

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 25 NO. 8

AUGUST 1988

Women's Equality Day



(See Story on Page 8)

For Beth...

On July 12, 1988, the St. Louis District and the entire engineer family suffered an enormous loss. Beth Edwards, Chief of the Budget Branch in the Office of the Comptroller, passed away. For those of us who were close to her, the loss is profound.

I was fortunate enough to know Beth for a large part of her almost 30 years with the District. She began as a secretary in Finance and Accounting Branch in November 1958. By 1983 she had worked her way up to Voucher Examination Supervisor in Finance and Accounting. In 1983 she went to the Operations Division to become a budget analyst. But in 1985, she came back to Finance and Accounting as a Property Officer and ultimately became the head of the

Budget Branch. Beth was awarded five Sustained Superior Performance Awards and seven Outstanding Ratings during her career in the St. Louis District.

I can list the adjectives: Gracious (always), conscientious (of course), cooperative (to the fullest), willing... But those are just words and words are not enough. The sum of all she was can't be expressed with words.

If you knew her well, then you understand. If you knew her at all, you are richer for it. You were fortunate enough to know one of the truly beautiful people in this place and time.

During one of our conversations, shortly before her death, she said to me, "You were always one of my special friends." That Beth considered me special is wonderful. I will always cherish that, and I will always cherish her.

K W K



**US Army Corps
of Engineers**
St. Louis District

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CFC Scholarship for District Dependent

Lynn Hempen, daughter of Greg Hempen (ED-G), has been selected to receive a \$500 scholarship from the Federal Employees Education and Assistance Fund (FEEA). Lynn was one of a small group selected from among 3,250 applications.

The FEEA is a participant in the Combined Federal Campaign and can be a

designated recipient of a CFC donation. FEEA is designed to help in meeting educational costs for federal employees who do not qualify for more traditional financial assistance programs. FEEA programs include a variety of student loan packages, as well as scholarships.

USO Needs Volunteers

St. Louis is a rotation center for military personnel and their families traveling to Europe and the Far East, and the USO at Lambert is the largest in the world. It operates 24 hours a day, 365 days a year, and provides a home away from home for about 700 servicemen and women and their families each day at no charge.

Many civilian and military employees, their families and retirees currently serve as USO volunteers. They are very enthusiastic about this experience and particularly mention the interesting people they meet and the opportunity to be of service to relocating families.

There are many volunteers, but many are still needed. You can volunteer for as little as one six-hour period a month.

There is an urgent need for volunteers on the midnight to 6:00 a.m. shift. Free parking is provided.

For additional information, please contact Ms. Ann Meyer, Director of Volunteer Service, at (314) 429-1234.

Mart Building

We had planned to do a Q&A feature on the Mart Building move in this issue. However, as ESPRIT was going to press, we received word of a schedule change and decided to put the subject on 'hold' until next issue.

Meanwhile, if you have a question about the move, send it to ESPRIT (CEMS-PA) and we will do our best to get an answer in the September edition.

Security of Information: Marking

In the July issue portion and page marking were combined with the primary topic, derivative classification authority. So why more on marking? Would you know if you find a document with 'SECRET' stamped in one inch red letters, whether that document was classified by the Department of Defense because it contains information, the release of which, could cause damage to the national security or foreign relations? Your knowledge of other required markings should provide the answer.

Here's some, by no means all, things to look for: only the words 'Top Secret', 'Secret', or 'Confidential' are correct classification levels; on the front and last pages, other key words are 'Classified by', document date, 'Declassify on', 'Review on' or 'Downgrade to ___ on (date)'. The classification level marking, unless transmitted electronically, must be in conspicuously larger letters than the text.

There are other markings which should be on all properly classified documents and are indicators of a genuinely classified document: the subject line is followed by (U), (C), (S) or (TS) and these same letters in () appear in text paragraphs,

(Continued on page 15)

NEWS BRIEFS

Independence Day

Almost 22,000 people attended the festivities for Independence Day held Sunday, 3 July, at the Redman Creek and Outlet Channel Recreation Areas at Wappapello Lake. In the afternoon, three beauty pageants were held at the Outlet Channel Amphitheater. These were the Little Miss Firecracker, Junior Miss Firecracker and the Miss Wappapello Beauty Pageants. Following the pageants, the band Apex, entertained visitors until dusk. At 2130, the 30-minute fireworks display started.

