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April 2010

Heading Home

Tackling the Challenges of Re-Integration

By Melissa Renahan



DuPont resident Major Jackson arrived home to friends and neighbors who welcomed him home from his yearlong deployment. His was one of the many welcome home celebrations that will be taking place between March and August 2010 as 18,000 deployed troops return home to Joint Base Lewis McChord.



Last month, I Corps arrived back at Joint Base Lewis-McChord (JBLM) Main. Over the next six months, the 3rd, 5th and 4th Stryker Brigade Combat Teams will follow suit. The base will be busy again; the homes within our communities will be full and the families complete. While this homecoming is nothing short of joyous, the waiting families and returning soldiers need to appropriately prepare for the re-integration.

Re-integration is defined as the restoring of something to a condition of unity, which is exactly what families expect to happen when deployments end. More often than not, however, it is a process that is far from instantaneous.

Dr. Bridget Cantrell runs Hearts toward Home International in Bellingham, which is a non-profit specializing in the issues that arise from deployments, like Post-Traumatic Stress Disorder (PTSD).

"It is very important that family members, be it spouses, parents or other relatives, not take a passive role during deployment," said Dr. Cantrell. "The time leading up to a soldier's arrival back home can be used to initiate an easier return."

One of the primary concerns for families enduring a deployment is how the children will cope with the situation. While their deployed parent is away it is best to explain where that parent is by using a map or globe and even to teach them about the culture of that area. Removing the mystery will make things less frightening and more familiar, and will also allow the child to feel knowledgeable when the parent returns.

Likewise, keeping a calendar handy so that kids know what they

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Park Agency 'Flips' Skate Park Recommendation

By Kim Roedl

A recent recommendation by the Parks Agency to the DuPont City Council may trip up any plans for the construction of a skate "park" in DuPont. After hearing the first part of the presentation given by Parks Agency Chair Maurice Toussaint during the March 9 City Council meeting, some Council members were ready to immediately move forward with the agency's recommendation for skate park designs and a location in Powderworks Park.

Councilman Larry Wilcox, who said that the skate park has been promised to youth for several years, said he wanted to see the project get started as soon as possible. Wilcox and the other members of the Council had no idea, though, that the Agency's full recommendation involved using the monies designated for a skate park to remodel the DuPont Community Center. That part of the agency's presentation was taken over by member April Bilderbach.

The following is an excerpt from Bilderbach's speech to the Council:

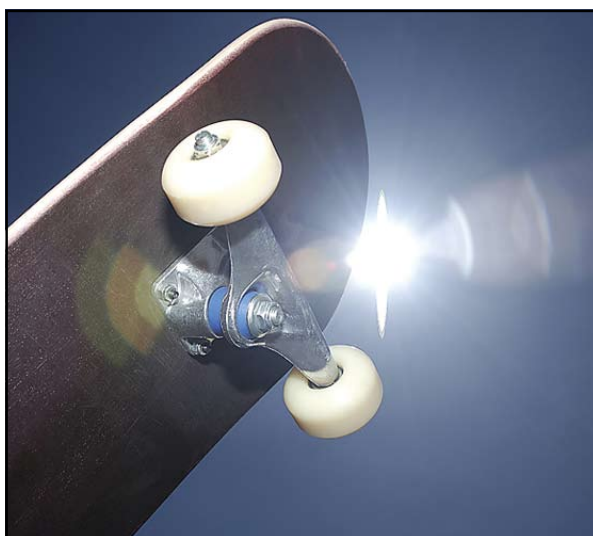
"We are estimating the cost of the recommended skate park to be approximately \$200,000 including land prep and a fence that will need

to be installed between the soccer field and the proposed park. With that said it is our responsibility as an Agency to always keep in mind what will best serve the Citizens of DuPont and we feel that the \$200,000 would be better spent serving the majority of the Citizens rather than a small percentage of people in our community."

Bilderbach went on to say: "According to Appendix C of the Parks Master Plan Table C-13 when the youth and adults were asked (the question) "When funds are available, which of the following facilities should have the highest priorities in DuPont?" Number four on this list is indoor space for activities. Keep in mind that number one (sports fields) and number three (a city-wide trail system) have or are being completed and that at this time there

is no location or funding for a swimming pool which ranked number 2. However, we do have the funds and space available to create an indoor space that can be used for a wide variety of indoor activities and events but currently these funds have been set aside for the Skate Park which falls into the number seven position on this survey accounting for only

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In This Issue...



