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ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

November 1991

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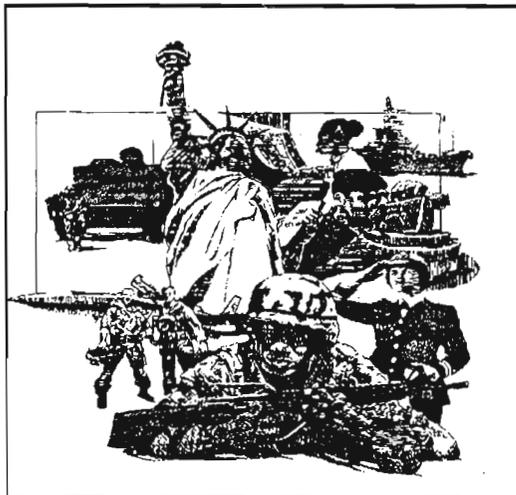
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View from the top



COL James D. Craig

**I will do everything
I can to avoid a RIF.
It is not a given that
we will have to go
through a RIF.**

Greetings to all of you in the "field"! Just a note to those of you at the lakes, river, locks and dams, field offices, and, of course, Las Vegas, that we have not forgotten you. I appreciate all the fine work that you do with little or no recognition. You are the ones who interface the most with the public. What you do or do not do creates the image of the District. From the feedback I get from the public, you must be doing a great job. **ATTABOY** and keep up the good work!

A word on a subject that none of us likes - reduction in force (RIF). Our authorized strength in the District is determined by a computer model (FORCON) which is based on present and future workload, as recognized by the District, LMVD, and HQ USACE. The numbers generated by the model show that we may have to go through a RIF to meet what may be our authorized strength (FTE - full time equivalent). By the time this is published, I expect to have the final word on our FTE. I promise you three things: First, I will do everything I can to avoid a RIF. It is not a given that we will have to go through a RIF. Second, I will keep you fully informed on events as they proceed. Finally, if we do have to go through a RIF, we will do it as expeditiously as we can, completely by the rules as set out by OPM. There are several things each one of you can do. First, check your official records and make sure they are accurate and up to date. Second, make sure you have a current rating. The rules for a RIF are fairly complicated, so, if you have questions, **PLEASE** go see the folks in the personnel office. They would be more than happy to answer your questions. Above all, do not hold your questions back. Get them answered to your satisfaction!

I have just presented the safety awards for the District for the past year. Looking at the statistics and the program, I would say to all of you **KEEP UP THE GOOD WORK!** The fine safety record of last year is a direct result of your efforts. Safety is important to all of us for many reasons, but the bottom line is, we do not want anyone injured.

This will be the last edition of the **ESPRIT** before Thanksgiving, so I would like to wish each and everyone of you a happy and **SAFE** holiday. Do not let all the little obstacles get you down, and enjoy life!



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

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Mehlville teacher works for Corps

During the spring of 1991, Mehlville science teacher, Mark Hall, shed his pencils, books and test tubes and came to work for the St. Louis District. For a semester of school and throughout the summer, Hall served as an environmental educator and naturalist for the Riverlands Area Office. He helped with the development of the Environmental Demonstration Area adjacent to Melvin Price Locks and Dam.

Hall, who has developed an expertise in "tall grass prairie ecosystems," networked with various groups interested in environmental issues, including local schools, the Boy Scout and Girl Scout organizations and the Missouri Botanical Garden. He

made presentations to these groups about the restoration project, learned what the groups' interest was, then matched the groups to various activities of the restoration in the EDA, such as nature trail construction, bird census and planting.

Hall's work on the project ties into one of the classes he teaches: environmental geology, which deals with environmental problems and the social issues that relate to them. "Many of the issues addressed at the EDA are part of the class," Hall says. After presenting his experiences on the project to the class, Hall hopes to take the students on a field trip to the EDA in the spring to actually see the work that he did.

Kaskaskia L&D into tourism

During the spring and summer of 1991, Kaskaskia Lock and Dam personnel gave tours to more than 300 local school and scout groups, one senior citizens group of 80 and one group of 35 children and young adults from the Department of Health and Human Services. Information packets of coloring books, brochures and maps were put together in orange "sea bags" and handed out by lock personnel.

More tours are scheduled for this fall.

Impromptu tours were also given to non-scheduled visitors as time permitted throughout the year. Providing these tours has been a long-standing practice with the public minded crew at Kaskaskia Lock and Dam.

Suggestion highlights

Congratulations to the following employees for their suggestions during the 4th quarter of FY91:

A group award was given to seven employees who shared \$810 for recommending a new method of obtaining core samples to meet the State of Illinois requirements for Corps dredging operations. These employees have saved the government \$8,100: Steve Dierker, Roger Myhre, Steven L. Jones, Jerry Schaperclaus, Howard Fields, Melvin Zerwig and Terry Helming.

James Connor and James Lampe shared \$759.50 for recommending extension of the service interval for project vehicles,

resulting in tangible benefits of \$7595.25.

David Buatte will receive an award of \$2,495.56 for recommending discontinuing guard service on the Missouri side of Mel Price Locks and Dam after the construction office is moved to the Illinois side. This action will save the government \$59,852.

Thanks to all who submitted proposals during FY91. You saved the government a total of \$265,428. Give yourselves a pat on the back.

Our fall suggestion campaign brought in quite a number of new suggestions. I hope you were one of the lucky ones who got a flashlight.

Marge Hurst, DC-M

McMullen heads test

Keith McMullen, Wildlife Biologist with the Regulatory Office (RD), served as coordinator for the interagency field testing of the proposed '91 Wetland Delineation Manual. Keith arranged for two days of field work in September at Cypress Creek National Wildlife Refuge in Pulaski County, Illinois, along the Cache River. Personnel from the U.S. Fish and Wildlife Service, U.S. Environmental Protection Agency, USDA Soil Conservation Service, Illinois Natural History Survey, Nature Conservancy, as well as people from the St. Louis and Louisville Districts participated in the testing.

Keith will provide the cooperating agencies with all calculations of data as well as serving as the primary author of the St. Louis District's report with comments on the proposed changes to the Wetland Delineation Manual.



Ball team takes third Webb and Roskilly lauded

By Keith McMullen, RD

The District was well represented at the recent Annual Corps of Engineers Softball Tourney held this year at Fort Leavenworth, Kansas, on September 21 and 22.

District employees who bore the wonderful 50 degree, sunshine-free, breezy weather included: Harry "Double H" Hamell, Keith "Mac-Man" McMullen, Colonel "Big Jim" Craig (who probably had the highest batting average for the weekend. Get's my vote for team MVP), Dick "Lefty" Schaumburg, John "The Pickster" Pickett and Rodney "Conan" Lindsey. As far as the "others" who generally help the Corps (Granite City League) team... Well you know who you are and you all better be there next year.

Most of the team were able to "escape" the exquisite confines of the highly recommended, very clean, reasonably priced, cockroach-free, cable ready, disease-free hot tub, Cody Motor Inn. Thanks to the Ramada Inn for drowning any fears of spending the weekend with Insecta cockroachis variety leavenworthia. For those who plan on traveling to Leavenworth, contact anyone who has seen the "Bates," I mean the Cody.

As far as softball was concerned, the team won one of four

games on Saturday and split two games on Sunday. Not too bad considering the split on Sunday allowed the team to capture 3rd place and the traveling trophy that goes with it.

A big thanks to the "Gang of Four" from Leavenworth for completing the Saturday's roster so that we were allowed to compete after the five-hour drive, and to the others who substituted for the above on Sunday. Last, but not least, a big thanks to our wonderful coaches, Roger "Chicken-Hawk" Siller, the ever unemotional, very low-key Jackie "J.J." Jones and the team's best third base coach ever, Brenda "The Fox" Hamell. These three were the spark plugs that kept the motivation going, even after the games were over! Also thanks to Mrs. Craig, Mrs. Schaumburg, Mr. Jones, Mrs. Pickett and Mrs. Lindsey for their encouragement to get the games over fast so they wouldn't freeze.

Congrats to all! It was fun. See ya next year.

