stormed the hijackers, forcing them to crash the plane before it could reach what investigators believe was the United States Capitol Building in Washington, D.C.

The use of airplanes to attack the United States on September 11 forever changed both domestic and international air travel in various ways, and these are just some of the changes travelers have grown accustomed to over the last 25 years.



• The United States government created the Transportation Security Administration (TSA).

Within two months of the 9/11 attacks, President George W. Bush signed legislation that created the TSA, which was to

be tasked with screening passengers. The TSA replaced private companies that had been handling security prior to the attacks on 9/11. After the establishment of the TSA, all who sought to become screeners for the new agency were subjected to strict background checks and detailed training.

• Everything going on a plane was now screened or inspected.

One of the more notable components of the legislation that established the TSA was that all checked baggage and carry-on items were now to be screened for harmful devices, including explosives.

• Long lines at security checkpoints became part of the air travel experience.

National Public Radio (NPR) notes that waiting times at gates

increased dramatically after 9/11. Whereas before 9/11 it was possible, if not recommended, to arrive at the airport shortly before a flight was scheduled to depart and still make it to your seat on time, that flexibility largely vanished after 9/11 due to the heightened security at airports that created a need to arrive at the airport long before a flight was scheduled for takeoff.

• Friends and family could no longer escort you all the way to the gate.

Many a Hollywood movie made prior to 9/11 includes a scene featuring a moving goodbye or a warm welcome home at a gate for a departing or arriving flight. However, after 9/11, no one other than ticketed passengers was allowed past security checkpoints.

• The Real ID Act was passed.

According to MacDill Air Force Base, the Real ID Act was passed by the United States Congress in 2005 after the 9/11 Commission which investigated the terrorist attacks of September 11 recommended that the federal government set a more rigorous standard for the issuance of personal identification. A Real ID is now required for anyone who wants to use only a state-issued driver's license to board a domestic flight in the United States (a valid U.S. passport is



also allowable for those who have yet to secure a Real ID).

While it's understandable to conclude the need to remove footwear at airport security checkpoints is a byproduct of the 9/11 attacks, that's not so. A little more than three months after the

attacks on 9/11, British criminal and terrorist Richard Reid boarded a flight between Paris and Miami wearing shoes that were loaded with explosives. Reid was unsuccessful in his efforts to detonate the explosives, and was subdued by fellow passengers and ultimately sentenced to life in prison without the possibility of parole. But in the ensuing decades most airline passengers were asked to remove their shoes at airport security checkpoints before the requirement was lifted in July 2025.



We Remember 9/11



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How to honor first responders

This fall marks the 25th anniversary of the 9/11 terrorist attacks. The attacks on September 11, 2001, remain the deadliest terror attacks in world history, and the families affected by the tragedy continue to confront its fallout each and every day.

The 25th anniversary of 9/11 will no doubt evoke responses that span the emotional spectrum. Sadness may dominate such responses, but the anniversary of 9/11 also is a great time to reflect on the heroic efforts of first responders. First responders played a vital role on 9/11, and many lost their lives and/or suffered long-term health consequences resulting from their selfless efforts to save innocent people.

In the two and a half decades since the 9/11 attacks, first responders have continued to make countless sacrifices to ensure their communities are safe and peaceful places to call home.

The 25th anniversary of 9/11 is a great time to recognize the efforts of first responders and honor them for all they do.



• Donate to local fire departments.

According to the U.S. Fire Administration, 52 percent of active firefighting personnel are volunteers. Many of those volunteer firefighters work for underfunded departments that are in need of regular financial support. Donating to such departments is a great way to show first responders how much their efforts are appreciated. Donations may be used to purchase new equipment, upgrade existing facilities, provide vital training, and/or improve response times, the latter of which can increase the likelihood that firefighters make it through calls safe and sound.

• Support legislation to assist wounded first responders.

Many first responders suffer significant mental and physical injuries while on the job. Various nonprofit organizations help wounded first responders who may need to make modifications to their homes or purchase costly equipment to get through their daily lives. But nonprofit organizations cannot go it alone in support of wounded first responders. Citizens can do their part by promoting and voting in favor of local, state and national legislation that makes it easy for wounded first responders to get the help they need, when they need it. In addition to urging local politicians to support such legislation, private citizens can utilize social media to promote proposals and other efforts to support wounded first responders. A vocal citizenry can be a strong asset as first responders seek assistance.

• Commit to supporting first responders year-round.

