

VOLUME 50 NUMBER 12

SATURDAY, MARCH 21, 2009

# THE KWAJALEIN HOURGLASS



**The Memorial Wall and plaque on Lagoon Road across from the fire station honor military members and their families who have served on Kwajalein since 1944. The wall was the idea of former resident Beverly Vencill. For more coverage, see Page 4.**

*Photo by Dan Adler*

[www.smdc.army.mil/KWAJ/Hourglass/hourglass.html](http://www.smdc.army.mil/KWAJ/Hourglass/hourglass.html)

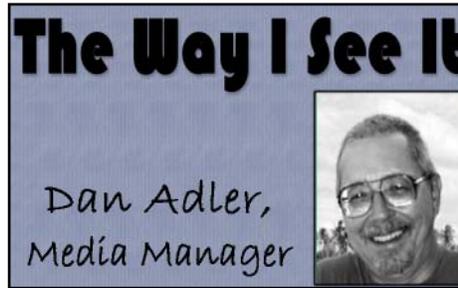
# Women's courage has changed our world

March is Women's History Month. Since time began, the history of women has been a tumultuous one. It's been both tragic and triumphant.

Since the first caveman crawled out of his cave and saw his first cavewoman, hit her in the head with his club, and dragged her back 'home,' women were expected to be subservient to men.

That was the 'arrangement' between men and women for thousands of years. It was a major tenet of almost all religions, especially the world's three major religions—Christianity, Judaism and Islam. Men were superior to women in all ways. Women were expected to obey their husbands in all things.

It remained so until women in the western world, primarily the United States, became tired of being treated as property and having no rights. They could not vote, own land or run a business. They were totally dependent on a husband, father or brother for



financial support.

American women started fighting for the right to vote in 1848 when a women's rights convention was held in Seneca Falls, N.Y. The battle was joined.

After the Civil War ended in 1865, women fought for the vote by stating that the 15th Amendment freed the slaves and that they in effect were slaves to men. Therefore, they should be considered 'freed' by the amendment and given the same rights as all American citizens. Of course, that didn't work.

In 1872, Susan B. Anthony was arrested for illegally casting a vote in an election. The arrest was challenged all the way to the Supreme Court which rejected the argument that the 'equal protection' clause of the 15th Amendment extended to women.

Women then turned from the courts to Congress and in 1878, a constitutional amendment providing 'the right of citizens to vote shall not be abridged in the United States or any state on account of sex' was put up for a vote. This amendment would be put before every session of Congress for the next 41 years and it would be voted down at every session for the next 41 years.

But in 1900, some were shamed by women's persistence despite being arrested, jailed, ostracized by society and in many cases, disowned by their husbands and families. The legislatures of Utah, Colorado, Idaho and Wyoming became the first to give women

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To submit a letter to the editor: Keep letters to less than 300 words, and keep comments to the issues. No personal attacks will be printed. Letters must be signed. However, names will be withheld if requested. We will edit for Associated Press style, grammar and punctuation and if you exceed the word limit, will be edited for space. Limit one letter every 30 days. Send your letter to: *The Hourglass*, P.O. Box 23, APO AP 96555; or [hourglass@kls.usaka.smdc.army.mil](mailto:hourglass@kls.usaka.smdc.army.mil).



## THUMBS UP

**To Kim Scruton-Yarnes and the whole staff at Community Activities who did such a great job with the Swap Meet on Monday. It was very well-organized and a lot of fun.**

**Those wishing to offer condolences to Col. Stevenson Reed and his family on the death of his father may send cards to 433 Skinner Road, Huntsville, Al., 35898.**

## CORRECTION

**In an article about the Air Force team in the March 14 issue, the Air Base in Alaska was identified as Ellison Air Base. It is Eielson Air Base. There were two others on the team who originally set up the water system. They are Master Sgt. Christopher Walden and Airman 1st Class Tyler Boshma. The Hourglass regrets the error and the omission.**

# THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Kwajalein Atoll. Contents of *The Hourglass* are not necessarily

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## Learning to cope

# Therapist Janet Yeats conducts seminars on dealing with stressful, uncertain times

Article and photo By Dan Adler  
Media Manager

To say that we are living in stressful and uncertain times would be a little bit of an understatement. America and the world face the most challenging financial and stability problems since the Great Depression.

The litany of bad news seems endless. We hear of bank failures, job losses, ponzi schemes, home foreclosures and bankruptcies. Savings and retirement accounts have lost billions of dollars, devastating many people's lives.

We see and hear heartbreaking stories on TV about middle class people, just like ourselves, who have lost jobs, health care insurance, homes and are asking, "What am I going to do?"

People the world over are worried and scared because they know how easily they could be asking the same question.

On Kwajalein, we know the situation isn't a stable one. Budget cuts, lack of housing, reductions in services and the real possibility of job losses create a stressful and uncertain climate for residents. Add to that the economic crisis in the U.S., and it's a double whammy. If jobs are lost here, there may be none to be had back home either. It truly is a scary time.

That's why therapist and marriage counselor Janet Yeats was invited to return to Kwajalein to hold seminars Tuesday and Thursday evenings and Wednesday morning on how to deal with stress and uncertainty. Yeats was on Kwajalein in March of last year to give seminars during the height of the transition when many things were changing rapidly.

Yeats has been a therapist for five years. She is a doctoral student at the University of Minnesota.

On coming to Kwajalein, she noted that many things have changed over the past year.

"Some things are gone that used to be part of the island lifestyle and many people have left. Some people have told me how hard it is to have made such good friends here and then they PCS and you have to try to make new friends. When it happens as often as it does here, that's very stressful," she said.

She added, "It's hard to not have a sense of security. Will I have a job here or won't I? Before, someone could say, 'This is going to be difficult to leave, but



**Therapist Janet Yeats and Pastor Rick Funk prepare for Tuesday night's seminar on 'Living with and coping with uncertain times.'**

at least I can go to the states and get a job.' But with the economy the way it is now, that might not be the case. And with the losses in retirement accounts and investments, people don't feel as financially secure as they might have just a year or so ago."

She continued, "It's not realistic to give a pep talk and say everything's going to be alright. Saying to yourself that if I just have a positive outlook everything will be fine, that's not going to solve things. That's not a real answer. That's not dealing with reality. That's as bad as going the other way where everything is doom and gloom."

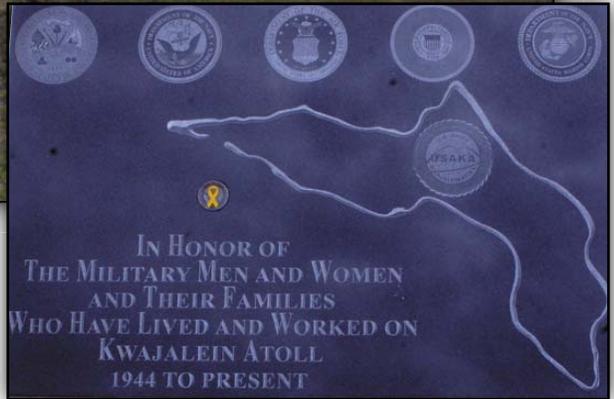
Yeats stated that while there are no 'magic bullets' to deal with stress, doing certain things help in coping.

"We need to keep doing what we did when life was good like exercise, eating well, being with friends, having hobbies and for some people, spirituality, whether that means meditation or going to church. If you do those same things when life isn't so good, it helps you stay grounded and helps you hang on and cope with the stress," she said. "It's bad to become isolated and withdrawn. We need to talk to other people who are

**See YEATS, Page 10**



Above: Beverly Vencill and husband Jim inspect the memorial wall and plaque (shown at right) honoring all military personnel and their families who have served on Kwajalein since 1944 to the present during a recent visit. The wall and plaque and the nurse's memorial plaque at the airfield were dedicated by the Kwajalein community on Feb. 26, 2007.



# Women's History Month

Former Kwajalein resident Beverly Vencill was force behind memorial wall, nurse's memorial

Article and photos by Dan Adler  
Media Manager

During her two tours on Kwajalein, Beverly Vencill worked at Building 1010 for five years. She would pass the wall across from the fire station every day as she went to work.

She PCS'ed in 2007, but during a recent visit to Kwajalein, she described her feelings about it to the *Hourglass*.

