

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Thoughts from the top



COL James D. Craig

"You have a great reputation... as a highly professional and ethical organization."

It is great to be here in St. Louis. As I keep telling people, there is no place I would rather be. As the new District Engineer, I'm excited about the next two (hopefully, three) years. You have a great reputation inside and outside the Corps of Engineers as a highly professional and ethical organization, and I am proud to be your District Engineer.

Reorganization is moving along through the Congressional gates, but what the end result will be is only speculation. All I can promise now is that I will keep you informed of all that I know about reorganization. Nevertheless, there are a lot of exciting, important things going on in the District. You are the ones who have implemented so many good ideas: Please keep up the good work.

The senior members of the District and I have just completed a two-day team building exercise. From my perspective, it was a positive, useful experience. I learned a great deal about the District and its senior leaders, and I hope they learned something about me, my goals and my visions. The two major themes from the session were a need for a District vision, and a need to improve communications. I commit myself to both of those endeavors.

I am looking forward to meeting each and everyone of you, and working with you for the next several years. I am confident that, if we take care of each other and stay focused on common goals, the St. Louis District will do even more useful things for our country than it has in the past.



US Army Corps of Engineers
St. Louis District

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Construction awards Hamell is to two from District alderman

Mr. Gary Webb (RO -LCM) has been selected by the St. Louis District as its Hard Hat of the Year employee.

Mr. Webb has been with the Corps of Engineers for 31 years. He has worked in the St. Louis District for 25 years on major construction projects. He has been with the Melvin Price Resident Office for the past 11 years where he established and manages the concrete and soils testing laboratory for the project. He provides guidance and instruction in the various aspects of concrete construction and soils construction inspection at Melvin Price Locks and Dam project.

Mr. C. Larry Roskilly (RO-L) has been selected by the St. Louis District as its Construction Representative of the Year. He was also chosen by the Corps' division office in Vicksburg, Mississippi, as the Lower Mississippi Valley Division Construction Representative of the Year.

Mr. Roskilly has been with the Corps of Engineers for 26

years. He has worked in the St. Louis District for 24 years on major construction projects in the region. He has been with the Melvin Price Resident Office for the past six years working with the Quality Assurance Section. Mr. Roskilly consults with the contractors on the project and acts as liason between them and the project managers to assure the Corps a quality product accomplished in a safe manner.

Each year the Corps of Engineers recognizes employees who are outstanding in their position as a Construction Representative or Construction Inspector, and among construction field personnel. The employees are selected for maintaining a high level of quality in their work and a professional working relationship with others, an excellent safety record and an ability to operate independently while exercising sound judgement in all their dealings with the contractors and co-workers.

Harry Hamell, a real estate specialist in the Aquisition Branch of Real Estate Division, has become the Ward 1 Alderman of the municipality of Moline Acres.

Harry said he has been interested in the city and its residents since he moved to Moline Acres more than five years ago. He said he wanted to become involved with the city's operations because it gives him a sense of community involvement.

His education and experiences have been focused on finance and management. His background give him the ability to help with the financial problems the city is facing.

The new mayor of Moline Acres says Harry is "overwhelmingly qualified" for his new post.

Federal Employee Education & Assistance

Have you heard of the FEEA (the Federal Employee Education & Assistance Fund). It's the only self-help agency of, by and for all civilian federal and postal employees.

Why the FEEA? Federal service in general and federal employee benefits in particular are the target of almost every group seeking to cut the deficit. As a result, many federal and postal employees are falling

through the safety net. It's becoming almost impossible for the typical federal employee family to put their children through college or to finance continuing education for themselves.

FEEA is one way for federal employees to find the means. FEEA helps federal employees and their dependent family members with scholarships and educational loans and emergency

grants and loans. FEEA receives virtually all of its funding from federal employee contributions to FEEA, pledge #0415, in the Combined Federal Campaign (CFC). Funds are returned to each federal community based on a formula that reflects the amount donated by federal workers in that area. Thus, FEEA funding in your city or region directly depends on the

(Continued on page 11)



Right Hand Man II is coming

New Health Benefits Program to cover more

Right Hand Man (RHM), the District's Local Area Network (LAN) Electronic Mail and Appointment Scheduling System has "kept in step" with product competition and technological changes by the release of a new version, Right Hand Man II. New features include:

- * Common User Access (CUA) Interface
- * FAX Viewing
- * Voice Mail Integration
- * Remote and Wide Area Networking (WAN) Capabilities
- * Remote Address Book

HOWEVER! While the new user interface provides "user-friendly" pull down menus for easy menu selection, and provides many of the same capabilities, it looks completely different. Therefore, before the planned implementation of this new system in early October, the IMO will conduct user training classes. These will be announced through RHM messages. Please watch for these notices.

By Evelyn D. Harris
American Forces Information Service

Federal employees will find major new services covered by their health insurance plans next year, but a recent move to require carriers to standardize coverage died quietly.

Federal employees' health benefit plans next year will cover bona fide smoking cessation programs; screening mammograms, which doctors recommend for women for early cancer detection; and up to \$50,000 for expenses related to the treatment of mental illness.

Originally, the Office of Personnel Management also was going to require all insurers to offer the same benefits in important areas; this might have made comparison shopping easier for federal employees. Insurers and employee groups, however, raised concerns that standard co-insurance levels would not result in standard expenses or reimbursements. OPM officials expressed concern about insurers' inconsistent "usual, customary and

reasonable" reimbursement schedules.

Reginald M. Jones Jr., OPM's assistant director for insurance programs, wrote a letter to carriers asking them to be prepared to move to consistent reimbursement. Currently, carriers use different data bases or formulas that mean, for instance, two plans may pay a surgeon different amounts for an operation although both cover "80 percent of the usual, customary and reasonable charges."

