



ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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August 1991

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# Corbin's Comments by Col. James E. Corbin



Hi! For the last time, at least in this role. There are a hundred things I'd like to say to each and every one of you, but I've probably already said too much over the past three years as it is! Have tried to show you a way to take that fantastic

talent you possess and use it on work that's relevant to the world around us. Believe we've been successful in that regard, maybe too successful. With success comes envy and the naysayers. So be it! Nothing tried, nothing gained.

In Col. Jim Craig you are getting a superb officer and human being who will also do the "right things," although he has the opportunity of doing them a bit more slowly. Time was of the essence the past three years. The doors to the environmental/conservation world are open to the Corps if we have the courage to step through them and play in a responsible manner to build

the type of "Quality of Life Packages" blending economic and ecological infrastructure in a manner relevant to the people and world we serve. Most of you have tried to step through that door with me, although the jury is still out on much of the rest of the Corps.

Partnering, the St. Louis version, has worked well with our major construction firms. I hope you will continue to approach them openly and above board. Once again, the door is open to move forward with them together into a better world. Regretably, I'm afraid less of you, and much of the Corps, is absolutely unready to move away from administering paper and into the real world of risk management and sharing. It certainly has worked well though!

Maintain your sense of humor. Work together. Cut off the stovepipe nonsense. Drop the "turf" garbage. Stay fit and take care of your health and humor. And have a good life. You and yours deserve it. You are truly wonderful people!

I'll miss you! If I can ever help you in any way, let me know.

Bye!!

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## Helpful hints for users of government vehicles

Summer months are always an extremely busy time for vehicle use. The Transportation Office would like to suggest the following helpful hints:

1. Make reservations for a vehicle early.
2. Take a vehicle only when necessary, not just to have one on standby.
3. Return trip tickets promptly to the Dispatcher.
4. When possible, share a vehicle with another employee.
5. Be willing to drive different types of vehicles.

If a government vehicle is not available, be sure to obtain a non-availability certificate. This will entitle you to use your own

vehicle and be reimbursed at the rate of \$.25 per mile.

The U.S. Government Car Rental Agreement is negotiated for the federal government by the Military Traffic Management Command. The terms and conditions of the agreement and rates apply to all federal employees on official travel and include unlimited free mileage, plus full comprehensive and collision coverage on the rental vehicle. Any billing problems or complaints should be brought first to the attention of the manager at the renting location. If the reply is unsatisfactory, obtain details (names, dates, etc.) and advise the Transportation Officer.

## New Weight Loss Class

The Campaign Life "Fit to Win" program will sponsor another free 10-week Eat for Life Weight Loss and Nutrition class beginning Wednesday, August 7th. The classes will meet in the Life Center once per week from 1000 to 1100. The class is open to all CE employees. Contact David McNeel at 539-7823 to register.

In addition to the class, a 7-week team weight loss and nutrition contest will be held beginning Monday August 12 and ending Friday, September 27th. This contest is open to all CE employees. Last year's contest winner was the team from Melvin Price Locks and Dam which lost a total of 91 pounds. Start gathering your teams today!

## District Open House success

On behalf of Maj Brontoli, we would like to thank everyone who donated snacks and beverages for the Open House. Several positive comments were received from District employees and their guests. The response to our request for assistance and donations was extraordinary. The tremendous success of the Open House was due to the generosity of all who contributed. Again, thanks for all your help.

Marge Robbins, OD-N  
Carol Kreutzer, ED-DW

P.S. I have a round, black and gold tray someone left at the Open House. Please call me at 8591 so I can return it.

## Federal Employee Safety Campaign

Federal employees should set the example for safety.

President Bush made 70 percent nationwide belt use a priority for his administration. It's not just a goal. It's a commitment to save lives and prevent injuries.

Traffic crashes claimed 45,555 lives last year and alcohol was involved in half of these tragedies. Many thousands more were injured needlessly. Traffic crashes also are the leading cause of employee deaths and lost work time.

Ironically, most of these deaths and injuries could be prevented by the simple, common sense practices of using a safety belt every trip and not driving after drinking alcoholic beverages.

As a federal employee, you should set the example on and off the job by wearing your safety belts and insisting that other riders in your car also do so, and, by promoting the responsible use of alcohol among your friends and co-workers who drink.

Air bags are great life savers, but you still need to buckle up for the best protection. Together, air bags and safety belts make a winning combination.

## IMO summer volunteer

That new face you see around IM is our summer volunteer/intern Angela Tedder. Angie is a senior from Southern Illinois University at Edwardsville. She will be here until late August.

Her specialty course work includes public relations, video production and video editing. Her work at the Corps will fulfill a requirement for a bachelor's degree in Fine Arts and Communications.




