

### Remembering September 11, 2001: Five years Later

By Donna A. Gaffney, APRN, BC, DNSc,  
FAAN, FOS11 Advisory Board Member

It has been five years. For some people time has barely passed. Tuesday, September 11, 2001 feels like yesterday. To others these last five years seem an eternity. Many people have slipped back into their everyday lives. The horrific images, unimaginable sadness, security threats and unanswered questions have given way to a world that on the surface feels predictable and safe. But there are abrupt reminders that the world is not safe or predictable; everything familiar to us can change in an instant.

The five year mark will prompt us to reflect upon the events of September 11, 2001. There will be extraordinary media coverage of 9/11 memorial services. Remembering difficult, traumatic or painful events bring a resurgence of the thoughts and feelings originally experienced. The narratives on the following pages are not meant to revisit the pain and chaos of that day, but to reveal the changes and experiences that occurred in so many lives. These stories will do more than move you. You will not only recognize the vulnerabilities in all of us, but the extraordinary strength that gives us hope. With each word your faith in the human spirit will become stronger.

The words you are about to read symbolize a beacon of hope from that fateful day. There are extraordinary lessons that we have learned from the survivors and family members, friends and co-workers of those who lost their lives on September 11, 2001. *Remembrance and Wellness: Five years after 9/11* is not just a collection of stories or anecdotes. These passages convey the lived experiences of those who want the rest of the world to understand how they have traveled this journey of healing and growth. These are courageous people - our teachers and mentors. Their words tell all of us that even in the face of such enormous tragedy, we can survive.

So many people have contributed wonderful ideas for reaching out to

others at their time of need. Through their experiences they have offered suggestions for self-care and suggestions for improving family communications. Such efforts take courage. Courage to tell others. Courage to listen. It is the grieving family member who often becomes the "teacher" showing friends and acquaintances how much they value the support of others. Finding comfort in the words and images of others gives deeper meaning to our own personal experiences. Someone else knows exactly how it feels.

Over the past five years we have been privileged to be a part of so many people's lives. *Remembrance and Wellness: Five years after 9/11* represents a small selection from the many lives changed by 9/11. We have heard from husbands, wives, brothers and sisters, sons and daughters, parents and grandparents, friends and co-workers. For every story you read, there are hundreds of others so similar and yet so different. We offer *Remembrance and Wellness: Five years after 9/11* with gratitude to those who have shown us the way.

### Facing Our Anxieties: A Step Towards Healing

By Gregory A. Thomas,  
FOS11 Board Member, *Excerpted with permission from 'Freedom from Fear'*

It took me more than two years to realize that I had not taken proper steps to deal with my emotions in response to 9/11. It's not as if I didn't have the opportunity; after all, professional resources had been made available to all New York City employees, especially those of us who were first responders. I simply had not chosen to seek any help. I guess I was exhibiting that silly macho mentality that most men harbor, particularly those of us who work in law enforcement and public safety - the mentality that says we can handle anything.

It wasn't until March of 2004 that I realized I was bottling up my frustrations and emotions regarding the events of September 11th - so much so that I was doing a huge disservice to myself and my family.

*Continued Pg. 2*

### Table of Contents:

|   |       |
|---|-------|
| Remembering 9/11:<br>Five Years later                                       | pg. 1 |
| Facing Our Anxieties:<br>A Step Towards Healing                             | pg. 1 |
| The Closet:<br>A Widow's Story of<br>Bereavement and Healing                | pg. 2 |
| Moving On:<br>The Resiliency Program's<br>Latino Widows' Group              | pg. 3 |
| Innovative Approaches to<br>Helping Victims of 9/11:<br>The Starbucks Group | pg. 4 |
| 9/11 Support Services:<br>The Chicago Area                                  | pg. 4 |
| One Widow's Story   | pg. 5 |
| Wellness and Healing<br>Resources   | pg. 5 |
| One Juror's Perspective:<br>U.S. v. Moussaoui                               | pg. 6 |
| Thoughts on Grief   | pg. 7 |
| Poll of the FOS11<br>Membership June 2006                                   | pg. 7 |
| The 9/11 Wrist Band   | pg. 7 |

