

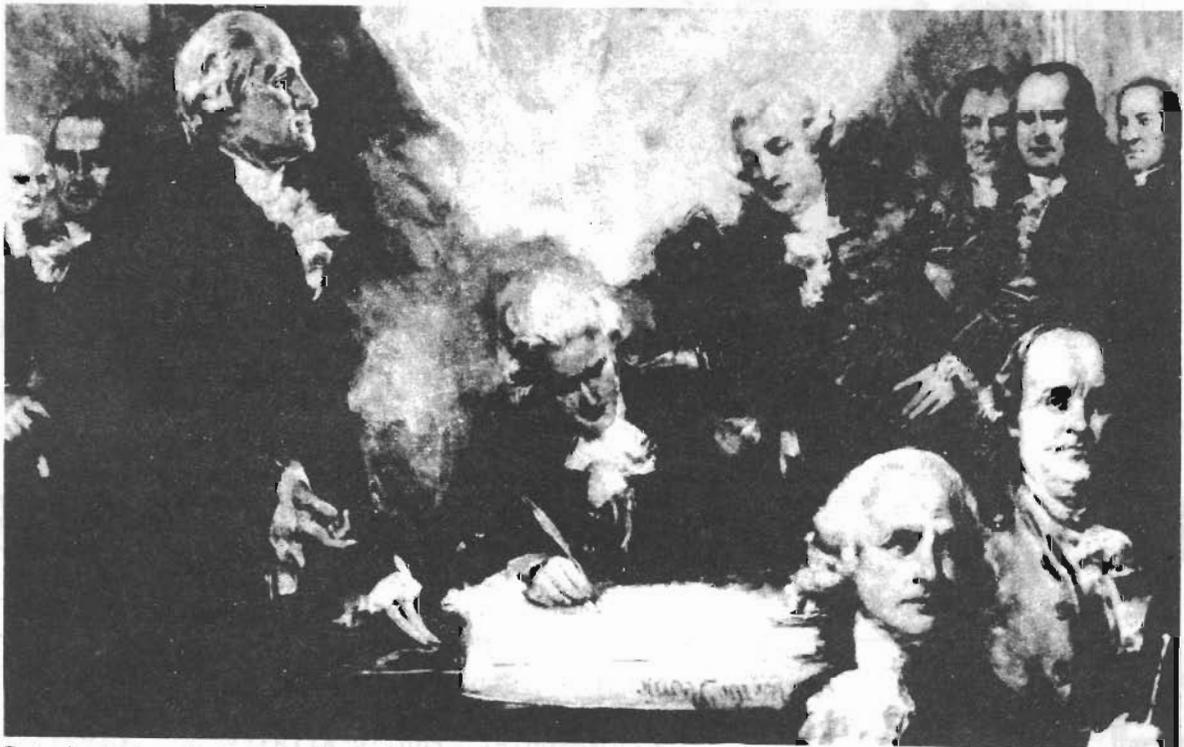
ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 25 NO. 9

SEPTEMBER 1988

The United States Constitution

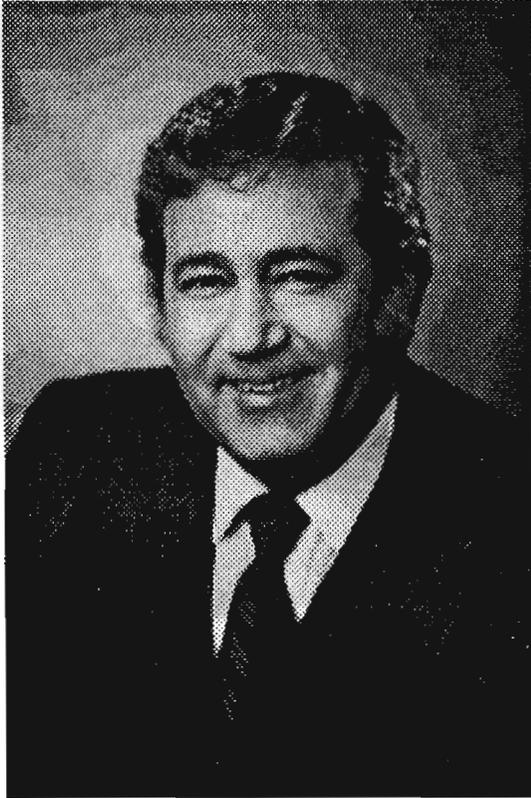


Poster for the Sesquicentennial of the Constitution by Howard Chandler Christy. *National Archives.*

Ratified in 1788

(See celebration announcement page 13)

Hispanic Heritage Program brings Ollie Raymand back



Ollie Raymand, well-known television and entertainment personality, will be the

featured speaker at the Hispanic Heritage Program, September 15. Ollie gave a very well-received talk at the 1984 program.