Some plans pay set allowances, but OPM spokesman Richard McGowan said the agency prefers standard formulas because fee schedules could also be inequitable. For example, he said, a \$30 allowance for an office visit may cover 80 percent of the actual cost in West Virginia, but only 50 percent in a high-cost area like New York City.

To help employees understand premiums, benefits and reimbursement percentages, OPM intends to provide information at open season explaining the options, he said.

Missouri License Office opens downtown

After a ten-year absence, an office for renewal of Missouri motor vehicle and drivers' licenses has opened downtown, according to Jack E. Pohrer, chairman of Downtown St. Louis, Inc., the downtown chamber of commerce.

Located at 414 Washington Ave. on the north side of the 500 Broadway Building, the office is open Monday through Friday

from 8:30 a.m. to 5 p.m., Pohrer said. It is operated by Downtown St. Louis, Inc. under contract with the Missouri Department of Revenue.

Other services available at Downtown License Office include: vehicle registration and title application; replacement of lost drivers' licenses and vehicle license plates; issuance of trailer and boat licenses and state identification cards; and collec-

tion of state and local taxes on vehicle purchases. Motorists pay an additional \$1.50 or \$2.00 for each of these services at a Fee Office.

The telephone number of the Downtown License Office is 436-4800. Facsimile transmissions may be sent to the Downtown License Office is adjacent to the new Downtown St. Louis, Inc. offices at 500 N. Broadway.



On the Soapbox

Telling the District's story this month were:

Riverlands Office

Riverlands Assistant Manager Dan Erickson and Ranger Julie Ziino were special guests on Jerseyville's WJBM radio. Erickson and Ziino provided listeners with an orientation to the Riverlands region and the visitor services currently available to the public.

John Cannon led 30 members of the Missouri River Natural Resource Commission on an in-depth tour of the Riverlands Environmental Demonstration Area.

The Riverlands staff has taken more than 600 people on "set-schedule" tours of the Melvin Price Locks and Dam in August. Groups, including the Missouri River Natural Resource Review and the Illinois Soil Testing Association, also toured the structure. At Locks 27, the Floyd Wade Memorial Visitor Center welcomed more than 700 people.

CLARKSVILLE OFFICE

Park Ranger Anne Vieira was the speaker for the Hannibal Rotary Club's yearly picnic. She introduced the group to the new initiative within the Corps and the missions of the Riverlands Area - Clarksville office.

The Clarksville American Legion was informed about the 1973 Flood through a slide program given by Lockmaster Lewis Kent. Park Ranger Sue Mueller also gave a short talk on the missions and work of the Riverlands Area Office.

Following a tour of L & D 24, hosted by Lockmaster Lewis Kent, Anne Vieira discussed the

educational and visitor service opportunities available along the river with an Extension Club group of senior citizens.

Wappapello Lake

Park Ranger Andrew Jefferson was interviewed by KTJJ Radio about Waterfest '91. He also did a live interview with KLID Radio on the same subject. Andrew also promoted Waterfest '91 and the Labor Day special events in an interview with the Southeast Missourian newspaper.

Park Ranger Dick Chenoweth represented the District at a 40th year Girl Scout Anniversary Homecoming celebration and rededication of Camp Latonka. About 60 campers from the Cotton Boll Area Girl Scout Council were present.

Park Rangers Angela Smith and Andrew Jefferson promoted trail work at the Old Greenville Memory Lane Historical Walk by meeting with the staff of the Wayne County Journal Banner.

Park Rangers Richard Chenoweth and Becky Hays met with 62 volunteers from the United Methodist Conference Youth Camp to work on litter collection, bark chipping and raking and pruning the Lost Creek Trail.

Park Manager Michael McClendon was interviewed by KRVS-TV, Channel 12. He explained the Environmental Vision package. Mike also did a live morning radio show with KKLR Radio on the Environmental Vision package to dispell rumors and enlighten the public.

Lake Shelbyville

Tom Bloor and Maria Shafer continued their bi-weekly radio shows on WSHY Talk of the Town. They talk about lake activities and upcoming events and give safety messages.

Rend Lake

Park Rangers from Rend Lake and Carlyle Lake took turns manning an informational display at the 10-day Duquoin State Fair. Visitation at the Fair is more than 100,000.

Park Ranger Dave Smothers presented a program on snakes at the West Frankfort Public Library.

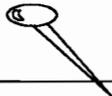
Lake rangers accompanied Woodsy Owl and Smokey the Bear to the Sun Creek Days Celebration in nearby Whittington.

Carlyle Lake

Park Ranger Cara Clouse took members of the Vocational Education Group of Greenville, Illinois, on a tour of the dam and talked to them about job opportunities with the Corps. This program was part of their summer series to acquaint young people with job occupational opportunities in Southern Illinois.

Park Rangers Shirley VonBokel and Cara Clouse presented two programs on Native American Indians who inhabited the lake area to 315 local Boy Scouts. These programs are part of a curriculum to

(Continued on page 13)



NEWS BRIEFS

Waterfest '91

Waterfest '91 was held in the Redman Creek Recreation Area at Wappapello Lake. The action-packed, two-day water safety event attracted about 2,000 visitors. Highlights included blind water balloon volley, raft races, talent show, puppet show and watermelon eating contest. Area businesses contributed to the annual event.

ECO-Meet

The Lake Shelbyville ECO-Meet was selected as a National Semi-finalist in the 1990 Take Pride in America National Awards Program. Along with a Certificate of Merit, the lake received an invitation to attend the National Awards Ceremony in Washington, D.C.

Nature Van

The Lake Shelbyville Nature Van has been "getting around" again, making appearances at the Shelby County 4-H Fair, the Illinois State Fair and the Windsor Harvest Picnic.

