

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 25 NO. 11

NOVEMBER 1988



Veterans Day Nov. 11

(See related articles
on pages 8 and 9)

Corbin's Comments by Col. James E. Corbin



In the last issue I attempted to give you a little glimpse of "what makes me tick" and what my "Command Philosophy" is, at least in general terms. I would like to expound in a little more detail on two critical parts of that Command Philosophy -- People and Processes.

I guess you might ask why would I take your valuable time on two topics that are really self-explanatory? Well, bluntly, I think they are the two keys to the success of any good organization and the people in it. And, regrettably, I've always found, whether it be military or civilian, that most organizations do a poor job in both areas, usually because we haven't taken the time to "think it through" and then do "smart things."

Let's talk about "People" first! What makes you feel good about yourself, your job, your organization? Do you really know? I hope so! Have you talked with your boss, your fellow workers, your subordinates about those questions? I hope so, but in most cases, I doubt it! Those are important questions! The answers to them reflect whether we are a "good" organization (successful + happy + productive) or a "normal" organization (existence, pick up the paycheck).

Are we a "good" organization that knows what every other part of our outfit does? Do you know what your contemporaries and subordinates want out of life - what makes them tick? Do you know what your supervisors want out of life? All of you are absolutely critical to the success of each other! Without the help of all the above folks and others not named, you may fail and we, as an organization, most certainly will! Either way, we will build decent projects, but we will have failed each other. We won't have the quality of life that we deserve both here in the workplace and at home.

We must buy in to each other's success! We must take care of each other as "people" not FTE. FTE is a management tool just like dollars. They come and go, but PEOPLE are forever. We are each other's most valuable resource. Take the time to get to know each other. If you think we're doing something "dumb", we probably are! Rather than "gripe" about it or "internalize" and ruin your blood pressure, change it. You might be wrong - so what! If you're being honest, we can live with that!

Remember, YOU FOLKS are the most important and best thing we have going for us in this District. Without US, we are nothing! With us working together, taking care of each other, helping each other, THERE IS NOTHING WE CAN'T DO! Darn, I didn't get to PROCESS(ES) this month, did I. We will give that a shot next month!



US Army Corps of Engineers
St. Louis District

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District Commander.....James E. Corbin
Chief, Public Affairs.....Clyde Wilkes
Editor, Design, Layout...Ken Kruchowski
Assistant Editor.....Karen Crow

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 210 Tucker Blvd, North, St. Louis, MO 63101-1986. Phone: (314)263-5662.

Hot Wheels!

District Handicap Program rolling



Tom Hewlett burns up the course for Corbin's Cadettes. (The backward cap cuts down wind resistance). Ron Jones is pushing hard in the background.



Jim Hipkiss receives his first place ribbon from Diane Jones and Norma Hall. Jim had the distinction of being the only one to compete in a suit. Also receiving ribbons, from left to right, are Ron Jones, Dixie Pickett, Hazel Schnatzmeyer and Mike Rector.



Captain Talley and Larry Hamilton (in wheelchairs) whoop it up waiting to begin their leg of the race. They're backed up by teammates.

I'd like to take this opportunity to say thanks to the dauntless participants of the Wheelchair Race. Thanks also to all those who attended and supported the race and the District's Handicap Program.

Thanks also to the Handicap Committee members who worked so hard to make this past month a success.

My special thanks to Jim Reed, Joan Brickey and Vic Polizzi for assembling the 8th floor display case. Thanks to Dale Miller for doing the write-up on our Handicapped Employee of the Year (Congratulations, Darrell Gamble). Thanks to Roger Hayes and Lawrence Williams for the creative handicap design used on the programs, fliers and soon-to-be-received T-shirts.

Thanks to the following committee members and persons who assisted in setting up for the race: Vic Polizzi, Dave Berti, Larry Hamilton, Joan Brickey, Leanne Crouch, Henry Martin and Phil Hasser. Thanks to the Service Base crew who brought the platform and to Jack Rhodes for the sound equipment. Thanks to Lou Chiodini (MC of the race), Jerry Schutte (clown), Mike Thompson (trumpeter who played the National Anthem at the race), Calvin Mooney (for graphics work on posters and fliers), Jim MacMorran (assistance on T-shirts), to the EEO office -- Maggie Patterson, Norma Hall and Betty Grady -- for administrative support, photography, certificates and awards. And thanks to Woodsey Owl and Smokey Bear, whoever you are.

Congratulations to the racers. You're all winners. Brown's Bullets took first place, Talley's Troopers took second and Corbin's Cadettes took third.

THANKS TO ALL!

(See questionnaire on page 7)

Diane Jones, Chairman
Handicap Committee



Running NEWS

The St. Louis District Running Team raced to a second place finish in the McDonnell Douglas Corporation Challenge Run on 22 October.