A native of New Mexico, Raymand spent 37 years with the CBS Network before his recent retirement from that organization. He is best known to local audiences for his years as weatherman on KMOX/KMOV-TV, Channel 4.

His career also took Raymand to Los Angeles and Chicago, among other cities. While in Chicago, he branched out by starting a band, a sideline which still continues. He also conceived, produced and hosted several television programs and is a two-time Emmy winner.

1988 Hispanic Heritage Program is scheduled for 10 a.m., in Room 1040, on Thursday, September 15. District personnel are encouraged to attend.



US Army Corps of Engineers
St. Louis District

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L&D 26(R) is no more; It's Melvin Price now

The L&D 26(R) Project is no more. The massive construction job at Alton is now, officially, the Melvin Price Lock and Dam Project. The auxiliary chamber is the Melvin Price Lock and Dam, Second Lock Project.

It had become common usage to refer to "the 26(R) Project" as encompassing the entire replacement concept in a single entity. This could (and did) create confusion, at times, since there are actually two distinct projects, authorized by separate legislation and funded under separate budget appropriations.

The death of Congressman Price, three months ago, brought into effect the provisions of Public Law 97-118 (Dec 1981). This law applies the name Melvin Price to both components of the replacement structure, but does so separately, as long as separate appropriations continue. Upon final completion of both parts of the structure, the entire facility will become, officially, the Melvin Price Locks and Dam. Until that time, it should be kept in mind that the District is dealing, legally, with two projects at Alton, not one.

Tissue and Organ Donation Education Program

The Community Service Committee of the Federal Executive Board has arranged with the Mid-America Transplant Association, the National Kidney Foundation and the American Red Cross Tissue Services to conduct a Tissue and Organ Donation Education Program for all federal employees.

If you or someone in your family has been affected by tissue or organ donation, we need your help. If you would be willing to share your story with others, please call the Federal Executive Board at 539-6312.

Donation made in Beth Edwards name

Monies donated in memory of our late colleague, Beth Edwards, have been passed along to the General Sight Fund of Lions Club International.

Beth's parents, Mr. and Mrs. Walter Houdyshell, have received notification of the donation, which will be used to benefit the blind and others with sight impairments.

Beth passed away on July 12, 1988.

Employee Assistance Program orientation

Plan to attend one of two employee orientations and learn about the EAP program. The orientations will be held on 5 and 12 October 1988 from 12:15 to 1:00 p.m. in the District Library, room 926.

Mr. Tim Hobart, from

the EAP, will explain the services offered to employees and how they may be obtained.

Contact Ms. Oleva Robinson, 5832, room 955, if you have questions about the EAP orientation.



**St Louis Area
EMPLOYEE ASSISTANCE PROGRAM**

A Division of the St. Louis Area National Council on Alcoholism

314-968-8764

Copyright St. Louis Area EAP 1985

New chief of IMO



by Betty Jo Yuncker

A warm welcome is extended to Carole Pitzer (pictured above) who joined the Corps family in July, as the Chief, Information Management Office (IMO), St. Louis District.

Pitzer is a native Missourian, born in Jefferson County and a long-time resident of St. Louis. She is a graduate of Washington University, School of Fine Arts.

She began her federal career as a technical equipment illustrator for the Mobility Equipment Command (MECOM). While employed there, she applied and was accepted for

an Upward Mobility position.

After completion of training, Pitzer progressed through various positions as: Computer Programmer; Security Manager for the Automated Data Processing (ADP) Facility; Computer Specialist; Software and Technical Specialist; and Chief, Programs Management. During this career progression, she also completed a Masters Degree in Business Management through Oklahoma University.

Pitzer's position just preceding her transfer to St. Louis District was in the IMO at Aviation Systems Command (AVSCOM). She served as liaison between the IMO staff and the AVSCOM Command Group and functional users of IMO services.

Since her arrival, Ms. Pitzer has expressed her pleasure at becoming a member of the Corps Family and her positive impressions of the experience, knowledge, dedication and willingness of the IMO staff, here.

Carole describes her leisure enjoyments as gardening, golf, racquetball, reading and travel.

Mark Twain Lake "Flower Man" receives award

If you've gone to Mark Twain Lake and been to the south side of Clarence Cannon Dam, you know what the hubbub is about. An artist has been at work there since the dam was completed. He works not with paints or metal, but with flowers. His name is Rollie Oelschlaeger. His volunteer work at the dam has finally been rewarded.

Rollie, a retired florist from Monroe City, was nominated by the staff at Mark Twain Lake for an award in the "Take Pride in America" Contest sponsored by the Departments of Interior and Agriculture. He was selected as one of the semi-finalists in the contest.

In July, he traveled to Washington, DC, where he was presented an award for his work on the White House lawn. The President was there.

Go to Mark Twain Lake and see for yourself the "award winning" gardens of Rollie Oelschlaeger.