Blood Donations

Approximately 30 members of the Wappapello Lake staff donated blood at the Puxico City Hall on 12 July. Historically, the Corps has donated approximately one-third of the blood given in this annual blood drive.

Mickey's Birthday

If you're heading for Florida this summer, there are three attractions at

Walt Disney World worth checking out.

There's the brand new Mickey's Birthdayland which celebrates Mickey's 60th year. A new luxury resort is now open called The Grand Floridian. And 'Ilumi Nations' continues to dazzle with lasers, fountains and fireworks at Epcot Center.

Contact Laurel Lane, at 5526, about details and reservations.

Bass Tournaments

Mark Twain Lake was host to 22 bass tournaments this month. The groups who tested their fishing skills were Little Dixie Bass Club, AJOA, Mac-Bassers, Quincy Bass Anglers, South County Bass'n Pals, Natural Lite Bass Anglers, Pony Express Bass Club, Chillicothe Bass Anglers, 1000 Hills Bass Club, MidMissouri Anglers, Ozark Mountain Anglers Bass Club, and Bass World Sports.

Tri-City Rodeo

It was a big weekend July 2nd and 3rd at the Spillway Recreation Area as the 2nd Annual Tri-City

Rodeo came to Mark Twain Lake. The Tri-City Commission comprised of the Chambers of Commerce from Perry, Monroe City, and Paris organized the weekend of festivities. Over 20,000 enthusiastic rodeo fans came for food, fun, and witnessed a spectacular fireworks display over the lake.

Open House at MTL

An Open House at Mark Twain Lake allowed visitors to meet and ask questions to representatives from the U.S. Army Corps of Engineers, Department of Natural Resources, Missouri Department of Conservation and other area organizations. Park Rangers John Dougherty and Diane Hellhake showed a new slide program they developed which updated all our visitors with sights on and around Mark Twain Lake.

More Fish For Rend

Resource rangers are working to increase the fish population at Rend Lake. In September, they will be releasing 90,000 largemouth bass and 150,000 hybrid striper fry from two Rend Lake brood ponds directly into the main body of Rend Lake. Six hundred threadfin shad propagated and increased to 100,000 fish in another brood pond. They were released into

(Continued on page 6)



On The Soap Box

Telling the District's Story Last Month Were:

Around the District

Ken Koller (ED-Z) spoke at the S.A.M.E. Conference in New Orleans about the Locks and Dam 26 Replacement Project.

Bill Sutton (ED-Z) spoke to the Vicksburg chapter of S.A.M.E. at the Waterways Experiment Station about the Locks and Dam 26 Replacement Project.

L & D 26 Replacement

Ed Berghoff conducted tours and slide presentations on the project this month. These include 20 members of the St. Louis Metro Post Advisory Council and 28 members of the Grand Fork United Church of Christ. He also gave a tour to 7 Fountain County farmers.

Jack Vizer also conducted tours for nine adults and one minor of the Messiah Lutheran Church and to 20 employees of the Cass County Service Company. He and Robert Wasitis gave a tour for 50 members, ages from 4 to

11, of the Wilkerson Church.

Sig Groetsch conducted a tour and slide presentation for 17 farmers of the Vermillion County Extension Service.

Cherrie Kimbrough gave a tour for 25 female high school students studying Engineering-related courses and attending a two-week session at SIU-Carbondale.

Wappapello Lake

On 22 June, Park Manager Michael McClendon provided the Poplar Bluff Rotary Club with an update on recreational facilities improvements, land and shoreline management programs, Traditional Access Plan and current and future goals of the USACE at Wappapello Lake.

Park Ranger Dan Camden was a guest on the "Breakfast Show" radio program in Kennett, Missouri. During the 30-minute interview, Dan promoted the Fourth of July Celebration, water safety and Wappapello Lake in general. Park Ranger Doug Nichols was a special guest on the "Dennis Keeney's Outdoors" program hosted by KJEZ radio station in Poplar Bluff, Missouri on 30 June. During the 15-minute inter-

view, Doug informed listeners about activities at the lake and about the new recreational facilities now available. Doug also did three 10-minute spots covering the same subjects on KWOC radio station in Poplar Bluff.

Park Ranger Andrew Jefferson provided a gatehouse tour for the Illinois Geographic Alliance and a geography class from Southern Illinois University. Andrew familiarized the group with the USACE flood control mission and with the recreational facilities available at the lake.

