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ST. LOUIS ARMY ENGINEER DISTRICT

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April 1991

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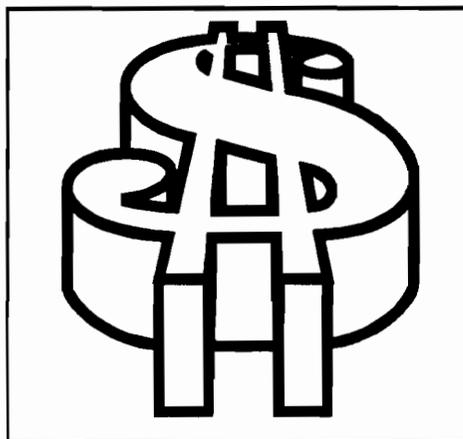
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Corbin's Comments by Col. James E. Corbin



Hi! It's me again! Heard any hot reorganization rumors lately! Bet you have. I've heard everything from "no District" to us becoming the "navigation mecca of the Corps." Bet neither is true; but, both were from authoritative "stovepipe sources" outside the District who you would normally expect to have some form of knowledge. I'd suggest that we all relax and wait until the actual information

is available. I've been called to Washington, D.C. to receive that knowledge on April 10, 1991, and the plan is for me to release that info to you on April 11, 1991, timing to coincide with the Secretary of Defense's release of the Base Realignment and Closure information. Hang loose!

A word to the wise. No one in the Corps will ever again be quite the same no matter how all this comes out. And, nothing is sure, given the way our country works, irrespective of what's released. Things take time to implement, and with time comes change/modification which can be either good or bad. So goes the real world!

So, depending on your view, good or bad, nothing's certain. That's life and I wouldn't worry about it. You're good folks, who do good work (wouldn't trade any of you - so you're better off than if you were playing for the Cardinals) and that's recognized throughout the Corps, so there will be a job for you! Relax and enjoy life. We only go round once, or so I'm told!

On that vein, we just completed a survey of the District reference the Employee Assistance Program (EAP). Regretably, all the "old wives tales" and "social taboos" about seeking assistance appear alive and well. Those

divisions that have folks showing the most signs of stress don't seem to think it's important and either didn't respond or said things are fine.

That's silly because they aren't. Mission requirements have increased, resources have decreased, the number of you has decreased, ability to do the job to the degree you would like to has decreased with a lessening, in many cases, of job satisfaction. (note: that's job satisfaction, not performance! You're doing a great job in spite of the hurdles we continually put in your way!) And then we cause your stomachs to flip-flop on whether you're going to be able to be employed in the Corps in St. Louis! Welcome to the best of all worlds. Who are we kidding, gang, certainly not this "old soldier."

We've got every stress and frustration related sign you can imagine throughout the District and I've got folks who think EAP isn't needed or isn't important! Come on! As my kids say, Get Real!!

Then there are those who feel if they use the program, something's wrong with them. You know, the "gee, I'm going to a shrink, therefore I must be crazy or somehow I'm unclean!" Bull!! Notice, Maggie, you've had a good influence on my choice of words.

Given the lousy supervisor/employee rules we have in the federal government that tend to breakdown useful dialogue sometimes, why wouldn't you discuss things with a counselor (i.e. use EAP). It is absolutely silly not to. Now, if your chain-of-command is functioning well and your own co-worker and personal support groups are working well, you don't need EAP unless there is some form of a special benefit program that you qualify for that they might aim at you. But, most could use a third party not tied directly to work, or whatever the problem is, to help at least discuss things. As individuals we tend to be blinded by our own emotion and involvement. EAP is just like "Fit to Win!" It's there to help you enjoy and live life to the fullest. If I could somehow do it, I'd put a full time psychologist on to

(Continued on next page)



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

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Corbin's Comments (cont.)

help all of us, me included (I know, I hear the pundits on that one! Boo!!) through these rough times.

There is not stigma or anything else associated with the EAP Program or those who use it. Use it! You'll feel better! Suggest it to a buddy, and/or go along with them if you see someone self-destructing a bit. You folks are darn important, so treat yourselves that way and use the program, if you need it. It's there for YOU!

See you next month. Keep up the good work. You're doing a fantastic job!

Incidentally, we'll put out some form of written blurb on the reorganization as quickly as we can; but, given resources, I suspect it will take a bit. So ensure all to the max extent possible attend the briefings on April 11, 1991. I've scheduled them initially in the afternoon to give me a chance to get back from Washington, D.C., put together a handout and present you a clear, concise, hopefully devoid of error briefing! See you on April 11, 1991!

Degenhardt VP in SAVE

Gene Degenhardt, our Value Engineering Officer, has been elected vice president of the Great Plains Region of the Society of the American Value Engineers (SAVE).

His responsibility will involve increasing the effectiveness of individual SAVE chapters within the six state region, and providing them with improved communications with the SAVE headquarters.

These new duties will place him on the SAVE Board where he will be one of the decision makers in a growing professional organization.

Division Golf Tourney

Here's more information on the Division Golf Tournament.

First lodging: Holiday Inn, Corinth, Mississippi, is about 20 miles from the golf course. At government rate, they have singles for \$30 and doubles for \$34. Phone (601) 286-6071. Econolodge, also in Corinth, has singles for \$30 and doubles for \$36. Phone (601) 287-4421. The State Park has cabins available at a weekly rate of \$310 and a one-week minimum is required. Phone (901) 689-3135. The Pickwick Landing State Park Inn has been blocked for us with the following arrangements: 35 rooms reserved for June 25, 50 rooms reserved for June 26 and 50 rooms reserved for June 27. Reservations should be made directly with the Inn by May 1 and they must be told that you are with the "Corps of Engineers Golf Tourney." Phone (901) 689-3135. The unreserved blocked rooms must be released after the 1st.

It looks like we'll be using a "Shotgun Start" on both days of the tourney. The practice round for the 26th must be arranged individually and players

can call the pro shop for information at (901) 689-3149... although there are no tee times necessary during the week.

We've definitely decided on a traveling trophy for a team competition along with the usual individual awards. The team trophy will be decided from points earned by the top three places in each flight. We'll give you more information on rules and prizes later.

It looks like the entry fee will be \$65 and will include green fees and half a golf cart for the two tournament days. It does not include the practice round or our cookout meal. The dinner is an extra \$10 per person and must be submitted with the entry fee in order to reserve a meal ticket. It includes fried fish, chicken, all the trimmings and iced tea. Of course, attendance at the meal is optional, but we must know up front.

