



US Army Corps
of Engineers
St. Louis District

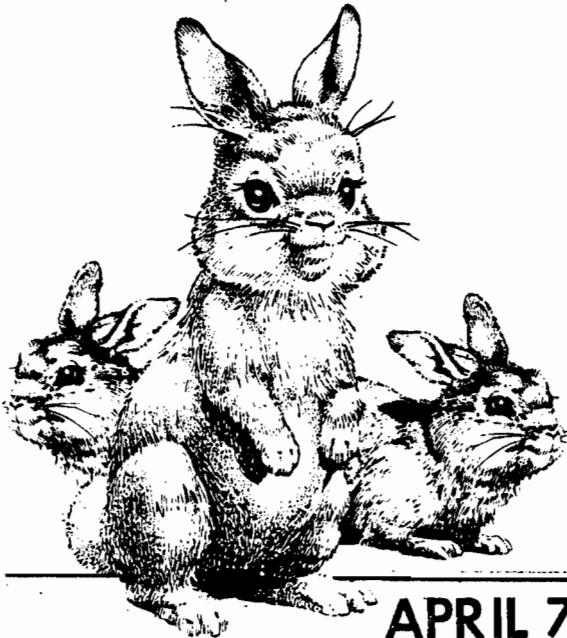
Information Bulletin

Vol. 22

No. 4

April 1985

Happy Easter



APRIL 7th

DISTRICT DOINGS

Rend Lake

Over 560 school children celebrated National Wildlife Week at the Rend Lake Visitor Center during the week of March 11-15. Park Technicians Joe Smothers and Gary Sims presented programs on the life of the wood duck, which included food chain games, wood duck box construction and mounted "Woodies."

Park Ranger Dave Berti spoke to organizers of the Rend Lake Triathlon in Mt. Vernon.

National Guard units from the 130th infantry utilized the closed North Marcum campground for military exercises on March 23 and 24.

Boy Scouts from Troops 40 and 43 utilized Sleepy Hollow Youth Area for two weekends in March for their adventure campout.

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OF AR 360-81**

Wappapello Lake

Park Technicians John Mabery and Maureen Murrin attended the Southeast Missouri Job Fair where a number of students were recruited for summer stay-in-school positions.

Volunteers helped Corps personnel place Christmas trees at various fish shelter locations throughout the lake. Two of the three new shelters were developed for handicapped access.

Richard Hite, Asst. Park Manager, spoke to the Ozark Chapter of the Mo. Society of American Foresters at Poplar Bluff. Richard, who is the 1985 president of the chapter, presented an update on activities at the lake and a review of the 1985 timber sales.

Park Ranger Dan Erickson talked to Cub Scouts from Fisk about "Listening to the Forest." Dan also discussed special projects available at the lake that the scouts can do to earn conservation awards--such as constructing and placing bluebird boxes.

Members of a civil engineering class from Three Rivers Community College were given a behind-the-scenes tour of the dam and gatehouse by Park Technician John Mabery. The students were able to get a first-hand look at dewatering operations which were taking place during the time of their visit.

Lake Shelbyville

Maria Shafer presented 4 wildlife programs in March to a total of 171 area homemakers from the Shelby County Extension Service.

"Snakes: Friend or Foe?" was the topic of two programs given by Marie Shafer at Cowden and Herrick grade schools

DISTRICT DOINGS (Continued)

to a total of 46 third graders.

Leanne Cruitt and Dru Butterfield taught a CPR class to 9 Corps and marina concession employees.

Rachel Garren presented an Environmental Games program to 47 kindergarten students from the Cowden and Herrick schools.

Jerry Parker presented "The Breath of Life" to 26 members of the Mattoon Exchange Club. They were shown steps to be taken to aid choking victims.

"Edible Wild Plants" was the subject of a program given by Rachel Garren and Carol Smith to 30 members of the Shelbyville Garden Club.

Leanne Cruitt, Linda Werner and Maria Shafer each won ribbons for their entries in the 20th annual Shelby County Arts & Crafts Show. Leanne was entered in the photography division while Linda and Maria each had entries in the stitchery division.