"Day after day, I would pass that wall and think ... nasty gray wall . . .nasty gray wall . . . nasty gray wall," she said. "I kept thinking someone should do something about it."

Vencill said the idea of making the wall into a memorial to military personnel and their families who have worked and lived on Kwajalein since 1944 sprouted in 2005 after her husband, Jim, a two-tour Vietnam veteran who worked at the Kwajalein Marine Department, was diagnosed as suffering from Agent Orange.

She said, "I wanted the Memorial Wall to serve as a symbol of gratitude that would celebrate military personnel and let them know that we do appreciate them. Military personnel meant a lot to me and knowing what Jim was going through, I was determined to have something to honor them."

She was then working as a secretary for Col. Bev-



The wall was ugly and gray before the painting turned it into a bright white memorial with flowers on it.

erly Stipe, then USAKA Commander, and got permission from her for a memorial project.

Vencill solicited ideas from various departments and residents about what design should go on the wall. After some debate, it was decided that it should be flowers.

“Flowers were chosen because of the island theme of welcoming leis and an ‘Aloha’ spirit that we wanted to show,” said Vencill.

She enlisted the expertise of residents Melissa Dethlefsen, who is a graphics artist, and Doug Hepler, high school teacher, master carpenter and artist, for help with the design for the wall. Hepler helped Vencill make a template of the design. Darlene Duarte was Vencill’s ‘right hand man’ for the project. Duarte’s father was in the Navy and she had been a Navy brat.

“I’m military down to my pinky toes,” said Duarte.

Money was raised for the memorial through donations and a fish fry at the Vets’ Hall with fish donated by Kwajalein Atoll International Sport Fishing Club. The American Legion Auxiliary collected donations.

Many individuals and departments aided in making the memorial wall a reality to the community. San

**See VENCILL, Page 8**



Beverly Vencill and husband Jim look at the plaque honoring the crew and passengers of Navy aircraft VR-21 that crashed shortly after take off from Kwajalein. The plaque is located on oceanside by the airport.

## Crew and passengers of VR-21, Sept. 19, 1950

### Crew

- Lt. Cmdr. Samuel L. White, USN
- Lt. William D. Watkins, USNR
- Lt. j.g. William G. Spangle, USNR
- Lt. Cmdr. Issac S. Best, USN
- ADE Robbie Sessions, USN
- AL3 Edward A. Sauer, USN
- AL3 Albert J. Johnson, USN
- Lt. James J. Kiltbau, USN
- Ensign Edward F. Englehardt, USNR
- Ensign Robert A. Harsh, USNR
- Ensign Alvin E. Thrall, USNR
- Lt. j.g. David J. Jackson, USN
- Lt. j.g. Francis G. Palmer, USNR
- Lt. j.g. Harold K. Smith, USNR
- Lt. j.g. William D. Horter, USNR

### Navy nurses who were enroute to Tokyo

- Ensign Constance R. Exposito, USN
- Ensign Marie M. Boatman, USN
- Lt. j.g. Alice S. Giroux, USN
- Lt. j.g. Constance A. Heege, USNR
- Lt. j.g. Jeanne E. Clarke, USNR
- Lt. j.g. Margarte G. Kennedy, USNR
- Lt. j.g. Calla V. Goodwin, USNR
- Ensign Edna J. Rundell, USN
- Ensign Eleanor C. Beste, USN
- Lt. j.g. Mary E. Liljegreen, USN
- Ensign Jane L. Eldridge, USN



A PBJ-1H of the VMB-613 sits on Kwajalein awaiting its next mission in 1945.

*Photo Courtesy of the Marine Bombing Squadron 613 Association*

# Kwajalein boasts the most surviving Mitchell bombers in single location

*Editors note: This is part eight in a continuing series of articles by Dan Farnham on the aircraft wrecks in the Aircraft Graveyard of Kwajalein Atoll.*

**By Dan Farnham**  
Contributor

Designed in 1938, the B-25 'Mitchell' started out as a private, in-house design by the North American

Aviation company, and was designated the NA-40B, for North American Model 40B. The NA-40B was originally intended to be an attack bomber for export to Britain and France, which were in desperate need of medium attack aircraft in the early stages of World War II. However, those countries changed their minds, opting instead for other aircraft.

Despite this loss of sales, the NA-40B re-entered the spotlight in 1939 when the U.S. Army Air Force evaluated it for use as a medium bomber. The type was ordered into production in September 1939, and was given the designation B-25 and named the 'Mitchell', in honor of General Billy Mitchell.

The B-25 had a shoulder-mounted wing, two engines, tricycle landing gear and twin tail fins. The Mitchell carried a crew of five to six, and by the final version, which was the B-25J, the Mitchell could carry up to fourteen .50 caliber machine guns, 3,200 pounds of bombs in its internal bomb bay and a variety of rockets under the wings.

It served in a variety of roles which included bombing, dedicated ground strike, reconnaissance and even torpedo carriers. The B-25 Mitchell went on to become one of the classic American aircraft designs to emerge during World War II, and it had the highest production total of any medium bomber of any country during the war.

The most famous early action of the Mitchell was the Doolittle Raid. On April 18, 1942, sixteen Army B-25's flew from the *USS Hornet* to strike targets in Japan. The cities of Nagoya, Tokyo, Kobe, and Yokohama were



*Photo by Dan Farnham*

**PBJ-1H 'Mitchell' wreck near Mellu Island.**

bombed, and although the raid caused only very minor damage, it showed the Japanese that their homeland was not invulnerable to attack. It was also a great morale-booster for American citizens at a time when the war seemed to consist of one defeat after another.

Over 9,800 Mitchells were built for the Army Air Force between 1939 and 1945, but 706 were transferred to the U.S. Navy for use by the Marine Corps. The Navy re-designated the plane 'PBJ-1,' which stands for Patrol, Bomber, and the 'J' was the letter assigned by the Navy to all aircraft built by the North American Aviation company. The Navy designated all of their Mitchells as PBJ-1, with the letter after the -1 corresponding to its Army counterpart- PBJ-1C for the B-25C, PBJ-1D for the B-25D, and so forth.

248 B-25H's were among the Mitchells given to the Navy, and they were given the designation "PBJ-1H". They were armed with twelve .50 caliber machine guns, a 75mm cannon in the nose, up to 3,000 pounds of bombs in the internal bomb bay, underwing rockets, depth charges, and even a torpedo.

Several Army squadrons flew B-25H's in combat, but only one Marine squadron flew the navalised PBJ-1H in combat. That squadron was Marine Bombing Squadron 613, which operated from Kwajalein Island.

VMB-613 arrived on Kwajalein in December 1944. Their task, like many of the other squadrons that operated from Kwajalein Atoll, was flying anti-shiping patrols, strikes against nearby atolls and islands that



**PBJ-1H 'Mitchell' near Mellu Island.**

*Photo by Dan Farnham*

had been bypassed by American forces and still held Japanese garrisons, and providing escort for other strike aircraft.

In October 1945, two months after the war was over, VMB-613 received orders to return home. Four of the squadron's planes were stripped and pushed into a dump on Kwajalein Island. One of the four caught fire and was destroyed and the remaining three were cut up and bulldozed into the ocean. The remaining eleven PBJ's were flown to Roi, stripped of useable parts and dumped into the lagoon near Mellu Island.