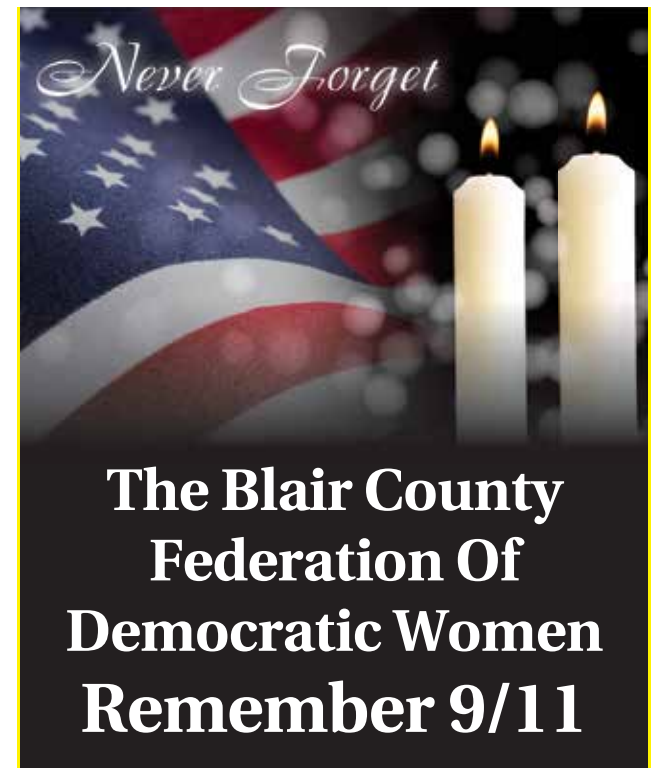
The 25th anniversary of 9/11 will call attention to the efforts of first responders on that day 25 years ago as well as the countless times since then that these brave men and women have served their communities. But first responders deserve vocal, year-round support. Make a concerted effort to thank policemen, firefighters, EMTs, nurses, and doctors in your community whenever you interact with them, and urge others to follow suit.

First responders play a vital role in communities across the globe. The 25th anniversary of 9/11 can serve as a catalyst for communities to express their support for first responders.

Bravery

marked the day at all three sites associated with the 9/11 attacks

Recollections of the devastation wrought by the terrorist attacks on the United States on September 11, 2001, are affected by indelible images of the carnage that resulted from that brutality. That carnage might have been far worse in lower Manhattan, the Pentagon, and Washington, D.C., if not for the heroism of first responders, ordinary citizens working at the sites and the brave passengers on Flight 93. According to the 9/11 Pentagon Memorial, an estimated 15,000 of the approximately 17,400 people who were present in the Twin Towers on the morning of September 11 were evacuated safely thanks to first responders, building staff, and civilians. Similar acts of heroism unfolded when the Pentagon was struck at roughly 9:37 a.m. by an airplane traveling 500 miles per hour. The plane crashed into the western facade of the Pentagon, tore through the building's E-ring and penetrated three of the Pentagon's five concentric rings. The quick response of the Pentagon's on-site firehouse as well the arrival of firefighters from nearby Reagan National Airport and the Arlington County Fire Department within minutes of the crash undoubtedly saved countless lives. Heroism also characterized the events that unfolded on United Flight 93, which ultimately crashed in Shanksville, Pennsylvania, just 20 minutes' flying time from Washington, D.C. September 11 investigators suspect the hijackers of Flight 93 intended to crash the plane into the U.S. Capitol Building, which would have led to the deaths of many more innocent people. But the bravery of the Flight 93 passengers, who fought back against the hijackers and forced them to crash the plane in rural Pennsylvania, prevented that tragedy. While images of the devastation wrought by the 9/11 hijackers and their cohorts can never be forgotten, neither should the memory of the incredible bravery of the many individuals who helped to save thousands of lives on September 11, 2001.



BOOKS

written to help children understand the attacks on 9/11



As countries across the globe acknowledge the 25th anniversary of the terrorist attacks on the United States on September 11, 2001, children who were born after 9/11 may have questions about the day. Parents can make their own decisions about what to share with their children regarding the attacks on 9/11, and some may want to encourage young readers to look to these books as a means to understanding September 11 more fully.

Nine, Ten,

by Nora Raleigh Baskin
Goodreads characterizes Baskin's 2016 book as a "touching look at the days leading up to the tragic events of September 11, 2001" and the effects of the day on the lives of four middle school students. The four children do not know one another and live in different parts of the United States, but their lives intersect in the aftermath of the attacks.

Towers Falling,

by Jewell Parker Rhodes
This 2016 book looks at the events of 9/11 through the eyes of children who were not alive when the attacks took place. The story follows Déja, a fifth grader in New York City whose interest in learning about the attacks is piqued during a classroom discussion. With two new friends by her side, Déja is determined to learn about the events of 9/11 and why her father becomes so upset any time she mentions the fallen towers that once helped to define the city skyline.

The Survivor Tree: Inspired by a True Story,

by Cheryl Somers Aubin
Goodreads notes this 44-page tale takes readers "on a journey of hope and healing" that parallels the United States's own journey following the tragic events of September 11, 2001.

The story focuses on a tree found amidst the debris of the Twin Towers one month after the attacks on September 11. The tree is transported outside of the city and soon begins to flourish before being returned to the 9/11 Memorial Plaza.

I Survived the Attacks of September 11, 2001,

by Lauren Tarshis
The wildly popular I Survived series includes this 2012 book about Lucas, a football-loving child whose love of the game was inspired by his Uncle Benny, who works with Lucas's father at a New York City firehouse. When Lucas's parents tell him he can no longer play football because the sport is too dangerous, the youngster secretly takes a train into the city to speak with Uncle Benny, only to find himself in the middle of a day that changes America forever.