*This project was supported by a September 11 recovery grant from the American Red Cross Liberty Disaster Relief Fund.*

*© 2006 Families of September 11, Inc. FAMILIES OF SEPTEMBER 11 and the Flame Design are registered trademarks of Families of September 11, Inc. 9/11 Wrist Band © Joshua Allen Photography*

---

This revelation occurred while I was attending a Department of Justice training session in Savannah, Georgia. At the seminar, Dr. Robert (Bob) McGlenn, a friend and noted psychologist who has responded to many disasters and trauma at schools across the country, asked if he could interview me for a book he was writing. As part of the process, he asked to speak with me about my response to the events of 9/11 and how the attacks had affected my life and my family. I agreed, and Bob and I began a talk that initially seemed relaxed and informal, but ultimately forced me to deal with a hidden secret.

As we discussed my first reactions to the attacks and the steps I had taken to ensure the safety of the students and staff of the New York City Public Schools, I began to speak briefly about how I had almost lost my wife, Kim, during the collapse of the World Trade Center towers. I told Bob how I had dropped Kim at police headquarters in lower Manhattan – only to hear later that she had been sent to the World Trade Center to assist with crowd control and evacuation, and later that she had narrowly escaped death by running at full speed from the collapsing towers. Three years after the event, as I recounted this story to Bob, I began to cry.

After I regained my composure and finished the interview, Bob asked me a very revealing question: “Gregory, how often have you told this story? Have you spoken with any professional regarding your experiences with 9/11?” I realized that I had not told my story to many people – but when I did, I always got choked up or cried. And of course, true to that macho mentality I referenced earlier, I had not spoken with any professionals about my experiences on 9/11.

Shifting from “friend mode” to “psychologist mode” Bob explained that when we fail to speak about negative experiences in our lives – when we bury them deep inside – we increase our chances of having emotional responses when we are reminded of these experiences later. Bob also said that we increase our potential for emotional and health problems when we allow the stressors

of life – work, family, finances (or lack thereof)- to pile on top of our repressed feelings.

Lastly, Bob pointed out that speaking with someone – professionals, friends or family – about the problems in our lives can go a long way toward helping us have a “cleaner plate” that allows us to deal successfully with new things that pop up in our lives. We all lead busy, hectic lives – especially if we are parents, grandparents, or caretakers of loved ones. Each day we begin the hectic process of getting ourselves ready for work, feeding and dressing the kids, packing their lunches, and getting them off to school. Then we go to work where we endure days filled with meetings, deadlines, and personalities that test the limits of our patience. Later, after picking up the kids from one of the dozen after-school activities and cooking them dinner, we watch the evening news on television. In other words, after a long and stressful day, how do many of us choose to unwind? By watching TV reports about the war, the threat of terrorism, and unrest and unhappiness around the world.

All in all, stress – especially the bad kind – can have a cumulative effect on our minds, bodies, and spirits. If we allow stress, anxiety, and depression to take over our lives, we’ll find it increasingly difficult to eliminate them. Take time everyday to scan yourself, body and mind. Allow time every day for privacy, quiet, and introspection – time to ask yourself: “How do I feel?”; “What do I want?”; “What do I need right now?”; “How happy am I?” The good news is that when you make these daily assessments of your life, you’ll find that you have an awful lot to be thankful for.

*The following article was written by a Tuesday’s Children family member and tells a story from her process of bereavement in the loss of her husband on 9/11.*

### **The Closet**

By Abigail Carter

My dead husband’s clothes closet held me hostage for almost four years. In the early days after Arron’s death, his clothes hung patiently in his closet

waiting for his return. I would open the closet doors to see his shoes staring at me expectantly, longing for the warmth of his feet. I would stand inside the folding louver doors and cry deep, wet tears into his blue terrycloth bathrobe that still smelled of him. I fingered the striped flannel shirt that everyone hated but him. His socks were piled impossibly high in a rolling wire mesh basket. Another level of the basket held his underwear. They waited for him, as did I. I would close the closet doors and fling myself face down onto the bed in dramatic sobs.

The closet became a litmus test of my grief. Open door, cry, close door, pass test. Still grieving. Repeat in four weeks.