Mark Twain Lake

The Mark Twain interpretive staff hosted the 1985 Association of Missouri Interpreters meeting in Hannibal, MO. Speaker topics ranged from "Contracting Interpretive Services" to "Folklife Programming in the Park/Museum Setting" and included many tours of area historic sites. Al Lookofsky presented a workshop on Cultural Resources.

Park Aids Jeanette Campbell and Craig Ragland presented the musical slide program "America" to over 400 Girl Scouts and leaders of the Becky Thatcher's Girl Scout Council during their birthday celebration. Craig also presented "America" to 100 grade schoolers at Eugene Field in Hannibal.

Park Technician Anne Behrens spoke on the settlement history of the Salt River Area to the Quincy, IL. Geneological Society.

Fifteen Weeblos from Florissant, MO.,

toured the Cannon Hydro plant with superintendent Dale Russell, then met Technician Chuck Crocker for a tour through the Visitor Center.

Park Aid Jeanette Campbell took 20 4-H members from Paris, MO., on a nature hike, then presented a film on snakes.

Technician John Cannon spoke to the Perry Study Club on resource management at Mark Twain Lake.

L&D 26 Replacement

Jimmy Bissell went to Stephan Memorial United Methodist Church to talk about the project.

Later in the month Bissell gave a briefing and tour for the Rock Island and St. Paul District Engineers.

Len Ross hosted a visit for a group from Lakeland College who came in for a briefing and a look at the site.

Around the District

Colonel Gary Beech kept up his busy pace traveling and talking about SLD projects.

He went to Fort Leavenworth to a Missouri River Regional SAME meeting, and to Washington, D.C. for a Board of Engineers for Rivers and Harbors meeting.

He took part in the annual Navigation Conference in St. Louis, where the Corps, Coast Guard and industry held information exchanges. He also spoke to the Coast Guard Auxiliary about L&D26(R); and went to Des Moines, IA, to talk about the project to a Student Chapter of SAME.

Jack Niemi spoke at SIU-E School of Engineering, Honors and Awards banquet talking about L&D26(R).

Gary Dyhouse addressed the Stormwater '85 conference, sponsored by the Missouri Department of Natural Resources, Jefferson City. His subject was "The Effects of Man on Flood Stages of the Missouri and Mississippi Rivers."

DISTRICT DOINGS (Continued)

Clyde Wilkes talked to a Men's Fellowship group of the Hamel Church of Christ. He presented a District overview and talked about L&D26(R).

Joe Bisher (SADBUS) attended the Smart Business for '85 (Strategies for Women Business Owners) Conference at the Clarion Hotel. He talked about procurement procedures used in dealing with the Corps.

Ken Koller spoke at the annual meeting of the Lincoln Farm Management Association about L&D26(R).

HERE'S THE LATEST!

POLICY REGARDING GRATUITIES

The Secretary of the Army recently sent a letter on the subject of gratuities to the Army's major contractors. The Army's General Counsel recommended that the contents of the letter be disseminated to all Army personnel. The full text of the Secretary's letter follows:

"As you are aware, dealings between the Army and defense contractors, such as your organization, must be conducted under the highest standards of conduct in order to preserve public confidence in the integrity of the Government procurement process. One area of special concern involves gratuities. The purpose of this letter is to remind you of the Army's policy in that area. The Army's military and civilian personnel generally are prohibited from accepting any gratuity from a defense contractor, whether the gratuity takes the form of a gift, a drink, entertainment, or transportation. Statutes, executive orders, and departmental directives are the basis for this policy, and there are only limited exceptions.

"The tender or receipt of unauthorized gratuities, however innocent, reflects negatively on the recipient, the Army and the individual contractor. It often results in adverse publicity

and threatens to undermine the public trust in our Government and its defense efforts. I intend to ensure strict enforcement of our policy regarding gratuities. I urge you, in turn, to review the controls in your organization to prevent the offering of unauthorized gratuities to Army personnel. With your full cooperation, we can avoid any action which might cause even the appearance of an impropriety.

