

Texas Firefighter Wellness Newsletter

Fall 2018

Texas Firefighters Honor 9/11 Heroes



Citations: https://en.wikipedia.org/wiki/File:Twin_Towers-NYC.jpg & <https://www.minot.af.mil/News/Article-Display/Article/940943/minot-afb-fire-department-honors-911/>

On September 11, 2018 firefighters across Texas honored the 343 firefighters who lost their lives in New York City by climbing tall buildings in full gear. Since these 343 heroes could not complete the climb of the World Trade Center on that day, these firefighters metaphorically finish the climb those heroes started.

Firefighters in Austin, Texas walked up and down the Pleasant Valley Training Tower nine times to match the height of the 110-story World Trade Center. They walked in silence and carried about 75 to 100 pounds of emergency gear including hoses and air packs on their backs. This department started the tradition on September 12th, 2001, the day after the tragedy, and they continue with this act of remembrance annually.

North Texas firefighters started a similar tradition three years ago. Every year on September 11th, exactly 343 firefighters and 70 law enforcement officials from the Dallas metroplex climb the 54-story Renaissance tower in remembrance of the 343 firefighters and 70 law enforcement officials who lost their lives in 2001. This year, the event raised \$70,000 for charities like the Twin Towers Orphan Fund, which provides services and financial support to children who have lost a parent in a terrorist attack. Every year the Prosper Fire Department brings a metal beam from the tower to the event. educate younger generations about what happened on September 11, 2001. This act of transporting the beam to the event

each year evolved into building a trailer to hold the beam; now this mobile memorial is to be used to. Similar events like those in Austin and Dallas were organized in various cities around Texas, including San Antonio and McAllen. The amount of respect paid to those who lost their lives in the tragedy seventeen years ago demonstrates that they will never be forgotten. As firefighters across Texas pay their respects annually to those heroes, they are surely reminded of the dangers involved in their profession, but hopefully they are also reminded that they themselves are heroes too.

Sources:

<https://dfw.cbslocal.com/2015/09/04/north-texas-firefighters-take-911-memorial-on-the-road/>
<http://www.fox7austin.com/news/local-news/austin-firefighters-honor-911-heroes-with-memorial-stair-climb->

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Crossing Into Fall



<http://client.prod.iaff.org/>

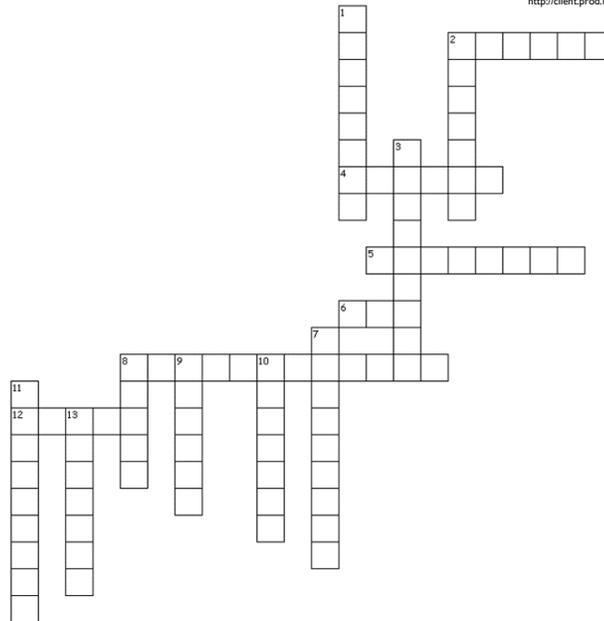
Clues

Across

- with the pricking of my thumb something (blank) this way comes
- things that falls from trees
- Headless (blank)
- cherry, apple, pecan, etc.
- family holiday
- an (blank) a day keeps the doctor away

Down

- the boys of fall
- Sanderson sisters, Elphaba, Hermione, Sabrina
- All Hallows Eve
- The (blank) Before Christmas
- trick or (blank)
- another name for Fall
- (blank) weather
- orange, yellow, white
- the flavor of the season



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What's New at the WRI

The WRI welcomes two new research assistants!

Jordan Strack

Jordan joined the Warriors Research Institute team in June of 2018. She graduated from Baylor University with a Bachelor of Science degree in neuroscience in May 2018. During her undergraduate career Jordan worked as an undergraduate research assistant in a lab studying Coldheartedness, Vigilance, and Contagious Yawning. She was also the fundraising chair for the Baylor Quidditch team. Jordan plans to pursue a Doctorate in Behavioral Neuroscience. Due to her previous experience working with participants with personality disorders, and personal experience of loved ones working through mental health issues, she has a passion to better understand the neurology of mental illness and reduce the stigma surrounding it. In her free time Jordan enjoys reading, spending time with family and friends, taking photos, and traveling.

Jessica Dupree

Jessica joined the Warriors Research Institute (WRI) team in July 2018. She graduated from Butler University with a Bachelor of the Arts in Psychology, International Studies, and Spanish in May 2018. During her time as an undergraduate, she participated in the Butler Summer Institute where she conducted research on religious acceptance in the Indianapolis community. Jessica plans to pursue her Doctorate in Clinical Psychology. Her experience in a National Science Foundation Research Experience for Undergraduates, which focused on trauma in veterans, sparked her passion for clinical psychology and helping populations that are exposed to trauma. Jessica, originally from Indiana, enjoys spending time with family and friends, reading, and

**Moving? Changing your phone number? If so, please
let us know so we can update our information.**

Contact Jessica Dupree at:

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Don't forget that you can contact us 24 hours a day, 7 days a week, 365 days a year!