United Way

It brings out the best in all of us.™



a potential to keep Corps staff abreast of the latest thinking on "Assertiveness Training", "Stress Management", and "How to Listen Powerfully". Additional tapes include "WordPower Vocabular Builder", "Getting Things Done", and "Creating Teamwork". The tapes are

individuals will be available in the District Library, Room 926. Titles include AWWA Journal, Byte, Compute, High Technology, Hydro Review, Information Today, Missouri Conservationist, Missouri Engineer, Water Resources Bulletin, Workboat, Wildlife Society Bulletin. All will be offered to employees without charge on a first-come basis.

Library = Information = media

Have you listened to a book recently? Car cassette players have added a new potential for learning as an alternative to talk radio. The technical library is in the process of adding CareerTrack Publications' tapes to the circulating collection. Just as with the new books and current journal articles on personal and management related topics, the tapes are current and effective. The tapes have

shelved with the books can be checked out for a month. Your Corps Library staff, Art Taylor and Hazel Schnatzmeyer, are ready to help you find these or other materials on the topic. Come by Room 926.

Back issues available.

During the week of September 12th, back issues of magazines whose shelf life has expired, but may be of interest to

Searching made easier

"Decisions are only as good as one's information". Computer-based online information searching and retrieval to meet your needs is your tech library's goal. On occasion, you may find it useful to do the search yourself. The staff is in the process of evaluating several programs to help individuals do just that. The training sessions are now planned for mid-October.

A picture is worth...

You may have noticed in the last couple of issues of ESPRIT the attempt to use scanned photos. If you looked hard you may have even been able to tell what they were.

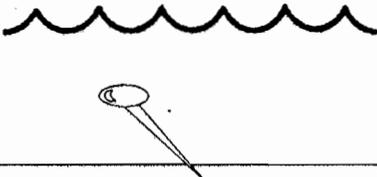
We are developing the capability of using scanned photos in ESPRIT. As our equipment and ability to use that equipment improve you will actually be able to see what is in the photo.

Naturally we want to add a thousand words here and there to our publication. Good photos, properly used, improve any publication. If you have photos (black and white or color) that tell a story you think would be of interest to our readers, send it to us. We'll try to use it.

On communications...

If God intended people to talk twice as much as listen, they would have two mouths and one ear.

A person who talks a lot will occasionally say something wise, but chances are no one will be listening.



NEWS BRIEFS

Olympic Contribution

Wappapello Lake contributed \$120.00 to the U.S. Olympic Committee fund. Money was collected from entry fees for the 5K Olympic Run during the Armed Forces Celebration.

Water Carnival

The fourth Annual Water Carnival was held August 6 and 7 at Wappapello Lake's Redman Creek Beach. There were approximately 700 participating visitors. This two-day event promoted phases of water safety, such as beach games, PFD demonstrations, and various contests. Some of the contests included Sand Castle/Sculpture, Tug-of-War, and a children's fishing contest.

Folklife Festival

The 8th Annual Salt River Folklife Festival was held August 13 and 14 in Florida, Missouri on Mark Twain Lake. Temperatures in the 100's didn't stop over 7,000 visitors from enjoying the entertainment, exhibits and the new activity corner. A brief shower became a high point of the weekend which

dropped the temperature 10 degrees.

10 K Run

On July 23, 1988, a 10K Run at Carlyle Lake, sponsored in conjunction with Donna Springer of St. Louis, resulted in over 80 runners competing in the early morning event. The event was coordinated by Park Ranger Jim Lankford. Weather conditions were ideal for the run.

Hunter Safety Course

Park Ranger, Jeannie Pollmann, organized a Hunter Safety Course at the Carlyle Lake Visitor Center. Sixty-six persons received Hunter Safety Certificates at the completion of the ten-hour course. Local sportsmen taught the course and Park Ranger, Joe Smothers served as the resident Hunter Safety instructor.

Erosion Workshop

Carlyle Lake hosted the Reservoir Shoreline Erosion/Revegetation Workshop from July 25-29, 1988. The workshop, conducted by Waterways Experiment Station, Corps of Engineers, Vicksburg, Mississippi, included representatives of 15 Corps Districts.

Reservoir bank stabilization and erosion control using biotechnical methods to reestablish vegetation were the focus of discussions by the 32 participants.

Junior Ranger Camp

The first joint Corps/Illinois Wildlife Federation sponsored Junior Ranger Wildlife Camp was held at Rend Lake from July 31 to August 5. Despite the hot weather, 35 junior high school students completed certification for the Illinois Boating Safety Course, Hunter Safety Course and the Corps' Junior Ranger Program. The students were from all parts of Illinois and resided at the Sleepy Hollow Youth Area during the camp.

