

Tomb of the Unknown Soldier - Tomb Guards

How does the guard rotation work? Is it an 8 hour shift? Currently, the Tomb Guards work on a three Relief (team) rotation - 24 hours on, 24 hours off, 24 hours on, 24 hours off, 24 hours on, 96 hours off. However, over the years it has been different. The time off isn't exactly free time. It takes the average Sentinel 8 hours to prep the uniform for the next work day. Additionally, they have Physical Training, Tomb Guard training, and haircuts to complete before the next work day.

How many steps does the Sentinel take during their 'walk' by the Tomb of the Unknowns and why? Twenty-one steps. It alludes to the twenty-one gun salute, which is the highest honor given any military or foreign dignitary.

How long does the Sentinel hesitate after the facing movement to begin the return walk? Is the rifle carried on the same shoulder all the time? The Sentinel does not execute an about face, rather they stop on the 21st step, then turn and face the Tomb for 21 seconds. They then turn to face back down the mat, change the weapon to the outside shoulder, mentally count off 21 seconds, then step off for another 21 step walk down the mat. They face the Tomb at each end of the 21 step walk for 21 seconds. The Sentinel then repeats this over and over until the Guard Change ceremony begins.

Why are the Sentinel's gloves wet? Gloves are moistened to improve the grip on the rifle.

How often are the Guards changed? The Guard is changed every thirty minutes during the summer (April 1 to Sep 30) and every hour during the winter (Oct 1 to Mar 31). During the hours the cemetery is closed, the guard is changed every 2 hours. The Tomb is guarded, and has been guarded, every minute of every day since 1937.

Is it true a Sentinel must commit for two years to guard the Tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives? No, this is a false rumor. The average tour at the Tomb is about a 18 months. However, there is NO set time for service there. Sentinels live either in a barracks on Ft. Myer (the Army post located adjacent to the cemetery) or off base if they like. They do have a living quarters under the steps of the amphitheater where they stay during their 24 hour shifts. If they are of legal age, they may drink except while on duty.

Is it true after two years, the guard is given a wreath pin that is worn on their lapel signifying they served as Guard of the Tomb, that there are only 600 presently worn, and that the Guard must obey these rules for the rest of their lives or give up the wreath pin? The Tomb Guard Identification Badge (TGIB) is awarded after the Sentinel passes a series of tests. The TGIB is permanently awarded after a Sentinel has served nine months as a Sentinel at the Tomb. Over 600 have been awarded since its creation in the late 1950's (on average 10 per year). And while the TGIB can be revoked, the offense must be such that it discredits the Tomb of the Unknowns. Revocation is at the 3rd Infantry Regimental Commander's discretion and can occur while active duty or even when the Sentinel is a civilian. The TGIB is a full size award, worn on the right pocket of the uniform jacket, not a lapel pin.

Source: Excerpts from <https://tombguard.org/society/faq/>



July Events

7/4 - All Waldo Offices closed for Independence Day!

7/5 - Happy Birthday to Lauri Ovitt!

7/7 - Happy Birthday to Anthony Hackman!

7/18 - Happy Birthday to Dee Anne Mosman!

7/18 - Happy Birthday to Trisha Seese!

7/19 - Happy Birthday to Mae Hawkins!

Tuesdays - All Agency Department Meetings - 8:00am

Quote of the Month: *A successful marriage requires falling in love many times, and always with the same person.*

- Mignon McLaughlin



New Listing!

Beautiful fully remodeled 3 bedroom, 2 bath home. New kitchen counter tops and cupboards, full utility room with extra storage. Fully enclosed sunroom that is not part of the square footage, covered hot tub and deck. Beautiful landscaping with a shop in backyard. Garden area and separate irrigation for yard. This is a must see to appreciate property!! Call Anthony Hackman, Broker, OR/ID, (541) 216-0101, cell. See this property at <http://www.waldore.com/>.



