

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

VOL. 27 NO. 9

September/October 1990

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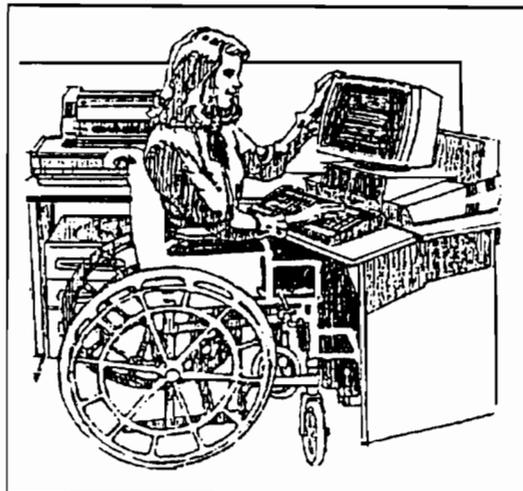
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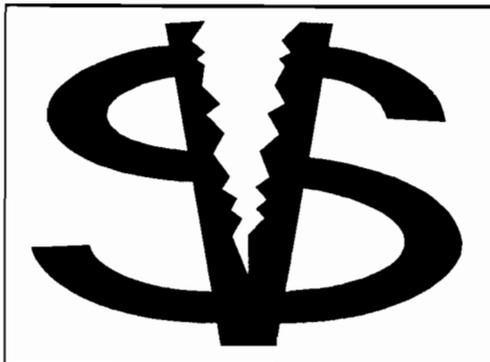
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Corbin's Comments by Col. James E. Corbin



Hi! Guess we all made it to the RAY Building. At least no one has been reported as lost in transit, although someone did indicate that Terry Norris was seen hugging a pillar in the old building.

Relax! Get settled in and then we'll begin to adjust as needed to turn the building into a good, useable headquarters. If you have ideas

on how to improve things, surface them in a logical, reassured way to the appropriate deputy.

Kudos to Barb Collier and gang, the IM folks, all who worked for so long to make the move a success, and Major Rich Brontoli for a super effort.

Realize that the current budget talk has everyone a bit concerned. We've worked a variety of drills from 32 percent reductions to about anything you can imagine. Watch out for rumors - they are lethal. If your boss doesn't tell you something, be careful what you accept from others, particularly outside the District. We have enough funds to stay in operation with no furloughs, reduction-in-force actions, or anything else for the foreseeable future, based on what we know. If things change, worse or better, we'll tell you as soon as we know what the facts are. If you get any rumors, pass them to your boss and then ignore them.

Environmental Day On The River was an outstanding success - super job by PD crew (Owen, Dave & Dave, Ken, Terry and all the rest) and others. Have had several indicators that it was extremely well received by our guests.

Several people have asked me about "earthquake concerns" and "preparations." While I really have no idea whether or not the current burst of predictions is really cause for concern, there is reasonable cause to at least prepare properly. That effort is ongoing, headed by Major Phillips. It will address what we do in the RAY Building, what you should do if at home, and what you should do enroute between home and work. Also, each of you should have received the St. Louis County "Earthquake Paper." If you haven't, see our Emergency Management folks. Having been in several earthquakes over the years, the most important thing is to stay calm and, if you can, out in the open away from falling objects. If you're at home and there is widespread damage, stay there and take care of your family. We'll get hold of you, if and when we need you. Bottom line is that we need to go through the ongoing effort irrespective of an earthquake. With the New Madrid Fault where it is, it is only a matter of time, so we should be as ready as possible.

You're doing a superb job! Realize that we are all going to be a little frayed around the edges given the current funding turmoil. Hang in there and continue to do the same quality job you've been doing. It's appreciated!



US Army Corps of Engineers
St. Louis District

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ASCE Recognition Award to Nieme



Mr. Jack Niemi, Deputy District Engineer for Project Management, has been selected by the St. Louis Section of the American Society of Civil Engineers for this year's Professional Recognition Award. This award recognizes the importance of professional attainment in the advancement of the science and profession of engineering and is presented annually to a member of the St. Louis Section of ASCE who has made substantial contributions to the engineering profession and the St. Louis Section.

The award will be formally presented at the ASCE Annual Dinner on September 21.

Kent World Horseshoe Champ

Lewis Kent, Lockmaster at Lock and Dam 24, at Clarksville, Missouri, won the class O World Championship of Horseshoe pitching at the 1990 World Horseshoe Tournament held at Stone Mountain, Georgia, July 23 through August 4. Some 1068 contestants from the United States, Canada and Australia competed for prize money in excess of \$95,000, plus trophies, as well as the coveted title of World Champion.

There were 682 men entered in the men's open class. They were placed in groups using each pitcher's sanctioned tournament ringer average for the previous year's three best tournaments. The top 28 formed the championship class with ringer averages from 70 to 89 percent. The other

contestants were placed in class A through R.

Kent competed in class O preliminaries, going undefeated in 12 games with a ringer percentage of 42.7. In the class O finals, he pitched only 33.3 percent ringers, but managed to win 8 of 9 games to become World Champion in class O.

Kent has been pitching horseshoes for about six years in a league at Pittsfield, Illinois. He enters four to five tournaments a year. He participated in the Missouri State Fair Tournament in Sedalia in August and won first place in class H by throwing 40 percent ringers. He will be competing in the Missouri State Tournament later this year.

Good luck Lewis!

New deputy

As almost all of you know, we have a new deputy in the Executive Office. His name is Major Roy D. Phillips. Major Phillips will be in charge of overseeing the regulatory branch, our earthquake preparedness and command management review for the District.

Major Phillips is a graduate of the United States Military Academy. He is no stranger to rivers and locks and dams. He worked in the Nashville District renovating the auxiliary lock at Pickwick Locks and Dam.

Following his tour in Nashville, Major Phillips was reassigned to Heidelberg, West Germany, the United States Army, Europe, in the Office of the Deputy Chief of Staff, Engineer. There he served initially as the Program and Budget Officer, and later as project manager for facilities renovation projects.

Major Phillips has a Master of Science degree from Vanderbilt University and is a graduate of the Command and General Staff College. His wife's name is Maggie and he has three sons: Mike, 13, Matt, 12, and Greg 8.

Corps helps in emergency

Lock personnel at Locks 27, Ed Rogers, John Branson and Glenn Ashoff, were instrumental in facilitating the removal of an injured deck hand from a tow in the locks. The lockmen set up quick access by lowering the walkway bridge to the level of the tow, allowing an emergency crew to use it to remove the deck hand, who had a broken leg and contusions of the head and back. Because of this action the emergency crew did not have to use a sling to bring the man up 36 feet to the top of the lock wall.

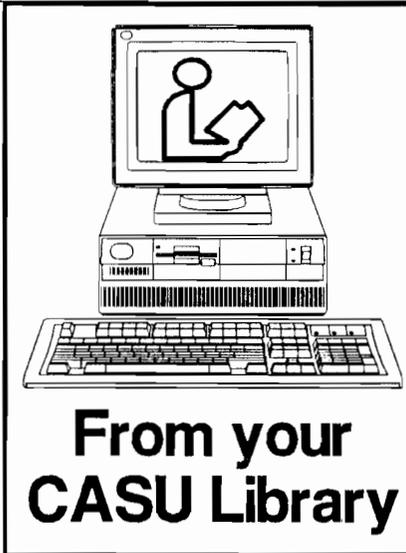
Good thinking guys. Well done.



Different name, expanded goals

The St. Louis District Technical Library, founded in 1968, has literally become the "core" of a new federal agency's (Cooperative Administrative Support Unit -- CASU) cooperative library facility. Open for business in mid-September on the first floor of the RAY Building, Room 1.204, the CASU Library and Information Services not only provides assistance to the Corps, who will continue to be its major user and supporter, but also to DCMR (Defense Contract Management Region) and SIMA (USAMC's Systems Integration and Management Activity).

