



US Army Corps
of Engineers
St. Louis District

Information Bulletin

Vol. 21

No. 8

August 1984

DISTRICT DOINGS

Carlyle Lake . . .

Weekend special events began at Carlyle Lake with the Edible Plant Banquet on Sunday, July 1st. This year's Fifth Annual Banquet was coordinated by Park Aid Kevin Meyer, and held in the Visitor Center from 11:00 a.m. to 4:00 p.m. Two hundred and ten people saw and tasted a variety of wild edible plants put on display by the Interpretive Staff.

With the cooperation of numerous St. Louis track and field clubs, Park Aid Bill Mulholland coordinated Carlyle Lake's Third Annual 10,000 Meter Run. The event took place on Saturday, July 7th, from 8:00 a.m. to 10:30 a.m., with a one mile dam run being offered afterward. The turnout for both runs was 125 people with many runners coming from as far as St. Louis to participate.



This summer's second Water Safety Carnival, led by Park Aid Dianna Harris, was held at the Dam West Beach area on Sunday, July 15th. Over 100 participants took part in a number of water safety events that were both fun and educational.

The Visitors Center was the setting for a Nature Crafts Workshop held at Carlyle Lake on Sunday, July 22. The workshop was offered to the general public, and included instructions and examples of how to make a variety of craftwork using materials found in nature. Seventy people came out to try their hand in nature crafts.

Special groups during the month of July included Park Aid Bill Mulholland's visit with a school in O'Fallon, Ill., on July 18th. His presentation of "Preserving our Natural Resources" was welcomed by the class of 20 students. Bill also provided interpretive services for a special group called the Solo's Club from nearby Scott Air Force Base. The group included 30 wives and children of Air Force personnel who were away on duty. Their day at Carlyle Lake involved a tour of the dam and visitor center, a nature hike and slide presentation about mammals.

Park Aid Kevin Meyer gave a program to Cub Scout Pack 204, from Centralia, Ill. The agenda for the 25 Cub Scouts included a tour of the dam and a nature hike, with emphasis on edible and medicinal plants.

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DISTRICT DOINGS (continued)

Lake Shelbyville . . .

Tom Bloor spoke to 30 members of the Shelbyville Rotary Club about the visitor assistance program at Lake Shelbyville.

Decatur Girl Scouts were led on a tree hike by Tonda Logue. Sixty-five Scouts learned about local trees and their importance to the environment.

Russ Hauck, Gary Miller and Larry Gutzler took 34 members of Shelbyville 4-H Club on a tour of the Dam. The 4-H'ers learned about the Corps' role in flood control, recreation & fisheries management at the lake.

"Snakes, friends or foe?" was the topic of a program given by Larry Gutzler to 46 children at the Shelbyville Public Library. All participants got a chance to handle a snake and discover the economic benefits of the snakes.

Jeff Yockey returned to the Shelbyville Library to present, "The Great Yurtle The Turtle Show" to 35 first thru sixth graders. The children learned about turtles of the area and how they live.

The mobile display van made its 3rd annual appearance at the Rural Electrification Association annual meeting. Approximately 400 people toured the dam learning about the Corps and the lake.

Larry Gutzler took 15 members of the Moultrie County Beacon on a nature walk, increasing their environmental awareness of the area.

A Sullivan recreation group was taken on a tour of the dam by Beth Connors. The 41 members learned about the operation of the Dam and the Corps' role in flood control.

Fisheries management at Lake Shelbyville was the topic of a program given by Mike Skinner at a fishing rodeo sponsored by the City of Shelbyville and the Illinois

Bass Federation. Mike talked to 54 people about the management effort of the Corps around the lake.

Rend Lake . . .

The annual 4th of July Sand Castle Building Contest at South Sandusky beach was a success in spite of overcast skies. Replicas of the Corps' Castle or a model of an endangered species of Illinois' wildlife was a design category. Fifty-one visitors participated in the event moderated by Lynette Ripley and John Williams.



Woodsy Owl made a guest appearance at the Rend Lake Visitors Center on 30 June. The visitors and Woodsy enjoyed an interesting afternoon.

The Kiwanians sponsored a day at the lake for 200 physically and mentally handicapped children. The outing at Sleepy Hollow Youth Group Camp was highlighted by pontoon boat rides and a wildlife interpretive program by Diane Davison and Pam Marquis.

Park Technician Mark Montgomery assisted in the grand opening of an Illinois

DISTRICT DOINGS (continued)

Tourist Information Center on Interstate 57 south of Marion on 27 July. Special guest appearances were made by Smokey the Bear and Abraham Lincoln. A tour of the Heron Rookery was given by Ken Pierson and Susan Jacobson.

Six rangers from the Nashville District and Lake Barkley visited Rend Lake. They received an overview of the programs and services offered. Park Technicians from Carlyle Lake were on hand to observe the visitor assistance program.

Sixty visitors participated in the Triathlon at Rend Lake on July 8. The annual event has become a real crowd pleaser.

Wappapello Lake . . .

Early in the month the Wappapello Lake staff accommodated several local organizations in planning and conducting a variety of special events to celebrate the 4th of July. During the celebration, Wappapello Lake played host to 15,000 visitors. To kick-off the event, the Wappapello Civic Center sponsored the 3rd Annual Miss Wappapello Lake Pageant on Saturday, June 30. Immediately following the pageant, a queen's ball was held at the Civic Center. On Tuesday, July 3, a spectacular fireworks display was presented for 10,000 spectators, at the Wappapello Lake 4th of July Celebration. Puxico VFW Post 7822 conducted a five Kilometer Stars and Stripes run on Wednesday July 4th.