**Promotions & Incentive Awards**

**PROMOTIONS:**

Benjamin Baggett, OD  
 Karen Bautsch, CD  
 Robert Bringer, PM  
 Timothy Brophy, PD  
 Vincent Chawgo, OD  
 David Davis, OD  
 Timothy George, PD  
 Kenneth Gregory, OD  
 William Howard, OD  
 Ronald Jackson, OD  
 Robert Mesko, ED  
 Roger Myhre, ED  
 Harold Shaver, OD  
 Maureen Wagner, LM  
 Mary Winston, RE

Sharon Cotner, PM  
 Charles Dees, OD  
 Danny Erickson, OD  
 Roberto Escalera, RE  
 Cynthia Gan, RE  
 David Leake, PD  
 Christine Leffeler, CD  
 Leland Lenzner, ED  
 Robert Mesko, ED  
 Catherine Mueller, ED  
 Martha Plyler, DC  
 Thomas Ruf, ED  
 Angela Sanders, RE  
 David Shaw, ED  
 Donald Sweeney, PD  
 Steven Wagner, OD  
 James Zerega, PM

William Jones, OD  
 Christine Leffeler, CD  
 Martha Plyler, DC  
 Janet Wilhite, CT  
 Darold Woodcock, PO

**QUALITY STEP INCREASE:**

Roberto Escalera, RE  
 Cynthia Gan, RE  
 Dennis Morgan, ED

**SPECIAL ACT AWARD:**

Antoinette Fort, OD  
 Rachel Garren, OD  
 Michael Hamm, ED  
 Bobby Hughey, PD  
 Joseph Kellett, CD  
 Kathie Shelton, ED  
 Kathleen Souders, CT  
 Richard Ubben, CD  
 Lawrence Whitt, ED

**EXCEPTIONAL PERFORMANCE RATINGS:**

Michael Abernathy, OD  
 Vivian Arthur, IM  
 Thomas Bloor, OD

**PERFORMANCE AWARDS:**

Barbara Boswell, PO  
 Sharon Cotner, PM  
 Charles Dees, OD  
 Patricia Hosford, CD



# Coming Events at the lakes



**CARLYLE LAKE**

Aug 10 Wildlife Arts Show  
 Sept 21 National Hunting and Fishing Day

**MARK TWAIN LAKE**

Aug 10 & 11 Salt River Folklife Festival  
 Aug 17 & 18 Rock and Mineral Show  
 Aug 24 Mark Twain Lake Photo Contest  
 Sept 28 National Hunting and Fishing Day

**LAKE SHELBYVILLE**

Aug 17 Okaw Indian Festival  
 Sept 1 & 2 Dove Hunt  
 Oct 3 Eco Meet  
 Nov 15 - 17 Handicap Deer Hunt

**REND LAKE**

Aug 17 Jam on The Dam  
 Sept 14 Rend Lake Cleanup



# On the Soapbox

Telling the District's story this month were:

## Around the District

Bill Sutton, Chief, Project Management Branch, and Rob Davinroy, ED-H, made presentations at a regional conference of PIANC (Permanent International Association of Navigation Congresses) in Pittsburg, PA, on July 17. Bill's presentation was on unique design features of the Melvin Price Project. Rob's was on bendway weirs. They were introduced by the new Director of Civil Works, MG Arthur E. Williams.

Jim Petersen, Chief, Operations Division, was one of the three judges during the Blessing of the Fleet held at Our Lady of The Waters Shrine near Portage de Sioux.

Richard Astrack, PD-U, GIS Coordinator, made a presentation to 70 attendees at the Geographic Information Systems for Resource Planning and Municipal Applications Conference held at Southern Illinois University at Edwardsville. His presentation summarized LMS GIS efforts with particular emphasis on database design. LMS is taking the lead in the Corps in this aspect of GIS.

## Riverlands Office

About 300 people toured the Melvin Price Locks and Dam and the Environmental Demonstration Area in July. Paul Kornberger, Chief of the Lock and Dam Section, and Don Schrader, Lockmaster at Mel Price, assisted the Riverlands staff on a tour by

members of the St. Louis Science Center.

Ron Fisher helped on the tour by sixty members of the U.S. Department of Agriculture and the Soil Conservation Service.

Seventy members of the Transportation Research Board were treated to a deluxe tour of the Mel Price Locks and Dam.

Riverlands would like to welcome their summer aides, Lesia Timpe, Charlie Deutsch, Sean Terrell, Jason Bucatch and Steve Fedora, and stay-in-school Mike Hamby. A special belated welcome to Dave Jefferson and Shirley Hamilton.

## Mark Twain Lake

Park Manager Dennis Foss spoke at the Missouri Foresters Association annual meeting in Hannibal, Missouri, to about 200 forestry personnel. He talked about the impacts of recreation.

## Wappapelo Lake

Park Ranger Becky Hays presented five programs to a total of 65 youth camping at the SEMO Youth Camp. The programs consisted of snake identification, characteristics and safety, along with an action-packed game of Draw Off. Draw Off is a game like Win, Lose or Draw where the competition is based on drawing various mammals, reptiles and insects.

## Carlyle Lake

Park Ranger Joe Smothers was interviewed on WCEE Channel 13 during the lake's Water Sports Festival.

Interpretive Park Rangers Kim Mayhew, Cara Clouse and Michelle Obermeier participated in the Keyesport Funfest. Smokey the Bear made a guest appearance. Informational water safety brochures were distributed.