We'll be asking for all entries and fees by COB on June 10.

The entry forms, rules and all other information will be on the way to you by April 15.

Be safe, think before you act

Last year a \$50,000 judgement was entered against the United States for the negligence of a Corps employee operating a government vehicle.

The government driver stopped a government vehicle to assist someone working on his stalled truck. The truck was in the middle of a busy road, on a steep uphill incline. The employee parked in front of the stalled truck and exited the vehicle. The vehicle rolled backward pinning the man between his truck and the Corps vehicle, causing severe injuries.

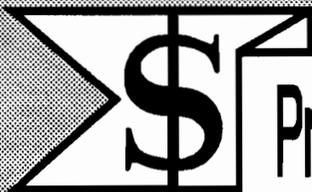
The laws in most states establish that every person operating a motor vehicle must exercise the highest degree of

care. The words "operating a motor vehicle" include all acts reasonably connected with entering and departing from a vehicle.

Good acts are fine, but if you, as a government employee, act as a good samaritan, you must do so with the highest degree of care.

The government driver violated para. 19.B.06 of the Safety Manual in the "heat" of the emergency. He should have shut off the motor, set the parking brake and put the transmission in low, reverse or park.

Safety rules are as important during emergencies as during routine operations. Use this as a "lesson learned."



Promotions & Incentive Awards



PROMOTIONS:

Vivian Arthur, IM
 Charlene Boecklen, LM
 Sharlene Caulley, RE
 Era Greer, OD
 Michael Hays, OD
 Margaret Hurst, DC
 Donna Kavanagh, DC
 Thomas Miller, OD
 Rosemary Puricelli, DC
 Jennifer Watkins, RE

EXCEPTIONAL RATINGS:

Glenn Ashoff, OD
 Gloria Aubuchon, CD
 Jessie Bartz, OD
 Robert Bringer, DP
 Martha Conrad, OD
 Donald Dannan, PM
 Larry Dornin, OD
 Earl Ehlers, ED
 Leona Florek, ED
 Peggy Gravot, OD
 Larry Griffin, OD
 Norma Hall, EE
 Rozann Heininger, OC
 Deborah Kuhlmann, IM
 James MacMorran, CD
 Sharon McGee, ED
 Cecil McLard, OD
 Gerald Parker, OD
 Edward Pelc, ED
 Dixie Pickett, PO
 Evelyn Roland, OD
 Gary Schmidt, ED
 Maria Shafer, OD

Michael Skinner, OD
 Gary Stilts, OD
 Mary Ann Swip, CD
 Bonita Toennies, ED
 Cynthia Ward, CT

PERFORMANCE AWARDS:

Glenn Ashoff, OD
 Gloria Aubuchon, CD
 Karen Bautsch, CD
 Gary Camp, RE
 Frank Catalano, RE
 Patrick Conroy, ED
 Donald Dannan, PM
 Leona Florek, ED
 James Fox, OD
 Peggy Gravot, OD
 Jerry Hawkins, ED
 Gary Jacobs, RE
 Sharon McGee, ED
 Don Mirick, OD
 Linda Moore, IM
 Gerald Parker, OD
 Edward Pelc, ED
 Elaine Sombright, DC
 Kathleen Steinlage, PD

QUALITY STEP INCREASES:

Irene Flippen, CD
 Dennis Stephens, ED
 Mary Ann Swip, CD

SPECIAL ACT AWARDS:

John Baker, IM
 Laurie Busse, ED
 Deann Chambers, DC

Robert Davinroy, ED
 Patrick DiBello, PO
 Mary Ann Dostal, OD
 Earl Ehlers, ED
 Kathy Engelmann, PD
 Natalie Eschmann, ED
 Phillip Eydmann, ED
 Donald Fendler, CD
 Leona Florek, ED
 Chuck Franco, DX
 James Gerth, LM
 James Gregory, DC
 Norma Hall, EEO
 Brenda Hamell, PO
 Joan Heckstetter, OD
 Rozann Heininger, OC
 Diadra Henley, EEO
 Carol Hilderbrand, ED
 Roger Hoell, ED
 Patricia Hosford, CD
 James Kuehnle, PD
 Patrick McGinnis, OD
 Robert Mesko, ED
 Linda Moore, IM
 Ida Morris, PD
 Walter Ohar, OC
 Andrea Pickard, OD
 Dixie Pickett, PO
 Riley Pope, PD
 Pam Reed, CD
 Kenneth Rogers, LM
 Angela Sanders, RE
 Joan Stemler, ED
 Claude Strauser, ED
 Willie Stroud, ED
 LaDonna Supancic, OD
 Ruth Townley, PD
 Annette Wolf, OD



On the Soapbox

Telling the District's story this month were:

Around the District

Ron Dieckmann (ED-HE) was a guest lecturer at a recent HEC training course on Interior Flooding Hydrology held at Davis, California. Ron gave an overview of several SLD case studies involving interior analyses to 30 attendees from throughout the Corps.

Gary Dyhouse (ED-H) lectured to the same group on the same topic.

Ed Ewing (PD-U) was interviewed on radio station WLDS Jacksonville, Illinois, about the Apple Creek water resources study, for which he is study manager.

Jim Petersen, Chief, Operations Division, spoke to 150 at the Edwardsville Rotary Club about navigation on the Mississippi River and how commodities are moved by barge.

Keith McMullen (OD-F) presented an overview of the Corps permit program to a group of 12 from the Soil Conservation Service in Vandalia, Illinois. The presentation specifically included discussion of differences between the Clean Water Act and Food Security Act as the laws relate to jurisdictional wetlands. Keith also gave a group of 30 from the Soil Conservation Service, Land Improvement Contractors Assoc., AT&T and local farmers in Troy, Illinois, an interpretive overview of the Corps permit program. Keith spoke to about 40 people from the District 8 Branch of the Illinois Chapter of the American Public Works Assoc. in Edwardsville, Illinois, about the permit program.

Terry Norris (PD-A) spoke on "Steam Boating in the 19th Century" to 30 people at the Greene County Historical and Genealogical Society in Carrollton, Illinois.