On Friday, July 27, Jim Hill spoke to 20 members of the Boot-Heel Christian Singles Organization in Dexter, MO. Jim talked to the group about recreation opportunities and assisted them in planning a visit to the lake.

Mark Twain Lake . . .

Park Aid Jeanette Campbell presented a program on reptiles and played the game "Web of Life" with a group from Mexico, Mo.

"A Friend for All Seasons" was presented to the Palmyra Garden Club along with a brief history of the construction of the dam by Park Aid Steve Patterson. Steve also presented programs to 25 members of the Missouri Farm Bureau at Mark Twain State Park.



Park Aid Mary Ann Story presented a program to a group of farmers concerning our agricultural lease program and natural resource management at Mark Twain Lake.

Lock & Dam 26 (R)

In addition to the usual array of visitors to Lock and Dam No. 26(R), there were a number of contractor representatives who visited the site on business. The scope and magnitude of the upcoming lock contract (Stage II construction of lock and 2-1/2 gatebays) attracted representatives of construction firms from Canada, Holland, Germany and locations all over the United States.

DISTRICT DOINGS (continued)

Lock & Dam 26(R) (continued)

Ed Berghoff and Dan Brueggenjohann hosted a talk and tour for 25 members of the Rockbridge Rural Rousers.

Berghoff and Farrell Burnett gave a program for 23 Japanese grain and feed producers.

Berghoff also treated 26 Boy Scouts from Troop 353, and 25 Corps people from the Service Base with an update on the project.

CPT Pete Karnowski toured and talked with 25 Boy Scouts from Troop 769, and Larry Green showed slides of the project to 10 Alton residents.

Tony Thompson gave a tour and briefing for 20 co-op students from our Engineering Division, and Jimmy Bissell hosted a tour for 20 members of the Service Club of Alton.

CPT Karnowski and Len Ross gave a tour for 20 members of the East Side Industrial Riverman's Association.

Around the District

COL Gary D. Beech went to Fort Leonard Wood to give a St. Louis District overview to the S.A.M.E. group.

Claude Strauser gave a slide show and talk to 25 members of the U.S. Coast Guard. The program about the history of the development of the Middle Mississippi River was followed by a question and answer session. Strauser also gave a Mississippi River briefing to a husband-wife team of writers from England who were traveling the Mississippi by canoe.

The Computer Aided Drafting section was visited by Rock Island District Engineer, COL William C. Burns, Jr., who was given a demonstration of the capabilities of CAD.



Bill Sutton spoke to PRIDE, Inc. Board of Directors development group about L&D26(R). The group includes 16 communities in the Alton area.

Ken Koller spoke to the Coast Guard Auxiliary at an evening meeting about L&D26(R).



Carlyle Lake

Nine of Carlyle Lake's Ranger patrol personnel took part in a two-day exchange program with Rend Lake this past month. The purpose of the event was to exchange ideas on Ranger Patrol Techniques. The personnel who took part are: Park Ranger Roger Hayes, and Park Technicians Dave Larkin, Mike Johnson, Ken Gregory, Ben Baggett, Vince Chawgo, Dave Davis, Carl Shaver, and Ed Brickler.



Francis Walton, Assistant Coordinator of the Volunteer Program, was recently interviewed by a local newspaper regarding a feature article to be published about Carlyle Lake's Volunteer Program. The interview dealt with such areas as the growth of the program, its background and future programs to be offered in the years ahead.

Lake Shelbyville . . .

The City of Shelbyville provided fire works on the 4th of July for lake visitors and area residents. Approximately 3,000 people enjoyed the display from the Dam West Recreation Area.

The Lake Shelbyville Management office was presented with a Jay Cees Presidential Award of Honor for its efforts in and support of the 1984 Lake Shelbyville boat races.

Wappapello Lake

Wappapello Lake recently received a certificate of appreciation from the Ellis Island Centennial Commission for Sponsoring the five kilometer run that was held at the lake on June 9th. The event, which was co-sponsored by Wappapello Lake and a number of local organizations, drew 40 participants and netted \$266 which was donated to the Commission fund to restore the Statue of Liberty and Ellis Island.

Thirty-two Corps employees at Wappapello Lake took time to donate blood at the American Red Cross Blood Drive in Puxico Monday, July 16. The Corps donation was very significant in helping Red Cross

exceed a goal of 65 pints. The Puxico farmers wives sponsored the blood drive.

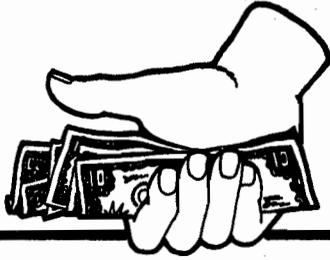
Mark Twain Lake . . .

Technician Anne Behrens and Ranger Steve Austin attended a mobile teacher's workshop sponsored by the Missouri Department of Conservation and discussed programs available at the lake.

The entire Mark Twain Lake staff has begun site preparation for dedication ceremonies on Sept. 8, 1984. We'll be looking for you there!