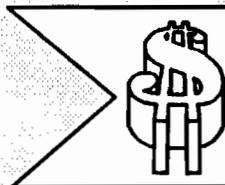
An important range of current legal materials will be housed for the use of the legal staffs of the Corps, Coast Guard, DCMR and



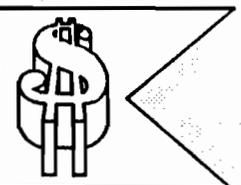
HUD. All Corps personnel will continue to receive all library support functions such as book and subscription ordering, interlibrary loan, reference inquiry and online computer searching. You can call for more information, 539-6110.

City library, new partnership

For the past year the Corps' Tech library users have had the St. Louis Public Library's 4.5 million books at their fingertips, thanks to a computer technology called the Intelligent Catalog. Now in the new RAY Building, the Public Library will pick up and deliver any circulating book that you find in the computerized catalog on Wednesdays to the CASU Library & Information Services facility, Rm. 1.204. If the books are work related, we will even make the call for you. For personal use, all you need to participate is to have a valid library card. Free cards are available to employees who work in the city but live outside city limits, including Illinois residents. Applications for these cards are available in the CASU Library.



Promotions & Incentive Awards



PROMOTIONS:

Alan Berman, ED
Francis Clover, OD
James Connor, OD
Michael Crain, OD
Craig Donis, RE
Walter Feld, OD
R.C. Franco, RE
Ronald Gosselin, OD
Elbert Haskett, ED
John Helfrich, ED
Robert Holt, ED
Steven Johnson, IM
Paul Kornberger, OD

John Marzec, OD
Paul Roberts, ED
Kenneth Rogers, LM
Woodrow Sandlin, RE
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Lawrence Strunk, CD
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Ronald Auvenshine, IM
Christy Cone, IM
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Warner Embley, OD
Ronald Fisher, OD
Carolyn Foster, DC
Wilbur Moore, LM
Vivian Ratliff, LM

John Robinson, OD
Joseph Smothers, OD
Dean Surface, CD
Bonita Toennies, ED
Ruth Townley, PO
Joseph Wilson, OD

EXCEPTIONAL PERFORMANCE AWARDS:

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Robert Davinroy, ED
Edward Demsky, ED
Claudia Digges, ED
Gregory Dyn, ED



John Gaal, ED
Natta Gill, ED
Larry Gutzler, OD
Diane Hellhake, OD
Michael Klosterman, ED
David Leake, PD
Hilda Meadows, OD
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Angela Sanders, RE
Andrew Schimpf, ED
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Charles Turlin, ED
Darold Woodcock, PO
Richard Astrack, PD
Edward Berghoff, CD
Norma Browning, OD
Carolyn Clark, PO
Randal Curtis, ED
David Gates, PD
Timothy George, PD
Anthony Giardina, PD
Bernard Hawickhorst, PD
Gregory Hempen, ED
Donna Henrichs, OD
Milan Hornak, ED
Steven Johnson, OD
Thomas Johnson, OD
Carol Kreutzer, ED
James Kuehnle, ED
James Lynch, OD
Danny McMurphy, PM
Avenant Melidor, ED
Isaiah Mitchell, DC
Teresa Montgomery, OD
Jo Ann Moritz, CT
Roger Myhre, ED
John Naeger, ED
Timothy Nelson, RE
Chester Perkins, OD
Elinor Reinerman, DP
Faro Rodakowski, PD
Larry Roskilly, CD
Aloysius Saller, ED
Hazel Schnatzmeyer, IM
Fred Shepherd, DC
James Soehngen, ED
Jeffery Stamper, ED
Bradford Strauser, ED
Robert Terry, CD
Janet Ulivi, ED
Jennifer Watkins, ED

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Gregory Dyn, ED
Roberto Escalera, RE
Dennis Gould, ED
Richard Hagan, ED
Mary Heitmeyer, OD
Diane Hellhake, OD
Sharon Hornback, ED
Thomas Johnson, OD
Brad Laaker, OD
Leland Lenzner, ED
Gerald McClintock, ED
Danny McMurphy, PM
Avenant Melidor, ED
Isaiah Mitchell, DC
Teresa Montgomery, OD
William Nettles, RE
Robert O'Shea, OD
Lenard Ross, CD
Fred Shepherd, DC
Ladonna Supancic, OD
Donal Sweeney, PD
Jennifer Watkins, RE
Robert Wilkins, OD
Darold Woodcock, PO
Billy Arthur, ED
Tamara Atchley, ED
Melvin Baldus, ED
Jimmy Bissell, CD
Edward Bond, DC
Roy Bowen, OD
Michael Brazier, ED
James Brown, ED
Lammert Buchhold, CD
Farrell Burnett, CD
Louis Chiodini, DE
Kenneth Corbin, PD
Michael Cullen, OD
Randal Curtis, ED
Michael Dace, PM
Charles Denzel, ED
John Dierker, ED
Owen Dutt, PD
Gary Dyhouse, ED
Jon Eckles, IM
Anson Eickhorst, PD
Walter Feld, OD
Dennis Foss, OD
Chuck Franco, PA
David Gates, PD

Timothy George, PD
Emmett Hahn, OD
Bernard Hawickhorst, PD
Gregory Hempen, ED
Diadra Henley, EEO
Donna Henrichs, OD
Roger Hoell, ED
Milan Hornak, ED
Phillip Jenkins, OD
Arthur Johnson, DP
Gary Jones, ED
Diane Jones, RE
James Keen, CD
Michael Klosterman, ED
Carol Kreutzer, ED
James Kuehnle, ED
Terry Laws, CT
James Lovelace, ED
James Lynch, OD
John Marzec, OD
Michael McClendon, OD
Patrick McGinnis, OD
Doris Miano, RE
Jo Ann Moritz, CT
John Naeger, ED
Jack Niemi, PD
William O'Herin, OC
Chester Perkins, OD
Carole Pitzer, IM
George Postol, ED
Joseph Przada, RE
Norman Puckett, OD
Pete Puricelli, BC
Rosemary Puricelli, DC
Thomas Quigley, ED
Edward Rahubka, PD
Michael Rector, ED
Edward Riiff, ED
Faro Rodakowski, PD
Lenard Ross, CD
Woodrow Sandlin, RE
Jerald Schutte, OD
Ronnie Singleton, IM
James Soehngen, ED
Jeffery Stamper, ED
Deann Strauser, PM
Claude Strauser, ED
Bradford Strauser, ED
Matthew Struckel, OD
Lawrence Strunk, CD
William Sutton, PM
Janet Ulivi, ED
Ronald Viehweg, CD

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QUALITY STEP INCREASES:

Robert Davinroy, ED
Stephen Farkas, ED
Dennis Fenske, ED
Angela Sanders, RE
Hazel Schnatzmeyer, IM
Robert Terry, CD
Anthony Giardina, PD
Dennis Morgan, ED

SPECIAL ACT AWARDS:

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John Dierker, ED
Bruce Douglas, CD
Joseph Effertz, PM
Nancy Gerth, IM
Brenda Hamell, PO
Frank Humphrey, CD
Irene Jameson, DC
Loretta Jenner, CT
Alice Lovett, IM
William Moore, LM
James Petersen, OD
Ronald Rauh, CD
Arthur Taylor, IM
Walter Wagner, ED
Mary Whitley, CT
Annette Wolf, OD
Vanessa Alexander, IM
Richard Andersen, IM
Billy Arthur, ED
Vivian Arthur, IM
Tamara Atchley, ED
Ronald Auvenshine, IM
Melvin Baldus, ED
Artemio Basuel, OD
Ronald Bockhorst, IM
Charlene Boecklen, LM
Michael Brazier, ED

Craig Bridges, IM
Charles Brooks, IM
James Brown, ED
Gary Camp, RE
Louis Chiodini, DE
Donald Chrismore, CD
Michael Dace, PM
Edward Demsky, ED
Charles Denzel, ED
Steven Dierker, OD
Vanester Duff, EEO
Owen Dutt, DP
Gary Dyhouse, ED
Stanley Ebersohl, RE
Dolores Ebert, DD
Russell Elliott, IM
Monica Ellis, OD
Roberto Escalera, RE
Nancy Gerth, IM
James Gerth, LM
Gary Groenemann, SO
Shirley Hamilton, CT
David Harley, PO
Shirley Harvey, LM
Katharine Hayes, IM
Diadra Henley, EEO
Thomas Hewlett, RE
John Hickam, OD
Roger Hoell, ED
Bobby Hughey, ED
Valencia Jameson, LM
John Jobst, IM
Robert Johnson, ED
Arthur Johnson, ED
Gary Jones, ED
Warren Jones, IM
Nicholas Katashuk, LMVD
Michael Klosterman, ED
Freddie Layne, LM
Gary Lee, ED
Sharon Leeker, IM
William Levins, RE