The team of Corbin, Brown and Dierker finished the 10K race in a total combined time of 145 minutes, 9 seconds. Times were 46.01, 41.25 and 51.43 respectively.

Sue Mueller of Wappapello Lake completed the 5K competition as the only run team representative in that race.

Team membership is open to all District employees. This physical fitness activity, sponsored in part by the CAC, is meant to encourage all to get out and exercise.

Do you know?

1. The total length of the corridors in the Pentagon?
2. The number of pieces of mail members of the House of Representatives receive from constituents each day?
3. The amount of water in the average human body?
4. How many pounds of peanuts Americans eat each month?
5. What someone who has keraunophobia is afraid of?

(answers at end of page)

\$ Promotions and Incentive Awards \$

PROMOTIONS:

- Michael Crain, OD
- Roger Hoell, ED
- Michael Banovz, IR
- Diane Jones, RE
- Laurel Lane, ED
- Louis Catallini, ED
- Robert Mesko, ED
- Donald Coleman, ED
- Andrew Jefferson, OD
- James Lindley, OD
- Michael Cullen, OD
- Natalie Eschmann, PD

EXCEPTIONAL PERFORMANCE RATINGS:

- Richard Astrack, PD
- Lowell Summers, OD
- Clarice Trigg, CD
- Kenneth Anderson, ED
- Warren Jones, IM
- Jeffrey Stamper, ED
- Edward Franz, RO-L
- Bradford Strauser, ED
- Gregory Leeper, OD
- Thomas Winston, OD
- Vivian Arthur, IM
- Gerald McClintock, ED

- Kenneth Kruchowski, PA
- Donald Sweeney, PD
- Artemio Basuel, OD
- Jerald Schutte, OD
- Donald Fogel, OD
- Richy Hansen, OD
- Charles Turlin, ED
- Gerald Parker, OD

PERFORMANCE AWARDS:

- Dawn Kovarik, OD
- Jerald Schutte, OD
- Lowell Summers, OD
- Gerald McClintock, ED
- Lenard Ross, CD
- I.E. Mitchell, DC

QUALITY STEP INCREASE:

- R.C. Franco, RE
- Dean Surface, CD

SPECIAL ACT/SERVICE AWARDS:

- Betty Grady, EEO
- Dorothy Zych, CD
- Gregory Molchan, OD

Award to scientist wife

Dannette Ward, wife of Harry Ward (ED-GF), recently received the Science/Technology Award from the St. Louis American newspaper at its "Salute to Excellence" dinner.

Dannette is a research biologist at Monsanto Company and the mother of two. She produced the first genetically engineered, herbicide resistant soybean plant. This break-

through will provide a more effective and less expensive way to control weeds in one of the most important food crops in the world.

Congratulations Dannette.

Answers to "Do you know?"

1. 17 1/2 miles
2. about 250,000
3. about 10 gallons
4. 100 million
5. thunder

NEWS BRIEFS

AIDS video available

The VHS video tape on Acquired Immune Deficiency Syndrome (AIDS), "AIDS in the Work Place," featuring the Surgeon General, Dr. C. Everett Koop, that was shown to all employees, is available to employees for check-out in the Technical Library, room 926.

Handicapped award

Darrell Gambill, Carlyle Lake electrician, received the Handicapped Employee of the Year Award in ceremonies on 18 October at the District Wheelchair Race. Darrell, upon acceptance of the award, stated that, in spite of his disability, he did not feel handicapped. Fellow employees will attest to that.

Walton wedding

Carlyle Lake Park Ranger Francis Walton was married to the former Deb Bergmann of Nashville, Illinois, on Saturday, 22 October. Best wishes to Francis and Deb.

Okaw Indian Festival

Park Ranger Diana Williams coordinated the Second Annual Okaw Indian Festival at Lake

Shelbyville. Despite scattered showers throughout the day, some 3,000 visitors enjoyed demonstrations of Indian dancing, cooking, flint knapping, finger weaving, pottery making and spear throwing.

Handicapped hunt

Park Ranger Mike Skinner coordinated the first handicapped dove hunt at Lake Shelbyville. The hunt was a big success. Volunteers were a big part of this event as they helped the hunters to and from their blinds as well as retrieved downed birds for the hunters. A youth dove hunt also took place. It was the largest youth dove hunt ever at the lake, with 39 youngsters and their parents participating.

Hunter safety course

The staff at Wappapello Lake offered a Hunter Safety Education Course on 14 and 15 October. With the large amount of public land available for hunting at Wappapello Lake, the Corps wants all hunters to be aware of hunter ethics and responsibilities.

Child care rep

Ms Joy Bode (CT-P) has been appointed District

representative to the Child Care Center Committee, replacing Ms Sharon Hornback. The alternate to the Committee is Ms Kathie Shelton (BC).

The St. Louis District has had, and will continue to have, active participation in the child care activities.