INCENTIVE AWARDS



PROMOTIONS:

Jo Ann Gray,, BC,
Program Development Clerk, GS-303-5

Karen Pinca, AS-W,
Word Processing Technician, GS-303-5

Elizabeth Pitrolo, OD-R,
Outdoor Rec Planner, GS-023-9

EXCEPTIONAL PERFORMANCE RATING:

Richard Reiter, RO-L

ON-THE-SPOT-AWARD:

Emmett W. Hahn, PD-F

SPECIAL ACT AWARDS:

A Special Act Award was shared by 3 employees from the Engineering Division. Their special service is to be commended for the continuing hydrologic and Hydraulic effort associated with the Meramec River flood forecast and warning system. This work involved the development of computer models to give real-time flood forecasts on an emergency basis. This forecasting effort has proven its worth during several flood emergencies along the lower Meramec during the past 18 months.

Dennis L. Stephens
Edward M Pucel
Phillip S. Eydmann

Mr. Joseph Lueke was presented with a Special Act Award for his quick thinking and taking appropriate action in protecting and saving equipment that had caught on fire at Carlyle Lake Management Office 21 Mar 84. Mr. Lueke is an Engineer Equipment Operator at the Lake.

Mr. Frederick Bader of the Engineering Division was presented with a Special Act Award for the hydrologic analysis of the Standard Project Flood for both the Lower Meramec Flood Control and the Time Beach Studies. The report should prove to be a model for use by other Corps Districts.

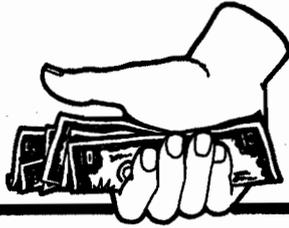
Mr. John Naeger received a Special Act Award for exceptional job performance as Civil Engineer Technician, Design Branch, Engineering Division, for his contribution to the management of the Engineering Division's Computer Aided Design and Drafting System. In addition, his long range planning efforts have laid the ground work for increased productivity for future years.

Mr. Ronny Singleton was presented with a Special Act Award for his contribution to the management of the Engineering Division's Computer Aided Design and Drafting System that enable the Design Branch to meet its scheduled workload on L&D 26(R) and several other significant projects.

Mr. Willie Stroud and Mr. James Talian were presented with a Special Act Award for special achievement's in the Water Control Management Section, Hydrologic and Hydraulics Branch, Engineering Division. The regulation of two complex-multi-purpose projects was added to the daily workload and excellent river and reservoir flood information was provided to the public on a

INCENTIVE AWARDS

(Continued)



seven-day a week basis.

A Special Act Award was granted 3 employees of the Rend Lake Management Office, Operations Division, from 15 Mar 84 to 19 May 84. Their planning and coordination of the first annual Armed Forces Day celebration at Rend Lake was accomplished in an outstanding manner. The resulting program was both a credit to the Corps and a boost to the patriotic support of our national defense among the local populace.

Dawn M. Kovarik -- Raymond Zoanetti
David Berti

Mr. Robert Bringer was presented with a Special Act Award at the request of the

Lower Mississippi Valley Division for his part in the development of a computer application to provide for the electronic submission, review, and distribution of Current Year Programs. His performance could only have been achieved by an exceptionally competent professional and is truly deserving of special recognition.

PERFORMANCE AWARDS:

72 SSPA's and QSI's have been granted during the first three quarters of FY84. Thirty-nine awards have been given to field personnel while 33 District Headquarters employees have been recognized. Twenty-seven of these awards have been granted to Wage Grade employees; 24 have been awarded to GS 1-8; and 21 have been given to GS 9-12 personnel.



FEDERAL WOMANS PROGRAM

I received a call recently from a District employee asking if spouses were allowed to attend our FWP sponsored Brown Bag Seminars held here in the District office. My answer was not only are they allowed but they are most welcome. If any of our seminars are of interest to family, friends or anyone outside the agency please feel free to invite them in.

Karon Miller Marzec
Federal Womens Program Manager

ATTITUDE SURVEY

The Personnel Office will be conducting an attitude survey this fall. Separate questionnaires will be sent to randomly selected supervisory and non-supervisory employees. The identity of the responders will not be known and we encourage these people to be candid.

The purpose of the survey is to assess the degree to which our supervisory and non-supervisory employees understand their respective obligations, rights and privileges, as well as identify possible problems and assess morale. We encourage people that receive a questionnaire to respond.

Any questions should be directed to John Brady, PO-M (Ext. 5832).

DEADLINE FOR SEPTEMBER ISSUE OF INFORMATION BULLETIN IS AUGUST 29TH.

C. A. C. COMING EVENTS

CRAFT BAZAAR

WEDNESDAY, NOVEMBER 7

Those wishing to sell items at the Craft Bazaar, keep this date in mind!