Barry Lloyd, LM
James Lovelace, ED
Donald Ludwig, CD
John Marzec, OD
Deborah Maynard, IM
Doris Miano, RE
James Mills, ED
Anne Modrusic, IM
William Moore, LM
Wilbur Moore, LM
Linda Moore, IM
Cynthia Morales, LM
Ida Morris, PD
Virginia Mueller, IM
Jack Niemi, DP
Frederick Norris, DP
Debra Pickerign, LM
George Postol, ED
Joseph Przada, RE
Edward Pucel, IM
Thomas Quigley, ED
Jack Rasmussen, DP
Francis Ratliff, OD
Ronald Rauh, Ed
Michael Rector, ED
Jack Rhodes, IM
Timothy Rozycki, IM
Angela Sanders, RE
Woodrow Sandlin, RE
Joseph Schwenk, ED
Richard Sovar, ED
Joan Stemler, ED
Claude Strauser, ED
Karl Tilkens, OD
Martha Vieira, OD
Maureen Wagner, LM
Milton Walter, ED
Francis Walton, RE
Sharon Ward, LM
Robert Wilkins, OD
Max Williams, CD
Mark Wunsch, RE

It's Dinner Dance time almost

It's gonna be December before you know it. And you know what that means - St. Louis District Christmas Dinner Dance time.

This year's Dinner Dance will be December 8 at Andre's Banquet Center, 4254 Telegraph Road, about 1/4 mile south of 270.

The music will be provided by "Reflections."

Now here's the really good news. The price will remain \$10 per person, less than dinner at a nice restaurant.

The Civilian Activities Council tried to find a location "North" for

a change, but could find nothing they could afford and still keep the price from tripling. As a result they were too late to reserve The Royale Orleans again.

More information will be coming out soon about the Dinner Dance.



On the Soapbox

Telling the District's story this month were:

Around the District

Gary Dyhouse, ED-HE, gave a lecture to a class on Hydraulic Design for Engineers and Planners held at the Waterways Experiment Station. The lecture dealt with pumping stations and drainage through levees.

Col. Corbin was the keynote speaker at the Migratory Waterfowl Hunters, Inc., 20th anniversary banquet. Corbin outlined the environmental initiatives and progress of the St. Louis District. Col. Corbin also addressed Missouri Department of Conservation commissioners on St. Louis District environmental initiatives.

Ken Koller, PM-A, spoke to a Chesterfield Kiwanis Club luncheon meeting about Melvin Price Locks and Dam.

Terry Norris, PD-A, spoke on Prehistoric Transportation on the Mississippi River to the St. Louis Antique Arms Association. Norris also spoke to 50 members of the Columbia, Illinois, Historical Society on European Settlements in the American Bottoms, Randolph and Monroe Counties, Illinois. Terry also spoke to 25 high school students from Valle High School on the Archaeological Heritage of the Middle Mississippi River Valley.

Rob Davinroy, ED-H, spoke to the ASCE student chapter at the

University of Missouri - Rolla, on bendway weirs and his trip to Japan.

Riverlands Office

About 400 people toured the Melvin Price Locks and Dam project in the month of August. Some noteworthy August tours include 200 members of the Alton-Godfrey Rotary Club, a group of Japanese grain buyers, the Marshall-Putnam Farm Bureau, a Scout group and a Missouri teachers group.

Riverlands Area Manager Pat McGinnis addressed a group from the Illinois summer resort community of Chatauqua on Riverlands activities. In addition, McGinnis hosted members of the Alton Sierra Club and the Carbondale Sierra Club on a tour of the Riverlands Environmental Demonstration Area in August.

Pat McGinnis was the keynote banquet speaker at the Omaha District's Environmental Workshop and spoke about the various facets of the Riverlands Area Office. McGinnis also took representatives of the Stuttgart, Germany, Port Authority on a tour of the Environmental Demonstration Area. Pat also spoke to the Alton Service League and the Great Rivers chapter of the Illinois Audubon Society about the Riverlands office and St. Louis District environmental initiatives.

Dan Erickson, Assistant Riverlands Area Manager, addressed members of Gateway Trailnet twice during September about possible Corps involvement in trail linkages.

McGinnis, Erickson and John

Cannon hosted tours of the EDA for about 150 Environmental Day on the River participants. Anne Vieira, Monica Ellis, Kathy Weir and Jeff Vinyard also escorted the attendees on a tour of Melvin Price Locks and Dam during the day. Thanks to Brad Laaker and Ron Fisher for assisting with Environmental Day parking and exhibits.

Park Ranger Ron Fisher escorted a Drury College wildlife habitats class on a tour of the EDA. Fisher and Monica Ellis also took botanists from the Missouri Botanical Garden on a tour of the EDA.

Jack Vizer hosted two groups from the American Soybean Association on tours of Melvin Price Locks and Dam. Monica Ellis hosted the Leisure Friends, a senior citizen group from Alton, Illinois. Jim Bissell hosted members of the American Institute of Mining and Petroleum Engineers.

Anne Vieira and Lewis Kent hosted two Boatmen's Bank tours at Lock and Dam 24.

Rend Lake

Park Ranger Lauri Wuest presented snake programs to more than 100 youths at the Perry County 4-H Kids Day.

Park Ranger Gene Guley spoke about snakes to several youth campers at the Little Grassy Methodist Camp.

Smokey the Bear (Park Ranger Gene Guley) and Woodsy Owl (Park Ranger Lauri Wuest) assisted by Park Ranger Mike Edwards, made an appearance at

(Continued on next page)



Soapbox Continued

the Annual Whittington Gun Creek Days.

Park Ranger Rachel Garren spoke to 1,500 visitors at a picnic in honor of Secretary of State Jim Edgar.

Park manager Phil Jenkins and Park Ranger Rachel Garren conducted a tour of the Rend Lake Visitor Center and the Sleepy Hollow Youth Area for a conference of Lutheran ministers. The ministers are considering holding family and youth activities at the lake.

Wappapello Lake

Park Rangers Doug Nichols, Sue Mueller and Ray Portwood were guests on separate "This Weekend at Wappapello Lake" programs on KLID radio of Poplar Bluff. Doug discussed duck blind registration and camping opportunities available at the lake. Sue promoted upcoming special events. Ray discussed the natural resource management program at Wappapello.

Park Ranger Andrew Jefferson was interviewed for the Tourism News. Andrew informed the newspaper of special events and recreation opportunities available at Wappapello Lake.

Park Rangers Dan Camden and Mike Reibel participated in a parade for the Puxico Homecoming. Mike was Smokey the Bear.

Park Ranger Dan Camden conducted a program for the Dexter Kiwanis Club. Dan discussed recreation opportunities available at the lake and outdoor safety.

Park Ranger Mike Reibel conducted a gatehouse tour for 14 members of the Mingo Job Corps.

Dan Camden, Andrew Jefferson, Art Ruebenson and Sue Mueller spoke with several radio stations and newspapers about Sundowner

rehabilitation and upcoming events. Work at Sundowner Marina is underway and should be finished by early spring 1991.

Lake Shelbyville

Ranger Al Lookofsky gave a R.I.S.E. (recreation impact from shoreline erosion) presentation to the Shelbyville Lion's Club.

Park Aid Kara Hauk has been busy this summer recording the Lake Shelbyville Report for 11 different radio stations every Thursday. Park Rangers Maria Shafer and Mike Skinner have been doing live weekly radio talk programs at WSHY in Shelbyville about special events, fishing reports, etc.

Park Aids Krista Schwerman and Lara Johanpeter gave a program on snakes and a tour of the dam for 30 Cub Scouts.

Mark Twain Lake

Park Ranger Laura Fray presented a program on Missouri owls to 50 members of the Foster Grandparents Club from Hannibal, Missouri.

