

Youth prepare for **Mustang baseball tournament**



Story and photos by
Randy Dela Cruz

Contributing Writer

Baseball teams in the Hawaii Military Youth Athletic Association (HMYAA) are getting in their final games and practices in anticipation of the upcoming Mustang Division (ages 9-10) baseball tournament, which will be held at Lynch Field at Naval Station Pearl Harbor (NAVSTA) from May 18-23.

Pearl Harbor will host this year's series, which includes a dozen squads from NAVSTA, Hickam Air Force Base and Marine Corps Base Hawaii - Kaneohe.

"Once the season is over, we'll roll right into the tournament, which I'm very excited about," said Storekeeper 1st Class Robert Cartwright of Naval Computer and Telecommunications Area Master Station Pacific, who coaches the Mustang Division White Sox. "I'll get them ready by working them in areas that they aren't strong, so hopefully we'll be set to go."

On May 2 at Lynch Field, the White Sox got a chance to brush up on its game, as the team from Pearl Harbor met up with the tough Reds from Hickam.

In a seesaw battle, the Reds broke out on top by scoring two runs in the first inning on two walks and a single.

However, the White Sox roared back in the bottom of the inning, after the team's pitcher cranked out a triple to put a runner in scoring position with two outs.

The next two White Sox hitters drew bases on balls, which set the stage for Cartwright's son, who blasted a line drive to the center-field fence and circled the bases for a grand slam - putting the Sox out in front at 4-2.

The lead was short lived, as the Reds took advantage of the five walks to score four runs of their own in the very next inning. The big blow was delivered by the Reds' cleanup hitter, who drove in two runs on a single with two outs.

"For the most part, they don't get down," said Air Force Tech.

Sgt. Robert Hartsock, who is the head coach of the Reds, as he explained the team's comeback. "That's a good thing and it keeps us going."

The Reds would tally one run in the third and two more in the fourth, while the White Sox added two runs in the third and one in the bottom of the fourth to come up short by a score of 9-7.

"We almost pulled it out," noted Cartwright, whose team's record stood at 2-6 after loss. "A lot of our kids haven't played before this season so I'm proud of them."

With the victory, the Reds improved their record to 5-3 and, noted Hartsock, should stand as a good springboard to jump right into the Mustang tournament.

Following the game, both he and assistant coach, Tech. Sgt. Mike Gingras, said that they know what areas to build upon before May 18.

"We're going to be working on our sliding," said Hartsock. "But I'm looking forward to the tournament. I think we'll do good."

Meanwhile, Gingras admitted that he liked how the team hit the ball, but the players needed to improve upon their defense.

"You can never get enough fielding practice," stated Gingras. "Our players are still young so they are kind of shy at getting to the ball."

Although all three coaches acknowledged that while it would be great to be the top team at the end of the six-day tournament, the most important thing for the players is to have a good time.

Hartsock, who has been a volunteer coach for 13 years, said that even though coaching can be stressful, he is in it for the kids.

Not only is it rewarding to see the players develop their skills on the field, he added that he feels privileged to help teach important life lessons, such as teamwork.

And for Cartwright, being a father figure to kids whose dads are deployed is priceless.

"It's important for me because I can teach them things other than baseball," said Cartwright. "Mothers always tell me, 'coach, my son loves playing on your team.' When I hear that, I know I'm doing something good."



A player from the Pearl Harbor White Sox Mustang baseball team slides safely at home during a Hawaii Youth Military Athletic Association game versus the Reds at Lynch Field at Naval Station Pearl Harbor on May 2. Both teams will join 10 other squads in the upcoming Mustang Tournament, which will be held at Lynch Field from May 18-23.



Doulas help military mothers during pregnancy

Story and photo by
Blair Martin

Contributing Writer

Thanks to Operation Special Delivery (OSD), expectant mothers whose spouses are deployed will have a helping hand to assist during pregnancy and childbirth.

The program provides experienced and trained professionals, called doulas, free of charge to expectant mothers whose husbands have been deployed and will not be available for the pregnancy or birth of their children.