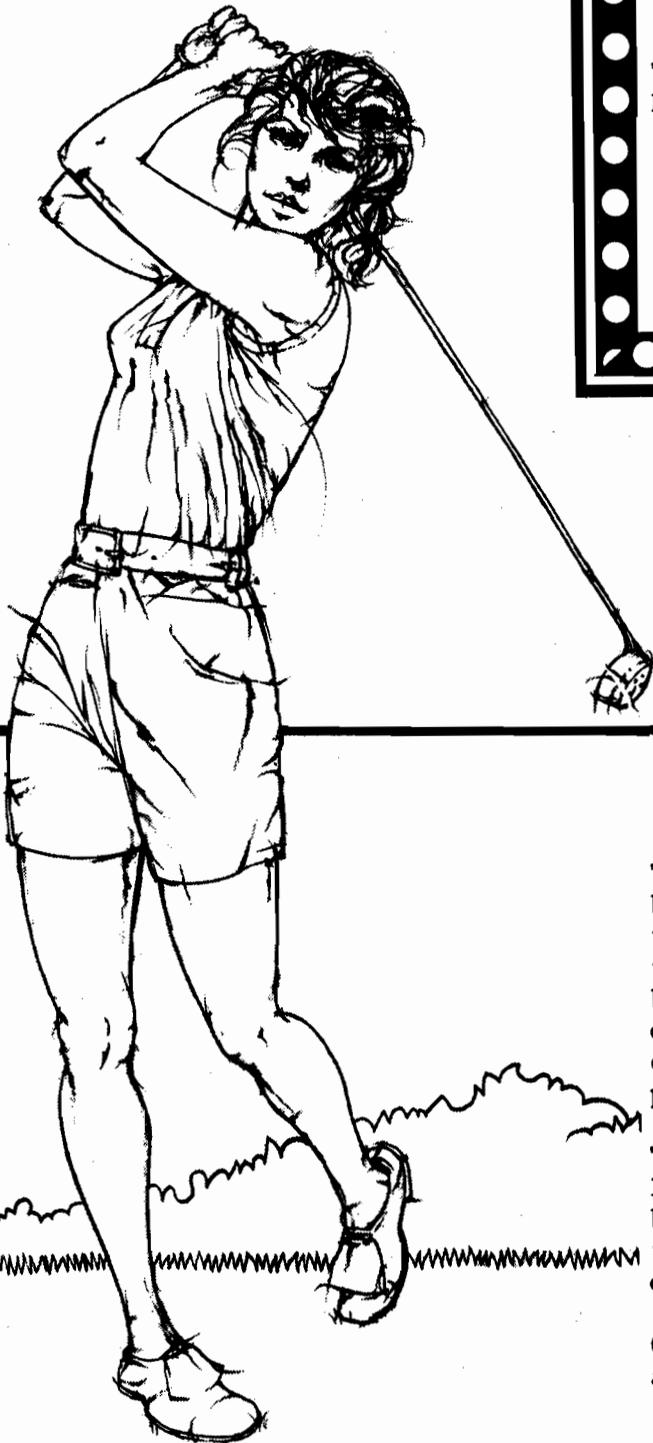
CHRISTMAS DINNER/DANCE

SATURDAY, DECEMBER 15

at

The Royal Orleans
2801 Telegraph Rd.
St. Louis, Missouri

MORE DETAILS LATER!!



Golf League - Fall Tournament

The 1984 league season is winding down, but SLED golfers should look forward to the Annual Fall Tournament. As usual, this tournament will be a team - best ball (w/handicap) competition held at our league course. Long-drive, closest-to-the-pin, and least-putts prizes will be awarded.

This all-day event will be held on Friday, 7 Sept 84. The day's golf will be followed by a buffet banquet, tournament and league awards, and plenty of golf stories.

Contact your team captain, pay your fee, and join the fun.

DID YOU KNOW

A TEST OF YOUR JOB SATISFACTION

HOW WELL DO YOU AND THE WORLD OF WORK GET ALONG?

Since most of us spend about one third of our time on the job, a productive partnership between worker and employer makes life more rewarding. However, for many people, life on the job is only a way to provide funds for what they do in their other waking hours. Psychologists say that individuals who find enrichment in their job lives are often centered and productive people in other aspects of their lives as well.

To measure your job satisfaction, see how many "yes" answers you get to the questions below.

1. Do you look forward to working for your current employer a year from now?
2. Do you willingly attend after (work) hours activities to improve your skills?
3. When away from your job, do you discuss it in a positive way, rarely finding yourself voicing negative feelings about your employment situation?
4. Is there someone in your work atmosphere whom you regard as a role model for your own professional growth?
5. Whether you personally like your immediate supervisor or not, is your relationship with that person productive as far as your work life is concerned?
6. Are you loyal to your employer? (For example, do you avoid engaging in derogatory conversation or gossip about your employer or organization?)
7. Does your job offer you some regular intellectual challenge?
8. Are your ideas sought out and well-received by your co-workers and supervisor?
9. Do you feel you receive an amount of supervision which both gives you a clear idea about what your employer expects from you, yet also leaves you alone to produce results?
10. Do you have some responsibilities that are totally yours?
11. Are you personally comfortable in conforming to the expectations and rules of your workplace?
12. Does a day at your job make you feel you are valued for your good judgment or self reliance?

DID YOU KNOW (continued)

A TEST OF YOUR JOB SATISFACTION

HOW WELL DO YOU AND THE WORLD OF WORK GET ALONG?

13. Are you allowed to work out new methods to conduct office business or to solve occasional problems on your own?
14. Does your job make you feel accomplished or talented?

SCORE

- 10 or over You obviously enjoy your workday quite a bit and you are probably an asset to your employer.
- 5-10 You can do more for yourself job-wise. Become familiar with your strengths and weaknesses and see if you can improve your present job situation or select a different job where you can get more personal enrichment.
- Under 5 You and your job are something of a mismatch. You owe it to yourself to analyze the situation and correct it.

DON'T OVER-JOG YOUR DOG

Joggers who take their dogs along for the exercise may be doing them more harm than good, some veterinarians are saying.

Dogs overheat more easily than humans, and a long run on a hot day could give the animal heatstroke. Vets also see a fair number of dogs who have suffered twisted legs from stepping into holes while jogging with their owners.

