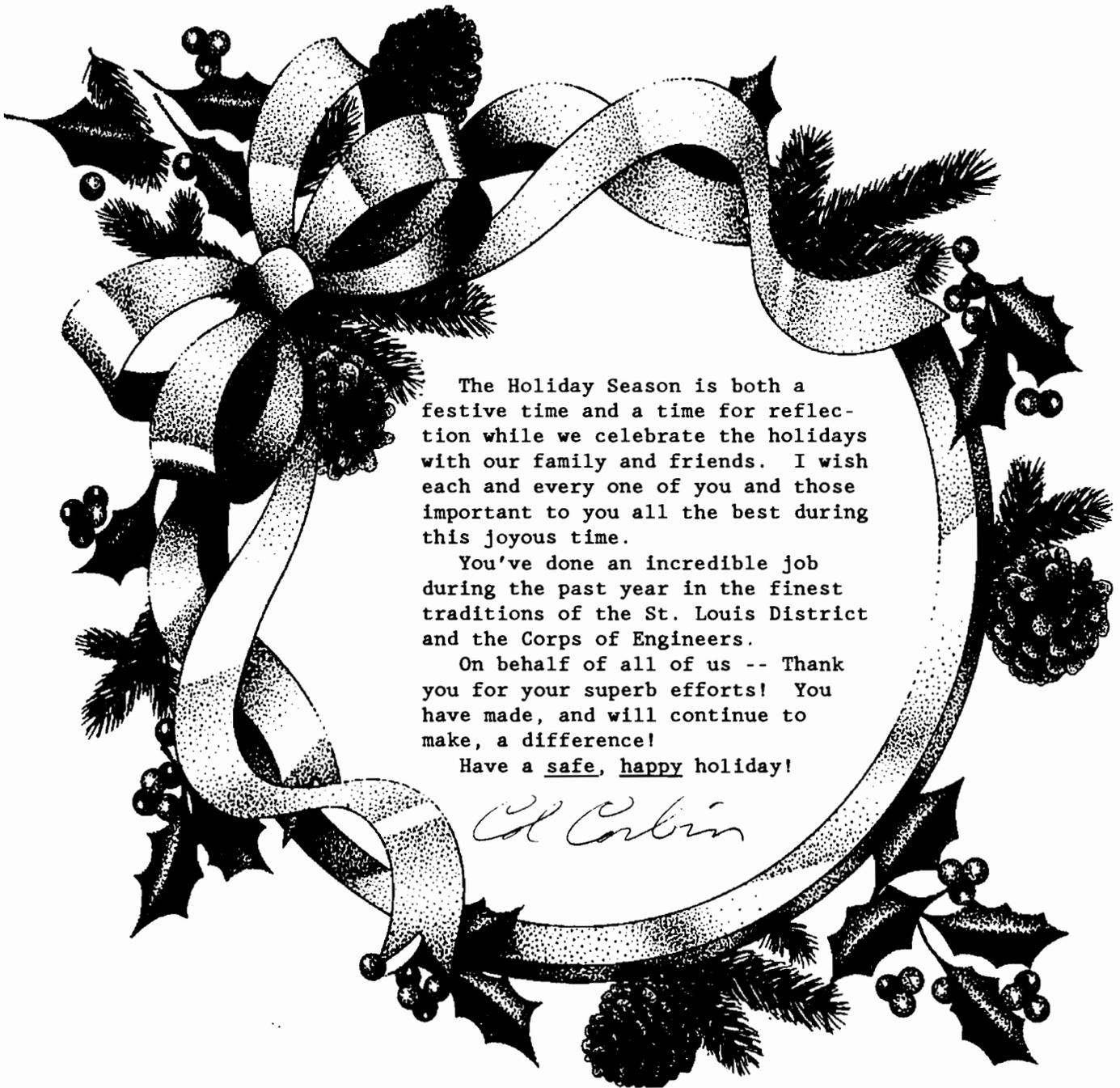


ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 25 NO. 12

DECEMBER 1988



The Holiday Season is both a festive time and a time for reflection while we celebrate the holidays with our family and friends. I wish each and every one of you and those important to you all the best during this joyous time.

You've done an incredible job during the past year in the finest traditions of the St. Louis District and the Corps of Engineers.

On behalf of all of us -- Thank you for your superb efforts! You have made, and will continue to make, a difference!

Have a safe, happy holiday!

Col Corbin

Corbin's Comments by Col. James E. Corbin



Hi! It's me again! Last time I promised you a discussion on the exciting topic of processes - aren't you thrilled? Well, you're just going to have to wait for another month or so because I've got a problem and a few thoughts on that problem that I need to share with you.

What's the problem? In a word - SAFETY! We are abysmal, horrible, 'the pits'! I can overreact and turn in to a blithering idiot at my level, but that usually makes matters worse, not better.

You folks are damned important! You really are! I like and respect you, you're quality people, every last one of you! Your families love you! Your fellow workers like you and enjoy working with you; so why in the world do we keep thumping around injuring ourselves and each other? For an otherwise great group of folks, we sure have our head stuck in the sand in this area.

Our managers and supervisors, great people that they are, keep giving me bureaucratic solutions! The Safety Officer keeps sending me reports - some good, some bad - occasionally ones well written. But you know what? I'm getting tired of the damn, whoops, excuse me - my troop days betray me, darn reports.

