



US Army Corps
of Engineers
St. Louis District

Information Bulletin

Vol. 22

No. 8

August 1985

WELCOME

A warm welcome to Colonel Daniel M. Wilson, Commander, District Engineer, August 8, 1985.

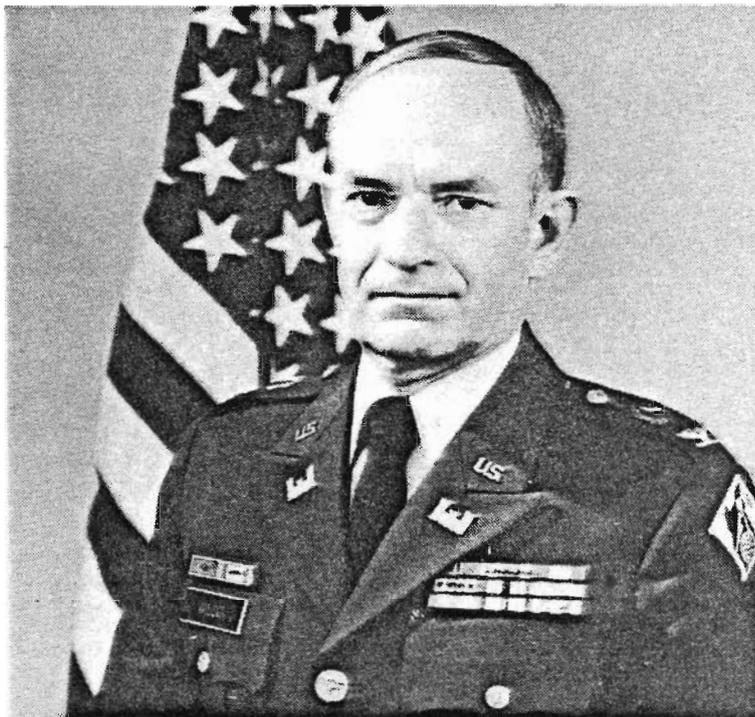
Colonel Wilson comes to St. Louis from Washington, D.C., where he was Assistant Director of Civil Works, Pacific Area in the Directorate of Civil Works, Office of the Chief of Engineers.

He earned a Bachelor's degree in Mathematics from Idaho State University in Pocatello in 1967 and a Master's Degree in Engineering Management from the University of Missouri at Rolla in 1975. He is also a graduate of the Army Command and General Staff College, the Armed Forces Staff College and the U.S. Army War College.

Colonel Wilson has held numerous responsible command and staff assignments both in the United States and overseas.

His major command assignments include serving as Company Commander, 116th Engineer Battalion (Combat), Idaho Army National Guard, Idaho Falls (1962-65) and Commander, 299th Engineer Battalion (Combat), Fort Sill, Oklahoma (1979-81).

His major staff assignments include serving as Executive Officer, 18th Engineer Brigade, Dong Bathin, Vietnam (1969); Executive Officer, 10th Engineer Battalion, 3rd Infantry Division (Mechanized), Kitzingen, Germany (1969-71); Chief, Troop Operations Division, U.S. Army Engineer Command, Frankfurt, Germany (1971); Facilities Engineer and Executive Officer, U.S. Army SAFEGUARD System Site Aviation Command, Nekoma, North Dakota (1972-74); Area and Deputy District Engineer, Middle East Division,



U.S. Army Corps of Engineers, Al Batin, Saudi Arabia and Columbia, Maryland (1976-79); Special Assistant to Deputy Installation Commander, U.S. Army Field Artillery Center, Fort Sill, Oklahoma (1981); and Team Chief/Staff Leader, Combined Arms and Services Staff School, U.S. Army Command General and Staff College, Fort Leavenworth, Kansas (1981-83).

Among his military awards are the Bronze Star Medal, Meritorious Service Medal (five awards), Meritorious Unit Citation (two awards), Humanitarian Service Medal and Armed Forces Reserve Medal.

Colonel Wilson is a native of Idaho Falls, Idaho, and is married to the former Elizabeth L. Fiehler. The Wilsons have three sons, Gregory, 17, Eric, 15, and Christopher, 5.

