Spread Design

Order and structure help the reader.

The white reverse sides of my posters!

–Josef Müller-Brockmann

What is your first step in designing the page?

Discuss with the person sitting next to and write down the first three steps you take to begin.

"Content precedes design. Design in the absence of content is not design, it's decoration."

– Jeffrey Zeldman

Spread Design | First Steps

- Consider what the story is about.
 - **READ** through it thoroughly
 - **DON'T** rely on the editor's summary
 - communicate with the editor, maybe they have a visual in mind
- Decide how many pages the story going to run on
 - Does it open on a single page or a spread
 - If it opens on a single page, what is next to it?
- What impact do I want this story to have on my reader





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THE PEOPLE AT GREATEST RISK

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SECTION	SUBJECT / DESCRIPTION	AUTHOR	page cou
Cover			1
тос			1
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WHO WE ARE			
Intro			1
Snapshot			2
Program			1
Person			1
History			
Faith in Action			
FEATURE (6–8 pag	es)		
RECOVERY			
Feature			
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Testimony			_
Thrift Store Finds			1
LIVING			
Spiritual			1
Heatlh			1
Other			
BACK PAGE			
Volunteer Spotlight	t		1
AD Pages	·		6
PAGE COUNT			18
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To Printer			

Page Plan

• the editors start here

saconnects magazine is divided into sections

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Cover Intro Intro WHO WE ARE Intro Intro Intro Intro Snapshot Intro Intro Program Intro Intro Person Intro Intro History Intro Intro Fath In Action Intro Intro Feature Intro Intro RECOVERY Intro Intro Fathin Store Finds Intro Intro Spiritual Intro Intro Other Intro Intro BACK PAGE Intro Intro Fades Intro Intro Spiritual Intro Intro BACK PAGE Intro Intro Fades Intro Intro ScheDULE Intro Intro	page cou
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Page Plan

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 saconnects magazine is divided into sections

 Each section is divided into departments and secondary features

 The page count is automatically generated as the plan is completed

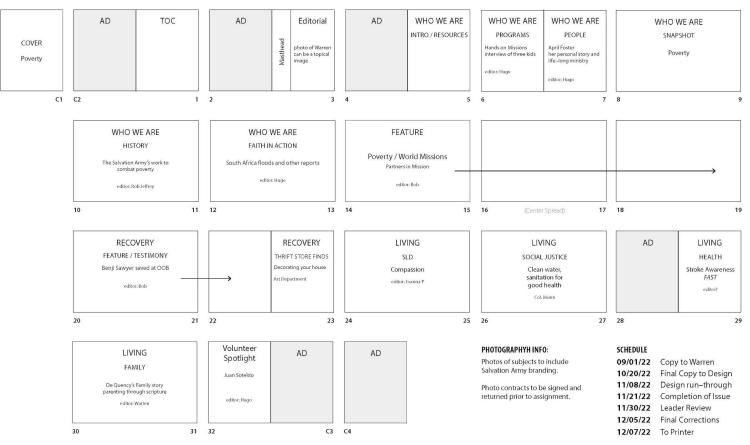
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Person	April Foster (her personal testimony and life-long ministry)	Hugo	1				
Looking Back	The Salvation Army's work to combat poverty	Rob Jeffrey	2				
Faith in Action	Hodgson's efforts in Ukraine	Warren	1				
Faith in Action	Partners in Mission (South Africa floods, other partner reports)	Hugo	2				
FEATURE (6–8 page							
	Poverty/World Missions	Bob	6				
RECOVERY			÷.				
Recovery Feature	Benji Sawyer saved at OOB (web story ran 7/30)	Bob	3				
Thrift Store Finds		1					
LIVING							
Spiritual	Holiness	SLD-Munn	1				
Social Justice	Clean water, sanitation for good health	Col. Munn	2				
Heatlh	Stroke awareness	from file	1				
Feature	De Quency's Family story - parenting through scripture	De Quincy	2				
BACK PAGE							
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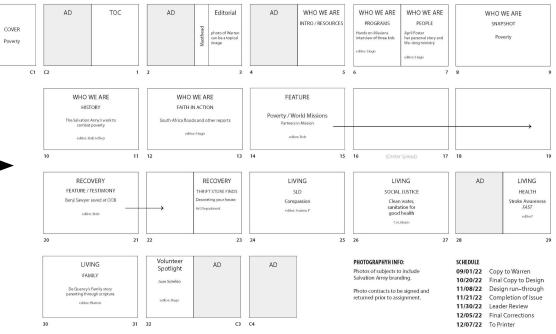


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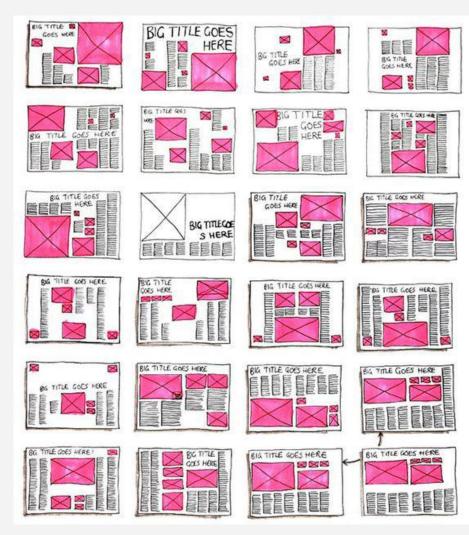
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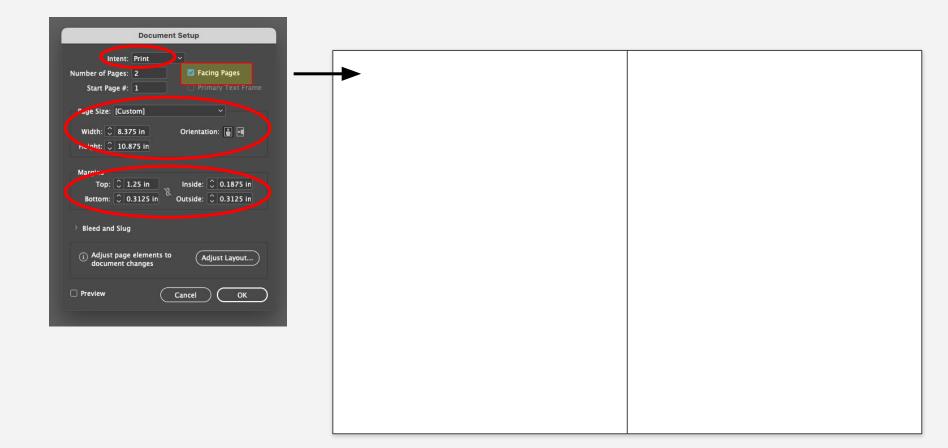


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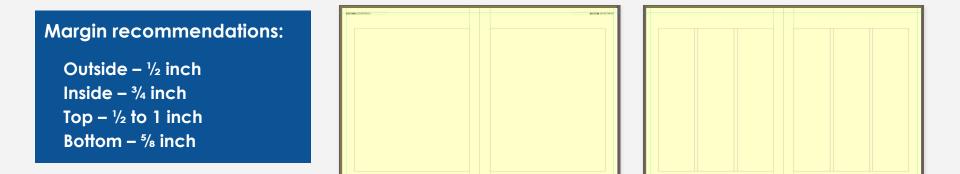
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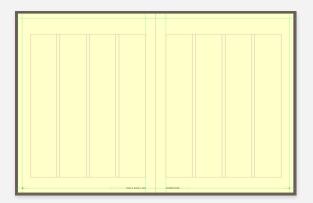
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- Folios
- Style Sheets

