

MARINE HAWAII

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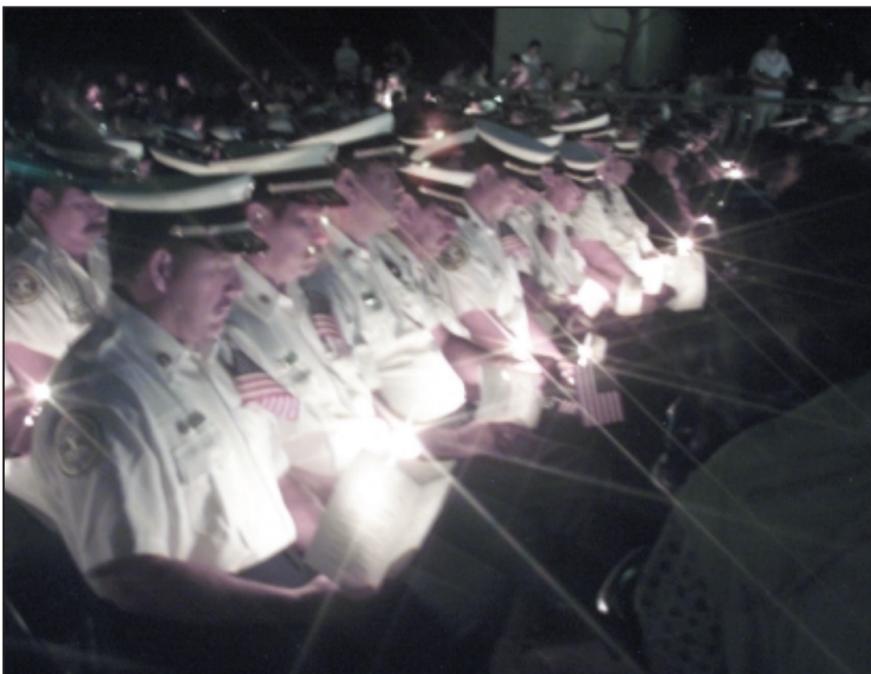
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Volume 30, Number 37

www.mcbh.usmc.mil

September 20, 2001

A time to mourn



Lance Cpl. Jason E. Miller

Firefighters from the Honolulu Fire Department burned their candles in remembrance of their fallen comrades and victims of the terrorist attacks Sept. 11.

Oahu remembers...

Lance Cpl. Luis R. Agostini
Combat Correspondent

As the sun set over the horizon, Old Glory rose.

Servicemembers, government officials, religious leaders and citizens of Hawaii gathered in a Candlelight Memorial

Service at the National Cemetery of the Pacific Sept. 13, to remember those who lost their lives in New York, Washington and Pennsylvania as a result of the terrorist attacks Sept. 11.

Among those in attendance were Governor Benjamin J. Cayetano; Ma-

yor Jeremy Harris; Adm. Dennis C. Blair, commander in chief, U.S. Pacific Command; Lt. Gen. Earl B. Hailston, commanding general, Marine Forces Pacific; and members of the Honolulu Police and Fire Departments.

See **PUNCHBOWL**, A-3



Lance Cpl. Jason E. Miller

Emotions were running high at Friday's National Day of Mourning ceremonies aboard MCB Hawaii, Kaneohe Bay. Many people in attendance such as Jocelyn Chang-Chuck (left) of G-1 and Barbara Matthews, wife of Executive Officer Maj. Timothy Matthews of 1st Radio Bn., struggled to fight back tears as they prayed for the victims in four separate terrorist attacks. See full story on Page A-3.

President Bush declares war on global terrorism

Tells military to get ready, reminds Americans that 'freedom has a cost'

Gerry J. Gilmore
American Forces Press Service

WASHINGTON — President Bush said that his Sept. 14 call up of Guard and reserve troops "is a strong symbol of this

nation's resolve" in its fight to defeat world terrorism.

President Bush told Pentagon reporters that he understands that the reserve component mobilization "affects the lives of thousands of Americans."

"After all," President Bush continued, "We're talking about somebody's mom or somebody's dad, somebody's employee, somebody's friend, or some-

body's neighbor."

As many as 35,000 reserve component members are affected by the call ups, he said, including Coast Guard members.

President Bush met with Pentagon workers and thanked them for their commitment.

He said reserve component troops affected by his order, and the thousands who sprang into action immediately after the attacks, "will serve in a number of essential roles." These include air defense, port security, military with airlift and logistics, military police, engineering, intelligence, and chaplains.