"I'm sure you understand the spirit in which this letter is written. Our mutual efforts will ensure that the high standards of conduct under which the public servants must operate continue to be met, thereby enhancing public confidence in our efforts to provide for a stronger, cost-efficient defense."



CORPS PROJECTS HAVE DONE THEIR JOB

During FY 1984, U.S. Army Corps of Engineers' flood control projects prevented an estimated \$16.8 billion in flood damages throughout the nation.

According to the Chief of Engineers' Annual Flood Damage report, this makes the third highest year on record for flood losses prevented, exceeded only by flood damage prevention of \$23.2 billion in FY 1983 and \$19.4 in FY 1979.

Since record-keeping of damages began in 1933, the Corps' estimated accumulated annual flood damages prevented by flood control projects totals \$146 billion through FY 84. This figure is almost three times the cost of all civil works projects built by the Corps since 1824. In the last 10 years, damages prevented have averaged \$10 billion annually.

In the Lower Mississippi Valley Division, flood damages prevented in the lower river, below Cape Girardeau, amounted to almost \$10.3 billion.

LAST FRONTIER SEEKING HELP

The Alaska District is looking for some two dozen men and women to help conduct the Defense Environmental Restoration Program (DERP), now underway on the Last Frontier.

DERP began in 1984 as a Corps project to clean up abandoned materials and debris left behind after military activity throughout Alaska during and after World War II.

The program, with an expected annual budget of \$20-50 million annually for Alaska over the next several years, requires engineers at the GS-11-13 levels, and support staff in several other job types, including resources evaluation and realty specialists in the GS-7 to GS-12 range.

Many of the jobs will involve travel to remote sites of Alaska for field work, and a few jobs will be temporary for the summer only. Many of the positions are full time, and are now being advertised. The permanent staff will be augmented by temporary hires lasting from a few months to several years.

The cost of living allowance (COLA) payable for Alaska is now 25% of base salary. Interested persons should contact Liz Sackett, at 907-753-2839, of the Alaska District Personnel Office, as soon as possible.

NATIONAL ORGAN AND TISSUE DONATION AWARENESS WEEK

During National Organ and Tissue Donation Awareness Week, April 21-27, the St. Louis Regional Transplant Association (R.T.A.) urges you to consider becoming an organ donor.

Each year many Americans get a chance to enjoy longer, healthier lives because of organ transplants. Improvements in organ preservation methods, surgical techniques and anti-rejection drugs have dramatically increased the chance for successful transplants.

Unfortunately, there are many more people who could benefit from the trans-

plant of a kidney, liver, heart or pancreas than there are available organs. In the St. Louis area alone, more than 800 people are on dialysis, many of whom could benefit from a kidney transplant. Other vital organs such as hearts, livers and pancreata also are urgently needed in this area. The life expectancy for patients requiring a liver or heart transplant is measured in weeks or a few months.

The number of persons waiting for transplantation of tissues such as corneas, bone and skin--all of which can greatly enhance the quality of life for those in need--also greatly exceeds the available supply.

The R.T.A., the coordinating agency for vital organ donation in the Eastern Missouri region, including the Metropolitan St. Louis area, has been working toward reducing this critical shortage for more than a decade. To this end, it asks that each person consider the gift of life and discuss this subject with family members.

Anyone 18 years of age or older may make the decision to become an organ donor, and minors may become donors with the consent of parents or guardians. You can indicate your desire to be a donor by signing a Uniform Donor Card, such as the one found on the back of your driver's license. But, most importantly, you should discuss your decision to be a donor with your family to ensure your wishes are carried out.

If you would like to receive more information on this subject, send a self-addressed, stamped envelope to the R.T.A., 222 S. Central Avenue, Suite 803, St. Louis, MO 63105.

FAREWELL AND BEST WISHES

To Elmer Berhorst who retired from Finance and Accounting Branch of the District Comptroller's office with almost 40 years of service.