Laura Winston, certified doula and Hawai'i state coordinator for Operation Special Delivery, said the program not only provides military mothers a boost of added support during their pregnancies, but also acts as an advocate in the delivery room so the mother is not faced with giving birth alone.

"I like to think of myself as the mother's advocate," Winston said. "We are very hands-on and make sure that we are able to give the emotional and physical support [mothers] need all the way throughout their pregnancy, labor and even after baby comes," she added.

A self-described "birth junkie," Winston said with more than 16 years of experience as a practicing doula and registered nurse, she has assisted in the births of nearly 100 babies born into military families.

"In many ways, a doula can be an extension of your family," she said. "Having a baby is very intimate and we get to know

[our mothers] in a very intimate way. It is often a great relief for mothers [whose husbands are deployed] to have someone there who is supporting you emotionally and physically during one of the most vulnerable times in your life."

The word doula came from the ancient Greek meaning "a woman who serves." Although a doula does not perform medical tasks, she provides uninterrupted support to a mother not only throughout the pregnancy, but also in labor, during the birth and the immediate post-partum period.

"It can be very scary, especially for first-time mothers, because you simply don't know what to expect [during delivery]," said Winston. "I think a lot of women go into [the delivery room] thinking they will have a doctor, nurse or midwife that is going to be with them at all times, but that isn't always the case. You have shift changes and turnover, but if you have a doula, we are the constants who are there to look after you," she added.

According to the OSD Web site, studies have also shown that when doulas attend a birth, labors are shorter and with fewer complications.

Winston's current client, an Army spouse, said she chose to have a doula because her husband was deployed to Iraq and with family on the mainland, she worried about going through her first pregnancy alone.

"This is my first pregnancy and I wanted someone who would hold my hand and walk

me through the [process]," she said. "Having a doula has definitely made me feel less stress about the pregnancy because I know if I have any questions my doula is qualified to answer them. Plus, she is more accessible than getting an appointment or asking my doctor."

She is expecting a baby boy in July and said she also enjoys the personal connection she is forming with Winston, her doula. She explained that they meet periodically throughout each month via phone, e-mail or in-person to discuss birth plans, delivery positions and elective options, such as aromatherapies and belly casting.

"It is nice to know I have this person here who is here with me [throughout my pregnancy] and is flexible and accessible," she said. "For many doctors, your medical needs are their only priority, but with doulas, your comfort level is their priority."

In order to be eligible for a doula through the OSD program, the expectant mother must be an active duty military service member's dependent. Her spouse must be expected to be deployed at the estimated time of baby's birth or the mother must be unable to afford the cost of hiring a private doula. Applicants are encouraged to apply online at www.operationspecialdelivery.com.

Winston said doulas are also available for hire with a cost estimated approximately \$500 which includes all visits throughout pregnancy, labor, delivery and post-partum period.

The OSD program is also seeking more volunteer doulas and will hold trainings throughout the year at several locations. Certification requirements include attendance at an approved training and breastfeeding class as well as attending a number of births. For more information about the Operation Special Delivery program, visit www.operationspecialdelivery.com or contact Laura Winston at lj6772@aol.com. Additional information about doulas can be found at www.cappa.net or www.dona.org.



Certified doula and Hawai'i State Coordinator for Operation Special Delivery Laura Winston works with an expectant mother and Army spouse on her breathing exercises during a brief meeting at her home at Schofield Barracks. Winston is one of several certified doulas within the Operation Special Delivery program who are assigned to soon-to-be military mothers, whose husbands have been deployed and will not be available for the pregnancy or birth of their children.

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Commentary

Window on Pearl Harbor

Karen S. Spangler, Editor

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Honoring mothers

(Every year, as Mother's Day draws near, I devote my Window on Pearl Harbor column to a message about mothers and how special they are. The reminder is always timely and ever important – treasure your mom while you still have her and let her know you love her and appreciate her, now – while you still can.)