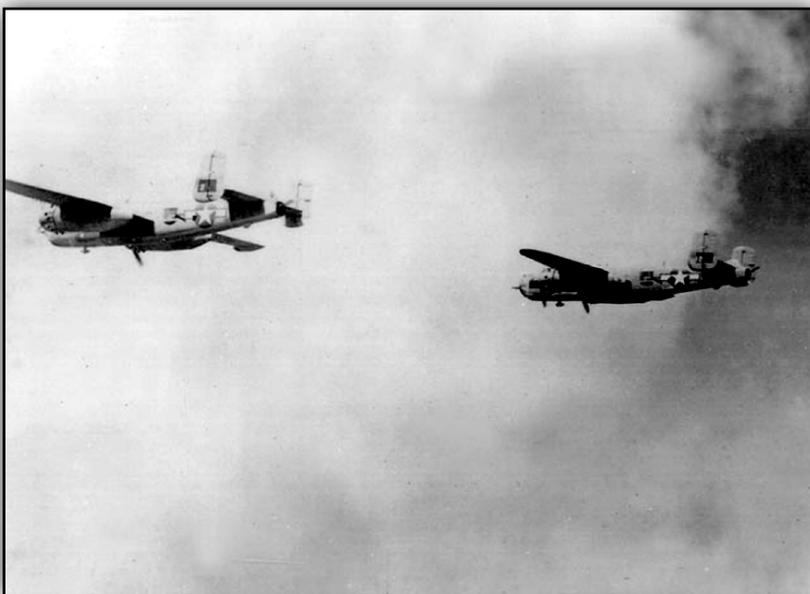
The easiest PBJ to find in the aircraft graveyard lies near the C-46/R5C 'Commando.' All you need to do is moor at the orange buoy and follow the line down to the Commando and one of the PBJ's lies nearby.

The PBJ-1H's of VMB-613 had their right wingtip removed and a radome installed that housed an AN/APS-3 search radar.

All of the Mitchells in the aircraft graveyard show the remains of radomes on the right wingtip, positively identifying them as former VMB-613 aircraft.

I've done several dives on PBJ's in the aircraft graveyard at various times with Leonard Grandbois, James Polan, Dan Bogart, Hal Parker, and James Bodmer. I've seen five different PBJ wrecks in the aircraft graveyard, and with eleven of them reported to be out there, I'd like to find the other six at some point. It would be fun to be able to account for and photograph all eleven of VMB-613's planes.

The Mitchell certainly played a significant part in World War II, serving in every theater of the war, but no other place in the world can boast so many surviving Mitchells in one location.



*Photo Courtesy of the Marine Bombing Squadron 613 Association*

**PBJ-1H's of VMB-613 head out on patrol from Kwajalein Island, in mid-1945.**

Juan Construction Company repaired the cement problems. Steve Metta and Fred McNickle organized various Kwajalein Range Services Public Works personnel to professionally do the necessary power cleaning, priming and base painting for the project.

Many Kwaj residents came out to paint the flowers once stencils made by Hepler were put in place. Adults and children helped in the project.

The USAKA Commander and John Pickler, then President of Kwajalein Range Services, pitched in by painting. USAKA Soldiers also helped with the wall.

"Many days it was very hot and it was hard work," said Vencill. Sometimes Darlene and I would work late into the afternoon in the heat and we would get tired and not do such a good job of painting."

But, "Rusty LaRoche would come by in the evenings after we had left. He touched up what we had done and made it look very nice," she said, "He was a real angel."

Concerning the nurse's memorial, Vencill said that since the time she first arrived on Kwajalein in 1983, she had heard stories about a Navy plane crash in which several nurses had been killed. She

didn't know if it was just a story and a Kwaj 'legend.'

"I got some information about it from Jimmy Matsunaga at the time, but didn't pursue it," she said.

During her second tour, Vencill said some people were talking about a group of eight women U.S. service members who had just been killed in Afghanistan.

"They were saying it was the largest number of military women killed since Anzio, when German artillery hit a tent where nurses were working and killed six of them," said Vencill. "I thought, 'wait a minute,' Here we are at Kwajalein where we lost 11 nurses and nobody knows about them?"

She added, "I thought that was a crime."

She started investigating and searching on the Internet for anything she could find about the crash. All she could see was very short mentions of it.

But "Now I knew it was true," she said. "It had happened."

Vencill said she asked some older Marshallese about it. One of them she talked with was six or seven at the time and he remembered seeing the fireball in the sky and hearing the screams that night.

She contacted the Navy Historical Branch and "They sent me the plane's 'death certificate' and that's how I got the names of the crew and the nurses who were on board. The plane had crashed after taking off from Kwajalein in 1950. The nurses were on their way to Japan and then Korea."

She decided that a memorial to the crew and the nurses who perished in the crash should be erected near the runway.

As with the memorial wall, donations funded the nurse's memorial. Money even came from Navy nurses in Japan where the plane had been headed when it went down.

Vencill travelled to Oklahoma and visited a quarry that made monuments. She showed them the design and they made some improvements to it and fashioned the plaques both for the nurse's memorial and the memorial at the wall. The military paid for the expense of transporting the plaques to Kwajalein. Both memorials were dedicated by the community on Feb. 26, 2007.

"Kwajalein is such a great community with such wonderful people, and a great spirit," said Vencill, "You really don't realize it until you leave."

## Resumption of fuel sales to Continental approved

As part of preparing for negotiations for a new Memorandum of Agreement (MOA) with Continental Micronesia Airlines (CMI), the U.S. Army Kwajalein Atoll (USAKA) Command received guidance from the Defense Energy Support Center (DESC), the Department of Defense (DoD) petroleum manager and owner of the fuel stored on Kwajalein.

Recently, after review by DESC and the U.S. Transportation Command (TRANSCOM), these two organizations agreed and decided that CMI flights did not meet the legal criteria for purchasing fuel from USAKA as a DoD contractor. TRANSCOM then decided to stop sales to CMI.

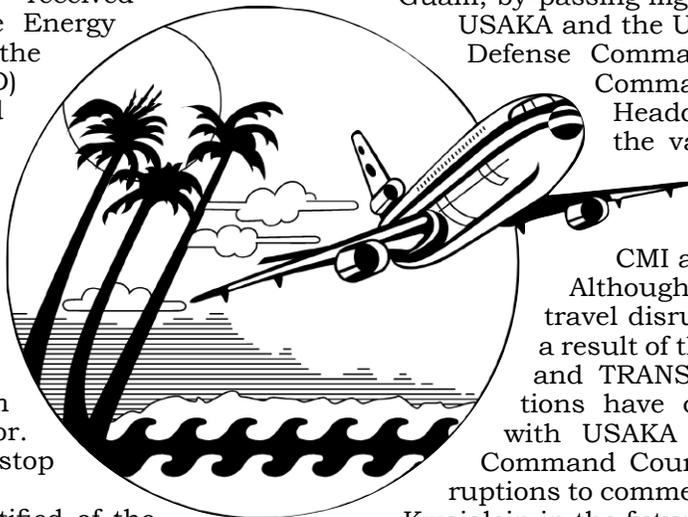
When Continental was notified of the

DESC/TRANSCOM decision, they made a business decision to disembark Kwajalein-bound passengers and baggage at Majuro on Saturday and continue to Guam, by-passing flights over Kwajalein.

USAKA and the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command (USASMDC/ARSTRAT) Headquarters actively engaged the various agencies to mitigate

this situation. As a result, DESC approved resumption of fuel sales to CMI at Kwajalein March 17.

Although this may have caused travel disruption in the community as a result of these actions taken by DESC and TRANSCOM, these two organizations have committed to work closely with USAKA and USASMDC/ARSTRAT Command Counsel to prevent similar disruptions to commercial air traffic transiting to Kwajalein in the future.



## Feeling frugal

# Power conservation pays off with big savings

By Dan Adler  
Media Manager

U.S. Army Kwajalein Atoll established a power reduction program in August of 2007. Part of that effort was to establish a grass roots campaign to promote energy conservation in the Kwajalein community.

When the program was initiated, the price of oil was rising to nearly \$150 per barrel and the price of diesel fuel, which runs the generators at the Kwaj Power Plant, was rising along with it.

Jim Landgraff, USAKA Utilities Evaluator, said at the time that fuel costs were rising by 30 percent or more and were very unpredictable. The situation was becoming critical.

Part of the plan called for consolidation of warehouses to reduce the number of buildings that were using power for lighting and air-conditioning. The consolidation resulted in 26 warehouses being utilized rather than the 44 that had been used previously. In addition, the removal of trailers that were energy-inefficient began.

According to Power Plant estimates, energy costs for each trailer was more than \$9,000.

Other savings resulted from closing the Yuk Club (which had serious structural issues), Sunrise Bakery curtailed its wholesale operation which shut down two large ovens that used a lot of energy and the thermostats in Bachelor Quarters were set to 74 degrees.

The Kwajalein community has assisted in the effort by turning off lights at work and in quarters when not in use and setting their thermostats higher at work and at home.