We don't need reports! We need every one of us to be SAFETY CONSCIOUS! Once you've lost a portion of your body (incidentally,

you don't get a new one - one chance only gang!) or spent several months of your life suffering (as opposed to enjoying the family or griping about the weather or that dumb DE - all constructive things) you can recover what you've lost.

There is a solution! The solution is YOU and ME! WE as a TEAM are the solution! If you see an unsafe act, then step in and stop it. SAFETY knows no grade structure. If I'm doing something dumb, or there is something we can do better, than tell me either through your chain-of-command or tell me directly if you need to do so! The door is always open on SAFETY - tell Jean you have a SAFETY topic and she will get you in immediately!

We are going to begin a series of 'grass roots' safety endeavors, person-by-person, section-by-section, branch-by-branch and so on that have been relatively successful before. But the bottom line is - YOU!

We are trying as best we can to provide you a quality working environment so that you can have a quality work experience and opportunity to serve your nation, your friends, your family and yourself. Sure, things are imperfect and could be better! I can do a little bit by myself, but with YOUR help, WE can do a great deal more. Ultimately, it leads to a quality life and experience that goes with that (notice I didn't say perfect?).

You're absolutely great people who do a far better job than you know! Need your help on this one! Thanks! Have a SAFE, semi-sane (but not too sane) and happy holiday and I'll see you next year with PROCESSES! Actually, what we've just talked about is a PROCESS, how we handle safety!



US Army Corps of Engineers
St. Louis District

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Mart Bldg. News

Our move to the Mart Building, now the Robert A. Young Building by act of Congress, has slipped again. The new move date is April 1990.

Here are some facts about our new home and the move.

Smoking will be allowed only in the public areas of the building. These areas will be determined by GSA. According to the latest information, these areas will be in the vending area by the west elevators on each floor and in an enclosed area in the cafeteria. There will be four kitchen areas with running water on the fourth floor and one in our area on the third floor. These areas are for microwaves, refrigerators, coffee machines, etc.

We will have about 5,000 square feet more space in the new building. The cost per square foot will be higher. There will be about 4,000 people in the building.

A child day care center with an outside play area will be provided on the

first floor. The estimated membership fee will be \$40 to \$50 per week.

There will be a health care unit and exercise center of 16,000 square feet in the basement. It will contain a track, two aerobic exercise rooms, weight training equipment and lockers and showers. It will accommodate 150 people at one time.

There will be a lighted and fenced parking area outside the building with closed circuit TV monitors for official Corps vehicles. Public parking appears to be no problem. Half the employees who drive already park near the building. Bi-State will adjust routes when the building is populated. There will also be a light rail stop near the building.

The building will be protected by two Federal Protective Service guards, seven days and week/24 hours a day. The District's Technical and Advisory Staff has voted to keep the District's office space open to the public during normal work-

ing hours. A card key system will probably be used for entry during off duty hours.

A Cooperative Administrative Support Unit will control the library and mail room facilities for all agencies. They are also studying copying and shipping/receiving, labor support and warehousing/storage services.

Our systems furniture contract has been awarded to Westinghouse Corporation. The final configuration of work stations will be made in early February. We will have a chance to physically inspect typical work station layouts before we must decide what our requirements are. There will be a liberal change policy in effect for a substantial period after we move.

Decisions on telephone service will be made after the final layout of work stations is made. Phones will be in place when we move. The plan is basically for a phone in each work station. We will have the same telephone options with a few additions.

IM is working on the plan to provide uninterrupted ADP service during the move. We may lease some equipment to meet the requirements.





On The Soap Box

Telling the District's story last month were:

Around the District

Dave Busse (ED-HP) gave a talk to the Columbia, Illinois, Rotary club on the Drought of 1988. Dave also talked to the Scottish Rite of St. Louis on the same subject.

Col. Corbin spoke to the Regional Commerce and Growth Association Science Committee at a breakfast meeting about what the St. Louis District does.

Melvin Price L&D

Bill Jones gave tours of the construction project to 18 members of Parents without Partners in Alton and to the President and Vice President of Operations with Midland Enterprises.

Jim Bissell conducted tours for Valley Towing Company, the Jennings North St. Louis Kiwanis, and six members of the Peoples Republic of China.

Milt Walter, Bob Wasitis, Sig Groetsch presented lectures and tours in two sessions to 120 members of the U.S. Geological Survey. Claude Strauser previously sched-

uled a boat tour for the group. Milt, Bob and Sig also gave a tour to three employees of the Illinois Department of Nuclear Safety.

Larry Green spoke to five Physics students of the Bunker Hill High School.

Ed Berghoff and Bob Wasitis gave a presentation and tour to 20 students of Washington University's Chapter of the American Society of Civil Engineers (ASCE).

Gary Webb and Jack Vizer gave a tour to 40 members of the Jerseyville Rotary Club.

Gary Webb and Steve O'Connor gave a presentation and tour to students of SIU Edwardsville.

Jack Vizer gave a tour to 20 students of the East Alton Jr. High.

Cpt. Seaman conducted a tour and presentation to 50 members of the Jacksonville Rotary Club.