Mabrey baby boy

John and Nancy Mabrey announced the birth of their son, Samuel Robert, on 5 October. He weighed in at 8 lbs. 3 oz. and was 22 inches long. John is a Park Ranger at Rend Lake in charge of the Natural Resources Management Program.

Hempen new AEG VP

Greg Hempen (ED-GG) was elected vice president of the Association of Engineering Geologists at its annual meeting on 19 October, in Kansas City. Greg previously served as treasurer for two terms. He also presented a paper at the meeting entitled "Spatial Evaluation of Geologic Data."

Greg was also appointed chairman of the Earthquake Engineering Subcommittee of the St. Louis Section of the American Society of Civil Engineers.

Sea Bees at Twain

A Sea Bee Naval Reserve Unit from Granite City, Illinois, recently constructed a new stairway to a popular lake overlook. The new

(continued on page 7)



On The Soap Box

Telling the District's Story Last Month Were:

Around the District

Bill Sutton (ED-Z) did a presentation on Melvin Price Lock & Dam at the Society of American Military Engineers Missouri River Regional meeting at Ft. Leonard Wood.

Ken Koller (ED-Z) gave a presentation on Melvin Price Lock & Dam to an American Society of Civil Engineers Regional Conference in Iowa City, Iowa.

Gary Dyhouse (ED-HE) spoke on sediment transport concepts to a River and Harbor Engineering class at the University of Missouri-Rolla.

Joe Bisher (CT) represented the District at a procurement training program at Lesterville, Missouri, sponsored by Saint Louis University School of Business and Administration - Center for sponsored programs. He also represented the District at a Minority Business Opportunity Fair in St. Louis, co-sponsored by the Small and Disadvantaged Business Opportunity Com-

mittee of the Federal Executive Board.

James Lovelace (ED-H) and Claude Strauser (ED-HP) hosted two groups on the M/V Blankinship last month. One group was the Rivers and Harbors class from the University of Missouri at Rolla and the other was a group of 20 people from Southern Illinois University at Carbondale, Riverlore Project.

Greg Hempen spoke at the local Society of Explosive Engineers meeting in St. Louis about the difficulties barges are having with rock obstacles during the low water. He also provided information on acquiring contract bidding data to the combined meeting of the Association of Missouri Geologists/St. Louis Section of the Association of Engineering Geologists (AEG) in Cape Girardeau. Greg submitted the cover photograph and article, titled "Rocky Passage During Low Water," for the October AEG NEWS, a news magazine on geological and geotechnical issues.

Melvin Price L&D

Ed Berghoff gave a tour and presentation of the project to 30 members of the American Society of Civil Engineers of Rolla, Missouri and presented an overview videotape for

training students of the Construction Training School.

He also gave tours to members of the Masonic Lodge of Alton, Illinois and Leonard Executives.

Jack Vizer presented tours and briefings on the project to 35 members of the Edwardsville Senior Citizens and to retired members of the YMCA. He also gave a tour and slide presentation to 22 students of the Berean Christian School.

Jim Bissell gave a tour to students of the University of Illinois - School of Architecture.

Sig Groetsch, Ed Berghoff, Milton Walter, Jim Dorsey, Howard Turner and Bob Wasitis gave a presentation to 98 members of the Illinois Association of Highway Engineers.

Ed Berghoff, Bill Brown, Bob Wasitis, Jim Dorsey, Jim Bissell and Howard Turner conducted a tour for 130 members of the ASCE National Convention with Bill Sutton as group representative.

Ed Berghoff and Jim Bissell gave a tour and presentation of the project to six visitors from the Peoples Republic of China with Ken Kruchowski as group representative.

Lenn Martin and Ed Berghoff gave a tour of the construction project to 34 employees of the Illinois Department of Conservation.

Jim Bissell and Bill Jones also gave a tour of the project to 40 members of the Wood River Lions Club.

Wappapello Lake

Park Rangers Dan Camden and Sue Mueller conducted a ten-hour hunter safety course for 52 students. The course is required by the State of Missouri for individuals born on or after 1 January 1967 in order to buy a firearms permit.

Park Ranger Dan Camden was interviewed by radio station KTJJ of Farmington, Missouri. He promoted the hunter safety education course and discussed the hunting opportunities available at Wappapello Lake.

Stay-in-school Park Ranger Stacy LaBrier conducted a nature hike for 60 fifth grade students from Puxico Elementary School. She interpreted the Corps mission concerning resource management and wildlife conservation.

Lake Shelbyville

Park Rangers Kim Sandberg and James Lindley staffed the lake's Nature Van and answered questions from the public about recreation opportunities at Corps of Engineer facilities at the Findley Days Celebration in Findley, Illinois. About 1200 people walked through the Nature Van and viewed water safety exhibits and live animals found around

Rend Lake

Park Aid Jackie Brachear distributed lake information at the annual Oktoberfest held in Sessor, Illinois. A large crowd came out to savor the autumn air, giving Jackie an opportunity to tell the public what Rend Lake has to offer.