Soon, the act became almost masochistic. A crying dry-spell would send me back to the closet for a rain dance of tears. A whiff of his bathrobe was a reliable shaman. The tears would cleanse my body, releasing me from the grip of grief. Relief washed over me – I still mourned for my husband honorably, appropriately, with tears and sobs.

My brother Matt and Arron’s best friend Bruce visited for Thanksgiving. I saw my opportunity to bestow some of Arron’s favorite items on the people he loved. Giving his clothes and shoes to loved ones seemed preferable to hauling garbage bags full of him to Goodwill.

I watched as my brother tried on his cowboy boots – tall, slender and full of swagger. Matt shrank in my mind to a 10-year old boy, trying on his older mentor’s boots, proud, but not certain he would ever fill them. He strutted around uncertainly claiming to be honored to own them. I knew he would never wear them. Those boots were so ubiquitous with Arron that they would be unfathomable on anyone else. I had hoped that my brother might take on some of Arron’s characteristics when he wore them, that the boots were somehow magic, but his tiptoeing inside of them, not wanting to fully plant his foot into them revealed the truth.

Bruce pulled Arron’s favorite leather jacket around his torso, trying to

make the buttons meet. The coat, which had fallen to Arron's hips, reached halfway to Bruce's knees. It took on a new persona on Bruce's body and molded itself instantly to him. It no longer resembled anything Arron had ever worn.

Despite the ill-fittings, I was glad for these reminders to be gone; to be the responsibility of someone else. I suspected that they would wind up at Goodwill someday, but I didn't want to know, I didn't want to be the one who took them there.

My brother and Bruce walked off feigning pleasure at their new acquisitions, but really I think they were pleased at having helped me through a difficult process. They seemed to understand by the look in my eyes, my relief at having purged a little of Arron in a loving way. Still, I hoped that they would be proud of their mementoes of him.

The years passed and the smell of the blue bathrobe became dusty and made me sneeze when I inhaled it. It became less soaked with my tears.

Four years after Arron's death, it was time to move away. New life, new home. I cried as I placed sweaters and shirts and the mountain of socks into garbage bags, but I also felt cleansed, free.

I kept the tuxedo zipped in its black plastic Brooks Brother's bag like a corpse. I would save it for our son.

I delicately dusted the pony shoes, made of horsehide, the ones that always entailed a little trotting dance with each wearing, and said goodbye tearfully as I placed them into the bag. The rack of his ties, a collection of our respective tastes: his purchases corporate and shiny, my Christmas and Father's Day gifts muted and artistic were lovingly boxed to make the 3,000-mile trip to our new home.

I decided, erroneously to put some of Arron's nicer suit jackets into the yard sale we would be holding the following week. I watched, agonized as strange men wandered by and tried each jacket on one by one. I made change through gritted teeth, and

watched as the men, pleased with their purchases, walked away with another piece of my husband.

In our new home, the blue bathrobe hangs among my dresses, still dusty and mostly dry of tears. The tuxedo remains entombed. The striped flannel shirt has a place of honor in the shelf above. The ties hang, softer with each passing month. These remnants of Arron no longer await his return, but they remain as proof of his existence - pieces of him that we can touch and hold, talismans lovingly fondled.

**Tuesday's Children** was born of a solemn commitment to the families of 9/11. With programs and offices in New York City, its northern suburban counties, Long Island, New Jersey, Washington, D.C. and Boston, Tuesday's Children provides a wide-range of child development, family advocacy, mentoring, recreational and social service programs for thousands of 9/11 family members. The initiatives are created with one simple goal - to develop and provide the resources necessary to ensure that families reach their full potential. For more information, please contact them at (516) 562-9000, or on their website at [www.tuesdayschildren.org](http://www.tuesdayschildren.org).