Webb and Roskilly lauded



Gary Webb and Larry Roskilly, received their awards for CD Hard Hat of the Year and Construction Representative/ Inspector of the Year for St. Louis and LMVD respectively at a luncheon held in their honor on October 9, at the Melvin Price Support Center Officer's Club.

Left to right: Gary Webb, Billy Parkes, Chief, Construction Division, and Larry Roskilly.

Dresser Island dedicated

The Dresser Island Habitat Rehabilitation Project was dedicated by the Corps of Engineers, Missouri Department of Conservation and the U.S. Fish and Wildlife Service in September. These three agencies formed a partnership to enhance the habitat for waterfowl and aquatic life in the Dresser Island area.

Dresser Island is located along the right edge of the navigation channel in Mississippi River Pool 26 between 206 and 209 miles upstream from the confluence with the Ohio River.

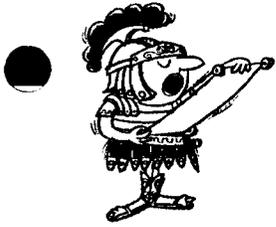
Brickhouse Slough separates the island from the Missouri shore.

Historically, the island was a prime wetland/backwater area used by migratory waterfowl, wintering bald eagles and other wetland wildlife. The wetlands also provided important spawning and nursery areas for river fishes.

Over the years silt has partially filled the interior wetlands and Brickhouse Slough has been filled with sediment to such an extent that flows can pass only at high pool stages. Attempts to

Continued on page 7





On the Soapbox

Telling the District's story this month were:

Around the District

Claude Strauser, Chief, Environmental and Recreational Resources Branch, was the luncheon speaker at the October meeting of the American Society of Civil Engineers. About 90 members heard Claude discuss the "St. Louis Harbor, Past-Present-Future."

Riverlands Office

Park Ranger Lawrence Williams spoke to more than 200 fishermen in the Operation Redman Bass Tournament on Pool 26 about rules and regulations.

Park Ranger Brad Laaker spoke to members of the Brickhouse Slough Association about the Corps relationship to their recreational cabin leases.

The Riverlands Area Office had another heavy month of public tours of Melvin Price Locks and Dam and the Environmental Demonstration Area. Riverlands staff gave tours for more than 300 people from groups including schools, churches, scouts, engineering organizations, senior citizens groups and educators.

Clarksville

Park Ranger Anne Vieira highlighted boating safety during a talk to the Clarksville, Missouri, VFW organization.

The Riverlands Area Office - Clarksville developed an exhibit on the District's environmental initiatives along the Mississippi River for use at the Ted Shanks Wildlife Area during "Duck Day." The event was sponsored by the

Missouri Department of Conservation and drew almost 2,000 visitors.

Lake Shelbyville

Ranger Steve Summers represented the Corps at the Lake Land College Career Day and Ranger Leanne Crouch did the same at Eastern Illinois University Career Day.

Assistant Manager Tom Bloor and Ranger Al Lookofsky spoke to a University of Illinois Leisure Studies Class about the "nuts and bolts" of Corps philosophy of recreation and the benefits of good design.

Ranger Maria Shafer spoke to 45 Eastern Illinois University recreation students about the Corps, its career opportunities and recreation philosophy.

Park Ranger Mike Skinner gave a presentation on Lake Shelbyville's Physically-Challenged Deer Hunt to the Zoology Club at E.I.U.

Ranger Bill Maxedon took 18 Cub Scouts from Shelbyville on a tour of the dam, explaining the purposes of the dam and pointing out safety features.

Twenty-five 3 to 5 year-olds from Shelbyville's Project H.E.L.P. were guests of the Corps recently. Rangers Leanne Crouch, Toni Beel and Terri Morris took them on a tour of the visitor Center and then entertained them with stories of Indians who first inhabited the area.

Ranger Dee Carlock represented the Corps at the Shelby Memorial Hospital's "Kid's Safe Day." Dee presented a water safety demonstration to 103 children.

Rangers Leanne Crouch, Toni Bell, Terri Morris, Mike Delvaux and Pam Doty had the pleasure of providing a field day for 100 3rd graders from Sullivan Middle School. The students were first taken on a nature walk, picking up items they would use for their nature collage craft project. After making the collages they were treated to a "Snakes Alive" program.

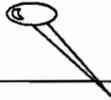
Rend Lake

Members of the Benton Garden Club came to the Rend Lake Visitors Center for a slide show given by Park Ranger Ray Zoanetti on Migratory Bird Watching, then traveled out to the Gun Creek Wetlands viewing platform. The ladies learned about and tried their hand at using spotting scopes and field guides to identify the lake's migratory birds.

Rangers Margaret Ellis, Sherry Hilscher and Dave Smothers gave programs on biodiversity, ecosystems and snakes to the third and fourth graders from the Logan Elementary School. The children enjoyed playing a biodiversity game featuring themselves as migratory birds facing dwindling habitat.

Fire Safety Week brought Rangers Debbie Brantley and Sherry Hilscher to Lincoln, Logan and Grant Schools to give presentations on the importance of fire safety in the home.

Park Ranger Ray Zoanetti conducted a tour of the main dam and visitors center for 50 people with the Madison County Senior Services. **Continued on page 7**



NEWS BRIEFS

Fall Festival

Mark Twain Lake welcomed Fall with an Old Fashioned Festival. The celebration of rural life featured hunting and fishing displays, a mini-farm, skills essential to farm life, both past and present, and foods made the old downhome way.

New ranger

Mark Twain Lake has a new park ranger in the Visitor Assistance Program. He is Tom Bookholtz. Tom's last job was with the Peace Corps.

H&F Days Exhibit

National Hunting and Fishing Days at John A. Logan College attracted more than 15,000 sportsmen and outdoor enthusiasts. Park Rangers Debbie Brantley and Dave Smothers answered many questions about the diverse hunting opportunities available at Rend Lake and about the mounted specimens at the lake's exhibit.

New Ranger

Rend Lake has a new park ranger. His name is Larry Lewis.

A gifted Bledsoe

Shannon Bledsoe, the daughter of Shirley Bledsoe, PO-P, has been accepted into the Gifted

Student Program for Scholastic Academic Achievement in reading and mathematics above the first grade level at St. Nicholas Central Catholic School in St. Louis.

Lou says thanks

Lou Chiodini, Chief, Programs Management Branch, would like to say THANK YOU to the many friends and co-workers who sent him get well wishes during his recent hospitalization.

Right Arm Award

The St. Louis District has been awarded the Right Arm award by the Missouri Beautification Association as the federal or state agency which best assisted the M.B.A. in its annual cleanup and beautification of Missouri. Congratulations to all the field offices whose hard work produced this award for the District.

Carlyle visitation

Visitation at Carlyle Lake is expected to reach the four million mark this year. For the first three quarters the visitation was 3,467,564, an increase of six percent over 1990. The increase is attributed to normal pool conditions and increased attendance at special events.

Help for Scouts

Park Rangers Angela Hasenfuss and Michelle Obermeier recently set up an

outdoor recreation curriculum at Carlyle Lake to assist Boy Scouts in fulfilling their requirements for obtaining environmental merit badges.

Conner judge

Carlyle Lake Assistant Park Manager Dick Conner served as a guest judge in the 1991 Illinois State Duck and Goose Calling Championship. There were about 350 contestants at the event last month at the Trail of Tears State Forest near Jonesboro, Illinois.

Carlyle H&F Day

About 3,500 people attended Carlyle Lake's last special event of the 1991 recreation season, the National Hunting and Fishing Day celebration. The featured event was the recruitment of 228 youngsters into the Ducks Unlimited Greenwing Program, which educates youngsters on wetland conservation and other environmental issues. The Carlyle Lake Greenwing Chapter is now the largest in the State of Illinois.

Conner honored

Carlyle Lake Assistant Park Manager Dick Conner was honored by the Vandalia Chapter of Quail Unlimited for his outstanding contributions to the field of upland game bird conservation. The chapter presented Dick with a plaque at the National Hunting and Fishing Day celebration at the lake.