Some dogs, like humans, pull or inflame muscles simply because they're out of shape. A sedentary dog cannot be expected to go on a long run without working up to it, vets warn.

The vets advise joggers who want to take their dogs along to keep the animal on a leash and pay attention to whether or not the animal needs a drink of water.





EEO CORNERSTONE

IDENTIFYING PROTECTED PERSONS

Nationalities. - An awareness of the need to be alert to the racial or ethnic background of individuals, as indicated above, will help to resolve many of the problems. Nationalities, or the nation origin, of persons must also be taken into account, however. The statutory protection from having employment decisions based on national origin covers a number of persons who fit into the racial majority category. They could be Anglo-Saxons, Russians, Italians, or other nationality groups.

Aliens. - The non-citizen status of a person does not call for protection in private industry employment, but constitutional protections may apply to employment in government. The legal status of an alien may be a criteria for employment in some circumstances. Employers are forbidden in some states to hire illegal aliens.

Sex distinctions. - Employment decisions that use the sex of the person or persons involved as a factor can be hazardous. On the other hand, members of the female sex are considered to have been victims of past discrimination and are to be accorded an affirmative regard with respect to hiring and advancement in employment. Still, males may need to be taken into consideration when the jobs at hand are of the kind that have been traditionally occupied by women as in clerical work, service in restaurants, attendants on air lines and in other positions where women are concentrated.

Older persons. - Guessing the age of job applicants is an endeavor best to be avoided, especially when their features indicate a maturity approximating 40 years, or above. Inquiries about age may be harmless if there are assurances given that no discrimination will result. The safest inquiry, if one is to be made before hiring, would refer to the range between 18 years (generally recognized as the age of majority) and 70 years (the upper limit on protection) of age.

Religious observers. - An individual who is obligated to participate in religious observances that may interfere with work schedules has a commitment to make those obligations known to the employer. Once the employer is aware of the commitment of an employee to various religious observances, efforts to accommodate the employee are required. While persons adhering to an atheistic belief would not likely require much in the way of accommodations, they are otherwise protected from discrimination.

Should there be some question as to whether or not a religious view is sincerely held, a look at the consistency of the individual's deeds and actions may be in order.

In some instances, the dress and attire of individuals may signify a religious adherence. Direct inquiries concerning religion are discouraged.

Questions of accommodation may also arise when there is a contract with a labor union which requires union membership of each employee. Some religious groups object both to membership in and financial support of labor unions.

To be continued next month.

100TH ANNIVERSARY OF WASHINGTON MONUMENT

The 100th anniversary of the Washington Monument, started as a joint effort by private citizens and public officials, was recently celebrated with a tribute to the Army Engineers who actually finished building it.

In a July 11th celebration on the National Mall grounds, the National Society of Professional Engineers, also marking its 50th birthday, announced it would donate two new walkways as part of the National Park Service's planned monument grounds upgrading.

On hand for the tribute to the Corps of Engineers was Army Secretary John O. Marsh, Jr., who characterized the monument as a symbolic repository of facts and figures on more than 100 years of the Nation's history.

He recounted the delays in construction, the political aspects of marshaling public support of the project, and the heightened sense of national unity and harmony as reflected by the implanting

of state-selected commemorative stones.

Visiting the monument "is an experience to be shared by all generations of Americans," said Army Engineer Chief Lt. Gen. Joseph K. Bratton, who directed the audience to a special exhibit depicting the Corps' role in construction.

The exhibit, titled "Washington -- the man and the monument," traces the obelisk's evolution through historical-period graphics, rare photographs, and reproductions of original engineer drawings. It is being housed for public viewing at the Corps' headquarters in Washington.

The Monument's construction represents only one of numerous other Washington landmarks erected by the Corps of Engineers -- including the Pentagon, National Airport, the old Presidential Executive Office Building, and the major Potomac River bridges.

SEE THE WORLD

For many young people the Army may be the only opportunity they'll ever have to "see the world." Today's Army can mean assignments in Europe, Korea, Panama, Alaska, Hawaii and numerous locations throughout the continental United States.

As soldiers, naturally there will be an obligation to work, even in the most exotic location. But there's also free time and up to 30 days vacation earned each year to travel, learn and enjoy.

Travel, like the Army, is an education.

WELCOME ABOARD

Real Estate Division extends a warm welcome to Cindy Oltman, Attorney Advisor (Real Property). Cindy joined us in early July and is a valued addition to our staff.

FAREWELL & BEST WISHES TO RECENT RETIREES:

Erlan B. Greer, RE-M
Elton Heston, ED-DS
Thomas H. Coomes, Sr., RO-L
Otto K. Steffens, RO-C
Bruce Moore, ED-F
James O. Fogilphol, L&D26

SECURITY



SAFEGUARDING GOVERNMENT AND PRIVATE PROPERTY. Recently there were three thefts of ladies wallets; which occurred on the 10th, 16th, and 17th floors of the building. This is to remind all personnel that to safeguard Government and private property, it must be secured in a safe place when unattended. Thefts which occur where there are no witnesses are very difficult to solve. In some instances, even where there are witnesses, they do not want to get involved; therefore, they remain silent, not realizing they may become the next victim. The best policy is to practice the following:

A purse, containing a wallet, should never be left in an unlocked desk, unless another person has agreed to keep the desk under surveillance until you return.