To J. David Lytle, Chief, Instrumentation & Evaluation Section, Foundation & Materials Branch of the Engineering Division. Dave retired with approximately 34 years of federal service.



A DISTRICT HERO

On the evening of March 18, as Wayne Miller of Project Management Branch, Engineering Division, was leaving the District Office, he reacted quickly to prevent an accident that might have seriously injured a little boy.

It seemed that the youngster was trying to catch up with his adult companions and started to run across Pine Street, against the traffic signal. While other pedestrians merely called for the toddler to stop, Wayne ran and caught the child just as he was about to enter the stream of traffic.

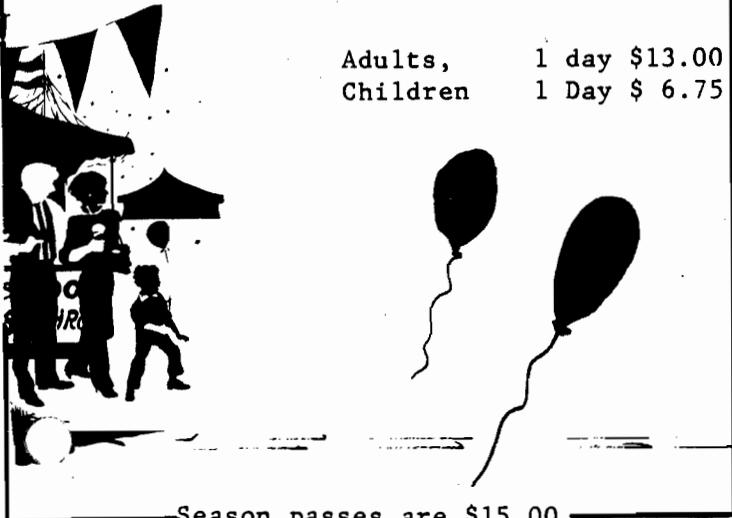
Wayne suffered a skinned knee and torn trousers from the incident, but he surely gained the admiration of everyone who witnessed his heroic action.

Way to go, Wayne!

SILVER DOLLAR CITY TICKETS AVAILABLE

Silver Dollar City tickets are available from Cynthia (Tiny) Bartling, Room 964, telephone 263-5845.

Adults,	1 day	\$13.00
Children	1 Day	\$ 6.75



FOR SALE:

1976 Kawasaki KE 100. Excellent condition, 29XX miles. Asking \$350.00. Call 263-5056 or 638-6597.

GOBBLEDYGOOK

Predawn vertical insertion.
(A White House coinage for the invasion of Grenada by parachutists.)

Wood interdental stimulator.
(Pentagonese for toothpick.)

Experienced cars.
(Latest automotive euphemism to displace previously owned or used cars.)

Normally occurring abnormal occurrence.
(The nuclear industry's description of something that goes wrong all the time.)

A therapeutic misadventure.
(Medical jargon for an operation that kills the patient.)

Rutger's Quarterly Review of Double-speak.



EEO Trophy Program ER 672-1-6

Each year a division/office within the District is awarded the EEO Trophy. This analysis is based on the minority and women statistical data and compared to the statistical data of the previous fiscal year. The objective of the program is to:

1. Intensify motivation among managers/supervisors to aggressively utilize minorities and women whose names appear on best qualified selection and promotion referral rosters, and to publicly recognize significant organization accomplishments in this area.

2. Promote competition within and throughout FOA for maximum Corps-wide participation.

EEO CORNERSTONE (Continued)

3. Serve as a vehicle for eliminating minority and women underrepresentation in all occupations and at all grade levels.

This year's recipient is the Consolidated Personnel Office. The award will be presented at the SLD Annual Award Day Ceremony in June 1985. The trophy will be held by the recipient for one year and surrendered or received again during the following year's ceremony. A plaque is also awarded which is retained by the winning division/office.

The same award is presented to one of the four Districts by LMVD. The winning District has not been announced.

Congratulations, also, to George Anderson, Chief, Consolidated Personnel Office, who was selected for the SLD EEO Award given to a supervisor/manager that has made outstanding accomplishments in EEO. Mr. Anderson will be competing for the LMVD EEO Award.