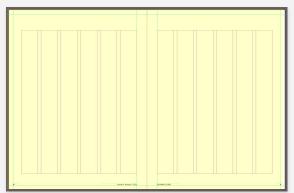
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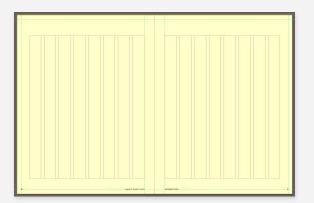


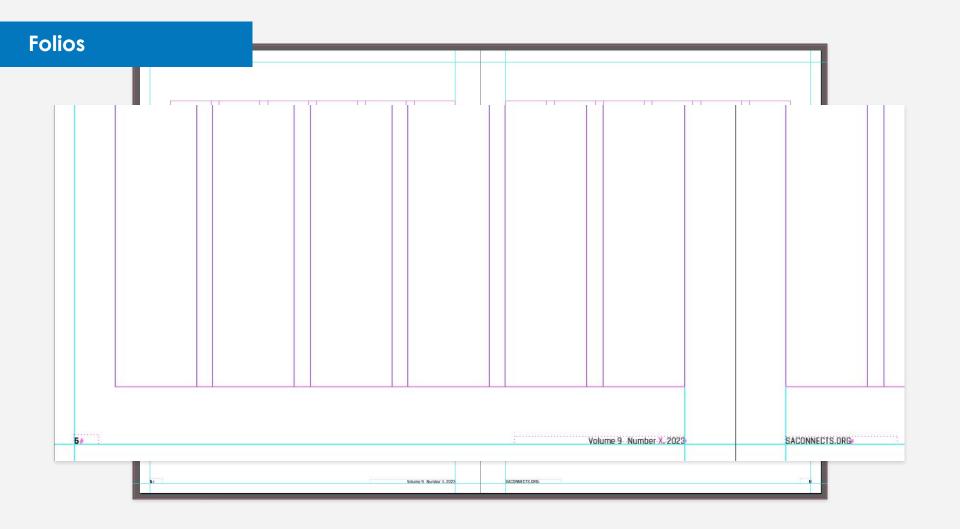
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Although the moratorium has been helpful in postponing the inevitable, the bills will eventually come due—retroactively. Karen Cotugno, social services director in the Greater New York Division, asys everyone is asking important questions that must be resolved. "In January, will people be able to pay ail of that rent that goes back to March? And then, what about the landlords? I don't know if anyone has figured those pieces out yet," she says.

Wright says those pieces need to come together before the bottom falls away. The moratorium did not prevent evicitons, it just delayed them. The delay was helpful, but it does set up a looming cliff in our work of supporting the lowest income people to keep them housed."

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AN INVISIBLE ENEMY

Dowing, who has worked for The Salvation Army 25 years, and who started disaster recovery work in 2012 after Hurricane Sandy, says this disaster is different from any she's seen. "It's different because it impact o there social services. Other disasters did not impede our ability to run other programs. Because the pandemic is an unknown and we annot see it and we have to proceed so cautiously, it has impacted every facet of our services. While we're trying to deal with recovery, we're also trying to continue our day-to-day social service ministries. "Everyone is affected, regardless of their

station in life," says Downing, who points out that middle class and affluent communities are also suffering great financial loss. "We've got some neighborhoods, such as in Greenwich and Fairfield, that make far more than the median income. But they don't have the income they used to have to maintain the lifestyle they ve been living, so they need help too."

The situation reminds her of shoreline areas: residents whose homes were washed away – Linda Wright during Hurricane Sandy. "We're seeing some very great need in areas where we wouldn't normally see it."

Another twist has to do with big city vs. small town resources. In urban areas, many participating agencies are able to weave a tighter collaborative network of services than can be typically sewn in suburban and rural towns.

"There is a larger percentage of homeless people in rural areas than in urban areas," says Wright. "This is because resources are fewer. Strong emergency housing networks are needed to provide an effective safety net for people who fall into poverty and homelessness.

"Rural communities have no such network of providers. For example, hundreds of shelter beds are available in urban environments, but perhaps fewer than 100 are available in the rural



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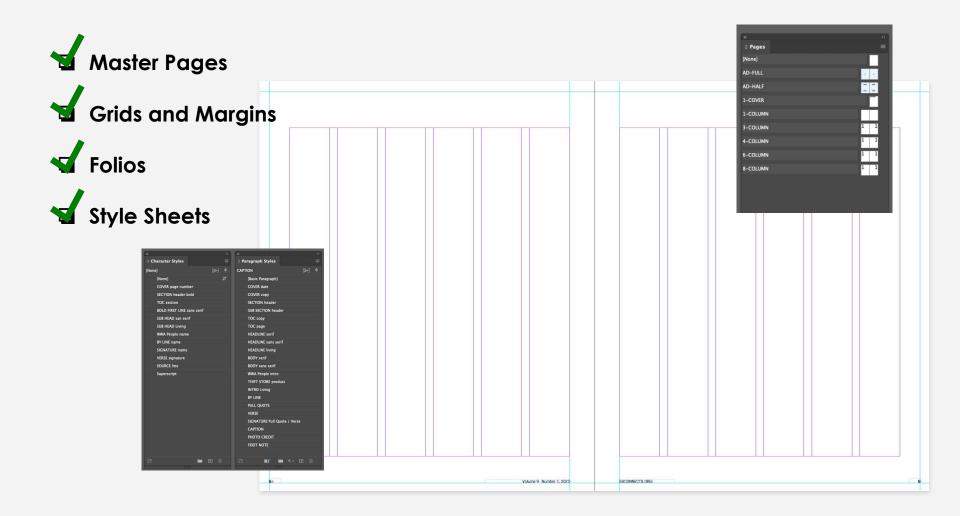
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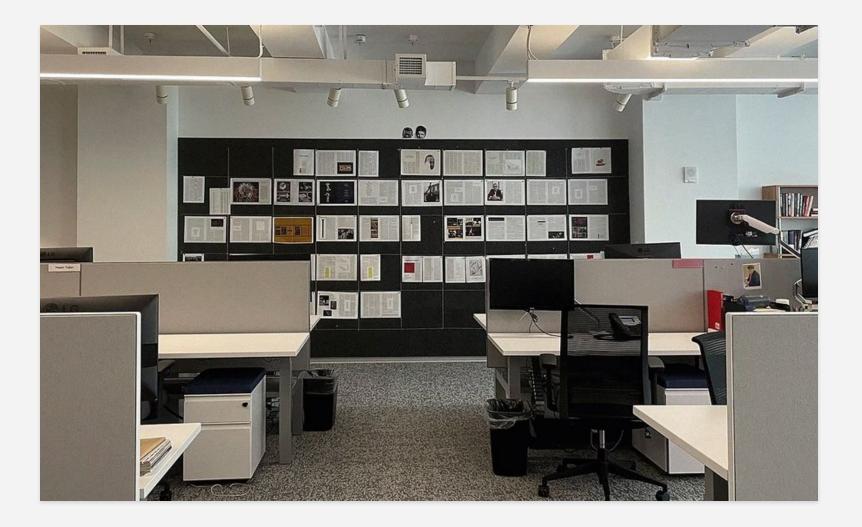
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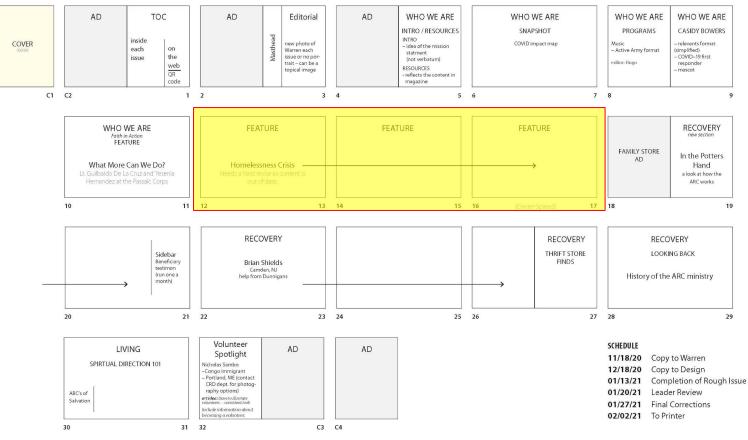