Carlyle awarded

Carlyle Lake was honored by the Handicapped Individuals Program Committee for making outdoor recreation more accessible to people with disabilities. Carlyle Lake, as well as other lakes, have worked hard over the
Continued on page 17




Promotions & Incentive Awards


PROMOTIONS:

Steven Johnson, IM
 Catherine Fox, ED
 John Helfrich, ED
 David Steger, DC
 Steven Huskey, DC
 Carolyn Foster, DC
 Bonita Garrett, OD
 Mary Heitmeyer, OD
 Kathleen Weir, OD
 Julie Ziino, OD
 Ted Hayn, OD
 Robert Eifert, OD
 Ronald Fisher, OD

Jane Barnhart, CASU
 Deborah Krems, CT
 James Kuehnle, ED
 Alan Berman, ED
 Lawrence Whitt, ED
 Ronald Jones, IM
 Warren Jones, IM
 Margaret Robbins, OD
 David Berti, OD
 Randy Jones, OD
 Donald Schrader, OD
 Robert Wich, PM
 Brian Kleber, PM

Todd Stoeckel, CASU
 Margaret Robbins, OD
 Cevero Boyer, OD
 Brian Kleber, PM
 William Moore, LM

SPECIAL ACT AWARDS:

John Naeger, ED
 Andrew Schimpf, ED
 Frederick Bader, PM
 Robert Wich, PM
 Joan Brickey, CT
 Lawrence Hamilton, ED
 James Reed, ED
 Kevin Curran, OD
 Lawrence Williams, OD

EXCEPTIONAL PERFORMANCE AWARDS:

PERFORMANCE AWARDS:

Jane Barnhart, CASU

Dresser Island cont.

grow food for wildlife have been unsuccessful because interior water levels could not be controlled.

A 27,825 foot long low levee was built to encircle most of the island to retard deposition of sediment. Gated drains were placed near the upstream section of the island to be used for water intake and in the lower section to be used for water release and control of interior water level fluctuations.

The project will eliminate much of the sediment in the wetland complex. This will extend the utility of this area as fish and wildlife habitat. Controlled water levels will allow a reliable food supply for migratory

waterfowl in the fall. Management of water flow, water levels and water temperature will improve the aquatic habitat year round.

Construction on the project started at the end of August 1990 and was completed near the end of September 1991, well ahead of schedule.

As a result of their outstanding performance in completing the project, the contractor, Dave Kolb Grading, Inc., was presented an "Outstanding Performance Award" during the dedication ceremony.

The Missouri Department of Conservation was also recognized for its efforts in planning and coordinating environmental management projects with the St. Louis District.

Soapbox Continued

Wappapello Lake

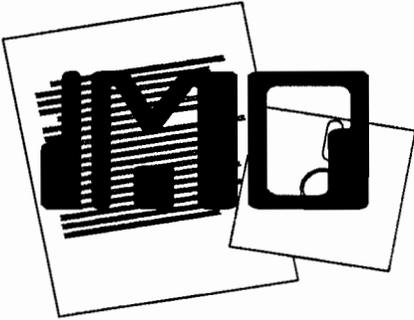
Park Ranger Angela Smith spoke to a group of 35 visiting Old Greenville about its history, restoration and preservation.

Park Ranger Debbie Swinford presented a water safety program to 20 youths attending the SEMO Youth Camp. She demonstrated how to use water safety equipment properly.

Park Ranger Dan Camden conducted a two-day Hunter Safety Course for 12 people of various ages.

Park Rangers Becky Hays, Andrew Jefferson, Diane Stratton and Assistant Park Manager Gary Stilts accompanied two Puxico fifth grade classes on

Continued on page 13



Take your show on the road!

Are you wanting to project your PC's image in true color for presentations? The new ViewFrame Spectra recently purchased for District use is a high-resolution, active-matrix liquid crystal display (LCD) projection panel. When placed on a overhead projector and connected to your PC's VGA monitor or CPU port, it acts as an electronic transparency. With a range of 4096 colors, portability, and compatibility, this LCD will provide the added pizzazz that will increase your audience's interest in and retention of your message.

This is a cost saving and versatile initiative in creating presentations. You create them on your computer, then, with the use of the LCD, an overhead projector and a microcomputer, deliver your presentations.

For more information, or to reserve this equipment, contact Russ Elliott in IM-S, at 8644.

OK, who has what? Where? How much?

A complete inventory of all ADP hardware and software in the District began October 21, 1991. The inventory and census program collects information about the hardware

(CPU, monitor, drives, internal boards) and all peripherals (printers, modems, cd-roms, tape drives). The PC-Census program will also inventory all software programs residing on the hard drives. **ONLY AUTHORIZED SOFTWARE SHOULD RESIDE ON DISTRICT MICROCOMPUTERS!**

This information and database will be used for troubleshooting hardware and software problems, network management and expediting customer service and support.

Offices will be contacted prior to the inventory in your area. This inventory will be performed by Information Management personnel, Ginny Rainey, an intern from Meramec Community College and Anne Modrusic, IM-IA.

As always, we appreciate your cooperation during this project. Any questions, contact Ginny Mueller, IM-R, at 8654.

Is your PC sick? It could be a virus!

I think it's a trojan horse, maybe a trapdoor. No it's a bug, but maybe a worm, possibly a logic bomb, surely not a time bomb... But it could be a virus! A virus... Can I just take an antibiotic and it will all go away? If only wishing would make it so.

Computer viruses are real - being developed at about five per day - and cause damage to a system, its performance, or its data. They can hide in the system's memory, partition table of a hard drive, the boot sector, in executable files, overlay files, or system files. Common virus symptoms include: strange messages on the screen, declining disk space, programs getting

larger, less available free memory, slow disk drives, files disappearing without explanation and file allocation tables scrambled.

THERE ARE CURES AND COUNTERMEASURES: security awareness programs, backups-backups-backups, write protecting system and program diskettes, and use of anti-virus programs. Illegal copies of software, unauthorized software and public domain and shareware should not reside on hard drives or file servers.

THE DISTRICT HAS PURCHASED SPECIALIZED CONTROL SOFTWARE by McAfee Associates which will prevent, detect/recognize and eradicate any viruses found. A site license for Viruscan, Netscan, Vshield and Cleanup has been obtained. Viruscan is a program that scans for viruses, identifies the virus and location and gives the user the option of overwriting or deleting infected files. Viruscan is being run prior to the Information Management Office conducting hardware/software inventory. If a virus is found on any PC, please contact IM immediately for corrective actions. Netscan is the network file server version of Viruscan and will only check the file server for known and unknown viruses. Cleanup is a virus removal program. Vshield is a TSR program which monitors all program load requests.

Viruscan is being implemented prior to the PC inventory and Vshield is being tested in IM before implementation. For information on the above, contact Ginny Mueller, IM-R, at 8654.



Imagine imaging

IMAGINE touching a paper document once and never again seeing that document on your desk, in a file cabinet, or returned to you with those endeared red markings.

IMAGINE being able to retrieve a document not knowing the date, subject, sender, but only a general idea of the topic.

IMAGINE 200,000 pages being retained on a single 12 inch disk, or 30,000 pages on a 5 1/4 inch disk.

IMAGINE documents having a projected data life of 100 years.

IMAGINE scanning a letter, memo, handwritten note in minutes which may have taken hours to assemble or write.

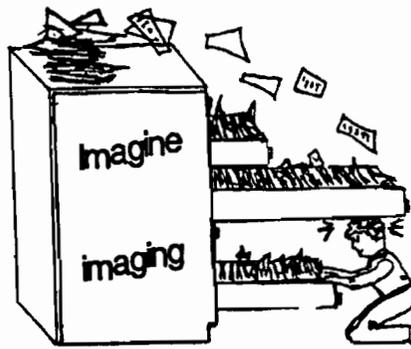
IMAGINE Optical Character Recognition (OCR) software that can actually "read" and recognize handwritten correspondence; a feat that many people have difficulty achieving. The more it reads, the smarter it gets!

JUST IMAGINE having that important information about what you need, when you need it, in a matter of seconds.

IMAGINE IMAGING... YES, IMAGINE IT, BECAUSE IT IS A REALITY!