Riverlands Office

Riverlands Area Manager Pat McGinnis addressed Pride, Inc., an Alton based service organization dedicated to beautification and improving the quality of life for all citizens of the Alton Lake Area. McGinnis spoke about opportunities in the Riverlands region, including the Riverlands Adopt-A-Shoreline program.

The Riverlands Area Office hosted 150 members of the Upper Mississippi River Conservation Commission, in town for their annual meeting, on a tour of Mel Price and the Riverlands Environmental Demonstration Area. A barbecue was held after the tours in conjunction with the Missouri Department of Conservation.

Kudos to OD-RM's Anne Vieira and IPA Ray Breun for successfully hosting the first annual National Cooperative Association Meeting at the Clarion Hotel. About 50 people from around the U.S. attended the meeting which included informative sessions on the role and issues of Associations and a day on the river aboard the Pathfinder.

Lawrence Williams, Monica Ellis, Brad Laaker, Ron Fisher, Jack Vizer and Rachel Garren took members of the Madison County Teacher's Association on a tour of the Melvin Price Locks and Dam.

Sig Groetsch (RO-L) gave 13 members of the ASCE a tour of Mel Price.

Rend Lake

Park Ranger Mark Roderick was interviewed by three radio stations and two TV stations about the new Rend Lake Search and Rescue Association, Inc.

Park Manager Phil Jenkins talked to 70 members of the Sesser Chamber of Commerce at the Opera House about new facilities, waterfowl and "Watchable Wildlife."

Fishing prospects for 1991, spring waterfowl migration and recreation facilities were just some of the topics covered by Park Ranger Ray Zoanetti on a 10 minute radio show on Mr. Vernon radio station WMIX.

Park Ranger Dave Smothers enlightened 35 residents of the Enfield Life Care Unit concerning the wildlife to be found at Rend Lake.

Wildlife management techniques was the theme of Park Ranger Dawn Kovarik's talk with the Christopher Ladies Club.

More than 150 children at the Ina School listened to Park Ranger Mark Roderick describe recreational opportunities at Rend Lake.

Mark Twain Lake

Park Rangers Chuck Crocker and Lonnie Forrest were guest speakers during the Kansas City District Park Rangers Conference in Columbia, Missouri. Lonnie discussed the experiences and benefits of the AUPS program obtained during the last recreation season at Mark Twain Lake. Chuck talked about the philosophy and action of the programs and services at the lake geared toward customer service.

Park Ranger Chuck Crocker promoted Mark Twain Lake during the recent Travel and Outdoor Show at Western Illinois University in Macomb, Illinois.

Park Ranger Diane Hellhake coordinated and hosted students from the University of Missouri Veterinary School Raptor Rehabilitation Club and Audubon Society member Howard

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NEWS BRIEFS

Rescue group

A not-for-profit group to support search and rescue operations and water safety programs has been formed for the Rend Lake area. The Rend Lake Search and Rescue Association, Inc., currently has 12 cooperating agencies including the Corps, with a combined capacity to field about 200 volunteers with various types of rescue equipment and water safety capabilities. The group also plans to become involved with ongoing efforts to increase public awareness of water safety. Park Ranger Mark Roderick has been working with Franklin County Sheriff Bill Wilson and local citizens to make this effort a reality.

Howard lauded

Park Ranger William Howard, of Carlyle Lake, was recognized by the Crooked Creek District of the Okaw Valley Council for service to the Boy Scouts of America at its annual dinner. Howard received the 10 year Veterans Award.

Eagles watched

Park rangers at Carlyle Lake, in cooperation with the Natural History Section of the Illinois Department of Conservation have been monitoring the activities of 20 Bald Eagles using the north end of the lake. They are studying the possible nesting of a pair of eagles.

Duck work

Migratory Waterfowl Hunters, Inc., of Alton, Illinois, placed 25 new Wood

Duck boxes around Carlyle Lake and the Carlyle Chapter of Ducks Unlimited cleaned and performed maintenance on existing boxes as part of an effort to improve the Wood Duck nesting program at the lake. Park Ranger Andrea Pickard coordinated the event.

Volunteers honored

About 50 volunteers, who graciously gave their free time in 1990, were honored at a pot luck banquet hosted by the Lake Shelbyville staff. The volunteers, who ranged from four to 68 years of age, were presented with a certificate or plaque, depending on the total amount of hours donated. Assistant Park Manager Tom Bloor spoke on the importance of the volunteer program and made presentations of the awards.

Poster contest

Park Rangers Diane Hellhake and Mary Ann Heitmeyer from Mark Twain Lake assisted the environmental education specialist from the Monroe and Ralls County Soil and Water Conservation Districts in the judging of a Conservation Poster Contest. They judged over 150 posters from area school 3rd through 6th graders. The winning posters in each group advance to state competition.

MTL Art Display

Park Ranger Diane Hellhake coordinated the School Art Display for area Schools at the M.W. Boudreaux Visitor Center at Mark Twain Lake. This year's theme is Wildlife and

Conservation. The Visitor Center is open on weekends during March and April with the school art display running through May.

Wings of Spring

The first special event ever to be held at the Riverlands Area Office debuted March 17. The Wings of Spring, a celebration of birds on the Mississippi, was a tremendous success, with attendance eclipsing 1,000. Trolleys trucked visitors on tours of the Melvin Price Locks and Dam and the Riverlands Environmental Demonstration Area. Raptor Rehabilitation and Propagation Project presented three raptor programs to a full house and displayed raptors all day for public viewing.

Photo work

Monica Ellis and Pat McGinnis (OD-RM) assisted National Geographic photographer Pete Souza in his efforts to capture the Riverlands on film. Souza is working on a Mississippi River assignment for Geographic and plans to incorporate Melvin Price Locks and Dam and surrounding areas into his coverage.

Oak planting

Park Ranger Ray Portwood has coordinated a cooperative agreement with the U.S. Fish and Wildlife Service to plant 125 acres of bottomlands at Wappapello Lake with nuttail oak acorns. Planting will be performed by a two man team made up of Corps and U.S. Fish and Wildlife personnel. We'll supply the acorns. They'll supply the planter.

Wood duck boxes

Park Ranger Angela Smith assisted members of the "Explorers Group" of the Mingo Job Corps in building and placing 17 wood duck boxes at Wappapello Lake.



Professional Secretaries Week April 21 - 27

Professional Secretaries Week was founded in 1952 by Professional Secretaries International with two objectives: to recognize "the secretary upon whose skills, loyalty, and efficiency the functions of business and government offices depend," and, to call attention "through favorable publicity, to the tremendous potential of the secretarial career."