Carlyle Lake

Park Ranger Francis Walton gave tours at the Visitor Center and Main Dam to 165 students from

Mulberry Grove, Carlyle and Hoyleton Grade Schools.

Mark Twain Lake

Park Ranger Chuck Crocker recently led Boy Scouts from Mexico, Missouri, on an expedition to repair portions of the Lick Creek backpacking trail. Chuck entertained Cub and Weiblo Scouts from Monroe City with information about the natural history of the lake area.

Mark Twain Lake hosted visits from 90 boys from the Mexico Military Academy and a group of Retired State Employees. Park Ranger Diane Hellhake gave the groups tours of the Visitor Center and Power Plant.

St. Louis District retirees enjoyed a trip to the Mark Twain Lake area where they toured the Cannon Power Plant, the M.W. Boudreaux Visitor Center and recreation areas with Park Manager Dennis Foss and Park Rangers Chuck Crocker and Diane Hellhake.

NEWS BRIEFS

(continued from page 5)

stairway provides better and safer access to one of the trilateration stations that overlooks Clarence Cannon Dam.

Wheelchair Race questionnaire

It has been proposed that we have a wheelchair race again next year. It would be useful to the Handicap Committee if you would fill in the following information and forward it to Diane Jones (RE-P).

If there is a race I would be willing to participate _____

Suggested ideas to improve the race: _____

Veterans Day Message from the Secretary of Defense

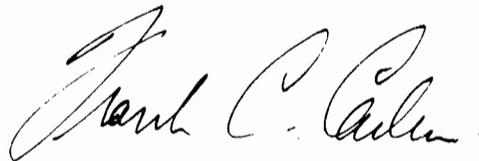
Veterans Day is a special time. As Americans gather at cemeteries and memorials throughout this great land, we are reminded that fundamentally we are a family. We pause this day to reflect on the love and commitment of nearly 40 million living veterans who have served that family. We acknowledge that none have given fuller expression to that love than those who have died or been disabled in defense of our nation.

We demonstrate today through our ceremonies and in our private thoughts and prayers America's lasting gratitude and admiration for those who have allowed us to prosper in peace and freedom. We reflect that such blessings are not universally enjoyed; that tyranny, aggression, and cruel terrorism chal-

lenge what so many Americans have fought and died to protect.

We honor our veterans in a manner that befits the American family. Our nation might have chosen the anniversary of a great battle. Instead, we chose the anniversary of a great silence; the eleventh hour of the eleventh day of the eleventh month when the guns of World War I at last were still. We celebrate not war, but the end of war. We are a people of peace.

As we look with hope toward the day when the guns are forever silent, let us once again express appreciation to those whose splendid heritage lives on in a new generation of servicemen and women who have taken their places on the battlements of American freedom.



Frank C. Carlucci
Secretary of Defense

Veterans Day - We remember



Veteran

By Davic Leusner
USASC, Philadelphia

There's quiet now, the guns are stilled
Yet in the fight our ranks were filled,
No trench, nor other lowly place
Has need of us for war's embrace.

We are veterans — inured from war
We know the tyrants off our shore,
Peace was our goal our lofty aim
It was our single hope to claim.

And — some have fallen, glory draped
Paid full measure for freedom's sake
We ask for them, your pledge, your vow
You'll keep in trust this peace somehow.

That each of you in somber thought
Holds high this peace so dearly bought,
That you will guard with love, esprit
This land of hope and liberty!

In four major wars of this century, 25 million Americans answered their country's call. To each we are eternally grateful.

We remember those who went to the trenches of France, "Over There." As guns fell silent on the 11th day of the 11th month, an end came to the war that was to end all wars. But that was not to be.

We remember the sons and daughters dispatched a generation later to the battlefields of the Pacific, and to Europe and Africa. They fought in the snow at Bastogne and the Ardennes. The dodged suicidal enemy pilots. Once more the peace was won.

We remember those who fought the swarms of enemy coming across the 38th parallel into South Korea. The hellhole called "The Frozen Chosin" and the horrors of winter war.

And we remember the valiant fighters who responded to their nation's call a decade later. Hot and exhausted, they fought in South Vietnam through the Iron Triangle and Ia Drang, and in such places as Hamburger Hill and Hue City.

We remember those who served and died in the air above and on the ships at sea.

Particularly on Veterans Day, we remember.

Korean War memorial

By Jim Garamone
American Forces Information Service

The Korean War has been called "The Forgotten War" by many experts. Yet almost six million Americans served; 54,246 Americans died, while 103,284 were wounded.

The fighting ended in 1953. Now, 35 years after the signing of the Armistice at Panmunjom, a Korean War Veterans Memorial will be built in Washington, D.C.