Water Follies

The 1991 Water Follies at Lake Shelbyville attracted more than 150 participants this year. Park Rangers taught water safety techniques through games and contests with lots of prizes from local merchants.

Indian Festival

More than 3,000 people came to Lake Shelbyville for the 5th Annual Okaw Indian Festival. This year's main attractions were the Kahok Indian Dancers, the Prairie Plant display, the historical Tepee and the bark hut.

Parker gets award

Jerry Parker, seasonal Park Ranger at Lake Shelbyville, recently received the Exchange Club Distinguished Service Award. The award is presented by the Southern Illinois - Eastern Missouri District Exchange Clubs. Jerry has served at the local, district and national level on various committees.

Marketer McGinnis

Riverlands Manager Pat McGinnis has been selected to direct the Partners For Wetlands marketing efforts. Partners is comprised of individuals from various state and federal agencies and private conservation groups committed to action in the interest of wetlands.

Learning facility

Riverlands anticipates the arrival of a temporary environmental learning facility (ELF) building. The facility will be located adjacent to the Mel Price Locks and Dam and will house exhibits, a video orientation room and a Riverlands Association

sales area. The ELF will provide a location from which to teach the public about the importance of public lands and their role in the preservation and protection of these lands.

Tours at Mel Price

Riverlands has initiated scheduled public tours on Monday, Wednesday and Friday at 10 a.m., 1 p.m. and 3 p.m. to accommodate the growing demand for public access to the Mel Price Locks and Dam.

Snake program

Several hundred people attended a one-day environmental science program on poisonous snakes of Southern Illinois at the Rend Lake Visitor Center. It was presented by Scott Ballard, Natural Heritage Biologist with the Illinois Department of Conservation.

Rend Lake events

Rend Lake's special events are going well despite the weather. Several thousand attended Jam on the Dam, an all music festival, held at the visitor center. The event was co-sponsored by Rend Lake Promotions, Inc. and partially funded by a grant from the Southern Illinois Arts Council. The Arts and Crafts Fair at Wayne Fitzgerrell State Recreation Area drew almost 11,000 people.

Pickard recognized

Andrea Pickard, Park Ranger at Carlyle Lake, was awarded a Certificate of Recognition by the St. Louis Metropolitan Federal Women's Program Council. She was nominated for the non-supervisory self-development award for GS-7 and above.

(Continued on page 15)



Old Fuds still can play softball

By Bill Stroud, ED-H

The St. Louis District entered three teams in the Consolidated Grain and Barge Line softball tournament held the 24th and 25th of August at the St. Louis Sports Complex in Valley Park.

After receiving a nice plaque (and supply of aspirin) for the dubious honor of fielding the oldest team in the tournament, the Corps' Senior's Division team drubbed the Port of St. Louis team by a score of 20-6.

Highlights of the game included good pitching by Paul Roberts (ED-DM), slick fielding by shortstop Barry Lloyd (LM-F) and timely hitting by the whole lineup led by Ron Dieckmann's (ED-HE) triple DEEP off the right field fence. Then, after barely enough time to catch their breath, they had to play a second-round game.

The team played well after giving up a disastrous nine runs in the first inning, but Ron Messerli's (ED-HP) clutch relief pitching was too little too late and ACBL won the game 14-7.

Those who could get out of bed the next morning took on the CGB Black team in a semi-finals game. Despite a booming triple

by Wally Feld (OD-N) and some fine relief work by Dick Schaumburg (DS), the "old timers" lost a close game 13-9 and were finally eliminated. However, they all felt fortunate to have turned back the clock for a while and escape with only a few sore muscles and a couple of "strawberries."

In addition to manager Bill Stroud (ED-HP) and coaches MAJ Rich Brontoli (DD), Paul Kornberger (OD-NL), Rich Kozeny (ED-HE) and Woodrow Sandlin (RE), the other team members were: Bill Arthur (ED-H), COL James Craig (DE), Bob Eifert (OD-PB), Milan Hornak (ED-DA), Mike Houser (PM-M), Rich Mills (ED-HE), Billy Parkes (CD), MAJ Roy Phillips (ADE), George Postol (ED-G) and Bill Sutton (PM-M).

The Corps Jets, led by a strong hitting attack made it into the third day of the tournament in the Men's Division. Jeff Stamper (ED-DA) led the team in batting with a superb .714 average. Dennis Fenske (OD-R) had a team-leading slugging average of 1.060. The entire team played well, as evidenced by their late elimination from the tournament

and a .512 team batting average.

In the Women's Division, the Jet-etts started off with an impressive 5-2 win Saturday morning. The next game was a hard fought battle with the heat and the Thompson & Mitchell team. Thompson & Mitchell broke the game open in the seventh inning, winning 24-15.

In the last game, the Jet-etts played without their star pitcher Debbie Kuhlmann (IM-S), who became ill from the heat. With the loss of Debbie, the Jet-etts had to play with only nine players for the first two innings until Barb Schaumburg (wife of Security Officer Dick Schaumburg) came to their rescue. It was a very close game, but the bad guys ended up on top 14-11.

During the three games, Vivian Arthur (IM-S) hit two home runs and Janine Hegger (OD-RC) played a spectacular shortstop. The rest of the hard-fighting team included: Brenda Hamell (PO-M), Christy Cone (IM-R), Marge Robbins (OD-N), Vanester Duff (ED-C), Joan Stemler (ED-HP), Kelly Flinn (ED-DW), Roberta Seidel (ED-DG) and Sharon Cotner (PM-M).