Lake Shelbyville

Park Rangers Jim Sandberg and Maria Shafer visited local colleges on Career Days in October. Jim visited Eastern University in Charleston, Illinois while Maria went to Lakeland Community College in Mattoon to discuss employment opportunities and careers with

the Corps of Engineers in the St. Louis District. Maria also conducted a reptile program for the Tiny Tech Pre-school in Shelbyville. She introduced the children to the world of reptiles and talked about snake myths.

Jim Sandberg took the Effingham, Illinois, Cub Scouts on a tour of the dam.

Park Aids Dee Kessel and Lee Ann Montoya presented two Smokey the Bear programs to the Sullivan Pre-school. Dee also helped Park Ranger Jim Sandberg present a Smokey the Bear program to more than 300 first, second and third grade students at Sullivan Elementary School as part of the fire prevention week celebration.

Dee gave a presentation on reptiles to the Mason, Illinois, Grade School. Lee Ann presented a similar program to the Charleston, Illinois, Girl Scouts.

Park Manager Winston Campbell talked to the Introduction to Outdoor Recreation Leisure Studies class at the University of Illinois. He discussed the historical background of the Corps, the agency's role in providing recreation, national issues facing the Corps and employment opportunities.

Rend Lake

Park Aid Jackie Brachear talked to residents at the Mattingly Health Care Center about wildlife management techniques used at Rend Lake. She also talked to a YMCA Indian Princess group from Mt. Vernon, Illinois, at the Rend Lake Visitor Center about wildlife management and snakes.

Park Ranger Jerry Schutte was the moderator for a panel presentation on handicapped hunting opportunities in the St. Louis District at this year's Lake Managers Conference. Park Ranger Rachel Garren gave a presentation on innovative techniques for efficiency and customer care.

Carlyle Lake

Park Ranger Roger Hayes spoke to 20 Protestant ministers from Southern Illinois at Hookdale, Illinois, about Carlyle Lake visitation, ranger duties and water safety.

Park Ranger Brad Laaker gave a tour of the Visitor Center and Carlyle Lake slide show to 35 members of the "Bridges" Catholic Youth Group from East St. Louis.

Wappapello Lake

Park Rangers Andrew Jefferson and Dan Camden attended a Government Career Day at the University of Arkansas (Little Rock). They informed the

students about career opportunities with the Corps of Engineers and upcoming events and activities at Wappapello Lake.

Park Ranger Dan Camden was interviewed by radio station KBOA in Kennett, Missouri. Dan promoted the upcoming Hunter Safety Education Course. He and Park Ranger Sue Mueller conducted this course on November 5 and 6 at Wappapello Lake. 50 students participated in this two-day session.

Park Ranger Bruce Williams was interviewed by radio station KJEZ in Poplar Bluff, Missouri. Bruce discussed waterfowl and deer hunting success at Wappapello Lake.

Park Ranger Stacy LaBrier conducted two interpretive programs at the Poplar Bluff Headstart Program. The title of the programs were "Animals and Their Homes" and "Animals in Missouri Woods". The programs were presented to four and five-year olds. Total attendance was 105.

NEWS BRIEFS

Shelbyville Eco-Meet

The Lake Shelbyville staff conducted its 12th Annual Eco-Meet on October 6. Park Ranger Larry Gutzler coordinated the event in which 300 students from 34 schools participated, making it one of the most successful special events at the lake. This year, students were given a chance to identify and learn about trees, reptiles, prairies, nature toxins, pond ecology, water safety and Indians along the Kaskaskia river. Students from Eastern University volunteered to help carry out this important event.

Handicapped duck hunt

Park Rangers Steve Trebs and Brad Laaker from Carlyle Lake, with volunteer help, organized and operated a handicapped duck hunt for the non-ambulatory and partially ambulatory at the Coles Creek Recreation Area from November 11 through December 10. Two duck blinds were constructed and camouflaged with help from the Boy Scouts. Fourteen hunters participated in the event. The Carlyle Lions Club donated duck decoys for the event.

(Continued on next page)

NEWS BRIEFS

(Continued from page 5)

Handicapped deer hunt

The annual handicapped deer hunt was conducted at Rend Lake from November 18 through 20. Twenty-eight disabled hunters participated. Fourteen deer were harvested during the first half of the Illinois deer season. A second season will be held in December. A banquet was held at the Rend Lake Conservancy District Restaurant on the eve of the hunt. The Sesser-Valier Outdoorsmen Club, led by Park Ranger and S-V high school biology teacher, Gene Morgan, co-sponsored the hunt.

Inflows paper

Gary Dyhouse and Robert Davinroy co-authored a paper entitled, "Forecasting Lake Wappapello Inflows with Radar Imagery" that was presented on October 18 at an HQUSACE-sponsored workshop. The workshop, held at Gulf Shores, Alabama, for senior-level personnel, featured 16 invited papers given by District/Division hydrologic engineers on the subject of Calibration and Application of Hydrologic Models.

July Rodeo

Park Rangers Wayne Williams and Shelly Howald organized and conducted the First Annual Handicap Deer Hunt at Mark Twain

Lake during the last weekend of the 1988 Missouri firearm deer season. With the assistance of volunteers from the Monroe City Lions Club and Cub Scout Pack of Monroe City, two handicap hunters experienced the thrill of deer hunting. Throughout this weekend, numerous does were seen, but only one buck was harvested.