Stay-in-School Park Ranger Stacy LaBrier conducted a tour of the Pine Ridge Trail for the Girl Scouts. This tour taught the Girl Scouts basic trail construction techniques and standards.

Rend Lake

Park Aids Noelle Goss, Gary Sims and Dan Easter, along with Summer Aids John Gamrat and Jackie Brachear and representatives from the Illinois Department of Conservation held a Hunter Safety Education Course for 60 youngsters at the Rend Lake Visitor Center on July 21-22.

(Continued on page 6)

(continued from page 5)

Park Manager Phil Jenkins taped an interview with WCIL-TV, Harrisburg, IL on July 13th. The spot centered on Rend Lake's contribution as a source of recreation to the Benton area.

Mark Twain Lake

On July 15th, Park Ranger Diane Hellhake visited the Association of Retired State Employees. Diane presented a slide show for over 30 members of the group in order to update them on Mark Twain Lake happenings.

Park Rangers Bill Settlage and John Dougherty presented several water safety puppet shows to over 200 youngsters in Hannibal this month. The show was part of the Safety Circus sponsored by members of a Tarkio College class.

Lake Shelbyville

Park Manager Winston Campbell participated in a call-in radio station program on WSOY of Shelbyville. Listeners could call the radio station and ask questions about the lake.

Park Aid Lee Ann Montoya conducted a program for the YMCA of Mattoon on Reptiles of Illinois.

Park Aid Brian Duzan conducted a nature hike for the YMCA of Mattoon on the flora and fauna found around Lake Shelbyville.

Park Aid Kara Hauk conducted two tours of the dam, one for the 4-H Club of Shelbyville and the other for a family who was having a family reunion at Lake Shelbyville. She also set up a Water Safety Display in the Effingham Village Square Mall. 2000 people viewed the display.

Park Aids Valerie Barnes and Cathy Smith conducted a solar cooking program for the Shemamo Girl Scouts of Decatur.

Park Ranger Larry Gutzler conducted a program for the 4-H Club of Clark County on the Reptiles of Illinois.

Park Aid Mary Jo Kiliam conducted two programs for the Sullivan Pre-School on Snakes of Illinois.

L&D 24

The following tours were given by Dan Buckley, Lockmaster, Lock and Dam No. 24: 14 Jun 88 - Tour for U.S. Fish & Wildlife Service. 19 Jun 88 - Tour for 90 people - United States Committee on large dams. 22 Jun 88 - Tour for Model A Club of Witchita, Kansas - 28 cars. 07 Jul 88 - Spoke to Louisiana, Missouri Lions Club on 26(R) and Upper Mississippi River 9' Channel, with a tour following.

Carlyle Lake

On July 10, an Indian Culture Day was organized at the Carlyle Lake Visitor Center by Park Ranger

Angie Waller. Terry Norris of PD-A and James Penny, Ph.D. of the Carlyle Lake Management Staff, presented archaeological talks with slides. Almost 700 people viewed the exhibits, storytelling, dancing and participated in atlatl throwing and craft work.

Park Rangers Jackie Lemons, Jeannie Pollmann and Francis Walton presented dam and Visitor Center tours to the Center for Behavioral Disorders of East St. Louis and the Children's Activity Center of Sandoval.



NEWS BRIEFS

(continued from page 4)

the lake in July to provide forage fish for game species.

Day For Handicapped

The Kiwanis Fun Day for handicapped people was held on July 8th at South Marcum Recreation Area at Rend Lake. Almost 400 people participated. Rangers made appearances with Smokey and Woodsy and presented wildlife programs and provided a boat patrol while the youngsters toured the lake on pontoon boats.

Promotions and Incentive Awards

PROMOTIONS:

Gary White, OD
 Cynthia Ward, CT
 Vanessa Alexander, IM
 Darold Silcott, RE
 Terri Nicholson, PO
 Robert Crocker, OD
 Gary Schmidt, ED

Donna Kavanagh, DC
 Linda Dickson, LMVD
 Mattie Bond, RE
 Kathleen Kornberger, DC
 Carolyn Foster, DC
 Edward Bond, DC
 Page Broadway, LMVD
 Dale Modde, ED
 Thomas Leicht, ED
 Richard Sovar, ED
 Bonita Toennies, ED
 Tamara Atchley, ED
 Leona Florek, ED
 Edward Mitchell, DC
 Thomas Niedernhofer, ED
 Rochelle Ross, ED
 Antoinette Serena, ED
 Barry Fehl, ED
 John Jaeger, ED
 David Spencer, ED
 Daniel Flowers, ED
 Jean Kuethe, DC
 James Mills, ED
 Cynthia Montgomery, ED
 Paul Nottmeier, OD
 Martha Plyler, DC
 Thomas Ruf, ED
 James Soehngen, ED
 Micheal Wagstaff, ED
 Mary Winston, RE
 Larry Jenneman, RE