Coming Events at the lakes

CARLYLE LAKE

Sept 21 National Hunting and Fishing Day

MARK TWAIN LAKE

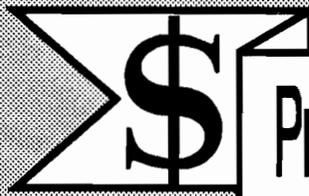
Sept 28 National Hunting and Fishing Day

LAKE SHELBYVILLE

Oct 3 Eco Meet
Nov 15 - 17 Handicap Deer Hunt

REND LAKE

Sept 14 Rend Lake Cleanup



Promotions & Incentive Awards

**PROMOTIONS:**

Donna Adams, OD
Gerald Allen, CD
David Allen, OD
Jerry Baldwin, OD
Roy Bowen, OD
Norma Browning, OD
William Campbell, OD
Barbara Collier, LM
Nancy Conner, CT
Constance Driscoll, PO
Michael Feldman, CD
Billy Finley, CD
Lonnie Forrest, OD
Rachel Garren, OD
James Gerth, LM
Judith Griffith, LM
Brenda Hamell, PO
Gregory Hempen, ED
Sharon Hornback, ED
Rober Kelsey, ED
Dawn Kovarik, OD
Gary Krutsinger, OD
Ronald Lindsay, PM
Lisa Lubiewski, CD
William Maxedon, OD
Mark McLean, OD
Hilda Meadows, SO
James Mills, ED
James Pierce, OD
Theodore Postol, ED
Kathleen Rice, ED
Lenard Ross, CD
Rhonda Smith, OD
Elaine Sombright, DC
Michael Sommars, ED
Melbourne Stohl, ED
LaDonna Supancic, OD
Mary Ann Swip, DC
Mark Wunsch, OC
James Zerega, PM

EXCEPTIONAL PERFORMANCE RATINGS:

Karen Blum, CASU
Paul Boyd, OD
Michael Brazier, ED
David Busse, ED
Louis Chiodini, DE
Carolyn Clark, PO
Kenneth Corbin, PD
Robert Davinroy, ED
Eugene Degenhardt, VE
Edward Demsky, ED
John Dierker, ED
Claudia Digges, ED
Owen Dutt, PD
Gregory Dyn, ED
Jack Eckles, IM
Anson Eickhorst, PD
Edward Ewing, PD
Walter Feld, OD
Michael Feldmann, CD
Howard Fields, OD
Darnell Fountain, CASU
Jay Fowler, CD
R.C. Franco, DX
Timothy George, PD
Peggy Gravot, OD
Charles Grojean, CD
Benard Hawickhorst, PD
Donna Henrichs, OD
Thomas Hewlett, RE
Milan Hornak, ED
Sharon Hornback, ED
Carl Huber, CT
Bobby Hughey, ED
Phillip Jenkins, OD
Arthur Johnson, ED
Gary Jones, ED
Thomas Keevin, PD
Diana Kutz, CD
David Leake, PD
Ronald Lindsay, PM

Tonette Long, OD
Michael McClendon, OD
Doris Miano, RE
Isaiah Mitchell, DC
Teresa Montgomery, OD
Timothy Nelson, RE
Jack Niemi, DP
Billy Parkes, CD
James Petersen, OD
Carole Pitzer, IM
George Postol, ED
Joseph Przada, RE
Kathleen Queathem, OD
Thomas Quigley, ED
Michael Rector, ED
Jerry Schaperclaus, OD
Richard Schaumburg, DS
Andrew Schimpf, ED
Hazel Schnatzmeyer, CASU
Ronnie Singleton, IM
Rhonda Smith, OD
David Spencer, ED
LaDonna Supancic, OD
William Sutton, PM
Mary Ann Swip, CD
Robert Terry, CD
Kathy Tober, PO
Charles Turlin, ED
Jennifer Watkins, RE
Max Williams, CD
John Zimmerman, CD

PERFORMANCE AWARDS:

Michael Abernathy, OD
Richard Astrack, PD
Karen Blum, CASU
Timothy Brophy, PD
David Busse, ED
Carolyn Clark, PO
Robert Davinroy, ED
John Dierker, ED
Jon Eckles, IM



Danny Erickson, OD
Barry Fehl, ED
Walter Feld, OD
Howard Fields, OD
Darnell Fountain, CASU
Dario Franzi, ED
Siegmar Groetsch, CD
Charles Grojean, CD
Henry Harris, CASU
Robert Holt, ED
Sylvester Jackson, CASU
Alton Jenkins, OD
Phillip Jenkins, OD
Thomas Johnson, OD
Randy Jones, OD
Thomas Keevin, PD
Raymond Kopsky, ED
Richard Kozeny, ED
Diana Kutz, CD
Jean Lindhorst, DE
Kevin Long, OD
Michael McClendon, OD
Doris Miano, RE
Gloria Miles, CASU
Isaiah Mitchell, DC
Timothy Nelson, RE
John Perulfi, PD
Carole Pitzer, IM
George Postol, ED
Kathleen Queathem, OD
Lee Ross, CASU
Jerry Schaperclaus, OD
Richard Schaumburg, DS
Hazel Schnatzmeyer, CASU
David Shaw, ED
Ronny Singleton, IM
Richard Sovar, ED
Dean Surface, CD
Robert Tenholder, PD
Robert Terry, CD
Kathy Tober, PO
Charles Turlin, ED
Benedict Venturella, OD
Richard Waggoner, CD
Steven Wagner, OD
Max Williams, CD
James Worts, ED

John Zimmerman, CD

SPECIAL ACT AWARDS:

Vivian Arthur, IM
Melvin Baldus, ED
Jean Beausang, CT
Ronald Bockhorst, IM
John Cannon, OD
Louis Chiodini, PM
Michael Dace, PM
Robert Davinroy, ED
Eugene Degenhardt, VE
Edward Demsky, ED
Ronald Dieckmann, ED
John Dierker, ED
Claudia Digges, ED
Sandor Dombi, ED
Owen Dutt, PD
Dolores Ebert, DD
Kathleen Ebmeier, CT
Jack Eckles, IM
Earl Ehlers, ED
Anson Eickhorst, PD
Russell Elliott, IM
Stephen Farkas, ED
Michael Feldmann, CD
Donald Fendler, CD
R.C. Franco, DX
John Gaal, ED
Thomas Gardner, CD
Dennis Gould, ED
Jo Ann Gray, PM
Patricia Gregory, CD
Brenda Hamell, PO
David Harley, PO
Rozann Heininger, OC
Diane Hellhake, OD
Roger Hoell, ED
Vick James, CD
Phillip Jenkins, OD
Arthur Johnson, ED
William Jones, CT
Joseph Kellett, CD
Michael Klosterman, ED
Carol Kreutzer, ED
Monique Kyles, CT

Leland Lenzner, ED
Jean Lindhorst, DE
Ronald Lindsay, PM
Tonette Long, OD
James Lovelace, ED
Michael McClendon, OD
Danny McMurphy, PM
Robert Mesko, ED
Nancy Messerli, CT
Doris Miano, RE
Jo Ann Moritz, CT
David Mueller, CD
Jack Niemi, DP
Billy Parkes, CD
James Petersen, OD
Carole Pitzer, IM
Riley Pope, PD
George Postol, ED
Regina Pucel, CT
Stephen Redington, ED
Pam Reed, CD
Charles Rhoads, ED
Oleva Robinson, PO
Larry Roskilly, CD
Angela Sanders, RE
Woodrow Sandlin, RE
Paul Schmidt, CD
Ronnie Singleton, IM
Rhonda Smith, OD
Jeffrey Stamper, ED
Matthew Struckel, OD
Lawrence Strunk, CD
William Sutton, PM
Donald Sweeney II, PD
Elizabeth Taylor, ED
Mary Tayon, CD
Kathy Tober, PO
Clarice Trigg, CD
Richard Ubben, CD
Cynthia Ward, CT
Jennifer Watkins, RE
Janet Wilhite, CT
Violet Williams, CT
Theresa Williams, CT
Mary Williams, PO



From the Information Management Office

Telepone Doctor MS-DOS 5.0 house call

Corps Mail System - PC-based MicroMail software - was implemented Corps-wide in June. Corpsmail mailboxes were created for all ole' ontyme users. Office/group and individual mailboxes have been established for about 65 users in the St. Louis District.

This is a Corps-wide electronic mail system using X.25 communications protocol allowing all districts, divisions and HQUSACE to send official correspondence, informal correspondence and general Corps information. It is anticipated that 6,000 to 7,000 users will access the network.

Classes and individual training was conducted by the Information Management Office prior to implementation. If anyone is interested in having an individual or office/group mailbox, please contact Anne Modrusic at 331-8669, or the Customer Support Center at 331-8700.

Security warning message

You've, no doubt, seen the new red warning message by now on your computer monitor screen. That message grabbed your attention the first time you saw it, I'm sure. That message, which appears after login to the network file servers, is a reminder to all District personnel that only "authorized software" should be on microcomputers and file servers. Authorized software is

It's new; it's wonderful; it can do marvelous things; it can save your microcomputer from lack of memory, etc., or can it?

The reviews are out, and, like all reviews, they vary a great deal. Depending on which you have read, you may be willing to rush out and be part of the 5.0 hype with minimal dollars invested. But a wise ole' system programmer once said, "Don't ever install anything with a #.0 because the bugs are still crawling around in those releases."

Testing in ADP is part of the IM territory, ideally done with no impact to daily business. However, with the proliferation of Local Area Networks, we no longer work in a stand alone mode or secluded environment. The impact is greater and one minute change can affect a multitude of things.

The Information Management Office will be testing MS-DOS 5.0 in the future. However, MS-DOS 5.0 and some network software are not compatible at this time. So don't yet rush to the nearest store to purchase MS-DOS 5.0 for the Corps; those untold stories are yet to be told.

software that is purchased by the government, written specifically for government use, or software provided by the government. Games and other shareware obtained from other sources are not authorized to be on government machines. This warning is in accordance with AR 380-19, AUTOMATION SECURITY.

Ontyme out CorpsMail in

QUESTION: What's the one thing in the office that can drive you crazy the quickest?

ANSWER: The telephone.

So... IM brought in the Doctor...

The Information Management Office, in coordination with GTE, offered telephone training classes "to relieve the aches and pains" of RAY Bldg. telephones and to answer the many questions from folks on how to use the phone features more efficiently. If you missed these classes and need a refresher on the "hows" and "whats" of your phone, you're in luck - a painless remedy is available! A video tape of the telephone training class can be obtained from the IM-S office. Give Kathy Hayes a call at 331-8645.

As an additional aid, A QUICK TELEPHONE REFERENCE AND VOICE MAIL REFERENCE was distributed to RAY Bldg. District employees by the Information Management Office.

By effectively using the features available on the phones, including trf (transfer), cnf (conference calls), msg (message button), speed calling, voice mail, etc., business can be conducted smarter and faster; and it might keep those ringing telephones from driving someone crazy.

The Information Management Office is an active and viable support organization involved in helping you perform your daily business more efficiently and effectively. By complying with new directives and installing new hardware and software, one of the Information Management Office's goals is to ensure we are all compatible with Corps and industry standards.



Relieve stress learn to play

By Angela Tedder, IM

All work and no play makes you a dull person. How many times have we heard that in our lifetime? Unfortunately, in our race to pursue the American dream, we forgot about play and instead found stress. According to Edward A. Charlesworth, Ph.D. and Ronald Nathan Ph.D., authors of *Stress Management: a Comprehensive Guide to Wellness*, an estimated 95 million Americans suffer from stress. And they estimate that 75 percent of all medical complaints are stress related.