Just A Drop of Water,

by Kerry O'Malley Cerra
This 2014 book focuses on Jake Green, a 13-year-old living in Florida, and his best friend, Sam Madina, as they navigate the aftermath of the attacks on September 11. When Sam is beaten up for being an Arab Muslim and Sam's father is detained by the FBI, Jake must navigate family turmoil and loyalty to his friend.

How to continue to support families affected by 9/11

Nearly 3,000 people died in the terrorist attacks on the United States on September 11, 2001. But the death toll related to 9/11 has risen in the years since those attacks occurred, as the diseases tied to exposure to chemicals and industrial debris at and surrounding Ground Zero has claimed the lives of thousands more over the last quarter century.

The families of fallen heroes and the heroes who are still confronting the side effects of their involvement in rescue and relief efforts can never be forgotten. As the world commemorates the 25th anniversary of the attacks of September 11, people from all walks of life can take note of the many ways to assist the families affected by 9/11.

• Support charities working to help 9/11 families.

Countless families were forever affected by 9/11, and various charities continue to provide much-needed support to those individuals. Donating to such charities can ensure they continue

to have the means to meet their missions. Tuesday's Children (tuesdayschildren.org) is a nonprofit organization founded and designed to support families who have been impacted by loss or illness related to 9/11. The organization also offers support to those who responded to the attacks on 9/11 and continue to be impacted. Additional organizations that offer support to 9/11 families and honor the legacies of fallen first responders include, but are not limited to, the Tunnel to Towers Foundation (t2t.org), the First Responders Children's Foundation (1strcf.org), and the Voices Center for Resilience (voicescenter.org).

• Support legislative efforts to assist 9/11 families.

Many nonprofit organizations offer assistance to 9/11 families and first responders, but government-sponsored programs remain crucial to individuals in need. Such programs must remain a priority for government officials, and voters and volunteers can play a key role by expressing their support for these programs and insisting that legislators keep existing programs intact and continue to fund them in the future.

• Donate to museums and memorials.

In the immediate aftermath of the 9/11 attacks, government officials and others in positions of leadership emphasized the need to ensure that the victims of September 11 and their sacrifices remain part of the public consciousness. Museums and memorials accessible to the public are critical to keeping the memories of 9/11 victims and the heroic efforts of first responders alive. But museums need funding to meet their missions and public memorials require maintenance to ensure they do not fall into disrepair. Financial donations from conscientious and grateful citizens help fulfill those requirements. As the world remembers the tragic events of September 11, 2001, on the 25th anniversary of that horrific day, it's vital that 9/11 families in need continue to get the support they deserve.

Acclaimed documentaries telling the stories of 9/11



The terrorist attacks on the United States that occurred on the morning of September 11, 2001, shocked countless people across the globe. Questions regarding the perpetrators of the attacks and their motivation confounded mourners in the immediate aftermath of the attacks, and many of those questions have since been answered. But in the quarter century since the attack, people who were alive that day and those who were yet to be born may still have questions about the deadliest terrorist attack in human history. Over that period, numerous documentary films and series have been made in the hopes of educating the public about the 9/11 attacks and their lasting effects, and those productions can offer significant insight as the United States and the world reflects on the events of September 11, 2001, on the 25th anniversary of that horrific day.

"9/11: Inside the President's War Room" (2021) This film offers viewers insight into what it was like to be a member of the administration of President George W. Bush on 9/11. Narrated by Emmy Award-winning actor Jeff Daniels, this film features interviews with key Bush administration officials, including President Bush, Vice President Dick Cheney, National Security Advisor Condoleezza Rice, and Secretary of State Colin Powell.

"Saint of 9/11" (2006) Among the earliest documentaries

to emerge from the tragedy of 9/11, "Saint of 9/11" tells the story of Father Mychal Judge, the chaplain of the New York City Fire Department. Narrated by legendary actor Sir Ian McKellen, this moving portrait of Father Mychal, who was wildly popular among FDNY firefighters, portrays the many facets of his life and ministry. Tragically, Father Mychal was the first certified fatality of the attacks on 9/11, and "Saint of 9/11" endures as a moving testament to his life and legacy.

"Generation 9/11" (2021) This PBS documentary connects viewers with seven children of expectant fathers who were killed in the terrorist attacks of September 11, 2001. The brave young adults share what it was like to grow up without their fathers and their own approaches to confronting the events of 9/11 and how that tragic day shaped their worldview.

"Turning Point: 9/11 and the War on Terror" (2021)

This five-episode Netflix series chronicles the events of September 11 and its aftermath, including an examination of the resulting war on terror. In addition to recollections from key Bush administration officials, "Turning Point" features interviews with American service members as well as members of the Taliban and other figures who offer unique insight on 9/11 and the events that unfolded as the U.S. responded to the attacks.

"9/11: Four Flights" (2021) This documentary recounts the lesser known stories of the 9/11 victims who were aboard American Airlines Flight 11, United Airlines Flight 175, American Airlines Flight 77, and United Airlines Flight 93. Family members of the victims as well as air traffic controllers and military officers share their experiences of the day.

Many additional documentary films and television series can serve as invaluable resources for anyone looking to learn more about the 9/11 attacks and their aftermath.



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