Waldo Real Estate
129 N Plymouth Ave
New Plymouth, ID
Office 208-278-5252



What People Are Saying...



**John Faw,
Principal Broker,
GRI, OR/ID**

**Local
Friendly
Professional**

John and Anthony went out of their way to assist us with showing homes during all hours and days since our time frame was limited due to living out of state during this process. They were also just as accommodating during the purchase process.

-Phillip & Sharon Bowden



**Anthony Hackman,
Broker, OR/ID**



Pleasure doing business with Rosie!! I have been doing business with Field Waldo for at least 25 years. Always been happy with the service.

-Pam Belisk

**Rosie Esper,
Personal Lines**

Be Happy at Work

Work doesn't have to be unending drudgery. You can be happy at work wherever you are if you keep up a positive attitude—and follow some of these tips:

- **Build a nest.** Personalize your cubicle or workspace so it's comfortable and reflects some of your personality. You'll feel better in an environment where you can relax and be yourself.
- **Get organized.** Managing your time and other resources efficiently will reduce stress and make you more productive.
- **Move around.** Don't sit at your desk all day. Get up and walk around your workplace every hour or so. Talk to people and get your blood flowing—both will help you stay energized and cheerful.
- **Find a sense of meaning.** Don't think of your job as moving widgets around or crunching numbers all day. Find out how your work helps people and improves their lives, and you'll feel more positive about what you do.
- **Make friends.** Get to know your co-workers. A strong connection with your team members will make coming to work more enjoyable—something you look forward to rather than dread.
- **Play.** Take a few minutes every once in a while to kick back and do something unrelated to work—doodle, write a poem, play with a toy, or anything that takes your mind away from your job for a few minutes. You'll feel relaxed and refreshed when you return to your activities.
- **Be grateful.** At the end of every day, write down three good things that happened to you at work. Getting into this habit will help you be more observant and mindful of what you do and how your co-workers are helping you.

Clearing Clutter

As you unclutter closets and drawers, make three piles: A, B, and C. The A pile is for clothes you wear and like and definitely want to keep. The B pile is a "maybe" pile. The C pile is for things you haven't worn in ages. Put the A pile away. Then go through the B pile again. Donate clothes in the C pile.

Source: *The One-Minute Organizer* by Donna Smallin

Bring on the spices!

Are you a fan of spicy foods? Hot flavors may actually have health benefits, according to an article on Today.com. Just be careful how much you add. Take a look at these pros and cons:

Pro

- **Increased lifespan.** A 2015 study of more than half a million Chinese discovered that eating really hot foods six times a week may reduce your risk of death by 14 percent.
- **Weight loss.** Eating hot peppers may curb your appetite, according to a Purdue University study that found that people consume less fat after eating spicy foods. The capsaicin that gives food a hot flavor may also increase the body's ability to burn calories.

Con

- **Mouth burn.** Strong hot peppers can scorch your taste buds, although the effect is usually temporary. The best immediate remedy is a glass of whole milk.
- **Blood thinning.** Capsaicin acts as a blood thinner, which can cause problems for those on certain medications like warfarin.





Stories to Tell Your Grandkids

Most children enjoy hearing their grandparents tell stories. You can captivate your grandchildren for hours at a time with some of these tales that are certain to pique their interest:

- How their grandparents met. Did you meet your future wife in grade school? Did you initially dislike the man you eventually married? Children are often curious about how people in their lives ended up together—and they'll like the joy they see in your eyes as you talk about your enduring love.
- The day their parents were born. Kids usually like hearing about their parents. Describe in detail what happened the day their father or mother was born: what time they came, what you were hearing, who helped out, and most important—how you felt.
- The day they were born. Do the same with a story about your grandchild's birth. What preparations did you make? What did you expect? When did you first see your grandchild? What did he or she look like?
- School days. School has changed a lot since you were a child. Talk about what your typical day was like. Describe your favorite teacher. Discuss challenges you had. Tell children what life in a classroom was like without computers, DVDs, and other modern technology they take for granted.
- First jobs. Talk about the restaurant where you washed dishes, or the shop where you stocked shelves. Tell children about your best and worst bosses, experiences helping customers, and what you learned from each position.
- Proudest achievements. Think back to the moments in your life when you felt proud. You'll teach your grandchildren to try hard, never quit, and take pride in their accomplishments.