So, how does one get out from beneath these staggering statistics? Robert Orenstein, Ph.D. and David Sobel, M.D., authors of the book *Healthy Pleasures*, say the healthiest people seem to be pleasure-loving, pleasure-seeking, pleasure-creating individuals. "Daytime napping, going for a walk, or just sitting idly and daydreaming - though often thought of as unproductive - can contribute to genuine health, both physical and psychological," say Orenstein and Sobel.

In one study conducted by them, participants who routinely took a thirty-minute afternoon catnap were calculated to be 30 percent less likely to suffer a

heart attack than those who didn't. Even gazing out at nature or into a fish tank can have health benefits, if only by increasing our psychological well-being, the authors insist. "Our health, happiness and future depend upon understanding and reversing the deep-rooted cultural denial of pleasure and leisure," insist the authors.

While it may not be easy convincing your boss that taking a few minutes each afternoon to stare out the window is good for you, you can find other ways to relieve stress. For one thing, eating the right foods can greatly reduce your stress level. According to Carolyn Krueger, the program director for weight management services at Christian hospitals, "If some people wouldn't skip breakfast and instead would eat foods high in complex carbohydrates, such as whole-grain toast, a breakfast cereal with low sugar content and skim milk, they would be in much better shape to handle the day."

Another way to reduce stress is to take a small cat-nap when you get home from work, before you begin dinner and take care of your family's needs. Perhaps your spouse would be willing to watch the children for a short time while you retreat to your room; and you can offer to do the same for them. Or if a nap is impossible, spend some time just sitting back and daydreaming. The results can be very satisfying. Or, maybe something else works for you. Just remember, all work and no play can not only make you dull, it can also cause you stress.

AUTHOR'S NOTE: This article was taken from articles in *New Woman* magazine and *Health Sense*, a monthly from Christian Hospitals.

FEEA continued

generosity of you and your fellow workers to the CFC.

FEEA has provided more than \$275,000 in emergency grants and loans to federal employees and their families.

FEEA has awarded more than \$300,000 in scholarships. Only federal and postal employees and their families are eligible. Awards are based on merit and range from \$250 to \$1500. Minimum requirements are at least three years of federal service and a 3.0 grade point average on the 4.0 scale.

FEEA has arranged for more than \$5 million in student loans for federal families. FEEA student loans are offered at below market guarantee fees through special arrangements with financial institutions. FEEA loans include the government backed Stafford, SLS and PLUS loans as well as two privately backed low-interest loans with no income limitations and much higher lending limits than government loan programs.

To get more information about FEEA send a self-addressed stamped envelope (to hold down costs) to FEEA, Suite 200, 8441 West Bowles, Littleton, Colorado 80123-3245; or call 1-800-323-4140.

EDITOR'S NOTE: The FEEA is for real. My daughter, Kelley, has been awarded a FEEA scholarship for the 1991-92 school year. Her's was one of six scholarships awarded to dependents of federal employees in the St. Louis region.



Recycling Corner

As you probably already know, the paper recycling program has been delayed at least a month, maybe longer (with the end of the fiscal year stuff), while a new contract is prepared. When there's a new start-up date, it will be announced via E-Mail.

A couple of days before the start up, a recycling coordinator will distribute the personal containers and briefly go over how the system will work. Although, after reading the two-page article in the August issue of ESPRIT, we're sure everyone has a pretty good idea how it will work.

The main point of contact for the Corps with the other government agencies is Randy Curtis, 8413.

We would like to stress again that this program will be different than last year's at 210 N. Tucker. It is a lot pickier about the types of paper it will accept. ONLY the paper listed can be accepted. Other types of paper (i.e., newspaper, tissue, colored paper, magazines) are considered contaminants. If included they may RUIN the entire batch. So, once again, WHEN IN DOUBT, LEAVE IT OUT.

Aunt Trashie received some very good comments and letters. She would like to share the following with you from one of our rangers. She writes:

Dear Aunt Trashie:

Hello, my name is Terri and I'm an Interpretive Park Ranger at CELMS-OD-RS. This summer I researched several resources to put together a recycling program called, "The Solution to Pollution."

In my search I discovered an interesting way to reuse newspaper as animal bedding. It's advised to keep out the colored and slick sections. When bedding is soiled, it can be used as fertilizer.

Here are some startling facts I uncovered:

* Every Sunday more than 500,000 trees are used to produce the 8% of the newspapers that are never recycled.

* For each ton of wastepaper that is recycled it saves 3.3 cubic yards of landfill space. Only 8% of the 21 U.S. newsprint mills recycle.

* American consumers and industry throw away enough aluminum every three months to rebuild our entire air fleet.

* Plastics take up 25% of landfill space. Americans go through 2.5 million plastic bottles every hour.

* The Coast Guard estimates that the average boater or fisherman dumps more than a pound of garbage into the ocean each time he goes out. Water animals and birds eat the plastic refuse. The National Wildlife Federation says that plastic dumped into the ocean kills 10,000 animals each year. The National Marine Fishery Service says 30,000 Fur Seals die each year because they get tangled in plastic fishing nets.

Thank you for letting me share my discoveries and good luck with the column.

Terri Morris

Aunt Trashie and others on your recycling committee thank Terri for an excellent letter, one which should make us all think before we litter or throw away items that can be recycled. Please continue to share your ideas, comments and questions with your recycling committee by writing "Dear Aunt Trashie," in care of CELMS-ED-R. All letters will be answered and questions researched.