"The memorial will honor those who served in the Korean War, especially those killed in action, still missing in action or who were held as prisoners of war," said retired Army Gen. Richard G. Stilwell, chairman of the Korean War Veterans Memorial Advisory Board.

The memorial will be located near the Lincoln Memorial on Washington's Mall.

The memorial will be built with private funds. Anyone wishing to donate can send contributions to: Korean War Veterans Memorial Fund, American Battle Monuments Commission, P.O. Box 2372, Washington, DC 20013-2372.

Discovery launch; A personal account

Several people have asked me, "Why in the world would you drive two thousand miles to watch an event that lasts two minutes?"

Well, aside from the fact that those two minutes were historic and wonderfully exciting, there was a lot more to it than two minutes.

Even for those of us who did not camp-out at our chosen watching points, the even actually began the preceding day. We listened to the latest NASA statements and speculated on the chances of delay. We listened to weather forecasts and gazed at the sky, over the Gulf Stream, making our own assessments. We reminisced about past launches, mostly avoiding the subject of Challenger, and voiced optimism about the morrow. And went over our plans.

On launch morning, we rose early, to continue listening to count-down reports, weather forecasts and traffic counts. Then we packed for the excursion: Binoculars, cameras, radio, ground sheet, ice chest, sunshades and food hamper. With an eye on the clouds forming to the east, we set forth.

Our observation point lay on a sand bluff, among palmetto and cactus, on the ocean-side of Canaveral National Seashore. The narrow beach below us was well populated with a colorful assortment of other watchers and looked inviting, but we felt the extra 10 or 12 feet of height would provide a better camera angle.

Temporary bonds of common purpose formed among strangers as we shared space, radios, rumors and speculations. There were three radios and even a portable TV on the edge of the bluff, and we relayed words to the beach.

Anticipation rose as four large helicopters swooped up the coast and assumed positions in a line stretching east, then fell as we heard a "hold" announced. The choppers orbited randomly over the narrow spit of land on which we perched ("station keeping" over one spot of

ocean is tiring for the pilot). Then excitement rose again as a "go" was voiced and the choppers returned to station.

Emotional levels rose further as the final minutes ticked by. Shouts relayed the count, up and down the beach. In the final seconds, voices chimed in, echoing the seconds in a widening circle of sound.

"Five."

"Four."

"Three."

"TWO!"

"ONE!!!"

"ZEEEROO!!!!"

For a throat-clamping instant, we saw no sign of ignition, but then the gorgeous, brilliant shaft of fire lifted above the obscuring cloud of steam billowing around the launch complex. Higher and higher, faster and faster, it rose. It disappeared for a few seconds, behind a cloud layer, but came back into view brighter than ever. About that time the sound-and-shock wave reached us -- attenuated by distance, but still impressive, like a minor earthquake.

Discovery disappeared, again, into clouds, but it was well on its way. Cheers faded and the applause died away, but elated smiles kept beaming as folks began drifting toward their vehicles.

And the event really wasn't over, for us. We stayed on, for a picnic lunch. Then to a nearby resort, to toast the successful lift-off. Back to my friends' beach-house to watch the TV version -- feeling superior by having seen it at first hand -- and to hear the progress reports. And to talk, on into the darkness -- looking up and knowing that our fellow countrymen were up there, a little closer to the stars.

Oh yes, it was well worth the drive.

On the return trip, there was a great temptation to just stay on I-10 and see the landing!

Maybe next time.

CAW

GPO: Good source for military history

A good place to explore military history is in U.S. Government Printing Office publications. More than 100 books on military history and related subjects are available by mail or at the 26 Government Printing Office bookstores located around the country.

If you're just getting interested in the topic, an important reference is "A Guide to the Study and Use of Military History." This 524-page book presents a series of essays on military history, identifies domestic and international sources for its study and outlines the kinds of literature available. It's a useful companion to another Government Printing Office publication, American Military History.

In addition to over-

views and general treatment, there are dozens of specialized books, such as "U.S. Revenue Cutters in the Civil War, A Historical Perspective on Light Infantry" and "A History of the Women Marines, 1946-1977." Related military subjects include art, technology, strategy and logistics.

Among recent releases are: "Iran-Contra Affair", "The Soviet Space Challenge", "Dynamic Stability: A New Concept for Deterrence" and "U.S. Marines in Lebanon, 1982-1984."

For prices and ordering information on these and other titles, write:

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Information security: Access & dissemination

If you hold classified information as an appointed custodian, or only infrequently and on an as-needed basis, you are responsible for further access and dissemination. You need answers to key questions. Is the person a government employee or cleared contractor? Is there an official reason for requiring access? Is there a need for access to accomplish a bonafide job requirement (need to know)? Did you verify

with the Security Office that the person possesses a security clearance at the appropriate level, and access is current?

Those who provide access or disseminate classified information are individually responsible for their actions. "I didn't know," is an admission of negligence!