It has been a multi-faceted program and everyone has played an important role in making it work.

According to Dan Eggers, Kwajalein Range Services Utilities Manager, USAKA has saved \$3,994,897 since the start of the program.

"This is a good news story that everyone in the community has had a part in," said Landgraff.

The savings realized from the conservation effort can be used for other USAKA functions and requirements.

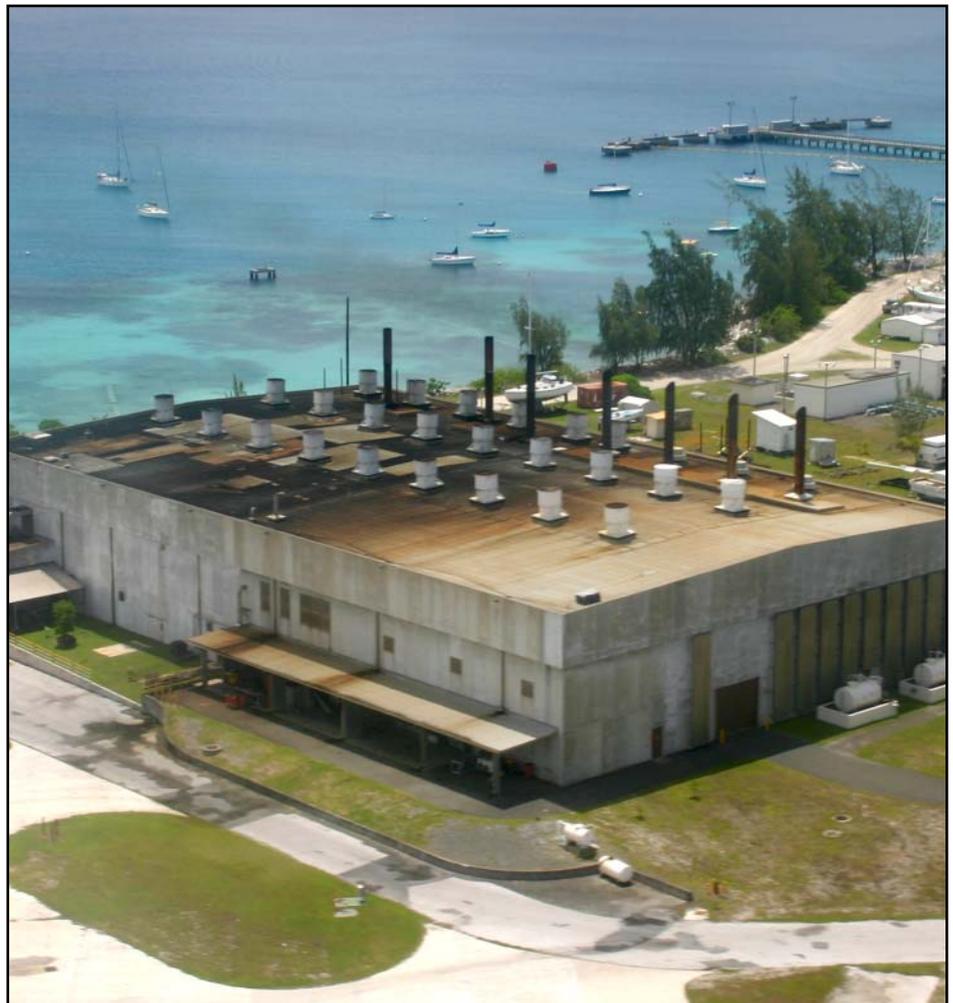
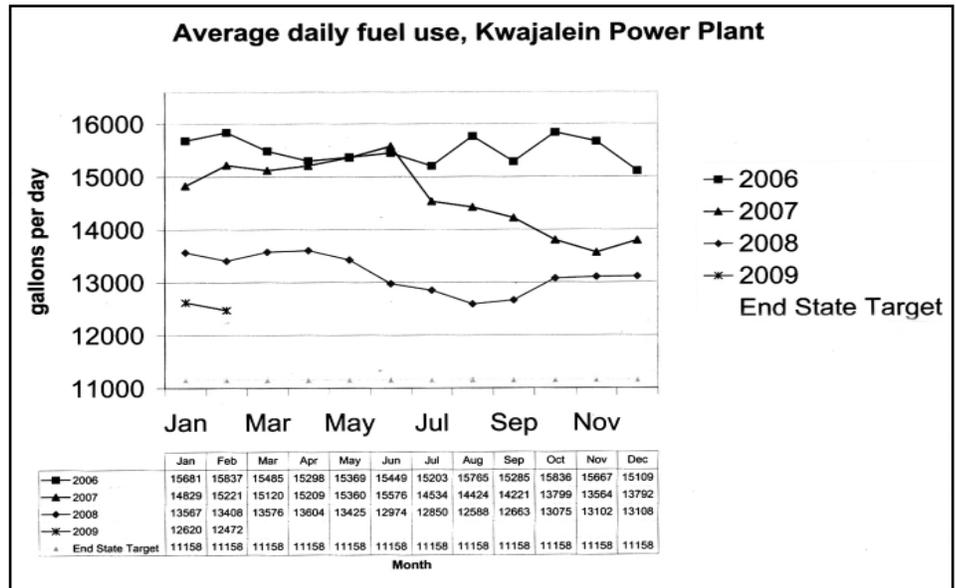


Photo by Rod Martin

**Electrical power generated by the Kwajalein Power Plant is one of the costliest items on the island. The Power Reduction Plan has saved nearly \$4 million since it started.**

# Children's 'learn how to snorkel' classes beginning

## Hourglass reports

Pools and Beaches Coordinator Sandy Lummer is passionate about her job. Even though summer is a few months away, she has recently developed classes for children entitled 'Learn How to Snorkel.' The four classes especially designed for children are to be held after school on Saturdays beginning in March are part of the KiSS Club. KiSS stands for Kids Saturday Snorkel. The lessons that will be taught include:

- Taking care of your snorkeling equipment

- Clearing your mask and snorkel
- Several kick methods
- Surface diving
- Using a snorkeling vest
- Being a safe snorkeler
- Properly using the equipment (not getting water into the mask or swallowing water)

Lummer said that "She wanted to give the school age children just a taste of what to look forward to." She believes that "The younger they start the greater opportunity to continue." She also thinks that "Kids do what moms and dads do." This kind of class not only creates

family involvement, but it is a joint venture between Pools and Beaches and Child and Youth Services. After completing the four classes, the students become members of the KiSS Club and will be eligible to go on after school snorkeling excursions.

Sandy is always happy to talk to parents when they stop by. She says that she wants to give the children just a taste of the underwater world and an opportunity to "Engage the aquatic environment we live in." For details, call Sandy at 52848, or e-mail [lummer@smdck.smdc.army.mil](mailto:lummer@smdck.smdc.army.mil).

## YEATS from Page 3

going through the same thing. No one will be served if we become ill or withdraw to the point where we can't deal with the situation. If need be, see a counselor or a clergyman."

According to Yeats, it's a long process sometimes.

She said, "It's sort of like how Obama says this whole thing is going to be a long haul before this crisis turns around to any great degree, so we need to learn how to deal with things because the situation is going to be around a long time. But as Obama says, there is hope and light at the end of the tunnel, so we have to stick with it and keep going. In any situation that puts us into a tailspin, we have to hold on to the hope that things will get better."

Speaking to the situation on Kwaj, Yeats said it's very difficult when the answer you get from leadership is "We don't know." Sometimes, coping in such an uncertain environment becomes almost unmanageable.

"But, you can't say in uncertain times that you are going to look for absolute answers and that there must be one right way to go about doing this and I'm going

to do that and everything will be solved. That's unrealistic," she said.

To parents who are stressed and worried and want to hide problems from their children, she says, "That depends on the age of the child. They should have the information that is appropriate to their age. Children aren't stupid. They know when things aren't the same as they used to be. While you don't have to go into financial issues or any details, you just have to let the child know that things are uncertain, but that whatever happens, the family will be together and that mommy and daddy love them. Little children need that reassurance that they're going to be okay. If a child knows something is wrong, but gets no information about it, that just builds more fear and stress in him or her."

Yeats said the basic fact is that life is uncertain. It's not just in this particular time and place.