### **Moving On: The Resiliency Program's Latino Widows' Group**

By Marcela Hoffer-Adou, LMSW, MA, MS  
Edited by Elizabeth Fuller, MPH

*"You know, my husband used to do everything for me...especially the things at the house. The other day, I found myself changing light bulbs; fixing the toilet...I was so proud of myself. He would have been also..."*

September will mark the fifth anniversary of the 9/11 attacks on New York City and Washington, DC. Families continue to grieve their losses. At the same time, wives, husbands, children and siblings are functioning and rebuilding their lives; some have even found a sense of empowerment in establishing new roles for themselves. This is particularly true of the Resiliency Program's Latino Widows' Group, a group of Mexican and Dominican women in New York City who lost their husbands on 9/11 and who meet regularly to share their

experiences. This article describes the resilience and courage of the women since the terror of 9/11. Their words, which are embedded throughout the text, reveal an amazing capacity to continue living, to find hope and strength and embrace growth in the midst of loss.

When recounting what they went through in losing their husbands to such violent and unexpected deaths, many of the women express a sense of detachment and disbelief that they themselves went through the event.

*"I don't know how I went through that. Right now, looking back, I see myself like in a movie. Was that me? And now, here I am...not absolutely happy but not so bad either..."*

Often, the women seem surprised at their own strength. On days prior to September 11th, when they had let themselves imagine what life would be like without their husbands, they pictured a different outcome - one in which they were helpless to survive in a world without their partners. This seems especially true for some of the Mexican women who had moved to the United States not long before September 11th. In addition, to the trauma of the attacks, they also were faced with language and immigration barriers and other challenges of integrating into a new culture.

*"Yes, it is me. It is unbelievable that I was able to go through such a terror and such a loss. Looking back, I remember that I was a mess, devastated, disoriented, didn't know who I was anymore...now, here I am...going on with my life..."*  
*"Each day, I can resolve something..."*

The Latino Widows are rebuilding themselves and their lives. Resiliency is often described as the ability of adults to maintain relatively stable, healthy levels of psychological and physical functioning after experiencing a traumatic event(s) or the ability to bounce back from adversity. Even though the women miss their husbands, the Latino Widows are redefining themselves, their roles and are mastering new tasks; many are tackling chores or responsibilities which they viewed as 'manly' before.



They are also embracing the joy of new experiences. Some have started new businesses and learned new languages. Often, remembering happy moments with the deceased, assists grieving individuals in their bereavement. The Latino Widows often talk with each other about the especially silly and funny moments they shared with their loved ones. Together, these strong women are finding they are capable of smiling in spite of their losses. Amidst their pain, they continue to embrace life. That's resiliency.

### **Innovative Approaches to Helping Victims of 9/11: The Starbucks Group**

By Paula A. Madrid, Psy.D. and Roy Grant, M.A.

Following the terrorist attacks of September 11th, many residents of lower Manhattan needed help and support, but faced obstacles obtaining it. Many of those living closest to the World Trade Center witnessed the plane crash, were displaced from their apartments, and became fearful about their families well-being and safety. Some residents reported viewing traditional mental health services as inaccessible, unhelpful, and potentially stigmatizing.

Six months after the event, 30% of New York City families reported wanting formal mental health assistance, while only 8% received such help. Among the barriers were transportation, cost, and potential stigma. In the face of such an enormous trauma, which directly affected an entire city, it is not hard to understand how therapeutic resources could be lacking. When there is high demand for services, such as was the case after 9/11, one helpful modality is group therapy as a way to address this overwhelming need.

Compared with individual treatment, group interventions are generally cost-effective and reach more people. Group treatment can help decrease feelings of isolation, alienation and stigma, and can lead to cohesion or a bonding which promotes safety. Interacting with others in a safe, respectful and supportive environment helps to rebuild one's trust and regain hope for the future, while processing the trauma within a group context is likely to help

make the experience meaningful and correct any misperceptions or irrational thoughts about the traumatic event.

The "Starbucks Group" is a non-traditional community-based intervention that incorporates many aspects of traditional group therapy for posttraumatic stress. It was initiated in November 2001, at the prompting of two residents of lower Manhattan who decided that it would be helpful to form a group in which participants could obtain information and support one another. These two women recruited the rest of the participants from their circle of friends and neighbors and, under the leadership of a clinical psychologist, the group now meets regularly in a private room of a conveniently located coffee shop.

The group is comprised of 12 ethnically diverse women. The members have been active in the development and maintenance of the group. Their involvement and the therapist's flexibility made access to the group convenient and has resulted in the long standing existence of the group and the zero dropout rate.