Gary Camp, RE
 Harry Hamell, RE
 R.C. Franco, RE
 Betty Mentzel, RE
 Joseph Przada, RE
 Jo Ann Mortiz, CT
 Janet Wilhite, CT
 Jean Beausang, CT
 William Jones, CT
 Violet Williams, CT
 Kathleen Ebmeier, CT
 Regina Pucel, CT
 Shirley Hamilton, CT
 Nancy Messerli, CT
 Theresa Williams, CT
 Cynthia Ward, CT
 Mary Whitley, CT
 Saquetta Fulsom, CT

EXCEPTIONAL PERFORMANCE RATINGS:

Freddie Watson, IM
 Richard Sovar, ED
 Kevin Curran, OD

QUALITY STEP INCREASE:

Micheal Banovz, IR

SPECIAL ACT/SERVICE AWARDS:

Deborah Kuhlmann, IM
 Francis Ratliff, OD
 David Gates, PD
 Kenneth Porter, PD
 Terry Norris, PD
 Faro Rodakowski, PD
 Fred Shepherd, DC

PERFORMANCE AWARDS:

John Cannon, OD
 Dennis Foss, OD
 Kenneth Christmas, CD
 Richard Sovar, ED
 Katherine Wurslin, PO
 Robert Herr, CD
 Jerry Brooks, CD
 Robert Mesko, ED

Do You Know ?

1. Approximate total number of lives lost during World War II?
2. The literal translation of Mardi Gras?
3. The only state in the United States with a one-syllable name?
4. The number of different names for snow in the Eskimo language?

5. The city with the largest green area -- lakes, parks and woodlands -- in the world?
6. The length of the

Answers

1. 55 to 60 million (more than one-third were Russians)
2. "Fat Tuesday"
3. Maine
4. 100
5. West Berlin (50 square miles)
6. 100 miles

Women's Equality Day - 26 August 1988

AMENDMENT XIX OF THE CONSTITUTION OF THE UNITED STATES

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.

Millions of women took part in the last election and will do so again this November, voting for the persons who will make the laws and run our government. Most of those women, and the politicians who want their votes, take their participation in the election for granted. But, in fact, women have only been allowed to vote in national elections for a little over fifty years. It is a right that women had to work a long, long time to obtain. When the Constitution of the United States was written, it gave the right to vote only to men who were white and over twenty-one years old, and who owned property. It was a long time before those people who were left out--poor whites, Indians, Blacks, and women--got the right to vote. The campaign for women's voting rights was part of an even larger movement to make the United States a more democratic country. The idea of voting rights for women was first raised in 1848. It did not become a reality until 1920, more than seventy years later. The long struggle involved

many people working in different organizations with many different ideas and approaches. They faced ridicule, hostility, and violence because of their work. Progress was not steady--it never is in movements for social change--but the goal was always in sight. Thanks to courageous leaders and their thousands of dedicated followers, a woman's suffrage eventually moved from being a radical proposal to an accepted political reality. Women's Equality Day, August 26, commemorates the passage of the 19th Amendment in 1920, granting women the right to vote. This day was designated by President Carter as a reminder of women's continuing efforts toward equality in all spheres of United States society. For further information, visit the District Library or your local public library and 'READ MORE ABOUT IT'. The FWP Committee will have an exhibit in the 8th floor display case depicting the historical events of the women's suffrage movement. Stop by.



Upward Mobility

Career advancement for women is the main objective of the Federal Women's Program. In October 1967, President Johnson signed Executive Order 11375 which added sex to the other prohibited forms of discrimination and as a result, the Federal Women's Program was born. Ever since then, top management has supported and encouraged actions to promote and advance women in meaningful career fields.

In past years, the St. Louis District FWP Committee established a cross-training program to pro-



Project

vide women greater opportunities for career exploration. This year, your FWP Committee is instituting a broad-based Upward Mobility (UMP) plan targeted at specific occupational series. With everyone's support, to include that of management, the Personnel Office, and the EEO Office, we plan to implement this plan. In the coming months, be watching for blue borders announcing UMPs.