Park Rangers Becky Ebbing and Brian Edmond presented a water safety puppet show and played games with students from the Hannibal Children Station.

Park Ranger Chuck Crocker provided a tour of the Cannon Power Plant for two visitors from Wales touring the area while competing in the Masters Shooting competition in Barry, Illinois.

Park Rangers Brad Stamp and Diane Hellhake represented the St. Louis District at the Illinois State Fair in Springfield, Illinois. Brad and Diane joined members of the Lake Shelbyville Management Office in staffing the exhibit for the 10-day fair.

Park Ranger Lonnie Forrest and Missouri State Waterpatrolman Charles Bent spoke to about 120 houseboaters during the Mark

Twain Lake Houseboat Association annual picnic.

Park Ranger Becky Ebbing presented a lake update and visitor center tour for 20 members of the Christian Women Federation.

Park Rangers Maureen Murrin and Chuck Crocker, Power Plant Superintendent Dale Russell and instructors from the Missouri Department of Conservation and Missouri Energy Resource Project conducted the Fifth Annual Mark Twain Lake Teachers Workshop. The workshop was entitled "Energy Resources Education" and was attended by more than forty teachers representing kindergarten through high school classes.

Park Rangers Diane Hellhake and Mary Anne Heitmeyer joined instructors from the Missouri Department of Conservation, Soil and Water Conservation District and Soil Conservation Service during the Fifth Grade Outdoor Experience Day. About 300 fifth graders from surrounding schools enjoyed this annual event.

Carlyle Lake

Park Rangers Debby Rahm and Michelle Obermeir presented two programs on conservation to 400 Boy Scouts from Camp Joy Boy Scout Camp, on the Kaskaskia River. Woodsey Owl also made an appearance.

Park Ranger Joe Smothers and Stay-in-School Park Rangers Chuck Frerker, Michelle Obermeier and Debby Rahm taught the Hunter Safety Course to 52 children and adults at the Carlyle Lake Visitor Center.

Assistant Park Manager Dick Conner addressed the Kaskaskia Audubon Society. He spoke about the natural resources and nature opportunities at Carlyle Lake.



NEWS BRIEFS

Folklife Days

The 10th Annual Salt River Folklife Days sponsored by the Mark Twain Lake Management Office, the Missouri Department of Natural Resources and the Friends of Florida attracted a record crowd of more than 10,000 visitors for the two-day event. Crafts, music and demonstrations relived the 1800s.

Park Ranger Diane Hellhake and Shelly Bassinger coordinated the Activity Corner for "kids" of all ages and assisted the scheduling of craftsmen and entertainers.

Ice cream social

Park Rangers Laura Fray, Brian Edmond, Kevin Thompson and Becky Ebbing coordinated the Step-Back-In-Time Ice Cream Social and Games festivities held at the M.W. Boudreaux Visitor Center at Mark Twain Lake with the Trinity Lutheran Church. About 200 visitors enjoyed the cake walk, ice cream and cakes, horseshoe pitching and croquet.

Visitor center displays

There were special displays with presentations from Interpretive Reader Jeanne Cheek, demonstrations by area quilt makers and a photo display from the Quincy Photo Society, all coordinated by Park Ranger Diane Hellhake and held at the M.W. Boudreaux Visitor Center at Mark Twain Lake.

Volleyball tournament

The Mark Twain Lake Area Jaycees and the Mark Twain Lake Management Office coordinated a 13 team volleyball tournament. Prizes for winning teams were trophies and T-shirts, with the proceeds from the tournament donated to MDA.

Resort complex

A pre-proposal meeting for a new marina and resort complex being advertised for development at Mark Twain State Park was held at the state park and attracted more than 70 prospective developers and other interested parties. Members of the Mark Twain Lake Management Office assisted members of the Missouri Department of Natural Resources in conducting the meeting that was held to explain the state's provisions and requirements for the \$10 million proposed project.

Water Sports Festival

The Carlyle Lake Water Sports Festival on August 19 attracted about 3,000 visitors. This special event featured a sand castle building contest, a volley ball tournament, a water ski demonstration and a hot air balloon race.

A boat show was also held at the visitor center as part of the event.

Wetlands Committee

Col. James Corbin, John Marzec, OD-R, and Pat McGinnis, OD-RM, were recently named charter members of the "Partner for Wetlands" action committee. Col. Corbin moderated the committee's first annual workshop held August 11. In attendance were representatives from the U.S. Fish and Wildlife Service, U.S. Soil Conservation Service, Illinois Department of Conservation, the Nature Conservancy, Ducks Unlimited and the Illinois Conservation Advisory Board, which is dedicated to initiating and coordinating wetland restoration and protection efforts for Illinois.

The day-long workshop was sponsored by Migratory Waterfowl Hunters Inc. in honor of their 20th anniversary.

Nature Van

The Lake Shelbyville Nature Van attracted more than 6,300 people during the Decatur Celebration on August 3 - 5. The van was also on hand at the Illinois State Fair, where it was visited by 18,000 people. Personnel from Lake Shelbyville, Mark Twain Lake and Carlyle Lake staffed the van for the ten-day fair.

Indian festival

The 4th Annual Okaw Indian Festival at Lake Shelbyville had more than 2,600 visitors who enjoyed demonstrations and displays despite the hot weather.

Water follies

Water Follies, a special event held at the three public beaches at Lake Shelbyville to teach water safety through games and con-

(Continued on next page)

**NEWS BRIEFS** Continued

tests, drew more than 300 participants.

Rangers run

Park Rangers Larry Gutzler and Leanne Crouch participated in the hilly Abe's Amble 10K run at the Illinois State Fair in Springfield.

National trail

The Chief Illini Trail at Lake Shelbyville has been designated a National Recreation Trail by the Department of the Interior. The Illini trail is the second trail at Lake Shelbyville to be recognized by the Department. The first was the Camp Camfield Trail System in 1981.

Pioneer Life Festival

The 10th Annual Pioneer Life Festival was held August 11 at the Rend Lake Visitor Center. More than 2,500 visitors stepped back in time to enjoy demonstrations such as weaving, spinning, rootbeer making and flint knapping, as well as traditional entertainment and a variety of homemade food. The highlight of the day was a Civil War skirmish.

Hunter safety course

A hunter safety course, sponsored by the Illinois Department of Conservation and the Corps of Engineers was held at the Rend Lake Visitor Center on 14-15 August. More than 30 youths received certification.

Waterfest '90

More than 1,200 visitors participated in Waterfest '90 conducted by the Lake Wappapello staff at the Redman Creek Beach. Visi-

tors learned water safety the fun way by playing games and attending the many activities held throughout the weekend. Television station KFVS-12 of Cape Girardeau featured the event on the evening news.

Resort opens

A resort has recently been completed by the Illinois Department of Conservation at Rend Lake. Park Managers Phil Jenkins and Charles Dees and rangers Jerry Schutte and Rachel Garren attended a news conference held at the Wayne Fitzgerald State Recreation Area to announce the opening.

The Rend Lake Resort has two duplex cabins, 10 boatel units, courtesy boat docks, marine fuel and a convenience store. Some of the boatel units, all of which overlook the lake, have fireplaces and sleeping lofts and many are handicap accessible. For information call (618)629-2211, or write Rend Lake Resort, R.R. #1, Box 73B, Whittington, IL 62897.

Eagle Scout project

Matthew Chambers from Boy Scout Troop 940 in Florissant, Missouri, completed his Eagle Scout project by designing and constructing a stage for the Ray Behrens Recreation Area amphitheater at Mark Twain Lake. Park Ranger Chuck Crocker coordinated the project.

Hunt & Fish Day

The Ninth Annual Mark Twain lake National Hunting and Fishing Day celebration was held on Saturday, September 22. Eighteen displays demonstrated and shared their skills and pleasure in enjoying and managing wildlife and natural resources with about 580 visitors.

Fine Arts Festival

Park Ranger Diane Hellhake coordinated the first Mark Twain lake Fine Arts Festival, cosponsored with the Hannibal Fine Arts Museum and the Arts Resource and Education Agency on Saturday, September 15. Forty artists displayed their work in painting, photography, sculpture and graphic prints for about 1000 visitors at the Spalding Recreation Area. Prize money was donated by area businesses.