The group was initially established as an informal source of support and information on how to talk to children about terrorism and methods for coping with stress, depression, and anxiety. During the first 25 sessions, members shared their feelings, fears, and fantasies regarding the attacks as it affected them and their family and friends. As a result, the group focused on helping participants find ways to feel safer, calmer, and strong enough to help others. Topics of discussion included: ways to stabilize hyperarousal symptoms; grounding techniques for dealing with flashbacks, intrusive memories and nightmares; and coping skills for anxiety, sadness, and irritability.

The "Starbucks Group" demonstrates that the traditional goals and empirically-validated methods of formal clinical intervention for posttraumatic stress reactions may be achieved in non-traditional settings, which enhance access and participation – even under the extraordinary circumstances of the aftermath of the terror attacks of 9/11. Based on participants' self-

reports, a review of group notes, and consultation regarding the group, it is our belief that treatment was successful in accomplishing the treatment goals of the initial stage of posttraumatic stress reaction - to obtain safety, decrease hyperarousal, increase coping, and gather and utilize support systems.

One aspect of the group that members reported made a significant difference in their lives was the opportunity to connect with others who have shared experiences and similar feelings. One member reported, "By doing this together, we have gotten stronger, we are making history as brave and caring women who share many characteristics. A crucial one in the context of this group is that we lived through almost the same situation and have come out just fine - together."

*These articles were submitted from the Resiliency Program housed at the National Center for Disaster Preparedness, Mailman School of Public Health, Columbia University. The authors of these articles have been working with the 9/11 victims since October 2001.*

**The Resiliency Program's** (TRP) mission is to provide services to mediate the mental and behavioral consequences of 9/11 on adults, children, families, and communities. Our staff consists of licensed mental health professionals who specialize in trauma and resilience. TRP offers free services in both Spanish and English and includes individual, family and group psychotherapy, workshops, consultation and support to professionals working with victims of 9/11.

For more information visit: [www.ncdp.mailman.columbia.edu/program\\_resiliency.htm](http://www.ncdp.mailman.columbia.edu/program_resiliency.htm) or call (212) 781-1046.

**9/11 Support Services: Chicago Area**  
By Stefanie Norris, LCSW, Executive Director, Willow House  
FOS11 Advisory Board Member

The Willow House September 11th Project has been in contact with more than 100 family members and survivors in the greater Chicago area. The family members who died represent all of the flights and each of the 9/11 sites

# Remembrance & Wellness: Five Years After 9/11

while members of the survivors group escaped the twin towers or the Pentagon. Aside from the more obvious shared experiences, these grieving children, spouses, siblings and parents and the survivors shared the additional complication and frustration of being so far removed from New York, Washington, D.C. and Pennsylvania. Their access to information, services and that incredibly important connection to others was limited by the distance, thus making their healing process all the more difficult as their feelings of isolation were particularly acute.

The following piece was graciously written by Sue Mladenik, one of the Chicago group's original members. Sue does a wonderful job describing the support she has gained in her group experience. The value of mutual peer support, shared experience and the incredible connections these group members have made with one another will continue to serve family members and survivors far beyond the 5th or any anniversary. I sincerely hope that support services such as these will continue to be made available to 9/11 families and survivors as long as they need them...wherever they need them.

## One Widow's Story

By Sue Mladenik

It is hard to even put into words what my kids and I went through when my husband was killed on September 11, 2001. Living in another state halfway across the country made it almost impossible to function - being so isolated. We could not go to any meetings in New York, could not meet with any officials, the medical examiners office in person, or go to the police station where all the personal effects of the victims were being collected or even meet any other families. Living in Illinois, we were so disconnected from everything and everyone else. We couldn't even get to New York to go to the place where my husband had died and where his remains were surely scattered somewhere.

So many issues swirled around in my head...I was now a widow with 5 kids, what was I supposed to do now...every

time we turned on the TV watching as my husband's plane crashed into the World Trade Center as he and thousands of innocent victims were killed over and over...the press invading our privacy, remains recovery, DNA identification, grieving children, how could I begin to help them when I couldn't even get a grip? Nobody knew what we were going through or could possibly know what we were feeling. How could they?