Handicapped deer hunt II

Mark Twain Lake Manager Dennis Foss accepted a plaque on behalf of the Mark Twain Lake Management staff from the Tri-Cities Chamber of Commerce during a recent award ceremony and news conference at the M.W. Boudreaux Visitor Center for hosting the 1988 Fourth of July Rodeo. The rodeo, sponsored by the Tri-Cities Chamber of Commerce, was voted the "Best Rodeo in Missouri in 1988" by the Rodeo Association.

Christmas quiz

1. The Christmas tree custom originated (a) with the first settlers in the New World, (b) in Germany, (c) with Martin Luther, (d) in Norway.
2. A Wassail bowl generally contains (a) Champagne, (b) fruit punch, (c) hot, spicy ale, (d) beer.
3. The Santa Claus tradition originated in (a) Sweden, (b) Holland, with the feast of St.



Nicholas, (c) the U.S. as a department store sales promotion, (d) Jerusalem.

4. Christ was actually born (a) on December 25th, (b) on January 6, (c) some time in March, (d) nobody knows for sure.

5. How old were Joseph and Mary when Jesus was born? (a) Mary was 18 and Joseph 32, (b) both were between 25 and 30, (c) 15 and 25, (d) nobody knows for sure.

6. The custom of eating ham with Christmas dinner originated because (a) pigs were the best source of protein in Europe, (b) the pig had great economic significance, (c) both of these.

7. Has Christmas always been celebrated on December 25th?

8. The earliest recorded Christmas celebration was (a) in Rome, the year after Christ's death, (b) in Germany, 98 years afterward, (c) in Egypt in the 3rd century on the 20th of May.

9. The custom of exchanging gifts originated (a) with the three kings, Caspar, Melchior and Balthazar, (b) with the pagan custom of exchanging gifts at the end of the year, (c) with the Feast of St. Nicholas, (d) all of these sources.

10. The pinata, stuffed with gifts, is an important part of the Christmas celebration in (a) Italy, (b) France, (c) Mexico.

(Answers on page 11)



Christmas in the Old World



Many of the ways Americans celebrate Christmas came with their forebearers from Europe. Exchanging gifts, singing carols and trimming the Christmas tree, for example, are all customs introduced by European immigrants.

Christmas celebrations have evolved and changed in the New World, but some European traditions from past centuries still exist.

AUSTRIA -- St. Nicholas, known as "Nikolo" brings chocolates and gifts to Austrian children on December 6. Parents warn that Nikolo may be accompanied by a red devil called "Krampus", armed with a birch switch.

BRITAIN -- In many ways Christmas in Britain is indistinguishable from Christmas in North America. Santa is almost as popular as Father Christmas. But children leave him a glass of sherry and a slice of mince pie, rather than milk and cookies.

CZECHOSLOVAKIA -- In this communist block nation, Christmas is celebrated as the feast of love and peace with no mention of Jesus' birth. Even the name for Christmas, "Vanoce", has no Christian connotations. Still, churches are full for midnight services, and children ask, "What did

you get from Jezisek?" the baby Jesus, who brings gifts.

FRANCE -- Pere Noel (Father Christmas) is a relative newcomer to France. He was once known as "Pere Fouettard", or the Whipping Father, who accompanied St. Nicholas on his rounds December 6. While St. Nick left gifts, Fouettard would punish naughty children.

IRELAND -- The Irish Christmas is similar to the British. Plum pudding, holly and ivy decorations. Wren Day, the day after Christmas, is celebrated by dressing in costumes and going from house to house. They put on a small show of song and dance in return for a sip of Christmas spirit and a small contribution of money which is put toward a community project.

ITALY -- In this Roman Catholic Country, dinner usually consists of fish, the symbol of Christ, and ends with "panettone", a sweet breadlike cake filled with fruit and nuts, a recipe dating to the Roman Empire.

SPAIN -- On "Nochebuena", the traditional Christmas Eve feast is almond soup, seafood, turkey and "turrón", an almond paste dating to the Moorish occupation. Many attend midnight mass.

Gifts are exchanged on Epiphany, January 6.

SWEDEN -- The Christmas Goat still stands beneath many Christmas trees. He used to bring gifts before the job was taken over by "Jultomten" (Christmas Gnome) in the 19th century. Jultomten is a bearded old fellow with a sack, usually appearing after Christmas dinner.

WEST GERMANY -- The season begins with Advent when wreaths of entwined fir branches are put up. On December 5, the eve of St. Nicholas Day, children place a shoe on a window sill, hoping it will be filled with sweets and goodies.



Santa makes house calls!

If a child you know is unable to visit Santa Claus this Christmas, because of illness or other handicap, Santa will gladly come to the child's home. If you know of such a child, please call Karen Crow at 5662 for more information.

Women's Recognition Day

On December 7, all women in the St. Louis District who received a promotion during FY 88 were recognized at a special event sponsored by your Federal Women's Program. The 42 newly promoted women and their selecting supervisors attended a special program honoring them for their achievements. We were pleased to have Col. Corbin speak to offer his words of encouragement and inspiration. CONGRATULATIONS TO ALL OF YOU!