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CONNECT

VOL. 1 • ISSUE 1



Engage the reader

UNPARALLELED

The U.S. is facing a national homelessness crisis and COVID-19 has delivered its devastating blow. Undaunted, The Salvation Army continues to help people in need, without discrimination.

by WARREN L. MAYE

When homelessness looms, hope is sometimes all that remains. Even before COVID-19 hit, the United States faced a massive homeless and housing crisis. Due to lapses in rent and mortgage payments caused by the pandemic, nearly

40 million

more families are at risk of losing their most precious possession. A nationwide moratorium, imposed by the Centers for Disease Control (CDC), was extended to March 31. A S1 91 rillion stimulus package now in process by Congress and the House of Representatives is, among other pressing needs, designed to prevent these families from being force into substantand advellings or even the streets.

"Congress has been working on a bill since last summer," says Linda Wright, divisional social services director for the Empire State Division. This is such a big issue and involves so much more than just the lowest income people." Wright and others ay that the urban, suburban, rural, and even affluent communities across the USA Eastern Territory and the nation are all at risk.

Brenda Downing, director of social services at the Army's office in Middletown, Conn., in the Southern New England Division, agrees. "Disasters do not discriminate," she says. "They affect all races, nationalities, and lifestyles and by no fault of their own." The consequences of COVID-19 have been devastating. People have lost jobs, homes, and loved ones. Many have also lost the ability to pay their rent, mortgage, and utility bills and are desperate for help.

Although the moratorium has been helpful in postponing the inevitable, the bills will eventually come due—teroactively. Karen Gotugno, social services director in the Greater New York Division, says everyone is asking important questions that must be resolved. "In January, will people be able to pay all of that rent that goes back to Mach? And then, what about the landlords? I don't know if anyone has figured those pieces out yet," she says.

Wright says those pieces need to come together before the bottom falls away. "The moratorium did not prevent evictions, it just delayed them. The delay was helpful, but it does set up a looming cliff in our work of supporting the lowest income people to keep them housed."

Even in the midst of the moratorium, judges and court officers are still processing and serving papers on families. They're using large convention centers and sports facilities as courtoroms in order to expedite this process en masse. In Columbus, Ohio, for example, CNN reported that some tenants who failed to complete the forms accurately are in danger of being eliminated from even consideration in the moratorium.

AN INVISIBLE ENEMY

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"Everyone is affected, regardless of their

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"Rural communities have no such network of providers. For example, hundreds of shelter beds are available in urban environments, but perhaps fewer than 100 are available in the rural

Increase the readers understanding of the content

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People among the homeless population are 2-3 times more likely to die during the COVID-19 pandemic.





Appropriateness of the layout to the content

Downing adds that, since the pande the CDC's social distancing requirements in Connecticut have further reduced the number of beds allowed in shelters.

"This is why our Salvation Army in our smaller communities is so important, Especially during COVID-19," says Wright. "We may be the only food pantry or emergency soup kitchen left standing for 'takeand-go' meals."

MANY POINTS OF VIEW

Erin Sparks, social services project manager in the Greater New York Division, says such a wide range of perspectives make collaboration a formidable challenge. "This pandemic has opened the curtain on the disjointedness regarding city, government, and non-profit priorities. We all know that we are living in a very interesting political climate. We've now seen how that can impact all of us; our health, wellness, and the families we serve.

"City, country, and town officials are beginning to recognize the need for understanding each other's points of view. So, I'm hopeful that in the coming days more people will come up with innovative ideas. Creating resources that connect landlords, tenants, and non-profits that serve these tenants are key," Sparks says.

Wright concurs. "Our goal is figuring out how we connect all the dots-all the partners who are at this table."

THE PEOPLE AT GREATEST RISK

Despite what appears to be an overwhelming situation, Salvation Army social services personnel are rolling up their sleeves and getting to work like never before. The goal is to keep families housed, fed, and comforted during these unparalleled times and return them to their pre-COVID status.

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"People want to know what the need is, by COVID-19," warns Downing. "If their but they won't understand that until they start doing the work," says Downing. "We are trying to educate people to 'pay what you can'— show that you've made an effort to comply."

to serve needy families. "The Army has a reputation among utility companies and landlords as being a credible advocate in negotiations," says Downing. "We'll PULLING OUT ALL THE STOPS

income has remained the same, but they chose not to pay during the moratorium, their request for assistance from The Salvation Army may be in jeopardy." In every situation, how the Army can assist Doing so allows The Salvation Army best will include a comprehensive understanding of how the individual or family was impacted by COVID-19.

support rather than duplicate the work that Downing warns that the gap between what

remains bigger than the Grand Canvon.

"If we can get the tenants to pay what

they need to pay as soon as possible, that sets

the landlords in the right direction. So, it's

just about working through these blockades

eviction moratoria are over.

"All we can do is continue to look for more funding opportunities and to set up an infrastructure. We need to encourage counties and towns to look for 'out-of-the-box' solutions. The counties are talking to each other now and watching how each other are doing things. That has been helpful."

Cotugno says, "We've also been fortunate to have received a lot of funding through the Department of Housing and Urban Development and philanthropists, but there are still a lot of unknowns."



Through the month of February, Rescue Alliance and partner organizations such as the Bowery Mission, New York City Relief, The Salvation Army, and Hope for New York participated in the annual "Don't Walk By" winter outreach event. Volunteers engaged 650 New Yorkers experiencing homelessness.

has already been done by local, state, and federal agencies.

"We align our assistance to meet the needs of everybody. We help folks when they don't qualify for programs that are set up for the median group. Those folks can be poor or affluent or undocumented. We want to maximize existing resources and help make people whole; to get them back to their pre-disaster status," says Downing.

"The people at greatest risk are those who today believe they are safe under the moratorium and choose not to pay, even though they are not adversely affected that are preventing that from happening.

people owe and what they can actually pay A MATTER OF FAITH

Nonetheless, Salvation Army frontline Sparks says that to help fill the gap, The workers remain optimistic about the future. Salvation Army needs to make use of every "I'm hopeful because I am a person of faith," available funding option. "At this point, we says Wright. "I believe people can be called need to get these programs up and running and committed to doing what is right. The and doing all we can to be entirely prepared social worker in me says, 'We must underto hit the ground running whenever those stand the struggle of generational poverty and the people whom we serve.'"

> Downing offers a similar response. "I am hopeful about the future. God has been good; we have a great team. We often say we are an agency built on faith, but sometimes we have to take that leap of faith." 🛡

Witnessing Beyond Words

.....

"Actions speak louder than words," is a familiar adage.#

In police work, actions can mean everything when the stakes are a matter of life and death. In such a demanding world, how does an officer, clad in blue, effectively share the gospel of Christ?