**PUBLISHED UNDER PROVISIONS
OF AR 360-81**

FAREWELL AND BEST WISHES

To Colonel Gary D. Beech, our departing Commander.

Colonel Beech has retired from military service and has accepted a position in Milwaukee, Wisconsin, with the C.H.2M Hill Company.

We wish him all the very best.

LEADERSHIP INTERVIEW

As covered in last month's Bulletin, the Army Theme for 1985 is "Leadership". In keeping with this theme, the following interview was conducted with out-going District Engineer, Colonel Gary D. Beech.

Q: What do you believe are the most important qualities of a good leader?

A: A good leader has to have the ability to focus on what the problem is or what the work issue is and then to be able to organize the effort of both himself and the people working for him so that an intelligent and efficient manner of work can be performed. He has to be able to search out the ways to maximize the output of his people and there are probably as many varied ways of doing that as there are individuals.

Q: How would you describe your leadership style?

A: Probably I'm more of a cheerleader and more of a coach, I hope. I've found out that if you expect and indicate that you expect people to do well, very seldom are you disappointed. But if you act like you expect poor results from people, you almost invite them. So I have tried to be one who provides a great deal of praise for things that are done and attempt to coach improvements from people. I have attempted to use a more authoritative style of leadership only as a last resort.

Q: Who do you personally feel comes closest to an ideal leader, either in our present time or in history, and what qualities of this person do you believe exemplifies leadership?

A: Probably people would say that Omar Bradley was one of the best leaders of people that the Army has ever had. Although certainly the results of his leadership are no different from that of Douglas MacArthur's, who was an absolutely brilliant strategist and had a very autocratic manner in dealing with his subordinates, and was not necessarily personally revered by them. But, by the same token, the results of his efforts are excellent.

In the civilian work force, I guess I admired both Truman and Eisenhower and both for different reasons. Truman was a very independent, tough-minded, single-focused fellow who certainly realized there are limitations in both his and everyone's personal attributes, but was able to focus on single issues. His problem was to galvanize support for those issues. Eisenhower, on the other hand, I think history has used well, in the fact that he used a lower keyed leadership approach, which was more team and management style, like I think we in the Corps of Engineers do--setting up an organization and helping it work effectively and efficiently to achieve the ends. He was very, very good at that. I'm not sure that it's easy to search out individuals like that. Certainly here in the District we find people who are excellent leaders.

Q: What can we do to enhance our leaders here in the district in leadership qualities?

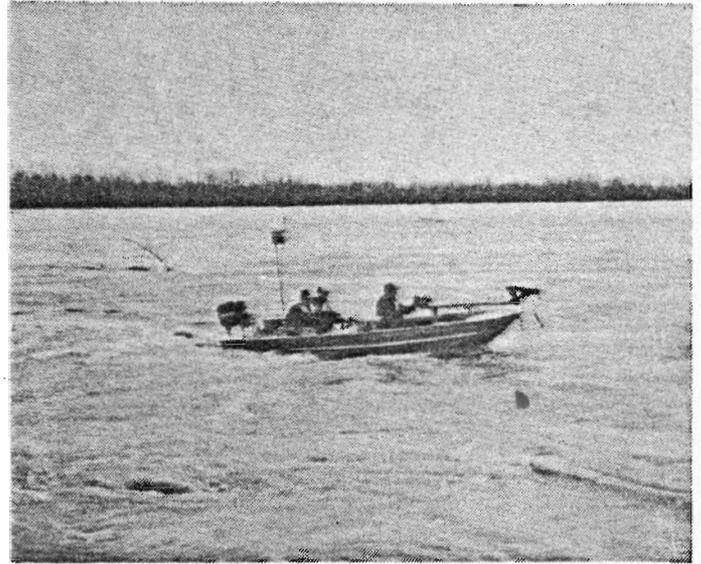
A: I found recently that civilian firms have exactly the same problems we have. They are less able to deal with those problems than we because we have the ability to commit resources to training of folks that they don't (have), and to broaden them by different assignments which provide them a greater range of experiences. I think the program "In Search of Excellence" that the TAA and the Engineering Division recently went through is probably a good tool to make our leaders aware again of the basics in management and

leadership that are required. Certainly refocuses on a lot of the very, very basics. If a manager of our leaders becomes more efficient, he may be able to increase his production by five percent. But if he supervises forty people and he can raise their level of efficiency by two percent apiece, he's got an eighty percent increase over the abilities of one person. Getting the willing, enthusiastic and responsive reaction from the work force is the key to the thing and that's what makes a good leader.