Vanessa Alexander
Jean Beausang
Laurie Busse
Linda Collins
Natalie Eschmann
Rachel Garren
Peggy Gravot
Deloris Green
Brenda Hamell
Shirley Hamilton
Carol Hilderbrand
Patricia Hosford
Loretta Jenner
Diadra Johnson
Shirley Johnson
Diane Jones
Deborah Kuhlmann
Diane Kutz

Regina Kuykendoll
Laurel Lane
Renee McIntosh
Doris Miano
Ida Morris
Maureen Murrin
Terri Nicholson
Maggie Patterson
Dixie Pickett
Carole Pitzer
Rosemary Puricelli
Kathleen Queathem
Kathleen Rice
Oleva Robinson
Sheila Rodriguez
Karen Schaffer
Maria Shafer
Joan Stemler
Janet Ulivi
Martha Vieira
Frances Wachter
Cynthia Ward
Mary Whitley

Women's Executive Leadership Program

This year, for the first time, St. Louis District is sponsoring participation in the Women's Executive Leadership Program, an initiative of your FWP Committee. This program consists of a year long training and development experience and is open to women and men at the GS-11 and GS-12 levels. The District Training Committee is in the process of evaluating the nominees and will send the names of those selected from St. Louis District to the Office of Personnel Management in Washington, D.C. The Committee is hoping for good participation, management interest and support, and MUCH SUCCESS on the part of the

students! Kathy Hayes, FWP Manager, will act as the local coordinator for this program in our District.



Committee membership

Your FWP Committee's primary purpose is to promote the advancement of women within the St. Louis District. Activities and events are planned throughout the year to highlight special observances and to call attention to women's issues. While these events are nice, they are not an end in themselves. The real efforts come in working to set the climate for increasing the opportunities for advancement. To that end, your Committee is

thinking and planning of various ways to "set the climate." Your suggestions are always welcome. If you have any, contact one of the FWP Committee members: Joy Bode, Dave Harley, Joan Heckstetter, Deborah Maynard, Sharon Leeker, Kathy Rice, Bettie Charity, Jim Gregory, Tom Bloor, Pam Reed, Vivian Ratliff and Norma Hall. We are YOUR Committee - Here to work for YOU.

- Kathy Hayes, FWP Manager

Book Report

As you will recall from the last Esprit FWP article, the Committee is reading and reviewing books by, for, and about women. This month's review is offered by Bettie Charity on Women At Work, by Sylvia Senter. "There are greater opportunities for women in business today than ever before, and many employers want to fill executive and management positions with women. Women, however, encounter discrimination because they are women...and this is not their only problem. Women are faced with fears, insecurities, and misconceptions that are the result of being brought up as a 'female' in our society. Some of the problems that most women encounter in business while trying to get ahead are: inability to give orders, fear of taking risks, passivity, inability to cope with rejection, panic in the face of authority, fear of competition, and failing to understand the subtleties of teamwork. Women have to set their priorities and decide what they really want out of life - a business career or home-maker career. Women have to identify trouble spots and learn the techniques to correct whatever the problems may be." This book can be obtained from the District Library, Room 926.

\$

Promotions and Incentive Awards

\$

PROMOTIONS:

Brenda Hamell, PO
 Nicholas Miller, OD
 Nancy Messerli, CT
 Barry Fehl, ED
 Dawn Kovarik, OD
 Mark Roderick, OD
 James MacMorran, CD
 Timothy George, OD
 Mark Andreasen, OD
 Keith A. McMullen, OD
 Sharlene Caulley, RE

Larry Garrison, ED
 Lee Ross, IM
 Dorothy Zych, CD
 Gaetano Miano, CD
 Brenda Choisser, OD

QUALITY STEP INCREASE:

Charlene Paige, DC

SPECIAL ACT/SERVICE AWARDS:

Walter Ohar, OC
 Jack Stewart, PO
 Stanley Ebersohl, OD
 Gary Camp, RE
 Mary Winston, RE
 Frank Catalano, RE
 Cynthia Gan, RE
 Mark Wunsch, RE
 Roberto Escalero, RE
 Harry Hamell, RE
 Edith Bennett, RE
 William Maxedon, OD
 Michael Thompson, OD
 David Kirkpatrick, ED
 Bruce Douglas, CD
 Ronald Singleton, IM
 Rachel Garren, OD
 Robert Deien, OD
 Lewis Kent, OD
 Terry Meyers, OD
 Robert O'Shea, OD

EXCEPTIONAL PERFORMANCE

RATINGS:

Rosemary Puricelli, DC
 James Worts, ED
 Brian Kleber, ED
 John Naeger, ED
 Arlyn McCormick, CD
 John Naeger, ED
 Nicholas Miller, OD
 Roy Mathiesen, PD
 Michael Rector, ED
 Linda Collins, ED
 Aloysius Saller, ED
 Edward Ewing, PD
 Thomas Miller, OD
 Charlene Paige, DC
 Lois Schorfheide, OD
 Jack Vizer, CD
 Dario Franzi, ED
 Larry Green, CD
 Ronald Dieckmann, ED
 Gregory Hempten, ED
 Jacob Buckley, OD
 David Buatte, CD
 Lawrence Whitt, ED
 Donna Zoeller, ED
 Janet Ulivi, ED
 Alton Jenkins, OD
 James Zerega, PD
 Robert Wich, ED
 Laurie Busse, ED

PERFORMANCE AWARDS:

Thomas Miller, OD
 Jacob Buckley, OD
 Ronald Jones, IM
 Arlyn McCormick, CD
 Gaetano Miano, CD
 David Buatte, CD
 Jack Vizer, CD



By Bob Cunningham
Military Traffic Management Command

Many questions have been asked on the effects of carrying diskettes through airport security. Will they erase or damage the data on the disks? I've heard people answer yes and no, but no one could say why. So I decided to do a little research to find out if it is true or not and why.