The president said he appreciates and thanks employers of guardsmen and re-

servists, especially those "who understand that there is more to corporate life than just profit and loss."

"Freedom has a cost," President Bush emphasized, adding that servicemembers understand this "better than most" Americans.

The mobilization will entail "a lot of sacrifice for those who will be called up, and their families," he said.

America, he added, is willing to bear the cost of freedom.

"An act of war has been committed on this country," President Bush said, "and the dedication of our guardsmen and re-

See **TERRORISM**, A-10

Colors retrieved



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Major Dan Pantaleo carries the colors retrieved from the 4th floor Marine office at the Pentagon. On the left is firefighter Eric Jones, in the silver suit is Army Staff Sgt. Chris Braman and far right is Capt. Jared Hansbrough. The four walked the flag from the Pentagon and hand delivered it to Gen. Michael Williams, the Assistant Commandant of the Marine Corps.

Give donations through legal, known charities, officials warn

Army Sgt. 1st Class Kathleen T. Rhem

American Forces Press Service

WASHINGTON — Department of Defense officials say they have been inundated by donations of goods and funds, and they want to make sure people are sending their donations to reputable charities.

Below is a list of organizations DoD officials recommend individuals contact to make donations to assist survivors of those killed in the Sept. 11th attack on the Pentagon.

Army Emergency Relief Society, Pentagon Victims Fund, (703) 325-0463, www.aerhq.org.

Navy and Marine Corps Relief Society, Pentagon Assistance Fund, (703) 696-

4904, www.nmcrs.org.

Federal Employee Education and Assistance Fund, (303) 933-7580, www.feea.org.

Officials asked that anyone wishing to make donations not call the Pentagon Family (Casualty) Assistance Center. "That number is reserved for families," a DoD official said.

Consumer advocacy groups are also warning of several scams that are taking advantage of Americans' outpouring of generosity in the wake of the tragedies. Experts have received several reports of individuals receiving "spam"-type mass e-mails soliciting donations for survivors of the attacks in New York and on the Pentagon.

See **DONATIONS**, A-10

MCBH NEWS BRIEFS

DoD CRISIS HOTLINE

The National Naval Medical Center, Bethesda, Md., has set up a 24-hour Crisis and Information Hotline for the emotional support of Department of Defense families in response to the terror attacks, Sept. 11.

The hotline will be open to individuals who may wish to speak with a counselor about the tragedies and their aftermath.

For help, call 1-301-295-2360.

HAWAII'S RED CROSS

ACCEPTING DONATIONS

The American Red Cross is responding to victims of the terror attacks and emergency workers by providing shelter, blankets, crisis counseling, food and beverages, and much more. Locally, the Hawaii State Chapter is coordinating support through its Oahu headquarters, which can be reached at 734-2101.

Residents who wish to assist victims of this and other tragedies can make contributions by calling 1-800-HELP NOW, i.e., 1-800-435-7669. Internet users can make secure online credit card donations at www.redcross.org.

Blood donations are not being processed by the American Red Cross. Those interested in donating blood should contact the Blood Bank of Hawaii at 845-9966.

JOINT WOMEN'S CONFERENCE

The 7th Annual Joint Women's Conference will be held at the Hickam Air Force Base Officer's Club, Oct. 19-20. It's designed to enrich, empower, uplift and motivate women in all their roles as wives, mothers, sisters, community leaders and professionals.

Attendees will be able to choose from 70 diverse workshops and keynote speakers such as KGMB-9 news anchor, Jade Moon.

Registration is underway now; pick up forms at military exchanges, commissaries and base chapels. The cost is \$20 for both days, with continental breakfast, lunch on Friday, and conference souvenirs. Friday only is \$15; Saturday only is \$10. The registration deadline is Oct. 2. Call 455-1744 for more information or to register.

TOYS FOR TOTS VOLUNTEER BRIEFS

Toys for Tots will accept volunteers all the way up until Christmas, and this year's goal is to provide more than 55,000 toys for Hawaii's children. Contact Staff Sgt. Villarreal at 257-1077, ext. 233, to volunteer and provide hope to a child in your area.

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The Hawaii Marine is an unofficial newspaper published every Thursday by RFD Publications, Inc., 45-525 Luluku Road, Kaneohe, HI 96744, a private firm in no way connected with the U.S. Marine Corps under exclusive contract to the U.S. Marine Corps. This civilian enterprise newspaper is an authorized publication for members of the military services.