I believe, basically, we have good leaders here. No doubt, we have some who are better than others. But the encouragement of individual initiatives on the part of all levels of managers, not just the TAA level of management, but all managers, I think, is a key to what will make St. Louis a better place. Now, I think that we are encouraging that. However, like most programs I also have a suspicion that the further you get down into the organization, the more muted those messages become and the more difficult it is for the work force to understand what I'm saying. So, I guess the basics of encouraging and coaching your subordinates must include permitting them to exercise responsibilities without having their work nitpicked for no other purpose than to make it fit an individual preference. We don't need that. We need to provide them the latitude to make mistakes and not to worry about being crushed by the organization for having made a mistake. We certainly don't want to encourage repetitive mistakes or what I would call critical mistakes. There are a lot of opportunities to permit people to exercise discretion where it will help them grow, and I think that probably is the key to building leaders--to let them exercise discretion and grow. One of the small things I try to do is when paper comes across my desk, I try never to send it back to be rewritten unless there is a basic thing that I take issue with. If it's a choice of words or it says the same

thing with a different phrase than I would have used, I force myself, at least I attempt to force myself, never to send things back like that. Because what they've done is perfectly good, and the last thing I want to do is destroy the initiative of people who do things in the district.

Interviewer: John Brady



Championship Behavior

COME HECK OR HIGH WATER

In the Thompson Bend section of the Mississippi River, local residents are deeply concerned about a potential cut-off through which the river might create a new channel. Such a cut-off would shorten the river by some 17 miles and cause severe problems for local landowners.

To evaluate this situation and the probability of such a cut-off occurring, river stage and flow data, particularly under high water conditions, at Dry Bayou was needed. This, in turn, required a meter to be inserted into the current at various sampling points, and held there long enough for valid measurements.

Championship Behavior (Continued)

Personnel from Hydrologic and Hydraulics Branch met this challenge, head-on. Boarding small boats, members of the team moved out into treacherous and turbulent current flows. They maintained station under very difficult circumstances, taking measurements at various depths. Adding to an already hazardous situation was the necessity to stand up in the boat to position the current meter--a practice not recommended even in calm waters. (All persons involved

wore personal flotation devices and took every possible precaution.)

Getting the job done under difficult and dangerous conditions is in the highest traditions of the St. Louis District and a hearty Well-Done goes to:

--Fred McLard, Ed Pelc and Jerry Rapp, of Potamology Section.

--Bill Craiglow and Norman LaRose, of Survey Section.

Lock & Dam #26(R)

by Tara A. Gomez Pluhar

The sun creeps up over the treetops,
its blinding light stares at me.
A mammoth cold piece of concrete
is a beautiful sight to see.

I journey down the bumpy road
to a solitary erection of Concrete and Steel;
with the waves of the Mississippi
along my side, five feet from my wheel:

I slowly drive to the guardshack;
I see a chilling sight.
A man-made work of art,
before me in the light.

From the curve of the Tainter Gate
to the roughness of the Cells,
one quick glance of this creature
will honestly tell
that men and women, working hand in hand
to create such an art,
can surely bring a warm feeling
deep within the heart.

A world in itself of many devoted people
working for different places;
The hustle and bustle of rustling feet,
always with smiling faces...

I took a short trip one day
to the very top of the pier,
to watch the ice float gently
to us here.

Like lava, the ice flowed;
from there I could see well.
It crept along the river top
gliding into the cells.

From there it ran into the dike,
making a whirlpool scour.
Then the tug worked its way upstream,
many engines of power.

Then stopped! The ice was too thick.

The tug returned to port real quick.

Although the buoys not so lucky,
they bumped and bobbed out of sight;
then downstream, 200 feet away,
returned battered in the light.