The memories are still poignant and clear – as though it were only yesterday or last month instead of 19 years ago. On a spring day in Pennsylvania, the air was balmy, but still carried a bit of a chill. Trees whose branches had been bare through the winter months were now beginning to bud with the rebirth of spring. The sky was overcast - with intermittent patches of blue - and a light drizzle fell from the gray clouds above. There in a small, rural cemetery, I stood quietly with my children and other members of our family – saying my last goodbyes to my mother. My tears flowed down my face as the minister delivered a brief eulogy. Sprays of roses covered the top of the coffin which sat beside the open grave - dug into the muddy ground which was soon to be my mother's final earthly resting place. It was all so unreal to me – that my beloved mother was gone from my life. Part of me refused to believe it, though another part of me knew that it was true - and I had no idea how I would ever deal with such a great loss.

On a day that other families were planning Mother's Day celebrations with their mothers, I was burying my mom. While newspaper ads and radio and television announcements offered reminders to do something nice for moms on their special day, I cried for my loss.

As weeks and months passed, I envied those who still had their mothers. I longed to be able to send

a sentimental card, drop by with an arrangement of flowers or enjoy a nice dinner with mom at one of her favorite restaurants. I desperately wanted to be able to pick up the telephone and hear the sound of her voice – to share my latest triumphs and disappointments. And my heart ached for my children who would never again see their grandmother or be able to share in baking cookies and all of the wonderful moments that grandmas and grandchildren enjoy. Most of all, I wanted to be able to wrap my arms around the wonderful lady who had not only been my mom, but my dearest friend, and squeeze her as tightly as I could. But she was gone – and I could never do that again.

As a child growing up in a poor family, I had very little – and yet, I had an abundance. There were many happy memories of past Christmases. Presents under the tree were scarce and most were hand-me-down clothes which Mom had cleaned and pressed until they looked new. Then she lovingly wrapped them and placed them under the tree.

There were the countless times when she held me and rocked me when I was sick, read me bedtime stories, and told me funny stories

about growing up with her siblings. To me, she seemed like an angel. She never got angry, never complained, always understood and supported us, and had the biggest, most generous heart of anyone I knew. She could also be funny and at times, mischievous. She always had a smile and a hug for us – and despite the difficult struggles, displayed a lot of courage. The sacrifices that she made for us were many – although I wasn't aware of it at the time.

As with most mothers and daughters, there was a special bond between us – a closeness that could never be disputed or discounted and one which, despite the distances that frequently separated us after I grew up and had my own family, never lessened.

I treasure all of my memories – and even though many years have passed since my loss, I still miss her very much – but especially on Mother's Day.

If you are still lucky enough to have your mom, I encourage you – no, I implore you – to appreciate her and show her how much you love her...while you can. Even if you are a distance away...as many of our Sailors at Pearl Harbor are...send your mom a card or a bouquet of flowers, something to show your love and appreciation. Or just pick up the phone and give your mom a call to let her know that you care.

Moms truly appreciate all of those little gestures – just to know that you love them and are thinking of them is worth more than all of the riches in the world.

But you don't have to wait until Mother's Day to make your mom feel special – mothers are special every single day of the year.

Happy Mothers' Day – to moms everywhere!

And have a fine Navy day!

NEX promotes energy conservation

Mark Smith

Navy Exchange Marketing

Energy conservation has become a popular topic in today's society. With people trying to save money on their monthly electric bills and reduce wear and tear on the environment, energy saving products are being met with increasing demand.

The Navy Exchange (NEX) is on board with conservation and stands ready to help the military and their families save money by providing a wide range of energy efficient products such as light bulbs, kitchen appliances, home entertainment and office equipment.

When looking for energy-saving products, keep an eye out for the Energy Star logo. Energy Star is an international standard created by the U.S. Environmental Protection Agency (EPA) and U.S. Department of Energy. In order to bear the logo, appliances must meet strict guidelines, which vary with each product.

"Not all appliances sold today are Energy Star certified," said Cassandra Moncrease, manager for the major appliance store, "but distributors are definitely heading in that direction."

Energy Star certified appliances are more expensive than the traditional products upon purchase, but they save more money and energy over time. "This puts more money back in consumer pockets," Moncrease added.

Among the appliances that carry the Energy Star certification are refrigerators and washers. Older model refrigerators have less insulation and therefore take more energy to keep it cool. Newer models that are approved by Energy Star have improved insulation and are programmed to turn themselves down when the interior has reached the desired temperature.