July is Independent Retailer Month

Independent Retailer Month dedicates July to celebrate independent retailers across the country. Through a range of events and promotions, Independent Retailer Month encourages consumers to shop at independent retailers; highlighting their positive social and economic impact – locally, nationally and globally.

Where it all began:

2003: Tom Shay, principal of Profits Plus, created a holiday, 'National Independent Retailer Week', to show retailers how they could create celebrations for their communities, industries and own businesses.

2009: Kerry Bannigan, Co-Founder of Nolcha Fashion Week, devised 'Independent Retail Week', a week-long, city-wide, shopping extravaganza in New York, Chicago, Philadelphia and New Jersey advancing the business of independent fashion retailers. This initiative worked with over 400 retailers, garnered support from the city's tourism boards, chambers of commerce and Mayor's office; with features on NBC, Fox, ABC and CBS.

2011: Early discussions began between Bannigan and Shay as they wanted to be inclusive of everyone that had some form of recognition for independent retailing.

July 2011: Independent Retailer Month USA was born with the goal to become a global campaign highlighting the important role local merchants play in the community, economy and overall retail sector.

Reasons to Celebrate Independent Retailers

A dollar spent at an independent retailer is usually spent 6 to 15 times before it leaves the community. From \$1, you create \$5 to \$14 in value within that community. Shopping with an independent retailer supports local traders, their suppliers and the people they depend on to run their businesses. Buying from an independent retailer boosts your local economy, rebuilding confidence in the community and enabling local businesses to prosper and grow.

When you spend \$1 at a national chain store, 80% of the money leaves town immediately. When you shop with your local independent retailers you are doing your bit to keep your community 'open for business'.

Source: Excerpts from <http://indieretailermonth.com/about/>

Did You Know: Swimsuit Trivia

July is National Bikini Month.

Swimsuits in the Victorian era were fashioned like dresses and constructed of heavy wool.

The first modern swim trunks were introduced in the early 20th century. When wet, they weighed approximately nine pounds and had a tendency to fall down.

During the 1920s, many women were arrested for wearing swimsuits that were deemed too scanty.

It was not until 1932 that a men's topless swimsuit was marketed. The "Topper" had a detachable top that could be unzipped from the trunk bottom.

The bikini was first introduced in 1946 by two French fashion designers, Jacques Heim and Louis Reard. It was named after the Bikini Atoll in the South Pacific, where the first post-war experimental explosions of atomic bombs took place.

The first Sport's Illustrated "Swimsuit Edition" appeared on January 20, 1964, with Babette March on the cover.

The best selling issue was the 25th anniversary issue with Kathy Ireland on the cover in 1989.

The bikini became the official beach volleyball uniform for women in 1993, when the sport was officially recognized by the Olympic Committee.

5 Tips for Choosing an Insurance-Friendly Car

In your quest to find the best car insurance for less, you might forget how the type of car you drive will affect the cost of your insurance. When you're out shopping for a new car, you should consider the cost of insurance in order to keep your car on the road. Of course, there are other factors that determine your monthly premiums, but the car itself plays a critical role.

Research premiums

The results might force you to change your mind

Avoid high-performance vehicles

Large SUVs, luxury cars, sports models, and other fully loaded vehicles attract premium car insurance rates because they're expensive to repair or replace. The car's safety is another crucial consideration

Research the average costs for repairs

Insurers charge premium rates for cars that are expensive to repair, or if the parts are hard to find

Know the stolen vehicle statistics

You've probably guessed: cars that typically attract thieves are more expensive to insure

Get a less expensive model

The extra features that are included as a standard part of high-end cars might be convenient for you, but costly to repair.