The following actions concerning classified information should be taken only with prior

coordination with the Security Office: permit any first-time visitor access; disclose to anyone not employed by this District; release to documented, authorized couriers; accept visit request letters; photocopy or extract information; or transport out of the District headquarters building unless you are a documented, authorized courier.



To Your Health

Another vote for fish oil to keep arteries clear

While medical authorities debate the benefits of taking fish oil capsules to keep arteries from clogging, a new study shows it to be effective.

Fish oil capsules improved the long-term outcome of angioplasty. In this surgery doctors open blood vessels that are plugged with fatty build-ups. An estimated 200,000 Americans will undergo angioplasty this year.

A pilot study, conducted at the Veterans Administration Medical Center in Dallas, found that fish oil reduced clogging by two to three times in men who were at risk.

The study was published in the New England Journal of Medicine. It was done on a smaller group of 82 angioplasty patients, but appears to confirm other findings.

Many medical authorities remain unconvinced, but fish oil capsules appear to prevent a second buildup in arteries after the first has been cleared by angioplasty surgery.



Walk your way to good health

"Walking increases our tolerance to stress and enables us to enjoy living more," says Dr.

Samuel Fox, past president of the American College of Cardiology.

"Prove it!" That's what lots of people say. There's plenty of research to back up Dr. Fox's statement. Rather than give tons of statistics, however, how about these facts: Postal workers who deliver mail on foot have significantly fewer heart attacks than fellow workers who never leave the post office.

A British study finds that people who walk 20 minutes or more to work every day have a third fewer circulatory problems than those who drove their cars. Their hearts were more efficient.

A test by the University of California at Irvine showed that a group of women walked from one to three miles a day. They ate what they wanted, but after one year their average weight loss was 30 pounds.

To start your own walking program, the American Medical Association gives this advice to people who have not walked much before:

- * Start out slowly. Only walk as long as you are comfortable with the effort. Don't stress yourself at first.

- * Make your first goal be walking one mile in 20 minutes. Don't tire yourself beyond the point where a short rest relieves fatigue.

- * Increase the distance as soon as you can comfortably walk a mile in 20 minutes.

- * Slowly increase speed and distance until you can comfortably cover three miles in 45 minutes -- but gaining this level of strength could take some time, so don't be impatient. Just keep walking your way toward better health.

Smoking and women

By Evelyn D. Harris
American Forces Infor-
mation Service

November 17 is the day of the 12th annual Great American Smokeout - the day millions of smokers attempt to remain smoke-free for 24 hours. Army Maj. Mary Davis, chairperson of DoD's Anti-tobacco Working Group, hopes that military women will pay special attention. The working group consists of health promotion people from each service who share ideas on how the military can educate service members on the effects of smoking and best help smokers who want to quit.

Said Davis, "Although the percentage of smokers in the general population is going down, the percentage of smokers who are female has not significantly decreased."

Davis said DoD education efforts this year are focusing on younger smokers, particularly females.

Explained Davis:

"There remains a need to reach special populations

who have high rates of smoking - women are one of these groups. In fact, a recent U.S. surgeon general's report stated that adolescent girls had a slightly higher rate of smoking than adolescent boys.

"The report also said women who smoke have three times the risk of dying of stroke and two times the risk of heart attack, when compared with non-smoking women," Davis notes.

"If female smokers also use oral contraceptives, their risks increase still further. And smoking while pregnant is associated with increased risk of miscarriage, low-birth-weight babies and other complications.

"Our society's ideal woman is slender and attractive. There is supporting evidence that, on the average, women who smoke weigh less than non-smoking women and that quitting smoking often leads to weight gain. Therefore, a woman who smokes may perceive weight gain as an unavoidable

result of quitting. What we must do is educate women and the public about how to use coping skills and adjust eating habits to control weight gain and other side effects of not smoking."

For those who want to quit, DoD installations will be equipped with smokeout "survival kits." For her part, Davis plans to adopt a smoker, using the kit, which includes an adoption certificate, sugarless candy or gum, a wrist band to pop every time the smoker wants to light up, a list of coping tips, headless matches, stickers and various buttons.

Davis suggested that non-smokers adopting smokers add their own treats to the kit, such as healthful snacks. She added, "Whether they are male or female, young or old, smokers trying to quit need patience and support from those around them. The smokeout is a light-hearted way to give that to them."

Talking (ptomaine) turkey

By Alice Boyd
American Forces Infor-
mation Service

Once again, it's time to stuff the holiday turkey.

Keep in mind that turkey plus ptomaine-causing bacteria equals food poi-

soning. Unless turkey (or any other food) is kept clean and at the proper temperature, bacteria start growing, according to U.S. Department of Agriculture turkey experts.

you should take extra caution in each step of

preparing the bird. Frozen turkey should stay at 0 degrees Fahrenheit or below until time to thaw it. Refrigerate fresh turkey at 40 degrees Fahrenheit or colder until time to prepare it.