This year the theme for Professional Secretaries Week is "Changing Profession for a Changing World." This theme acknowledges the challenges posed by technology and a global economy. "The past decade saw greater advancement for secretaries than in any time previous," says Cecilia B. Walker, President of PSI International. With the emergence of a global economy, the future promises even more opportunity for these professionals.

Changes in technology, in lifestyle, in business methods, in global marketplaces are being met by changes in secretarial professions. No longer do secretaries merely type, file and answer the phone. Today's secretary is part of the management team serving as information specialist,

managing databases and spreadsheets, coordinating ever busier schedules, serving as the executive's link to other offices and the public.

As hiring and training become increasingly expensive, promoting from within opens more and more opportunities for secretaries to advance. While middle management positions are declining, the need for quality secretarial professionals is increasing at an astounding rate. With more responsibility, better pay and incentives, increased respect and exciting new technologies to master, today's secretary finds a challenging and satisfying career more available than at any other time in history.

Fast facts about secretaries

1. Currently there are more than four million secretaries in the United States. Secretaries comprise the largest single segment of the office work force.
2. The U.S. Bureau of Labor Statistics has projected a 9.6 percent increase in the number of secretaries from 1984 to 1995, despite automation.
3. Only ten percent of secretarial want ads specify knowledge of shorthand required.

4. Forty percent of corporations nationwide are experiencing difficulty in obtaining qualified administrative support staff.

5. A recent study revealed the cost of one business letter is about \$10.85, an increase of 5.75 percent over last year because of increases in secretarial and managerial salaries.

6. Thirty percent of secretaries surveyed now use the computer about five hours or more per day.

To commemorate Professional Secretaries Week, April 21-27, the Federal Women's Program Committee is encouraging all managers to send their secretaries to a one-day Secretaries Day Seminar, Wednesday, April 24. This seminar, to be held at the Hyatt Regency - Union Station, is designed for secretaries and office/administrative assistants and is sponsored by Office of Personnel management.

Also, stop by the fourth floor showcase and see the display on Professional Secretaries.

Norma Hall
Federal Women's Program Manager

Pine plantings

Park Rangers Andrew Jefferson and Angela Smith assisted Puxico Cub Scouts Pack #370 with planting about 700 shortleaf pine seedlings at Wappapello Lake. This was one of several environmental projects planned at the lake this year.

Area grade school students and high school students received the opportunity to see a live great horned owl, red tailed hawk and turkey vulture and learn their ecological value and about the life-style and history of the bald eagle.

Lake Shelbyville

Park Rangers Toni Cyr and Dee Carlock presented "Snakes, Friend or Foe?" to 50 Cub Scouts and their

parents at the St. Elmo High School.

Park Rangers Dee Carlock and Terri Morris gave a talk on glaciers and a tour of the dam to 10 Brownies from Mattoon, Illinois.

Park Ranger Toni Cyr spoke to the Shelbyville Memorial Nursing Home about owls. She gave the same program to the Van Dyke Convalescent Center in Effingham, Illinois.

Park Rangers Don Brown, Leanne Crouch and David Allen taught CPR

Soapbox Continued

Gowan during the recent program at the M.W. Boudreaux Visitor Center.

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The recycling corner

Recycling is growing in the St. Louis District thanks to your excellent participation. We have recently had two more aluminum can pick-ups with the proceeds going to the St. Louis Abused Women's Center. They are very appreciative and asked that our committee pass their thanks along.

Discussions at recent meetings have covered the need for "reminder signs" on soda machines to encourage recycling all cans. The committee also discussed pamphlet racks for distribution of recycling literature.

We are fortunate to have a very enthusiastic committee that is trying to be responsive. We encourage you to submit your ideas to any of the committee members. If you would like to become an active, participating member of our committee, please attend our next meeting in the Engineering Division Conference Room (3.014-2) on 10 April at 7:30 a.m.

We have had a lot of questions regarding different aspects of recycling. The following portion of a question/answer article, entitled Recycling 101 Q&A, was published in the March/April edition of GARBAGE Magazine. In general, the article suggests that we "precycle" any new article we intend to buy - in other words, think of how we will dispose of it prior to purchase. If purchase is made (you didn't avoid purchase or substitute something from a second-hand store), then you must consider eventual disposition. Can the remains be composted? If the answer is no then perhaps recycling is possible. The article states: "... before we get to the "Do you wash it? Do you squash it?" questions, commit the following to memory: The golden rule of recycling is FOLLOW THE INSTRUCTIONS. If you think the recyclers might accept something more - for example, they

ask for aluminum cans, but you want to give them lawn furniture - ask. Ask what they will take and how they want it prepared; then follow the rules precisely. The eager beaver who adds one ceramic coffee cup to the glass bin may render a whole lot of glass unsalable.

The following questions from the article deal with recycling aluminum and steel cans; future extracts will deal with plastic, glass, newspaper and cardboard.

ALUMINUM

Q: Can I put my lawn furniture and old kitchen pots in there with the cans?

A: Not without permission. Any aluminum item - pie plates, food trays, clean aluminum foil, window and door frames, even house siding - can theoretically be melted down and reformed, saving an enormous amount of energy. However, aluminum is recycled "alloy to alloy," each alloy being a chemical variant of aluminum. So the alloy in cans is used in new cans; saucepan aluminum becomes new pans. Not every dealer accepts every alloy, so you'll need a local OK on odd items. If you are allowed to heap on the chairs, take off the non-aluminum parts.

The rules:

- * Rinse and squash.
- * Besides cans, pie pans, takeout trays, and foil are widely accepted.
- * Ask before including bottle caps, car parts, etc.

STEEL CANS

Q: The way some people can tell cans apart is uncanny. I can't.

A: Try doing what the pros do: Poke the can with a magnet.

Tin cans get their name from the thin film of tin that coats steel cans to protect the taste of foods. While steel is easy to recycle, tinned steel presents an extra challenge.

Steel mills and foundries can use

some whole cans in their process, but too much tin yields a brittle steel. So, many cans go first to a detinning mill where they are diced in a 6,000-horsepower food processor, and the tin is chemically removed. The steel may return to can-hood; one place the chemically altered tin turns up is in toothpaste, as stannous fluoride.