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CSSG-3 volunteers make needed repairs at Kailua Intermediate

Lance Cpl.
Jason E. Miller
Combat Correspondent

With the school year approaching and many repairs still needed, there was no other choice but to call in the Marines.



Lance Cpl. Jason E. Miller

Lance Cpl. Benjamin Reid, a warehouseman with Supply Co., CSSG-3, paints a window sill in Kailua Intermediate School.

That's what the staff at Kailua Intermediate School did this summer as the school year was about to start.

The Marines from Combat Service Support Group 3 answered the call and showed up ready and willing to do some renovations to the school.

The Marines took on several odd jobs throughout the building.

They put up shelves and painted in several different classrooms.

They also installed 15 ceiling fans and ordered several more to be put in later.

"Since the Marines have been here, I've seen nothing but high spirits and motivation. No one has complained one bit. It's completely volunteer and I think most of the Marines are happy to get out here and serve the community," said Staff Sgt. Richard Winefeldt, construction chief for CSSG 3.

The biggest project for the Marines in the school was the cafeteria, which badly needed repainting and some tile replaced. It took nearly an entire week but it turned out to be something that the Marines and the school were all proud of.

"The Marines out here

have done an absolutely fantastic job," said Sue Stock, vice principal of Kailua Intermediate School. "They've gone above and beyond great work. The work they're doing, we would have had to wait two or three years to get done if it were not for them. It's really been a blessing."

All of the Marines who showed up to work did so of their own accord, said Winefeldt.

"It's just great to be out here doing something for the kids and the community," said Cpl. Chris Hunter, vehicle operator for motor transportation CSSG 3.

"The Marines did good job out here that we're definitely going to expect them back," said Stock.



Lance Cpl. Jason E. Miller

Completing more Marine Corps Institute packets and college courses than anyone else in the Marine Corps, Sgt. Ugarte has been named MCI Graduate of the Year.

MCI's earn ARFF Marine an award-winning title plus EMT certification

Lance Cpl. Jason E. Miller
Combat Correspondent

Going to school after a hard day's work might not seem like the best way to enjoy the islands, while being stationed aboard MCB Hawaii, Kaneohe Bay, but spending the rest of the day working for the future can lead to a better career.

Sgt. Saulo Ugarte, a training non-commissioned officer at Aircraft Rescue Firefighting, managed to complete more Marine Corps Institute packets and college courses than anyone else in the Marine Corps, earning him the title of MCI Graduate of the Year.

Ugarte managed to turn in 23 MCIs and complete several college courses that earned him an Associate's degree in fire science and qualified him as an emergency medical technician.

"Everything I did pertained to my job," Ugarte said. "I focused my edu-

cation into helping other Marines around me. I wasn't just worried about what happened tomorrow; it's now that is important."

Ugarte said that much of his motivation came from his desire to help his fellow Marines where he works.

Having gained better knowledge of what he was dealing with in his line of work, Ugarte thinks that his knowledge and expertise made it much more possible for him to teach his coworkers and become a better NCO.

Ugarte's successes in the classroom didn't come without a lot of hard work and sacrifice, he said.

"I really lost a lot of time to spend with my wife.

"It costs a lot of money to go to school as much as I did too," Ugarte said. "Also, I didn't get to go out and enjoy Hawaii as much as I wish I had either, but that's not to say it's not worth it. I think that when all of the school is done and over, it will be

worth every bit of it."

While school took up much of his free time, Ugarte didn't let that affect his performance on the job. In fact, his command supported his efforts throughout the year, he said.

"Sgt. Ugarte is the kind of Marine that you can tell to do something and not have to worry about it getting done", said Chief Warrant Officer Kevin Jones, officer in charge at the ARFF. "He has definitely inspired many of the junior Marines to go on with their education — an excellent job of leadership by example.

"He did it all by himself, never asking for anything," Jones added.

Sgt. Ugarte plans to keep on doing MCIs and taking college courses in hopes of one day becoming a commissioned officer.

"I want to educate myself so that I can share that knowledge with others," he said. "It can never hurt to learn."