Look for new brochures, pamphlets, etc., that will soon be available in the Recycling Info Bins in each kitchen area. A number of timely ideas are in these. They are a must for every home recycler.

Again, the committee thanks you for your support in placing your aluminum cans in the containers provided. Please don't be one of those mentioned in Terri's letter that contributes to the vast amount of aluminum being thrown away.

Until next month, Aunt Trashie reminds you: "Remember those six magic words to help save your planet: Don't throw it away - recycle it!"

The current list of coordinators is:

DE, DP, DD, DX	Dee Ebert, 8015
CD, SO	Dave Mueller, 8144
CT	Jo Ann Moritz, 8507
DC	Elaine Sombright, 8082
ED, ED-C, ED-D, ED-DW, VE	Laurie Busse, 8200
ED-E, ED-DG, ED-DM	Greg Dyn, 8319
ED-DA, ED-R	Rochelle Ross, 8216
ED-G, DS	Randy Curtis, 8413
ED-H	Ray Kopsky, 8337
OC, EEO	Betty Jo Yuncker or Misha Singleton, 8724
IM	Debbie Kuhlmann, 8638
LM	Maureen Wagner, 8018
OD	Jacqueline Becker, 8563
PD	Tim George, 8459
PM	Laurel Lane, 8037
PO, PA, IR	Connie Driscoll, 8537
RE	Sharlene Caulley, 8165
CASU	Karen Blum, 539-6015



1991 Corps Structural Engineering Conference

Once every three years the Corps of Engineers holds a Structural Engineering Conference to allow structural engineers to exchange information and broaden their structural experience in both civil works and military projects. The St. Louis District was well represented at the conference held in July in Jacksonville, Florida. The program was filled with former District employees, people who have assumed a variety of leadership roles throughout the Corps.

John Jaeger, formerly of our Structural Section, and now chief of the Structural Section in the Jacksonville District, chaired the conference. He helped Roger Hoell put together the last conference which was held in St. Louis. Another former District employee, Ed Middleton, formerly of our Design Branch, and now chief of Jacksonville's Engineering Division, welcomed the attendees.

Don Dressler, another former District employee, who is now chief of the Structural Engineering Branch for Civil Works at USACE, began the conference by dedicating it to Roger Hoell, who, because of his illness, could not attend. He showed slides of the 1988 conference in St. Louis. Those slides included one of Roger passing out trash bags on a boat ride down the Mississippi one rainy day.

More former members of the St. Louis District Structural Section gave presentations and/or chaired various general sessions. These included Tom Leicht, who works for Don Dressler at USACE, Tom Mudd, who is the chief of the Civil Works Guidance Update Program at WES and Joe Hartmann, who is on the technical staff at the Southwest Division Office.

The St. Louis Structural Section once again displayed its professionalism and leadership role in the Corps. We delivered more papers than any other district. Representing the St. Louis District were Tamara Atchley, Barry Fehl, Robert Kelsey, Jim Mills, Tom Quigley, Rochelle Ross, Tom Ruf, Richard Sovar and Dave Spencer.

Barry Fehl was the coordinator/presenter for a training session on Nonlinear Incremental Structural Analysis. Tom Ruf and Bob Kelsey co-authored a study on severe damage to the upstream leaf of the main lock lift gate at Locks 27. Tom Ruf also co-authored a presentation on testing procedures and

experimental results of the series of barge impact loads on the lower miter gate in the main lock at old Locks and Dam 26. Tom Quigley served as chairman of the session on cofferdams and construction. He also co-authored, with Rich Sovar, an analysis of movement of the second stage lock and dam monoliths at Melvin Price Locks and Dam. Jim Mills gave a presentation on the third stage cofferdam temporary closure at Mel Price. Rochelle Ross gave a presentation of the various retaining wall systems that have been researched for the River des Peres Flood Control Project. Tamara Atchley discussed innovative design methods and materials for metal pipe repair.

A new concept for the conference was the "Challenge Workshop" in which two real life problems were studied. Six member teams were given real life problems and asked to recommend solutions. Tom Ruf and Robert Kelsey were each assigned a team to solve the structural problems with the Locks 27 lift gate during the winter of 1989-90. Dave Spencer represented Roger Hoell at a meeting for the structural chiefs. He also participated on one of the gate analysis teams at the Challenge Workshop.

The conference decided an award would be created and named in honor of Roger Hoell to be presented at future Structural Engineering Conferences in recognition of exceptional structural engineering achievements. This was the final action of the conference and indeed a very memorable closing.

Soapbox Continued

educate local Boy Scouts about Indian history and help preserve cultural sites around the lake.

Park Ranger Tanya Michael spoke to 43 members of the Breese Jaycees about water safety to increase water safety awareness in the local community.

Mark Twain Lake

Woody Owl danced his way into the hearts of many children this month participating in two area parades. Park Rangers Becky Ebbing and Kyle

(Continued on page 15)



To Your Health

Shots can stop diseases' comeback bid

By Evelyn D. Harris
American Forces Information
Service

Most people in their thirtysomethings remember "childhood diseases." Some mothers dragged their daughters to "German measles parties" to protect future grandchildren from blindness and other birth defects. Because there was no vaccine, contracting rubella in youth was the insurance against catching it while pregnant.

Mumps could last a month, make little faces look like Humpty Dumpty's and lead sometimes to deafness and sterility. Babies that caught measles faced death by high fever, severe diarrhea and other scourges. Whooping cough - pertussis - cut lives short as young victims literally coughed themselves to death.

Unfortunately, those bad old days aren't gone, but may be forgotten, according to Dr. John Glasser, a Centers for Disease Control epidemiologist. Some of these entirely preventable diseases are making a comeback. For example, whooping cough epidemics swept England, Scandinavia and parts of the United States a few years ago after publicity about vaccine side effects caused parents to bypass the shot for their children, he said.