"People all over the world feel that nothing is in their control right now, but in reality, the only thing that we ever really control is how we react and deal with what life throws at us," she said.

## Water: our most valuable resource

# Test your water sense

What is the approximate daily water usage for a typical family of four?

- A. 50 Gallons
- B. 100 Gallons
- C. 250 Gallons
- D. 400 Gallons



**Answer:** D. The average person uses 100 gallons of water each day. That's enough to fill 1,600 drinking glasses. This water use can be cut by as much as 30 percent if households take a few simple steps to use water more efficiently.

# Honoring Brothers in Arms



The plaque on the monument honors the 4th Marine Division that fought on Roi-Namur in 1944. It was dedicated in 1987 by the 4th Marine Division Association.

Col. Frederick Clarke, U.S. Army Kwajalein Atoll Commander, thought the Marine monument on Roi-Namur needed some tender loving care. The Air Force personnel currently on Roi-Namur and Army Sgt. Joshua Gravett of USAKA volunteered to clean the monument, rake leaves and weed the area. They did so on Wednesday in order to honor their Marine Brothers in Arms.



The monument is at Stop 17 on the Roi-Namur battlefield tour.



The area is raked and leaves are picked up by the volunteers.



Air Force personnel weed the grounds and inside the ruins near the monument.



Tech Sgt. Matthew Mattes cleans the monument with a brush.



*Photos by Dan Adler*

Left to right, Air Force personnel Staff Sgt. Ron Howe, Staff Sgt. Heath Willis, Staff Sgt. Kevin McKee, Tech Sgt. Matthew Mattes, Staff Sgt. Steve Kivett and Army Sgt. Joshua Gravett volunteered to clean the Marine monument area.

the right to vote.

In 1912, Theodore Roosevelt ran for president with a promise to support women's right to vote.

In May of 1919, an amendment that would give women the right to vote in the nation's elections finally gained the two-thirds support it needed in Congress and passed.

But even though it had passed Congress, the amendment still had to be ratified by the states to become law. It was a formidable task that many thought would never happen.

After the state legislatures had voted on it in July of 1920, it all came down to Tennessee. If Tennessee's legislature passed it, then women's right to vote would become a reality.

There's a story that says a young Tennessee legislator, who was just about to cast his vote, found a note his mother had put in his pocket that morning. It said, 'Be a good boy . . . vote yes.' The amendment passed the Tennessee legislature by *one* vote. American women had finally won their battle. It had taken 72 years.

But it was still going to be a long road in the fight for women's equality. It would take many more decades for women to earn the right to work without stigmatization. It would take decades for women to earn the right to run for political office, to own a business and to own land and property in their own names.

There is still a fight for equality in many areas of American life for women such as equal pay for equal work, but they have attained what their earlier sisters couldn't have dared dream of.

It was much the same way in parts of Europe. Women in England weren't

treated much better than domestic servants by men. It wasn't until World War I, when women were needed in the factories and heavy industry, that English women began fighting for equal rights as citizens.

In the past 200 years, women in the western world have come a long way, as the saying goes. They not only changed the way *they* are treated, but the way many people are treated. They changed the entire fabric of society and the way many religions looked upon women.

But as we all know, such is not the case in many parts of the world. In some countries, girl babies are killed at birth because they are considered worthless. Just recently, a 19-year-old girl in Saudi Arabia was sentenced to 90 lashes after she was kidnapped and gang-raped by seven men because she was alone with a man not related to her.

Women in many countries and religions can be repudiated by their husbands on a whim. Under centuries-old family code, a man can divorce his wife just by saying it three times. In strict Muslim and other societies, there is great shame in being a spurned wife. Without the support of a husband, many women have to beg in the streets which is against the law in some Middle Eastern and African countries. Women have been executed for begging.

But slowly, women in Islamic and African countries may be starting to change things.

In Morocco for example, women have started an organization called Spring of Equality which gives legal advice to women. This organization

helped get a new family code passed that requires a husband to go to court and show cause why he should be allowed to divorce his wife. And, more importantly, if a divorce is granted, the woman keeps any children and will be allowed to keep the family house so they won't be out on the street.

In Morocco, as well as other countries, girls of any age can be given by their fathers in marriage. Under the new code, when a girl reaches 18, she is no longer considered bound by her father's wishes. These changes came about because brave women dared to challenge Moroccan custom and law, even at the risk of death.

Many of the changes in Morocco were met with large protests by many men who claimed it was against the law of the Koran.

But the King of Morocco, Mohammed VI, was impressed with the women's courage and gave his support to changing the family code.

As small as these changes may be, they are enormous for that part of the world. Big changes start with little changes.

Women have the power to change the world. They changed the western world and now perhaps, little by little, they will change the rest of the world.

If equality and fair treatment of women can be attained in other countries, then equality and fair treatment of everyone might follow.

If radicalism and hatred in some parts of the world are ever going to change, it will be women who change it. If the world becomes a better place, it will be because of the courage of women who stood up, risked everything and fought for what is right.

# Poem for Women's History Month

We are the warriors of prayer  
Oh, daughters, sisters, wives, friends everywhere  
Mothers, mentors, ministers of truth  
Eagerly trying to encourage our youth  
Nurturers of the seeds we plant  
Survivors of abuse, cancer, rape, war and "you can't..."

Humanitarians and champions of numerous  
worthy causes  
Inspirers, inventors deserving kudos and applauses  
Selflessly serving everyone  
Teachers, our work is never done  
Oratorical griots of our rich history

Revolutionary women, so it is not a mystery  
Yes, we have truly come a long, long way

Making history every single day  
Obstacles, hurdles, trials, tribulations and fights  
Nothing has kept us from our liberties and rights  
The contributions are immeasurable that  
we have made  
Honor can be given, but we can never be repaid

So it is evident and very clear  
Women's history is everyday of the year!

© 2007 Cheryl Robinson-Stewart

# POL receives KRS President's award

Article and photos by Dan Adler  
Media Manager

The Kwajalein Ranges Services Petroleum, Oil and Lubricants Department (Fuel Farm) received its second KRS President's award Thursday. The department was nominated by Allan Stone.

Matt Daggett, KRS Deputy Program Manager for Logistics and KRS President Dave Norwood presented a certificate and a pyramid award to Hal Smith, POL Manager, Richard Thu, POL Supervisor, and the entire POL crew.

The certificate read 'For outstanding effort in providing USAKA/RTS and other authorized customers with clean, dry, quality fuel. The team's commitment to handling the fuel safely and efficiently has been accomplished without any spills or environmental incidents. POL Services has embraced the zero accident philosophy.'

"This recognizes all the great work that you have done here and for providing great service to our customers," said Daggett, "You do a very important function on the contract. It's a real important job and a high-risk job and we appreciate the safe way you go about doing it. So I applaud everybody for their safe work."

Norwood made note of the fact that the award is the second the department has received. "You guys excel all the time," he said.

Left to right, Ramney Benjamin, Bolar Dan, Romeo Felix, Joe Joel, Rick Thu, Toj Lain, Yosjan Langinbelik, Carson Mejdrikdrik, Allen Mohang, Melvin Ninjine, Boston Shamory, Wena Telenken and Hal Smith work for the POL Department which has received two KRS President's Awards.



Matt Daggett, KRS Deputy Program Manager for Logistics, presents a certificate of appreciation to Hal Smith, POL Manager and Richard Thu, POI Supervisor for the outstanding job their department does. KRS President Dave Norwood looks on.



## Seven service members die in War on Terror

**Petty Officer 1st Class Theophilus K. Ansong**, 34, of Bristow, Va., was lost at sea Feb 4. Ansong was assigned to USS San Antonio (LPD 17) as it conducted operations in the Gulf of Aden.

**Staff Sgt. Timothy L. Bowles**, 24, of Tucson, Ariz., died March 15 near Kot, Afghanistan, of wounds suffered when his vehicle encountered an improvised explosive device. He was assigned to the 3rd Logistics Readiness Squadron, Elmendorf Air Force Base, Alaska.

**Staff Sgt. Archie A. Taylor**, 37, of Tomball, Texas, died March 14 as a result of a non-hostile incident in Kabul province, Afghanistan. He was assigned to 2nd Intelligence Battalion, II MEF Headquarters Group, II Marine Expeditionary Force, Camp Lejeune, N.C.