Such an exciting place to be;
A boat trip really made me see.

At high speed we traveled
through the debris within the cofferdam;
Our hard hats and lifejackets on,
and the wind cold against our hands.

We were like birds perched on a bow,
scoping everything in view.
Although many questions came to mind,
I asked only a few.

Our boat began to sputter,
we slowly came to stop.
We found a piece of wood
stuck within our prop.

We had our troubles settled
and went about our way.
We traveled through the Tainter Gate
where I would like to stay.

Could you imagine 486 tons of metal
hanging above your head?
One slip of the switch
and instantly, we'd all be dead.

But no, our fine captain cruised us
safely back to shore,
where we three ladies stood in awe
where we had left 20 minutes before.

Many hours of work and fun,
to create such a personality.
Who would have ever thought
a Lock & Dam this will be?

My face saddens;
Phase I's escapade is done.

But, again, the brightness of the sun rises;
Phase II has just begun.

Ms. Gomez Pluhar is a secretary on the Lock & Dam 26-Phase II project.

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DISTRICT DOINGS



Rend Lake

The 5th annual sandcastle building contest was a great success. Seventy people participated and Woodsy Owl presented the awards. This year's contest was organized by Park Aids Brent Jasper, Joyce Hejna and Lynette Ripley. Three TV stations and two newspapers covered the event.

Park Technician Gary Sims organized a 1985 Hunter Safety Class, held at the visitor center, where 60 students met requirements for a hunting license.

Several programs and interviews on water safety, the proper use of personal flotation devices and health hazards caused by beach litter were presented during July.

One Hundred-twenty nine people participated in a Triathlon held on July 17th. The course of a 1/2 mile swim, 29-mile bicycle ride, and 10 K run had contestants from 12 to 60 years of age. Local organizers hope to make this an annual event.

Park Ranger Joan Guilfoyle continues to work with special groups of physically and mentally disabled, and socially and economically disadvantaged youths who have been utilizing the Sleepy Hollow Group Camp area.

Rend Lake has a new concessionaire at the South Sandusky Beach for soft drinks, hotdogs and other food items. Business has been particularly good on hot weekends.

Mark Twain Lake

Monroe City Girl Scouts, currently hosting scouts from Egypt, Thailand and Mexico, met at the Indian Creek Amphitheater for an international exchange of lifestyles and scouting worldwide. More than 100 Scouts toured the power plant and saw the slide program "America" presented by Park Aids Jon Graznak and Mary Story.

One hundred 4-H'ers from St. Charles, MO visited the lake and toured the power plant with Mary Story. Technician Anne Behrens presented "A Friend for All Seasons" at the visitor center.

Anne also hosted a visitor center tour with summer school students from Elsberry, MO. Following the tour Park Aid Bonita K. Garrett took the students through the Cannon Power Plant.

Jon Graznak hosted a tour of the visitor center for Cub Scout Troop 132 from Monroe City and led a nature hike to "discover the little things around MTL."

Larry Behrens, Education Consultant for the Mo. Dept. of Conservation, and 40 teachers from across the state, stopped at the lake during a two-week traveling workshop and were given a tour of the power plant by Park Aid Jill Woods. Afterwards, Park Technician Anne Behrens presented the program "A Friend for All Seasons" and discussed the environmental education program at MTL.

Park Aid Leslee Fray gave an update on lake activities and presented the slide program "A Friend for All Seasons" to the Hannibal Lions Club.

Jon Graznak gave a special water safety program for a YMCA group from Keokuk, IA.

Jill Woods conducted a power plant tour for an OATS group from Mexico, MO.

Lake Shelbyville



Mike Skinner spoke to 153 members of the Decatur Golden Kiwanis Club about the lake's natural resource management program.

Tonda Logue took members of the Decatur Convention and Tourism Bureau on a tour of the dam. The group was visiting the area in a statewide effort to promote tourism to the lake.

DISTRICT DOINGS (Continued)

The mobile display van set up at the annual REA meeting at the Shelby County 4-H fairgrounds. About 1400 people visited the exhibit.