Excerpts from: <http://www.articlebiz.com/article/1051622124-1-5-tips-for-choosing-an-insurance-friendly-car/> By: Laura Ginn



In Plain Sight

Sergeant: "Private Jenkins! I didn't see you at camouflage practice this morning!"

Jenkins: "Sir, thank you, sir!"

Banana Squash Bread

Submitted by: Ellen Martinez

| | |
|------------------------------|----------------------------|
| 2 cups sugar | 1 1/2 teaspoon baking soda |
| 1 cup oil | 1 1/2 teaspoon cinnamon |
| 4 eggs | 1 teaspoon salt |
| 1 cup mashed bananas | 1 1/2 cups grated squash |
| 3 cups flour | 1 cup chopped pecans |
| 1 1/2 teaspoon baking powder | |

Mix the sugar, oil and eggs till smooth and well-mixed, add bananas and mix, combine flour, baking powder, baking soda, cinnamon, salt and mix in, then stir in squash and pecans. Divide in 2 greased loaf pans. Bake at 350 for 45-50 minutes.

Quick Tips: Food Tip

Getting kids to eat healthy foods can be challenging. To make it easier, be sure to watch what your kids are drinking. While it may be obvious that sodas are unhealthy, even nutritious fruit juices can add up. Experts recommend only 4 to 6 ounces of 100 percent fruit for children under the age of six. Older children should only drink 8 to 12 ounces a day. While there are good nutrients in these beverages, the sugar and extra calories can quickly outweigh those benefits.

Had to be There

Joe was late for work. Joe's boss yelled at him. "You should have been here at 8:30!" "Why?" Joe asked. "What happened at 8:30?"

High IQ = Fewer Friends?

How do friendships influence happiness? A study published in the British Journal of Psychology looked at data from a long-term survey of 15,000 people ages 18-28 to find out. The study found that happiness tends to increase with the number of social interactions people have.

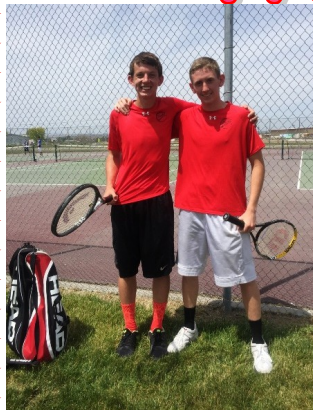
Not too surprising so far, but researchers noticed an interesting fact: People with high IQs seem to be less happy the more they spend time with friends. The researchers theorize that people with higher IQs are more likely to find satisfaction in long-term endeavors than socializing with friends.

Why are Men's Underwear also Known as BVD's?

BVD is a registered trademark of a company that manufactures men's underwear. The three men who formed the company in 1876 were named Bradley, Voorhies, and Day. Lacking the imagination for a more creative name, they chose their initials---BVD

Source: *The Book of Totally Useless Information* by Don Voorhees

Waldo Spotlights...



Lauri Ovitt's son, Dillon and his doubles partner, Jared beat Weiser in District Tennis to advance to State for Payette High School.



Mae Hawkins and family have been enjoying some traveling. Pictured on the left is Mae and Elijah at Nellis Air Force Base in Las Vegas, Nevada when they were visiting Mae's brother on their way to a family camping trip in Utah. On the right is Mae and Elijah in front of the statue at the Oregon Capitol Building in Salem, OR.



Amy Haile's 2 year old grandson, Slayder competed in 2 events at the Ontario Recreation Department Youth Track Meet. He tied for 2nd place in the long jump and earned 1st place in the shot put.



Rosie Esper recently went on the Zip Line Idaho tour at Horse-shoe Bend.



Dawna Runnels enjoyed some time on the Oregon coast recently. These two photos were taken at the aquarium in Newport.