Pioneer Life Festival

Hot weather and a downpour during the Civil War battle didn't keep about 1500 people from enjoying the 8th annual Pioneer Life Festival on August 20 at the Rend Lake Visitor Center. Pioneer crafts, reenactments, mule rides and music highlighted the day.

Settlage Wedding

Bill Settlage, a stay-in-school Park Ranger at Mark Twain Lake, was married to Debbie Winders on August 13, 1988. The wedding ceremony was held in Bettendorf, Iowa. Bill has been employed with the Corps since May of this year.



On The Soap Box

Telling the District's Story Last Month Were:

Around the District

Roy Mathieson spoke to 15 members of the Park Board of Ferguson about Maline Creek recreation plans.

L&D 26 Replacement

Jimmy Bissell spoke to 24 members of the Coast Guard Auxiliary about the construction of the project. He also spoke to 20 group members of the McDonnell Douglas Engineers and 15 members to the Upper Mississippi Basin Association.

Milt Walter and Jake Fredley gave a presentation and tour to 30 members of the East Alton Illinois Rotary Club on the construction of L&D 26(R).

Milt Walter, Jack Vizer, and Walter Fredley gave a tour to 53 people of the Pierron Farmers Coop.

Captain Seaman, Sig Groetsch, and Jack Vizer gave a tour of L&D 26(R) to the Dewitt County Farm Bureau.

Larry Wernle conducted a tour to the Adams County

Highway Department.

Ed Berghoff gave a presentation of the project to the Retirees of Congregational Church. Homer Duff was the group representative.

Ed Berghoff also gave a presentation to the American Legion in Alton, Illinois and the Madison County Federation of Labor.

Jack Vizer gave a presentation of the project to four members of Gromark. He also spoke to 15 members of the Ramsey Concerned Citizens.

Jack Vizer gave a tour to 30 members of the Chauqua Friends. He also gave a slide presentation to the Boy Scout Troop #648, ages 11-15, and spoke to 25 members of the Cash-Morgan Farm Bureau.

Farrell Burnett spoke to five members of the Mark Twain Lake and Cannon Dam Association.

Mark Twain Lake

Park Rangers, Bill Settlage and JoAnn Harlow, presented a water safety puppet show to the Children's Station in Hannibal, Missouri.

Park Ranger, Dan Camden, attended the 4-H Meeting on July 31. He discussed future interpretive programming and the possibility of expanding the schedule for 1989. In the past, these programs were scheduled biweekly from May to August.

Carlyle Lake

Park Ranger, Jackie Lemons presented a program on the natural features of Carlyle Lake to the United Methodist Women of Trenton, Illinois, on August 8, 1988.

Cub Scouts from New Baden, Illinois were treated to a dam tour, nature hike, and Visitor Center tour by Park Rangers, Jim Lankford and Francis Walton on August 23, 1988.

Rend Lake

Park Ranger Gene Morgan was kept busy with interviews for four local television stations. He talked on subjects ranging from the drought to boating safety. Gene also was interviewed by four radio stations about the Pioneer Life Festival.

Park Aid Noelle Goss and Woodsy the Owl distributed information and talked to the kids at the annual Gun Creek/Whittington Days on August 6.

Wappapello Lake

Wappapello Lake contributed \$120.0 to the U.S. Olympic Committee fund. Money was collected from entry fees for the 5K Olympic Run during the Armed Forces Celebration.

Never to forget

By Jim Garamone
American Forces Information Service

There are still about 2,400 servicemen missing from the Vietnam War, something to remember from the Vietnam War, something to remember well on POW/MIA Day, September 16. Live sightings of Americans are constantly reported in the news, but nothing has come from them yet.

That doesn't mean efforts to account for American servicemen lost or otherwise unaccounted for in Southeast Asia aren't continuing, said Assistant Secretary of Defense for International Security Affairs Richard L. Armitage.

They are. Teams from the Joint Casualty Resolution Center and the Central Identification Laboratory in Hawaii scour sites in Vietnam and Laos. The Laotian and Vietnamese governments have repatriated about 250 sets of remains since the end of the war.

Since 1980, about 140 sets of remains have been turned over to the United States. The most recent was in July when 25 sets of remains were returned.

"At least for their families, the wait is over," Armitage said. "We will continue efforts for the return of more remains from Indochina."

The administration is calling for "full accounting" for those listed as missing or otherwise unaccounted for. Armitage said this does not mean that every serviceman lost in Indochina will be accounted for. "Some we know were lost over water, and it is extremely unlikely that we will recover those remains," he said.

"But there is no set number or percentage that we can point to. The fullest possible accounting will be when we feel in good conscience that we have fulfilled the debt to those servicemen and their families (and) that we have accounted for as many as we can."

To identify t

By Jim Garamone
American Forces Information Service

For thousands of American families -- next of kin of U.S. servicemen listed as missing in action during World War II, Korea and Vietnam -- the wars of this century are not over.