The Marine's Prayer

Almighty Father, whose command is over all and whose love never fails, make me aware of Thy presence and obedient to Thy will. Keep me true to my best self, guarding me against dishonesty in purpose and deed and helping me to live so that I can face my fellow Marines, my loved ones and Thee without shame or fear. Protect my family. Give me the will to do the work of a Marine and to accept my share of responsibilities with vigor and enthusiasm. Grant me the courage to be proficient in my daily performance. Keep me loyal and faithful to my superiors and to the duties my country and the Marine Corps have entrusted to me. Make me considerate of those committed to my leadership. Help me to wear my uniform with dignity, and let it remind me daily of the traditions which I must uphold.

If I am inclined to doubt, steady my faith; if I am tempted, make me strong to resist; if I should miss the mark, give me courage to try again.

Guide me with the light of truth and grant me wisdom by which I may understand the answer to my prayer.

Amen.



MCB Hawaii reflects upon tragedy, mourns the innocent

Lance Cpl.
Jason E. Miller
Combat Correspondent

The raising of the morning colors is a daily occurrence aboard MCB Hawaii, Kaneohe Bay, but in a special ceremony Friday morning at Dewey Square, all eyes were on the stars and stripes as they made it only halfway up the pole.

The ceremony was held in honor of the victims who were hurt and killed during the terrorist attacks the morning of Sept. 11, on the World Trade Center in New York and the Pentagon in Washington.

While the base maintained a heightened state of security, Marines, Sailors and civilians all took time out of their busy schedules and duties to pay their respects to the victims.



Lance Cpl. Jason E. Miller

Marines, Sailors and civilians all grieved together at Friday's National Day of Mourning ceremony at Dewey Square, aboard MCB Hawaii, Kaneohe Bay.

The day was set aside as a day of prayer and mourning. It was also a time to realize what kind of situation

the world is in, said Brig. Gen. Jerry C. McAbee, commanding general of MCB Hawaii, during his speech at

the ceremony.

The ceremony consisted of several prayers and offers of advice from Navy chaplains to those grieving. Many of the speakers gave personal accounts of knowing victims of the tragedy.

"I had to keep saying to myself, 'Is this real? Is this real?'," said Navy Capt. Joseph W. Estabrook, MCB Hawaii, command chaplain, upon seeing the tragedy unfold on television.

Several servicemembers struggled to fight back tears, while others simply let their emotions run freely under the warm morning sun.

The ceremony ended with a song from the Base Chapel choir and Taps.

Though it was a sad day for the country and K-Bay, it was evident that the patriotic spirit is still alive and well here at K Bay.

Punchbowl: Service unites Oahu



Lance Cpl. Luis R. Agostini

Members of the Honolulu Boy's Choir display their patriotism as they wave small American flags while singing at the Candlelight Memorial Service Sept. 13.



Lance Cpl. Jason E. Miller

Hundreds of people came together Sept. 13 at the National Cemetery of the Pacific to remember the victims of the Sept. 11 terrorist attacks.

PUNCHBOWL, From A-1

The Candlelight Memorial Service was described as an interfaith service of hope, healing and prayers for our country.

The evening began with the presen-



Lance Cpl. Jason E. Miller

A color guard representing each branch of military service proudly displayed the colors during the ceremony.

tation of colors, the national anthem and Hawaii Pono'i led by The Honolulu Boy Choir, a blessing from Na Kahu Kamaki Kanahale and Kaulia Clark, and the opening hymn of "Amazing Grace" — performed by the Hawaii Celtic Pipes and Drums.

Leaders from different religious services shared a few words with those in attendance.

"God forbid we go to war, but if we do, it will be not because of hatred, but be-

cause of love," said Rev. Dr. Dan Chun, chairman, Hawaiian Island Ministries.

Admiral Blair, Governor Benjamin J. Cayetano and Mayor Jeremy Harris laid a wreath and leis in remembrance of those who lost their lives Sept. 11 on a monument located in front of those in attendance.

Some speakers compared the Sept. 11 tragedy to the Japanese attack on Pearl Harbor, Dec. 7, 1941.

"Sept. 11, 2001, will be the same inspiration that Dec. 7, 1941, was 60 years ago," said Adm. Blair.

The memorial service included powerful renditions of "God Bless America," led by the Royal Hawaiian Band, and "My Country 'Tis of Thee," which were sung by all in attendance.

As the Candlelight Memorial Service drew to a conclusion, the lighting of the candles began. Candles were lit one by one in the front row until the National Cemetery of the Pacific shone brightly with love, hope and patriotism.

WORD ON THE STREET

What makes you proud to be an American?



"Americans live their lives day to day, but when something happens, Americans come out of the woodwork and help each other."