Finding a local group of families who had also lost someone on 9/11 was a life saver for me. Being able to actually sit down with other people who lived through the same thing, who were dealing with all the same issues and emotions was somehow comforting. I'm not "the local freak show" in that room, none of us are. We are all in it together. I can say whatever I need to say, we can all talk about emotions, feelings, or issues without that look of horror that comes across someone's face when they ask "how are you" and you actually try to tell them.

It is very important for me to know that I am not alone, and the things I was feeling were normal...there is someone else feeling what I was, going through the same things, same emotions...I was not going crazy. The support group at Willow House is very important to me as I continue to try to bring my family through this journey of grief. We are a close knit group that shares a tragic common bond. We all wish more than anything else in this world that there was no need for our group or us even knowing each other. But, having one another and knowing we are not alone in each of our journeys somehow helps makes the journey seem a little less intimidating.

**Willow House**, a center serving grieving families in the Chicago area and its suburbs, offers support services to 9/11 families and survivors. For more information call (847) 940-0779 or visit: [www.willowhouse.org](http://www.willowhouse.org).

## Wellness and Healing Resources

### [The 9/11 Mental Health and Substance Abuse Program](#)

This program offers financial assistance with the cost of mental health and substance abuse treatment to those directly affected by the attacks, regardless of insurance or immigration status.

Call 1-800-LIFENET (1-800-543-3638) for confidential referrals to free or low-cost counseling services in the New York area, or to learn how the 9/11 Mental Health and Substance Abuse Program can help pay for treatment, no matter where you live.

**Enrollment ends January 2, 2007 covering services through December 31, 2007.**

### [Gift From Within](#)

[www.giftfromwithin.org](http://www.giftfromwithin.org)

An organization dedicated to those who suffer from post-traumatic stress disorder (PTSD), those at risk for PTSD, and those who care for traumatized individuals.

### [National Mental Health Association](#)

[www.nmha.org/infoctr/faqs/treatment.cfm](http://www.nmha.org/infoctr/faqs/treatment.cfm)

Visit this site to find a mental health provider or community-based mental health services.

### [American Psychological Association](#)

[www.apa.org/topics/topictrauma.html](http://www.apa.org/topics/topictrauma.html)

The APA offers a range of information on everything from managing traumatic stress to coping with terrorism.

To send your story to FOS11, please email [info@familiesofseptember11.org](mailto:info@familiesofseptember11.org) or call (212) 575-1878.

**One Juror's Perspective:  
U.S. v. Moussaoui**  
By Juror 526

The recent sentencing trial of Zacarias Moussaoui refocused public attention on the horrors and pain of 9/11.

For nearly three months, a close examination of the defendant's actions and those of the nineteen al-Qaeda hijackers unfolded in graphic detail.

For me, 9/11 was a frightening day on which I was evacuated from my office to make my way home, driving past the acrid burning smoke pouring out of the Pentagon. Little did I know that four and a half years later, I would be called upon to serve on the jury that would decide the fate of the man sometimes called the "20th Hijacker."

The first phase of the trial determined whether or not the defendant, who pled guilty to conspiracy charges in April 2005, was eligible for the death penalty. The basis for this decision was whether or not Moussaoui lied to federal agents in August 2001, and whether his lies contemplated and, in fact, resulted in another person's death. As a jury, we studied many reports and documents and reviewed testimonies from FBI agents, flight school instructors, and al-Qaeda members. We started by making a list of five essential lies the defendant told agents and then created a timeline of what was very likely to have happened if he hadn't lied. We concluded that Moussaoui did have a role in at least one person's death.

The second phase of the trial determined if Moussaoui would be executed or spend the rest of his life in prison. During the proceedings, family members and survivors, testified - some for the prosecution and, others, for the defense.

All the jurors were deeply moved by the stories we heard in the courtroom from family members. We felt a solemn respect for all who came to court and shared their feelings of love, pain, anguish, and hope. Through these testimonies, we came to know some of the victims of 9/11. In a reflection of our vast country, we heard of old, young, men and women, married and single, from all walks of life, different

ethnic origins, religions, and backgrounds. But all accounts shared a common theme of loving family members and friends whose lives were cut short in such a cruel and tragic way by unknown, unseen assailants.