The Army's Central Identification Laboratory



in Hawaii is dedicated to ending the uncertainty of those families.

The 42 men and women -- both civilian and military -- of the lab use painstaking care to search out and identify the remains of American service members missing in the Pacific.

the missing

The strongest focus within the Central Identification Lab has been its work on identifying the remains of those returned to recovered from the Vietnam War. Since 1974 -- when the first government-to-government turn-over of remains began -- Vietnam has passed about 160 sets of remains to the United States. The lab is responsible for putting names to those remains.

The lab is divided into search and recover, laboratory and casualty data analysis sections. Although the lab is an Army unit, it has members of the other services attached to it. There are three search-and-recovery teams at the lab. These teams go to the crash or battle sites and recover the remains and any equipment that will aid in identifying the service members.

The teams have made four trips to Southeast Asia searching for remains. The first occurred in February 1985, when 13 remains were recovered from an AC-130 crash site in Pakse, Laos. Another excavation in November 1985 of a crash site of a B-52 near Hanoi recovered partial remains. In February 1986, a trip to Savannahket, Laos, took the

team to the crash of another AC-130 that had 14 men on board. The most recent trip, in May 1988, was to the site of an OV-1 crash in Laos and turned up no remains.

Time is running out for remains in Southeast Asia. "The soil (in Vietnam, Laos and Cambodia) is extremely acidic," says laboratory commander Army LTC Johnie Webb Jr. "The remains are deteriorating from that acid. In contrast, we have remains from World War II which we've recovered recently that are in better condition.

"We'd like to gain entry to North Korea to recover remains," Webb said. "We estimate there are more than 6,000 Americans, of the approximate total of 8,160, still unaccounted for in the north. If the North Korea government would cooperate with the United Nations' Command Military Armistice Commission, we are confident we could recover quite a number of them.

Today, dental work is a key to making identifications. During the Vietnam War, most service members had dental X-rays taken. If there is a full set of teeth, then identification is made easier. "We don't need a lot of remains (to make and identification)," Webb said. "Just a few from critical

areas -- like the jaw -- will work." Still, specialists continue work to make sure the other physical characteristics match.

The laboratory has a stringent in-house review on proposed identifications before its "recommended identification" is submitted to a panel of outside experts. The families may also have an independent expert review the lab's work and submit findings with those of the lab and the outside experts to the final approval authorities.

The lab also serves in other capacities. It helped identify the bodies of soldiers killed in the crash of a commercial airliner in Gander, Newfoundland. It also helped identify the remains of the Marines killed in the bombing of their barracks at the Beirut airport. And, most recently, lab members helped identify the sailors killed on the USS Stark in the Persian Gulf.



Promotions and Incentive Awards

PROMOTIONS:

James Petersen, OD
 Charles Denzel, ED
 Claude Strauser, ED
 Robert Davinroy, ED
 James Lovelace, ED
 Gary Dyhouse, ED
 Edward Pelc, ED
 Roger Myhre, ED
 Linda Collins, ED
 James Gerth, LM
 Carole Pitzer, IM
 Ida Morris, PD
 Robert Herr, CD
 Timothy Brophy, PD
 Michael Weber, RO-L
 Thomas Ruf, ED

EXCEPTIONAL PERFORMANCE RATINGS:

Carl Tilkins, OD
 Joan Schick, CT

Robert Wilkens, OD
 Robert Davinroy, ED
 Dolores Adams, OD
 Betty Sneed, ED
 John Pickett, LM
 John Helfrich, ED
 Carol Plambeck, ED
 Donald Coleman, ED
 Robert Herr, RO-L
 John Scanlon, ED
 Fred Troutner, OD
 Kenneth Koller, ED
 Wayne Klinger, OD
 Charles Dees, OD
 Rachel Garren, OD

QUALITY STEP INCREASE:

Richard Kozeny, ED

SPECIAL ACT/SERVICE AWARDS:

James Lovelace, ED

Lois Schorfheide, OD
 Ronny Singleton, IM
 Jon Eckles, IM
 Katharine Hayes, IM
 Nels Jahren, ED
 Melvin Baldus, ED
 George Postol, ED
 Bobby Hughey, ED
 John Clark, ED
 Ronald Viehweg, RO-C
 Lawrence Strunk, CD
 Paul Schmidt, CD
 Bruce Moore, ED
 William Sutton, ED
 Shirley Bledsoe, IM
 Jimmy Bissell, RO-L
 Henry Kuykendall, IM

PERFORMANCE AWARDS:

Deann Chambers, IM
 Paul Olson, ED
 Larry Roskilly, RO-L
 David Spencer, ED
 Avenant Melidor, ED
 Richard Gray, DC
 Mary Winston, RE

Lavender shades recommended Do You Know

A New York optometrist has prescribed lavender shaded eye-glasses for CRT and VDT operators who use screens with green displays. The lavender shades appear to eliminate a pink haze that some operators experience after day-long computer use.