Nature Van

The Lake Shelbyville Nature Van made an appearance at Evans Library in Vandalia, Illinois, and spent two days at the National Hunting and Fishing Expo at Kickapoo State Park near Danville, Illinois. The van was staffed by Park Ranger Larry Gutzler and Park Aids Dee Carlock, Carla Endsley and Toni Cyr.

Gidcomb appreciated

Bill Gidcomb, a FEMA Disaster Inspector, recently received a letter of appreciation from the Mayor of Villa Grove, Illinois, for his work concerning a tornado which hit the village this summer. Mayor John Leon cited Gidcomb for his concern, his fairness and his professionalism in handling the situation.

Hunt & Fish Day II

The National Hunting and Fishing Day Celebration, held on September 22 at Carlyle Lake Visitor Center, attracted several hundred people. The special event featured an archery shoot, a youth fishing derby, dog demonstrations and other activities.

(Continued on page 17)



October: National Disability Employment Awareness Month

By Evelyn D. Harris
American Forces Information
Service

October is National Disability Employment Awareness Month. An October 2 Pentagon ceremony honored DoD's Outstanding Employees With Disabilities and DoD components that have had outstanding records in employment of persons with disabilities.

This year, America's estimated 43 million persons with disabilities can mark the passage of a law expected to substantially increase their opportunities. DoD's top personnel officials, Christopher Jehn and Frank Cipolla, were among White House guests who saw President George Bush sign the Americans With Disabilities Act (ADA) into law in July.

Advocates tout that the law will do for people with disabilities what the 1964 Civil Rights Act did to protect minorities and women against employment discrimination. The law also requires that public accommodations, public transportation and telephones be accessible to them.

The ADA affects a broad range of businesses, including restaurants, hotels, motels, theaters, convention centers, retail estab-

lishments, public transportation terminals, cultural facilities, parks and zoos, sports and recreational facilities and educational institutions.

"DoD civilians and other federal workers are not covered in this act because they are already protected by stronger provisions," said Cipolla, acting deputy assistant secretary of defense (civilian personnel). However, he feels the new law will increase awareness of the rights of disabled Americans. "It should create a momentum that will benefit all Americans with disabilities."

Jehn, assistant secretary of defense (force management and personnel), issued a May 11 memorandum that requires DoD activities with 1,000 or more employees to create affirmative action plans for people with disabilities. His memo also asked component heads to develop and carry out plans to increase the number of minorities, women and people with disabilities in grades GS/GM-13 and above and in the Senior Executive Service.

The Jehn memorandum implements Secretary of Defense Dick Cheney's desires to "continue the progress that has made this department a model equal opportunity employer in this nation."

Cheney made the statement when he signed the Human Goals Charter for the Department of Defense. He also said he wanted to ensure that any necessary reductions in force or restructuring in DoD did not have a disproportionate effect on minorities, women or persons with disabilities.

Last year, Cheney issued a 10-point DoD plan to end the Decade of Disabled Persons in 1992 on a note of substantial progress. He called for improved access to housing, buildings and transportation for civilians and military dependents with disabilities.

Cheney also committed DoD to a special goal: 2 percent of the civilian work force will be persons who have disabilities targeted by the Equal Employment Opportunity Commission for emphasis in federal affirmative action plans. These disabilities include complete or partial paralysis, deafness, blindness, missing extremities, distortion of limbs or spine, mental retardation, mental illness and convulsive disorders.

As of September 30, 1989, DoD had almost 12,000 civilian employees with targeted disabilities, or 1.21 percent of its work force.

Accident experience summary

Through the third quarter of FY90 the District has had only seven disabling injuries. Last year the figure was 17 through the third quarter. The average for the last five years has been 15 disabling injuries.

Contractor Employees have only suffered two disabling injuries.

Their last five year average was 17 injuries.

Even one injury is too many, but the figures have improved dramatically since last year, due in large part to the safety awareness programs of the District. Let's keep safety upper most in our minds and keep our workforce injury free.

For sale

Beautiful lakefront acreage. Only one hour west of St. Louis County in Callaway County.

One acre wooded, 1/2 acre open, fronting on a 60 acre fishing lake (the lake has horsepower restrictions). Sand beach, bathhouse, ramp, parking at dam.

Use as cabin site, trailer site, camping site. Electric available. \$8900.

Call Larry Jenneman at 331-8168.



Army Civilian Personnel System

The St. Louis District Personnel Office has started the conversion from the Corps of Engineers Management Information System - Personnel Administration (COEMIS-PA) to the new Army Civilian Personnel System (ACPERS). This new system promises to deliver a more comprehensive personnel data base that will allow for improved service. It is an integrated system with input from each of the Personnel Office Branches updating the basic central record. The system is more comprehensive, tracking 1125 data elements, versus 690 data elements in the old system. In demonstration, some features clearly work better, while, as with any new system, there are also some "bugs" to be worked out.

Initially, we will be doing massive data dumps of the current COEMIS-PA data base and screening for obvious errors. You may be contacted should we have

any questions about how you are coded in the system. Some of the new data elements can only be updated by manual review of the individual Official Personnel Folder (OPF). Our data capture must be complete by mid-November, with data information forwarded to the U.S. Air Force (who will provide our ACPERS data processing) for creation of the new data base system. As many items in the COEMIS-PA system that can be transferred directly to the ACPERS system, will be transferred. The additional data will need to be added manually.

In December (4-13 December 1990), the Personnel Office staff will receive training on the new ACPERS system. During this training, the Personnel Office will have limited operations. While this will cause an inconvenience, the expected outcome is that we will be able to provide management and employees with better service than we have in the past.

On January 2, 1991, we will

begin to use the ACPERS system on-line with the production of SF-50s (Notification of Official Personnel Action). During the shake-down run, for at least two pay periods, we will also be maintaining the COEMIS-PA system, running a dual system. Once we have determined that the ACPERS system is operating and producing usable products, we will cease to use the COEMIS-PA system.

In converting to ACPERS, the St. Louis District will begin using the same data base system that is to be used by about 170 Army Civilian Personnel Offices (CPOs). The new system was first fielded in October 1989 and 2/3s of the Army Personnel Offices are currently on-line. Fielding will be complete among all CPOs by February 1991. Our advantage in being among the last to be fielded is that many bugs have already surfaced and been worked out. This will help our transition.

Accident summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - SEPTEMBER 90: One
Total accidents for FY90: Thirteen
Total accidents for FY89: Twenty-one

An employee was latching a collapsible table. The catch did not hold and the table fell on his right foot.

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - SEPTEMBER 90: Two
Total accidents for FY90: Seven
Total accidents for FY89: Five

A laborer tripped over a wire rope laying on the floor of a storage shed, causing her to fall and strike her left knee on the end of the rope.

A piledriver strained his back, resulting in two lost workdays.

GOVERNMENT VEHICLE ACCIDENTS - SEPTEMBER 90: One

Total vehicle accidents for FY90: Five

Total vehicle accidents for FY89: Two

While preparing to stop at an intersection, a government employee's foot slipped off the brake and onto the gas pedal, causing the vehicle to lunge forward and strike a POV.

LAKE FATALITIES - SEPTEMBER 90: None

Total lake fatalities for FY90: Five

Wappapello Lake - 1

Carlyle Lake - 1

Lake Shelbyville - 1

Rend Lake - 2

Total lake fatalities for FY89: Six

Mark Twain Lake - 1

Lake Shelbyville - 2

Rend Lake - 1

Wappapello Lake - 2

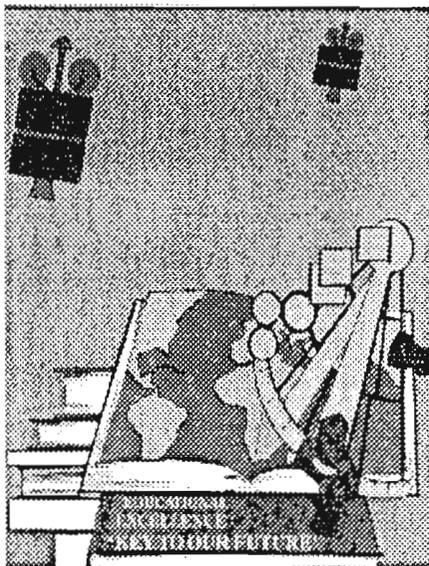


National Hispanic Heritage Month

September 15 to October 15 marked the second Hispanic Heritage Month. Congress expanded the observance from a week to a month last year.