The Armed Forces display, set up in the Dam East recreation area, attracted 800 people. Members of the Illinois National Guard from Mattoon demonstrated the use of military equipment including sabot firings. Cars lined the dam road and filled nearly all parking spots in both Dam East and Dam West to view the flyover of F-4 Jets from the Air National Guard at Springfield. The U.S. Coast Guard conducted courtesy boat inspections at the 9th St. Boat Ramp throughout the day.



Carlyle Lake

A variety of special events were offered during the month of July. The largest and most popular events included the 10K Run, Boat Safety Course, and Nature Crafts Workshop, all of which attracted a large number of interested individuals.

The interpretive park aids at Carlyle Lake have been certified as both hunter and boat safety instructors. The Safety Program Coordinator for the Ill. Dept. of Conservation made a working visit to the lake to teach the Instructors Certification course.

Wappapello Lake

Fourth of July activities attracted some 10,000 visitors. The day's events started with a humorous water safety play, written and performed by interpretive park aids. The annual Miss Wappapello Lake beauty pageant then took the stage as 13 area beauties vied for the coveted title. Several area politicians were on the judging panel. The thousands of visitors were later awed by a spectacular fireworks display, and rocked to the band "Blister" which entertained before and after the display.

Park Ranger Dick Conner received an engraved plaque from local Air Force recruiters for his continuing efforts in the annual Wappapello Armed Forces celebration. Conner initiated this event six years ago and has been instrumental in planning and organizing the event since that time.

Congratulations and best wishes to Wappapello Lake Park Aid Dan Camden who tied the knot at Big Springs National Park on the Current River, July 27th.

L&D 26(R)

The project received a visit from seven members of the United Presbyterian Church in Kenya, Africa.

Ed Berghoff and Lenn Martin gave tours and briefings for groups from Northeast Iowa Technical Institute, the Alton Catholic Children's Home, and the Warner County Marketing Club.

AROUND THE DISTRICT

Colonel Gary Beech conducted two public meetings, one in Wappapello, Mo., on the traditional road access points at Wappapello Lake. The second one was at Valley Park, Mo., about flood control and a flood forecast system for the Lower Meramec.

Gary Dyhouse spoke to about 30 engineers and planners attending a class on hydraulic design (of local flood protection) for Engineers and Planners at the Waterways Experiment Station. His lecture presented the interior flood control design criteria used by the Corps.

Dave Gates gave talks on wildlife to first and second grade children participating in the Edwardsville Gifted Children's Summer School Program.

Joe Bischer (SADBUS) participated in a procurement conference sponsored by Congressman Terry L. Bruce, in Charleston, Ill.

SOLUTION TO WORD MAZE IN JULY INFORMATION BULLETIN

1 VALUES 3S 4R 5 FLOTSAM
 W 6 ELEVATOR L 7 SAND BAG
 8 CAIRO E C 9 H 10 CONTROL U
 R 13 MAP K Y O 14 DAM
 M 15 B'D C 16 17 DREDGING G
 Y 18 EMERGENCY R 19 ESTATE
 20 OPERATIONS A 21 22
 23 SUIT S E U 24 LANDING
 O G L A 25 TOE
 26 WATER 27 PROFESSIONALISM 28 29 REAL
 I N C N O A R O
 T G S I C P O J
 30 QUALITY I N K P G E
 31 U A N G S I R C
 32 IASA K 33 LEVEES 34 CONTRACT
 V 35 DIKE E G M S
 I 36 RIVERS E S
 L 37 ST-LOUIS 38 39
 40 PUBLIC L U 41 OVERTIME
 A R I R A
 42 PLANT 43 HEARING 44 V V 45 POTTE 46
 A R A T E E O I
 T O 47 CHUTE I Y U P
 H L I L 48 STRUCTURE 49
 F B O CORE S O A U
 J O N U W P P
 N 50 F-AND-A 51 BRILL 52 WORKS P
 D T E S N 53 LMV
 E S E Y A
 R 54 CRANE I 55 PROCUREMENT 56 L
 H 57 BARGE 58 E U
 A U N 59 TOWBOAT 60 R E
 61 NAVIGATION L A A 62 R A I
 N A Y O F M 63 MOORE
 E G 64 ST-LOUIS 65 GATE E N
 66 LEE E I T C G
 67 BITTS Y 68 MOOR

QUALITY OF WORKLIFE



CHILD DAY CARE

A growing number of single and/or working parents need to find a place where their pre-school children will be cared for while they are at work. The Downtown Children's Center, a fully accredited not-for-profit day care center, is located near the District office on the second floor of Christ Church Cathedral, 1220 Locust Street. The Center provides for children ages 2 through 6, including full day kindergarten, a program of study, exercise and nutrition, including field trips to local attractions. The telephone number is 621-1131.