The Department of Defense announced today the death of three soldiers who were supporting Operation

Enduring Freedom. They died March 15 as a result of injuries sustained in Kot, Afghanistan, when an improvised explosive device detonated near their vehicle. They were assigned to the 1st Battalion, 178th Infantry Regiment, 33rd Infantry Brigade Combat Team, Woodstock, Ill. Killed were: **Sgt. Christopher P. Abeyta**, 23, of Midlothian, Ill; **Sgt. Robert M. Weinger**, 24, of Round Lake Beach, Ill and **Spc. Norman L. Cain III**, 22, of Oregon, Ill. Cain died at the scene of the incident in Kot; Abeyta and Weinger were transported to Jalabad, Afghanistan, where they later died.

**Spc. Gary L. Moore**, 25, of Del City, Okla., died March 16 in Baghdad, Iraq, of wounds sustained when an explosive device struck his vehicle. He was assigned to the 978th Military Police Company, 93rd Military Police Battalion, Fort Bliss, Texas.

**HELP WANTED**

**KRS and CMSI Job Listings for On-Island Positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job Listings for Contract Positions will be available at [www.krsjv.com](http://www.krsjv.com), on the bulletin board by the Continental Travel Office and on the Roi-Namur/Post Office bulletin board. Full job descriptions and requirements for Contract openings are located online at [www.krsjv.com](http://www.krsjv.com).**

NEED EXTRA MONEY? KRS employment applications are continually accepted for Casual Positions in the Community Services Departments, Medical Department and the HR Temp Pool. Some of the Casual positions are: Recreation Aides, Medical Office, Media Services Specialist, Substitute Teacher, and HR Temp Pool Office Support. Questions? Call 54916.

**Community Bank**

BANK TELLER, Part-time, 20 hours per week. Submit resumé to <http://careers.dodcommunitybank.com>.

BANKING CENTER Service Manager, Full-time, 40 hours per week. Would manage services and

**Religious Services**

Catholic

Saturday Mass, 5:30 p.m., in the small chapel.

Sunday Mass, 9:15 a.m., in the main chapel.

Mass on Roi is only on the first Sunday of the month at 12:15 p.m., in Roi Chapel.

Protestant

Sunday

8 and 10:45 a.m., on Kwaj and Roi-Namur service at 4 p.m.

Baptist

9:40 a.m., Sunday, in elementary school music room.

Latter-day Saints

10 a.m., Sunday, in

Corlett Recreation Center, Room 3.

Jewish services

Last Friday of the month in the Religious Education Building. Times will vary. Contact the Chaplain's office, 53505, for more information.

operations in the banking center. Submit resumé to <http://careers.dodcommunitybank.com>.

CUSTOMER SERVICE Representative, Part-time, 25 hours per week, would handle customer requests and promote bank services and products. Submit resumé to <http://careers.dodcommunitybank.com>.

**Kwajalein Police Department**

COMMON ACCESS Card/Administrative Assistant position. The contract is an on-island position, full time and comes with competitive benefits. Contact KPD administration for an application, 54427.

**WANTED**

HOUSE SITTING opportunity from April 6-15 for former Kwaj residents, Bob and Myrlene Paradise, coming to visit. Cally Billy, 55269 after 5 p.m.

A FULL-TIME NANNY for our six-month-old daughter. College kids that are home for the summer are welcome. Call 51472.

SUN BIKE, working or not, needed for parts. Call 54657 or 59283.

**LOST**

DEMARINI BAT, at Reagan Field on March 12, it is 32 inches long, weighs 28 ounces, fades from grey to black and has tape around the top of the handle with "STROUD" written on it. Call 52594.

ONE BLUE OCEANIC Vector fin, March 14, between the Small Boat Marina and quarters 423-A. If found, call Brian, 51081.

ONE GOLD HOOP EARRING, between fifth street and Building 901. Call 53417 or 55590.

WHITE COOLER from Brandon Field on March 7. Call 53627.

**FOUND**

BOY'S ASSAULT bicycle helmet on Saturday night at Emon Beach. Call 53731 to claim.

**FOR SALE**

APPLE MAC MINI, OS X, 1.83 ghz Core 2 Duo processor, 2 GB RAM, 80 GB hard drive, CD burner, remote control. Call 54165.

SCUBA GEAR including men's SCUBAPRO Knighthawk BC, black, XL with SCUBAPRO re-styled Air 2 combination octopus/inflator regulator, black/gray, \$325; SCUBAPRO Twin Jet Max open heel split fins, yellow, XL, size 11-13, \$85; SCUBAPRO 3 mm zipper boots, XL size 11, \$35; Oceanic Datamask Hud (heads up display) deluxe computer, full featured, wireless air-integrated digital optical system, \$800 and one large and one medium new men's 1.5 mm full diveskins thermal glide lining exposure suit, \$35 each. All as priced or best offer. Call Jim, 50894 or 53784.

NORWALK COUCH with ottoman, \$550. Call 54126.

SONY TRINITRON 30-inch TV with 26-inch screen, remote control and antenna, great for video games, \$50. Call 53759.

BUFFET CHEST, solid teak with brass accents, four drawers on left side, two full-size doors on right side with adjustable shelves inside, 38 inches wide by 16 inches deep by 32 inches high, great in dining room, living room, or bedroom, \$140. Call 53640 between 4:30 to 8 p.m.

TWO ROUND TRIP TICKETS to Majuro on AMI, must be used by 7/31/2009, \$550.00. Call Anthony, 52864.

PLANTS. Large, specimen plants and some orchids \$20-50, see at Quarters 215-B, complete scuba diving system: Scuba Pro BCD (large), Scuba Pro regulator, with top-line Gekko computer system. seldom used, bag, weights, fins included, \$500 and ergonomic computer chair, \$35. Call Steve, 52504.

MARSHALL AMP AVT 275 with six way foot controller, \$1000; Fender Mexican Strat with hard side case, \$500; electric lap slide guitar, \$150 or best offer; South African carved chair, \$150 or best offer and Les Paul studio guitar with hard case, \$700. Call 52773.

WINDSURF SAILS, boom, mast tendons, parts, \$200; tandem water-skis with size 10-13 boots, \$100; two sets of scuba gear: BC, octopus regulators, lights, computers, weights, and miscellaneous, \$150 per set and half ownership of 38-foot LeComte sailboat. Call 52312.

LARGE OUTDOOR PLASTIC shed, 10' by 7.5', new, never assembled, paid \$950 plus shipping, will sell for \$495 or best offer; AstroTurf, approximately 12' x 22', in good condition, \$35; foam mattress topper with cover, for queen size bed, very comfy, \$40; and a men's bike, mostly aluminum, 15-speed, fair condition, needs some work, \$85. Call 50798 or 52544.

BIANCHI MILANO bike, 26-inch, 8-speed, internal gears, celestial color with red/black trim, red waterproof basket containers, like new condition, original price \$650, asking price \$300; five pure wool oriental carpets: three runners (2-feet x 9-feet), \$75 each; two 5-feet x 8-feet, \$100 each; cushion covers for KRS-issued rattan sofa, love seat, and chair, coral/gold floral design, very durable fabric, \$200 for all; wooden-wheeled kitchen trolley, like new, \$75; ergonomic computer chair, \$35; Cuisinart convection bread maker, \$75 and new, never used king-sized feather bed for mattress top, \$25. Call Faye, 52504.

BOY'S 18-INCH Marin aluminum mountain bike with front suspension fork and plastic fenders, available March 24, \$50. Call 52594.

FIVE MATTE BLACK curtain rods, wrought iron look, double rod sets with curtain clips, \$15 each and homeschool spanish programs with lots of extra spanish and bi-lingual books, elementary, \$60, middle school, \$70 and high school, \$70. Call 53731.