Michelle Obermeier presented a special request program to preschool age children on safety in the outdoors.

Park Rangers participated in the Clinton County Fair and Parade. They gave out lake information to an estimated 1,000 people at the fairgrounds.

## Lake Shelbyville

Park Ranger Al Lookofsky spent a week teaching Native American Technologies at the National Wildlife's Conservation Summit at Black Mountain, North Carolina.

The lake's Nature Van attended the two-day Findlay Walleye Festival and had more than 3,000 visitors. The van also had 2,900 visitors during the 4th of July festival at Mattoon, Illinois.

Interpretive Rangers Kara Hauk, Toni Bell, Mark Ferguson, Terri Morris, Lara Johnson, Carla Endsley, Krista Schwerman, and Dee Carlock have been busy this month giving special request programs. These are besides the 50 regularly scheduled programs

(Continued on page 7)



# NEWS BRIEFS

## Photo Contest

The 1991 Mark Twain Lake Photo Contest is underway and photographs are coming in. The contest runs through August 21 and will be judged August 24. Several businesses are helping sponsor the third annual event by donating prizes and judging the contest. The photographs received for the contest will be displayed in the M.W. Boudreaux Memorial Visitor Center through September 14.

## Gospel concert

The third gospel music concert of the 1991 season was held at Mark Twain Lake on July 14 with nearly 160 visitors enjoying the music performed by gospel music groups and soloists.

## Indian Exhibit

Mark Twain Lake held its Third Annual Indian Artifacts Exhibit on July 20-21. Extensive collections of relics including arrowheads and tools were displayed by members of the Marion and Ralls County Archaeological Society. Archaeologist Terry Norris of the St. Louis District office spoke about Indian life in Northeast Missouri and Greg Fox of the Missouri Archaeological Society told of Indian ceramics of Southeast Missouri.

## Safety certificates

Certificates of Appreciation were presented to Deters Dairy of Quincy, Illinois, and Hardee's of Monroe City, Missouri, for their outstanding efforts in support of the Mark Twain Lake Water Safety Program. Operations Division Chief, Jim Petersen saluted the businesses for their efforts at a ceremony at the management office.

## Volunteers

During the first two weeks in July the Mingo Job Corps supplied Wappapello Lake with four volunteers to help with the refurbishing of the sidewalks and foundations along the Memory Lane Walk, a part of the Old Greenville National Historic Site.

## Artifacts search

Diving Services Intl., Inc., of Owensboro, Kentucky, performed an underwater inspection of a section of the St. Francis River adjacent to the Greenville Recreation Area and the Union Cemetery at Wappapello Lake. They looked for historical and culturally significant items which could be recovered before shoreline revetment takes place this fall/winter. Suzanne Harris, PD-A, helped coordinate the effort.

## Sports festival

Carlyle Lake held its annual Water Sports Festival/Fireworks Spectacular on July 4th. The day's activities were highlighted by performances from the Alton Ski Club and Round-Two band. Rangers presented a variety of games throughout the day designed to promote water safety. About 30,000 people watched the Fireworks Spectacular. More than 700 people attended weekend campfire, beach and day programs.

## Riverlands evening

On July 17th, the Riverlands Area Office hosted the Transportation Research Board for "An Evening In The Riverlands" at the Missouri Botanical Garden. The evening included a reception, dinner and displays focusing on the District, Riverlands, the National Wetland Research Program and the Missouri Botanical Garden.

## Info Center

The Riverlands Association opened its first information center in Grafton, Illinois. The facility is located in the heart of Grafton's historical section. It will be staffed Thursday through Sunday with people provided by the City of Grafton. The center currently provides visitor information on the Riverlands region and will eventually feature souvenir and book sales.

## Crafts Show

Lake Shelbyville's first Craft Show was successful despite the downpour that occurred after the show got underway. About 1,200 people attended the event before the rains came.



**NEWS BRIEFS** continued

## Chautauqua

The Interpretive Park Rangers of Lake Shelbyville took people back in time to a small historic valley located at the lake. The valley was known as Lithia Springs Chautauqua and saw such famous speakers as Williams Jennings Bryan, Booker T. Washington, and Billy Sunday, who spoke to the thousands who camped there for two weeks in August from 1890 to 1921. Park Rangers, dressed in late 1800 costumes, portrayed some of the people who helped make the area famous.

## Shelby float wins

The Lake Shelbyville interpretive staff's float won second place at the Chautauqua Days parade in Shelbyville. The rangers were dressed in their turn-of-the-century costumes and their float advertised the Chautauqua tours.

## Festival of Lights

The Lake Shelbyville Festival of Lights, held at the Clarion Inn at Eagle Creek State Park at the lake, was recently named Best New Tourism Event of 1990 at the Governor's Conference on Tourism. Illinois Governor Jim Edgar presented the award to resort developer Edward Forester at the Idea Fair in Springfield. The event, which featured two miles of 30-foot high light displays, drew 100,000 visitors during November through February.