Books on Women's Issues

In an effort to encourage read-

ing of the many books on women's issues in our District Library, each FWP Committee member is reading and giving a report on their book at each meeting. What follows is a short summary of three of them:

PROSPERING WOMAN, by Dr. Ruth Ross presents an entirely new way for women to view themselves and effectively take charge of their own lives. Prosperity need not be at the expense of personal relationships, health, and peace of mind; rather, it is every woman's birthright to live a full and abundant life. Dr. Ross shows you how to achieve the level of prosperity you want and deserve in your life. -- Kathy Rice, CELMS-ED-C

A WHACK ON THE SIDE OF YOUR HEAD: HOW TO UNLOCK YOUR MIND FOR INNOVATION, by Roger von Oech is both a fun book to read as well as a helpful do-it-yourself guide. It challenges you to assault assumptions and open the mental locks that prevent all of us from being as innovative as we can be. Combining paradox, wisdom, scientific fact, and tomfoolery through stories and mental exercises, the author presents an array of ideas to help break out of the old patterns. Did you know, for example, that one of the most powerful motivators around is FUN, a by-product of play? This interesting, light, easy-to-read book is highly recommended. Joy Bode, CELMS-CT-P

POWERBASE: HOW TO BUILD IT/HOW TO KEEP IT, by Marilyn Moats Kennedy presents a "bible" for those seeking to find and understand power in organizations. The reader learns to assess his/her professional and personal style and then is given techniques for influencing and negotiating with peers, subordinates and superiors. But, the author offers a final caveat: "Never violate your personal ethics. People around you can sense when you are ethically overextended, and they move in on you at that point. Do not get so enamored of the process that you forget power is only a means to an end. It isn't an end in itself!" -- Kathy Hayes, CELMS-IM-S



Drought of '88 Impacts Some in SLD

The drastically low river levels are of only indirect concern to the majority of District employees, but some are most directly and emphatically impacted.

Most severely affected are the crew members of the Channel Survey Boat PATHFINDER. They have been working 12 to 16 hours a day, most days since mid-June; 18 one-half hours were put in, one day. Their primary task is to keep very close tabs on channel conditions so that dredging efforts can be directed to the most crucial spots. Secondly, PATHFINDER also assists the Coast Guard by replacing channel buoys and by moving them to the proper locations to guide tows through severely narrowed segments of the channel.

The rest of Navigation Branch has also been affected. Lock crews at L&Ds 24 and 26 have had to do some emergency plugging of their dams, to maintain pools. The river flow is so reduced that simple leakage was allowing water to flow out faster than in-flows could replace it. At 26, the emergency bulkheads (stop logs) had to be used, because of a badly damaged roller gate. The crew at 24 came up with an ingenious method of temporarily sealing gates with sandbags -- but

substituting sawdust for most of the sand. This allowed the leakage flow to pull the sandbags under the gate, against the gap where the seals are missing.

The Channel Maintenance Section Office is being manned over the weekends, during this emergency.

Hydraulics Branch has been under heavy pressure for data and forecasts, much more so than usual.

The Public Affairs Office has been inundated with calls from news media, industry, other agencies and private citizens. PA has also been videotaping and photographing the effects of the low water. Some of this videotape is to be made available for viewing by employees, in the near future.

Emergency Operations Branch has been coordinating the situation, compiling information and forwarding consolidated reports to higher headquarters.

Lake Management people are dealing with water quality problems, associated with restricted releases, and with boating hazards due to low lake levels.

Transportation Branch has been tasked with many requests for support, several of them very short-fused helicopter requirements.

The Video Section has

been kept busy servicing cameras, editing tape and producing duplicate copies.

Terry Norris, in Environmental Analysis Branch, has been busily documenting the many wrecks exposed by low water and answering queries about same.

Support for the President's Drought Committee

The District's Command Group and several support elements were involved in hosting a fact-finding session for the Inter Agency Drought Policy Committee appointed by President Reagan.

Led by Secretary of Agriculture, Richard Lyng, some 30 committee members and staffers came to Cape Girardeau, MO, on July 19. They were joined by Governor John Ashcroft and Congressman Bill Emerson.

A briefing by senior staffers from the Division Headquarters was held aboard Barge 53, moored at the Cape Girardeau riverfront.