*Café Pacific*

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	March 28
Carved Virginia ham	Carved roast porkloin	Veal alfredo	Lemon pepper chicken	Bratwurst with sauerkraut	Chicken cacciatore	B.B.Q. brisket
Teriyaki chicken	Turkey tetrazzini	Ratatouille	Old fashioned beef stew	Turkey cordon bleu casserole	Italian mix grill	Herb baked wings
Effs Florentine	Seafood quiche	Garlic bread	Garbanzo beans	Mashed potatoes	Breaded fish	Southwestern potatoes
Grill: Brunch station open	Grill: Brunch station open	Grill: Spaghetti	Grill: Buffalo burger	Grill: Beef steak	Grill: Mushroom/swiss burger	Grill: Mini taco bar

**Dinner**

Tonight	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Minute steak with gravy	Italian meatloaf	Thai grilled chicken	Broiled pork cutlet	Carved flank steak	Chinese 5 spicy chicken	Build-your-own pizza
Spicy buffalo wings	Chicken/peapod stir-fry	Lamb couscous	Herb roast chicken	Chef's choice entrée	Pork adobo	Breaded pork chops
Macaroni and cheese	Fried eggplant	Ono with pineapple salsa	Cottage pie	Chicken Monterey	Korean style tofu	Chicken stew

MATCHING BEDROOM SET, king-size bed with high corner posts (Frame only), two night stands, one large dresser with seven drawers and two cabinet doors opening to shelves, \$600. Call 52332.

#### COMMUNITY NOTICES

THERE IS A SURFWAY SHORTAGE of milk and eggs was due to a mechanical failure of the walk-in chill unit. The milk and eggs were discarded for food safety reasons. Fresh milk and eggs are expected to be available at Surfway March 26. We apologize for the inconvenience this may have caused. Questions? Contact Ray Denham, 53607, or David Fearon, 55599.

BASKETBALL SEASON is just around the corner. Register your teams now through March 21 at Community Activities. Season runs March 31 - May 23. Limited RMI slots, so sign up today! Questions? Call Community Activities, 53331 or e-mail Amy at [hansena@smdck.smdc.army.mil](mailto:hansena@smdck.smdc.army.mil).

SIGN UP YOUR inner-tube water polo teams at Community Activities now through March 21. Season runs March 31 - May 2. Questions? Call 53331 or e-mail Amy at [hansena@smdck.smdc.army.mil](mailto:hansena@smdck.smdc.army.mil).

SIGN UP TEAMS of three or four bowlers for the Wednesday night bowling league. Registration is now through March 21 and the eight-week league will run April 1 - May 20. Questions? Call 53331 or e-mail Amy at [hansena@smdck.smdc.army.mil](mailto:hansena@smdck.smdc.army.mil).

YEARBOOKS WILL BE pre-sold from March 23 to April 3 at the high school office for \$40. If you do not order a yearbook at this time, you will have the option to buy one during yearbook signing for \$45. Make checks payable to KHS. Questions? Call 52011.

THE ARMED SERVICES Vocational Battery (ASVAB) Military Entrance Exam will be administered on the following dates: 8-11 a.m. and 1-4 p.m., March 24: Student test for Ebeye school students at Ebeye Community Center; 8-11 a.m., March 25: Military Entrance Test for Kwajalein residents and C-badge workers between 18-41 years old in Corlett Recreation Center Room 1; 12:30-3:30 p.m., March 25: Student test for Kwajalein High School juniors and seniors only in Corlett Recreation Center Room 1 and 8 a.m.-noon and 1-5 p.m., March 26: the Military Entrance test will be from 8:00 a.m.-12:00 p.m. and 1:00-5:00 p.m. , at Ebeye Public School. This test is open to Ebeye Residents between 18-41 years old.

KPD WILL BE conducting operations at the Pistol Range from 8 a.m. - 4 p.m., March 24. Observe the red flag hazard areas. If you have any questions, contact KPD Training, 54448.

APRIL OPEN RECREATION events for all CYS registered youth in grades K-6: Cooking Night, April 1, 5:30-7 p.m. Register from March 24-28. K'Nex Building Challenge, April 15, 5:30-7 p.m. Register from April 7-11. To find out how to register for CYS and sign your child/children up for an event, call Micah at the Central Registration office, 52158.

THE KWAJALEIN ATOLL International Sportfishing Club monthly meeting will be held March 25 at the Pacific Club. Food and beverages will be served at 6:30 p.m. The meeting will start at 7 p.m.

COME BE A PART of the Live Theatre on Kwaj. The next meeting is at 7 p.m., March 25, at CRC room 1. Young adults and adults only please. Call Tina, 52034 or Kim, 53331 for details.

MANDATORY ISLAND orientation is 12:45-4:30 p.m., March 25, in CAC Room 6, Building 365. It is required for all new island arrivals. The island orientation is not recommended for dependent children under the age 10. Questions? Call 51134.

IN RECOGNITION of National Nutrition Month, Cheryl Stewart, a registered dietitian, will be at Café Pacific 11 a.m.-1 p.m., March 25. Cheryl will be offering nutritional information from the American Dietetic Association and will be available to answer any basic questions you may have. We look forward to seeing you.

THE MOBILE KITCHEN event on March 27 at Emon Beach featuring Filet Mignon is sold out. Questions? Contact Marie Pimenta, 53933.

*Kwajalein Art Guild presents*

# Spring

## Art and Craft Fair

10 a.m.-2 p.m., April 6,  
in the Multi-Purpose room

JEWELRY • PHOTOGRAPHS • IMPORTS • CARDS • HANDICRAFTS  
A GREAT PLACE TO GET TIDY OR PCS GIFTS



KRS/CHUGACH/BERRY AVIATION, Inc. Health Benefits: Attention Roi residents, the Health Benefits Administrator, Grace McDiffett, will be delivering HR benefits information to employees on Roi-Namur. Grace will be located in the Keams Training Room located at the Roi Terminal Building from 8 a.m.-2:30 p.m., March 27. She will be available for walk-in questions during these hours, or if you prefer you may call to schedule an appointment. To schedule an appointment, call 51888 or 50939.

SURFWAY, LAUNDRY, and the Beauty Salon will be closed March 27 from 1-3 p.m. for the quarterly Safety Stand-Down.

THE YOUTH ACTIVITY COUNCIL will meet at 6:30 p.m., March 27, at the Youth Center.

THE KWAJALEIN POLICE Department will be holding an open auction at 4 p.m., March 28, at the Central Police Station. Among the items to be auctioned off are 40 bicycles, three kayaks, and a windsurf board. All are welcome to attend. Direct all questions to Sgt. Tim Timson via email at [Timothy.Timson@smdck.smdc.army.mil](mailto:Timothy.Timson@smdck.smdc.army.mil)

BEER, BRATS AND BOWLING is back, from 6 - 11 p.m., March 29, at the Bowling Center. Call Community Activities, 53331 with questions.

SURFWAY WILL BE closed March 27 and April 2 for critical point-of-sale computer maintenance.

JUNIOR-SENIOR HIGH School parent/teacher conferences will be held from 2-5:30 p.m. and 6:30-8:30 p.m., April 3, in the Multi-Purpose room at the high school. Both April 3 and 4 will be half days of school for the students. Report cards will be available at parent/teacher conferences; those report cards not picked up then will be mailed the following day. Details of the parent/teacher conferences will be mailed out to parents on March 26. If you have any questions, contact the high school at 52011.

THE 2009 SPRING BREAK Music Festival Chili Cook-off is April 5. There will be all sorts of activities for young and old. Activities will include the bounce house, jousting, slip-n-slide, baggo, tricycle races, sunfish rides, and the dunk tank. Along with all this there will be a chili cook-off, pulled pork cook-off, homebrew garden and live music provided by local musicians. Those interested in entering a chili in the Chili Cook-off, contact Monte Junker for an application at [Monte.junker@smdck.smdc.army.mil](mailto:Monte.junker@smdck.smdc.army.mil).

THE KWAJALEIN ART Guild's Spring Arts and Crafts Fair will be held on April 6th, from 10 a.m.- 2 p.m., in the high school multi-purpose room.. Applications for vendor tables are available on the mini-mall bulletin board until March 31. This year the fair is being held together with the Island Photography Exhibit, so table space is limited. Tables will be assigned as applications are received.

THE STAFF AT CAFÉ Pacific would like to extend their invitation to join them for Easter Brunch on April 12th.