Many questions have been asked about whether green screens, black and white screens or amber screens were preferable for visual comfort. The doctor says all are equally comfortable if the operator is able to control contrast. Each per-

son has a personal preference in screen color and brightness.

Dr. Melvin Schrier found that lavender tinted lenses are appropriate for eliminating pink after-image because lavender is at the opposite wavelength to green. The after-use pink haze effect can be hazardous if the operator drives an automobile away from the office. While those affected say pink vision tones last only a short time, they felt safer after the problem was eliminated.

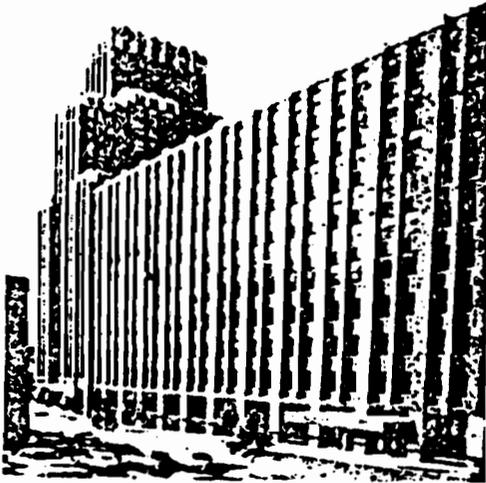
1. The number of albums recorded by Elvis Presley that sold more than 1 million copies?

2. The first record by a solo artist to sell a million copies in the United States?

3. The number of earthquakes detected in the world each year?

Answers To DO YOU KNOW

1. 21
2. Calypso by Harry Belafonte
3. 500,000



Mart Building News

Yes, we are moving to the Mart Building. Yes, it will be before the 21st century. Our lease at 210 Tucker Boulevard expires in September 1990. If we haven't moved by then, we will be doing business from the sidewalk along Tucker Boulevard.

Our move will take place sometime between December 1989 and March of 1990, more than likely late January or early February. The reason for the slippage is, as usual, money. Cost overruns have forced GSA to change construction contract procedures. Floors eight through ten are already under construction by the present contractor.

The St. Louis District will occupy all the fourth floor and the tower section of the third floor (approximately one-third of the floor). Because of space problems surfacing, more offices may have to be moved to the third floor.

About 73 percent of the office space in the building will be furnished with systems furniture. The

contract has not been awarded at this time, but the list of contractors has been narrowed to the top four in the country. The quality of our systems furniture should be very high. A liberal policy of change will be adopted to allow everyone to adjust their systems furniture to their real needs. The furniture will probably be kept to two colors to facilitate change and upgrade. All office space will be carpeted.

Smoking areas in the Mart Building will be in the main lobbies and vending areas only. There will be no individual office space designated as smoking areas.

Parking for official vehicles and handicapped persons will be provided at the rear of the building. The District fleet will be parked there. GSA is in the process of acquiring some of the land now owned by the railroads for this purpose. At least half of those who now drive to work park within four blocks of the Mart Building. Additional

parking may not be a problem.

The cafeteria now operating in the Mart Building will remain in operation until a new cafeteria in a different section of the building is in operation.

A day-care center and a health/fitness center will be available in the building. Cost to the employee will be worked out by an interagency board based on number of participants. The cost should be minimal because the agencies occupying the building will pay for space and utilities. Some administrative leave system will have to be initiated for efficient use of the facilities.

The day care facility will occupy 5000 square feet on the first floor. The facility will be administered by a non-profit, state chartered corporation which will handle the operational aspects of the center including employment, insurance and other administrative procedures. The facility is expected to be operational in FY 90.

Some of the general support services, such as the mail room and the library, will probably fall under a cooperative administrative support program for the entire building, i.e., there would be one mail service that would serve all agencies in the building. This will supposedly streamline service and save the government money.

See you in 1990 on Tucker Boulevard, South.



To Your Health

Sight-saving month

By Evelyn D. Harris
American Forces Information Service

"I'd give my right eye for..." You may have said this before, but obviously you didn't mean it. Your eyes are a precious possession and deserve the best of care. Since September is National Sight-Saving Month, here are some tips on eye care from Navy Dr. (Capt.) Stanley Freed, specialty adviser for optometry, Bethesda (Md.) Naval Hospital:

Regular eye exams are important even if you don't think you have vision problems. Adults should get an eye exam at least every two years. This ensures that vision problems will be identified in time to treat them, and may well tip off the doctor to other conditions such as diabetes and high blood pressure, said Freed.

A good eye exam includes reading an eye chart to check vision, glaucoma detection test and dilation of the pupils so the doctor can check the back of the eye for problems. Freed said a test for peripheral vision and other blind spots,

called a "visual field test," should also be included for patients over 40.