The trial was emotionally overwhelming for me. The heart-wrenching stories of loss and despair affected me profoundly. We heard from family members who testified for the defense and spoke of building bridges of understanding and compassion and of their efforts to educate people on hope and letting go of anger. At the same time, we jurors were faced with the arrogance and hatred of the defendant, who took every opportunity to express his desire for continued murder and terrorism and taunt us with his zeal for death to all he considered infidels.

Most of us shared in the nightmares described by so many family members. Each morning during the trial, we would greet each other and inquire if anyone had gotten a full night's sleep or had a restful night. Those were few and far between. I, among others, suffered migraine headaches and anxiety brought on by the intensity of the courtroom proceedings. The centerpiece of our jury room table was a bowl of Tylenol, from which many of us partook.

While we deliberated in our cramped jury room, we looked at a photo montage of almost all the 9/11 victims that was prominently displayed. At various points in our discussions, one or more of us would stand up to stretch our legs and take a closer look at the individual photos in the display. Sometimes, we'd recognize a picture and recall a detail about that person's life, "Oh, yes. That was the young man who loved to play soccer." So, the 9/11 victims were always with us in that room. Many jurors wanted to honor those victims and their families by giving something back to them. For me, the greatest gift would be to demonstrate that our American justice system is based on laws and a careful weighing of evidence and testimony in determining a just sentence.

During deliberations in the second phase, the jury was asked to consider whether numerous aggravating and

mitigating factors were proven. At the end of that process, each of us, then, weighed these factors against each other to decide an appropriate verdict: execution or life in prison. The death penalty could only be imposed if the jury unanimously found in favor of execution on any one of the three counts.

I tried to shed as much of the emotional load as possible and focus on the evidence and law. The jury read thousands of pages of written evidence and reviewed 114 witness testimonies. We all agreed that Moussaoui was a well-funded al-Qaeda member who intended to fly a plane into a building to kill Americans and cause terror. His plans, though, were cut short when he was arrested on Aug. 16, 2001. In my opinion, at that point, his role in the conspiracy changed. He lied to the FBI, to be sure, to cover his own plans and those of fellow conspirators probably unknown to him. For me, this was the key mitigating factor to his sentencing, namely, that his role, at that point, became a minor one, in that he didn't participate in or have full knowledge of the upcoming attack plans. In the end, the question became whether the death penalty is really an appropriate punishment for lying. This decision was not an easy one and not reached through any consideration of its popularity or general acceptance. Most of my fellow jurors concluded that the prosecution did make its case. On two of the counts, 10 out of 12 voted in favor of execution. On the last count, I was the sole juror who found for life in prison.

Zacarias Moussaoui is now safely sequestered in a cocoon of concrete walls from which he will never emerge. He turned 38 years old on May 30, and is likely to have a long life ahead of him during which he can contemplate his transgressions.

I am much relieved that the trial is over and that the country can focus on positive outcomes such as better aviation security and other efforts to further ensure our safety. I will always remember the many stories of 9/11 heroes and survivors and the love they shared with their families.

# Remembrance & Wellness: Five Years After 9/11

## Thoughts on Grief: 9/11 Grief Survey

Reflections by Donald Goodrich

FOS11 Board Chair

*"I am not mad: this hair I tear is mine;  
My name is Constance; I was Geoffrey's  
wife;  
Young Arthur is my son, and he is lost!  
I am not mad: I would to heaven I were!  
For then 'tis like I should forget myself:  
O! if I could, what grief should I forget.  
Preach some philosophy to make me  
mad,  
And thou shalt be canoniz'd, cardinal;  
For being not mad but sensible of grief,  
My reasonable part produces reason  
How I may be deliver'd of these woes,  
And teaches me to kill or hang myself:  
If I were mad, I should forget my son,  
Or madly think a babe of clouts were  
he.  
I am not mad: too well, too well I feel  
The different plague of each calamity."*

FOS11 Board Chair, Donald Goodrich was a key advisor for the development of questions for the 9/11 Grief Survey that was conducted by the New York State Psychiatric Institute and co-sponsored by the National Center for Post Traumatic Stress Disorders, Columbia University, VA New England Healthcare System and Families of September 11.