Unaccompanied personnel are welcome from 11 a.m to 2:30 p.m. and families are welcome from 12 to 2:30 p.m. The brunch will include: a carving station with slow-roasted steamship round of beef and herb-crust rack of lamb, crab stuffed mushroom caps, tortellini with asiago cream sauce, peking roast duck, Pacific Island catch, strawberry crêpes and grilled ham steaks. Also offered will be a chilled seafood bar including jumbo peel shrimp, mussels on the half shell and smoked salmon. An international cheese bar, assorted salads, fresh fruits, and a variety of delicious desserts also await. The grill will be open as well for cooked to order eggs, omelettes and pancakes. Cost is \$22.95 for adults and \$11.95 for children under 12. Menu subject to change due to availability.

THE JUNIOR/SENIOR HIGH School Prom/Romp dates and locations have been changed. They will both be held May 24. The Prom will be held in the multi-purpose room and the Romp will be held at the Teen Center.

SURFSIDE SALON is having a buy one get one free sale on select products. Questions? Contact Brenda Panton, 53319.

RECYCLING CONTAINERS are now available at Self Help for pick up.

COMMUNITY ACTIVITIES has launched a bi-weekly special events e-newsletter: the Kwaj Coconut Wire! If you would like to receive this newsletter to your home e-mail address, please email us at [kcw@smdck.smdc.army.mil](mailto:kcw@smdck.smdc.army.mil) or call 53331.

SOFTBALLERS: Tell us your thoughts about this past softball season. Community Activities' post softball season survey is available on the community / recreation tab of the intranet, at the Gear Locker, and on the Post Office bulletin board. If you would like a survey e-mailed to you, please contact Community Activities, 53331.

FAMILY POOL RULE reminders: In order to utilize the deep end of the Family Pool, which includes use of the diving board and slide, children must have reached Swim Skill Level IV of the American Red Cross Learn to Swim Program; children wishing to swim in the deep end that have not reached this swim skill level must wear a life preserver; only one person on the diving board or slide at a time and parents may not catch or assist their child on the diving board or slide. Questions? Call Sandy at the pool, 52847, or e-mail [lummers@smdck.smdc.army.mil](mailto:lummers@smdck.smdc.army.mil).

QUALITY OF LIFE Committee has funds to help make the community a better place to live. If you have project ideas that you would like considered, please call 53331 or e-mail Kim Scruton-Yarnes at [kim.scruton-yarnes@smdck.smdc.army.mil](mailto:kim.scruton-yarnes@smdck.smdc.army.mil).

THE OCEANVIEW CLUB will be providing pupus and exotic mixed drinks, including Piña Coladas and Margaritas every Saturday. Questions? Contact Erik Wills, 53338.

# March is National Nutrition Month

**Eating Right Messages for Everyone**  
Eating right and staying fit are important no matter what your age. Help yourself to feel your best by making healthy food choices and being physically active every day.

Eating right doesn't have to be complicated. Start with these recommendations from the Dietary Guidelines for Americans. A healthy eating plan:

- Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts.
- Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

**Make Your Calories Count.** Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients – and lower in calories. Making smart food choices can help you stay healthy, manage your weight and be physically active.

**Focus on Variety.** Eat a variety of foods from all the food groups to get the nutrients your body needs. Fruits and vegetables can be fresh, frozen or canned. Include more dark green vegetables such as leafy greens and broccoli and orange vegetables like carrots and sweet potatoes. Vary your protein choices with more fish, beans and peas. And, eat at least 3 ounces of whole grain cereals, breads, crackers, rice or pasta

every day.

**Know Your Fats.** Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease. Most of the fats you eat should be monounsaturated and polyunsaturated fats. Check the Nutrition Facts panel on food labels for total fat and saturated fat.

**Physical Activity for Fitness and Health.** Balancing physical activity and a healthful diet is your best recipe for managing weight and promoting overall health and fitness. Set a goal to be physically active at least 30 minutes every day. You can break up your physical activity into 10 minute sessions throughout the day. If you are currently inactive, start with a few minutes of activity such as walking. Then gradually increase the minutes as you become stronger.

**Special Nutrient Needs for Older Adults:**

- **Calcium and Vitamin D** — Older adults need more vitamin D and calcium to help maintain bone health. Include three servings of vitamin D-fortified, low-fat or fat-free milk and yogurt each day. Other calcium-rich foods are fortified cereals and fruit juices, dark green leafy vegetables and canned fish with soft bones. If you take a calcium supplement or multivitamin, choose one that contains vitamin D.

- **Vitamin B12** — Many people over 50 years old do not get enough vitamin B12. Fortified cereal, lean

meat and some fish and seafood are sources of vitamin B12. Ask your doctor or dietitian if you need a vitamin B12 supplement.

- **Fiber** — Eat more fiber-rich foods to help stay regular. Fiber also can help lower your risk for heart disease, control your weight and prevent type-2 diabetes. Choose whole grain breads and cereals and include more beans and peas. Fruits and vegetables also provide fiber.

- **Potassium** — Increasing your intake of potassium along with reducing sodium (salt) may lower your risk of high blood pressure. Fruits, vegetables and low-fat or fat-free milk and yogurt are good sources of potassium. Also, choose and prepare foods with little or no added salt.

**Healthy Eating Habits for Kids**  
Healthy eating and physical activity don't become habits overnight. Parents can help children improve their eating habits by making healthy changes a part of the daily routine.

Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. It also enables parents to serve as role models, introduce new foods and establish a regular meal schedule.

Active kids need planned, healthy snacks. Think of them as mini-meals that contribute nutrient-rich foods. Keep a variety of nutritious ready-to-eat fruits, vegetables, whole grains and low-fat dairy foods on hand.

## Weather courtesy of RTS Weather

**Sunday:** Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 9-14 knots.  
**Monday:** Partly sunny, 20 percent showers. **Winds:** ENE-ESE at 9-14 knots.  
**Tuesday:** Mostly sunny, 10 percent showers. **Winds:** ENE-E at 9-14 knots.  
**Wednesday:** Mostly sunny, 10 percent showers. **Winds:** ENE-E at 10-15 knots.  
**Thursday:** Mostly sunny, 10 percent showers. **Winds:** ENE-E at 10-15 knots.  
**Friday:** Partly sunny, 20 percent showers. **Winds:** ENE at 12-17 knots.  
**March 28:** Mostly sunny, 10 percent showers. **Winds:** NE-ENE at 12-17 knots.

Annual total: 4.78 inches  
 Annual deviation: -6.29 inches

Call 54700 for updated forecasts or visit [www.rts-ux.com](http://www.rts-ux.com).

### Sunrise/set Moonrise/set High Tide Low Tide

	Sunrise/set	Moonrise/set	High Tide	Low Tide
Sunday	6:52 a.m./7:00 p.m.	4:08 a.m./4:10 p.m.	2:32 a.m., 2.5' 2:25 p.m., 3.3'	8:09 a.m., 0.9' 8:525 p.m., 0.4'
Monday	6:51 a.m./7:00 p.m.	4:48 a.m./4:57 p.m.	2:54 a.m., 3.0' 2:55 p.m., 3.8'	8:43 a.m., 0.5' 9:15 p.m., 0.0'
Tuesday	6:51 a.m./7:00 p.m.	5:28 a.m./5:44 p.m.	3:18 a.m., 3.5' 3:23 p.m., 4.1'	9:13 a.m., 0.0' 9:38 p.m., -0.4'
Wednesday	6:50 a.m./7:00 p.m.	6:08 a.m./6:32 p.m.	3:43 a.m., 3.9' 3:51 p.m., 4.4'	9:43 a.m., -0.3' 10:03 p.m., -0.6'
Thursday	6:50 a.m./7:00 p.m.	6:49 a.m./7:22 p.m.	4:09 a.m., 4.3' 4:19 p.m., 4.6'	10:13 a.m., -0.6' 10:28 p.m., -0.8'
Friday	6:49 a.m./6:59 p.m.	7:33 a.m./8:15 p.m.	4:36 a.m., 4.6' 4:48 p.m., 4.6'	10:43 a.m., -0.8' 10:54 p.m., -0.9'
March 28	6:49 a.m./6:59 p.m.	8:20 a.m./9:11 p.m.	5:04 a.m., 4.8' 5:18 p.m., 4.4'	11:15 a.m., -0.8' 11:21 p.m., -0.8'