The era of electronic document image management is here - changing work environments; managing information received on a daily basis in a better and more efficient way; reducing paper handling and storage; and capturing, manipulating, storing, retrieving and networking hardcopy information in just minutes.

If paper is getting you down



Just imagining imaging won't make it happen, but teamwork will! In future ESPRIT articles we will discover, investigate and relay topics related to imaging technology and conducting daily business in a better way.

A winning talk How to put punch in your presentation

By Kathy Hayes
Chief, Support Services Branch

The lights are dimmed and you find yourself on a darkened stage with one simple word chart, a 10-minute monologue, and the unnerving sense that someone out there is falling asleep at every word. Being a successful presenter means learning how to edit, structure, and illustrate your concepts in order to inform, influence - and even entertain - your audience. You have to be part editor, part art director, and part showman. And that's not easy.

Those who study the psychology of presentation have found that, generally, the WORDS the presenter speaks account for only 7 PERCENT OF WHAT IS BEING COMMUNICATED. Other intangibles make up the rest: tone of voice, 38 percent and body language, 55 percent. Since we often cannot fully control these intangibles, it becomes important for us to concentrate on enhancing our words to attract the extra attention. Even if your talk is lively, an accompaniment of meaningful and well-placed visuals lends interest and provides information in a highly accessible format.

Why isn't simple speech enough? Today's audiences have been weaned on TV and raised in front of computer screens. They want to SEE your message as well as HEAR it - and, thanks to computer-generated graphics, that's easier than ever. Here's how visuals can put PUNCH IN YOUR PRESENTATIONS.

VISUALS BRIGHTEN UP
Continued on page 13

Right Hand Man II

RHMII training will be offered to all District users Oct. 29 & Nov. 21 at 0830 and 1300. The three hour class will focus on the new Common User Access (CUA) menu-driven interface, with the "user-friendly" pull-down menus accessing the RHM modules of: Electronic Mail, Appt. Scheduler, Group Scheduler, To

Do List and Desktop Utilities.

The training is highly recommended due to the "totally new look" and module access. To schedule classes, contact Christy Cone, IM-R, at 8656, with date and time preferred.



VETERANS DAY 1991



Hardly anyone is untouched by the veterans who helped achieve the spectacular victory in Operation DESERT STORM.

Perhaps a DESERT STORM soldier, airman, sailor or Marine was one of your neighbors. Or a co-worker. Perhaps he or she was someone you knew from the grocery store or post office. Whatever their relationship to us, they can take comfort - and we can take pride - in knowing that our affection for them has been multiplied by the thousands.

The thousands of yellow ribbons and bows that adorned porches, doorways and vehicle antennas, the thousands of letters from home addressed to "ANY SOLDIER," the tens of thousands

of voices unified in an unabashed, unrestrained chorus of cheers that echoed in the many welcome-home celebrations and homecoming parades symbolized our collective triumph. Together we have persevered. Now, as we reflect on the success of Operation DESERT STORM, we understand the contributions and sacrifices made by all veterans who have answered the call to arms in defense of our great nation: What needed doing, they did - no matter how hard it got.

As we all know, our DESERT STORM combat veterans excelled. These veterans of the Total Army won more than the war; they won back our national confidence. What needed doing, they did - no matter how hard things got.

They had your help. Our collective effort epitomized what President Woodrow Wilson

envisioned when he created Veterans Day, then called Armistice Day, as a national holiday in 1919. As he helped prepare America for World War I, Wilson said, "It is not an army that we must shape and train for war; it is a nation." Just as back then, our DESERT STORM victory was achieved by our nation as a whole, not only by its armed forces.

This Veterans Day marks the second consecutive one on which we commemorate veterans who've won a war. Last year, we hailed the success of Operation JUST CAUSE in Panama, and also the end of the Cold War in Europe. Two unforeseen events with favorable outcomes.

The Cold War, a conflict of words and worries, ended spectacularly - because we won it without firing a shot. When you consider who should get credit for the victory, it's natural to look to our community of veterans.

Veterans patrolled on moonless, frozen winter nights to protect Germany's Fulda Gap. Veterans lived across barbed wire and watchtowers that marked West Germany's borders with East Germany and Czechoslovakia. And veterans stared down grim East German guards across the oppressive Berlin Wall.

What needed doing, they did - no matter how hard it got.

Now, their victory is part of history. Those same veterans who ensured our freedom in Europe can rejoice. The serene Fulda Gap is indeed peaceful; the barbed wire and watchtowers along the borders are fallen and rusting; and the Berlin Wall has been reduced to dusty, concrete chunks sought after by souvenir hunters.

Other veterans served America in less visible, but just as



important, roles as those of front-line soldiers. They, too, deserve credit on this Veterans Day.

Many reservists who answered the call to active duty stayed stateside and replaced others who deployed to the Persian Gulf. Active-duty soldiers on other posts across America and in other countries maintained their razor-sharp edge and were ready to respond if the call to duty came from some other corner of the world.

Some of these veterans kept and are keeping the peace in the Pacific. They know that in the last half-century a considerable number of Americans have made the ultimate sacrifice in the Pacific region. Their lives underline the importance of maintaining our international relationships in that corner of the globe.

While much attention has been focused recently on the Middle East, it's impossible to forget the contributions of those who have served, and are serving, in the Far East. We will never forget the horrors our veterans suffered in the steaming jungles of Vietnam, or on the frozen battlefields of Korea. Korea, the remaining bastion of Cold War confrontation along the 38th Parallel, poses a daily, potent threat for the Free World yet today. It takes a special brand of pride to stare down that potential aggression daily. Our soldiers have that special pride.

While our military eyes are focused on the northern side of Korea's demilitarized zone, we've also been looking at the southern side of America's borders. There, our nation's war on illicit drug trafficking has seized our attention. Our Total Army is helping state and federal law enforcers stem the transport of drugs from land, sea and air routes. We're

committed to helping win our nation's war against this insidious enemy.

Speaking of the land, sea and air, we continue our dedication to being good stewards of the environment. Our commitment to secure our borders echoes our commitment to maintaining a healthy physical nation. Concern for the environment permeates all Army missions, actions and planning. Some of our veterans, for example, were involved in the oil spill clean up in Alaska's Prince William Sound two years ago.

But they've learned, too, that good environmental stewardship is more than cleaning up. The Army Community of Excellence Program, now in its fourth year of service, has created in them an unparalleled sensitivity in caring for and preserving our physical community. The Total Army continues to offer the nation a corps of veteran stewards committed to managing the resources that the American people have entrusted to us.

Sometimes, though, Nature is unkind. And when Nature dealt a harsh hand, our communities turned to the military for a help. Last year, communities along America's west coast needed the Army's help in putting out forest fires. The year before that, the Army helped restore order and clean up the nation's eastern seaboard in the aftermath of Hurricane Hugo. And the Army helped feed and care for the citizens of San Francisco after an earthquake shattered the City by the Bay.

We've gone international in our help. After slamming the door on the aggression of the Iraqi army, many of our veterans opened the door to help the

refugees of the brutal Iraqi regime. They've provided food and medical care for the Kurdish refugees in northern and southern Iraq. They've extended, and are still extending, a helping hand to the citizens of Kuwait. They continue to rebuild Panama in the aftermath of Operation JUST CAUSE. Veterans returning from combat in Southwest Asia did not complain when they were diverted from their long-awaited trip home to help the people of Bangladesh recover from the lashing of a killer typhoon.

What needed doing, they did - no matter how hard it got.

This Veterans Day begins the commemoration of a special group of veterans who did what needed doing, no matter how hard it got, fifty years ago. This Veterans Day begins the five-year celebration of the Fiftieth Anniversary of our veterans who served in World War II.

Little did these veterans know, fifty years ago, that they were on the threshold of one of our nation's most difficult eras. They maintained our nation's readiness through the lean years of the depression, and then were tested in a long and bloody war that was dispersed over two continents. Their victory has enabled us to savor our liberty and freedom today in a way few other nations know.

On this Veterans Day we need to remember all the veterans who have served. We need to salute them for their contributions to our nation's defense. We need to thank them for doing what needed to be done - no matter how hard it got.