## Prehistoric display

The traveling exhibit "Spiro Mounds: Prehistoric Gateway;

Present-Day Enigma" is now on display at Lake Shelbyville's Visitor Center. The exhibit, developed by the Oklahoma Museum of Natural History, depicts life in the prehistoric site at Spiro Mounds. The Spiro Society developed a vast network of trade and contact with other mound builder cultures, including Cahokia Mounds, more than 800 years ago.

## Sandcastle contest

South Sandusky Beach was the site of the 11th Annual Rend Lake Sandcastle Contest on July 6. One hundred fifty contestants constructed sand sculptures of the Corps castle and native wildlife species. Prizes for the event were provided by Pepsi and CIL-FM radio.

## Youth Camp

Rend Lake's Sleepy Hollow Youth Area was again the location of the Annual Illinois Wildlife Endowment - Corps of Engineers Youth Camp. More than 40 youths from across the state participated in special programs on conservation, and followed rangers on their routine duties to get a better understanding of lake operations.

## Fireworks

More than 25,000 watched the fireworks at the Rend Lake Visitor Center on the 4th of July. The celebration, sponsored by the Benton and West City fire departments, included a carnival and musical entertainment on the visitor center grounds.

## Soapbox Continued

given in the campgrounds. The special request programs were:

Reptile program for 30 Girl Scouts at Arthur; reptile program for 50 members of Moutrie County Coop. Extension in Sullivan; tour of the dam for 25 members of the Shumway 4-H Club; reptile program for 70 students at the Moweaque Library; tour of the dam and reptile program for 45 students of the Little School House in Mattoon; reptile program for 30 students at Mt. Zion Library; Nature College program for 30 pre-schoolers from Sullivan pre-school; Lithia Springs Chautauqua program for 25 members of Shelby County Home Extension; reptile program for 50 members of the Sullivan Civic Center Summer program and a tour of the dam for 25 members of the Beecher City 4-H Club.

## Rend Lake

Park Rangers Dave Smothers and Jerry Sauerwein presented programs on snakes at the public libraries in Christopher, Benton and Carbondale, Illinois.

Park Ranger Ray Zoanetti was interviewed by radio stations WMIX and WQRL about 4th of July activities and safety.

Park Ranger Mark Roderick was interviewed by WCIL-TV on boating safety during the 4th of July holiday.

## Condolences

Joe Doherty, who retired from DC about 10 years ago, died Wednesday July 10. He was 80. Joe worked for the Corps from the mid-1950s.



# Length of Service Awards Ceremony

The District held an awards ceremony honoring employees who had reached milestones of government service. The ceremony, part of the celebration of the Corps' 216th anniversary, was held at the Hyatt Regency Hotel in Union Station on July 16, 1991. Employees who had completed 10, 15, 20, 25, 30, 35 and 40 years of service were honored. In addition to the Length of Service awards, other honorary awards were presented to employees who competed in the Federal Executive Board Awards competition and to employees who served in support of Operation Desert Shield/Desert Storm.

The honorees were given name tags (name and years of service), ribbons identifying them as honorees and red carnations with baby's breath. Each honoree was escorted to their place of honor by staff members and Personnel Office personnel. Scott Air Force Base provided a vocalist for the occasion. The U.S. Aviation Systems Command choir sang a medley of songs. An honor guard was provided by the U.S. Army Reserve Personnel Center. Kathy Tober, Chief, Personnel Office, was master of ceremonies.

Length of Service Awards were given as follows:

#### TEN YEAR SERVICE

AWARD: Joy Bode, Raghupathy Bollini, Mattie Bond, Arnold

Bova, James Burns, Brenda Choisser, Sharon Cotner, Craig Donis, Terry Dye, Billy Finley, Darnell Fountain, William Groth, Russel Higgins, James Hill, Ronald Jones, Jackie Jones, Joseph Kellett, Joseph Kissane, James Kuehnle, Sharon Leeker, John Mabery, James Mills, David Mueller, Joseph Przada, Pam Reed, James Soehngen, Robert Tenholder, Kent Thomas, Ruth Townley, Johnie Washington, Mary Whitley, Lawrence Williams, Mary Williams and Donna Zoeller.

#### FIFTEEN YEAR SERVICE

AWARD: Glenn Ashoff, Benjamin Baggett, David Berti, Karen Blum, Robert Bringer, Steven Dierker, Steven Domzalski, Michael Dorey, Roger Groner, Louis Hurd, William Levins, Charles Linn, Donald Ludwig, Sharon McGee, Wilbur Moore, Nicholas Mudd, Michael Navin, Stephen O'Connor, Debra Pickerign, Dennis Seibel, Roger Siller, James Singleton, Betty Slabaugh, Kathy Tober, Stephen Trebs and Richard Ullman.