PREPARING THE TURKEY
(continued on page 16)



Retiree Review

Attendance was back up to 41 at the October luncheon, despite gloomy, wet weather.

The Huizengas and the Bakers were back from their trip to Ireland and full(er) of tales about the Blarney Stone, et al.

The Maxwells were back from a tour of China, which they described as 'rough'. Seems round-eyed tourists are not as welcome as the advertising indicates.

Howard Beinke, one of the real regulars, was among the missing. It seems he was hospitalized for a few days -- apparently a light stroke -- and just didn't feel up to coming out. But he says he is doing fine.

Also among the missing, for the first time since his retirement, was Homer Duff. He was attending a meeting of the Board of Directors of the CCC Alumni Association. Homer had attended 23 straight luncheons, just missing a full two years. Roger Cuddeback now has his sights set on beating Homer's record.

Elmer gave a brief eulogy for Joe Pollaro, who will be missed at the luncheons and on the golf course (see obituary in this issue).

The District Christmas Party was discussed and a decision made to reserve at least one table (8 or 10 people), far from the band stand, and petition for some ol'timers dance music. Tickets go on sale the First of November and Elmer will be contacting folk about this. There will undoubtedly be tickets available at the November luncheon.

Evelyn Grote called our attention to the fact that the CAC 'Corps' clothing selection is also available to retirees. The selection includes shirts ('T', sports and golf), sweat suits, jackets, belt buckles and caps. Most items are

available with either a Corps Castle or a stylized Steamboat logo. Buckles and caps are also available with an 'L&D 26(R)' logo. We will try to arrange a display of samples at the November luncheon.

One First-Timer appeared in October: Arnold Gihring, who retired from Structural Section, Design Branch, in 1979. Arnold previously worked in the old Upper Mississippi Division office, here in St. Louis, from 1935 to 1946 and spent several years with Sverdrup & Parcel.

We were then given something of a shock, when Frank Rick, 82, was struck by a fainting spell. An ambulance was summoned by calling 911 and Frank was taken to Alexian Brothers Hospital, even though he was alert and feeling better by the time the medics arrived (Note: They got there in less than 10 minutes). Lew Scheuermann drove the Ricks' car home and Bill Shanks followed the ambulance to the hospital. Linda Cuddeback lent her nurse's experience until the medics arrived. The whole group rallied quite well.

At last report, Frank was at home and doing fine. No particular cause was found for his episode, so he is going on as usual.

OK -- November's luncheon will be on the 17th (also Old Newsboys Day); as always, at Pietro's, 3801 Watson Road (Downstairs), starting around 11:30 a.m. Come on out and bring a (retired?) friend!

Condolences

Joe Pollaro, former St. Louis District Safety Officer, died October 10, at the age of 76.

Joe retired in July 1971 after 35 years of federal service, all but one with the St. Louis District. He was the Safety Officer here for 14 years.

He and his wife, Ruth, maintained a winter home in Alamo, Texas, where they entertained visitors from the north who could escape the snow.

He is survived by his wife, a brother, three daughters, 12 grandchildren and five great grandchildren.

Retirees tour Twain Christmas mailing dates 1988

Forty-six District retirees, spouses and friends were treated to a tour of Mark Twain Lake and Cannon Dam, September 27.

Motoring to the project by bus, the group was met by Jim Petersen, Chief of Operations, and Denny Foss, Lake Manager. They were given a briefing in the Visitor Center, a tour of Cannon Dam Powerplant, and had a pay-as-you-go picnic lunch at Spalding Recreation Area. The bus also made a swing through Ray Behrens Recreation Area, past Black Jack Marina.

The outing was sponsored and arranged by the Public Affairs Office.

Fort Worth District copies SLD

Corps retirees in Fort Worth have organized their group along the same lines as our group in St. Louis.

JoAnn Petras Boston, formerly with the St. Louis District, was a prime mover in getting this new track underway. The concept is for an informal and unstructured organization, meeting monthly for lunch, and planning toward a group visit to a District project.

JoAnn's husband, Bill Boston, retired from the St. Louis District.

Bill writes, "We meet on the second Thursday of each month. We would be happy to invite any St. Louis retiree to attend one of our meetings if they are in the area."

The key to successful holiday mailing is to mail early and correctly. Persons sending cards and packages overseas from the continental United States should mail them on or before the dates listed here.

Parcels will arrive at their intended destination if you follow a few simple guidelines:

CUSHION. Make sure contents are well cushioned and there is no empty space in the box. Use crumpled newspaper around the item -- including all sides, and the top and bottom.

DON'T OVERWRAP. Use your carton if possible. Brown paper and twine are not necessary. Paper can rip and twine gets entangled in mail processing equipment.

SEAL PROPERLY. Close your parcel with one of the three recommended

types of tape -- pressure-sensitive, nylon-reinforced kraft paper or glass--reinforced pressure sensitive. Don't use cellophane tape or masking tape.