This question is a daily challenge for Christian men and women who proudly wear the badge, but who encounter everything from routine traffic stops to beart breaking high-profile shootings. In addition, recent mass protest marches for equal justice and reail equality cast emotional shadows over police and community affairs.⁴

Speaking truth, protecting the weak 1

Shining a benevolent light is particularly duanting when the officers are of color. Many of them feel challenged to prove themselves loyal to their profession and to the community when addressing problems that are well above their pay gride. "When we talk about community policing, we have to talk about the whole system which is so akewed from the highest levels of government," asys Graham Weatherpoon, who retired 20 years ago from the NX:P.D. and who served with the NX-C. Transit Police Department Detective Bureau's Major Case Unit." "They have been complicit with the

program to disenfranchise black and

Latino young men," Weatherspoon says of the "selective enforcement" policies of many state, city, and district officials. As a born-again Christian, he is active at the Christian Cultural Center in Brooklyn, N.Y., and serves as an advocate for men and women of color whose causes are adjudicated unfairly and whose families are the victims of police brutality, "I will do everything in my power, locally and nationally, to help them," he says:

Referring to the controversial "stop and frisk program," Weatherspoon, who was certified by N.Y.P.D., New York State Police, and the F.B.L. in the areas of homicide, sex crimes, robberies, forgery, fingerprint



An African merican protester and an-African American Los Angeles County Sheriff's Department deputy embrace in solidarity as officers prepare to arrest a large group of people demonstratng past curfew over the death of George Floyd on June 3. 2020 in Los Angeles, Calif. The vast majority of protesters demonstrated peacefully.

classification, and latent prints, said, "There have been more than a million black and Latinos who were illegally stopped this way in New York."

Weatherspoors' passionate assertions are supported by findings in a new Pew Research Center national survey conducted by the National Police Research Platform, which reported that 60 percent of the public believe that such encounters point to a bigger problem, rather than isolated incidents.⁴

Another officer who is committed to making a difference is Tonzel Prince. He found Christ as a teen while attending The Salvation Army Corps in Hackensack, NJ, under the ministry of Majors John and Anita Stewart. Today, he is a Protective Service Officer (PSO) for the Department of Homeland Security in Dixon, California, Prince says that the trust gap between police and community can make talking about his faith a challenge. "Sometimes when I start speaking about it, what happens is, people tend to get offended."

In those situations, Prince says that, as a police officer, he knows his actions speak louder than words, even actions that seem trivial. It's about whall do; things like, if I see that an elderly man is having trouble walking, the first thing I want to do is pull him to the front of the line and have him sit in a chair (instead of making him stand. These little things get noticed. People walching say, You gays are so nice to people! Yes, it's about being nice, but it's more about having creat compassion for other human beings. That's the same thing Christ stad we should have and do for others.¹

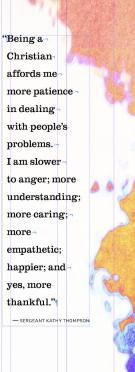
Crossing cultures, bridging generations

The trust gap caused by criticism of the criminal justice system in general and police officiers in particular has taken its toll on many younger men and women in blue, says Dimas Salaberrios. In 2000, he was acoumselor at the Salvation Army's Wayside Home for Cirlis in Valley Stream, Long Island. Today he is a pastor, social activits, media personality, and writer of *Street God*, an autobiography. His newest project is the Academy Award-considered document ary "Chicago: America's Hidden Ward' which was released nationwide in May. 1

I ne cops in the you who became officers after the vietnam war looked at policing like it was a calling," says Salaberrios. "Even though they were paid whatever they were going to risk their lives."

"Gen X and Millennial cops have a different perspective on policing," says Salaberrico. "Many of them see it as a job for now and have said to me that it's more importain for them to go home than to put themselves in harm's way. So, they'll see a shooting and sometimes they won't even do a chase. They may feel that the polir ical atmosphere is against them."

Salaberrios's assessment is reflected in the Paw Research survey that says 93 percent of officers have become more concerned about their safety. 76 percent are more reluctant to use force, and 72 percent are less willing to stop and question people who seem suspicious. In "Chicago: Americas' Hidden Wart, "Salaberrios captures





Neighborhood children in Harlem, N.Y., spend a raré but memorable moment with police officers of the N.Y.P.D., during an outdoor event at the Salvation Army's Harlem Temple Corps./

several moments on film when Christian officers of color pray with people, even some who have been identified and listed as street gang shooters, "We just created a clergy meeting in Chicago with police officers and members of the faith community," he says.⁴

"They try to represent their faith as much as they can without crossing a line and being fired. They let these shootres know that they have people who care and want to help them get out of this lifestyle", said Salaberrios. "They have programs in Chicago where they visit shooters' homes and let them know that they made the list. These are incredible opportunities for ministry."

Modeling Christ, showing patience

Sergeant Kathy Thompson, a 33-year veteran of the Philadelphia Mounted Police Department and a member of Nazarene Baptist Church in Philadelphia, looks to Od for help in establishing personal connections with the people she serves and protects. The black woman officer told the *Baptist Press*, "I seek to be a very positive role model, especially for other black females who might want to enter the field

of law enforcement."

The lover of horses also uses a soft touch ted with young adults. "I take the time to talk d with teens who are interested in the work fif I do," she said, "all the while encouraging them to follow their drams. I also, without a doubt, let them know that none of what I do and none of what I have would be possiing be without Christ in my life."

> "Being a Christian affords me more patience in dealing with people's problems," Thompson noted. "I am slower to anger; more understanding; more caring; more empathetic; happier; and yes, more thankful." "I see being a Christian, in addition

> to being a black female police officer in today's society, as a bonus. All these things wrapped up in me are blessings all day long, no matter how I look at it."

Wearing blue, being human

Rev. Andy Rubin, an associate pastor at The Bronx Bethany Church of the Nazarene in New York, says the work of all officers has been complicated by the COVID-19 pandemic. "Since it started, it's been the number-one killer of police officers," he says. Dying and being stricken by the virus has necessitated frequent redeployments to fill the void. In other instances, changes in management have affected the consistency of community outreach, Rubin says.

As a field operator at the New York State Chaplain Task Force Rubin points to the work of the 4^{7h} Precinct in the Bronx as a case in point. "There has been several changes in leadership there," he says. "In 2017, Inspector Ruel R. Stephenson, an officer of color and precinct commander, was promoted away to become a deputy chief. Then another officer took command. But then they had a nother officer replace him, who is also not there any longer. So, the change in leadership has definitely affected how they operate."

In Stephenson's two years as commander, he made community polcing at opp priority. He frequently told media reporters that he saw the strategy as a way to keep crime low. For example, during the holi days, his officers made an unprecedented mover, they transformed the precinct building into a gingebread house and winter wonder land for the kids. Officers, dressed as Santa's eives, hung tinsel and sorted toys.¹

That year, long lines of parents and kids braved the cold for some Christmas cheer. Then the children made their way inside the warm precinct to receive an array of exciting gifts from Santa. "It's extremely important for kids to know that policing goes beyond locking people up," said Stephenson. "It's relationship building it's trust, it's a long-term way of healing the divide and building a bridge between the community and the police department." Stephenson believes such bridges will continue to keep crime low of

Stephenson also established an annual baketball tournament between neighborhood youth and officers. "I wart us to see each other as people and not just us occupying the streets and being a force" he said. Officers of the 4th traded their uniforms for jerseys and used the baketball court to help keep young men out of criminal court.

"Since we've been doing this tournament, we have not seen any violence during those hours so, we know it's working. Now, kids have a chance to get to know us better. Basketball brings people together; it gives the kids something to do, it gives them the idea that they can go further in scholing and in ling"; aid Stephenson.