CASE STUDY Incriminating Answers

The black woman's attorney cross-examined the supervisor who had conducted the interview. The attorney was interested in why the supervisor had hired other black applicants after rejecting his client. In particular, he wanted to know how she felt about the black woman who was hired for the job his client had sought. "And how does she relate to the other people in the department?" asked the attorney. "Well, she's more white than she is black," the supervisor answered. "Does that answer your question?"

Later the judge questioned her further about the black woman she had hired. "I feel like she's just a white person," responded the supervisor, "I'm saying as far as I'm concerned she's white."

Although the district court had misgivings about the supervisor's testimony,



GOLFERS
Spring
Tournament

The SLED golf league will begin the new season with the Spring Tournament to be held April 19th at Tamarack golf course in O'Fallon, Illinois. This year's event will be a two-man scramble with tee-offs starting at 9:00 a.m. All employees and retirees are welcome to compete for cash and merchandise prizes which will be awarded to winners in each of their flights.

You do not have to be a golf league member in order to participate in this event.

The entry fee of \$4.00 will be accepted by any of the golf league officers (see below) thru April 16th. Green fees will be payable to the golf course.

League Play

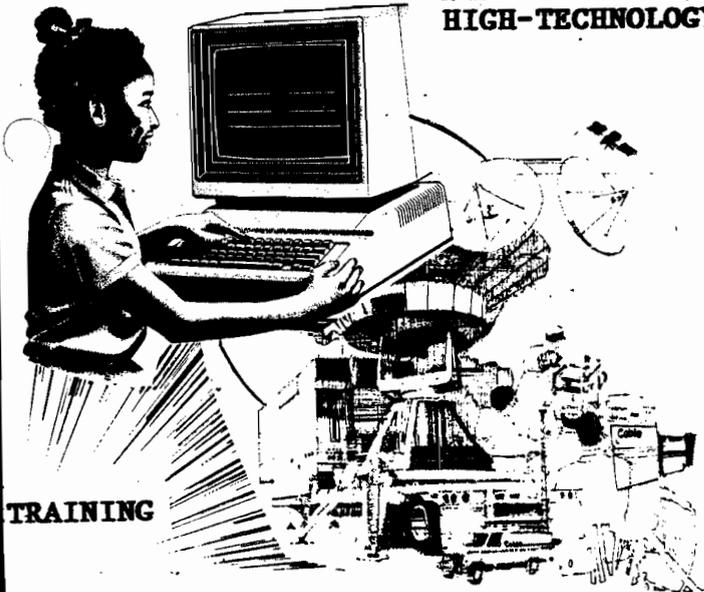
On April 30th, Tuesday night league play will begin at Clinton Hills golf course and continue weekly thru August. New players are encouraged to contact one of the following:

Ed Ewing	3-5600
Lee Lenzner	3-5536
Steve Dierker	3-5653

it accepted the clinic's explanation for not hiring the woman. The court ruled in favor of the clinic.

When the woman appealed the case, the Fifth Circuit US Court of Appeals agreed with the district court's finding that the interviewer "associates in her own mind certain personality characteristics as being more prevalent in the white than in the black race." But the appeals court disagreed with the district court's conclusion that despite this apparent bias, the supervisor's decision to reject this applicant wasn't racially motivated. The interviewer's tendency to "assume that blacks are less likely to have appropriate personality traits than whites inevitably distorts the evaluation," the appeals court found. It reversed the district court's decision, ruling that the woman had, indeed, been discriminated against because of her race.

HIGH-TECHNOLOGY



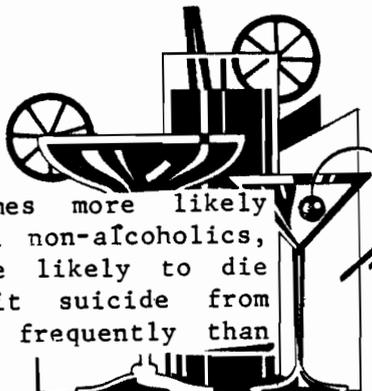
TRAINING

The Army demands qualified specialists to run its computers, fly its aircraft and operate all its high-technology equipment. Where do these specialists get their high-tech training? In the Army, of course.