Salute to District veterans

Art Johnson	ED-D	Army	51-53 Korea	Dan Spickard	OD-RS	Marines	84-90 Japan
John Hallquist III	ED-C	Army	61-63 Korea	Ken West	OD-RS	Air Force	57-58
John Naeger	ED	Navy	65-67 Vietnam	John Stone	OD-RP	Army	70-73 Germany
Richard Sovar	ED-D	Air Force	59-62	Terry Oltman	OD-RP	Navy	68-72 Vietnam
James Worts	ED-DA	Army	69-71	Dale Russell	OD-RP	Navy	61-68
Mike Navin	ED-GG	Air Force	71-75	Lucien Bailey	OD-RW	Army	66-68 Korea
Mike Klosterman	ED-GG	Air Force	71-73	Charles Kelley	OD-RW	Navy	55-59
" "	" "	USAF Res.	73-77	John Crump	OD-RW	Navy	56-58 Mediterranean
Richard Mills	ED-HE	Army	66-69 Germany	James Fox	OD-RW	Army	67-69 Vietnam
Roger Myhre	ED-HQ	Army	65-68 Vietnam Special Forces	Eugene Jones	OD-RW	Army	46-47 Japan
Jim Kuehnle	ED-DW	Army	70-72 Korea	James Summers	OD-RW	Army	66-69 Vietnam
Bob Lutz	ED-DG	Air Force	54-57	Michael McClendon	OD-RW	Army	66-69
" "	" "	USAF Res.	57-85	Dan Camden	OD-RW	Army	79-83 Germany
Mike Rector	ED-DG	Army	71-73	Ben Venturella	OD-E	Coast Guard	58-60, 63-66
Alex Bienkowski	ED-DG	Army	70-72	Paul Kornberger	OD-NL	Army	66-69 Germany
Lee Dellenbaugh	ED-DG	Army	50-52 Korea	Henry Schumann	OD-NL	Army	55-57
David Cusak	ED-DM	Army	57-59	Randy Jones	OD-NL	Army	72-80
John Dierker	ED-E	Army	65-67 Vietnam	Thomas Miller	OD-NL	Army	69-71
Jack Rhoades	IM-S	Marines	53-56 Korea	Lon Montgomery	OD-NL	Air Force	70-74
Barry Lloyd	LM-F	Army	69-72 Vietnam	Arlyn Culver	OD-NL	Army	62 & 68-70
William Moore	LM-F	Navy	65-69 Vietnam	Lawrence Stahlschmidt	OD-NL	Army	57-58
" "	" "	Army Res.	82-91	Dick Grieshaber	OD-NL	Army	55-57
" "	" "	Army	91 Desert Storm	Eugene Beckham	OD-NL	Air Force	64-68
James Gerth	LM-T	Air Force	66-86 Phillipines, Japan Thailand, Korea, Hawaii	Donald Schrader	OD-NL	Army	52-54
Hazel Schnatzmeyer	CASU-DL	Navy	45	Vernon Oettle	OD-NL	Army	54-56
Ken Kruchowski	PA	Navy	60-62 Mediterranean	Dennis Williams	OD-NL	Navy	73-77
Lou Chiodini	PM-P	Army	62-64 Germany	William Jones	OD-NL	Army	59-62
" "	" "	Army Res.	64-90	Michael Taylor	OD-NL	Army	64-67
" "	" "	Army	90 Desert Storm	Henry Shelton	OD-NL	Navy	74-86
" "	" "	Army Res.	91	Lewis Kent	OD-NL	Army	53-55
Roger Hayes	OD-R	Army	67-69	Alton Jenkins	OD-NL	Marines	52-55
" "	" "	Nat'l Gd.	74-76	Ron Brown	OD-NL	Marines	66-68
James Lynch	OD-R	Army	70-72 Germany	Chris Morgan	OD-NL	Navy	68-71
John Dierker	ED-E	Army	65-67 Vietnam	Joseph Preston	OD-NL	Air Force	72-76
Alban LeGrand	OD-RC	Navy	45-46 Pacific	Don Mirick	OD-NL	Air Force	52-74
Douglas Van Dorn	OD-RC	Navy	60-64	Michael Reynolds	OD-NL	Army	75-78
Harold Shaver	OD-RC	Army	60-62 Korea	Joseph Stelbrink	OD-NL	Army	64-66
Darrell Gambill	OD-RC	Army	52-54 Korea	Garry Vetter	OD-NL	Army	70-72
James Lampe	OD-RC	Army	68-70 Vietnam	Bob Deien	OD-NL	Army	64-65 & 68-69
Joe Lueke	OD-RC	Army	55-57	Marion Donati	OD-NC	Army	42-64
Kenneth Gregory	OD-RC	Army	71-72	Michael Banovz	IR	Air Force	68-72
James Conner	OD-RC	Marines	70-71	Warren Jones	IM-I	Army	70-73 Germany
Ron Gosselin	OD-RC	Army	69-71 Korea	Ed Pucel	IM-A	Army	69-72 Vietnam, Germ.
Bill Fauke	OD-RC	Army	70-71 Vietnam	Vanessa Alexander	IM-IC	Army Res.	79-85
Tom Bloor	OD-RS	Army	70-72	Dave Harley	PO-P	Army	66-68
Michael Skinner	OD-RS	Army	72-74	Darold Woodcock	PO-P	Air Force	50-54 Korea
Edward Henne	OD-RS	Army	52-54	Jack Stewart	PO-T	Army	66-67 Vietnam
Gerald Parker	OD-RS	Marines	54-58	Carl Huber	CT	Navy	57-73 Lebanon, Laos,
David Allen	OD-RS	Air Force	65-69	William R. Jones	CT-C	Marines	54-57 Hawaii
Donald Brown	OD-RS	Air Force	68-72	Bill Groth	RD	Army	55-57 Hawaii
Frederick Reed	OD-RS	Army	43-46	Billy Parkes	CD	Marines	57-60 Okinawa
George Quick	OD-RS	Marines	45-46	Shirley Bledsoe	CD-C	Army Res.	79-85
Larry Gutzler	OD-RS	Army	58-60	Ron Rauh	CD-CP	Air Force	68-74
Leanne Crouch	OD-RS	Navy Res.	87-91	Stan Zurweller	CD-CP	Army	67-70 Vietnam
Bob Williams	OD-RS	Army	52-53 Korea	" "	" "	Army Res.	70-73 & 86-91
Larry Shafer	OD-RS	Army	68-70	Melbourne Stohl	ED-DA	Air Force	55-59
Steven Domzalski	OD-RS	Marines	66-70 Vietnam	Kenneth Corbin	PD-F	Navy	51-55 Pacific
Robert Banning	OD-RS	Army	53-55 Korea	Woodrow Sandlin	RE	Air Force	66-70
				Harry Hamell	RE-A	Marines	72-79
				Gary Jacobs	RE-M	Army	69-71

This list was compiled through requests on E-Mail by Roger Hayes, OD-R, in mid summer. It is possible that some veterans did not see these messages. We apologize to any whose name does not appear here, but should



A winning talk cont.

MATERIAL THAT IS OFTEN BORING TO MOST AUDIENCES. Pie and bar charts, for example, can make numbers and other statistics clearer and more interesting.

GOOD PICTURES ADD HEFT TO YOUR TEXT. Surveys show that audiences believe speakers who use visuals have done their homework and are more credible.

GRAPHICS LET YOUR AUDIENCE GRASP COMPLEX INFORMATION that tends to get lost in your text.

GRAPHICS, RATHER THAN WORDS, ARE EASIER FOR THE AUDIENCE TO REMEMBER.

That's a result of the electronic revolution that has shifted audience attention from the spoken word to the visual image.

If you want to use them correctly:

ALWAYS MAKE VISUALS THE SERVANTS OF YOUR TEXT, NOT ITS MASTER. They should clarify your language and make it easier to understand, not become a substitute. Do the text first. Then, fit the visuals where they can do you the most good. Speakers who prepare pictures first are often led astray and end up with a text that doesn't say what they want to say.

USE VISUALS TO MAKE TRANSITIONS. They get you from one part of a speech to the next with ease and show the audience how your points are tied together.

