

ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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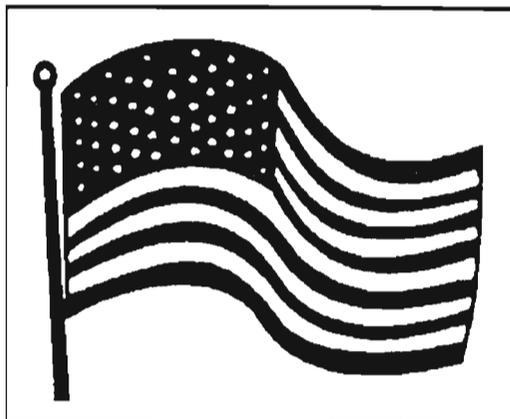
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# Corbin's Comments by Col. James E. Corbin



Hi! It's me again. Contrary to popular belief, I'm still alive, even though you haven't seen much of me the past two weeks. Appears I have a first class case of "walking pneumonia." So until I shake it, I'll basically only be available on a half-day basis, if that.

Those of you with some actions that are hung up waiting on some action by me

should see them move this week, if I feel a bit better. Appreciate the cards and calls and expressions of concern very much.

The District Picnic on the 14th of June is something that you've always supported well and that I hope you will continue to support. We're running a District Open House at the same time, or, actually, just prior, that I hope you will all avail yourselves of and, where possible, bring your families/friends through our new facility here in the RAY Building. I encourage supervisors to allow max participation in both the Open House and the Picnic. There is nothing ongoing that is of such urgency that you can't avail yourselves of a day of fun and frolic. You deserve it, every one of you!

The Fit-To-Win Program continues to do well. I hope you are all taking note of the recent findings on smoking and, particularly, the secondary effects of smoke. What we do with our own lives is pretty much a personal choice; however, how we affect those around us isn't our choice, rather it belongs to those who are in areas near us and have no choice about it. Please use common sense in how we address the above issue and don't infringe on the air space of others.

Things are going well, District-wide, in most areas, in fact all areas. The Mel Price Project continues to proceed in good shape as does East St. Louis, Valley Park and Cape Girardeau. The Harrisonville job has been finished in good shape. Attended the dedication of the Cypress Creek Wildlife Refuge on the Cache River, Illinois (42,000 acres). We are going to do some work for the U.S. Fish and Wildlife Service, some engineering and design, maybe some construction and some real estate acquisition. The dedication was attended by Senator Dixon, Congressman Poshard, Congressman Hubbard (KY), Governor Edgar, the Under Secretary of the Department of Interior, the Director of the Fish and Wildlife Service, the USFWS Region III Director and a host of national level environmental folks. All had extremely good things to say about the St. Louis District, Corps of Engineers (you and me) and about LTG Hatch (his personal/professional efforts).

We have a number of environmental initiatives ongoing now, ranging from ecological infrastructure to hazardous and toxic waste activities.

I had the President's brother and his family and others out on the River just a couple of weeks ago. Nice people who now have a much better understanding of who we are, what we do and what's possible. Kudos to the crew of the Blankenship for a first class job. Dave you guys were super!

Apparently potential legislation for the reorganization has been furnished to Congress. Past that everything is speculation and rumor and I really have nothing to add to the various discussions we've had. Please try to stay as circumspect as possible in your discussions with our neighbor districts. Many of them are "hurting" and, regrettably, they will react badly to unintended comments/actions, just as we would in their place.

You're doing a great job! Keep it up!



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

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## Corbin gets Greensfelder Medal

Colonel Corbin has been awarded the Albert P. and Blanche Y. Greensfelder Medal for 1991 by the Board of Trustees of the Missouri Botanical Garden.

The Greensfelder Medal is awarded by the trustees in recognition of significant service in the field of protecting, managing and promoting excellence in the development and interpretation of landscapes generally.

According to Peter H. Raven,

Director of the Botanical Garden, Colonel Corbin "has done an exemplary job in this area in providing effective regional and national leadership to the Corps of Engineers in pointing the way towards models that will be exceedingly valuable in the future for protecting our national Patrimony."

The award will be presented at a dinner in the Colonel's honor to be arranged in the near future.

## Sutton given Award of Merit by Engineer's Club

Bill Sutton, Chief of the Project Management Branch, has been given the Award of Merit by the Engineer's Club of St. Louis. This prestigious award is made for outstanding performance or contributions reflecting credit to the engineering profession and the Engineers' Club of St. Louis.

A plaque symbolizing this award was presented to Sutton at the Annual Dinner Meeting of the Engineers' Club on June 7.

Sutton was nominated for the award for his contribution and leadership in project management, in general, and because of his work on the Melvin Price Locks and Dam project, in particular.

He served as project manager for the project since 1974. In 1988, when the Corps of Engineers underwent reorganization to emphasize project management, Sutton was selected to be the Chief of the Project Management Branch. In this capacity he oversees a number of projects as supervisor of several project managers. Under his leadership the St. Louis District initiated new project management concepts.

## Chawgo cited for heroism

Ceremonies commending Park Ranger Vince Chawgo were recently held in Carlyle, Illinois. Ranger Chawgo was cited by Clinton County Sheriff, Don Krohn, for Extraordinary Service.

Last June Vince saved the lives of two people who were swimming at the Dam West Recreation Area at Carlyle Lake. His citation of Extraordinary

Service is part of "Respect For Law Week" celebrations in Clinton County.

The incident involved two swimmers who found themselves in deep water and called for help. Ranger Chawgo swam to the victims and pulled them to shore.

Last August he received the Commander's Award for his rescue effort.