Lance Cpl. Joshua Colby
Artillery cannoneer
Bravo Battery,
1/12

"This country is very democratic. It looks out for its own, and the leaders are not afraid to work with us."



Cpl. Kirk Pusey
Subsistence supply clerk
Headquarters and Service Co., 3/3



"The way we back each other up in times of crisis, and how loyal we are to our country."

Cpl. David Rice
Squad leader
Fox Co., 2/3

"Freedom and the feeling of security."

Brad Rose
Resident
MCB Hawaii,
Kaneohe Bay



"Regardless of race, creed, ethnicity — all that matters is that we are Americans."

1st Lt. Joseph Silvio
Defense counsel
Headquarters Bn., MCB Hawaii



Lance Cpl. Jason E. Miller

The National Cemetery of the Pacific shone brightly at the Candlelight Memorial Service Sept. 13.

Key Volunteer Network

New trainer brings in fresh ideas

Sgt. Richard W. Holtgraver Jr.
Combat Correspondent

In early July, the MCB Hawaii Key Volunteer network received a new trainer who has her own goals for the network and the drive to get those goals accomplished.

Toni R. Spofford, the new Key Volunteer trainer for MCB Hawaii, arrived from Cherry Point, N.C., after working in that network for three years.

The Key Volunteer network operates in support of, and under the direction of, a Marine unit's commanding officer, focusing

on areas that benefit the families of that particular unit.

When Marine units go on deployment, the Key Volunteer Network provides spouses and their families an information system to fulfill certain needs while one of the family members is away

from home.

The Key Volunteer Network may sponsor unit activities, publish newsletters and help with other unit activities, as directed by the commanding officer.

Spofford has been working as the MCB Hawaii Key Volunteer trainer since July 2.

"To me the Key Volunteer network is about spouses taking care of spouses.

"It's an information and communication network."

Spofford arrived prepared to be proactive.

"I brought a lot of my training materials with me, so I was able to make the transition fairly easily.

I just need the resources and contacts for this



SPOFFORD

base."

Once she is familiar with her new surroundings, Spofford plans on implementing a couple of her own ideas.

Tuesday through Thursday, Spofford has a three-day training session, with classes going from 5 to 9 p.m.

In January, she plans on adding a night class to the monthly training schedule.

Spofford believes in the Key Volunteer Network, and her enthusiasm and straightforwardness complement the program.

"Family readiness is an important issue for everybody whether you're with a deployed unit or not," said Spofford. "When Marines go away to school for two weeks, their

spouse may still need assistance in the two weeks that they're gone."

Another one of Spofford's goals is to make an abbreviated version of the Key Volunteer Network training mandatory and to expand the current volunteer network.

"We're going to need more Key Volunteers in order to reach all the families that we need to," said Spofford.

"It would be my ideal situation to have every spouse Key Volunteer trained, whether they become an active volunteer or not. Each would still have that important knowledge and information for this installation," said Spofford. "Each would in turn know how to handle their own problems and situations."

With her personable demeanor and a straight-from-the-hip style of instruction, Spofford believes in offering training with a lot of "meat and potatoes" information.

She hopes her style of instruction and new ideas will improve MCB Hawaii's programs.

For more information or to join the Key Volunteer Network, call 257-2410.

Volunteers unite



Courtesy of Petty Officer 1st Class Follis Davison

Representatives from unit Key Volunteer Networks, the All Enlisted Spouses Club and the L.I.N.K.S. program gathered at the Fairways Club Sept. 4 for a combined luncheon with L.I.N.K.S. and key volunteer advisor Linda Parker. Pictured (from left to right) are: Trisha Harvilicz, Lisa Ouellet, Cheryl Huffmaster, Edna Schaab, Debra Flonard, Tammy Zeller, Linda Parker, Jeanette Urquidez, Pam Focht and Nico Duncan. The luncheon gave all of the volunteers an opportunity to thank Mrs. Parker for her support of the L.I.N.K.S. and key volunteer programs.

Children need support to cope with trauma

Family members, classroom teachers are in the best position to recognize warning signs and respond

Press Release

International Critical Incident Stress Foundation, Inc.

Most children in the U.S. and even outside the U.S. will be directly and indirectly affected by this disaster to a greater or lesser degree.

In the light of the events, and the turmoil that followed, children may not understand, understand a little, or understand a fair amount of what happened.

Children need to know the facts — appropriate to their age. Parents, grandparents, teachers, and others connected to children must be the judge of what would be helpful for the child to know.