DON'T BREAK EYE CONTACT WITH YOUR AUDIENCE TO LOOK AT THE VISUALS while you discuss them. Once it is broken, you play second fiddle to the graphics on the screen.

WATCH FOR NONVERBAL SIGNS THAT YOUR AUDIENCE IS MISSING THE VISUAL MESSAGE or reacting negatively to it. Once you sense this, slow

down and amplify your explanation.

KEEP THOSE SLIDES MOVING THROUGH YOUR PROJECTOR. People are geared to TV - speed visuals - a new image every five to six seconds. Ten seconds per picture is tops; otherwise, you start losing your audience. If you will be using graphics only occasionally during your speech, turn off the projector rather than allowing an image that no longer has meaning to hover above your head.

PRACTICE SHOWING YOUR VISUALS UNTIL YOU HAVE THE PROCEDURE DOWN PAT. You don't want to think about the technology while you are speaking.

ALWAYS BE READY FOR A BREAKDOWN OF EQUIPMENT. Projectors are like photocopiers. Try to have a few snappy one-liners ready to bridge the repair time or bring some spare bulbs, or better yet, bring along a trained audio-visual person to assist if the presentation warrants it.

The Support Services Branch of Information Management Office has two highly skilled Visual Information Specialists, Jack Rhodes and Russ Elliott, who can help you put some **PUNCH IN YOUR PRESENTATIONS.** At their fingertips (literally), they have access to some of the best and most up-to-date graphics software anywhere. Many of you know of their skill and ability to put some real life in your talks. Be sure to use them when planning your next presentation. To further help you, the Visual Information Branch at HQ USACE is developing a video-based course on presentation graphics which will become part of the Huntsville training program. When that becomes available, we will make sure you have an opportunity to see and learn from it.

Soapbox Continued

guided tours of the Lost Creek Trail and Refuge Area. After the tour, Park Ranger Dick Chenoweth presented a nature slide show.

Park Ranger Andrew Jefferson was interviewed by the "Daily American Republic" newspaper. He promoted tourism and upcoming special events at the lake.

Park Ranger Angela Smith presented a program on the rehabilitation of Old Greenville to 15 members of the Missouri Archaeological Society.

Park Ranger Diane Stratton was interviewed by the "Chicago Tribune" about the Brown Pelican that has considered Wappapello Lake its home away from home this summer.

Mark Twain Lake

Park Rangers Steve Wagner, Becky Ebbing and Holly Jungers enjoyed themselves at Ted Shanks' "Duck Day." They hosted the Kids Korner where hundreds of young wetland enthusiasts played games and learned about the environment.

Carlyle Lake

Park Rangers Joe Smothers and Kim Mayhew spoke to the "Christmas Town USA" committee in Carlyle, Illinois. They discussed the Corps' involvement in the city-wide holiday celebration. A large white pine tree adjacent to the management office was chosen as the official "Christmas Town USA" Christmas tree. A tree lighting ceremony on December 6 will begin the holiday season in the Carlyle Lake area.



Recycling Corner

The holidays are almost here. It's time for November's turkey and pumpkin pies and December's baked goodies, brightly wrapped gifts and decorated trees. These are all wonderful, e-x-c-e-p-t what to do with all the discarded wrappings, trees, etc.?

Our Aunt Trashie has oodles (another County French phrase, we're sure) of holiday recycling ideas.

First, plan and prepare ahead. It can save time, money and valuable landfill space. Use your regular china, glassware and flatware (drag the "good" crystal out of that darkened cabinet and enjoy it) and avoid the plastic and styrofoam. In need of extra plates and glasses? Shop local garage sales or flea markets for coordinating tableware. They're inexpensive, and, best of all, you have "recycled" your purchases!

Borrow Aunt Betsey's roasting pan and don't purchase the "disposable" aluminum type. Be sure to invite Aunt Betsy for dinner, too. That will mean one less oven using energy, one less sink of water being used, and, best of all, you can enjoy Aunt Betsy's company.

Use cloth hand towels and wash cloths for place mats and napkins. Your guests will love them - and no paper usage.

Recycle wrapping paper. Save the center portions of this year's gift wrap for next year's smaller gifts. Gift bags can be reused year after year. Use cut out portions of Christmas cards as gift tags.

Plan your holiday baking and you can purchase your supplies in larger quantities, thereby reduc-

ing the amount of packaging. Do as much baking as possible in one day, thereby reducing oven warm-up before each baking. Be sure to use "real cookie sheets," not the aluminum throw-aways.

Make a list and check it twice before starting your car to go to the mall. You will reduce the amount of gasoline used, and perhaps, best of all, you can save your time, of which there never seems to be enough during this busy season. Don't forget to toss the old shopping bags in the car. Recycling also means reusing.

If you choose a "real tree" for this Christmas, be sure to watch for Mark Alvey's list of tree recycling centers. You may want to consider alternatives. There are many attractive alternatives that can be made by the crafty or purchased at local craft bazaars.

Be sure to recycle Christmas decorations. Even tinsel can be removed from the tree and reused year after year. Consider popcorn and cranberry garlands, gingerbread cookies, candy canes and other natural decorations. This is a dual recycling tip. It helps the environment by not purchasing plastic and other material ornaments that pollute the air during their production, and the birds will love the popcorn, etc, after the holidays.

Packages mailed during the holidays can be protected during shipment by air popping popcorn for packaging material. Be sure to have the recipient feed the birds!

If you are considering giving a puppy or kitty, please be sure they are wanted members of their new family. The animal sanctuaries are filled after the holidays

with unwanted older animals that aren't the cute little critters they were at holiday time.

All the members of the recycling committee hope you have a "stuffed" Thanksgiving with all the joys of family and friends. And, please think of how any holiday gifts you purchase effect the environment. We hope you will consider having recycling be part of your resolutions you plan for the new year. If you don't recycle, please start. If you do recycle, add new things to recycle.

Aunt Trashie adds, "Please have a safe holiday season. Party 'til it hurts, but have a designated driver, and consider a gift to your favorite charity. They don't require gift wrap, won't wind up in the landfill, and, hopefully, will benefit our world."

Tips from the trash man

Last month's Take Pride In America event at Rend Lake netted 160 pounds of aluminum, 50 pounds of tin cans, 760 pounds of glass and 84 pounds of mixed plastics. In sorting this large amount of recyclables, the waste hauler who handled the materials noted that to successfully recycle, the following conditions have to be met:

1. Glass containers need to be sorted by color.
2. Lids must be removed from these glass containers.
3. Aluminum cans must be separated from steel cans.
4. Plastics have only two available markets.



Different, but so much alike

By Carole Pitzer, IMO

Men and women are as different as night and day, emotionally and physically. Maybe, but we have many similarities also.

The average human being breathes about 700,000 cubic inches of air every day.

The human body, man's and woman's, is built around a frame containing 206 bones. Half of them are tiny and provide support to hands and feet. The whole works is linked together with 60,000 miles of blood vessels, some no larger than a human hair, which means blood cells have to form up in single file and squeeze through one at a time.

The average adult has about 3,500 square inches of skin. The skin, in turn, has roughly a billion pores or openings. What other services does the skin do for you? It serves as a barrier to disease organisms. It lets your body, which is mostly fluid, exist in dry air, or be immersed in

fresh water without becoming swollen, or in salt water without shrinking. It protects your body from the harmful effects of sunlight. It regulates your temperature and keeps your vital parts, such as blood, nerves, tissues and fluids, in the right places.

In Roman times the human body lasted about 30 years. If you lived beyond that you were lucky. In medieval times it lasted about 40 years. Today, the average is slightly more than 70 years.

Men's and women's bodies have many similarities, but the differences are interesting, too. Women, for instance, produce more estrogen than men, giving them more fat in the hips and thighs. On the other hand, men produce more angrogen, which ultimately gives them greater bone development in the shoulders and ribs. This distribution of weight means women have a lower center of gravity than men.

A Navy study of recorded shark attacks reveals that these predators of the sea prefer men to women. Sharks attack men ten times more often than women. Are men just more available, or are they tastier?

Here are the origins of a couple of almost universal human customs. According to Greek historians, kissing began when the menfolk wanted to know if the women in the family were sipping wine to often.