#### TWENTY YEAR SERVICE

AWARD: Michael Abernathy, Michael Banovz, James Bazile, Thomas Bloor, Gary Buckholtz, Edward Demsky, Patrick Dibello, Daniel Flowers, Dennis Foss, Louella Fouts, Walter Fredley, Thomas Furdek, Ricky Godfrey, Ronald Gosselin, Lawrence Gray, Gregory Hempen, Joseph Hobbs, Roger Hoell, Chien Hsieh, Rickey Kemp, Frank Korzenewski, Darrel LaPlante, Antoinette Mueller, Roger Myhre, Maggie Patterson, Edmond Rogers, Jerone Toliver and William Vasel.

#### TWENTY-FIVE YEAR

SERVICE AWARD: Eugene Beckham, Jane Collins, Charles Dees, Russell Elliott, Judith



Griffith, John Hallquist, Patricia Hosford, Edwin Koopmann, Arlyn McCormick, Nancy Messerli, Jo Ann Moritz, Paul Nottmeier, George Quick, Cleatus Raines, Howard Reynolds, Billie Sanna, David Steger, Melbourne Stohl, Willie Stroud, Karl Tilkens, Bernard Von Hatten and Alan Berman.

**THIRTY YEAR SERVICE AWARD:** James Butery, Joseph Effertz, Thomas Gardner, Elbert Haskett, Daniel Kellerman, James Lovelace, Daniel Marshall, Ronald Messerli, Gerald Riley, Joan Schick, Gary Schmidt and David Spencer.

**THIRTY-FIVE YEAR SERVICE AWARD:** James Dorsey, Forrest Grover, Ronald Harlan, Edward Pelc, Lawrence Stahlschmidt, Donald Theissen and Melvin Zerwig.

**FORTY YEAR SERVICE AWARD:** Clyde Dunn and Geroid Lix

**COMMANDER'S AWARDS FOR PUBLIC SERVICE** were given to: Allied Photocolor, Inc., Custom Blueprint & Supply Co., Esson Graphics, Rainbo Color, Inc., Riverfront Frames Company, S.L.M. Graphics, Todd Studio, Inc., Videophase and York Typographers, Inc.

**CERTIFICATES OF ACHIEVEMENT** for nominees for the St. Louis Federal Executive Board 1991 Employee of the Year Awards went to: Richard Astrack, Jimmie Bissell, Carolyn Clark, Owen Dutt, Jack Eckles, Kathy Engelmann, Gregory Hempen, Diadra Henley, Thomas Keevin, David Leake, John Marzec, Mary

Matecki, Patrick McGinnis, Doris Miano, Walter Ohar, Dale Russell, Donald Schrader, Ronald Singleton, Kathleen Steinlage, Lawrence Strunk and Anne Wolf.

**ACHIEVEMENT MEDALS** for Civilian Service Finalists for the St. Louis Federal Executive Board 1991 Employee of the Year Awards were given to: Edward Ewing, Thomas Hewlett, Steven Jones, Jack Niemi, Dennis Stephens and Gary Stilts.

**SUPERIOR CIVILIAN SERVICE AWARD WINNER** of the St. Louis Federal Executive Board 1991 Manager of the Year Award was Walter C. Feld.

**COMMANDERS AWARDS FOR CIVILIAN SERVICE** went to: Leo Fortman, The Service Base Section of the Operations Division, Melvin Price Locks and Dam, M/V Pathfinder and the Dredge Potter.

**HONOREES WHO SERVED IN SUPPORT OF THE PERSIAN GULF WAR:** Edward C. Franz, William E. Moore and Louis J. Chiodini, Jr.



After the ceremonies the honorees were treated to a reception in the executive conference room and fourth floor lobby area.





# Women's Equality Day August 26

## AMENDMENT XIX OF THE CONSTITUTION OF THE UNITED STATES

The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex.

The idea of equal rights for women is not a new one. The feminist movement of the 1970s and '80s is actually a re-emergence of a massive social reform movement, begun in 1848, at the Seneca Falls Women's Rights Convention. The women's rights movement eventually focused its efforts on winning the right to vote, a campaign that reached a successful conclusion with the passage of the Nineteenth Amendment in 1920.

The call for more legal rights and social freedoms for women grew out of the abolitionist movement prior to the Civil War. In 1860, two national organizations were formed to work toward the goal of expanded legal rights for women.

In every state, hundreds of thousands of women joined suffrage organizations. Public

lectures, newspapers, parades, billboards, silent vigils and many other tactics were used to get the message across to the public.

In 1917, a pamphlet was published on *Why Women Should Not Be Allowed to Vote*, by Ms. Alice Stone. It was issued by the National Women's Suffrage Publishing Company. These are a few of the objections to the right of women to vote:

Women are represented already by their husbands, fathers and brothers.

If laws are unjust, they can be corrected by women's indirect influence.

It would double the ignorant vote.

It would double the foreign vote.

To the vote of every criminal man, you would add the vote of a criminal woman.

The bad women would outvote the good ones.

A municipality is a great business corporation. Men, by nature of their occupations, know more about business than women and hence are better fitted to run a city or state.

The growth of civilization is marked by increasing specialization and division of labor.

Women's suffrage would therefore be a step backward.

Women would cease to be respected.

Women would lose their influence.

Women are already overburdened. A woman would not have time to perform her political duties without neglecting higher duties.