New Website! The Home Town Clipper has a new website you definitely need to check out. Read more about it on page 3.



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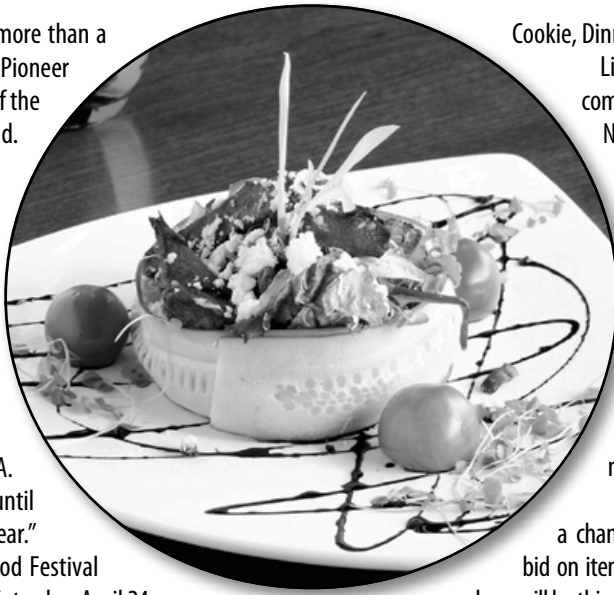
By Kim Roedl

Last year, with the support of more than a dozen local restaurants, the Pioneer Middle School PTA served up some of the most popular food in the South Sound. The event is back this month, but organizers promise it will be bigger and better with the addition of an art show and bazaar.

"The response to our food festival last year was huge, and we were so excited by that. So this year, we knew we had to pull out all of the stops," said Cheri Breiting, co-president of the Pioneer PTA. "If you loved last year's event, wait until you see what we have to offer this year."

The second annual Pioneer Food Festival and Bazaar will be from 2 to 4 p.m. Saturday, April 24 at Pioneer Middle School, 1750 Bob's Hollow Lane. Tickets are \$10 for adults and \$5 for children ages 4-14. Tickets will be pre-sold through a school fundraiser, which kicks off April 1. They can also be purchased at the door on the day of the event. The Food Festival and Bazaar is the PTA's major fundraiser for the year. Proceeds from the event will be used to support programs and projects sponsored by the PTA.

Restaurants returning by popular demand this year include Farrelli's, Forza, The Rock Pizza, Panera Bread, Sodexo, Costco and Jake's Bar and Bistro. New this year to the festival are McNamara's, Fortune



Cookie, Dinners Done Right, and Donut Junkie. Lizz Farrell Lewis, a spokesperson and community liaison for Farrelli's and McNamara's, said both restaurants are excited about supporting the event. "Farrelli's and McNamara's will always jump at the chance to help out in the community that has always supported us. Besides it being the right thing to do, it was fun last year! We always look forward to community related events. It's like seeing all of our friends and neighbors in one place," she said.

Food festival patrons will also have a chance to enjoy local entertainment and bid on items in a basket silent auction. Another draw will be this year's added attractions—the Pioneer Art Department art show/sale and the bazaar. Proceeds from the art sale will benefit the art department. As for the bazaar, vendors from around the area will be selling everything from hand crafted items to cookware.

"This is an exciting time for our PTA. We're working really hard and want everyone to come out to taste some great food and buy some great products," Breiting said.

For more information on the Pioneer PTA Food Festival and Bazaar or to request tickets by mail, send e-mails to pioneerfood-fest2010@yahoo.com.

Challenges of Re-integration *continued from page 1*



DuPont resident Major Jackson is one of thousands of soldiers beginning the process of re-integration after their year long deployment.

are looking forward to can lessen the fear of a parent's absence. Obviously firm dates for a soldier's R&R or redeployment cannot always be given, but an approximate timeframe can help them handle what is truly a daunting length of time.

Counselor Geri Magee (M.A.), of Accountability Counseling Services in Lakewood, believes that it is vital to advise children of what things will be like once mom or dad is back home. Explaining that the parent will be around more often is good, and following that with statements like 'Dad might be tired for a bit' or 'He still has to work, but he will be here and not far away' can ease the transition for kids.

For spouses and partners, this is a time to renew the bond they shared prior to deployment. Some couples may find that taking a communication or therapy course together can help them to readjust. For this, Magee recommends tools like the Receiving Love workbook (by Dr. Helen Hunt and Dr. Harville Hendrix) to facilitate honest communication between partners that may have become estranged.