## Trimble on archaeology committee

Dr. Michael K. (Sonny) Trimble, PD-A, has been appointed a member of the Society for American Archaeology's Committee on the History of Archaeology. The Society is the preeminent archaeological organization in North America.

Sonny's job on the Committee is a big one. He will be searching for archives which contain

records of archaeological digs funded by the federal government. According to Sonny, about 60 percent of the archaeological activity in this country takes place under the auspices of the federal government.

The Committee's purpose is to discover the location and condition of archaeological records and report to the Society.

## Golf Tourney reminder

This is a reminder that the 10th Annual LMVD "Essayons Classic" Golf Tournament will be here before you know it. It's slated for June 27 & 28 at Pickwick Landing State Park, Tennessee (practice round on the

26th). Entrance fee of \$65; Cookout is \$10 per mouth (must be paid with entry fee, but attendance is optional).

If you wanna play, contact Mike Kruckeberg at (314) 331-8589.

## Suggestion Highlights

Lon Montgomery, OD-NL, has earned a cash award of \$175 for recommending installation of an electrical sensing device at Mel Price Locks and Dam to warn of height hazard. This action will

(Continued on page 4)




**Promotions & Incentive Awards**

**PROMOTIONS:**

Charles Birdsong, OD  
 Timothy Bischoff, OD  
 Donald Brown, OD  
 Richard Chenoweth, OD  
 Jane Collins, PM  
 Robert Crocker, OD  
 Randal Curtis, ED  
 Patrick Damron, OD  
 Norris Davis, PM  
 Claudia Digges, ED  
 Anson Eickhorst, PD  
 Kathy Engelmann, PD  
 Natalie Eschmann, PD  
 Marcia Gerdes, CD  
 Anthony Giardina, PD  
 Dennis Graves, OD  
 Norma Hall, EE  
 Benard Hawickhorst, PD  
 Mary Diane Hellhake, OD  
 Rachelle Howald, OD  
 Harlan Lamb, OD  
 Mary Lou Lawson, PA  
 Linda Moore, IM  
 Arthur Ruebenson, OD  
 Wanda Steen, OD  
 Donald Sweeney, PD  
 Ira Tucker, IM  
 Francis Walton, PD  
 Linda Wichlan, ED  
 Robert Wilkins, OD  
 Dennis Williams, OD

Raymond Zoanetti, OD

**EXCEPTIONAL RATINGS:**

Joy Bode, CT  
 Stephen Farkas, ED  
 John Helfrich, ED  
 Juliet Morrow, PD  
 Nicholas Mudd, OD  
 Paul Roberts, ED  
 Lawrence Stahlschmidt, OD  
 Benedict Venturella, OD  
 Cindy Zimmerman, OD

**PERFORMANCE AWARDS:**

Donald Coleman, ED  
 Barbara Collier, LM  
 Jane Collins, PM  
 Larry Dornin, OD  
 Constance Driscoll, PO  
 Dolores Ebert, DD  
 Kathy Engelmann, PD  
 Stephen Farkas, ED  
 Carolyn Foster, DC  
 David Harley, PO  
 Valencia Jameson, LM  
 Harlan Lamb, OD  
 Ronald Rauh, CD  
 Elinor Reinerman, DP  
 John Robinson, OD  
 Joseph Stalbrink, OD  
 Richard Stubits, OD

Walter Wagner, ED  
 Jo Ann Will, DC  
 Mary Williams, PO

**SPECIAL ACT AWARDS:**

Alexander Bienkowski, ED  
 Randal Curtis, ED  
 Dolores Ebert, DD  
 Edward Franz, CD  
 Elbert Haskett, ED  
 Robert Holt, ED  
 Clyde Hopple, ED  
 James Keim, ED  
 Leland Lenzner, ED  
 Wayne Miller, PM  
 Richard Mills, ED  
 John Poullain, ED  
 Vivian Ratliff, LM  
 Elinor Reinerman, DP  
 Charles Rhoads, ED  
 Edward Ruff, ED  
 Rochelle Ross, ED  
 Antoinette Serena, ED  
 David Shaw, ED  
 James Soehngen, ED  
 Melbourne Stohl, ED  
 Janet Ulivi, ED  
 William Vasel, ED  
 Harry Ward, ED  
 Karon Webb, PO  
 Linda Wichlan, ED

**Suggestion cont.**

prevent structural damage in the event of a towboat accident.

Meanwhile, back at the District Office, Brenda Hamell, PO, was given a cash award of \$220 for recommending a procedure to reduce time spent in searching for files.

Our congratulations to Lon

and Brenda. Like other employees who have enjoyed the benefits of the Suggestion Program, they were able to come up with some profitable ideas.

A total of \$5,838 in cash awards has been presented during FY 91. Now it's your turn! You too could be the recipient of a

Suggestion Award. Look around your work area. See if you can find improvements to be made that would increase safety or save the government money.

Remember, those are your tax dollars we're spending. So if you find a way to save money, you're saving your tax dollars and making a few dollars for yourself.



# On the Soapbox

Telling the District's story this month were:

## Riverlands Office

About 600 people toured the Melvin Price Locks and Dam during May. A sampling of the groups include Williams Middle School, Hillsboro Junior High, East Alton Rotary Club, FAM tour operators, Mulberry Grover Junior High and a group of German construction engineers.

Riverlands Area Manager Pat McGinnis addressed 60 members of the Kirkwood Media Club. McGinnis also addressed the board members of the Alton Lake Heritage Parkway Commission. The East End Improvement Association also welcomed McGinnis in May for a presentation.

Pat McGinnis spoke to 50 writers from throughout the country at Pere Marquette for IDOC's Outdoor Writer Conference. McGinnis discussed the St. Louis District and opportunities emerging in the Riverlands area.