The study is currently in Phase II and aims to shed light about the possible duration of unresolved grief and provide much needed information for the continued development of longer-term support programs. In our recent poll of FOS11 members, concern about mental health was determined to be the top priority.

Don Goodrich remains a committed advocate and works to raise awareness about the mental health concerns of 9/11 family members. He lost his son Peter Goodrich on United Airlines Flight 175. He has used the quote above from King John III (believed to have been written by Shakespeare not long after the sudden death of his eleven year old son, Hamnet) to show that most who grieve do not have the sorts of mental disorders the mental health community is well trained to address, but do suffer and are in need of care that needs better understanding.

## Poll of the FOS11 Membership

June 2006

In June of 2006 we asked for your thoughts and feedback in our follow-up poll of the FOS11 membership, conducted by the University of Connecticut Center for Survey Research and Analysis. We are developing our programs for 2007 and beyond and the feedback from the membership has been essential to the evolution of FOS11 for the past five years. We are extremely grateful for our members' commitment to FOS11 and we aim to continue to serve this community as long as we are able. Here are some highlighted results from the survey.

- 76% of our members said providing information about mental health was a top priority
- 75% of members said advocating to government officials to ensure that the recommendations of the 9/11 Commission are instated was a top priority
- 82% have a high level of concern about children who have been affected by 9/11
- 81% of this group feel that FOS11 should provide additional support for these children
- 88% thought that 9/11 groups were the best resource for information on how to deal with trauma

When asked "what other organizations do you belong to or find useful," responses were low (17% and less) for any other group; an indication that members rely on us as a trusted resource of information.

Furthermore, when the membership was asked how long they would remain committed to FOS11 the answer was "more than five years."

## The 9/11 Wrist Band Story



John Salamone worked for Cantor Fitzgerald and was killed on September 11, 2001. He left

behind his wife, FOS11 Board Member MaryEllen Salamone and three children, ages six, four and two.

Since then, the Salamone children have become big supporters of their mom's advocacy for them as well as all children affected by 9/11. The oldest son is an avid collector of the colorful "cause" bracelets. He wanted to make a band to raise awareness about Families of September 11, the organization for which his mom volunteers. He designed the bracelet so that people would:

"Remember those who died, honor all those who helped around the world, and hope that something like 9/11 never happens again."

### REMEMBER HONOR HOPE

Families of September 11 proudly presents the 9/11 band in remembrance, with honor, and in hope of a better future for all our children.

For a payment of \$15.00, you will receive five bracelets. Bracelets are \$3.00/each for any quantity thereafter. For 100 or more they are \$2.00/each. You may call our office at (212) 575-1878, print out an order form from our website [www.familiesofseptember11.org](http://www.familiesofseptember11.org), or mail your request and payment to:

Families of September 11  
1560 Broadway, Suite 305  
New York, NY 10036

t: (212) 575-1878

f: (212) 575-1877

[www.familiesofseptember11.org](http://www.familiesofseptember11.org)  
[info@familiesofseptember11.org](mailto:info@familiesofseptember11.org)



To raise awareness about the effects of terrorism and public trauma and to champion domestic and international policies that prevent, protect against and respond to terrorist acts.

Our organization was founded in October 2001 by families of those who died in the September 11 terrorist attacks. Membership is open to anyone affected by the traumatic events of September 11, 2001.

Many of our Board Members lost immediate family members in the attacks, and the members of our Advisory Board bring expertise and knowledge to our organization in specific areas that ably support our goals.

We are committed to offering current and accurate information, to promoting resiliency and strength, to advocating on behalf of our members and issues of importance to them, and to continuing a dialogue with an expanding group of our families, friends and supporters.

More than 2,200 people have chosen to join our organization. Join and receive our monthly e-newsletters and action alerts by visiting our website at: [www.familiesofseptember11.org](http://www.familiesofseptember11.org)



Families of September 11, Inc.  
1560 Broadway, Suite 305  
New York, NY 10036

Non-Profit Org.  
U.S. Postage  
**PAID**  
Permit #3  
New York, NY