The 1990 theme of "500 Years of Hispanic Heritage 1492 - 1992 ... Education Excellence" combines the celebration of Columbus' Spanish-sponsored voyage to the New World and a look at how Hispanics can improve their lives in the future.

DoD installations worldwide celebrated the ethnic observance with special menus, plays, skits, exhibits and guest speakers. "But, while there is a place for speeches, flags, music and cheering, these things are only tempo-



rary," said Manuel Oliverez, DoD's deputy director for civilian

opportunity policy (black and Hispanic employment programs). "It's important to use this month to focus on where the Hispanic community is today and what its needs are in terms of education and employment and their roles in military services.

"We want to improve the lives of Hispanics as we make contributions to the American society and the security of the nation."

The St. Louis District began its observance September 26 in a shared program with the U.S. Coast Guard. The ceremony took place in the RAY Building auditorium featuring guest speaker Al Capps from the National Parks Service.

Commercial Activities Update

Headquarters USACE is reviewing its Corps-wide policies concerning the contractibility of work associated with Navigation, Flood Control and Hydropower. The purpose of the review, to be conducted by the Institute for Water Resources (IWR), is to establish Corps policy concerning the contractibility of the operation and maintenance (O&M) of locks, dams, flood control structures, power plants, and motor vessels; as well as to establish minimum dredge fleet requirements for the last decade of the twentieth century.

Major General Kem, Director of Civil Works, has directed that all cost comparison studies of those functions presently underway be suspended. In addition, no new studies of navigation, flood control and hydropower are to be started until the IWR has completed its

study and made final recommendations to the Commander, HQUSACE. This is expected to be finished by the end of the 3rd quarter of FY 1991. At that time new instructions will be given to the field operating activities (FOA) for the completion or termination of the Commercial Activities (CA) studies in those areas.

St. Louis District had three studies and an efficiency review in progress when the suspension was announced. They are the O&M of the Motor Vessel Pathfinder; maintenance of Locks 24, 25, 27 and Kaskaskia; maintenance of Clarence Cannon Dam and Power Plant; and the operations of Locks 24, 25, 27 and Kaskaskia. Because these studies were well advanced and close to being complete, it was decided that they would be carried through to the "ready to audit" point and suspended. While the studies will be

suspended until the 3rd quarter of FY 1991, the District will continue to gather workload data so that the studies can be audited promptly when a final Corps position is established.

The only other study affected is the Service Base. That study will not be started until further guidance has been received.

The suspension of CA studies for navigation, flood control and hydropower will not affect the study of other CA functions throughout the Corps. Studies of functions such as administrative services, logistics, transportation and engineering will continue as scheduled.

Questions concerning the CA program should be directed to CELMS-DC-M, 3-5541, Mr. Fred Shephard, CA Program Manager, or Mr. William Slabaugh, CA Program Coordinator.



Some possible affects of reduced federal funding

The following are paraphrased excerpts, from the *Federal Employee Weekly UP DATE*, about the consequences of sequestering federal funds, if that should become necessary.

Sequestering looks like a genuine possibility. There is no question it will affect every civil servant. Furloughs, promotion freezes and other direct personnel actions would not be the only visible effects of sequestration on civil servants. Workers would face the tasks of trying to manage programs suddenly required to operate on dramatically shrunken budgets.

According to the Office of Management and Budget, Social Security and government pension checks would be delayed, government payments under the Federal Employees Health Benefits Program could be delayed or even suspended, processing of retirement forms at OPM would be delayed and processing of grant and aid forms in other agencies for most federal programs would be delayed.

Unless there is a dramatic turnaround in the situation between the White House and leading Democrats on Capitol Hill, the prospects for reaching the necessary agreement and avoiding sequestration are fading rapidly.

The basic requirement that must be satisfied to avoid sequestration is a combination of spending cuts and/or tax increases equalling about \$100 billion.

A consensus was reached early in the talks that an amount equal to about half that required under current law could be combined with revisions in the deficit reduction schedule mandated by

Gramm-Rudman-Hollings. But even that goal - spending cuts and/or tax hikes of \$50 billion - is proving almost impossible to achieve.

Federal pay and compensation programs continue to be among the unavoidable targets of opportunity for the budget cutters.

Freezing the 1991 federal retiree cost-of-living adjustment would save about \$1 billion of the projected \$25 billion or so needed from spending reductions.

Adding a freeze of all federal entitlements, including Social Security, would reduce the budget by as much as \$13 billion.

Stretching the lump sum payment payouts to three years, instead of the current two, would save about \$1 billion more.

Changing the formula under which the government's share of FEHBP premium costs are calculated would save another \$500 million when combined with other administrative efficiencies sought by the Bush administration.

Delaying or freezing the January 1991 pay raise could add an additional \$1 billion to savings available from the federal workforce.

Congressional appropriations committees are proceeding to approve spending bills that generally commit the government to higher outlays in most major programs.

Who knows how it will end. But, as a federal employee or retiree, as always, be prepared to be the target of congressional cost cutting measures for the foreseeable future.

Furlough questions and answers

Following are questions and answers which might help clarify the Corps of Engineers stand on funds sequestration and furloughs:

Q. Will Corps of Engineers employees be furloughed if there is a sequestration of funds in FY 1991?

A. Several prudent steps will be taken first to avoid, if possible, the need to furlough employees. We will take every possible action to retain employees consistent with the accomplishment of our critical missions, such as reducing new hiring, travel, overtime and presentation of awards. However, if it becomes necessary, Corps employees could be furloughed if the administration and the congress do not reach an agreement on the FY 1991 budget.

Q. Will Corps employees be RIFFED if the sequestration action goes into effect?

A. No reductions in force are being considered at this time as a result of sequestration action.

Q. What is the maximum number of days a Corps employee can expect to be furloughed?

A. The Corps, along with other federal agencies, is considering a possible worst case scenario which would require furloughing employees for up to 22 nonconsecutive days in the first quarter of fiscal year 1991. If the administration and congress agree on a budget deficit reduction plan, the number of furlough days could be much less, or perhaps, none at all.

Q. Will Corps employees be given advance notice before being furloughed?

A. The law requires employees



Protect your environment by reducing waste

In the 30 years from 1958 to 1988, production of plastics in the U.S. rose by 54 billion pounds. While the numbers are dramatic, some aspects of the plastic waste situation have been exaggerated or oversimplified.

The most evident problem is discarded plastic. Packaging from household goods goes into the trash and from there to a garbage dump. Once deposited, it may not break down for hundreds of years. When it does, toxic substances may be released and leach into groundwater.

Plastic, however, is not entirely to blame for our garbage glut. Crushed under the weight of debris, it takes up no more space than other material. Studies by the University of Arizona show 12 percent of landfill volume is plastic, while paper products account for 40 to 50 percent.

William Ruthje, an archaeologist and anthropologist who heads The Garbage Project at the university, says paper in landfills

takes a long time to break down as well. In digging a trench through landfills, researchers found paper many layers down to be unchanged from its original state even though many years had passed. Newspapers dated over 35 years ago could easily be read.

Research into ways to recycle plastic continue. For the present, only a small percentage of plastic can be recycled into usable products.

For the present, our best course is to make personal efforts to reduce the amount of plastic we use. Elizabeth Collins, an environmental writer at Eastern Research Group, Inc., in Arlington, Massachusetts makes these recommendations:

- * Reuse plastic grocery bags or donate them to an organization that will.

- * Carry groceries home in reusable baskets or string bags made from cotton.

- * Buy reusable, rather than

disposable products even if they are a little less convenient.

- * Buy products in larger quantities when practical, eliminating multiple packaging from buying the same product several times.

- * Recycle when you can and whatever you can. Find recycling centers that will accept paper, aluminum, glass and/or plastic.

The fewer containers we use, paper or plastic, the fewer we will add to the mountains of trash that are growing everywhere.