It would lead to family quarrels and increase divorce.

It will destroy chivalry.

Women are too emotional and sentimental to be trusted with the ballot.

It would double the vote without changing the result.

We have too many voters already.

It would turn women into men.

So much attention was focused on winning the right to vote to achieve equal rights for women that when the 19th amendment was passed in 1920, women thought they had full equality. However, the battle is still not over.

August 26, has been designated as a reminder of women's continuing efforts toward equality in all spheres of United States society. For more information, visit the CASU Library or any public library. The FWP Committee will have an exhibit in the 4th floor display case depicting the historical events of the women's suffrage movement.

Norma J. Hall

Federal Women's Program Manager



# Diet is a four-letter word

By Angela Tedder, IM

Diet. The mere mention of the four-letter-word conjures up more four-letter-words in the minds of the 48 million dieting Americans whose battle of the bulge has been going on for years.

But, recent studies show that four letters - DIET - can lead to six letters - DANGER. According to a report in the "New England Journal of Medicine," researchers found that yo-yo dieters ran a 70 percent higher risk of dying from heart disease than did people whose weight stayed fairly steady, even if they were overweight.

Psychologist Kelly Brownell of Yale University, who directed the study, emphasizes that the findings do not condemn dieting. Rather, they indicate that people need to set realistic goals and be committed to making long-term changes in their habits.

"Except for extremely thin or extremely heavy people, the emphasis should be off weight and on health," says Dr. Arnold Andersen, a psychiatrist specializing in eating disorders at the University of Iowa.

Women are especially prone to the damaging aesthetic standard that an ideal body is much leaner than it needs to be for health reasons. "More than 70 percent of women say that they feel fat, but only 23 percent are truly overweight," according to Andersen. Thus, many women diet for purely cosmetic reasons, which is an unrealistic goal.

Today, moderation is the key. Even the federal government has realized that healthy people are not necessarily thin. The latest tables for "healthy" weights, published last year, provide much more latitude than earlier charts, allowing for a range of 30 pounds or more at each height and up to

a 16-lb. gain from 35 on. (See Table 1)

The best way to maintain your weight is to eat when you are hungry, stop before you are stuffed and begin an exercise and fitness program that keeps you healthy, not just thin. So, stop worrying about losing those last ten pounds and commit yourself instead to fitness. It is not a four-letter-word.

This article was adapted from a piece in "TIME" magazine.

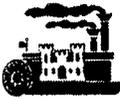


The Federal Women's Program Committee is planning to have an article in ESPRIT on a monthly basis. Please feel free to contact the committee on issues of interest to you. Thanks to Ms. Angela Tedder, an intern for Information Management, for providing our article this month.

The FWP Committee held their May meeting at Rend Lake. Thanks for the hospitality. Our next meeting will be held in August at Carlyle Lake. We hope this way we can have our field personnel attend and have a better understanding of the functions of the committee.

The Federal Women's Program Committee consists of the following: Norma Hall, Manager, Ida Morris, Secretary, Carole Pitzer, LaDonna Supanic, Pam Reed, Pat DiBello, Joan Heckstetter, Angela Sanders, Rozann Heining, Kathy Hayes and Maggie Patterson.

REVISED TABLE OF HEALTHY WEIGHT FOR MEN AND WOMEN		
HEIGHT	WEIGHT IN POUNDS	
	19 TO 34 YEARS OLD	35 YEARS AND OLDER
5'0"	97-128	108-138
5'1"	101-132	111-143
5'2"	104-137	115-148
5'3"	107-141	119-152
5'4"	111-146	122-157
5'5"	114-150	126-162
5'6"	118-155	130-167
5'7"	121-160	134-172
5'8"	125-164	138-178
5'9"	129-169	142-183
5'10"	132-174	146-188
5'11"	136-179	151-194
6'0"	140-184	155-199
6'1"	144-189	159-205
6'2"	148-195	164-210



# Recycling Corner

The RAY Building's paper recycling program is about to begin. For many of us who really got into the habit during the move from 210 Tucker, it will be a relief to stop landfilling our draft letters and reports, computer printouts and Fit-to-Win, CAC and Friendly Committee handbills.

**WHAT CAN I RECYCLE?  
WHAT CAN'T I RECYCLE?**

As some people out there are about ready to point out, there aren't too many things that can't be recycled in some manner. We know this. This particular program is only for paper though, and only for those types listed below:

White bond paper, white computer paper, green and white computer paper, office stationary, notebook/tablet paper, copier paper, white index cards and manila tab cards.

Staples and paper clips are okay.

Other types of paper listed below cannot be recycled under this program (although some can easily be recycled through other channels):

Tissues, toilet paper, newspaper, glossy paper, color paper, paper with tape, Post-It pad paper, carbon paper, food wrappers, cardboard, tablet bindings, magazines, pressure sensitive labels, acco fasteners, fax paper, bluelines and mylar.