Small serial numbered items of Government property, as well as valuable personal property, should be secured in a locked cabinet or desk at the COB. The last person to leave should make a security check and lock the office door.

Government property utilized in conference rooms must be removed and secured when conference is finished. If a conference is not finished by the midday lunch period, conference rooms must be locked.

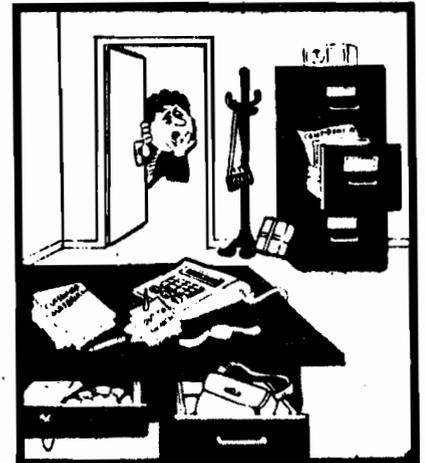
Offices should not be left unattended during the lunch period when there is property about that could be stolen.

Last, but not least, report suspicious acting persons to the guard desk, Ext. 5893. Give location and description. Do not attempt to make an apprehension. Further, if you have information regarding a theft, report it.

TELEPHONE SECURITY. This is a reminder that all telephones must be posted with DD Form 2056, which is a reminder that classified information is not to be discussed over a telephone. If your telephone does not have this label, stop by the Security Office (Rm. 935).

OVERSEAS TRAVEL. A security briefing is required for all personnel traveling overseas on Government business. Included in the briefing is Personnel Security Precautions Against Acts of Terrorism. As soon as your trip overseas is approved, report to the Security Office.

Don't Tempt a Thief..



LOCK IT or LOSE IT!

An expert is a fellow who can take something quite simple and make it complicated.

ENERGY--SMENERGY



be selfish enough to complain about your eyesight, or the fact that you are losing friends who wave at you in the hall, and you don't wave back because you are in the light and they are in the dark, and you can't tell who that shadowy figure is. Don't worry about it. Wave at anything that waves at you, you'll be a better person for it. You might even make a new friend.

You say you are getting tennis elbow and throwing your neck out of joint trying to flush an unflushable toilet? Think of the water you are saving. That faucet that only offers a thin stream with which to wash your hands is another energy saver. Don't complain.

When you get a drink from the water fountain and the water is warm and tepid, swallow it like a man/woman, and stop muttering.

Is it 82 degrees in the summer and 62 degrees in the winter in your office? Be happy. Smile. Think of the Arab oil shieks you are putting out of business with a tiny bit of inconvenience.

It is better to light one candle than to curse the darkness. Where can one get candles? We'd better order a couple of dozen. That overhead light is flickering again. But we're not complaining.

Do you sometimes wonder if you are going blind? Do you walk into the rest room and feel that you have wandered down into the black hole of Calcutta? Do you ever turn a corner and find yourself in a totally dark hall and you fear you will be mugged or break a leg on a piece of furniture or equipment (which has no business in the hall anyway)? Cheer up. You are saving energy.

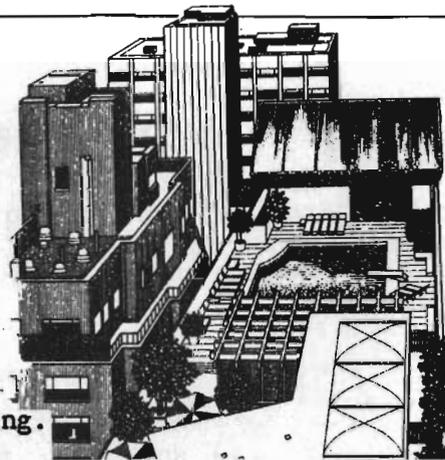
When the lights go out in the john, the hallway, your office and it takes 3 or 4 weeks to get replacement bulbs, just think of all the energy that has been saved during that time. You can't

FOR RENT: Spacious apartment in Central West End highrise. (St. Louis)

Large one-bedroom apt. has ample closet space (including walk-in closet), balcony, separate dining room, two bathrooms, all-electric kitchen with dishwasher and garbage disposal.

Building has doorman on duty 24 hours/day, laundry room, party room, residents' health club, and pool.

\$531.00 per month. Rent includes heat, air conditioning and reserved garage



parking.

Convenient to Euclid/Maryland Plaza area.

Call Chuck Lavazzi at (314) 531-1010.

DRUG COULD REDUCE HEART ATTACKS

A cholesterol-lowering drug is effective in preventing heart attacks, according to results of a federal study that was published in the Journal of the American Medical Association.

The 10-year study of 3,806 middle-aged men with high cholesterol showed that those who took cholestyramine -- a cholesterol-lowering drug already available by prescription--suffered 24 per cent fewer cardiac deaths. The same group also suffered 19 per cent fewer heart attacks than the men who tried to lower their cholesterol through dieting alone.

Cholesterol is involved in cell reproduction and is necessary for life. But too much of it causes a fatty substance to form in the arteries, increasing the chances of a heart attack.

Cholestyramine lowers cholesterol levels by changing the way food is processed in the intestines. It must be taken several times a day and can produce constipation and bloating in some users.

Researchers said the drug may also benefit women and younger men who are at high risk of heart attacks, which kill more than 500,000 people each year.

Some politicians get elected because they are well known--others are defeated for the same reason.