Soldiers who qualify for skill training in satellite communications, electronics repair, data processing, aircraft maintenance and other technical skills get expert training, using the latest techniques. Students can learn the skills that are needed in both Army and in civilian careers. In the Army, they'll not only get excellent training, they'll get pay and benefits while they learn. Many can complete apprenticeships certified by the Department of Labor. Not many civilian employers offer all that.

This could be the best way for students to develop their potential and start a high-tech future, right after high school.

ALCOHOL AND HEALTH



Alcoholics are 10 times more likely to die from fires than non-alcoholics, five to 13 times more likely to die from falls, and commit suicide from six to 15 times more frequently than the general population.

Drivers with blood alcohol concentrations (BACs) above 0.10 percent are estimated to be three to 15 times more likely to have a fatal accident than non-drinking drivers, while pedestrians with the same BACs are twice as likely to be hit by a motor vehicle.

A study of workers who died in job-related accidents found that 11 percent had BACs above 0.08 percent.

Although the role of alcohol in family violence is difficult to gauge precisely, drinking is estimated to be involved in 45 to 68 percent of spouse abuse and as high as 38 percent in child abuse.

Chronic brain injury caused by alcohol is second only to Alzheimer's disease as a known cause of mental deterioration in adults. But, unlike Alzheimer's disease, alcoholic mental deterioration is not invariably progressive, and substantial recovery can occur with abstinence.

Cancers of the mouth, tongue, pharynx and esophagus are more common in alcoholics than in non-alcoholics.

Alcohol, when used heavily, may have detrimental effects on the heart. Damage to the heart muscle, cardiac myopathy, often occurs after 10 or more years of heavy drinking.

Current estimates are that Fetal Alcohol Syndrome (FAS) affects between one and three births per 1,000, but a recent calculation suggests that five percent of total birth defects may be alcohol-related.

One of the most promising treatment developments is the emergence of biochemical markers to assist in identifying alcoholics. Each of these tests has limitations, but several studies have found that a profile of multiple blood tests can accurately differentiate alcoholics from non-alcoholics.

New evidence concerning genetic susceptibility to alcoholism is "one of the exciting developments in recent research." The "certainty that heredity plays a significant role in the development of harmful drinking behaviors

and in affecting individual sensitivity to alcohol's injurious effects offers the possibility of better defining biological subtypes of alcohol abusers."

A number of studies testing the feasibility of treating alcoholics through medical insurance plans have all found that alcoholics and their families are initially more expensive to treat, as they require more care than those without alcohol problems. However, following treatment for alcoholism, demand for services drops, and the treatment is "unquestionably cost-effective in reducing total medical expenses." The median reduction in sick days and accident benefits was 40 percent in one review of 12 programs.



If you ever blame the weather when you don't feel well, you may be right. Doctors are finding links between certain weather conditions and many physical ailments.

A study in West Germany showed that medical complaints increase the day before a storm. Researchers at the University of Pennsylvania used a special room to simulate weather conditions and found that rising humidity and a drop in air pressure--thunderstorm conditions--produce pain in those who have arthritis.

Other studies have shown that the passage of warm weather increases general ailments, while the passage of cold fronts increases migraine headaches, coronary ailments and circulatory flare-ups.

Research also shows that women are more weather-sensitive than men and the young and old are affected most.

Good breeding is the quality that enables a person to wait in well-mannered silence while the loudmouth gets the service.

With more working mothers and single-parent households, more children are coming home after school to an empty house. This concerns many parents.