**REMEMBER, WHEN IN DOUBT, LEAVE IT OUT.**

**HOW WILL I DIFFERENTIATE BETWEEN RECYCLING CONTAINERS AND "TRASH" CONTAINERS?**

The Eagle Recycling Icon, as displayed here, will be on all the large receptacle containers.  
**WHO GETS THE MONEY FOR**



**SCRAP PAPER?**

Initially the money will be used to pay off the purchase of all the personal desk containers and large recycling bins. After that, the money will go to the General Treasury as per federal law.

**WHY HAS IT TAKEN SO LONG TO GET A RECYCLING PROGRAM ENACTED?**

It was decided that paper recycling would be a RAY Building-wide effort. The delay has been caused by the time it took to coordinate with all the other government agencies in the building.

**WHY DID WE HAVE A BIG KICK OFF RALLY ON JULY 24 WHILE NOT BEGINNING THE RECYCLING PROGRAM FOR A MONTH?**

The collection contract (step #5 in the recycling diagram presented here) was delayed a month and as of this writing is set

to begin on the 26th of August.

**WHO DO I CONTACT WITH MY RECYCLING QUESTIONS OR PROBLEMS?**

Area monitors who have volunteered to help the process by giving out the desk containers, etc, are (so far): Debbie Kuhlman, IM, Joann Moritz, CT, Maureen Wagner, LM, Tanya Varner, DC, Connie Driscoll, PO, Dave Mueller, CD, Tim George, PD, Laurel Lane, PM, Gene Wachter, ED, Ray Kopsky, ED, Betty Jo Yunchers, OC and Misha Singleton, EO.

Several others will be forthcoming. The main point of contact between the Corps and other government agencies is Randy Curtis, ED-GI (8413).

**WHAT ABOUT GLASS, NEWS-PAPER AND PLASTICS, ETC.?**  
Rome wasn't recycled in a day.

**WHAT HAPPENED TO AUNT TRASHIE?**

Aunt Trashie of the Recycling Committee will be back next month. She sends a special "thank you" to employees responding to July's column and asks you to please keep sending your questions, ideas, etc. to: Aunt Trashie in care of CELMS-ED-R. And remember, Aunt Trashie's two "cans" of recycling: Recycle all that you "can" and only trash "can" the rest!



# How is recycling going to work?

# 1



Each employee will be provided with a desk-side container for recyclable paper.

# 2



When a desk-side container is full, it should be emptied into the larger recycling bins located throughout the office.

The cleaning service will only empty the large recycling bins, not the desk containers.

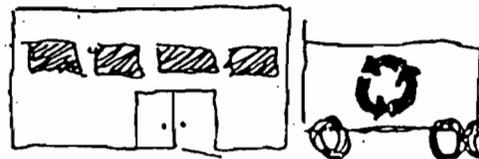
# 3



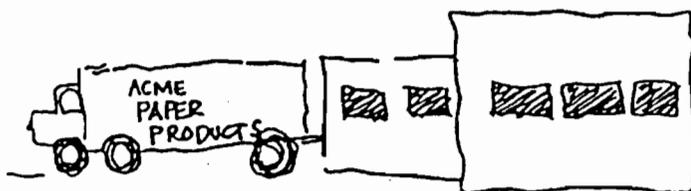
All recycling containers will be labeled with lists of paper products to be deposited in that container or bin.

# 4

The paper collected will be taken to a recycling center where it will be shredded and baled.



# 5



They will then sell the paper to a paper company that uses recycled paper.



# To Your Health

## Mammograms don't tell all; manual exam needed, too

By Evelyn D. Harris  
American Forces Information  
Service

Early detection of breast cancer can save women's lives and breasts, but the mammogram, a popular test these days, isn't foolproof.

The mammogram, a special kind of X-ray, doesn't pick up some lumps that can be felt with the hand, and that's why women should also have a doctor or nurse practitioner perform an annual manual breast exam, said Dr. Douglas R. Knab, professor and chairman of the obstetrics and gynecology department at the Uniformed Services University of the Health Sciences in Bethesda, MD.

"A woman may feel a lump herself and go to a mobile radiology clinic for a mammogram. If it is read as negative, indicating it did not show a lump, she could mistakenly assume she has no cancer," said Knab. "Responsible clinics require a clinical breast examination by a doctor or nurse practitioner along with the mammogram. If I can feel a lump, I recommend a biopsy to determine if it is cancerous, even if the mammogram was negative."

Dr. Robert Smith of the Atlanta-based Centers for Disease Control said the manual exam should be done before the mammogram. That way the

doctor can tip off the radiologist to look for a lump, he suggested.

Breast cancer patients have a good chance of being cured if their cancer is diagnosed early, noted Knab. Women diagnosed when their cancer is limited to a lump and has not spread to the lymph glands have a 95 percent chance of living five more years. Consensus guidelines recommended by the Centers for Disease Control, National Cancer Society and the American College of Obstetricians and Gynecologists recommend mammograms along with physician's exams. But a recent nationwide survey of doctors found that only 37 percent followed these guidelines, said Knab.