The frustrated father was explaining the problem of punishing his teen-ager. "When I was a youngster, my father sent me to my room without supper. But my son has his own color television, radio, stereo, phone and microwave oven."

"So, what do you do?"

"I send him to my room."

HOW TO BE A GOOD SUPERVISOR

KNOW YOUR SUBORDINATES AND WHAT IS IMPORTANT TO EACH.

LISTEN TO SUBORDINATES AND ENCOURAGE DISCUSSION.

BE CONSIDERATE.

BE CONSISTENT.

ESTABLISH OBJECTIVES AND A SENSE OF DIRECTION FOR YOUR STAFF.

WHEN POSSIBLE, GIVE ORDERS IN THE FORM OF SUGGESTIONS OR REQUESTS.

DELEGATE RESPONSIBILITY FOR DETAILS.

SHOW YOUR SUBORDINATES THAT YOU HAVE FAITH IN THEM AND YOU EXPECT THEM TO DO THEIR BEST.

KEEP SUBORDINATES INFORMED.

ASK SUBORDINATES FOR OPINIONS AND SUGGESTIONS.

WHEN A SUBORDINATE OFFERS A SUGGESTION, LET HIM KNOW WHAT ACTION IS TAKEN ON IT.

GIVE SUBORDINATES A CHANCE TO PARTICIPATE IN DECISION MAKING.

LET YOUR SUBORDINATES KNOW WHERE THEY STAND.

CRITICIZE PRIVATELY AND CONSTRUCTIVELY.

PRAISE PUBLICLY.

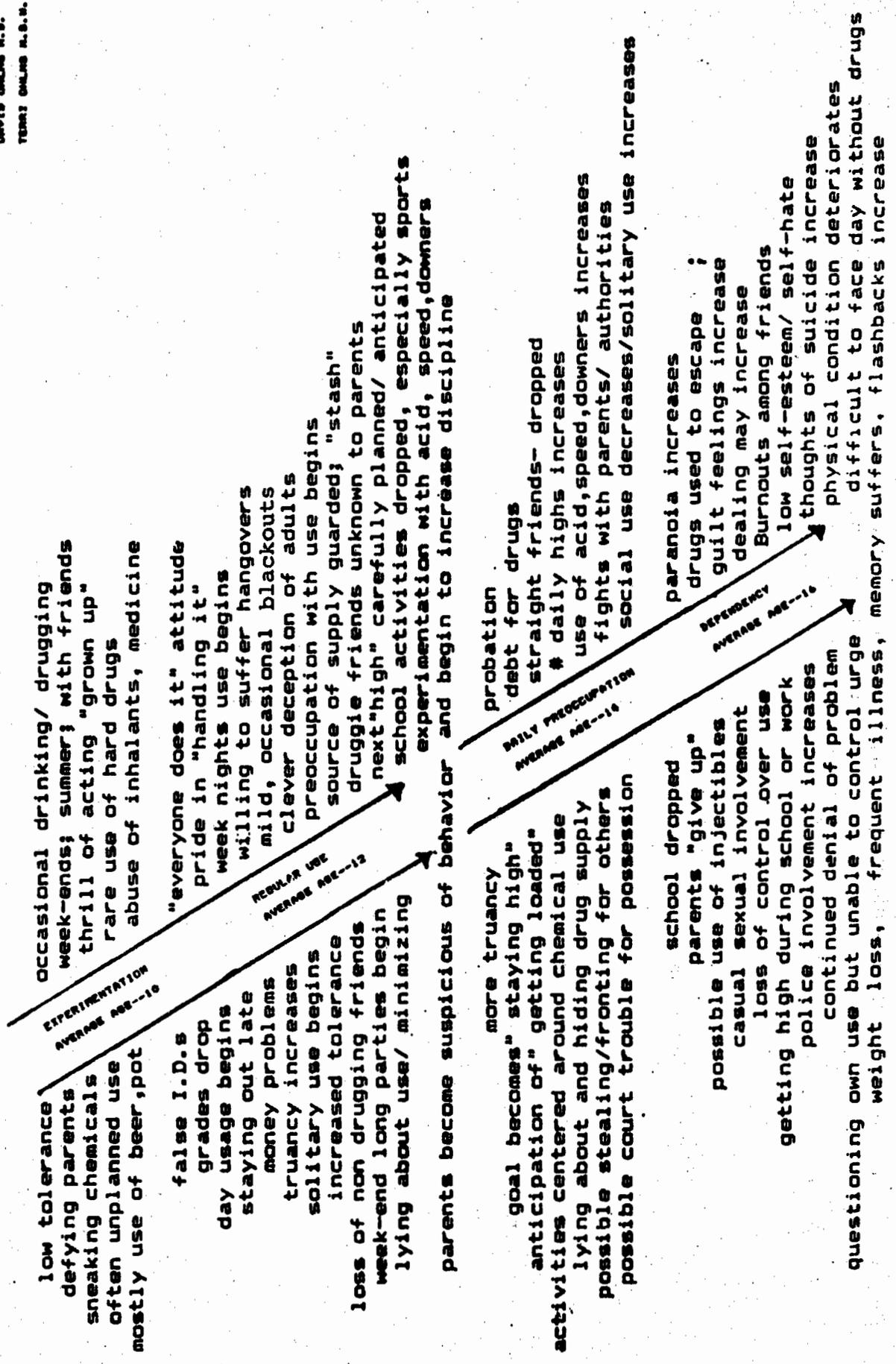
THE ATTACHED CHART ABOUT THE DISEASE
OF ALCOHOLISM IS PUBLISHED FOR
YOUR INFORMATION