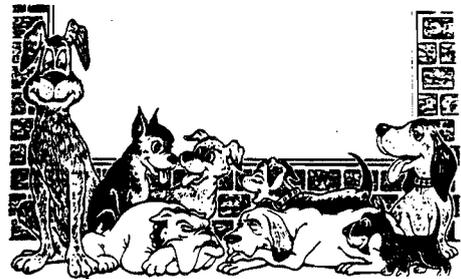
The American Red Cross offers a variety of classes that teach children how to act in emergency situations and how to care for themselves and others. The Red Cross Babysitting class, the only nationally certified program for babysitting, teaches children how to provide basic childcare, prevent accidents at home, and give simple first aid. Basic Aid Training teaches elementary school children about first aid, safety, and emergency assistance.

The American Red Cross also offers classes that teach children how to discipline their time and plan for the future. "I Do Declare I am Aware" is a class that helps elementary school children develop a better understanding of themselves so they can direct this understanding toward more constructive relationships, effective leadership, and service in the school, home and community.

For information on these and other programs for children, contact your local Red Cross chapter.

Quality of

Worklife



Q. Is it true that owning a pet can be a boon to your health?

A. It certainly seems that way, "A number of studies suggest that people who own pets are generally in better health than those who do not," says Tom Ferguson, M.D., editor of Medical SelfCare. What's more, these positive effects seem to hold for virtually any type of pet, Dr. Ferguson says in the Winter, 1984, issue. Dogs, cats, fish, mice, gerbils, rabbits,

QUALITY OF WORKLIFE (Continued)

parakeets, chickens and even iguanas have shown themselves to be powerful protectors of health. In one study by researchers at the University of Pennsylvania, people suffering from heart disease had a significantly greater chance of surviving if they were pet owners. The researchers calculated, in fact, that pet ownership might be able to reduce mortality in all of us by as much as three percent a year--a reduction commensurate with such other health-boosting behaviors as eating a nutritious diet, exercising regularly, managing stress and not smoking.

Why these astounding health benefits from owning a mere pet?

Dr. Ferguson thinks it's the "intimate bond" that pet ownership creates, a bond that--like the bond of a close human relationship--can "protect us from the effects of a variety of life stresses. The dog who greets us at homecoming or a cat who chases a bit of string or hides in an empty paper bag provides us with an invitation to laugh, relax and enjoy ourselves."

The care that pets require can be good for us, too, Dr. Ferguson maintains. "Feeding the cat, bathing the dog, tending the fish tank, taking the parakeet on your finger--these little acts of caring...can at times serve as a literal lifeline."

Perhaps the most therapeutic aspect of pets, however, is their unconditional devotedness, Dr. Ferguson says. The affection they show us "does not depend on our reaching a sales quota, meeting a deadline or keeping the house spotless. They do not worship youth or beauty, and they care nothing for financial or social success. Pets help us relax because they love us for who we are. Just our presence is enough."

Don't worry about your hair falling out. Think how bad it would be if it ached and you had to have it pulled.

Keep Fit at Your Desk

A limited number of pamphlets that describe exercises that can be performed at your desk are available from PO-M. If you are interested, fill in the information listed below and return to John Brady, PO-M.

TO: LMSPO-M (John Brady)

Please send me the pamphlet on exercising at your desk.

Name and Organization

VEHICLE ACCIDENTS FOR MAR 85: One

Total Vehicle accidents, FY 85: Two

Total Vehicle accidents, FY 84: Two

A Government driver failed to check rear of vehicle for clearance and struck a lowboy trailer while backing.

PERSONAL INJURIES - CONTRACTOR
EMPLOYEES - March 1985: Two

Total accidents for FY 85: Six

Total accidents for FY 84: Nine

A contract employee was pulling sheet piling when loose soil gave way causing an injury to his left foot.

A contract employee was lifting a form when he slipped due to snowy conditions causing the form to strike his right shoulder.

PERSONAL INJURIES - GOVERNMENT
EMPLOYEES - March 1985: None

Total accidents for FY 85: Two

Total accidents for FY 84: Fourteen

LAKE FATALITIES FOR MAR 85: None

Total lake fatalities for FY 85: None

Total lake fatalities for FY 84: Eight

Carlisle Lake - 3
Lake Shelbyville - 3
Rend Lake - 1
Wappapello Lake - 1