If breast cancer is discovered early, mastectomies may be avoidable. Women may be able to opt for a lumpectomy, or surgical removal of the cancerous lump. This is usually followed by radiation therapy or chemotherapy. Dr. Charles Smart of the National Cancer Institute in Bethesda, MD, said 30 to 40 percent of women whose cancer is detected in Stage 1 opt for lumpectomies. In Stage 1, the cancer is limited to the lump. Once cancer spreads to the lymph glands or other parts of the body, a woman has no choice but mastectomy.

Knab noted that the incidence of breast cancer is growing. Today, health officials say, one

out of nine women will develop breast cancer during her lifetime. Several years ago, the odds were one in ten. This year, the American Cancer Society predicts, 175,000 women will develop breast cancer. Last year, 150,000 new cases were diagnosed.

A family history of breast cancer increases a woman's risk. A fatty diet is believed to increase the risk as well.

The American Cancer Society recommends that women get a baseline mammogram between the ages of 35 and 40, screening mammograms every two years after 40 and an annual mammogram after age 50.

## Ovarian Cancer: Silent killer

By Evelyn D. Harris  
American Forces Information  
Service

Ovarian cancer kills two of every three American women it attacks today, but constant awareness and regular checkups could sharply cut those lethal odds.

Striking one woman in 70, ovarian cancer is rarer than



**Ovarian Cancer cont.**

breast cancer, which attacks one woman in nine, but its death rate is higher.

"That's because ovarian cancer is difficult to detect early and can be missed until the disease has progressed to a dangerous level," said Dr. Douglas R. Knab, professor and chairman, Department of Obstetrics and Gynecology at the Uniformed Services University of the Health Sciences in Bethesda, MD.

Dr. Steven Piver of Rosswell Park Memorial Institute in Buffalo, NY, estimated more than 70 percent of patients with ovarian cancer discover it too late to be treated. He directs the Gilda Radner Familial Ovarian Cancer Registry, named for the late actress whose case was not diagnosed until it was terminal. If discovered in Stage I, when the cancer affects only the ovaries, a woman has a 95 percent chance of surviving five years, Piver esti-

mated. By Stage IV, when Radner's cancer was diagnosed, the chances are five percent.

Knab said an enlarged abdomen is the most common sign of advanced ovarian cancer. The disease's early symptoms mimic less serious medical problems and include vague digestive disturbances, flatulence, stomach discomfort, bloating, constipation and frequent urination. Unusual bleeding is rare in ovarian cancer, but could be a symptom of endometrial cancer affecting the lining of the womb.

"Unfortunately, there is no good screening test for ovarian cancer," Knab said. "The Pap test, which detects cervical cancer, can sometimes detect ovarian cancer, but is not considered an effective screening test. Ovarian cancer may be detected through a series of tests, including pelvic sonograms and a CA-125 blood test. These tests are expensive and time-consuming. In addition, they do not always detect early cancer, so they are

not practical to do for everyone on a routine basis.

What is practical is for every woman 18 and older to have yearly gynecological exams, including breast examination, a pelvic exam and a Pap smear, Knab said. The American Cancer Society recommends women 40 and older have an annual cancer-related checkup.

A woman who has two first degree relatives, a mother, sister or daughter, with ovarian cancer has a 50-50 chance of getting it herself, Knab said. Knab recommended that women whose histories show familial ovarian cancer have their ovaries removed by age 35 or when their family is complete.

Dr. Piver said that, until their ovaries are removed, women with strong family histories of ovarian cancer should have pelvic and abdominal exams, pelvic ultrasound scans and CA-125 blood tests every six months beginning in their early 30s.

# Accident Summary

**PERSONAL INJURIES - GOVERNMENT EMPLOYEES - JULY 91: One**

Total accidents for FY91: Seven

Total accidents for FY90: thirteen

A deckhand suffered a strain to his neck vertebrae when he tripped and fell on a tie-off button while attempting to get away from several wasps.

**PERSONAL INJURIES - CONTRACTOR EMPLOYEES - JULY 91: Two**

Total accidents for FY91: Seven

Total accidents for FY90: Eight

A contractor employee (deckhand) strained his arm and wrist while handling a wire rope on a tugboat.

A cleaning contractor employee suffered an arm fracture when a hydraulic lid on a trash barrel fell on her arm.

**GOVERNMENT VEHICLE ACCIDENTS - JULY 91: One**

Total vehicle accidents for FY91: One

Total vehicle accidents for FY90: Five

An employee lost control of a government vehicle and struck a guard rail, resulting in about \$8,000 damage to the vehicle.

**LAKE FATALITIES - JULY 91: Two**

Total lake fatalities for FY91: Three

Lake Shelbyville - 1

Mark Twain Lake - 1

Rend Lake - 1

A 35-year-old female boater at Mark Twain Lake, who had been consuming alcohol during the course of an afternoon, swam ashore to use the bathroom. She was later reported missing by others in her party. Her body was recovered the next morning in 10 feet of water.

A 15-year-old male drowned while swimming at a boat ramp at Rend Lake.

Total lake fatalities for FY90: Five

Carlyle Lake - 1

Lake Shelbyville - 1

Rend Lake - 2

Wappapello Lake - 1