I started on this quest by contacting the FAA (Federal Aviation Administration) and there I spoke to Dr. Lyle Malotky, who explained that airport metal detectors use less than 1 gauss of a pulsating electromagnetic field. The earth has a natural gauss of .7, and normal electronic media (mag strips, tapes, and diskettes) require 200 to 300 gauss to write, change, or alter data. The x-ray units at the airports use less than 1 mr (milli rads) and if the x-ray unit was built in the last five years, it will use .3 mr per scan. In every day living, you are exposed to .3 mr per day, and when

flying at normal altitudes (about 35,000 ft. for commercial airlines), you are exposed to .5-1.0 mr per hour. The only x-ray unit that uses 1.0 mr or more is a fluoroscope, which has to have the item stationary to produce the image onto the screen. The longer it is viewed, the more rads it absorbs.

However, fluoroscopes are not in use at any of the major airports in the United States at the present time.

Now what does all of this mean? There is no need to worry about your diskettes being erased when sending them through the security equipment at the airport. Just to satisfy my own curiosity, I carried diskettes through the metal detector and sent diskettes through an x-ray at Dulles Airport. I then tested the diskettes and guess what? There were no alterations to either the files or the data on the disks.

Now for the bad news. If you are traveling overseas, there is a possibility that they use different equipment with higher dosages. That means there is a possibility that your disks could be erased. But don't worry; all airports in the U.S. and foreign countries will allow you to have items inspected visually instead of x-raying them. The only items that should never be x-rayed are photo film with an ASA of 1000 or higher.

Here comes the worst news of all. The biggest

potential for data loss during air travel is due to vibration and static electricity. Under most circumstances, your diskettes will not suffer damage if they are packed tightly and are well padded. There is not a lot you can do about vibrations; however, that is seldom a problem. The worst of all is that static electricity will zap your diskettes in a heart beat. At 35,000 ft. (normal cruise altitude for commercial airlines) FAT (Free Air Temperature) is approximately -40 Fahrenheit with only 3% humidity. That air is taken into the airplane, oxygenated and warmed up, which brings the humidity down to 1%. With that low humidity, static electricity is very high, and simply moving around the plane will generate more. Consequently, touching a diskette could cause it to be erased.

The bottom line is that U.S. airport security systems will not damage your diskettes. Touching or trying to use a laptop computer or diskette while flying is the most dangerous. And if you are traveling overseas, have diskettes/laptop visually inspected.



Degenhardt turns green

Answers to the Christmas quiz

Gene Degenhardt, our District's Value Engineering Officer, has returned from attending the 15-week Army Management Staff College (AMSC) near Baltimore, Maryland. Asked how he feels after being thrust into a saturation-mode learning environment with 50 other civilians from different Army MACOMs and green suiters, Gene stated that he feels "Army Green" underneath the white shirt he is wearing at the office.

"It was a real eye-opening to be exposed to quite candid lectures from people like General Carl E. Vuono, Chief of Staff of the Army, numerous Assistant Secretaries of the Army, and other high-ranking generals", Gene stated. "Everything presented was subject to being on the almost weekly two-hour exams, so no time was available for one to become homesick. One of the most frustrating things was learning the hundreds of acronyms that were used by the instructors."

The first part of the course consisted of becoming familiar with the huge Total Army organizational structure and its complex funding cycle. Following this, the topic of Force Integration was investigated in detail in which the Nation's strategic deterrence/defense requirements were translated into battlefield scenarios

and then into manpower and materiel requirements. As one example, the Materiel Fielding Plan (MFP) for the Bradley Infantry Fighting Vehicle (IFV) was studied with respect to its vital logistics/supply requirements.

Due to the continuing reduction in the number of military officers, the duties of various directorates at typical Army installations to be "civilianized" were studied in detail. Other topics covered included military and civilian personnel systems, information management, and, of course, a "baptism" into the many aspects of military doctrine. Gene says he now views his career with the Corps (and the Army) from a much broader perspective and is deciding which path to take next.

Since Gene made it home in a lot less time than it took for him to drive out, his wife, Korlyn, did not have time to erect the borrowed "For Sale" sign on the front lawn. This prevented cardiac arrest and proved that she still had a sense of humor after running the "Degenhardt Castle" for 15 weeks.

For those interested in more details, ask Gene to show you a paper he prepared depicting his experiences.

1. b. In Germany on the left bank of the Rhine River. The Christmas tree started out as the Tree of Life in Paradise, then moved into the home as a symbol of the coming Savior.

2. c. The Wassail bowl is traditionally filled with a drink made from hot ale, sugar, spices and apples.

3. b. With the Feast of St. Nicholas, in the Scandinavian countries, where St. Nicholas gave gifts of money to poor girls who could not marry for lack of a dowry.

