## **Paying Tribute through Service**

Nici Marderosian

In 2002, President Bush, declared September 11th a day of remembrance. This day has been set aside to honor the victims and the heroes of that tragic, sorrowful time. In 2009, President Obama signed a law making 9/11 a national day of service.

This is a remarkable way to remember those whose lives were taken so suddenly and tragically. Everyone who is able should donate their time to assisting others. Those in need might include people who worked at Ground Zero and who lost their health because of the dust and asbestos they inhaled



A volunteer receives thank you notes after participating in 9/11 National Day of Service. To find out more, visit <www.serve.gov> or <911day.org>.

at the World Trade Center site (see the box below). Others might still be putting their lives back together after losing their homes, jobs, and loved ones.

There are many people who are still trying to pick up the pieces of their broken hearts ten years later. Perhaps we could contribute to their healing if we come up with our own way of donating, giving, or supporting people who are in need.

## The Death Toll Continues to Grow

Tens of thousands of workers who helped look for survivors and clean up Ground Zero were exposed to an estimated 2,500 different toxins, including lead, mercury, asbestos, and dioxin. These can cause cancer as well as heart, liver, lung, and kidney diseases. More than 1,000 first responders have died from illnesses caused by the toxic debris cloud. Thousands more have gotten sick.

Adapted from <healthland.time.com>, May 3, 2011

Americans have always rallied and shown true patriotic spirit when tragedy strikes. Let's take the energy that is generated by this sadness and turn it into a force for positive actions, not just for the immediate victims but for all citizens. We will never forget the past but we can move forward together in unity.

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