AVOID SMUDGES. use smudge-proof ink for your addressing.

POSITION ADDRESSES PROPERLY. put the recipient's address in the lower right portion of the package and your return address in the upper left corner. And put them on only one side of the package. It's a good idea to put a slip with the address and return address inside the parcel.

USE ZIP CODES. Be sure to include the ZIP code in both the recipient's and your address. Wrong ZIP codes can delay the mail.

TIME IT RIGHT. Mail early in the month and early in the day.

DESTINATION	PRIORITY MAIL	LETTERS	PARCELS AIRLIFT SPACE AVAILABLE		SURFACE MAIL
			PAL*	SAM**	
Africa	21 Nov	2 Dec	9 Nov	27 Oct	31 Oct
Alaska	7 Dec	7 Dec	1 Dec	23 Nov	23 Nov
Hawaii	7 Dec	7 Dec			23 Nov
Australia	21 Nov	24 Nov	23 Nov	7 Nov	16 Oct
Caribbean	9 Dec	9 Dec	24 Nov	21 Nov	7 Nov
Europe	2 Dec	2 Dec	23 Nov	14 Nov	16 Oct
Far East	2 Dec	2 Dec	23 Nov	14 Nov	16 Oct
Greenland	2 Dec	2 Dec	23 Nov	14 Nov	31 Oct
Middle East	21 Nov	24 Nov	9 Nov	2 Nov	31 Oct
Southeast Asia	21 Nov	21 Nov	9 Nov	2 Nov	31 Oct
Central and South America	5 Dec	5 Dec	23 Nov	14 Nov	7 Nov

*Parcel Airlift ** Surface Airmail

For Sale

Puppy (Collie-Shepard) for sale. Four months old, female. Found near Grand and Arsenal about three weeks ago (no col-

lar, unclaimed). Very sweet. Checked out with vet. Needs a home.

Call Kendall Winter at 644-4399 or 263-5628

Turkey (cont. from page 13)

Step 1: Thaw it. Thaw turkey according to directions found in most basic cookbooks to prevent bacterial growth. Thawing time varies, depending on thawing procedure and size of the bird.

In the refrigerator, thawing might take from one to five days; in cold water, it can take from four to 12 hours; in the microwave, follow the instructions in your owner's manual or cookbook.

Step 2: Wash it. After thawing, remove the giblets and neck from inside the body. Then wash the turkey inside and out with cold water and drain it well. Also, anything that can touch the raw turkey -- hands, utensils, sink --- should be thoroughly washed with soapy water to prevent bacteria from spreading.

Step 3: Stuff it. Do this just before cooking. It's risky to stuff the turkey in advance because bacteria can multiply in the stuffing. However, it's OK to mix the dry ingredients early and add the perishable ones prior to cooking. Or refrigerate everything until you're ready. Then stuff loosely to allow for expanding. And remove all the stuffing from the bird right after cooking.

Step 4: Cook it. Follow the hours-per-pound directions. The inside temperature of a stuffed turkey must be hot enough to cook the dressing -- normally 180 degrees Fahrenheit. Undercooking risks bacteria growth. Cooking times will vary with the size of the bird.

To make broth for the gravy, wash the giblets, then simmer them until the color changes from pink to gray (about an hour and a

half or more). Add the liver during the last 15 minutes to half hour of cooking.

STORING THE TURKEY

Turkey shouldn't go unrefrigerated for more than two hours after cooking. Once refrigerated, it will keep up to four days. However, storing leftovers after dinner is usually the last stage of the holiday meal. Department of Agriculture turkey experts recommend dividing leftovers into small portions and storing them in small or shallow containers. Eat gravy and stuffing within two days and frozen leftovers within 30 days.

For more information on how to buy, thaw, stuff, roast, carve or store your holiday feast, contact the Department of Agriculture's meat and poultry hotline 1-800-535-4555 from 9 a.m. to 5 p.m. Eastern Standard Time.

Accident Summary

GOVERNMENT VEHICLE ACCIDENTS

October 1988: None

Total vehicle accidents, FY 89: None

Total vehicle accidents, FY 88: None

PERSONAL INJURIES GOVERNMENT EMPLOYEES

October 1988: One

Total accidents for FY 89: One

Total accidents for FY 88: Seventeen

An employee was removing an o-ring, which is part of the rigging, from the Derrick Sewell main lock, when he strained his back.

PERSONAL INJURIES CONTRACTOR EMPLOYEES

October 1988: One

Total accidents for FY 89: One

Total accidents for FY 88: Eight

A carpenter at Melvin Price Lock and Dam suffered a fractured foot when the concrete form he was working on broke free and fell to the ground due to failure of the crane brakes.

LAKE FATALITIES:

October 1988: None

Total lake fatalities for FY 89: None

Total lake fatalities for FY 88: Six

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