"Unfortunately, people have forgotten what a horrible disease pertussis can be," Glasser said. "That's why they pay more

attention to the bad reactions that have stricken an extremely small minority of vaccinated children than to the deadly effects of the disease."

The number of cases of measles in the United States has risen steadily every year since an all-time low of 1,500 in 1983, Glasser said. More than 18,000 cases were reported in 1989 and 25,000 in 1990. He said measles may be little more than an itchy annoyance for well-nourished older children, but it can be deadly to infants and poorly nourished or immunity-compromised older children. Vaccinating older children prevents them from giving the disease to babies.

Mumps cases also have been rising, but not as fast as measles, he noted.

Another recent discovery, the HIB conjugate vaccine, protects children from Hemophilus influenza Type B, which can lead to diseases such as meningitis, which in turn can cause deafness, blindness, paralysis and mental retardation. Glasser said infants in group daycare are especially susceptible and should get their first HIB vaccination at age two months. He said researchers previously thought the vaccine wouldn't be effective in children that young, but recent research shows otherwise.

Health officials recommend vaccinations for polio and other diseases that are rare or nonexistent in the United States today, Glasser said. The officials say vaccinations will keep those diseases rare.

Navy Dr. (Cmdr.) Kenneth St. Andre, a senior DoD health affairs official, said encouraging immunizations is a part of the DoD and national Healthy People 2000 campaigns to raise public awareness of major health issues.

Alert! Crystal & wine interact

If you have a beautiful crystal decanter where you keep wine ready for guests, the word is: don't drink it, or at least not very often. The wine may have high levels of lead.

The British medical journal "Lancet" warns against storing wine, brandy and other spirits in lead-crystal containers. The beverages leach harmful levels of lead from the crystal, say Columbia University researchers. After four months, wine in crystal decanters contained 300 times the lead deemed to be safe in drinking water. Even after one hour, lead levels in wine poured into crystal goblets were three times higher than normal.

The University notes that occasionally drinking wine from crystal goblets will not pose a problem, but pregnant women should avoid drinking from crystal because the lead can pass to the fetus.

Some symptoms of lead poisoning in adults include abdominal pain, high blood pressure and gout.



Retiree Review

As taken from the notes of Roger Cuddeback.

The were 36 people at the Salad Bowl on the 16th of August for the monthly luncheon. An average crowd. But we'd like to see more - many more.

Bill Haynes was the senior retiree present, again outdistancing Howard Beinke, who was back after a month's absence because of an injury to his wife. Howard was late because of errands he had to run for his ailing wife, or so he said.

Elmer Huizenga reported on Clyde Wilkes' new "estate" in Arizona. Clyde says its all sand, cactus and sagebrush now, but soon it will be "The garden spot in Arizona." Elmer says the pictures look like the middle of nowhere.

Laurel Nelson has returned to St. Louis "for good." We were happy to have her back among us.

Charle Denzel had to leave the luncheon because of an upset stomach. Roger Cuddeback, who got stuck taking notes for this column, says he thinks he was faking it so he wouldn't have to do the column.

Elmer Huizenga introduced the members of the District office who were present. The new District Engineer Colonel Jim Craig came by to introduce himself. Along with him were Lou Chiodini, Jean Lindhorst and Jack Niemi. Elmer said he'd introduce the people at the head table in order of importance. He introduced Jean first. How about Estelle, Elmer? She was at the head table. Did you have to explain to her later who was important and who wasn't?

Colonel Craig spoke to the group at length about reorganization, environmental initiatives and generally what was going on in the District. He said Corps reorganization appeared to be out for the coming fiscal year. He said so far the only things he's allowed to do in the District are park his car and walk to the office. He's escorted everywhere else he goes in the District. Colonel, have you thought that this might be so you can't see what they don't want you to see.

Colonel Craig explained about the Colonel Corbin investigation. He passed along a message

from BG Stevens, the Lower Mississippi Valley Division Commander, who said the investigation is absolutely no reflection on the integrity of the people of the St. Louis District, present or past. The District is thought of as one of the best in the Corps.

Colonel Craig made some points when he told the group he was born and raised in Independence, Missouri. The retirees were impressed with the man's sincerity and affability. Good luck to you in your new command, Colonel. We're glad to have you here.

The next luncheon will be on the 19th of September, same time (11 a.m. or so), same place (the Salad Bowl on Lindell). Come on out. We'd love to see you there.

Condolences

Mr. Fructoso Cruz who retired from the Dredge Potter in June 1989, passed away on July 27th.

Maria Forderhaus, wife of District retiree Clifford Forderhaus, passed away on July 16th.

Francis Shanks, widow of District retiree Bill Shanks, passed away on June 23rd.

Soapbox Continued

Kendrick accompanied Woodsy in the Bowling Green Parade and assisted him in teaching children about keeping the environment pollution free. Woodsy also spread the word in the Palmyra Parade, along with Park Rangers Shelly Basinger and Becky Ebbing.

Park Rangers Kyle Kendrick, Sam Decker, Chuck Crocker, Holly Jungers and Mary Heitmeyer hosted 130 students this month in a variety of activities. The summer school students from Palmyra, Missouri, were treated to tours of the M.W. Boudreaux Visitor Center and Clarence Cannon Dam, along with nature hikes, talks on tree identification and programs on water safety.

NEWS BRIEFS continued

Rock and Mineral Show

Rockers of all ages dug their way into the M.W. Boudreaux Visitor Center at Mark Twain Lake to join the Gem City Rock Club of Quincy, Illinois, at the Second Annual Rock and Mineral Show. The many uses of rocks were displayed to visitors in the forms of stone jewelry and carvings, Indian artifacts and stone polishing.