If you find a bi-metal can - your magnet sticks to the sides but not the aluminum top - recycle it with your steel.

Q: My grandma used to peel the can, take both ends off, and smash it flat. Why don't we do that?

A: Grandmas are notorious for taking the time to do things right. A flat can takes up less than half the space of a round one, so a recycling truck can collect a lot more flattened cans than round ones before it drives off to unload.

It clearly makes sense to squash metal (and plastic) containers, but recycling directors have found that more of us recycle if we don't have to mess with details. Our sloth is the same reason we're not asked to peel cans. While most of the label is vacuumed from the cans as they're shredded, pieces do get through, lowering the quality of the scrap steel. When you peel your own labels, you eliminate a source of contamination. So go ahead - rinse, peel, and mash. It'll give you strong forearms like Grandma's.

The rules:

- * Rinse and squash, at least; peel if asked.
- * Include caps, lids, the ends of frozen-juice containers and battered cookie tins. Ask about aerosol and paint cans. (If your recycler says, "No," the Steel Can Recycling Institute, (800) 876-SCRI, may be able to persuade them.)



Retreading is recycling

Seven steps to better mileage in your car

Retreaders are in the business of prolonging life, says the Tire Retread Information Bureau.

If there were no retreads, over 38 million additional tires per year would be destined to crowd into our landfills. But retreaders do even more. They handle about 29 percent of *all* discarded tire materials, assuring that they are disposed of in the right way.

Tires are a petroleum-based product. A new passenger tire takes about seven gallons of oil to manufacture, while a retreaded passenger tire takes only about two and a half. Every year, the retread industry saves Americans and Canadians hundreds of millions of gallons of oil.

Some people wonder about quality, but retreaded tires are virtually as safe as new ones. Almost every airline in the world uses retreaded tires on passenger planes. School buses, police cars and ambulances use them too.

Consumers, say the Bureau, can expect as many miles of service from a retread as from a new tire. Retreads are made to strict standards and must pass tolerance tests that would tax even the toughest new tire.

When you want to save on fuel costs, but you can't reduce driving very much, there are still ways to conserve your gasoline.

Some of them are things to do before getting into the car. The U.S. Auto Club says trips of five miles or less consume 30 percent of all fuel. You can use less gas if you organize a driving route that combines a number of errands and avoids backtracking. Time of day counts too. When traffic is light, you won't get involved in fuel wasting situations.

When traveling, don't make the car so heavy with luggage. Pack like you would for an airplane trip instead. Extra weight burns gas, especially if you stack onto a rooftop where it increases wind resistance.

Proper maintenance helps a car burn less gas. Keep tires at the correct pressure; be sure the air filter is clean; keep the engine tuned up and the oil changed. The Car Care Council of

Port Clinton, Ohio, estimates that a car uses from 5 to 25 percent more gas when it's not well cared for.

Here are seven steps to better gasoline mileage:

- * Keep the car in good condition, and make a good travel plan.
- * After starting the car, let it warm up no longer than 30 seconds.
- * Don't let the car idle longer than two minutes. Turn it off if your wait at the bank window or the railroad crossing will be longer than that.
- * Avoid quick accelerating and braking. These are notorious gas wasters.
- * Use the same foot for the accelerator and the brake.
- * Drive at steady speeds. Using cruise control on the highway helps to keep the engine running evenly.
- * Keep the windows closed. The air drag wastes gas. It's a good idea to quit smoking in the car and ask others not to do it.

Winter newspapers for spring gardening

Newspapers create a problem in landfills. Covered over, they last for many years. But old newspaper can be shredded and used for a more productive, weed-free garden.

A mulch of newspapers conserves moisture, moderates temperature and discourages weed growth. It shelters seedlings from sun, wind and rain on exposed soil. And the paper decomposes gradually into soil-enriching humus.

Newspaper strips mixed with grass clippings soak up excess moisture and encourage an airy, open texture in compost piles. The high-carbon

newsprint rots readily in combination with high-nitrogen clippings and household wastes, like vegetable peelings, egg shells, coffee grounds and tea leaves.

Newspapers contain 75 percent ground wood pulp and 25 percent purified fiber or cellulose. Wood pulp contains the nutrients and trace elements that were in trees originally.

Newspaper ink is made from carbon black and mineral oil and is not harmful to plants or microbial soil life.

Researchers at Purdue University advise against using color newspaper inserts and magazines.

Carnation sale

Your CAC will be selling large size carnations in a variety of colors from 6:30 a.m. to 8:30 a.m. and 11:30 a.m. to 12:30 p.m. at the corners of 12th and Spruce and 13th and Spruce on April 23, National Secretary's Day.

They'll be \$1 each or six for \$5. Put a smile on your secretary's face. Buy a carnation.

Contact Debbie Kuhlmann at 8638, room 4.100 for more details.



Peace Corps offers retirement opportunities

This year the Peace Corps marks the 30th anniversary of its founding. Originally it was promoted as an opportunity for young people. New college graduates often gave time and talent to help others before beginning their life's work.

Today about one in ten Peace Corps volunteers is over age 50. The number of Senior Volunteers is increasing as people who are too young for an idle retirement join the ranks.

Age and experience are highly valued. The mature volunteers bring a

lifetime of knowledge and skill to their assignments. In many overseas societies older volunteers are more highly respected. They represent an enormous resource.

Particular areas of need include engineering, home economics and nutrition, education, math and science, community development and forest and fisheries.

The Peace Corps is making strides toward bringing service to an attractive level for the over-50 volunteers. They pay special attention to provid-

ing good health care and support systems. They offer a monthly living allowance, language and technical training. Vacations, safety plans, travel arrangements and communications with the volunteer's family receive special consideration. When volunteers complete their time of service, a readjustment allowance helps them resume their previous lifestyle.

To get more information about the Peace Corps, call this toll-free number: (800) 424-8580, and ask for Ext. 93.

Academic problems linked to language disorders

Many children who are considered or labeled as poor students, or as lazy, actually have a problem understanding what is said to them.

That's what experts at the American Speech-Language-Hearing Association contend. Founded in 1925, ASHA is the professional organization for over 60,000 professionals who treat people with speech, language and hearing disorders.

"Language disorders affect all aspects of a child's life. They cause children to fall behind academically and can lead to behavior and social problems, including low self-esteem," says Roy Koenigsnecht, president of ASHA.