Drought Up-Date

As Esprit goes to press for this issue, the river situation has improved slightly. Dredges are still working, but traffic is moving on the entire Inland Waterway System, with some difficulty at trouble spots.

Since mid-June, the St. Louis gauge has recorded 27 new daily record-low readings, dipping below the zero point on 13 of those days. Prior to 1988, the summer readings had never dropped below zero earlier than July 20. This year, it first went below on June 23, it dropped back below on July 1 and stayed there through the 12th. The lowest reading reached, thus far, was minus 1.1 foot, on July 9 and 11. Most of the previous record lows for July were set in 1934 and 1936.

With the widespread emergency, Corps resources are being applied to the worst trouble-spots, without regard to district

boundaries. The St. Louis Dredge POTTER has worked the Ohio River and is now in Memphis District. The St. Paul Dredge THOMPSON, in turn, has come to St. Louis District and is slated to do some work for Kansas City District next.

Cover Boy

Paul Olson (ED-HS) has made the cover of a golfing magazine. We won't try to describe the glamour shot. Ask Paul to let you see it.

For Sale

Boys new 10 speed bike. Call Bill Sutton at 263-5225.



Dam Safety Instrumentation Automation

The St. Louis District has attracted national attention with the automation of dam safety instrumentation at Clarence Cannon Dam. Instead of technicians or project personnel reading instruments at the dam, the engineers in St. Louis can call up the desired instrument on the dam through personal computers. A current reading plotted on the computer allows the Dam Safety engineers to analyze the behavior of the dam and make immediate decisions regarding any needed actions. This will be of great benefit during

floods or other emergencies, and also aid in reducing manpower requirements for the normal once-a-month assessments.

Since this was the first project of its type accomplished in the Corps of Engineers, it has generated considerable nationwide interest. District personnel from the Instrumentation Section in Geotech Branch are now serving on several national committees and task groups involved in automation research efforts. They are also developing Corps-wide guidance to help other Districts automate their dams. As part

of this guidance, the St. Louis District hosted a national conference on automation attended by both Corps and Private Industry Personnel. The District has also been chosen as Technical Center of Expertise for automation of Corps projects.

The automated system is working well. A great deal was learned! This excellent job has been recognized with an "Honor Award for Excellence in Engineering" by the Consulting Engineers Council of Missouri. The contractors and the Corps enjoyed this opportunity to excel.



To Your Health

Mammography A Good Idea

You've heard about breast cancer in recent months, especially since Nancy Reagan's breast tumor was detected through mammography in 1987. The severity of breast cancer has become a national concern, and for many reasons. Breast cancer is the second leading cause of all cancer deaths among women. One out of every ten women will develop breast cancer in her lifetime. Every 15 minutes, three women develop breast cancer, and one woman dies.

We know the frightening statistics about breast cancer, but what can be done to combat this disease? The best weapon is early detection through mammography.

Mammography is an X-ray technique that images the internal structure of the breasts. There are two types of mammograms: screening and diagnostic. The basic difference between the two procedures is that a diagnostic mammogram is ordered by a physician for the woman with existing symptoms while a screening mammogram is designed for women

with no symptoms of breast disease.

An X-ray unit designed specifically for mammography is used to provide superior image quality at low doses of radiation; the procedure takes less than 20 minutes. A screening mammogram, along with regular checkups by your personal physician and monthly self-examinations, can detect more than 90 percent of breast cancers at an early stage when cancer is most responsive to treatment.

Widespread screening for breast cancer is the only way to defeat this disease.

Blood Drive

The Corps will be sponsoring a Blood Drive on 26 August 1988, from 0830 to 1230. Appointment slips will be distributed on 12 August. Please cooperate so our Blood Drive will be a success. Contact Vivian Ratliff at 3-5975 for more information.

Join The OA

Overeaters Anonymous
St. Louis Bi-State Area
Intergroup
Office Phone: (314)
638-6070
Office Hours: 0900-
1200 Monday - Friday

Study Shows Cereal OK

Nutritionists at the University of Missouri have found that children who eat cold, packaged cereals for breakfast tend to be better nourished than those who ate other foods.

"Parents should try to choose the most healthful cereals -- those relatively low in sugar and those that are whole grain," noted Bonnie Liebman, nutrition director for the Center of Science in the Public Interest, which reported the study.