4. d. Nobody knows for sure. The exact year is generally thought to be between 4 and 7 B.C.

5. d. Again, nobody knows for sure, but Mary is believed to have been quite young and Joseph somewhat older.

6. Both of these reasons.

7. No. Christmas has been celebrated in various times on December 25, December 26, January 6, May 20, and March 28.

8. c. In Egypt, early in the 3rd century, according to Robert Kress, theology professor at Catholic University in Washington, D.C.

9. d. All of these times.

10. d. Mexico.





To Your Health

The 'over easy' egg is off the menu



People were generally surprised last year to learn of the high percentage of chickens that contain salmonella, a bacteria that causes a form of food poisoning. Not long afterward, however, it was found that many eggs also contain salmonella. It's a fact that will change many people's eating habits.

Soft-boiled eggs and fried eggs "over easy" can cause salmonella food poisoning if the eggs are contaminated. What's more, there's no way to tell if contamination exists.

As far as nutrition and food safety are concerned, eggs can remain an important part of our diets. The U.S. Department of Agriculture and other researchers are still looking at the question of how eggs become contaminated with salmonella. Until more information is available, consumers are advised to play it safe and cook eggs thoroughly. This means that eggs should be cooked until the yolk is not runny and the white is firm. Cook scrambled eggs until firm.

'Tis the season to be jolly, but the joy may not last if your eggnog contains raw eggs. Commercially produced eggnog is safe because it is made with all pasteurized eggs. The pasteurization kills bacteria. It is also wise to avoid recipes that contain lightly cooked eggs, such as puddings and meringue on pie.

The USDA reminds consumers that they should always keep eggs chilled before use. Use only eggs with clean, uncracked shells. Refrigerate them in the original carton at a temperature of 40 degrees or less, and use them within five weeks. Always wash your hands and cooking utensils after they contact eggs or other raw foods.

Whether they are hard-cooked or raw, eggs should not be at room temperature at any time for more than two hours. Foods that contain eggs should be divided into small containers from large ones so they can cool quickly.

People with low resistance to illness should always take particular care to avoid food poison-

ing. These include the elderly, infants, pregnant women and anyone with a chronic illness.

Breast cancer risk factors

Breast cancer. You've read the statistics, you know the symptoms, you've heard about mammography. But do you know what puts a woman at risk of having breast cancer?

Age has proven to be the foremost factor in breast cancer incidence. Research shows that 85 percent of all breast cancers occur in women after age 45. Another high risk factor is a family history of breast cancer -- mother, sister, or aunt.

Women with a greater-than-average chance of developing breast cancer are those who previously had surgery for a non-malignant breast condition. A woman is in the high-risk group if she began her menstrual cycle at age 12 or younger, gave birth to her first child at age 30 or older, has no children, or continued her menstrual cycle after age 50.

Research is now underway to determine if a high-fat diet and daily alcohol consumption are
(continued on next page)



Retiree Review

The November luncheon gathering attracted 39 folks for a relatively quiet gathering.

Howard Beinke was back and looking not much the worse for wear. He resumed his usual status as Senior Retiree President (Class of '65).

As promised, there was a display of clothing items with Corps emblems. Evelyn Grote did some brisk business in sales and orders. Some items are still available, if you missed out. Check with Evelyn for details.

Elmer Huizenga emceed. Homer Duff was back after his first absence since retirement. Roger Cuddeback extended his unbroken string, but has a long way to go for a record.

There were no first-timers, but it was good to see John Jansen back again.

Frank Rick didn't make it, but was reported as doing okay.

Happily, there were no losses reported in November.

The major development was a group decision to have a Traditional Turkey Dinner at the December luncheon. That means no choice of menu -- everyone gets Turkey (it was an all or none ultimatum from the restaurant) -- at a cost of \$7.75 each.

So, Thursday, December 15th, lets get everyone possible out for a Turkey Dinner. Cocktails at 11:30, lunch around noon. Pietro's, 3801 Watson Road, downstairs.

Call some friends and encourage attendance.

Retirements...

Mr. Jacob (Dan) Buckley, lockmaster at Lock and Dam 24, is retiring on 31 December after 30 years, eight months of federal service. Dan spent 28 years and eight months with the St. Louis District.

Mr. James Cronin, Jr., of the Design Branch, Structural Section, is retiring on 31 December after 22 years of federal service. Jim spent 16 years with the Corps of Engineers.

Mr. James Luther, Head of the Design Branch, Mechanical-Electrical Section, retired on 3 December after 32 years of federal service all with the Corps of Engineers.

Mr. Carol Sherrill, Navigation Branch, Channel Maintenance Section, is retiring on 31 December after 41 years of federal service. Carol spent 17 years, 10 months with the Corps of Engineers.

Mr. Cyrus Krigbaum, Locks and Dam 26, is retiring on 31 December with 27 years, four months of federal service. Cyrus spent 25 years with the Corps of Engineers.

Carl Barron...

Carl Barron, life-time riverman and head of Navigation in the St. Louis District since Adam was an apprentice seaman (before he retired), underwent bypass heart surgery in September. Carl is doing well and is in good spirits. He'll be 80 in February, by the way.

Cancer risk (continued)

contributing factors to breast cancer.

Women in these high risk groups should be especially aware of the need for monthly breast self-examination, routine checkups by a physician, and regularly scheduled mammography.