Children with a language disorder tend to misunderstand directions and questions, may have a short attention span and memory problems. Many are disorganized and do not express ideas well. They often do not use language appropriately in social situations.

The organization's services include a toll-free HELPLINE number, (800) 638-TALK. Callers receive free informational brochures on speech, language and hearing disorders. A referral list of certified speech-language pathologists and audiologists in their area is included.

Travel plans?

Procedures have been refined so that we are now receiving monthly rebate checks from Carlson Travel Network for unofficial travel. Since January 1991, we have received about \$2,600 in rebates.

When making your summer vacation plans, please keep in mind that if you make your airline, hotel, car, etc. reservations through Carlson Travel, the Corps receives a five percent rebate on gross sales. This money is used by your Civilian Activities Council to bring you goodies like the June picnic and the Christmas Dinner Dance.

For further information on travel contact Jim Gerth at 331-8025.

The unschedule for better time management

You might call your problem a case of procrastination. Or it could be a "work without end" feeling that bogs you down. Either way, psychologist Neil Fiore has an idea that will make time work better for you.

Make an *unschedule*. Dr. Fiore tells you how to do it in his book *The Now Habit* (Jeremy Tarcher, Inc., Los Angeles).

The unschedule is a plan that makes activities other than your work part of

your day. It requires you to plan time for play, socializing and sleep.

If your life demands a great deal from you, looking at your unschedule lets you know that you *are* living now. Your life includes activities you enjoy other than work. Instead of feeling guilty and miserable about taking a few hours off, you take a few hours to play -- on purpose -- because it's good for you, and you enjoy it.

Some interesting things happen

while you're playing, the doctor says. First, you realize how little time there really is to work on priority tasks. You enjoy your recreation or socializing, but have the urge to get back to work.

Often, as you play, you get new ideas about the project at hand. When you get back to it, you will be refreshed and effective. You'll work better than when you feel dreary and bogged down.



Ten principles for communicating well

By LTC Richard St. Denis, communicative skills officer,
Field Artillery School

Before you communicate:

- Determine your true purpose.*
- Pinpoint exactly why you're communicating
- Let your audience know, too.
- Get your ideas straight:*
- Gather your thoughts and organize them.
- Think before you write or speak.
- Keep your audience in mind.*
- Tailor your message to their needs and abilities.
- Check your message before you transmit it.*
- Double-check your data.
- Edit your written work.
- Practice and revise your briefings

As you communicate:

- Communicate at the right time and place, and in the right mode.*
- Deliver your message at the best moment to have the desired impact.
- Speak face-to-face when possible.
- Don't write unless you have to. Use the phone instead.

- Get your message across quickly - in 30 seconds or less.*
- Say right away what people need to know and why it's important.
- Remember that they're busy, under pressure and easily distracted.
- Don't waste their time. Lay out your ideas for quick understanding.
- Communicate to express your ideas, not to impress someone.*
- Draw attention to your message, not yourself.
- Come across as a sensible person who knows plain English is best.
- Be yourself. Write the way you speak, Speak in everyday English.*
- Be personal. Don't hide behind a bureaucratic mask.
- Imagine your reader is in front of you. Talk to him.
- When writing for someone else's signature, adopt his or her tone.
- Watch out for interference that confuses your message.*
- Consider the underlying messages in your words.
- Be aware of outside messages that may disrupt yours.

After you communicate:

- Follow up.*
- Check to see that your message got through.
- Fight for feedback from your reader or listener.

Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - MARCH 91: One
 Total accidents for FY91: Three
 Total accidents for FY90: Thirteen
 A District employee sustained bruises and abrasions when she fell on an icy sidewalk in front of the District Office building.

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - MARCH 91: None
 Total accidents for FY91: Four
 Total accidents for FY90: Eight

GOVERNMENT VEHICLE ACCIDENTS - MARCH 91: None
 Total vehicle accidents for FY91: None
 Total vehicle accidents for FY90: Five

LAKE FATALITIES - MARCH 91: None
 Total lake fatalities for FY91: One
 Lake Shelbyville - 1
 Total lake fatalities for FY90: Five
 Carlyle Lake - 1
 Lake Shelbyville - 1
 Rend Lake - 2
 Wappapello Lake - 1

Soapbox Continued

and first aid to 44 members of the Corps, Illinois State Conservation Police Officers, State Foresters and State Park clerical and maintenance personnel.

Carlyle Lake

Assistant Park Manager James Conner and Park Ranger Andrea Pickard spoke to a meeting of the Carlyle Business

Association about special events at the lake and tourism potential in the lake area.

For sale

Zenith solid state console 25 inch color TV -- \$125.
Contact Farrell Burnett at 899-0650.



Understanding DoD's budget

With the release of the proposed fiscal 1992-1993 DoD budget comes lots of media coverage and lots of confusion.

Definitions of some basic terms will help you understand the ins and outs of the budget and how it affects you. As DoD officials are quick to point out, phrases are often used incorrectly and, though they may look alike, are not interchangeable.

Some budget terms and phrases you might hear or read about:

Apportionment: Office of Management and Budget distributes funds to federal agencies for obligation. An agency may not obligate more funds than it receives.

Appropriation Bill: Passed by Congress and signed by the president, this bill tells an agency how much it can spend on a program. This law is one that actually gives the agency the funds to pay the bills.

Authorization Bill: This provides an agency with the legal authority to operate. It recommends policy guidelines and funding levels and must be passed by Congress and signed by the president, but it does not actually provide any money.

Balanced Budget: A budget in which the monies coming in are equal to or greater than the amount spent.

Budget Authority: The value of the annual new authority to incur obligations.

Budget Resolution: Congressional budget committees come up with this legislation, basically an outline, that determines ceilings for the budget authority and outlays for defense spending. Not legally binding.

Continuing Resolution: If the appropriations bill hasn't been signed by the beginning of the fiscal year, this legislation allows an agency to continue operating at the previous year's spending level. The resolution has a set expiration date.

Deficit: What happens when you spend more than you have in a fiscal year. It grows as one year's overspending is added to the next year's.

DoD Budget: This budget includes funding for DoD programs, including personnel and services. It does not contain funding for civil defense or Department of Energy national security programs.

Fiscal Year: The federal budget cycle, which runs from Oct. 1 to Sept. 30.