Parents should not feel guilty about giving kids cold cereal for breakfast, especially with low-fat milk. The data show there are more nutrients in this type of breakfast than in some others. Parents who give children breakfasts of fruit, toast, eggs (only three per week) and bacon, should not change. Those who are choosing between donuts and cereal should definitely give cereal. Cereal-eaters received more of vitamins A and B12, thiamine, riboflavin, niacin, pyridoxine, iron, folic acid and zinc than non-cereal eaters or breakfast skippers. They also received less cholesterol and fat.



Retiree Review

There was an excellent turn-out for the July luncheon, perhaps due to the welcome break in the hot weather pattern. Fifty folk gathered on July 21.

Kate Stiles was back, following her second bout of knee surgery. The doc won't let Kate drive, yet, so she was chauffeured by her lovely daughter, Pam.

Elmer Huizenga was more his old self, this time, but complained that his operation seems to have had a negative affect on his golf game. Elmer announced that he and Estelle would be missing the next two luncheons -- going to Ireland, among other places. There is some suspicion that he is really just going into hiding, to practice his golf swing.

Chuck Neidinger, who retired from the Cannon Dam Project, made his second (and farewell) appearance. Chuck is moving back to his childhood home: St. Joseph, MO. He did ask to be kept on the mailing list, so he won't completely lose contact.

Virginia Dillo, one of our regulars, was out for dental work.

Some favorable news was received about ailing colleagues:

-- John Jansen, after 46 days in Intensive Care, has been moved to the "Progressive Care" section. He is now off the dialysis machine, which sounds promising.

-- Word from Houston is that Joe Palero is also doing better. He was scheduled for seven more treatments for the nodule on his lung and would then start a recuperative regime. We were all glad to hear such welcome news.

The group also dispatched a birthday

card to Ruth Palero, who was celebrating, even as we gathered for lunch.

Homer Duff and Roger Cuddeback continued their race for the attendance record. Homer has not missed a luncheon since his retirement and Roger has missed only one in the past year and a half.

Senior Retiree present, again, was Howard Beinke ('65) and there were no First Timers this time.

Inevitably, there was also sad news: The death of Claude Hansen (covered elsewhere in Esprit).

The August luncheon will be on the 18th (the third Thursday, as always) -- Pietro's, 3801 Watson Road (downstairs) starting around 11:30. Please come!

Retirements...

Dale Modde, Chief of Project Management Branch retired July 30 after 29 years of federal service. Dale spent 26 and one-half years with the Corps.

William Cole (ED-DM) retired July 30 after 23 years of federal service. Bill spent nine and one-half years with the Corps.

Ed Hick, Chief of Internal Review Office, retired July 30, after 30 years of federal service, and almost 17 years with the Corps of Engineers.

Condolences

Condolences to Roy Mathiesen and family in the loss of wife, mother and grandmother Marilyn "Marnie" Mathiesen. Marilyn, a native of California, died on July 16, after a long illness. She is survived by five children and twelve grandchildren.

Thomas Haynes, who retired in December 1986, after 11 years with the St. Louis District, passed away on June 25. Tom worked in Plant Branch as a deckhand. (cont. page 14)

Hints For PC Users

Here are some suggestions to help you get the most out of your PC.

When using a software package that creates data files, always exit to DOS before shutting off your PC. If you don't, files may not be properly closed on the disk and fragmentation and/or bad clusters may result. This is especially true of packages like Multimate.

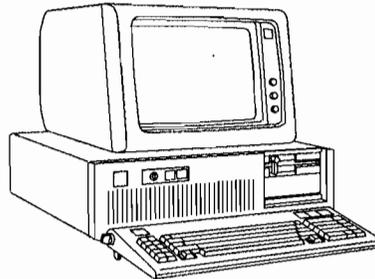
Do not store diskettes on or near any device that may generate electromagnetic fields, e.g., telephones, printers, crts, etc. Also, do not attach paper clips to diskettes, nor write on diskette labels with other than a felt tip pen.

If your PC and peripherals are not plugged into a power strip with surge protection, get one. Otherwise, you risk having hardware problems. Also avoid plugging coffee pots, electric pencil sharpeners, radios, etc. into the same power line.

Dust that gets inside your PC can cause damage to circuit boards and disk drives. The best way to avoid it is to get a dust cover for your PC. If you have been in the habit of closing your floppy disk drive to avoid dust, this can cause problems with the drive. If you want to keep the drive closed put a blank diskette in it, but remember to remove it before booting up.