Fitness facility

The 16,000 square foot RAY Building Fitness Facility will be open on 1 October 1990. If you haven't already, you can obtain an information packet on the facility from David McNeal in the Health Unit.

The facility will have 17 various aerobic exercise machines and 15 variable resistance strength machines, plus some free weights initially. The Public Health Service, who will run the facility, plans to add more equipment as time goes on. The facility will also feature an indoor track and rooms for aerobic exercises.

To use the facility you must fill out a health history questionnaire, have a blood chemistry profile done, have a blood pressure check and a health risk appraisal performed. If you are classified as "low risk" you may begin using the facility immediately.

Annual rates for Corps employees is \$150. If you are part of the Fit-To-Win Program the fee will be \$71.25.

For more information about the RAY Building Fitness Facility contact Jack Stewart at 8545.

Furlough continued

be given 30 days notice before they are furloughed for 22 work days or less. Furloughs of longer duration require 60 days notice.

Q. What is the earliest date an employee can expect to be furloughed? In November? In December?

A. Some employees could be furloughed as early as the first pay period in October, depending on their duties and the source of funds from which they are paid. Other employees might not be furloughed until late in the first quarter of Fiscal 1991.

Q. Can an employee substitute annual leave or sick leave in lieu of being furloughed?

A. According to an article in the Army Press Pack for September 24, the answer is no, because employees are paid for annual and sick leave days, so the goal of saving the government money would not be accomplished.

Q. Will benefits such as health insurance, life insurance and retirement contributions be made to employees on furlough?

A. Yes.



To your health

Lyme Disease:

Tick-borne illness is world traveler

Lyme disease is the most commonly reported tick-borne illness in the United States, but many people still know little about it.

The risk of contracting Lyme disease is greatest from April through October. Although ticks are dormant in the coldest months, there is still some risk through December.

The disease is named after the southeastern Connecticut town of Lyme, where it was first reported in the United States. The spirochete bacterium that causes the disease is carried primarily by the *Ixodes dammini*, or deer tick, which isn't much bigger than the head of a pin. The tick prefers deer, but will bite humans and other animals. It is found on plants and animals in grasses, marshes and woods.

Lyme disease has been reported throughout the world, including Europe, Australia, the eastern and central United States, California and a growing number of other locations. According to the Atlanta-based Centers for Disease Control, the disease has overtaken the more familiar tick-borne Rocky Mountain spotted fever in number of new cases per year. In 1989, 4,569 reported cases of

Lyme disease put the incidence rate up more than 60 percent from the previous year.

Officials of the Armed Forces Pest Management Board in Washington, D.C., said Lyme disease is a growing medical concern. It can cause painful, extensive problems of the heart, muscles, lungs and nerves if untreated.

Doctors have to think "Lyme disease," officials said, because its symptoms resemble so many other ailments. A red rash usually develops at the site of the deer tick bite and slowly expands; it may have a firm spot in the middle. Flu-like symptoms including low-grade fever, chills and headache may develop, as may dizziness, weakness and irregular heartbeat one to two weeks after the rash starts.

Later symptoms resemble those of meningitis and can include stiff neck, irritability, fatigue and difficulty concentrating or remembering. Painful arthritis-like swelling of the joints and elevated temperatures commonly occur from one to several months after infection. In some patients, the disease can disappear at this stage only to reappear later as full-blown arthritis.

Lyme disease is treatable with

antibiotics at all stages. Early diagnosis and treatment are essential for the best results, however. It is much more difficult to treat in later stages, and some damage to the heart, muscles, lungs and nervous system may be irreversible.

The best prevention for the disease is to avoid ticks, which may be difficult if you are involved in outdoor activities, especially in woods or marshes.

Experts at the Defense Pest Management Information Analysis Center suggest several precautions:

- * Wear a hat, long sleeves and pants.

- * Use an insect repellent, preferably one containing permethrin, which can be applied to clothing, but not skin. Commercial repellents containing "deet" also work and can be applied to skin or clothing.

- * Check yourself and children for ticks after you've been outside. Be thorough, because a tick can be easily overlooked or mistaken for a small mole. If you find one, remove it quickly and properly using tweezers and pulling slowly; don't crush the body or leave any mouth parts in the bite.

- * Save the tick in a jar so the doctor can see it if a rash or other symptom appears later.



Fight cholesterol, pick the right cooking oils

The same foods, prepared in the same way, can end up delivering far different quantities of cholesterol to your digestive system.

Take fish. It's one of the recommended foods because it's high in protein and low in cholesterol. If you fry it, as people are prone to do, the makeup of fats you consume can be entirely different, depending on the type of cooking agent you use.

Lard, butter and shortenings are cooking agents to avoid. They are high in saturated fats, which increase blood cholesterol and lead to clogged arteries. Most saturated fats come from animal products, but coconut and palm-kernel oils are also high in saturated fat. Watch for these two in processed foods and avoid them when you can.

Polyunsaturated oils help to reduce blood cholesterol levels, but they have one serious fault. They reduce both good and bad cholesterol in your system. Your body needs less low-density lipoprotein (LDL, the bad stuff) and MORE high-density lipoprotein (HDL). By reducing both kinds, you don't benefit much.

Monounsaturates seem to be just what the doctor ordered. They lower the bad LDL but don't affect levels of HDL.

* Monounsaturated oils that should be used more frequently are peanut oil, avocado oil, olive oil and canola oil.

* Polyunsaturated oils to use less of are sesame oil, safflower oil, cottonseed oil, corn oil, sunflower oil and soybean oil.

* Cooking oils to avoid are coconut oil, palm-kernel oil, margarine with more saturated fat than polyunsaturated fat, butter and palm oil.

I feel okay, so why should I exercise?

It gets to your blood, that's one good reason.

Exercise changes the composition of that vital fluid in several ways. First, by decreasing red blood cell concentration, exercise reduces the risk of blood clotting within the vessel.

A heart attack is what you have when a blood clot forms in an artery supplying the heart, so any reduction in the risk of clotting lessens the risk of a heart attack.

Decreasing concentration of red blood cells might sound like bad news, but it isn't. There is less concentration because exercise increases the amount of blood plasma, the liquid part of blood. This increase in plasma is a sign of aerobic fitness.

Regular exercise also decreases the clumping activity of platelets, the cells within blood that form clots. That's important because platelet clumping is the first step in forming a blood clot.

And regular exercise does one more favor for your blood supply. It activates fibrinolysis, the body's way of getting rid of old blood clots. This benefit comes in direct proportion to how much exercise you do. That means people who are physically fit dissolve any forming clot faster than people who are out of shape.

The key to this improvement is *regular* exercise. That means exercising for at least half an hour and doing it at least three times a week.

The American Heart Association says even if you do feel O.K. now, the benefits of *regular* exercise are so great they shouldn't be **passed by** without serious consideration.

Smoking - years are what count the most

It's bad news for folks who smoke, but "not very much." New research shows that the number of years a person has smoked is the determining factor in carotid atherosclerosis - a primary cause of strokes.

The report, co-authored by Jack Whisnant, M.D. of the Mayo Clinic, was published in *STROKE* an American Heart Association journal. Dr. Whisnant and his colleagues calculate that a person who smokes for 40 years is 3.5 times more likely to have neck artery disease than a nonsmoker. The risk is unaffected by the number of cigarettes smoked during that period.

This finding is significant because other studies based on the effect of cigarettes smoked per day did not have the same result. Light smokers felt they were in less danger. As it turns out, this is not true.

The disease is caused when fatty deposits form on the walls of the carotid artery, the major vessel located in the neck, which supplies blood to the brain. Advanced symptoms include temporary loss of vision or temporary paralysis.

The doctors conducted the study on 752 men and women who had undergone a diagnostic test that allows visualization inside the arteries of the neck.

NEWS BRIEFS continued

Handicapped pier

A ribbon cutting ceremony took place on September 22 dedicating the new handicapped fishing pier at the Lakeview parking lot at Carlyle Lake. There were many dignitaries present for the opening of the pier.



Retiree Review

Condolences

Joe Vishy, long time employee with the St. Louis District, passed away July 19.