777 South Main Street
Salt Lake City, Utah 84141
Telephone (801) 587-1541

JOSEPH B. STENOR, M.D. DAVID L. CHURCH, M.D.
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ADOLESCENT CHEMICAL DEPENDENCY PROGRESSION

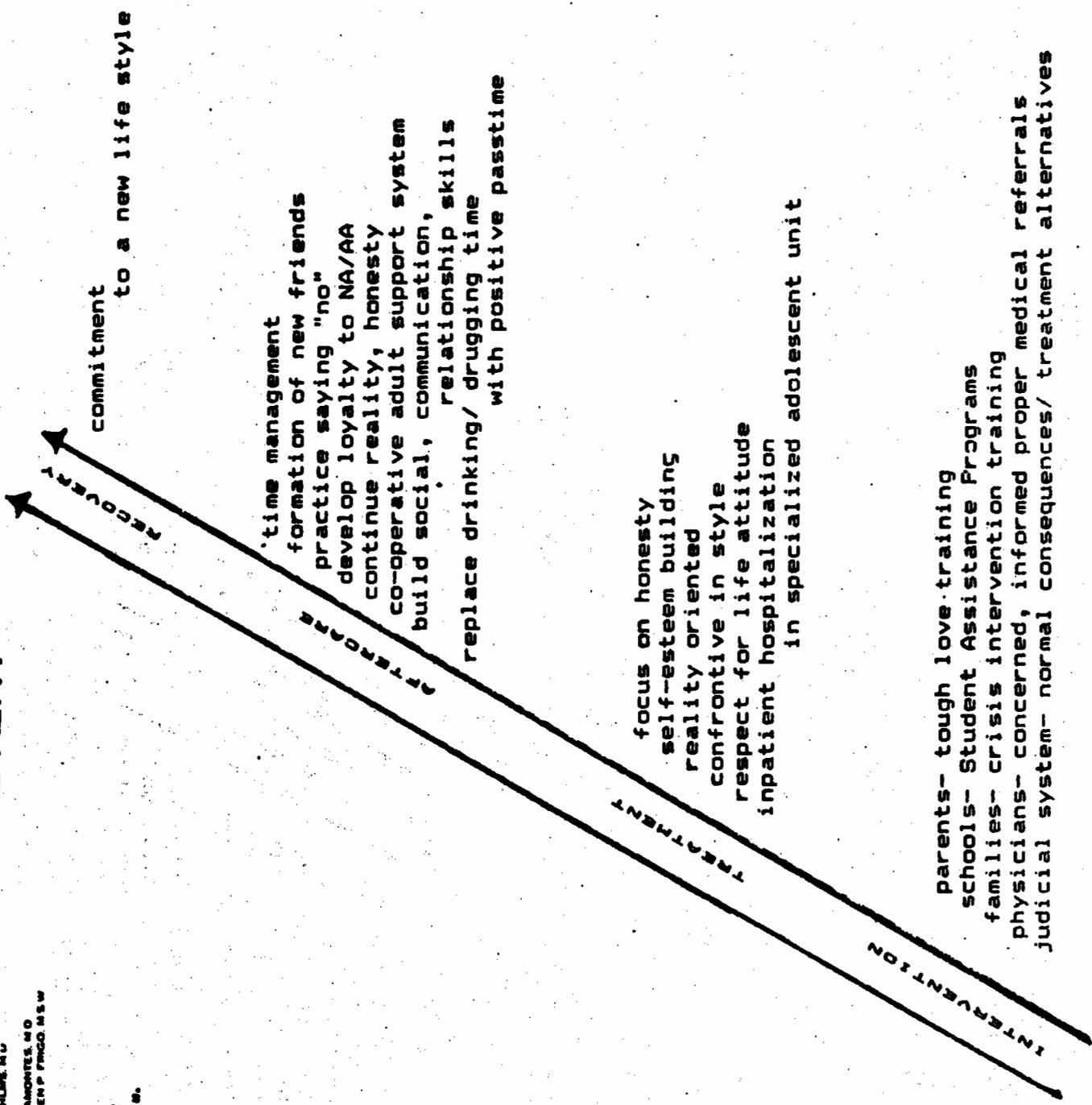


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ADOLESCENT CHEMICAL DEPENDENCY RECOVERY



ACCIDENT SUMMARY

JULY 1984

VEHICLE ACCIDENTS FOR JULY 1984: None

Total vehicle accidents for CY 1984: One

Total vehicle accidents for CY 1983: Two

* * * * *

PERSONAL INJURIES -- CONTRACTOR
EMPLOYEES -- JULY 1984: None

Total accidents for CY 1984: Five

Total accidents for CY 1983: Twelve

* * * * *

PERSONAL INJURIES -- GOVERNMENT
EMPLOYEES -- JULY 1984: One

Total accidents for CY 1984: Six

Total accidents for CY 1983: Eighteen

A Lockman was struck from behind by a
runaway electric scooter.

* * * * *

LAKE FATALITIES FOR JULY 1984: Four

Total lake fatalities for CY 1984: Six

Carlyle Lake -- 1
Lake Shelbyville -- 3
Lake Wappapello -- 1
Rend Lake -- 1

Total lake fatalities for CY 1983: Three

Carlyle Lake -- 2
Wappapello Lake -- 1

* * * * *