For couples with children, remember that when there is tension and anxiety between parents, children will exhibit their own anxious tendencies. All couples need to reconnect, and often, that does not involve the entire family unit. A night or weekend either alone at home or away from home provides an opportunity to talk openly about changes that have occurred as well as what they'd like to happen in the future. An unpopular recommendation, but one made by both Cantrell and Magee, is that in-laws and extended family take a step back and wait until couples have had a chance to reconnect before overwhelming the soldier.

"Often the returning warrior is unsure how they will fit back into the family," said Cantrell, who advised that the best tactic is to take things slow. "Start talking about things before they are home," she advised.

Spouses at home need to honestly think about their expectations for the homecoming and evaluate if they are set too high, whether in regard to basic household issues or even intimacy. Furthermore, they need to communicate about these things with their soldier now, rather than later. It is imperative that the soldier's wishes are respected. If they want to spend time alone without the kids at first or do not want a big welcome home party, abide by those requests.

Any one close to a service member needs to be aware of the symptoms of PTSD. Things like self-medicating with drugs or alcohol, violent nightmares or withdrawing emotionally are red flags and should not be ignored. Cantrell's published books, *Down Range*, *to Iraq and Back*; *Once a Warrior, Wired for Life*; and *Souls Under Siege* are excellent resources that can aid in understanding the difficulties facing a soldier as they shift from the battlefield to the home front.

At the end of the day, families should take comfort in the fact that help is readily available for any problem they may face. Both Cantrell and Magee actively promote counseling for families and soldiers, though their services do come at a cost. JBLM Main's Army Family Team Building and Family Advocacy Program will be unveiling a new schedule of free classes focusing on re-integration issues. To find out more, visit www.jblmmwr.com/acs/ and look under Family Support.

"Just remember that every deployment is different," added Cantrell. "Do not compare your soldier to any other soldier. There is no tool for measuring how he or she will be affected."

So as we say welcome home to each unique soldier, keep that in mind.

Possible Interpretive Center on the Horizon for DuPont Historical Society

At the DuPont Historical Society annual meeting held on March 15, board president Lee McDonald presented the 2009 wrap-up of goals, grants and projects accomplished and honored the Board's Volunteer of the Year recipient, Joe Babb for his service as Historical Society treasurer.

The Society's 2010 budget was reviewed and approved and election of officers was held. Goals and projects for 2010-2011 were discussed and approved. The Board's receipt of the Washington State Historical Society David Douglas Award for its new permanent exhibit *Life in a Company Town* was announced. Museum Manager Johanna Jones reported that in 2009, 1,000 visitors toured the museum; 500 attended museum events; 3,977 volunteer hours were accrued; 393 items were donated (not including photos) and 12,743 items were inventoried.

The Board approved the allocation of \$2,800 for materials to restore the 1920s craftsman style hose cart building and move it from its current location in the Village to the new public service building at the Civic Center. Four small buildings or sheds housed the hose carts used by Company #11 to put out fires in the Village. Company 11 was reported to be the youngest fire department in the nation and comprised of boys. The sheds were strategically located throughout the town. The last remaining fire hose cart was moved last year to fire department and will be restored by Fire Chief Greg Hull and firefighters.

The fire department will also donate volunteer labor to restore the historic shed. The Board approved moving forward on a concept for a new DuPont/Nisqually Museum and Interpretive Center to be located between the current City Hall and Public Service Building

on Civic Center Drive. Hellix Design Group Inc., designers for the Civic Center, has provided a concept plan estimate and the Board will discuss the project with them. The goal is to develop a vision for possible future development.

Over the next 6 months the Board will develop its vision for each of DuPont's historic sites. The Board will pass its recommendations on to the City and other agencies in the fall. In other news, the Title sponsors for the 2010 Cherry Blossom Tea are The Businesses at the DuPont John L. Scott Real Estate Building and America's Credit Union. The tea is set for Saturday May 1 from 2 to 4 p.m. at Chloe Clark Elementary School.

Last but not least, the Board is recruiting community volunteers for the Annual Fort Nisqually Site Celebration and Salmon Feed slated for August 22 at the original 1843 Hudson Bay Company Site off Center Drive in DuPont. Interested volunteers should contact the Museum at 964-2399.



Joe Babb was the 2009 DuPont Historical Society Volunteer of the Year recipient.



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