If a child can't see well, he probably won't complain. Identifying and treating children's vision problems while they are still young will prevent needless loss of vision. The following are symptoms of vision problems: frequent eye rubbing; more blinking than usual; too much frowning; undue sensitivity to light; squinting when looking at distant objects; red, swollen eyelids or watery eyes; and frequent sties.

If you wear contact lenses, use the commercially prepared solutions recommended by your doctor for added safety.

If you have an eye infection and live in close quarters, such as aboard ship or in the barracks, be considerate of others and keep your personal items to yourself. Eye infections are highly contagious but usually clear up quickly with medical treatment.

Even if you're wearing sunglasses, don't look directly at the sun. With or without sunglasses, this can cause cataracts.

Garlic can keep the colds away

Scientists at Brigham Young University have proved that garlic extract can kill some of the most bothersome viruses, including:

Human rhino virus, which causes colds.

Parainfluenza 3, a common flu and respiratory virus.

Herpes simplex 1, which causes fever blisters.

Herpes simplex 2, responsible for genital herpes.

Dr. James North, chief of microbiology at BYU says garlic is a virucide. It kills on contact. He recommends eating garlic or onion when you feel a sore throat coming on. (He eats a slice of onion on a piece of bread.)

Garlic may stop a fever blister if you rub it on the lip when you feel the tingle that signals one is coming. Eating garlic won't prevent genital herpes, but it will kill the virus in an open sore.

The study results were presented at an American Chemical Society meeting at Toronto in June. The next steps are identification of the anti-viral chemical in garlic and development of a pill that can be taken to achieve the effect throughout the physical system.

Ratification remembrance of Constitutional Bicentennial

As a follow-up on last year's celebration of the Bicentennial of the U.S. Constitution signing in 1787, the period of September 17-23, 1988 will commemorate the Constitution's ratification in 1788.

Once again, a "Bells Across America" program will be operating nationwide to remind us of that most basic and essential foundation-stone of our national heritage.

The St. Louis District

observance of this historic milestone is scheduled for Monday, September 19, at 3 p.m.

As we did last year, participants will gather on the sidewalk in front of 210 N. Tucker. Red, white and blue balloons will be released, as the District's big ship's bell tolls to mark the occasion. The Civilian Activities Council has, once again, graciously offered to provide the balloons.



Ratification of the Constitution

Delaware	December 7, 1787
Pennsylvania	December 12, 1787
New Jersey	December 18, 1787
Georgia	January 2, 1788
Connecticut	January 9, 1788
Massachusetts	February 6, 1788
Maryland	April 28, 1788
South Carolina	May 23, 1788
New Hampshire	June 21, 1788
Virginia	June 25, 1788
New York	July 26, 1788
North Carolina	November 21, 1789
Rhode Island	May 29, 1790

Information Security: Transmission of classified information

All District personnel, cleared and uncleared, require some knowledge for transmission of classified information simply to recognize a reportable situation. Cleared personnel must know and follow all requirements for approved transmission.

Whenever classified information is transmitted, it shall be enclosed in two opaque sealed envelopes or similar wrappings when size permits. Whenever classified material is of a size not suitable for transmission by envelope enclosure, it shall be enclosed in two opaque sealed containers, such as boxes or heavy wrappings.

Material used for packaging shall be of such strength and durability to provide security protection while in transit, prevent items from breaking out of the container

and facilitate the detection of any tampering with the container. The wrappings shall conceal all classified characteristics.

What if the classified information is an internal component of a packageable item of equipment? In this instance the outside shell or body may be considered as the inner enclosure provided it does not reveal classified information.

If an internal component of a piece of equipment is classified and inaccessible, and the equipment is not reasonably packageable because of its bulky nature, can the outside body of the item be considered a sufficient enclosure? Yes, provided the shell or body does not reveal classified information.

If the classified mate-

rial is an item or equipment that is not reasonably packageable and the shell of the body is classified it shall be concealed with an opaque covering that will hide all classified features.

Is there an alternative to the above packaging requirements? There are specialized shipping containers, including closed cargo transporters that may be used instead. In such cases the container may be considered the outer wrapping or cover. This does not alleviate the need for an inner enclosure.

More common transmission situations will be in the next issue. Personnel with specific needs on any aspect of Information Security are encouraged to contact the District Security Office.



Retiree Review

Despite the scorching weather, 40 of the faithful gathered at Pietro's, in August, to find that two distinguished (that's diplomacy) guests had joined us.

Colonel James E. Corbin, the new District Commander, and Lou Chiodini, recently appointed District Exec, paid a get-acquainted visit to the Retiree Group, and promised to return.

Howard Beinke ('65) was, as usual, the Senior Retiree present.