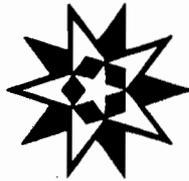
If you would be willing to come to a Library Lecture Series and hear more about the Downtown Children's Center, cut the bottom of the sheet and return to John Brady, PO-M.

To: LMSPO-M (John Brady)

Yes, I would come and listen to a speaker from the Downtown Children's Center.

Signature and Organization.

INCENTIVE AWARDS



PROMOTIONS:

Carl Huber, DC-F
Accounting Technician, GS-525-5
James Beyatte, OD-N
Construction Inspector, GS-805-7
Evelyn Roland, OD-PB
Administrative Aid, GS-303-5
Rose Scaturro, PO-S
Personnel Assistant, GS-203-6
Paul Roberts, ED-DM
Electrical Engr. Tech., GS-802-10
Terri Nicholson, PO-T
Position Classification Spec., GS-221-5

EXCEPTIONAL RATINGS:

Robert Davinroy, ED-HW
Victor Behrmann, ED-DG
John Poullain, ED-DG
Edward Schneider, OD-NL
David Ruck, OD-PB
Margaret Robbins, ED-HW
Carol Hilderbrand, ED-F
Gordon Holzem, OD-NC

SUSTAINED SUPERIOR PERFORMANCE AWARDS:

Daniel Marshall, PD-E

SPECIAL ACT/SERVICE AWARDS:

A Special Act Award was shared by four Corps employees for their participation in the development of a District logo during May, 1985. Their creative efforts exemplify the St. Louis District's spirit and commitment to the core values of Quality, Integrity and Professionalism. The employees are: David Low, ED-DM, Dennis Woodruff, ED-HE, Kenneth Kruchowski, PA, and Leo Soisson, OD-RM.

A Special Act Award was presented to Karen Yeager of the Hydraulic and Hydrologic Branch, Engineering Division, for her unselfish dedication and strong personal commitment while assuming the role of Branch Secretary for ED-H and ED-S as a part-time permanent employee.

A Special Act Award was presented to Jackie Jones in the Office of Administrative Services for providing administrative support to the Security, Safety and Occupational Health, and Value Engineering Offices from 1 Jan 85 to 27 Jun 85. Mrs. Jones has demonstrated professionalism, leadership, and adaptability and is a credit to the District and the Corps of Engineers.

INCENTIVE AWARDS (Continued)

Barbara Miller of the Office Management Branch, Office of Administrative Services, was presented with a Special Act Award for research, development, and implementation of procedures for telecommunicating information to and from the Wang Alliance System. The procedures have contributed greatly to the efficiency, economy, and improved operations of the Office of Administrative Services.



BE ALERT TO WASHINGTON

To find out about what is happening on Capital Hill, people have many sources--well placed contacts, the media, or in some cases, direct access. Now we have our own source--a new online information service called WASHINGTON ALERT by Congressional Quarterly, Inc., a research and publishing company which has been in business since 1945 and has earned a reputation for objective and non-partisan analysis of Congress, the Federal Government, politics and national issues. With this database we can access reports on committee and floor schedules, get daily Congressional action, track legislation, get status of newly released documents, get roll call votes, and prepare member profiles. Data is current for the 99th Congress, but material from the 98th is also available online.

Call for a demonstration or stop by with your legislative questions. We will probably be able to help you.

Library Room 926 3-5675

GOLF LEAGUE RECORD

Mel Baldus, of ED-F, shot an amazing on the front-nine at Clinton Hills 23 July 85. This 3 under par score beat the previous golf league record by two full strokes. Congratulations Mel!!