Dan Erickson and Julie Ziino addressed the Civilian Conservation Corps Alumni. Erickson also spoke to the Kirkwood Rotary Club.

Thanks to Owen Dutt who gave an information presentation on the National Environmental Policy Act to an Environmental Policy Class from Principia College.

Julie Ziino also addressed the congregation of Holy Trinity Lutheran Church about the Riverlands and recycling.

Lawrence Williams and Kathy Weir assisted with a memorial service held at Melvin Price Locks

and Dam for an Alton labor union chapter.

Monica Ellis, Julie Ziino and Pat McGinnis staffed an exhibit at Alton's annual Taste of Tourism event. About 400 attended the event which promotes tourism in the Riverlands region.

## Lake Shelbyville

Park Ranger Don Brown taught CPR to 10 Shelbyville area Boy Scouts.

Park Ranger Leanne Crouch presented a water safety program to 360 5th graders at the annual Shelby County Conservation Field Day.

Assistant Park Manager Tom Bloor and Park Ranger Al Lookofsky spoke to 12 students from Houghton College, New York, on the Corps role in environmental stewardship.

Park Aids Dee Carlock and Terri Morris took 15 Girl Scouts from Pana on a tour of the dam.

Park Ranger Maria Shafer presented a program on Lithia Springs Chautauqua to a group of 95 at the Shelbyville Methodist Church Mother/Daughter Banquet.

Park Ranger Maria Shafer spoke about environmental actions to 22 Girl Scouts from Neoga. This program entitled them to earn an environmental badge.

Park Rangers Larry Gutzler and Terri Morris introduced Woodsy Owl to 165 students at the Main Street School in Shelbyville.

## Wappapello Lake

Park Rangers Becky Hays and Patricia Hardy presented water safety programs to 418 students at elementary and high schools surrounding Wappapello Lake. Students took part in the programs by acting out skits involving water related accidents.

Park Ranger Richard Chenoweth gave a series of talks on toxic plants and wild edibles to about 50 Boy Scouts attending a camporee at Greenville Recreation Area.

Sixty-eight first through third grade students from Richland Elementary School were guests of the lake staff for a tour of the gatehouse, spillway and the Pine Ridge Trail.

Park Rangers Diane Stratton and Rebecca Hays introduced students at Charleston Elementary School to environmental issues and animal characteristics during the school's Solar Day activities.

Park Manager Michael McClendon spoke to the Missouri Conservation Commission about the "Visions" environmental package for the lake and possible cooperative endeavors.

Park Rangers Andrew Jefferson and Sue Mueller represented the St. Louis District at the St. Louis City/County School Career Fair. They discussed career opportunities as a park ranger in the Corps with students.

(Continued on page 7)



# NEWS BRIEFS

## Conservation days

The Sleepy Hollow Youth Area at Rend Lake was this year's site of "Conservation Days" sponsored by the Benton office of the Illinois Extension Service. The program is designed to inform students of conservation practices and ways to take care of the environment. Over 600 5th grade students watched presentations on soil conservation, water quality, wildlife and ecology. Park Rangers Mark Roderick and David Smothers were on hand with a program on water safety.

## Armed Forces Day

Fifteen hundred area residents gathered at the Rend Lake Visitor Center to honor military, law enforcement and fire and rescue personnel who have given their lives in the line of duty during the 11th Annual Armed Forces Day and Police Memorial Day observance.

Representatives of the military and law enforcement communities spoke, a flight of F-16 Falcons passed overhead and a 21 gun salute was fired in final remembrance.

## Tree planting

Sixteen volunteers from the Shelby County, Illinois, chapter of the Children of the American Revolution planted 400 hardwood seedlings in a tree nursery at

Lithia Springs Recreation Area, Lake Shelbyville. These trees will later be transplanted to provide shade for campsites.

## Earth Day

Pouring rain couldn't dampen the spirits of more than 125 volunteers who showed up at Lake Shelbyville's Earth Day celebration. These people, whose ages ranged from six to sixty, helped park rangers pick up litter in 20 areas around the lake. They also planted 1,200 prairie plants and an acre of wildflower seed. Breakfast and lunch were served, thanks to donations from local businesses.

## Armed Forces Day

The 5th Annual Mark Twain Lake Armed Forces Day Celebration was held May 11th. The U.S. Navy Flying Rifles Drill Team from Millington, Texas, stole the show with their precision rifle handling. The Third Annual Tri-State Vietnam reunion was held in conjunction with the Armed Forces Celebration.

## Concert series

A Gospel Music Concert, held May 19th, began the summer outdoor concert series held at the M.W. Boudreaux Visitor Center at Mark Twain Lake. The concert was so popular, the groups have been booked for a return engagement in June.

## Trimble chosen

Dr. Michael K. (Sonny) Trimble, an archaeologist in the Planning Division, has been chosen to serve on the Society of American Archaeology's Committee on the History of Archaeology. The committee will be doing research into the development of archaeology.

## New Riverlands

Riverlands has been given the go-ahead to start a Riverlands Office in Clarksville, Missouri, to provide on-site stewardship for the upper pools. The office should be officially on-line this summer and will be headed up by Anne Vieira.

## Fresh faces

The Riverlands Office has a bunch of fresh faces this summer, including Julie Ziino, Gina Higgins, Scot Hettinger, Dave Winson, Larry Lewis, Kevin Gronemeier, Mike Hamby, Eric Hemker, Jeff Vinyard and Jessie Stevens. There is also volunteer Dan Clark from the University of Massachusetts-Amherst who will be working with IPA Mark Hall throughout the summer on various prairie projects.