Begin by reassuring children of their safety and letting them know what they need to know, in order to not be unnecessarily traumatized by rumors.

Warning Signs of Stress

In times of crisis, the behavior of children regresses. Children might exhibit behavioral extremes during the next several weeks — shock-like behavior and “fading out” or agitation. These signs indicate a need for extra support. Remember, however, to compare the behavior to the way the child behaved prior to this tragedy.

Pre-School — Kindergarten:

- Withdrawn (quiet, subdued, detached, mute).
- Denial (avoidance, ignoring, denial of facts & memories).
- Thematic play (re-enactment, ritualistic play of traumatic theme).
- Anxious attachment (clinging to parents & favorite objects, whining, tantrums, afraid of strangers).
- Fears (of violence, new situations, strangers, confinement, certain objects).
- Regression (to behavior they found successful at earlier developmental stages).

School Age Children: (any of above behaviors plus):

- Performance decline (school, intellectual, sports, hobbies).
- Compensatory behavior (deny, reverse facts, gain retribution through fantasy, play or interaction).
- Discrepancy of mood (inappropriate moods and feelings following incident).
- Behavior changes/problems (regressive behavior, attention seeking behavior, getting into trouble).
- Psychosomatic complaints (stomach aches & upsets, headaches, bed-wetting, nausea, rashes etc).

Adolescents: (any of above behaviors plus):

- Acting out behaviors (isolation, truancy, drug & alcohol abuse, sexual activity, delinquency, running away, suicidal expression/attempts, self-destructive behavior).
- Low self-esteem and self-criticism (blame themselves, condemn own reactions to crisis, experiencing loss of control).
- “Too old, too fast” (develop life styles too advanced for their chronological age).
- Displaced anger (onto inappropriate recipients).
- Pre-occupation with self (adolescent self-centeredness amplified, disconnected).

Methods that Connect

Talk to and support children.

- Tell them the facts (appropriate to age).
- Listen to what they have to say.
- Be honest — even if you do not know certain facts, tell them.
- Tell them how you feel.
- Provide reassurance of safety to the child — touch/hold if indicated.
- Allow the children to grieve and mourn.
- Validate normalcy of reaction.

Reaffirm life direction.

Prayers may help.

Support each other as a family.

- In times like these families often reunite — use the opportunity.
- Talk to each other as indicated above.

Hold on to your faith/belief system.

Provide supportive climate in all classrooms and reach out to homes that are experiencing a crisis.

See COPE, A-10

Handle trauma by connecting with others

Press Release

National Mental Health Association

Times of tragedy are times for giving and receiving reassurance, although terrorist attacks are intended to cause physical and psychological harm. In an age when horrific images of events are immediately broadcast across the nation, many more people than were involved will suffer psychological harm.

The tragedies unfolding in New York, Washington and Pennsylvania attack the national psyche, and naturally can cause children and adults to feel confused, afraid, angry, or even feel powerless. It is important to acknowledge these feelings but not get stuck in them. People who have suffered trauma in the past are especially vulnerable, and should consider reaching out to a mental health professional.

Most Americans can fight the feelings of anxiousness, loss and confusion by staying calm and doing what they can to connect with and reassure their friends, family, neighbors and co-workers.

In extreme instances, tragedies can trigger, or re-trigger, an extremely debilitating condition called post-traumatic stress disorder. PTSD can occur after exposure to a terrifying event or ordeal in which grave physical harm occurred or was threatened. People with PTSD can experience emotional numbness and sleep disturbances, anxiety, and irritability or outbursts.

For people who are exposed to trauma—even repeated news coverage of traumatic events—can experience elements of PTSD without having the full blown the disorder.

For this reason, children’s viewing of media images should be limited, and special care should be taken to talk with children and adolescents about their feelings and thoughts following this tragedy. In response to children’s questions, adults can reassure them that they are safe and give information that is appropriate to the child’s age and maturity.

For more visit <http://www.nmha.org> or call the National Mental Health Association (800)-969-6642.

EVERY CLIME AND PLACE

Marines help people scrambling from Twin Towers during terrorist attack

Staff Sgt. Matt Olivolo
RS New York

Devastation, mass destruction and sheer terror are all words that describe what transpired during the terrorist attack on the World Trade Center on Sept. 11 in New York City.