Handshaking started because two strangers with peaceful intentions wanted to show they did not hold a weapon, so they extended their empty hands.

The human body can also be more than the sum of all its parts. It has "heroic reserves" when situations call for that extra effort or inner strength. We have all experienced situations in life when we thought we couldn't go on because of stress or exhaustion. But we did go on. Or we did what we didn't think we could possibly do. Some have taken this inner strength to unbelievable extremes. For example, in March 1976, in Los Angeles, a fifteen year-old boy picked up the end of a 3400 pound automobile that had slipped off the jack and pinned his father underneath. In his moment of terror, he found the strength to do the impossible, and saved his father's life.

Most of us will never find the strength this young man did, but the resiliency and courage many of us exhibit is just as important as physical strength. We see it all the time. This good side of man should be publicized just as much as the destruction inflicted on our fellow human beings by the dark side of mankind. Mankind is alike in so many ways. If we dwelled on our similarities instead of our differences we could eliminate many of the problems between races, countries and sexes.

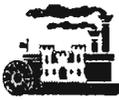
- A. Hi-density polyethylene (HDPE)
 1. Milk jugs
 2. Liquid detergent bottles
 3. Anti-freeze bottles
 4. Bleach bottles
 5. Oil bottles
- B. Polyethylene Terephthalate (PET)
 1. Soda bottles

- 5. Lids must be removed from all plastic containers.
- 6. All debris must be removed from containers.

His pointers helped to make sure that our recycling efforts were not defeated, and helped clarify what recycling centers would and would not take.

Sale

New right or left handed college desk for Christmas. Two for \$50. Contact Burnett, RO-LC, at 899-0650.



Environmental Day on the River

The fifth annual St. Louis District Environmental Day on the River was held September 18 despite cold, wind and rain. Some 230 hardy souls ventured out onto Pool 26 to commune with mother nature and the river. The group consisted of representatives of local, state and federal agencies, business and industry, environmental organizations, Congressional representatives, educators, news media and interests individuals. Despite the weather, they all had a great time.

The idea for such a trip started in 1987 with a phone call to an Army officer, a former St. Louis District Engineer. The Nature Conservancy, a group of environmentalists who buy land earmarked for government purchase and hold and protect it so that it's still there when the government is ready to buy it, was holding their national meeting in St. Louis. They wanted a look at the river. They thought the Corps might be able to arrange a trip for them. But of course. This was an excellent opportunity for the Corps to do a little educating.

The trip was organized for the visiting Nature Conservancy, but the District invited environmental organizations, state and federal agencies and other individuals the District knew were interested in the river. About eighty people showed up. A majority was from the Nature Conservancy, but there were enough others to provide an interesting mix and a good exchange of information.

It worked. It worked well. Feedback was positive. The Corps was doing something right here. Some people who came aboard with skepticism left with a new faith in the Corps' motives and purpose. The Corps should do this again. And it did.

The river trip evolved over the years. Business people were added to the list of invitees. In fact, anyone who expressed an interest in the river and what the Corps and other agencies were doing there could come along.

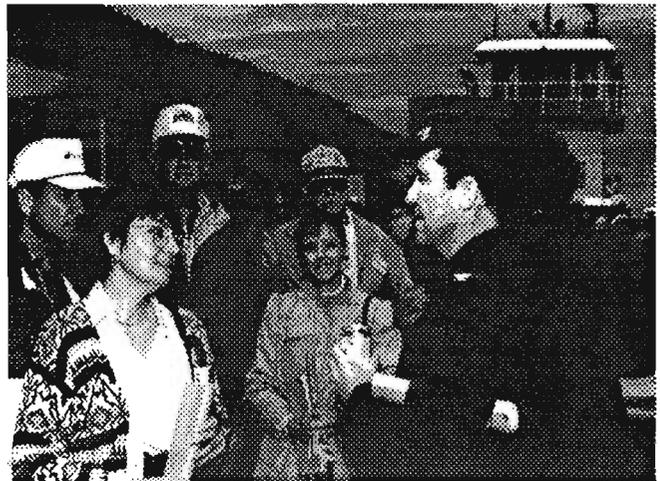
This year Environmental Day on the River started on Ellis Island. Five large touring buses awaited to transport people north to Lock and Dam 25, where the boat trip would begin. The harsh weather didn't reduce the crowd, nor their enthusiasm.

Below the lock and dam, where Pool 26 begins, the group boarded two barges pushed by the District's patrol boat Pathfinder. There was 40 miles of river between the boat and its destination, Melvin Price Locks and Dam below Alton.

Colonel James Craig, St. Louis District's new commander, welcomed everyone aboard and explained what the trip was all about. Ken Porter,

PD-A, the trip's organizer, other Corps people and people from other agencies and organizations pointed out projects and sights along the pool. Everyone was having the opportunity to experience first-hand the natural and man-made components of the Mississippi River ecosystem, and the chance to interact with people interested in all aspects of the river.

The final experience of the boat trip was supposed to be lockage through the new Melvin Price main lock chamber. But the lock was down for repair. To get a true feel for how a lock operates, one should lock through. This day it wasn't to be.



Colonel Craig talks to a few of the 230 guests on board about what the District is doing to improve the Mississippi.

The Pathfinder put its two barges into the bank just downstream of the new Alton Belle floating gambling casino. Passengers said their goodbyes, disembarked and headed for the waiting buses. Some would go back to their cars on Ellis Island. Some would take a tour of Melvin Price Locks and Dam before leaving. Some would tour the Environmental Demonstration Area adjacent to the locks and dam.

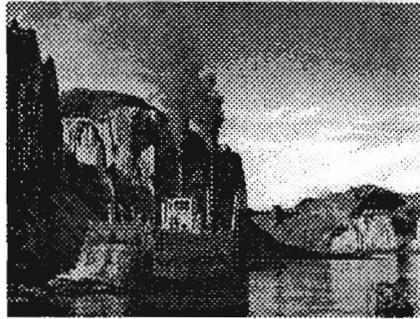
Ken Porter is already thinking about next year's trip. He's trying to figure out a way to make sure it doesn't rain. Whether it does or not, the people will come. They want to get out there on that wondrous river. No matter how many times they've seen it, there's always something more to see. There will be old-timers who've made every trip, and there will be new-comers who've never seen this piece of mother nature's backyard before. They'll all come away feeling the same, a little awed and a lot determined to ensure that this "natural environmental treasure" is never wasted. That is the legacy of Environmental Day on the River.



Lucy exhibit at Old Courthouse

The Jefferson National Expansion Historical Association is doing an exhibit of the works of artist Gary Lucy. The exhibit is about the opening of the West via the rivers of the West. The exhibit will be up from November through February at the Old Courthouse.

Gary Lucy is a local artist who specialized in wildlife subjects during the first part of his career. In 1985 Lucy began telling the story of westward expansion on the Missouri River with his paintings.



Oil painting of the Benton in Montana

If you'd like to see river history come alive, come see the beautiful oil paintings of Gary Lucy at the Old Courthouse.

NEWS BRIEFS Continued

last several years to provide more access for the disabled, and thus open the door to more recreation opportunities.

Two new rangers

Lake Shelbyville has welcomed aboard two new rangers, Pam Doty from Beecher City, Illinois, and Mike Delvaux from Pickstown, South Dakota.

Drive for needy

The Lake Shelbyville Management Office, along with the Clarion Inn at Eagle Creek State Park, is sponsoring a drive to collect new caps, scarves, mittens and gloves for needy children in the area. These items will act as decorations on the Christmas trees in the lobby of the Clarion until a week before Christmas when they will be distributed to needy children in the area.

Handicap award

Lake Shelbyville was recently presented the "Handicapped Individuals Program Committee Award" in recognition for making outdoor recreation more accessible to people with disabilities.

ECO-Meet success

Lake Shebyville's 15th Annual ECO-Meet was another huge success thanks to Park Ranger Larry Gutzler who has faithfully organized the event for eight years. Students from 27 different towns participated in this meet which is an environmental education competition. Park Manager Winston Campbell presented the top four teams in each division a plaque which was donated by the Mattoon Exchange Club.