Instead of turning your PC on and off during the

day, leave it on all day until you are ready to go home. This will reduce the chances of a power-up surge damaging your PC. Also, when turning on your PC, turn all peripherals on first, then the PC. When powering down do the



reverse.

You can reduce static by using an anti-static mat under your PC, installing a static free carpet or using a static scanner.

Before moving a PC that has a hard disk, always 'park the heads' of the disk. Suggest that you call IM-SO at 5213 for assistance. For Zenith users, the DOS command SHIP will do this. For IBM and compatibles, you probably have to boot your system with the diagnostic diskette and select the option for preparation for moving. Again, you are advised to call IM-SO at 5213.

Some software packages, once invoked, may cause problems with other packages which are subsequently used. This has been found especially true when using Multimate or Wordstar and then Enable. If you use either

of these and then want to use Enable, you should soft boot your system, or you may get unexpected results.

There is a major distinction between the terms 'copy protection' and 'copyright' which has led to the misbelief that non copy-protected software may be freely copied and distributed. This is not the case, unless specified by the software developer/vendor.

Copyright conditions usually allows use of one package per PC or LAN at any given time.

Making backup copies of the original diskettes in case of damage is usually also permitted, but not for use on another PC, again, unless specified by the software developer/vendor.

Civil damages for violating the US copyright law by making unauthorized copies of software have been levied against individuals and companies.

Betty Jo Yuncker

(Condolences cont.)

Claude Hansen, who retired from the District in 1964, died on July 9. Claude worked in the then Basin Planning Section of the Engineering Division.

Lawrence La Bonte, former Corps employee at Lake Shelbyville, died June 15, 1988. He was employed at the lake from April 1971 to May 1976.

(Security: Marking cont.)

before or after the paragraph number or at the end of the paragraphs. The following may be on documents: 'Formerly Restricted Data'; 'NOCONTRACT'; 'NOFORN'; and 'WNINTEL'. These are additional markings simply because they only apply for specific reasons. Again, this list is incomplete.

So is it really classified by a DoD agency to protect national security or foreign relations? Use this information only to alert you, not to form judgements. Bring material suspected of being classified to the Security Office, Secure Communications Center or the Emergency Operations Office for storage and determination.

especially if the veteran is being treated for an injury or disease that started when he was a prisoner of war.

The Veterans Administration has records of vets if they or their families filed claims before July 1973. These too can be used to rebuild records at the National Personnel Records Center, as can information from state Adjutants General and state veterans offices.

Finally, National Personnel Records Center officials themselves can use other materials at the center to rebuild records such as the morning reports, payrolls and military orders.

To begin reconstructing the records, officials at the center need information from the veteran. This includes full name used during service, branch of service, approximate dates of service, service number, place of discharge, last unit of assignment and place of service entry.

Officials say veterans who qualify and ask for the medals will receive them. However, checking the records -- and rebuilding some of them -- will add time to the process.

POW Medal Info Line Set Up

American Forces Information Service

A toll-free 800 telephone line has been established to handle questions about DoD's newest medal, now being issued to those who were prisoners of war during America's armed conflicts.

Former POW's or their next of kin can call 1-800-873-3768 for more information on the award. All services will begin issuing the medals soon.

The medal also has brought another story to the fore: the fire that destroyed Army and Air Force records at the National Personnel Records Center in St. Louis.

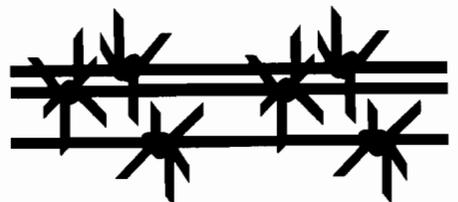
The July 12, 1973, fire destroyed about 80 percent of the records of Army personnel discharged between November 1, 1912 and January 1, 1960. It also destroyed about 75 percent of the records of Air Force personnel (those

with last names Hubbard through Z) discharged between September 25, 1947 and January 1, 1964.

For former POW's to receive the new medal, they have to present proof that they were prisoners of war and that their service was 'honorable.' The fire will make this tougher for most veterans who were prisoners of war during World War II and Korea, when the most American POW's were taken.

There are alternate sources of military-service data. Veterans have documents in their possession that can be used to 'rebuild' their service records. Separation documents are especially useful. These categorize the type of discharge a veteran received, awards and sometimes a list of the veteran's units.

Veterans also may have medical records in their possession. These can be used to rebuild records,



CAC Activities

Ted Drewes Day
11 August