## Water safety aid

Carlyle Lake has recruited the aid of three businesses to assist in the Corps' 1991 Water Safety Program. Prairie Farms Dairy has printed a safety message on half gallon milk cartons. Illinois Power Co. will print a water safety message on their customer's June utility bill. And McDonald's Restaurant in Carlyle has printed safety messages on tray liners.

**Soapbox Continued****Rend Lake**

Park Ranger Ray Zoanetti took forestry camp students from SIU-Carbondale on a tour of the lake. Students were able to view all aspects of Corps operations from recreation to environmental management. Ray was also interviewed by Les Winkler of the Southern Illinoisan concerning wetland management at Rend Lake. In addition Ray was interviewed by radio stations WMIX (Mount Vernon), WOOZ (Marion) and WQRL (Benton) about the Gun Creek Wetlands Dedication and Armed Forces Day.

Park Ranger John Mabery spoke to members of the Greater Egypt Regional Planning and Development Commission about the Gun Creek Wetlands restoration project. John took the group on a tour of the project area.

Park Rangers Ray Zoanetti, Rachel Garren and Mark Roderick provided visitors to the University Mall in Carbondale with information on Rend Lake during a three-day program entitled "Southern Illinois: A Show of Excellence." The program was designed to highlight the many recreational opportunities available for visitors to the region.

Students from Ewing Grade School were treated to a tour of the Rend Lake Visitor Center and a hike down the Blackberry Nature Trail with Park Ranger Tom Malkovich. Tom also provided the Special Education classes from Nashville Grade Schools with a tour of the Visitor Center and a snake program.

Park Ranger Sherry Hilscher presented a program on Biological Diversity to 100 students from Washington School in

Benton. The students were shown how to notice and appreciate the many diverse forms of life found in the lake area.

Residents of the Mattingly Health Care Center were able to get an up close look at area snakes during a visit by Park Ranger LeAnn Greenwell.

Park Rangers David Smothers and Ken Rowark gave a tour of the Visitor Center and a hike on the Blackberry Trail to the 4th grade class from Buford Grade School.

Park Ranger Mark Roderick took students from Carmi Public Schools on a tour of the Visitor Center and the main dam. Mark also appeared on WMCL radio's Town Talk program speaking about the observance of Armed Forces Day and Police Memorial Day at the lake.

Through the cooperative efforts of the new Rend Lake Search and Rescue Association, Park Ranger Mark Roderick and Franklin County Deputy Sheriff Kevin Skruat traveled to area high schools and spoke to students about the dangers of alcohol and drug abuse during recreational boating and other water related activities. Students were also shown how to survive in the water after an accident.

**Mark Twain Lake**

Mark Twain staff members presented a total of 25 special request programs during the month of May to local civic organizations, school groups and other special interest groups. Twenty-four schools visited the lake during the month for the programs which included water safety demonstrations, power plant tours, visitor center tours and nature hikes. One program was presented at The Landing on May 18th to the Camping Club.

**Carlyle Lake**

With a new proposed Carlyle Lake resort in the planning, Assistant Park Manager Dick Conner spoke at the May meeting of the Greenville Tourism Council. The purpose of this meeting was to promote interest in regional tourism.

Park Ranger William Howard presented a water safety program to 225 employees of Illinois Power Company.

Interpretive Park Rangers have given tours to more than 535 school children during May. The students learned about nature and man's role in controlling the environment as a part of their classroom curriculum.

Park Ranger Joe Smothers has made several appearances on local radio stations this spring. He has been making guest appearances on radio stations in Centralia, Salem and Vandalia helping to promote special events and outdoor recreational opportunities at the lake.

**Best fast food choices**

When you're watching fat content in your diet, but still have to eat fast food, remember these best-choice selections as reported in "In Health" magazine: A grilled chicken sandwich, no mayonnaise, 14-16 percent of calories from fat; Baked potato with two pats of margarine, 17; Milkshake, 18-28; Grilled chicken, 25; Lean quarter-pound hamburger, 29; Cheese pizza slice from a medium pie with thin crust, 29-37.



# Recycling Corner

The aluminum can recycling effort is again a real success story. Cans were picked up by the St. Louis Abused Women's Center representative on May 8 and they thank you for your excellent participation. With every can you recycle, you not only provide additional funding for this organization, but you also help save valuable resources. What an easy way to help clean up our planet!

Many of you have been asking about paper recycling - when, where, how? We know you are all eager to start. We are just as eager to get our program in place and working. Paper recycling, unlike the aluminum can project, will be building-wide. This has caused unavoidable delays due to the problems of getting such a large program started with so many agencies, and a contract in place, etc. Be assured that the

committee is working very hard and is aiming at an August start-up date. Watch for promotional materials.

We would like to invite you to visit the four kitchen areas on the 3rd and 4th floors (the exact location of the aluminum recycling containers - hint! hint!) and take any of the recycling pamphlets or posters that are available. Bins were installed early this month. We hope to keep interesting informational items in them for you.

If you have nay questions about location of recycling containers for aluminum cans, please call Sharon McGee at 8314, Mark Alvey at 8431, or Laurel Lane at 8037. Paper recycling questions should be addressed to Doris Miano at 8158.

As a special belated P.S.: The Recycling Corner wants to thank all the volunteers who worked so

hard picking up litter at the Riverlands for the Corps' Adopt-A-Shoreline program celebrating Earth Day. About 100 hardworking Corps people picked up everything from styrofoam bait containers to scrap metal.

If anyone is missing a car, I believe the volunteers can tell you where all the parts are. Many tires, sparkplugs, various engine parts, car hood, and many other items were found, along with a rather healthy-looking snake we left sunning himself.

