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Get Stress Help; U.S. Flag Runs Cross Country

One Site Offers Cell Phone Manner Help

Site Offers Stress Help

After the Sept. 11 terrorist attacks, many people are suffering from posttraumatic stress disorder.

The National Center for PTSD's Web site, www.ncptsd.org/, provides information on how to deal with the recent events, as well as managing the stress of terrorism.

The site also offers information for dealing with children, the effects of the media and how to deal with grief.

Be A Courteous Cell Phone User

How you have been out to eat and your friend has gotten a call on his or her cell phone?

With the infiltration of cell phones into today's society, the answer to this question is commonly "yes."

But one new Web site is devoted to "promoting civility between cell phone users and the people around them."

Cellmanners.com has a section for cell phone slang, a language spoken among cell phone users, and an area for people to sound off about cell phone experiences and ask questions on etiquette.

And if you're tired of talking, there is an area where you can donate your used cell phone to battle domestic violence.

American Flag Runs Cross Country

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In response to the Sept. 11 terrorist attacks, members of UnitedAirlines and American Airlines and servicemen and women are running the American flag across the United States to show their pride in their country.

[Online](#)

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The flag was flown over Iraq in the cockpit of a U.S. F-16, and proceeds from the benefit will go to selected charities in support of the victims of the attacks.

The flag left Boston on Oct. 11 and will make its way through New York, Washington, Atlanta, Dallas, Oklahoma City, Albuquerque, Phoenix and Los Angeles.

The goal is to arrive in Los Angeles on Nov. 11, Veteran's Day. Boston and Los Angeles represent the origination and destination of American Flight 11 and United Flight 175.

For more information, log onto www.flagrun.org/.

Do you have a Web site suggestion for our Website Wednesday section? [Drop us a line!](#)

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