During his tenure, Stephenson also helped launch the People's Police Academy. Concerned citizens, who included many local pastors such as Rev. Rubin, graduated from the pilot program. Community Affairs Officer Varnisha N. Hyman, who is a welcomed presence in the northeast Bronx, was excited as she witnessed some of the program's first 50 graduates receive certificates.

"I've always tried to find a common ground," Hyman said to news reporters. "The program helped them find a common ground with us. It's not just a uniform anymore, we became humans that day."

An open door, time to pray

Being a certified NYPP chaplain has opened a door for Rubin to nurture relationships with officers, church parishioners, and community members. "I am able to pray for them and be a sense of support because they are human beings too. Therefore, they need to be seen as individuals, rather than as bolice officers," says Rubin. "They need the same kind of encouragement and support as anybody else. We also need to see them as partners in our communities."

Rubin says that when it comes to talking about God, most Christian officers he's met would rather show than tell. "I have not come across officers who have openly expressed their faith, but they express Christian values in terms of how they deal with people," he said. 9

"For them, it is about living out their faith. For example, I can't remember hearing inspector Stephenson talk a lot about his own faith, but he definitely lived it. I noticed that as he changed the culture of the precinct. He expressed a sense of gratitude and thanksgiving." Rubin also said that Stephenson motivated thin to engage the community on a deeper level. "It was because of him that I became a citizen police officer."

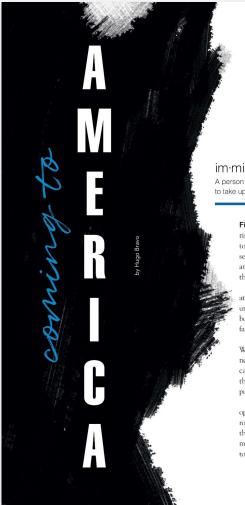
"There were times when we prayed with him and he would embrace and welcome it. So, when there was a situation that he was faced with, he would call me or another pastor. He allowed us to give spiritual support to him. So, in doing that and in taking those initiatives, I think it was an initiation of his commitment to Christ." 4 Stephenson had brought the relationship between the police and the community a long way since the shooting of 18-year-

old Ramarley Graham in 2012. His heartbreaking death at the hands of 47th precinct officers in his grandmother's house, over a marijuana possession charge, caused a city-wide uproar and protest marches. 1

Detective Weatherspoon, who has in the past wept openly when describing some of the horrific police encounters gone wrong, shares a sobering reminder of why Stephenson's living witness is so vital. "The ministry is not in the church building." Weatherspoon said. "Jesus served the Father in the strets: where the people are."

This wide-ranging survey, one of the largest ever conducted with a nationally representative sample of police, draws on the attiludes and experiences of nearly 8,000 policemen and women from departments with a t least 100 officers. #

Volume 7 Number 2, 202



im·mi·grant noun

A person who comes to a country to take up permanent residence

Filled with uncertainty, challenges, and risks, most immigrants would say coming to the United States is *worth it*. People seeking a better existence for themselves and for their children eagerly embrace this land of opportunity.

Dwayne, Fan Chiao, Miguel, and refugees at the Tonawanda, N.Y., Corps share their unique stories of hope. Today, they are bound by a common thread—their faith in God and in The Salvation Army.

More than 100 years ago, Army Founder William Booth helped such people in need—London's "submerged tenth," as he called them—by sending the poorest of the poor to more developed countries to pursue better opportunities.

Today, we can only imagine Booth's opinion on the controversial issues surrounding immigration. What is clear is that the Salvation Army's mission to help marginalized people in our society continues to include everyone, without discrimination.

AN OPPORTUNITY TO SERVE

In 2012 and with visa in hand, I immigrated from Montego Bay, Jamaica to Greenwich, N.Y. at 19 years old.

Since I was 14, I had known that my family, who are Salvationists, would come to the United States. I had hoped that I would complete my last year of high school in the U.S. Instead, I remained in Jamaica during that time, waiting for the immigration process to finish as I watched my peers take college entrance exams, pass them, and go on with their fives.

My own American dream was to serve in the U.S. Army. But weighing 325 lbs., the recruiter told me I had to lose weight before I could even be considered. In 2013, my family relocated to Glen Falls, NY, and I put my dream in the back of my mind.

We had thought about attending the corps close to our home in Glen Falls. But when we visited the Sunday service in Saratoga Springs, we noticed that the corps congregation needed more people. Atthough it was 30 minutes away from our home in Glen Falls, the corps in Saratoga Springs became our church.

In 2014, after I had all but abandoned any thoughts of going into the US. Army, I accompanied my younger sister Stephanie to a recruitment center. She enlisted as I had tried to do. The recruiters then turned to me and casually asked, "Why aren't you joining to?" When I told them about my weight problem, they offered to weigh me again. I was surprised to learn that, in the two years since being turned down, I had

lost the weight that had prevented me from entilistic, Stephanie and I went to the Army's Military Entrance Processing Station (MEPS) where recruits receive modical tosts to see if they are physically healthy enough to serve. I passed the tests. When a recruiter asked me "What do you want to do now?" I said, "I want to start the paperwork." Stephanie and I entilsted in the U.S. Army together. Being able to serve my new country brought me closer to permanent citizenship, and provided me with an opportunity that I would have never had in Jamaica.

READY TO WORK

In both my military service and as a Salvationist, I have been privileged to help other people who are immigrants. To this day, my U.S. Army recruiter calls me when he's trying to help someone get enlisted who was born in another country. If he's not sure of the immigration procedures, I'm happy to help in any way I can. At the Saratoga Springs Corps, people from countries such as Turkey and Ukraine seek assistance for their families. They also need help with tasks that many of us might take for granted, such as getting a driver's license. I understand their struggle and desire to live a better life. When I was a 20-year-old immigrant with no car, no job, and no citizenship, all I had was my faith in God. I prayed to Him that He would guide me towards a better lifeand He did.

Immigrants come to the United States to better their lives and to be the best persons they can be for their new country. They come ready to do the difficult jobs and work long hours, whether it's manual labor outdoors or defending the country, as my family did.

Sometimes, immigrants are welcomed and put to work, but when the job is finished, someone finds a reason to send them right back to where they came from. I feel that is the most heartbreaking thing you can do to someone.

To anyone who seeks a better life like my family and I did, please do not give up. God will make sure that there is a place for you, whether it be in the United States, or anywhere else in the world. Strive for what you want to be and follow God, because He already knows your hopes and dreams.



Dwayne McFarlane is a soldier at the Saratoga Springs, N.Y. Corps, and an E–4 Specialist in the U.S. Army Reserve.

UNDERSTANDING THE STRUGGLE

When my father brought our family from Taiwan to Hawaii in 1985, the first thing he did was choose our new "American" names. He found them in an old magazine. My mother became Tina, I became Gina, and my brother became Stan (to this day, he doesn't like that name). Renaming us opened the first chapter of our story and is typical of the stories of many immigrants with unusual names. They simply pick a new name that sounds American, and hope it's easy to spell.

To a seven-year-old girl who had been born poor in Taiwan. Hawaii seemed like a paradise straight out of a movie. I spent every day on the beach. Sometimes, I even wore my bathing suit underneath my school clothing just so I could go swimming as soon as I came home.

While my brother and I enjoyed our new island, my father, who had come to the United States on a student visa, was getting his education at Brigham Young University in Hawaii. My mother worked as a cleaning lady at the same university. She also babysat children during the day. Many of the children she cared for were the sons and daughters of other immigrants.