The Riverlands Office tells us that between 30 and 35 cubic yards were collected; a double tandem truck holds about 20 cubic yards. The Riverlands Office staff say they were very surprised at the quantity collected.

Thanks again for making the program such a success!

## District participates in Career Awareness Fair

This year, as in the past, the St. Louis District participated in



Park Ranger Andrew Jefferson talks to students at the Cervantes Convention Center

the career fair, held at the Cervantes Convention Center. In past years Lawrence Williams took charge of transportation and set up of the booth displays. This year we were left to our own devices.

The enthusiastic participants this year were Dario Franzi and Robert Holt from Engineering Division, Sue Mueller and Andrew Jefferson from Wappapello Lake, Suzanne Harris from Planning Division, Christy Cone from Information Management

and Diadra Henley from the Equal Opportunity Employment Office. These people worked hard to assure that the booths were properly set up and that the Corps of Engineers had, once again, been a "Model of Excellence."

About 7,900 students from 65 city and county schools visited this year's fair. About 930 business persons staffed 275 booths.



# Coming Events at the lakes

## CARLYLE LAKE

- June 16 Carlyle Lake Show, Shine & Cruise Car Show
- July 4 Water Sports Festival and Fireworks Spectacular
- Aug 10 Wildlife Arts Show
- Sept 21 National Hunting and Fishing Day

## MARK TWAIN LAKE

- June 8 & 9 Craft Show and Sale
- June 16 Gospel Music Concert
- June 22 Storytelling Festival
- June 23 Sand Castle Building Contest
- July 4 Laser Light Show
- July 5 & 6 Rodeo
- July 20 & 21 Indian Artifacts Exhibit
- 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

- June 2-8 National Safe Boating Week
- June 22 Lake Shelbyville Craft Show
- July 13 & 14 Energy Conservation Weekend
- July 26 - 28 Water Follies
- Aug 2 - 4 Smokey Bear Weekend
- Aug 17 Okaw Indian Festival
- Sept 1 & 2 Dove Hunt
- Oct 3 Eco Meet
- Nov 15 - 17 Handicap Deer Hunt

## REND LAKE

- June 8 & 9 Summer Daze Festival
- July 1 - 4 Fireworks Festival
- July 13 & 14 Arts and Crafts Fair
- Aug 17 Jam on The Dam
- Sept 14 Rend Lake Cleanup

## WAPPAPELLO LAKE

- June 8 13th Annual Armed Forces Day

# Adopt-A-Shoreline volunteers roll out the barrel

Lee Hendrix and his band of Adopt-A-Shoreline volunteers really "rolled out the barrel" when they adopted a section of Riverlands shoreline near Grafton, Illinois. A barrel of toxic waste, that is.

It all started, says Hendrix, when he and 17 members of the St. Louis Experiential Education Council (SLEEC) opted to adopt shoreline along the Mississippi River near Piasa Harbor Public Launch Ramp, May 11. SLEEC is a non-profit educational organization which promotes learning through experience.

Hendrix and his group, floating downriver in canoes, spotted a 55 gallon drum caught in submerged trees across from the Brussels Ferry. The group lassoed the barrel and pulled it ashore. They left the barrel at the ferry and collected litter near the Piasa Harbor Public Launch Ramp.

Tom Ball, an Adopt-A-Shoreline volunteer, learned the barrel was contaminated after watching a local news special on toxic waste.

EPA officials confirmed the sealed drum was contaminated

with a chemical used in the manufacturing of paint - one of 34 washed into the river from Hardin, Illinois, during high water. The barrel was removed by the EPA.

"We were glad to be able to take steps to preserve the beauty of the river," said Hendrix, a veteran riverboat pilot. "Some-day, I want my two year old to be able to enjoy the beauty of the river."



## Travel advisory briefing

All personnel traveling through or to high risk/high threat areas are required to receive a threat/travel advisory briefing prior to departure. This travel may be either official or personal. A country is considered high risk/high threat based on its current internal situation and relationship with the United States.

Acts of crime and/or terrorism such as muggings, bombings, kidnapping and murders are examples of activities in high risk countries. When a country demonstrates the existence, capability, intent and/or history of terrorist activity over a period of time it is considered high risk.

The countries listed here are considered high risk at the present: Bahrain, Columbia, Egypt, El Salvador, Greece, Jordan, Pakistan, Peru, Philippines, Qatar, Yemen, Sudan, Thailand, Turkey, Saudi Arabia and United Arab Emirates (UAE).

Persons traveling through any Middle Eastern, South West Asian, Central American or South American country are urged to contact their Security Office for threat/travel security advice. All people traveling to areas so designated must receive a threat/travel briefing before official travel orders will be approved.

The list of high risk/high threat level countries is maintained in CELMS-LM-T. Please contact Jim Gerth for further information or updates.

## Corps helps preserve the environment

The St. Louis District, in cooperation with the St. Paul District, Rock Island District, Fish and Wildlife Service from the States of Illinois, Iowa, Minnesota, Missouri, Wisconsin and the Department of Interior, have joined together to implement the Upper Mississippi River System Environmental Management Program. This program was implemented to maintain and improve the current wetlands and fish and wildlife habitat along the Mississippi River.

Because of the sedimentation effects, many of the off channel water habitats would be completely filled by the next century. The poor quality of wetlands has reduced the number waterfowl and fish, according to Charlie Grojean, resident engineer and Chief of the Upper Mississippi Resident Office. There are several major wetland habitats along the Mississippi River in the Midwest. Therefore, previous research has indicated a strong need to upgrade the river and surrounding wetlands as soon as possible. The authorized fund is \$191.4 million over a 10 year period.