Gramm-Rudman-Hollings: Officially, The Balanced Budget and Emergency Deficit Control Act of 1985; nicknamed after senatorial sponsors Phil Gramm, Warren Rudman and Ernest Hollings. If appropriations don't meet the annual target for reducing the deficit and Congress and the president don't agree on reducing the deficit, this law institutes automatic cuts for federal spending across the board.

Gross National Product: The total monetary value of all final goods and services produced in a country during one year.

National Defense Budget: Drafted by the administration, this budget covers spending requested for DoD, civil defense and Department of Energy national security programs.

Obligations: A binding agreement with a supplier for goods and services.

Operations and Maintenance: Basically, allocations for maintenance and repair of equipment, utilities, upkeep, training, fuel, medical costs and spare parts.

Outlays: Actual expenditures or the net checks issued by an agency.

Real Growth (Decline): The growth (decline) of a budget after considering inflation. For example, a \$10,000 budget that goes to \$11,000 is only five percent real growth if inflation for the covered period is five percent; with no inflation, it would be a 10 percent growth.

Total Obligation Authority: The value of the direct defense program for each fiscal year regardless of how it is financed. This can include using resources from the sale of items or monies available from prior years.

People programs remain

DoD faces across-the-board personnel cuts under the fiscal 1992-1993 budget unveiled recently by Secretary Dick Cheney, but people remain the department's most important asset -- proposed pay raises and quality-of-life issues are high on the list of budget requests.

The administration's fiscal 1992-1993 request is the first installment of multiyear DoD programs through fiscal 1997. The budget cuts and reshapes the armed forces, but they will still be able to respond whenever and wherever necessary, Cheney said.

He said the new budget was prepared with people as the most important asset, although DoD continues force reductions proposed last year. The department will support pay and other incentives aimed at preserving the high quality and morale of America's uniformed men and women, Cheney declared, citing requests for pay raises of 4.2 percent for fiscal 1992 and 4.7 percent for fiscal 1993.

Civilian strength will decline to 976,000 in fiscal 1993, about nine percent below fiscal 1990. By fiscal 1995, DoD civilian strength will be 940,000, about 17 percent below its peak of 1.133 million in fiscal 1987.

The Army's civilian strength is budgeted for 329,340 people at the end of fiscal 1992 and 314,743 for fiscal 1993, and the Air Force, 222,897 and 220,617, respectively. The Navy and Marine Corps civilian end strength for fiscal 1992 is budgeted for 311,264 and 303,827 for fiscal 1993.

Personnel costs represent a little less than a third of the DoD budget. The budget figures show some increases over the next five years. However, Cheney said they represent a reduction in real spending, because the figures haven't kept pace with inflation.



Ultimate weapon runs on water

By Rudi Williams
American Forces Information Service

"You can have all the food and bullets in the world and the best equipment and infantrymen in the world, but the most important thing on the battlefield today is water. The world's ultimate weapon -- the infantryman -- runs on water," said Matthew Hicks.

Hicks' business is training soldiers in the art of converting muddy water, sea water and other undrinkable water into drinking water.

The critical need for water in the Saudi Arabian desert has Hicks and his staff of 25 water treatment instructors working about 20 hours a day, seven days a week. Hicks, an Army sergeant first class, is in charge of the water

treatment specialist course at the U.S. Army Quartermaster Center and School, Fort Lee, VA.

As DoD's executive agent for land-based water resources management, the Army is the backup water supplier for the Air Force, Navy and Marine Corps.

The Air Force and Marine Corps have their own water purification equipment and operators in the desert. But they can turn to the Army for help should problems arise.

The services are using a more versatile technique called reverse osmosis that can convert muddy water, sea water, water from nearly any source -- including water with nuclear, biological and chemical contaminants -- into drinkable water. The older erdlator water purification system,

which no one in the gulf is using, can only handle water from fresh water sources.

Hicks said the mobile units are 600-gallon-per-hour reverse-osmosis machines, originally intended for the rapid deployment airborne and air mobile forces. "We also have a 150,000-gallon-per-day base unit and 300,000-gallon-per-day barge mounted units and a mobile 3,000-gallon-per-hour unit coming on line."

In reverse osmosis -- on a ship, for instance -- sea water is forced under pressure through special filtering membranes. Fresh water passes through, but not the salt. In the distillation process, sea water is heated and the steam condensed to make drinkable water.

Women's memorial still far short of goal

By Evelyn D. Harris
American Forces Information Service

The Women in Military Service for America Memorial Foundation has only seven months left to raise \$12 million to build its Arlington National Cemetery complex.

As of February, the foundation had raised about \$3 million. When Congress authorized the memorial, it required that \$15 million be raised by Nov. 6, 1991, said retired Air Force Brig. Gen. Wilma L. Vaught, foundation president. The group can use no federal money to build the memorial, which would recognize all women who have served, are serving and will serve in the U.S. armed forces. The site is at the Hemicycle, gateway to the cemetery, near Washington, D.C.

If necessary, Vaught said, she will ask Congress for more time to raise the money. But she insisted one thing the foundation won't do is cut corners on

the plans to save money.

"Women have waited more than 200 years for recognition. We owe it to them to do it right," said Vaught.

Other memorials have suffered serious setbacks before ultimate success, said Vaught. Speaking of one that is now an internationally known landmark of the nation's capital city. "Work on the Washington Monument stopped completely for 50 years due to lack of funds. We won't have to wait that long."

Public support for women serving in Desert Storm has helped fund-raising efforts recently, said Vaught. She has received contributions from, and on behalf of, women deployed in the Persian Gulf.

To contribute to the memorial or for information from the computer registry of military women, write to:

**Women in Military Service
Memorial Foundation
Dept. 560**

Medigap insurance cautions

Sellers of Medigap insurance policies have increased prices, and they're working overtime to sell policies. (Medigap should cover what Medicare does not.)

When looking for Medigap coverage, check these specific areas, says the General Accounting Office:

- * Determine whether the policy covers all, some or a few deductibles.
- * Does it cover services not covered by Medicare, such as dental care, hearing aids, prescription drugs and care outside the U.S.?
- * Does it exclude any pre-existing conditions for over six months?
- * Is the insurance company licensed in your state, and does it have a good reputation for paying claims?
- * Does it place a ceiling on how much money it will pay out or the length of time it will pay benefits?

Washington, DC 20042-0560
Or call 1-800-222-2294. The Washington area number is 703-533-1155.