The ungodly acts of terrorism were witnessed by both a shocked nation and



Staff Sgt. Matt Olivolo

Sergeant Augustin Castillo of Queens, N.Y. (left), and Staff Sgt. Michael Rivera, of Woodside Queens, N.Y., survey the damage done at the World Trade Center three days after the terrorist attack on Sept. 11.

a shocked world.

Among the eyewitnesses were Marine recruiters from Recruiting Sub-Station Manhattan who were just a few streets over from the terrorist attacks on the Twin Towers.

As the Manhattan recruiters showed up to work that Tuesday for their morning meeting, they heard a violent crash

that shook all of lower Manhattan. Sergeant Omar Sprott, a Brooklyn native and one of the six Manhattan recruiters, immediately looked out his window and saw the smoke billowing from one of the Towers.

Staff Sgt. Angel Montanez, Bronx native and noncommissioned officer in charge of RSS Manhattan, was on the phone to

Recruiting Station New York's Commanding Officer Maj. Paul Greatsinger, making sure he was informed and to let the Major know his Marines were all safe.

"Although our first instinct was to go help, I didn't know if there were more planes or bombs," said Montanez. "My main objective was to keep my Marines safe. However, we couldn't stand by while thousands of people ran by our office in terror."

The recruiters ran out of the office, switching from the mindset of a recruiter to their combat situation training. With people running in every direction, some were getting trampled. The Marine recruiters began directing the injured toward the hospital a couple of blocks north.

"We all knew what needed to be done and we all acted on it ... as a team without hesitation. There was no control in the crowd and we helped keep people calm and

moving north to safety," said Staff Sgt. Michael Rivera, Manhattan recruiter and Woodside, Queens, native.

Montanez recounted how Sgt. Tomas Hernandez, a Manhattan native and recruiter, grabbed a woman who claimed she was having a heart attack and carried her to a safe place between two buildings to get her out of the falling debris.

Once he set her down, he flagged down an ambulance. The emergency medical technicians took over assisting the woman while Hernandez went back to the front of the Beekman Street office to assist more dazed victims.

"The wall of smoke and debris came rolling towards us like in the movie



Staff Sgt. Matt Olivolo

The Stars and Stripes waves freely above "ground zero" at the World Trade Center in New York four days after the terrorist attacks on Sept. 11.

Independence Day," said Sprott. "It just didn't seem real; I couldn't believe this was happening here in lower Manhattan."

"People were breaking windows of cars and businesses trying to take cover from the blanket of ash and debris," explained Rivera. "You could barely see your hand in front of your face at that point, and it was extremely hard to breathe."

"All we wanted to do was help, but at that point there wasn't really anything we could do since

we were not medically trained," exclaimed Staff Sgt. Adam Newsum, Manhattan recruiter.

"There was a massive exodus of people who were stranded in the financial district and needed to leave, but they had no other means than to walk," explained Newsum. "We gave some people rides; however, there were just so many people it was almost impossible to get around in the city."

Staff Sgt. Montanez finally told his recruiters to leave the office and try to make it home to their own families.

The Marine recruiters felt helpless on that horrific day, but they did their best in the midst of chaos.

Presently, on the recruiting office window on Beekman Street where the recruiters first witnessed so much horror take place last Tuesday, hangs a Marine Corps flag to remind New York that its Marines stand watch — ready to assist.

SALUTES

3rd Battalion, 3rd Marine Regiment

Navy and Marine Corps Commendation Medals

Chief Warrant Officer 2 Anthony Christopher

Navy and Marine Corps Achievement Medals

Sgt. Nathaniel Powell
Sgt. George Richards
Sgt. Rick Jackson
Sgt. Benjamin Liner
Cpl. Rafael Perez
Cpl. Christopher Morgan
Cpl. James Moore
Cpl. Eric Quinney
Cpl. Adam Guerrero
Lance Cpl. Kevin Cryer
Seaman Jared Christian

Meritorious Promotions

Cpl. Joshua Carr
Cpl. Daimion Reid
Cpl. Kurtis Hunt

NCO of the Quarter

Cpl. Christopher Morgan

DONATIONS, From A-1

The Coalition Against Unsolicited Commercial E-mail, a non-profit consumer protection group, said a typical message might contain the phrases

COPE, From A-5

By recognizing and monitoring the distress signals that a child exhibits, and by being supportive, we facilitate the normal recovery process.

If the abnormal behaviors of the children persist for longer than three weeks, refer the child to a Mental Health Professional for help.

Techniques for Teachers

Teachers who provide extra care now can help prevent behavior and performance problems later.