LIBRARY LECTURE SERIES

Grandma, what were you like as a little girl?

Dad, how did you meet Mom? What was she like then?

Aunt Liz, did you or any members of your family go to the 1904 World's Fair?

Remember asking the questions? Remember the stories you heard? Wouldn't you give much of what you own today if you could hear the voice or advice of an honored ancestor or special relative who is no longer around? Every person has a story, a biography, a family history worth telling and saving--not only famous people. But, not everyone knows how to record it quickly or in a form that is organized and can be preserved.

If you fit this description, come to our next lecture on Wednesday, 21 August, and find out all about oral histories, how to plan execute and save them. Mike Ruddy, District Historian and Associate Professor of History at St. Louis University, will speak on this subject at 1200 hours in the library. Mike brings a great deal of experience

with him in the conduct of oral interviews, having completed many of current and former District employees.

Plan to come for an enjoyable and informative lecture on a topic which has personal significance for us all.

A father is a banker provided for you by nature.

French Proverb

EEO CORNERSTONE

A RESPONSIBILITY OF MANAGERS AND SUPERVISORS - AFFIRMATIVE EMPLOYMENT

When used creatively, as well as effectively, the Federal personnel system can be a useful tool for improving employment and advancement opportunities for minorities, women, handicapped individuals and veterans. Here are some options available to you:

Upward Mobility - You can make better use of employees abilities by establishing upward mobility positions to provide opportunities for lower level employees who have potential but who are dead-ended in their present jobs.

Part-Time Employment - Part-time employees give you added flexibility in staffing your work unit. Part-time opportunities make it easier to attract highly qualified and experienced older workers, handicapped individuals, women, full-time students and others who cannot or don't want to work full-time.

Cooperative Education - You can hire students working toward associate and baccalaureate degrees, in alternating periods of work and study. Students successfully completing approved programs may be converted to career or career-conditional appointments, at your option. You may alternate two students, using only one full-time position. It gives you a good chance to meet your long range staffing needs to target your recruitment efforts to schools with high percentages of minority students.

Stay-In-School Students - You can hire students who maintain acceptable standing, who are at least 16 years old, and who need earnings to stay in school. They are limited to 20 hours of work during the school week, but may work full-time when their schools are closed.

Veterans Readjustment Authority - You can hire Vietnam-era veterans for civilian jobs without going through the usual competitive hiring procedures.

If they agree to take training while working, you may appoint veterans to jobs at grades GS-1 through GS-9. After two years, they may be converted to career or career-conditional appointments.

Non-Competitive Hiring Authority for 30% or More Disabled Veterans You can hire 30% disabled veterans at any grade level in the competitive service. This special hiring authority is a fast and easy way for you to hire these disadvantaged veterans.

Special Ways to Hire Handicapped Individuals - You can hire handicapped individuals directly in several ways. Severely handicapped persons may be given either an excepted appointment or a temporary 700-hour appointment. The 700-hour appointment permits the employee to demonstrate ability to perform all the duties of the position. Mentally retarded persons may be appointed in accordance with written agreements between an agency and the Office of Personnel Management (OPM). They are given jobs which match their individual abilities to the job. Both severely physically handicapped and mentally retarded persons may be converted to competitive status after two years of successful performance in an excepted appointment. Mentally restored persons may be given a chance to demonstrate their ability to perform all the duties of a position in a temporary 700-hour appointment or Schedule B appointment, provided they meet minimum qualification requirements.

Volunteers - You may be able to accept the services of student volunteers without pay if our district has programs to provide them educationally related work. Although the students aren't considered Federal employees, their service is creditable for competitive examinations. This is a good way for you to provide job-related experience to minority, handicapped, and female students. For further information, please contact the personnel office.