Moneywise

One-bucks add up

Accountants writing for "USA Today," calculate that if you save \$1 a day, then invest at 8 percent interest, at the end of five years you would have \$2,245. At the end of 30 years that figure would be \$45,751.

Save on car insurance

The Insurance Information Institute advises that the easiest way to reduce your auto insurance premiums is to increase the deductible. In most areas, raising the deductible from \$200 to \$500 will reduce premiums by 15 percent to 30 percent. If your present health insurance pays for the medical expenses of an accident, you can reduce auto insurance premiums by reducing or eliminating medical expense coverage.

Elements of strong credit

To qualify for a loan, this is what Charles Givens says your credit report should show. (Givens is the author of "Wealth

Without Risk"). A positive, up-to-date credit report; a home with a mortgage; an American Express or Diner's Club card; a job held for more than a year; a current or paid-off bank loan; a MasterCard or Visa Card; a department store credit card; and a telephone in your name.

Repayment at 20 percent

If you wonder how long it will take to pay off a credit card debt carrying a 20 percent rate of interest, read further: For each \$1,000, it will take 4 years at \$30 per month; 3 years at \$36; 2 years at \$50; 1.5 years at \$65; 1 year at \$90; and six months at \$180.

Cheap checks

Some bank customers don't like the prices they have to pay for a supply of checks. Mail order companies sell for much less in most cases. To check current prices, call Current (800) 426-0822, in Colorado Springs, Colo., and Checks in the Mail (800) 422-2439 in Irwindale, Cal.



To Your Health

Learn to control stress in the workplace

By Mary Middendorf,
BarnesCare Wellness Coordinator

Everyone experiences stress differently. Situations that cause stress for you in your job are different from factors that may be stressful to a co-worker. For instance, some people thrive on deadlines and are most productive and energized by working on a project within a short time frame. Other workers are most productive when a project is done in stages, well in advance of any delivery date.

A key to controlling stress is to identify its cause and take appropriate measures toward relief. Honest communication with co-workers, supervisors and subordinates is an important first step. Such discussions can lead to clear objectives for work projects and to agreement on tactics and time frames that are necessary to complete given tasks or objectives. In other words, there is a win-win situation for everyone involved.

Identifying sources of stress also helps maintain perspective.

For instance, stress in the workplace can lead to discord in home and personal life. Likewise, a personal problem can creep into the workplace, causing tension and reducing productivity. By identifying those things in our work and personal lives that cause stress, we can take appropriate steps toward a healthier, more balanced lifestyle.

Many proven techniques can help reduce stress and increase productivity. Here are some that are most effective:

Relaxation: Take 10 minutes every morning and afternoon to relax. If you have an office door, shut it and practice muscle relaxation techniques or listen to music at your desk. You might try deep breathing, meditate or practice methodically relaxing every body part from toes to head.

Exercise: Getting sufficient exercise helps release angry feelings and tension. Exercise doesn't have to be a chore. A brisk walk at lunch or on a break often sweeps away the mind's clutter to allow room for fresh outlooks.

Get Enough Rest: An adequate amount of rest refreshes the body and enables you to cope more effectively with stressful situations.

Accept What You Cannot Change: Recognize situations beyond your control. Trying to influence or manage change in this environment only leads to anxiety and frustration.

Learn to Accept Yourself: Many of us are self-critical and tend to compare ourselves to others. Appreciate your unique qualities and learn to give yourself a pat on the back. A positive self-esteem will better enable you to more effectively handle stress.

Motivational Tapes: These tapes emphasize positive thinking. Try listening to tapes on your way to work or during a break.

Keep a Sense of Humor: Laughter is one of the best and least expensive forms of therapy. Being able to laugh at yourself and life's stressful situations can break the tension and keep stress in perspective.

Update on Reye's Syndrome

The number of cases of Reye's Syndrome has taken a big drop since 1985, when the condition was first linked to aspirin, according to the Centers for Disease Control. Since that year, no more than 25 people have been diagnosed with the condition, down from the hundreds who suffered with the disease each year previously.

Still, according to officials at

the National Reye's Syndrome Foundation in Bryan, Ohio, the number of deaths from the disease has actually gone up. Officials say this may be an indication that the disease is not being diagnosed early enough.

More effective quitting

What's one of the best ways to get smokers to quit? Institute a no-smoking policy in the workplace. That was the experience at

the New England Telephone Co. in Boston. A year after the no-smoking policy started, researchers did a follow-up survey and found that 21 percent of the 375 employee respondents who were smokers when the policy was initiated quit smoking during the period. Of the quitters, 42 percent said the policy was responsible. For the general population the rate of quitting is just 2 to 5 percent during a one-year period.



Retiree Review

By Roger Cuddeback

The turn out for the tenth Retirees Luncheon for 1991 was good, with 40 people in attendance. But we all would like to see more.

Elmer Huizenga again ably filled the position of Master Spokesman. His first comment was about the only one that was 100 percent truthful. He said, "At the meeting which the new District Engineer attended I asked Colonel Craig to do two things, and I am happy to report that the Colonel has fulfilled one of the requests. The first request was to please get the ESPRIT out on time and the second was to see if he could send someone better looking than he was to represent him at the next meeting. I am now sorry to report that the Colonel flunked the first request, but happy to say he passed the second request with flying colors. The District representatives today are Jean Lindhorst, the DE's secretary and Dee Ebert, the Deputy's secretary."

For the first time EVER, everyone in attendance agreed with Elmer.

Jean gave a short run down about the current happenings at the District Office. I believe everyone present was familiar with her first comments. She said it's the time of year when everyone is concerned with the budget. The District is again going to have to do more with less. We all believe it is time the top level people realize it is impossible to do more with less each and every year. The time has come when you have to do less with less.

Jean expressed regrets that the retirees weren't notified of Jim Petersen's retirement. Homer Duff and John Jansen were the only ones who knew. Homer found out when he called the District Office on another matter. John read about it in the Waterways Journal. Don Wampler said he wished he would have known. Jim was one of the first people he hired right after he came to work in the Personnel Office at the District.

We all wish Jim the best, and we expect to see him and Georgia at the retirees luncheon in the forthcoming months.

Jean also reported that Lou Chiodini is recovering from gall bladder surgery and is doing fine. The best to you, Lou.

After the District news, and with a little prodding, she reported that her husband, Bill, was recovering from a very serious illness and long stay in the hospital, but is now at home and doing fine. Keep it up, Bill, and make it a point to come to one of our meetings with Jean.

There was no one at the luncheon who wanted to claim the distinction of being the oldest retiree. Believe that was Elmer's fault as he didn't specifically state he meant the oldest in terms of number of years retired. Believe the honors should go to both Cliff Forderhase and Howard Beinke.

Elmer gave a brief travelog on the trip that the Huizengas, Bakers and Ruth Pollaro made to Bermuda. The golf stories were amusing, but only confirmed that he and Jim are not only "Duffers" but are also plain crazy. Elmer apologized for not having the cam corder pictures available, but after he explained how meticulous he was in getting good pictures, but how he tried to use the same tape over and over again, we all began to wonder and worry about Elmer. He may not be ready for confinement yet. But...

The usual out of date jokes came from yours truly, but I did manage one good one. I stole it from Dee Ebert before the luncheon.

Now to ALL retirees, please try to be at our next luncheon on November 21, at 11:30, one week before Thanksgiving, at the Salad Bowl, 3949 Lindell. We will make the final arrangements for the Christmas Luncheon, which will be on December 19. Please, if you are unable to be at our November luncheon, make plans to be at the December luncheon. It is always a special occasion, and a wonderful time to just get together.

Retirees

Ed Franz retired October 19 from the Melvin Price Locks and Dam Resident Office with over 22 years of federal service. He was with the St. Louis District for almost 11 years. He recently spent almost three months in Kuwait.

Condolences

The District was saddened by the death of Rebecca M. Taylor, the daughter of Art Taylor, Head of the CASU Library. Rebecca passed away suddenly on Sunday, October 20, of complications after minor surgery. She was 19.

Bill Garcia passed away on October 8. He worked in the Structural and Architectural Section of Design Branch. He was with the Corps for 21 years.



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