Mine was the classic immigrant family-parents who left their country of birth so their children could have a

legal immigrant noun

A person who comes to a country to take up permanent residence as permitted by law

better life. Ironically, today Taiwan has universal healthcare and a booming economy. It's a different place than when we lived there.

At the Salvation Armv's Newport, R.I. Corps, one of my roles is to supervise the food pantry and soup kitchen. While doing this, I have met families that need help with clothing, utilities, and groceries. I know how hard those first few months and years in a new country can be when you're an immigrant, especially if you're

undocumented. My own life experience helps me understand the mentality of those who seek assistance. When someone

who doesn't look like us or speak like us acts differently, we can attribute negative connotations and motives. But it's important to understand that what someone who grew up in the U.S. would consider normal can be strange or off-putting in another cul-

ture, and vice versa. Look beyond your own cultural norms, and try to not fall into the 'us' vs. 'them' paradigm. Also, remember that immigrants feel

uncertain regarding their present situation and their future. They don't know if their children will have the better life they pray for or if their own hard work will pay off. I'm sure my parents felt that uncertainty every day.

MOST IN NEED

The recent anger and negative rhetoric towards immigrants, sometimes even documented ones, has been shocking to witness. The Newport Corps welcomed refugees from Puerto Rico after Hurricane Maria devastated their island. These American citizens talk about the anger and animosity they faced from some people when they arrived on the

Fan Chiao Gina Chen is a social worker for the Salvation Armv's Newport, R.I., Corps.

mainland. For me, this reaction feels like a betrayal to them and of our American values. I sometimes wonder, if this type of culture was present when my parents came here, would they have wanted to stay? Yet, I still believe the United States

is an amazing country with unlimited potential, and we can all help it reach that potential. My work with The Salvation Army in Newport is my place of influence where I can do my part.

I became a citizen in 1995. I don't have to be scared about my future here anymore. I now help those people who remain scared. They are the people with the most need, because they are uncertain about their place in the United States.

AN ARMY WELCOME

Five years ago, the Salvation Army's Tonawanda, N.Y., Corps welcomed refugees from the Democratic Republic of Congo, Gabon, and other African countries in the region affected by two decades of deadly civil wars.

The families of Meya Kayi, 16, and Joule Mazikou, 15, were among the people who left their city of Brazzaville in the Salvation Army's Congo Brazzaville Territory to eventually live in upstate New York.

Chazia. Meva's older sister, is a Salvationist. When the family arrived in New York, Chazia and a group of women from Congo visited different corps in the area. They all spoke Lari, the language of Congo, and French. A French-speaking Salvationist introduced the family to Major Celestin Nkounkou, corps officer of the Army's Tonawanda Corps. Major Nkounkou had also immigrated from Congo years before the wars. When the Kayi family and other refugee families from Congo immigrated to Tonawanda, Nkounkou and his ministry staff welcomed them.

Nkounkou's heartfelt outreach to Joule Mazikou's family touched their lives. The Mazikous were all raised Catholic, and Joule's father wanted to continue that tradition. But when Joule's father had to be taken to the hospital for treatment of a serious hand injury, a family friend invited Major Nkounkou to visit the Mazikous. "The Major had never met us, but he still came to pray for us. We were grateful for this," said Joule.

OVERCOMING BABBIERS

"Refugees come from countries suffering from daily violence and death," says Nkounkou. "They may have spent to America months or years in camps. Their children may not have received the proper education. And when they find themselves in a completely new country, with September, Meya new rules, new languages, and a new climate, it can be a real culture shock." senior soldiers.

Nkounkou says that language barriers can prevent many immigrants from being the best they can be. Refugee children, he says, may have a difficult time learning English,

"In Congo, school-age children study French," said Nkounkou. "This becomes a stepping stone to learning English. But if you are a young refugee, you may not always have the type of education needed to learn new languages."

"In America, sometimes having a good translator isn't enough," said Nkounkou. "It's important to understand that, just because refugees find new, safe homes, it does not mean that their struggle is over."

Today, Tonawanda continues to welcome refugees from other African countries such as the lvory Coast and Togo. These new corps families have legal residency status, and like Meya and Joule, are grateful to America for saving them from the refugee camps. Meya expressed her particular perspective on the immigration debate. "When I hear about immigrants being discriminated against, threatened to be sent back, and the effort to build walls to keep them out, it hurts my heart," she said. "I wish that there was more help for the undocumented person to become documented. Though our situations as immigrants or

refugees may

be different.

we all come

looking for a better life."

Last

and Joule became

refugee noun One who flees: especially a person who flees to a foreign country or power to escape danger or persecution

Uriel Sinai/Getty Imag

GOD'S PATH FOR US

My American dream is to have an opportunity to do God's will in the United States.

At an early age, I had accepted Jesus as my Savior. As a young child in Colombia, my father abused both my mother and me. However, in 1998, the Lord rescued us. Through His grace, we gained the courage to leave my father and our home country to move to Queens, NY. Five years later, we began attending the Queens Temple Corps. My mother raised me alone and

worked all day to provide for us. I had a lot of freedom and time to myself. Unfortunately, this led to teenage years filled with drug use and negativity. But at 20 years old, God helped me

but at 20 years oid, cold neiped me take control of my life. I gave up the behaviors that were poisoning my soul. I could hear God telling me, "Miguel, I didn't just sober you up for yourself; I have a purpose for you." As a teen, my

DACA

The Deferred Action for Childhood Arrivals (DACA) is a United States immigration policy that allows some individuals who entered the U.S., illegally as minors and remained in the country, to receive a renewable two-year period of deferred action from deportation and to be eligible for a work permit. Currently there are approximately 800,000 individuals enrolled in the DACA program.

> idea of pursuing the American dream was to finish school, find a job, and become rich. This was not God's plan. As I became more involved in the Queens Temple Corps, I discovered a new dream: to serve God as an officer in The Salvation Army. To take this new

path for my future, I attended Candidates Seminars in 2013 and 2014. It never occurred to me that my status as an undocumented immigrant might keep me from God's path for me.

I remember speaking to Major Angelo Rosamilia about my plans. He was very excited, and worked to set up all the appointments needed for me to enroll in The Salvation Army College for Officer Training (CFOT), without telling me he had done so. When I told him I was undocumented, I could esse "But don't worry" I assured him. "I'm going to get my papers."

His face ift up, "Yes! Yes, you will!" he said. He didn't see my undocumented status as a negative. Instead, he saw that I was sure I would have my papers in time to go to the CFOT.

I applied for Deferred Action for Childhood Arrivals (DACA) and received my paperwork in April of 2014. I could now legally stay and work in the U.S. But I had processed the documents too late to enter CFOT that year. I was heartbroken, but God still had the final part of His plan in store for me.

In June, Captain Giovanni Guerrero, my mentor, informed me that, with my DACA papers filed, he could help enroll me in the CFOT's fall semester.

Because of DACA, I was able to attend training and became a pastor.

THE LORD IS IN CONTROL

I am not a political person. I don't see things as a Democrat or as a Republican. Instead, I see all sides as being controlled by God. His hand guides whomever is in charge. I saw Him at work when President Obama introduced DACA. The Lord has brought me far in life and saved me many times over, DACA was another



Lieutenant Miguel Alban Guerro is the assistant corps officer at the Salvation Army Corps in Nashua, N.H.

example of His love and compassion. I know that He will continue to bring what is best for immigrants like myself, whether it's through President Trump or anyone else in Washington.