One of the St. Louis District's habitat rehabilitation projects currently underway is located at Dresser Island, West Alton, Missouri. The island consists of about 940 acres of federal lands and water. The area is managed for fish and wildlife purposes by the Missouri Department of Conservation under cooperation agreements with the state, Department of Interior and the Corps of Engineers.

At Dresser Island we will build a levee, road, parking lot, boat ramps and install corrugated metal pipes for water control. Two sets of four 48-inch corrugated metal pipe drains will be placed near the upstream section of the island and will be used for water intake. In addition, one set of four 48-inch and two sets of four 30-inch diameter drains will be installed in the lower section of the island and side channel and be used for water release and control of interior water level fluctuations. The project will eliminate 90 percent of future input sediment into the island which will extend the utility of the area for fish and wildlife habitat. The levee will control the water levels needed to create a reliable food supply for animals. It will also prevent the frequent lower elevation flood events from destroying the food crop.

Dave Kolb Grading, Inc., of St. Charles, Missouri, was awarded the contract for this project. Kolb has already completed more than 50 percent of the work ahead of schedule.

"I think it's about time the Corps does more to improve our environment," says Grojean. "We are correcting our image by doing this program. I think it's one of the things we need to do."

The project is scheduled to be complete by November 18, 1991. Dresser Island will then be open to the public for hunting, fishing and boating. The Missouri Department of Conservation will be responsible for operations and maintenance.



## Junior Achievers tour Mel Price L&D

During the past school semester Maggie Patterson, Equal Employment Manager, was a Project Business consultant (instructor) for two classes at the Williams Middle School as part of the Junior Achievement Program. The teacher of the classes was Mrs. Vicki Brown.

Part of the curriculum is a tour in the business community. This year the Junior Achievement students toured Melvin Price Locks and Dam project. Because of Mrs. Brown's enthusiasm for the program, all the eighth grade students at the

school got to go on the tour.

The Riverlands Area Office provided tour guides Jeff Hayes, Monica Ellis and a new stay-in-school, Gina Higgins.

Junior Achievement was founded in 1919 to teach children about the American business enterprise system by letting them run their own business under the supervision of professional business people. Project Business is an in-school, supplemental business and economics education program for seventh, eighth and ninth graders.

## Wagon train stops at Dresser Island

The Boys Town Wagon Train stopped again this year at Dresser Island. It was on its way to St. Louis during its annual trip from St. James, Missouri, to the Gateway Arch.

About 200 people stopped at Dresser Island-Brickhouse Slough for a two-hour lunch break. There were about 130 boys and 70 adults. The group travels the 200 miles each year to teach the boys self-confidence. They have used the Corps property for several years.

Boys Town of Missouri, Inc., is a residential treatment facility for abused and maladjusted boys from 10 to 18 years of age.

## Zero defects. What if...

The doctor dropped your newborn baby on the floor? (At 99.9% defect-free work, that would happen 50 times a day in the U.S.)

The bank deducted someone else's check from your account? (At 99.9%, it would happen to someone 22,000 times an hour in the U.S.)

The post office lost your very important letter? (That would happen thousands of times each hour.)

The druggist filled your prescription with the wrong

medicine? (At 99.9%, that would happen some 20,000 times a year.)

You were on an airplane involved in an unsafe landing at O'Hare International Airport in Chicago? If 99.9% standard were in effect, two planes would not land safely every hour of the day and night.

No matter what you do, the zero-defect creed makes a difference. When it's applied to other areas of your life, it's easy to see how great that difference really could be.

## Let there be light

At age 60, says the American Optometric Association, the average person needs two to three times more light to read by than at age 20.

# Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES - MAY 91: One

Total accidents for FY91: Four

Total accidents for FY90: Thirteen

Employee suffered lower back strain while lifting railroad tie.

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - MAY 91: None

Total accidents for FY91: Four

Total accidents for FY90: Eight

GOVERNMENT VEHICLE ACCIDENTS - MAY 91: None

Total vehicle accidents for FY91: None  
Total vehicle accidents for FY90: Five

LAKE FATALITIES - MAY 91: None

Total lake fatalities for FY91: One

Lake Shelbyville - 1

Total lake fatalities for FY90: Five

Carlyle Lake - 1

Lake Shebyville - 1

Rend Lake - 2

Wappapello Lake - 1



# Earth Day Adopt-A-Shoreline participants

Listed below, in alphabetical order, are those who participated in the District's Earth Day Adopt-A-Shoreline cleanup. Thanks to all who participated.

Mark Alvey, ED-GF  
Mike Banovz, IR  
Jackie Becker, OD-B  
Joy Bode, CT  
Bob Bringer, PM-P  
Tim Brophy, PD-A  
Joe Brown, OD-PB  
Barb Burgess, DC-F  
Dave Busse, ED-H  
Shar Caulley, RE-A  
Linda Collins, OD  
Jean Conrad, OD-B  
Don Dannon, PM-M  
Norris Davis, PM-P  
Ron Dieckmann, ED-H  
Stan Ebersohl, OD-R  
Dee Ebert, PM-A  
Russ Elliott, IM-S  
Kathy Englemann, PD  
Don Fendler, CD-CC  
Dennis Fenske, OD-R  
Irene Flippen, CD-CP  
Antonette Fort, OD-R  
Cindy Gan, RE-M  
Bob Gardener, CD-CC  
Marsha Gerdis, CD  
Natta Gill, PM-P  
Peggy Gravot, OD-P  
Lillie Harris, ED-R  
Roger Hayes, OD-R  
Charlotte Heeb, ED-H  
Rozann Heininger, OC  
Greg Hempen, ED-G  
John Hill, OD-PB  
Jim Hill, PD-R  
Sharon Hornback, ED-H