For pre-school — 2nd Grade: Routine is critical, as it conveys security. Little ones look to adults to figure out how serious things are. Project calm.

3rd — 6/7th Grade: Consider relaxing performance demands temporarily. Children's self-esteem is tied to their feelings about their performance.

8th — 12th Grade: Look for self-medication, acting out, and (with older kids) identity issues. Provide guidance and stress management.

For more, contact the Critical Incident Stress Foundation at (410) 750-9600; or visit its website at www.icisf.org.



Certificates of Commendation

Capt. Tracey Poirier
Staff Sgt. Shalunda Richardson
Sgt. Franklin Acree
Sgt. Michael Smith
Petty Officer 2nd Class Gabriel Tellez
Cpl. Ricardo Baez
Cpl. Erick Cortes
Cpl. William Oney Jr.
Cpl. James Moore
Lance Cpl. Robert Medina
Lance Cpl. Justin Walling

Lance Cpl. Charles Barton
Lance Cpl. Joshua Garza
Lance Cpl. William Rich
Lance Cpl. Richie Candelaria
Lance Cpl. Miguel Cervantes
Lance Cpl. Michael Wulff
Lance Cpl. Justin Timbs
Pfc. David Alcorta

Letters of Appreciation

1st Lt. Steven Miller
Sgt. Michael Smith
Sgt. Jose Espinal
Cpl. Erik Menjivar
Petty Officer 3rd Class James Mitchamore
Lance Cpl. Dalaine Singelton
Lance Cpl. Danny Baker
Lance Cpl. Dominic Panzica
Lance Cpl. Nathan Dodd
Lance Cpl. Lee Chisolm
Lance Cpl. Mario Rivera
Lance Cpl. Jason Ament
Pfc. David Deminico
Pfc. Benjamin Seiler
Pfc. Gavin Porche

Meritorious Masts

Cpl. Timothy Lawrence
Pfc. Darren Remillard
Pvt. Michael Shoemaker

Fund."

"Virtually no bona-fide relief agencies request funds by sending e-mail to people who are not already involved in that agency," the group cautioned in a news release.

Group members recommend that individuals wishing to make such donations contact the agency through another medium to make their donation. That way they won't be taken in by a Web site or Internet address that was made to look like a legitimate site.

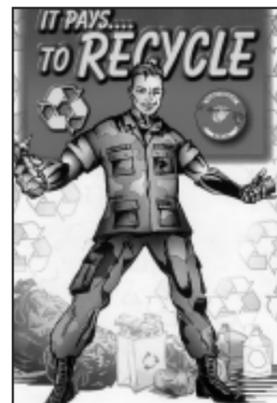
TERRORISM, From A-1

servists will serve not only as a strong symbol to all that we are prepared to take the necessary actions; it will be a part of helping to find the spirit and courage of America, and I'm grateful."

Terrorists hijacked four American commercial airliners Sept. 11. They crashed two airliners into New

York's World Trade Center and one into the Pentagon. A fourth crashed in a field in southwestern Pennsylvania. About 5,000 people are feared dead in the assaults.

The President declared a state of national emergency Sept. 14, and he has been entrusted by Congress to use all force necessary to protect Americans and eradicate the threat of global terrorism.



MILITARY BLOTTER

Traffic Court

There were a total of 48 traffic citations issued.

The Blotter

-A Sailor reported that person(s) unknown had damaged his vehicle by scratching the driver-

side door.

-Six Marines were apprehended for assault when a verbal altercation became physical.

-A Sailor reported that person(s) unknown broke a water sprinkler located at his barracks.

-A Sailor reported that person(s) unknown broke the glass to the front door of the barracks duty room.

-A Marine's spouse was apprehended for driving under the influence on base.

-A Marine was in-

involved in a traffic accident while backing out of a parking space, failing to maintain sufficient distance from another vehicle.

-A retired Marine was apprehended for failing to register a weapon.

-Two Marines were apprehended

for assault when a verbal altercation became physical.

-An Airman reported that an unknown vehicle and operator struck his vehicle while it was parked.

-A Sailor's spouse reported that person(s) unknown had stolen a child stroller from her quarters.

-A Sailor was apprehended for communicating a threat.

Lost and Found

To contact Lost and Found, please call Cpl. Fernandez at 257-2103, ext. 325.

Crime Prevention

Contact Cpl. Gordon Scott for police issues at 257-2103, ext. 314.