Nashua, N-H. has a large immigrant population. Many people who are there and undocumented are afraid to ask for help. I tell them to seek the Lord and ask for His protection, as I did. When I had to renew my two-year application for DACA, my loved ones were afraid for me. They knew the angry political climate, and they feared that I would be unfaitly questioned, or worse. Fortunately, I renewed without any problems. As immigrants, God is guiding us and has a great plan in each of our lives

If you find yourself in a new land looking for a better life, trust in His plan, and know He has not forgotten you.

18 MARCH 2018

SACONNECTS.ORG



AN OPPORTUNITY TO SERVE In 2012 and with vise in hand. I

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UNDERSTANDING THE STRUGGLE

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le-gal im-mi-grant noun A person who comes to a country

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those first few months and years in a new country or My map life experience who doesn't look like us or speak like us acts differently we can attribute negative connotations and motives. But it's important to understand that what someone who grow up Newport, R.L. Corps in the U.S. would consider normal car ture, and vice versa. Look beyond your

into the 'us' vs. 'them' persoligm. mainland. For me, this reaction feels Also, remember that immigrants leel like a betraval to them and of our uncertain regarding their present situ-I their children will have the better life will pay off. I'm sure my parents felt that

Salvation Army in Newport is my place of influence where I can do my part. I became a citizen in 1995 | cion't have to be seared about my future here remain scared. They are the people with the most need, because they

United States.

ugees from the Democratic Republic being the best they can be. Refugee of Congo, Gabon, and other African chicken, he says, may have a diffcult countries in the region affected by two The families of Mova Kavi, 16, and French," said Nisourikou, "This becomes people who left their city of Brazzaville Brazzaville Territory to eventually live in Chazia, Meya's older sister, is a in New York, Chazia and a group of women from Conon visited different Tonawanda Corps, Malor Nkounkou and other relupee families from Congo and his ministry staff welcomed them. Nkounkou's heartfelt outreach to Joule Mazikou's family touched their Catholic, and Joule's father wanted to father had to be taken to the hospital help for the un

AN ARMY WELCOME

Nkounkou says that language barri-

"In Congo, school-age children study

ers can prevent many immigrants from

a stepping stone to learning English.

But if you are a young refugee, you may

not always have the type of education

needed to learn new languages."

good translator isn't enough," said

that, just because refugees find new

welcome refugees from other Africa

countries such as the lypry Coast and Togo. These new corps families have

legal residency status, and like Meva

and Joule, are grateful to America for

spective on the immigration debate

discriminated against, the

he riffer

"When I hear about immigrants being

Meva expressed her carticular per

tom the refugee camps

struggle is over

ref-u-aee noun

danger or persecution

One who flees; especially a

person who flees to a foreign

country or power to escape

American values. I sometimes wonder, family friend invited Major Nicounkou to become do Yet, I still believe the Uniteri States We were reated if for this " said, in ite ted potential, and we can all help it

SACCANECT3+080

OVERCOMING BARRIERS Retugoes come from a fering from daily violence and death," sous Nexunlexu "They may have shent to Americ deep may not have received the proper better life. selves in a completely new country, with September, Mew w rules, new languages, and a new and Joule becam climate. It can be a real culture shock." senior soldiers.

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GOD'S PATH FOR US

opportunity to do God's will in the At an early age, I had accepted Jesus as my Stellor. As a young child in mother and me. However, in 1998, the ve gained the courage to leave my Queens, N.Y. Five years later, we began appointments needed for m My mother raised me alone and worked all day to provide for us. I had a lot of freedom and time to myself. Unfortunately, this led to teenage years was undocumented, I could see could hear God telling me, *Miguel, I didn't just sober you up for yourself: I

DACA Arrivals (DACA) is a United States immigration policy that allows some individuals who entered the U.S., illegally as minors and remained in the country, to receive a renewable two-year period of deferred action from deportation and to be eligible for a work permit. Currently there are approximately 800 000 individuals enrolled in the DACA program.

> was to finish school, find a job, and Him at work when President Obame ww dream: to serve God as an officer brought me far in life and saved me in The Salvation Arms. To take this new many times over, DACA was another

College for Officer Training "But don't worry" Lassured him. "I'm going to get my papers. mented status as a negative, instead papers in time to go to the GFOT. Lieutenant Minuel Alban Gu example of His love and compassion I know that He will continue to bring what is best for immigrants like myself population. Many people who are there ask for His protection, as I did When

I had to renew my two-year applicawould be unfairly guestioned, or worse. Fortunately, I renewed without any prob and has a great plan in each of our lives

heartbroken, but God still had the final In June, Captain Giovanni Guerrero Because of DACA, I was able to THE LORD IS IN CONTROL

and know He has not forgotten you.

MCONNECTS-OFF

path for my future, I attended Major Angelo Rosamilia ab my plans. He was very excite





16 MARCH 2018

don't live

to your

by Captain Cindy-Lou Drummond

ORES is one of the issues we struggle with

most in American society. The Centers for Disease Control (CDC) reports that one third (36.5 percent) of adults are obese, which is one of the major factors contributing to Type 2 Diabetes. Just two of the underlying causes of this illness are overeating and a lack of exercise. The disease can be multifaceted. but obesity is mostly caused by making poor eating choices. Sometimes people make good ones, but undermine their effort by overeating. When we consume too many calories, they are deposited in

our bodies as fat. Doctors are most concerned about people who have Metabolic Syndrome. also known as "Syndrome X." It is a combination of abdominal obesity. hypertension, high blood sugar, and high cholesterol and/or triglycerides (fatty acids).

When people have these symptoms, then diabetes becomes a major factor. It increases the risk of heart disease, heart attacks, and sudden death.

With diabetes, one's blood sugar is high, which affects every organ in the body including nerve endings, blood vessels, liver, kidneys, heart, and brain, It's one of the worst chronic illnesses.

WATCH AND EAT

We should combat diabetes by watching what we eat, having an adequate amount of exercise, and having the mindset that we are to eat to live rather than live to eat

Sometimes when we're bored, or in a vehicle quite a bit, or have to wait, which are common scenarios for most Americans, eating becomes a pastime or a hobby.

When we want to celebrate something, we eat. When we want to reward somebody, we have a party, and, we eat, Eating has become something other

than what it was intended to be. We need to think more carefully about what we do, rather than eat mindlessly and ignore the possible consequences.

We need to plan an eating strategy, rather than just roll with life. It's much quicker to "drive-thru" and get some "fast" food. But failing to carefully plan meals can be disastrous to our health. We must take the time to think and prepare good food choices.

There are a percentage of people who There needs to be a progression to get diabetes. Family history or ethnicity reveals that some people are at higher risk. Diabetes can also come as a result of a pregnancy. But certainly, being overweight and having a sedentary lifestyle are contributing factors. Even "doers" are subject to such lifestyles.

Therefore, exercise becomes key. Perhaps we will never achieve an adequate amount in our lifetimes, but just doing something-moving-is really

important. The Fitbit app (see sidebar) has really helped people see how many steps they take in a day. You should shoot for 10,000 steps a day.

If you want your exercise quantified in time, a good rule of thumb is 30 minutes of exercise a day. This can be divided into three 10-minute sessions a day, or one session lasting 30 minutes.

However, studies have shown that people who exercise 30 minutes in the morning, then eat, but are sedentary the rest of the day, may lose the benefit of their morning exercise.

The sedentary lifestyle is the problem, whether we sit at a desk or in front of a computer or in a vehicle. The human body needs a measured amount of exercise throughout the day to make sure we're metabolizing and digesting properly, and strengthening bones and muscles.

Eventually, when such exercise-like walking-becomes routine, you will need to go above and beyond that. more difficult exercise.

For many of us, just walking 30 minutes a day, that really is exercise because we're not doing anything else. But once that becomes our norm, then we've got to step it up a bit and exercise more intensely.