There were two First-Timers: Elsie Kalafatich, who retired from Real Estate just the other day; and Tom Diggs, who deserted the District some years ago, after only 20 years with us, and subsequently retired from another agency.

Homer Duff and the Cuddebacks continued their strings of perfect attendance.

John Jansen was reported to be at home (after 60 days in the hospital), recovering nicely, and "going to the bathroom on his own." After weeks on dialysis, that is welcome news.

There was no word from the Palleros this month. We will take no news to be good news. Several people inquired and expressed their concern about Joe.

Kate Stiles made it, driving solo, mechanical knees and all.

Belated word was received, sadly, that Maud Hoag had passed away, back in April. Maud retired from Finance and Accounting in 1969, with 26 years of service.

Cannon/Twain Trip

The bus tour to Cannon Dam and Mark Twain Lake is back on track. It is tentatively set for Tuesday, September 27. We are hoping for more comfortable weather, by then. A flyer will be going out, soon (if not already).

Price Hike

Our genial (that's sarcasm) host informed us that a price hike of \$.50 per plate or sandwich would have to be applied in September, or we would have to find another meeting place. Isn't it nice to feel welcome?

Next Month

Thursday, September 15, cocktails and/or conversation 11:30 to 12, lunch about noon, at Pietro's (Downstairs). LC, that's 3801 Watson Road!

Reminder

Remember that reports (gossip) about members of the group are always welcome. They will be passed along, at the luncheon, or reported here, or both. Send us a note or call 263-5662. See ya' next time!

Condolences

Mr. Robert Bragg, who retired in 1984, passed away July 21, 1988. He worked as a Mechanical Engineer in the Mechanical-Electrical Section, Engineering Division and had 21 years with the St. Louis District. He is survived by his wife, Jeanne, three daughters, three brothers, his mother and five grandchildren.

Mrs. Maud Hoag passed away on April 26, 1988. She worked in the Finance and Accounting Branch when she retired in 1969 with a total of 26 years' service. After retirement, Mrs. Hoag and her late husband, John, moved to Versailles, Missouri.

Rape: Don't be a victim

By Evelyn D. Harris
American Forces Infor-
mation Service

According to Ellen Schell, a community education specialist with the city of Alexandria, Virginia, more rapes occur in homes than in any other place. And experts believe that more than half the rape victims are at least acquainted with their assailants.

That is not to say that you can't be raped by a total stranger in a dark alley or an office building elevator. And although rape can often be prevented, that's not always the case. Last year, according to the Justice Department, there were 84,000 attempted rapes, 48,000 completed rapes. That means a large number of women successfully fought off assailants. Although there is no guarantee that you can always protect yourself in every situation, you stand a better chance if you're prepared.

Here are some rape and crime prevention tips from Schell and other experts:

* Rape experts classify it as a crime of violence, not sex. Anyone can be raped: you, your grandmother or a child. But the most likely victim is the one who looks the most vulnerable, not necessarily the most attractive.

* Walk confidently, head up, shoulders back --

look like you know where you're going. Be aware of your surroundings. The same grooming and bearing that earn you compliments as a "sharp troop" or a woman destined for success will discourage most rapists.

* Avoid alleys and dark, deserted areas. Walk close to the curb when ever possible -- avoid walking right next to alleys, bushes or hidden doorways.

* If you're going to use a protective device, Schell recommends a whistle or air horn. Lashbrook recommends filling an empty squeeze bottle, such as a plastic lemon, with ammonia. She says if you practice (using water), you can squirt up to 20 feet. This device should blind the rapist long enough for you to escape. Carry whichever device you choose: It's worthless in the bottom of your purse. Both experts discourage carrying Mace: it can be turned against you and it often doesn't work.

* When driving, keep your doors locked and your windows rolled up high enough so no one can reach in. Keep your purse on the floor, not the car seat. If someone suspicious is following you, find another occupied car and "bump" it. This should discourage the potential attacker.

* Don't be afraid to

fight back. "It often works," said Lashbrook. "And if the tactic you've chosen isn't working, stop doing it and try something else."

* Keep the doors and windows of your home locked.

* Be sensible in dealing with acquaintances. Often, an acquaintance rape can be foiled by making a really loud noise and doing something definite -- like delivering a hard slap. According to Schell, many women in "date rape" situations report that they didn't know what was happening until it was too late -- and that they were afraid to hurt or even embarrass the rapist. Afterwards, these women have difficulty trusting their own judgement.

* If you are raped, Lashbrook said to go to a hospital and get a rape exam. "Don't bathe, douche or even change clothes before you go to the hospital -- you don't want to destroy the evidence."

* Finally, said Lashbrook, "Get counseling whether you think you need it or not. Even the most emotionally strong need counseling to successfully recover from rape. Some military installations and most communities have counselors trained to help you -- use them."

CAC activities for September

**Taco Salad Day
12 September**