Carl Huber, CT  
Marge Hurst, DC-M  
Vic James, CD-QT  
Sue Janota-Summers, RE-M  
Barb Jarmann, CT-P  
Larry Jenneman, RE-A  
Bill Jones, CT-C  
Ron Jones, IM-R  
Brenda Jones, spouse  
Donna Kavanagh, DC-B  
Jim Keunhle, ED-DW  
Brian Kleber, PM-M  
Jack Kleber, child  
Mike Kleber, child  
Kathy Kornberger, PM  
Paul Kornberger, OD-NL  
Carol Kreutzer, ED-DW  
Laurel Lane, PM-M  
Jim Lynch, OD-R  
Mary Matecki, RE-P  
Roy Mathiessen, retiree  
Jerry McClintock, ED-DA  
Sharon McGee, ED-R  
Doris Miano, RE-P  
Bill Moore, LM-F  
Dennis Morgan, ED-H  
Ida Morris, PD  
Dave Mueller, CD-Q  
Ginny Mueller, IM-R  
Cathy Mueller, ED-E  
Bill Nettles, RE-A  
Renne Nix, RE-E  
Judy Palasudhi, IM-R  
Carole Pitzer, IM  
Riley Pope, PD-F  
Ken Porter, PD-A  
Regina Pucel, CT-C  
Kathy Queathem, OD-B  
Dave Rahubka, PD-U  
Kathy Rice, ED-C  
Kenny Rogers, LM-F  
Len Ross, CD-C

Angela Sanders, RE  
Sandy Sandlin, RE  
Joan Schick, CT-C  
Paul Schmidt, CD-Q  
Rich Siemons, ED-DA  
Bob Tenholder, PD-F  
Mike Thompson, CD-QM  
Clarice Trigg, CD-Q  
Francis Walton, PD-A  
Cindy Ward, CT-C  
Arnold Washington, OD-PB  
Robert Wasitis, RO-L  
Mary Whitley, CT-C  
Janet Wilhite, CT-C  
Bob Wilkins, OD-R  
Joann Will, DC-F  
Debbie Williams, OD-B  
Mary Winston, RE-M  
Ann Wolf, OD-P  
Ron Yarbrough, PD-A  
Donna Zoeller, ED-DW

To all the people named here and their bosses who allowed them to participate, thanks for a splendid job at the Riverlands on "Earth Day." It is the "can do" spirit that you all showed by pitching in and making that effort a success that makes the difference between just "existing" and truly "contributing."

Your presence and efforts made a noticeable impact on the 350+ school kids who were there. If grown-ups can take the time to make the effort, then they can as well. The role model each of you set for those kids will have positive effects that will outlive each of us.

Thanks!  
Col. Corbin



# Old Glory picks up legends as it travels through history

The man who designed the 50-star flag of the United States of America also has the distinction of being one of the few Americans in history to put the President of the United States on hold.

That's just one of the stories associated with the history of our flag, honored every June 14 on Flag Day.

In fact, the U.S. flag has a noble heritage, enriched by a cast of colorful characters who all added a special touch of history to the flag we now instantly recognize as the symbol of our country.

Betsy Griscom Ross, a young seamstress who lived on Arch Street in Philadelphia during the 1700s, is probably the best known. No official record exists to name Ross as the creator of the Stars and Stripes, but the legend is still one of America's best loved stories.

Capt. John Paul Jones became the first person to fly the Stars and Stripes on water (Nov. 1, 1777). Gen. William Maxwell was the first person to carry the flag into battle, against the British at Cooch's Bridge in Delaware. Then, in 1831, the flag received one of its most famous monikers from William Driver, captain of the two-masted, square-rigged brig, Charles Doggett. He named it "Old Glory."

As the creator of the modern 50-star flag, Robert Heft, a resident of Napoleon, Ohio, was a high school junior in 1957 when Alaska and Hawaii were being considered for statehood. As a history project, he got out a sewing machine and created a 50-star flag. Two years later, in 1959, the states were admitted and a search was on for a new

flag design. Working through his congressman, Heft's design and prototype flag was chosen above 109,000 designs submitted.

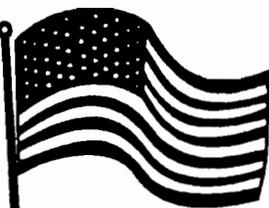
One summer day in 1960, Heft received a call from Presi-

asked his boss for the time off.

"Bob," his flustered boss replied, "You don't put the President of the United States on hold. Of course you can go." Heft got back on the phone. "Dwight, are

*Flag designer Heft put 'Ike' on hold to ask his boss if he could have time off to go to the White House.*

*Capt. William Driver named the flag "Old Glory" in 1831.*



**Flag Day  
June 14**

dent Dwight D. Eisenhower, officially inviting him to the July 4 ceremonies that would make his prototype the first flag with 50 stars to fly over Washington, D.C. A nervous Heft pushed the hold button on his work phone and

you still there?" he asked, rather informally for the circumstances. A chuckle from the other end of the line assured him everything was okay. "Yes, I'm here," said the President of the United States.

## Celebrate freedom's symbol

June 14 is Flag Day, a time to celebrate the birthday of the Stars and Stripes: June 14, 1777. On that day, Congress adopted the first official flag to symbolize the United States of America.

The flag we honor and under which we serve, said President Woodrow Wilson in a 1917 Flag Day address, "is the emblem of our unity, our power, our thought and purpose as a nation.... It speaks to us of the past, of the men and women who went before us and of the records they wrote upon it."

Because of the sacrifice of Americans -- some of whom lie buried in its folds -- the U.S. flag has come to symbolize freedom

and the continued struggle for the cause of liberty, wherever that quest may lead.