Mrs. Dottie Zych, secretary in the Contract Management Branch of Construction Division, passed away on Saturday, September 8.

August luncheon

Well, your wondering scribe* is back and a little puzzled. Attendance at the August luncheon was down to 23, the smallest crowd in years! Did my absence in July so disappoint people that they stayed away in August? Surely a mere downpour wouldn't keep our hardy bunch away!

The District representation in August were Jack Niemi (Deputy DE) and Jean Lindhorst (the gal who actually runs the District).

Jack talked about potential reorganizations in SLD; some accomplished and some future personnel changes; the uncertain budget situation; and the status of the move to the Mart (R. A. Young) Building. The latter is still slipping, but still scheduled for this fiscal year.

Our affable Emcee, Elmer Huizenga, had word of some absentees. The Bakers were enroute to Buffalo, to visit family. Ruth Pollaro is in Beaumont, Texas. Bill Douglas had called from Cape G. to pass along his regrets and greetings to everyone.

Roger Cuddeback and Kate Stiles continued their unbroken attendance strings (35 and 26 months, respectively).

Kate reported that Max Lamb is in poor condition, constantly on oxygen due to his lung problems.

Roger said there has been little change in Ulas Wilson's condition. Ulas has been back in the hospital, but doctors still express optimism.

Howard Bienke's report on the possibility of moving back to Pietro's was distinctly unfavorable. That idea has been shelved. A plan to ease the burden of carrying trays will be tried next month.

* After 8,000 miles, through 13 states, in about six weeks (from the Carolinas to Nevada); enough for a while.

The next luncheon will be, of course, the Third Thursday (the 20th) of September, which coincides with Rosh Hashanah (Jewish New Year). Come on out and lift a glass to the New Year, whether you're Jewish or not!

September luncheon

Attendance was still down in September with only 27 folks present. A few were missing because of a golf tournament, but that doesn't really explain the recent slump.

There were two First-Timers with us on 20 September. Pete Puricelli, accompanied by Marie, came to the very first luncheon following his end-of-August retirement. But it took Harold Youngland 8 YEARS to get around to it. Harold and Dorine came from central Nebraska to attend.

Homer Duff was back, first time since June, as was Elsie Kalafatich. The balance were the dependable regulars. Roger Cuddeback and Kate Stiles continued their perfect attendance strings. Roger has now completed THREE YEARS of unbroken attendance!

Elmer H. was off, playing golf, again. Yours truly played Emcee and Jack Niemi was the District rep again this month.

Jack reported the move to the RAY (Mart) Building essentially complete. He also brought lists of new phone numbers for the District offices and of recent retirees (15). The balance of his comments concerned the federal budget crunch.

Sad words in September were that Ray Rinkle had lost his wife Alice and that Robert Hook had passed away.

Some of our folks had expressed difficulties in carrying trays from the serving line to the meeting room. I asked Salad Bowl owner Debbert Sewing if we could borrow a cart to move the trays. He said, "Of course, but you don't need to. We will provide someone to carry the tray for anyone who requests it."

So whether you are ready to carry a tray or not, come on and join us for lunch on October 18 (Third Thursday) at the Salad Bowl. The other 14 of the recent retirees should come. It's a great way to keep in touch.



Retirees

Ms. Edna McCoy retired from the Wappapello Lake Management Office on August 11. Ms. McCoy had almost 13 years with the Corps, almost eight years of which were with the St. Louis District.

Mr. Jack Rasmussen, Chief of Planning Division, retired August 31 with 43 years of federal service. Jack was with the Corps on the West Coast and on the East Coast. And he spent almost 19 years here in the center of the country with the St. Louis District.

Mr. William O'Herin, Chief Counsel, retired on August 31 after 27 years of federal service. Bill spent almost 25 years with the St. Louis District.

Mr. Pete Puricelli, Chief Program Management Office, retired August 31 after 35 years of federal service. Pete spent 33 years with the St. Louis District.

Mr. Gaetano Miano retired August 31 after 30 years of federal service. He leaves the Construction Division, Quality Assurance Branch after 29 years with the St. Louis District.

Mr. Donald Chrismore retired August 31 after 37 years with the St. Louis District. Don worked in the Contract Modification Section of the Construction Division.

Mr. James Beyatte retired August 31 after 27 years of federal service, almost 15 years of which were with the St. Louis District. Jim worked on the Dredge Potter.

Mr. Aloysius Saller retired August 31 after 29 years of federal service. Mr. Saller spent more than 24 years with the St. Louis District. He is leaving the Design Branch of Engineering Division.

Mr. Milton Walter retired August 31 with 32 years of federal service. He spent more than 23 years with the St. Louis District. Milt is leaving Melvin Price Locks and Dam.

Mr. Paul Holder retired August 31 with 32 years of federal service, almost all of which were with the St. Louis District. Paul worked at Rend Lake.

Mr. Olen Collins retired August 31 with 16 years of federal service. He spent almost 15 years with the St. Louis District. He also worked at Rend Lake.

Mr. Ezra Williams retired August 31 after 31 years of federal service. Mr. Williams, who worked at Lock and Dam 25, spent 28 1/2 years with the Corps of Engineers.

Mr. Melbourne Clinton retired August 31 with 16 years of federal service. Mr. Clinton worked more than 12 years for the St. Louis District. He worked in the Appraisal Branch, Real Estate Division.

Mr. Ernest Stamps retired on August 31 after 37

years of federal service. Mr. Stamps spent almost 11 years with the St. Louis District. He worked in the Hydraulics Design Section when he retired.

Mr. Gerald Gray retired August 31 after 33 years of federal service. Gerry spent more than 30 years with the St. Louis District. He was chief of the Media and Publication Services Section of Information Management when he retired.

And last, but not least, Mr. Joseph Bisher retired for the final time on August 31 after 41 years of federal service. Almost 39 of those years were with the St. Louis District. Joe was the Contracting Division Deputy for Small and Disadvantaged Business.

Flowers, Gidcomb lauded by Mobile District

Recently Dan Flowers, ED-DA, and Bill Gidcomb, OD-RS, received Certificates of Appreciation from the Mobile District for their work during the February and March floods.

Gidcomb and Flowers were commended for their contributions to the disaster recovery operations in Alabama and Georgia following the spring floods. They prepared damage survey reports through the stricken area. Their efforts helped speed the economic and social recovery of many communities in those states.

The certificates were intended to show the gratitude of the Mobile District and the people of the area

Gidcomb and Flowers demonstrate the commitment of Corps people to help those in need in time of emergency.

Greenville new historic site

The town site of Old Greenville, Missouri, at Wappapello Lake was dedicated as a National Historic Site on September 22, in ceremonies held there. The site, including Union, Wight and Hickman Cemeteries was accepted into the National Register of Historic Places in March 1990.

More than 150 former residents and interested individuals came out to reminisce during the dedication. The ceremony included a walk down Memory Lane (a guided walk down the old town sidewalks), and a slide/tape show entitled "Life and Times in Old Greenville, Missouri."

Mike Cullen, Bob Wilkins and Jim Hill represented the District at the ceremonies.



UNIVERSITY OF MISSOURI-COLUMBIA

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August 13, 1990

Col. James Corbin
US Corps of Engineers
St. Louis District
210 Tucker Blvd.
St. Louis, MO 63101-1986

Dear Col. Corbin:

Just a note to say thank you for all your assistance regarding the curation agreement between the St. Louis District and the University of Missouri-Columbia. Without your continued interest in the project, I know it would have gone nowhere. Please also know that your staff--from Mr. Niemi on down to Sonny Trimble and Terry Norris--have been tremendously helpful throughout the course of the negotiations. I take great pride in the cooperative agreement, because not only is it good for the resource base, it also sets a national standard that eventually everyone will have to follow. I am delighted that the St. Louis District has taken the national lead in the curation of archaeological materials.

Please be assured that the million dollars will be well-spent. I certainly will keep your staff posted throughout the project, especially during the renovation phase for the new curation center. Thank you again for all your kind help and especially for your interest.

Sincerely,

A handwritten signature in cursive script, appearing to read "Mike O'Brien".

Michael J. O'Brien
Associate Dean and
Professor of Anthropology

MJO/css