Retiree Review

Oh! The Retirees do bloom in the Spring. Tra La! The first day of Spring brought out the largest luncheon group we have had (excepting Christmas) in well over a year! There were 46 at the March gathering.

This included two first timers. Norma Kosta, who retired from OD at the end of '89, and Don Dannon, who left Planning in '87. Don went to Iowa, for a while, but is now back in SL and back on the payroll. Some people just can't stand the good life.

Laurel Nelson was with us, visiting from California, accompanied by her niece, Laura Pfeiffer.

Nearly all of the regulars were there, along with some visitors and several people we had not seen for some time: Carl and Mary Barron; John and Kathryn Kilker; Mildred Miles; Ella Amos; and Lester Arms.

Semi-regulars showing up for the first time this year included Mike Cullen, the Scheuermanns and the Wisemans.

Elmer Huizenga was back at his old stand as Emcee, and Howard Beinke was, again, senior retiree present.

Roger Cuddeback and Kate Stiles continued their attendance records, now 42 and 33 months, respectively.

Larry Jenneman delivered copies of the Retiree Directory, but didn't stay for lunch. Copies were distributed and will remain available at future luncheons.

Most everyone in attendance signed a card for Ollie Hessler, who continues to function on oxygen.

George Clapp was reported out of intensive care and recovering from an operation.

The District was represented by two senior staff people in March.

Jim Petersen scotched rumors that he was planning to retire in the near future (and we thought we had him convinced).

Jack Niemi talked at some length about various proposals and alternatives being studied for possible realignment of the Corps. It now appears very likely that the future will bring a reduction in the number of Divisions and Districts. Jack also described some awards the District has recently received.

Now that Spring has brought such a welcome upsurge in attendance, let's hope the trend continues.

The next luncheon will be April 18 (The Third Thursday) at the Salad Bowl. Come join us!

Personal PS: Thanks to all of you who called and/or sent cards during my recent episode with balloons and heart arteries. CAW

Melvin Zerwig retired April 13 from the crew of the Motor Vessel Pathfinder after almost 35 years of federal service. Mel spent 33 years with the St. Louis District.

Retirees

On March 16, about 61 relatives and friends helped Curt Cowan celebrate his 90th birthday at his home in Chester, Illinois. Mr. Cowan, a former construction inspector, has been retired for about 30 years.

Alzheimer's test coming

Memory failure can make people afraid they have Alzheimer's disease in its early stages. But memory problems can be caused by other problems, like depression, drug reactions or vitamin deficiencies. Now the *Journal of the American Medical Association* reports that a test for Alzheimer's will soon be available. Duke University's Garth Bissette says a biological marker for Alzheimer's disease associated protein (ADAP) will soon be available. Within a year or two, doctors hope to be able to detect the protein in spinal fluid. At present it can only be detected in brain tissue.

Alcohol, heart damage

New studies reported by the National Heart, Lung and Blood Institute show that, contrary to popular belief, anyone over 50 years of age should shun alcohol in order to maintain a healthy heart.

Even the smallest dose of alcohol seem to have an effect on the left ventricular mass. It becomes enlarged, forcing it to work harder and causing abnormal beats.

Aspirin, migraine frequency

The Physicians Health Study reports new findings that indicate taking one aspirin tablet every other day will reduce the frequency of migraine headaches by about 20 percent. It's important news for migraine patients.



To Your Health

For healthier life plan your SQs

The Social Qualities (SQs) of your life may determine how long you will live and how many times you see your doctor. Strange as it seems, this fact has been documented.

Health experts have long observed that married people live longer and more healthy lives than singles, but new studies show even more decidedly that a lack of social quality in life is hazardous to your health.

This is serious news because some 37 percent of adults over 18 are single. And this trend toward less social integration is increasing health costs, concludes a study by the University of Michigan's Institute for Social Research.

Is it really necessary to marry? If you aren't planning marriage, you really should be planning to maintain strong social contacts with others, including members of your family, friends, clubs, church and other types of affiliations.

Improving your SQs can take a certain amount of time and effort, but socializing will make life more satisfying as well as more healthful.

Research projects come to the same conclusion when done on an international basis. Studies done in California, Michigan, Sweden and Finland show parallel results. The more socially isolated people were at the start of the studies, the higher their subsequent mortality rates.

The National Center for Health Statistics reports that recent studies suggest mortality rates are about 100 to 300 percent higher for socially isolated men and 50 to 150 percent higher for socially isolated women than for people with higher social qualities in their lives.

For a longer, healthier life, put some time and effort into planning your SQs.

It's (more) bad news about salt

Researchers at the University of Minnesota now conclude that salt damages the arteries that supply blood to the brain - causing stroke.

Salt has long been named as a substance that can raise blood pressure, but this new information has far more grave implications for its role in causing stroke.

Dr. Louis Tobian says studies on animals show salt is independently dangerous because of its effect on arteries that lead to the brain. Co-author of the study and professor of medicine at the University of Minnesota Hospital in Minneapolis, Tobian recommends that healthy individuals limit their daily intake to three grams of sodium per day. That is equal to 1.5 teaspoons of salt.

Not all individuals who have high blood pressure are told by their physicians to avoid salt. Only those who appear to have a genetic tendency to get high blood pressure from salt, or are salt sensitive are usually so advised. Animal research at the University of Minnesota, however, showed that salt damaged arteries to the brain even in those animals who were not found to be salt sensitive.

The studies appear to confirm theories about artery damage from salt. In areas where salt consumption is very high, such as in northern Japan, there is an increased stroke rate.

Pregnant? Here's why you should stop smoking now

Smoking slows the growth of a baby in the womb. That's because Nicotine restricts blood vessels, and carbon monoxide reduces the oxygen level in the baby's blood. Vitamin metabolism is disturbed, and the end result is a newborn weighing six ounces less, on the average, than a baby of a mother who did not smoke.

Smoking increases the chance that you will miscarry or deliver a stillborn child. Women who smoke a pack a

day or more have a 50 percent greater chance of infant mortality. The added risk is eliminated if the mother stops smoking by her fourth month of pregnancy. Stopping later lessens the risk proportionately. It's never too late to stop.

The American Cancer Society says smoking can shorten your own life. When you are planning to have a child, you must also plan to be the mother that child will need for many

years to come. If you smoke, you increase your chances of getting lung cancer and a host of other diseases. A tragic number of mothers die from cigarette-related causes in early middle age, just when children need them most.