'AN OUNCE OF PREVENTION ...'

Of all the preventable diseases, diabetes is probably one over which we have the most control. Other problems, such as neuropathy (diseases of the nervous

Fitbit is a physical activity tracker

system), heart disease, and fatty liver disease can be minimized or negated by carefully avoiding becoming diabetic.

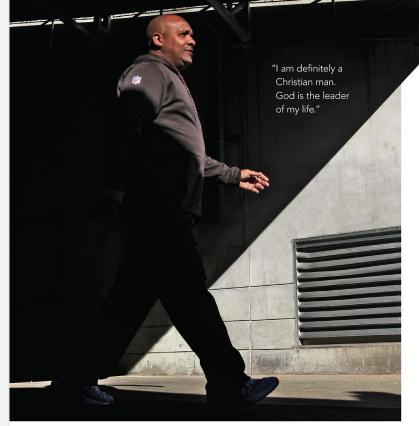
There are many people who are obese but who are not diabetic. Obesity and diabetes are probably the two big things that are preventable that people can get a hold of and control. It's just a matter of taking charge of our lifestyles.

Early intervention is a key. For young people, my plea would be that they keep moving. Sitting too much and being overweight does tremendous internal damage.

There are some diabetics who will live a nice, long life and not have any complications. That is rare. However, there are others who will be debilitated and have some real issues while they are still young and long before they retire.

The key is, don't live to eat-eat to live. Enjoy the wonderful life God has given you-in good health.

Captain (Dr.) Cindy-Lou Drummond is the former health officer and assistant training principal at the Salvation Army's College for Officer Training in Suffern, N.Y. She earned her medical degree from the Philadelphia College of Osteopathic Medicine. She is now the divisional secretary in the New Jersey Division.



Jackson Cleveland Browns Coach

interview by Robert Mitchell

The Hue Jackson Foundation, founded by Cleveland Browns head coach Hue Jackson and his wife Michelle, has partnered with The Salvation Army of Greater Cleveland to fight human trafficking. In January, the "Blue Spotlight Challenge" helped raise money for the Hue Jackson Survivors of Human Trafficking Residence, which is scheduled to open later this year at the Cleveland Harbor Light facility. The residence will increase the number of women who can be helped from 6 to 18.

Tell us about the "Blue Spotlight

Challenge." It was a challenge to all corporate employees in the city to wear blue and to donate \$4 to the foundation to fight human trafficking. I think it was a sensational hit. Many corporate persons within Greater Cleveland and Northeast Ohio wore blue to shed light on human trafficking. We wanted to signify that we are standing behind this issue and that we're making a difference.

What gives you and your wife such passion for this issue? My wife and I thought about what would make an impact, not just for us and our legacy, but also for our children. We're the parents of three daughters. We've witnessed some of this [human trafficking] firsthand. We thought this was the best place to put our resources and to create a platform.

How did you get involved with The

Salvation Army? We partnered with the Army because we have a residence that's going to go up [at the Harbor Light]. Obviously, the Army is doing so many great things and they were gracious enough to partner with the Hue Jackson Foundation to create a safe place for victims. We want them to get back on their feet physically, emotionally, and spiritually. The residence will also house law enforcement officers and people who will be there to assist victims 24/7. I think it's a tremendous opportunity for us to do something special.

Christ. Although I have not yet found a particular church here where I feel comfortable. I am definitely a Christian man. God is the leader of my life. I am no different than most Christians. I must continue to practice and get better at it. each and every day. I try to do things that are good and I give back. I've received this [coaching] opportunity and am grateful and thankful to have it. This platform makes it possible for me to give back to people who need assistance.

tinue to make a huge impact in this area.

I'm a Christian. I normally attend the Church of

What do you like about The Salvation

Army as an organization? They've stood for

excellence. The Salvation Army is a place you

can turn to. They've always made a difference

What greater partnership to form than with The

in communities. They've been outstanding.

Salvation Army?

How long have you been a Christian?

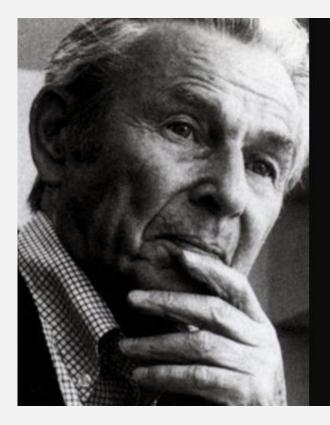
I've been a Christian all my life. My mother introduced me to the Church of Christ, and L was baptized when I was nine years old. Just



Is human trafficking the primary focus of like many young men when they're baptized that your foundation? Yes, it's our focus. We're "all early. I was not exactly sure what it meant, but in" on this problem. We don't have another issue I did it. Obviously, I've lived by faith and by the that we're involved in or really want to be involved grace of God. I'm no different than anybody else. in. This is a big enough challenge all by itself. It's I make mistakes, but I know there is a higher taken much of our time and resources as we con- Being who I can repent to, as I continue to get better. I know I'm still "a work in progress" as I move through this life, trying to understand Tell our readers about your spiritual life. how to be better-a better husband, father, and football coach.

The Browns have the first pick in the upcoming NFL draft. Are you optimistic

about the future? Yes, absolutely. It's not so much about the first pick, it's about turning the corner. We've been a football team that, during the past two years, we've been 1-31. But we're still standing. We're still fighting. That says a lot about the character of the men and the coaches in the locker room. We have to continue to work on things and get better. I think we're headed in the right direction. We're really appreciative of fowners] Jimmy and Dee Haslam and their leadership. Now, it's a matter of going out there and getting the job done. 🛢



The grid system is an aid, not a guarantee. It permits a number of possible uses and each designer can look for a solution appropiate to his personal style. But one must learn how to use the grid; it is an art that requires practice.

— Josef Muller-Brockmann —

by WARREN L. MAYE



OWER

On the 4th of july weekend, and just days following the collapse of a condominium in Miami, Fla, where over 100 people lost their lives in the rubble, I decided to visit the One World Observatory at the top of One World Trade Center. It is the tallest building in the western hemisphere. From there, I looked down into the harbor at the Statue of Liberty and reflected on my 9011 experience.

Breathtaking is the word that describes the view from 102 stories above Manhattan Island. Formerly known as the Freedom Tower, it stands next to the memorial that marks the site of the World Trade Center tragedy. Although the visit marked my first time in the area in 20 years, memories of the sights, sounds, smells, and feelings are still vivid.

A year after those attacks, 9/11 was added as a new word to the American Heritage College Dictionary, 4ⁿ edition. When Lasked Steven Kleinedler, senior editor, if the definition emphasized the response to the tragedy, he told me that, as a rule, a word must be "defined according to what it's, not what it means."

Therefore, 9/11 is defined as, "init' leven n. September 11, 2001, the date on which two hijacked airliners were flown into the World Trade Center in New York City and another into the Pentagon. A fourth hijacked airliner crashed in open land in Pennsylvania."

A beautiful, but tragic morning

On that 9/11 morning, I enjoyed an exchange of text messages via the internet with my son who sat in his college dorm room in Boston. I looked out of the window of my home at a beautiful blue sky and anticipated a quiet and relaxing day. Minutes later, all that changed.

The sound of twin engine fighter jets flying low overhead caught my attention. I had grown up around them, and I knew the sound. They headed toward Manhattan.

I turned on the radio and heard news reporters describe the first hit on Tower I. I turned on my TV and saw shocking pictures. I loaded a cassette into my VCR and another cassette into my radio/tape deck



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