Accident summary

GOVERNMENT VEHICLE ACCIDENTS

NOVEMBER '88: None

Total vehicle accidents, FY89: None

Total vehicle accidents, FY88: None

PERSONAL INJURIES GOVERNMENT EMPLOYEES

NOVEMBER '88: Two

Total accidents for FY89: Three

Total accidents for FY88: Seventeen

An employee was assisting in loading a pick-up truck and there was a oily substance on the bed of the truck. He slipped when he stepped onto the bed resulting in a sprain to his knee.

An employee was pulling on a line attached to a boiler head door, without assistance. This resulted in a sprain to his chest.

PERSONAL INJURIES CONTRACTOR EMPLOYEES

NOVEMBER '88: None

Total accidents for FY 89: One

Total accidents for FY 88: Twenty-nine

LAKE FATALITIES

NOVEMBER '88: ONE

Wappapello Lake - 1

Total lake fatalities for FY 89: One

Total lake fatalities for FY 88: Six

Carlyle Lake - 3

Wappapello Lake - 1

Lake Shelbyville - 1

Rend Lake - 1

CFC huge success!

TO: All District Employees

The Combined Federal Campaign (CFC) for 1988 was a tremendous success. This year, our goal was \$38,400.00 and you contributed \$40,010.50.

Thanks to all of you and to the CFC Project Officer, Carol Kreutzer and her supportive key workers.

This was a superb effort by all.

''YOU DID MAKE A DIFFERENCE''!

Col Corbin

Seat belts, A true story

You've probably been told that seat belts save lives, but is this statement true? Debbie Hauschild, a ''stay-in-school'' employee at Lake Shelbyville knows the answer and she is more than willing to tell you her story.

Debbie, like a lot of other people, didn't use seat belts. However, luck or fate crossed her path. Debbie was instructed to attend a defensive driving course that was held at Lake Shelbyville for all Corps of Engineer employees. As a part of this defensive driving course, the seat belt ''Convincer'' was brought in and the Corps of Engineer employees were able to actually feel the impact during an abrupt stop. After riding the Convincer, Debbie decided to start wearing her seat belt.

A few days after completing the defensive driving course, Debbie had a serious automobile accident on her way to work. She was in critical condition and remained in the hospital for nearly one month. When she returned to work, she came back on crutches in a full leg cast for another month. The day Debbie returned to work, she told several fellow workers that she had learned a lot this summer, but nothing is important as wearing a seat belt because that seat belt was the reason she was alive.

Drunk/Drugged Driving Awareness Week

By Evelyn Doyle Harris
American Forces Information Service

December 11-17 is National Drunk and Drugged Driving Awareness Week. During the past six years, the week has focused attention on the deaths and injuries that result from impaired driving. December was chosen because it is right in the middle of the holiday season, thus providing frequent occasions on which to drink.

This year's theme for the week is, "First a Friend-Then a Host," to emphasize hosts' responsibility for seeing that their guests do not drive after drinking too much.

Air Force Master Sgt. Ron Schwind, superintendent of traffic safety programs at the Air Force Inspection and Safety Center, Norton Air Force Base, Calif., suggests taking car keys from people when they arrive and giving them to the designated driver or keeping them. "If you wait until a guest is ready to go home, you may have a hard time getting the keys," said Schwind.

Added Schwind, "Part of the problem is that drinking impairs judgement and people misjudge their level of impairment and think they're in great shape when they're not. This can happen to both the driver and the host. The host may also have had too many drinks - after

all, he doesn't have to drive - and then thinks a drunk guest is just fine."

Another problem: Experienced drinkers often act less impaired than they are, said Schwind.

In addition to setting ground rules at the beginning of the evening - and sticking to them - Schwind suggests that hosts can help their guests by starting the party earlier.

"If you start a party late at night, you're already increasing your guests' risk of being involved in an accident," said Schwind.

"First of all, they are tired and their reactions will be slower even if they don't drink alcohol," he said. "Secondly, there are more drunks out later at night who are likely to crash into them," he added.

"It doesn't matter if a driver's at fault if he's dead," Schwind pointed out.

Finally, Schwind said the old suggestions for responsible hosting are still good - serve lots of food, have plenty of non-alcoholic drinks available and don't be afraid to refuse to serve alcohol to someone who has had enough.

Although it may be unpleasant to have to cut someone off, Schwind said, the risks of drunk driving are so great that the

social discomfort is worthwhile.

"Even if the person doesn't have an accident, he or she could still get stopped by a police officer," said Schwind.

"The penalties for drunk driving in terms of fines, increased costs or loss of insurance, bad record and adverse impact on career are severe for civilians and even more so for military people. So why take the chance?"

Blood drive

The Corps will be sponsoring a blood drive on Friday, December 16, 1988 beginning at 8:30 until 12:30. Donor pledge cards will be sent out approximately two weeks prior to blood drive. For more information, contact Vivian Ratliff, 3-5975.

The Work of Christmas

When the song of the angels
is stilled,
When the star in the sky is
gone,
When the kings and princes
are home,
When shepherds are back with
their flock,
The work of Christmas
begins:
To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among
brothers,
To make music in the heart.



*We wish you a
Merry
Christmas*

ESPRIT