Certified washing machines that load from the side use less water than top loading models and do a better job of wringing out the water before the load hits the dryer, thereby taking less time and energy for them to dry.

While providing customers with energy efficient products, the NEX is working with Navy Region Hawaii to implement new energy-saving initiatives.

According to Joshua Dawson, facilities management supervisor, the NEX is taking part in the Navy's Energy Conservation Reduction Challenge in accordance with the Energy Independence and Security Act of 2007 and is actively pursuing ways to reduce their energy use by three percent each year - with a total of 30 percent by the end of fiscal year 2015.

Adding motion sensitive lighting to offices, break rooms and restrooms, replacing the light fixtures with more efficient assemblies, and adding new landscaping that requires less water are just some of the projects the NEX has implemented to reduce power usage.

"The Navy Exchange has been doing very well in their goals to reduce energy consumption," said Dawson. "However, with advancements in technology, we find ourselves relying more on energy usage and have to make adjustments accordingly."

Currently, the NEX is making plans to replace the lighting fixtures in the parking lot with more conservative fixtures.

The Hawaiian Electric Company (HECO) offers rebates from the purchase of Energy Star certified appliances. Washing machines can get the customer a rebate of \$60, a refrigerator \$50, air conditioning \$75, and a dishwasher at \$50. For a list of other major appliances with rebates and tips on how to save energy, visit the HECO Web site at www.heco.com.

Skylark CENTRAL

WORD SEARCH
Find these 33 words we use to describe OLDER PEOPLE

ADULT	PARENT	OLD DUFFER
GRANDPA	DOYENNE	SENIOR CITIZEN
OLD WOMAN	MAN	GEEZER
ANCIENT	PATRIARCH	OLD FOGY
GRANNY	ELDER	VETERAN
OLD-TIMER	METHUSELAH	GOLDEN-AGER
CRONE	PENSIONER	OLD HAND
GRAYBEARD	FATHER TIME	WARHORSE
OLDSTER	OLD CODGER	GRANDMA
DEAN	SENIOR	OLD MAN
GROWNUP	GAFFER	WOMAN



F R T R F G R O L D S T E R S
C O L D F O G E Y R O I N E S
W S U B E R A D G R G T N F N
O L D H A N D A I D O I E F R
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A P D N A R G N D R R C O D M
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I I P V R T H O N A L N A F N
O R E F F A G R G E O M R H R
C M E D L F P C G N G A D G E

WHO SAID IT?
“Try not to become a man of success but rather to become a man of value.”

LAST ISSUE'S
WHO SAID IT?
“WHEN YOU PLAY, PLAY HARD; WHEN YOU WORK, DON'T PLAY AT ALL.”
- Theodore Roosevelt (1858 - 1919)



WORD SEARCH SOLUTION
Find these 41 American CANYONS

ANTELOPE	SEMINOLE	MILKWEED
GLENNWOOD	BRYCE	WAIMEA
PROVIDENCE	KINGS	DEATH
BIGHORN	SINKS	NEON
GRAND	CHACO	WALNUT
RED ROCK	LITTLE RIVER	EATON
BLACK	SMOKE HOLE	NINE MILE
HELLS	CHEAT	WATER HOLES
RED WALL	LOGAN	ELDORADO
BLACKWATER	SNOW	PAINTBRUSH
HORSESHOE	CLOUDLAND	ZION
RUBY	MARBLE	GLEN
BRONSON	SPEARFISH	PALO DURO
JOSEPH	DE CHELLY	



W W T J E R S G N I K Y O N A R Q
H A D O D L O E C I E N S C E E S
O N T S L T A M N W A L N U T V T
Y L L E X H C E D O L E D O A R I W
E M H P R O V I D E N C E C Y R B
O E S H A H R U P Z L R N H A E G
R N I R I L O S E M I N O L E L T
A I F S O L O L E R R O A H E T N
A H R G C E O D E S R S N N G T H
R E A I N T B R U S H N W E S I S
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O G O E I R R C L M N I I D A R H
H M R W N O T A E S K A M T C L L
S O E L D O R A D O S U L E O O B

This Week's Trivia
In what year did pay grades E-8 and E-9 become effective?