The Stars and Stripes first flew in a Flag Day celebration in Hartford, Conn., in 1861, the first summer of the Civil War. Since then, the day has been observed by popular events across the country. Nevertheless, it wasn't until 1949 that Congress made this day a permanent observance. The measure was signed into law by Harry S. Truman.

Though not a federal holiday, public officials, schools, various organizations and individuals generally recognize the day as a time to give thanks and to honor the history and heritage of the country that this flag represents.



# Retiree Review

Attendance was down, just a touch, in May. Only 36 put in an appearance and those were very largely the hard-core regulars, led by Howard Bienen, senior retiree.

There were no first-timers from the retiree ranks, but a few were making their first appearance in some little time: Virginia Dillow and Pat Taff were there for the first time in 1991, as were Lew and Helen Scheuermann. Evelyn Grote was back, after missing a couple of months.

Although not a retiree, Major Phillips (Special Assistant to the District Commander) joined us for the first time and spoke a few words, primarily about the proposed Corps reorganization.

If Kate Stiles shows up in June, she will be completing three full years of unbroken attendance - which still, of course, trails Roger Cuddeback, who completed 44 months without a miss, in May.

Elmer Huizenga was pretty well back to his usual form as emcee.

Ollie Hessler was remembered with fond sadness.

Reports of other retirees included:

-- George Clapp, still critically ill.

-- Mable Withrow (?) is moving to New Orleans; has Lou Gehrig's disease.

-- Rusty and Naomi Williams have moved to Chattanooga.

-- Lonnie Stalder (Joe's widow) still resides at Lake of the Ozarks.

Not a whole lot of news or commentary, but it was, as always, an enjoyable occasion, with a lot of animated conversation (and several bad jokes). Come on out in June and give us something to write about.

The Third Thursday in June, the 20th, at the Salad Bowl on Lindell, starting around 11 a.m.

## Retirees

Mr. Charles Caldwell retired May 3 from the Lower Mississippi River Resident Office after 34 years of federal service, almost 30 years with the St. Louis District.

## Condolences

Ray M. Oetgen passed away on February 27, 1991. He was an engineer on the Dredge Ste. Genevieve. He worked for the Corps of Engineers for 13 years before retiring in 1975.

## Pain in the foot?

It's a pain in the ball of the foot, to be more precise. It affects men and women of all ages, but is somewhat more common in middleaged women.

### WHAT CAUSES THE PAIN?

**Heredity:** Feet that are narrow or have high arches may focus stress on the balls of the feet. If legs aren't equal in length (a common situation) the balls of joints on the shorter leg are more stressed.

**Poor posture:** Standing or walking in a round-shouldered mode puts more weight on the ball of the foot than on the heel. Standing or walking with shoulders back puts the weight where it belongs.

**Skin irritation:** The "Mayo Clinic Health Letter" says bunions and calluses under the metatarsal joints can cause pain in that area.

**Overload:** The problem of overweight puts more strain on the feet and can cause pain. Overweight from pregnancy has a similar effect. Abnormal stress from long periods of walking or standing may also produce overload soreness.

**More serious conditions:** Arthritis, stress fractures, flat feet and nerve disorders are also causes.

Sufferers with serious conditions should see their physicians. For the vast majority, pain in the ball of the foot can be improved by taking these simple steps:

- \* Stand and walk using good posture.
- \* Get proper shoes. Buy shoes with a thick, flexible sole.
- \* Lose weight.
- \* Treat or prevent calluses and bunions.



# To Your Health

## Walk to better health whatever your style

As far as your body is concerned, a mile is a mile. You can cover it in 12 minutes like power walkers do. You can go a mile in half an hour like strolling walkers do. The amount of energy used (and calories burned) are just about the same.

Doctors at the Cardiac Rehabilitation Laboratories at William Beaumont Hospital in Royal Oak, Michigan, say the energy cost of walking a mile is virtually independent of walking speed. You burn the same number of calories per mile, but there's even more good news for beginning walkers who have a healthier heart as their goal.

Studies at the University of Massachusetts and elsewhere show that the most important step toward cardiac health is a regular exercise activity, no matter what it is. Your exercise doesn't have to be a program of vigorous physical activity, like



jogging or handball. While vigorous exercise may improve short-term cardiovascular conditioning, it's not as important for your heart as a program of less-vigorous exercise that is followed regularly.

That's one reason walking our way to better health is an ideal way to get there. It's pleasant and relaxing. If you haven't walked much for a while, you can stroll at your own pace and take the whole half hour to do your mile.

The Cardiac Rehabilitation Laboratory recommends that a

healthy middle-aged man who wants to get in better condition begin with a walking program designed for comfort. After a few sojourns, he should walk more briskly. To stay in condition, the Lab says a 45 to 60 minute walk three to four times a week will keep the walker in good cardiovascular shape.

What else can walking do? It will help relieve stress, lower your blood pressure, help you lose a few pounds and generally make you feel good. Why not start tonight? How about a relaxing walk after dinner?

## Understanding blood pressure

The minute you enter the doctor's office, the first thing the nurse does is take your blood pressure and jot down a few obscure figures.

What does it all mean? What is normal blood pressure anyway?

According to the National Heart, Lung and Blood Institute,

normal blood pressure for a healthy young adult is about 110/75. Blood pressure rises with age, however, and a healthy 60-year-old may have a normal reading of 130/90.

Up to 30 percent of adults have elevated blood pressure, as many as 58 million Americans.

About 38 percent of all blacks have hypertension (high blood pressure) and about 29 percent of all whites suffer the same malady.

For more information on blood pressure or other heart, lung or blood problems, call the Institute at (301) 496-4236.