Source: Manager's Handbook, U.S. Office of Personnel Management

EEO CORNERSTONE (Continued)

The St. Louis District
Special Program
Goals

	<u>Goals Total</u>
Stay-in School	0
Engineer and Scientist Interns	2
Other Interns (Non E & S)	2
Co-Op Students	4
Worker Trainee	18
	(2% of FTP)

	<u>Percentage of</u> <u>Outside Hires/Goals</u> <u>Number</u>	
VRA	2%	1
Disabled Veterans	2%	1
Handicapped	4%	1
Severely Handicapped	1.5%	1



ARMY ROTC

Students can receive a college diploma, and a whole lot more. As members of Army ROTC, they can also earn a commission as an officer in today's Army at the same time they get their baccalaureate degree.

In fact, they can receive additional benefits throughout their college years. As freshmen and sophomores, they can participate in the ROTC Basic Course, in which they will receive leadership and management training. During their last two years of college, they'll sharpen those skills in the Advanced Course and receive up to \$1,000 for each year. Under the Army ROTC two-year program, anyone who missed the Basic Course can still enter the Advanced Course by first attending a paid six-week Basic Camp during the summer prior to enrolling in the Advanced Course.

A high school student might also qualify for a full-tuition Army ROTC four-year scholarship. Three- and two-year scholarships are also available to students already enrolled in college.

In short, students who become ROTC college graduates will leave college with a diploma, a commission, and a valuable management and leadership training and experience they couldn't duplicate anywhere else.



**RAINY DAYS & MONDAYS
GOT YOU DOWN??**

Starting a new week is often a strain for many of us, but for some it's fatal. A recent study showed that of those executive heart attack victims who died at work, 75 percent died on Monday. Fifty percent of those who died at home also did it on Monday. In its magazine, "Health Talk" Blue Cross-Blue Shield says the cause of these deaths was the Monday blues associated with returning to work.

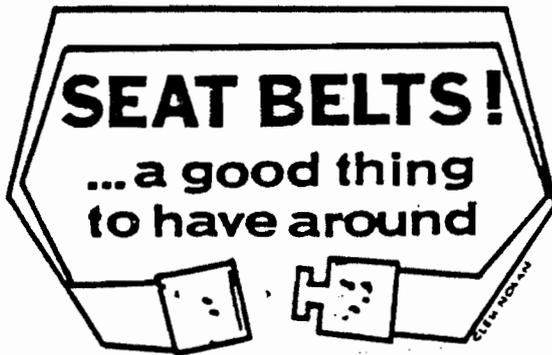
To decrease the pressure of returning to work, doctors recommend that people find time to relax during the week and don't try and cram all the fun in on the weekend!

EXERCISE UP IN SMOKE

Cigarette smoking may cancel the benefits of exercise, according to a study at the University of Louisville.

The research indicates that tobacco may inhibit the presence of high-density cholesterol, a substance that helps remove other harmful kinds of cholesterol from the body, said Dr. Bryant Stamford, director of the university's exercise physiology laboratory.

Since July 1981, university researchers have tested about 500 volunteers to study the relationship between smoking and cholesterol. Those who had smoked more than a pack a day for at least five years had significantly less high-density cholesterol than the non-smokers.



ACCIDENT SUMMARY

VEHICLE ACCIDENTS FOR JUL 85: None

Total vehicle accidents, FY 85: Four

Total vehicle accidents, FY 84: Two

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - JUL 85: Three

Total accidents for FY 85: Eleven

Total accidents for FY 84: Nine

A contract employee was prying sheet piling apart when the bar slipped hitting him in the chest.

A contract employee was handling a tagline to sheet piling when it caught his leg and jerked him off his feet.

A contract employee misjudged the distance from a boat to the deck of a barge while climbing and strained a muscle in his chest.

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - Jul 85: Three

Total accidents for FY 85: Eleven

Total accidents for FY 84: Fourteen

A government employee was climbing from one barge to another when he twisted his ankle.

A government employee was pulling nails with a string when a nail came loose striking employee on the neck.

A government employee turned his body abruptly to refill his paint brush and strained a muscle in his leg.

LAKE FATALITIES FOR JUL 85: Two

Total lake fatalities for FY 85: Five

Carlyle Lake - 2

Rend Lake - 1

Wappapello Lake - 2

Total lake fatalities for FY 84: Nine

Carlyle Lake - 3

Lake Shelbyville - 3

Rend Lake - 1

Wappapello Lake - 1

Pathfinder - 1