Last Issue's Question:
What is the oldest U.S. military award?

Answer:
The Navy's Medal of Honor, authorized Dec. 21, 1861, is the oldest continuously used military award in America.



Navy Region Hawai'i Manawa Nanea

Morale Welfare & Recreation

MWR YOUTH SPORTS NEEDS COACHES
MWR youth sports is looking for volunteers to coach children ages five to 17. Coaches are needed for track and field and soccer leagues. FMI: 474-3501 or www.greatlifehawaii.com.

MWR YOUTH SOCCER
Morale, Welfare and Recreation youth sports is partnering with the Hawai'i Military Youth Athletic Association (HMYAA) to host the 2009 soccer league. The cost is \$60 per participant, which includes a uniform and award. The program is open to all military youth ages 5-15. Registration ends May 15. FMI: 474-3501 or www.greatlifehawaii.com.

FREE FAMILY FUN AND MOVIE NIGHT
Bring a blanket or lawn chair and enjoy family fun with a movie at Halsey Community Center Field at 6:15 p.m. May 8. The evening's movie is "Get Smart" (rated PG-13). The fun begins with games and free cotton candy. Free popcorn will be available 15 minutes before the movie begins. FMI: 471-8658 or www.greatlifehawaii.com.

WATER AEROBICS AT SCOTT POOL
On weekdays, get fit at Scott Pool with water aerobics. Monday, Wednesday and Friday classes run 9-10 a.m. Tuesday and Thursday classes are from 6-7 p.m. The first class is free; each subsequent class is \$2. Discount tickets are available for frequent users. FMI: 473-0394.

THUNDER ALLEY GLOW-IN-THE-DARK BOWLING
Every Friday (7-11 p.m.) and Saturday (8:30-11 p.m.), come to the Naval Station Bowling Center and experience bowling in a new "light" at Thunder Alley Glow-in-the-Dark bowling. Everything glows in the dark creating a fun experience for everyone. FMI: 473-2574.

For more information on Navy Region Hawai'i MWR events, visit www.greatlifehawaii.com

Community Calendar

May

8 ~ RSVP is due today for the Federally Employed Women, Inc. and the Honolulu-Pacific Federal Executive Board's Diversity Council luncheon which will be held from 11 a.m. to 1 p.m. June 1 at the Hickam Officers' Club. The guest speaker will be Dinah Cohen, director of TRICARE's Computer and Electronic Accommodations Program (CAP). The luncheon will include a soup and salad buffet. The cost is \$6.50 and pay as you go. Senior managers, supervisors, military officers and enlisted service leaders as well as federal employees are encouraged to attend. FMI or RSVP: hawaiiifederalwomen@gmail.com.

22 ~ The 2009 Navy Officers Birthday Ball Committee will host a golf tournament at 11:45 a.m. at the Navy-Marine Corps Golf Course at Pearl Harbor. This event will be the second fundraising tournament held in CY09 to support the annual Navy Officers Ball. The \$60 per person entry fee includes cart and green fees. Prizes will be given to first, second and third place, as well as the closest to the pin and longest drive. RSVP by May 18 to Lt. Cmdr. Fleming at 471-8593.

At a glance

The Pearl Harbor Navy Exchange is sponsoring the deployment support program, which will provide the following packages during a loved one's deployment: Welcome home, greeting and floral packages, banners and signs, auto and computer services, beauty and salon packages, and fundraising and employment opportunities. FMI: 423-3274 or NEX customer service center.

Sharkey Showtimes



Street Fighter (PG 13)

Based on the popular video game franchise, female fighter Chun Li embarks on a quest for justice. Warriors converge on the streets of Bangkok, preparing for the ultimate battle of terror versus beauty, light versus darkness and good versus evil.

TODAY
7:00 PM Knowing (PG 13)

SATURDAY
2:30 PM Monsters vs Aliens (PG)
4:45 PM 12 Rounds (PG 13)
7:15 PM Watchmen (R)

SUNDAY
2:30 PM Dragonball Evolution (PG)
4:45 PM Street Fighter (PG 13)
7:00 PM I Love You Man (R)

WEDNESDAY
7:00 PM Street Fighter (PG 13)