

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 8

Winner 1991-92 Army Communities of Excellence Award

August 1992

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Carlyle Lake marks 25th anniversary

Carlyle Lake is 25 years old. A ceremony was held on Friday morning, June 26, to rededicate the lake. Optimism for the next 25 years was the theme of the ceremony held at the Dam West Recreation Area.

Colonel Craig, Warren Dempsey, editor of the Carlyle Union-Banner, Dale Henry, a former president of the Kaskaskia River Association and Al LeGrand, Lake Manager, all spoke.

Al LeGrand and Wally Feld, Assistant Chief of Operations Division, buried a time capsule during the ceremonies. The capsule will be opened on the 50th anniversary of the lake in 2017.

The lake was originally dedicated in June 1967.

Grojean LMVD Hard Hat of the Year

Charlie Grojean from the Lower Mississippi River Resident Office in Cape Girardeau was honored at a special ceremony at HQUSACE recently for being named Lower Mississippi Valley Division's Hard Hat of the Year. Charlie was given the official Hard Hat Award by LTG Hatch.

This prestigious award represents the highest honor Construction Division can bestow on its field personnel. It recognizes outstanding employees responsible for managing quality of construction in each Corps division. Charlie is the project manager on the Cape La Croix Improvements Project. He's an expert in construction related to preserving wetlands and creating wildlife habitat.

Don Ludwig from the Melvin Price Lock and Dam Area Office was the runner-up nominee for the award.



View from the top -



COL James D. Craig

... they (LMVD Army officers) were all impressed with the ... professional individuals... in the District.

This has been a busy month for the District. To start it, we had the Annual Awards Ceremony in Union Station. A great ceremony that honored a number of very deserving individuals. I thought the ceremony was well put together. Thanks to all of you who helped make it a success, especially those in the Personnel Division. On the 16th of July, we had a Retirees' Open House to show off our new accommodations, and present Elmer his award into the Distinguished Civilians' Gallery in the district. All our retired District family members seemed to enjoy the update. Thanks to Gene and all the rest of you who helped make the day a success. The food and drinks were top notch.

Last week, we hosted all the military officers in the Lower Mississippi Valley Division and the Waterways Experiment Station for a three day Officers' Call. Each and every officer came up to me afterwards to thank us for being great hosts and showing how St. Louis does things. I can tell you that they were all impressed with the fine programs and professional individuals we have in the District. Again, thanks to all of you who helped put the program together and those of you who gave presentations.

The staff and I are continuing on our caravan trips. We appreciate all the work that has gone into putting a program together for us at the lakes and locks and dams. It gives us a chance to see what is really going on, and, I hope, allows the staff to support you better. One of the themes that arose from the honest and frank feedback you are giving us is the desire of some seasonal workers to work a longer part of the year elsewhere in the District. I heard you, and have tasked Bill Parkes to come up with a practical program to do this.

There is no concrete news on Corps reorganization. By the late fall we may start getting some word. You will be kept up-to-date as more information is received.

Congratulations to Dr. Sonny Trimble! Through his efforts, the District has been named the Corps of Engineers Center of Expertise for Archeological Curation. This should bring more work into the District. Mike Dace has been busy, too. We have been tasked by the Huntsville Division to do some chemical and ordinance archival searches, which could lead to more work for a number of years.

Think positive, think about what you can do to improve the day to day working atmosphere in the District, keep up the good work, and **THINK SAFETY.**



US Army Corps of Engineers
St. Louis District

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Hewlett chosen for Leadership Program

Leadership St. Louis Inc. has chosen Tom Hewlett, Chief of Management and Disposal Branch of Real Estate Division, to be a participant in the 1992-93 Leadership St. Louis Program.

Participants in the program represent a cross-section of the key leadership of the metropolitan area from private, public, non-profit and volunteer sectors. The purpose of the program is to enhance the participants' awareness and understanding of the greater St. Louis region, and to expand their civic leadership effectiveness.

Participants meet two days each month for nine months at various sites in the area. They explore key issues including economic development, education, poverty and social services, the arts and cultural institutions, health care delivery, the criminal justice system, unemployment, transportation and regionalism.

Leadership St. Louis Inc. programs enhance the community awareness and leadership skills of persons chosen for their potential to make a difference in the St. Louis area.



The third quarter ended with \$154,560 in tangible savings, a significant increase over last quarter.

Cash awards totalling \$4297 were given to Robert Doza, Lillie Harris, Tom Lovelace, Al Lookofsky, Dave Harley, Oleva Robinson, Richard Sovar, and Steve Deterding. Congratulations to all of you and thanks for your participation in the program.

I hope you've all read the article in the June edition of ESPRIT giving tips on writing suggestions. The article had some very good hints on submitting "winning" ideas.

Keep sending those suggestions to Marge Hurst, CELMS-RM-M.

District employees are Scout advisors

Two from the District family have volunteered two weeks of their annual leave to serve as advisors to Explorer Scouts backpacking at the Philmont Scout Ranch near Cimarron, New Mexico, in August. Genie Wachter, ED-HQ and Danny McMurphy, PM-M, will be accompanying a group of 15 Explorers (8 male and 7 female) and two other leaders on the trip.

The group will hike as two coed crews with Genie as female advisor on a crew backpacking over 50 miles in the 11 days and 10 nights in the mountains. Danny will serve as male advisor on the other crew backpacking over 80 miles in the 11 days.

Philmont Scout Ranch comprises over 137,000 acres in the Sangre de Cristo Mountains of northern New Mexico. It ranges in elevation from 6,000 to over 12,000 feet.

Danny is the Advisor for Explorer Post 444 in Sullivan, Missouri. He is a 25 year veteran as a Scout leader. Genie is an Associate Advisor for Post 444. She has served as staff member for a youth camp in Colorado.

The most rewarding things you do in life are often the ones that look like they cannot be done.

Arnold Palmer

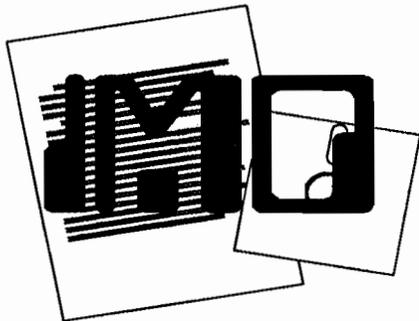
Extra Mile recipient

Congratulations to Ms. Terri Nicholson, recipient of the third quarter FY92 Personnel Office Extra Mile Award!

Terri was nominated to receive this award by a group of her co-workers due to her selfless and constant willingness to help others in times of need.

She is commended for her dedication to the team and her commitment to customer service excellence.

Thanks, Terri!



The significance of the Corps Castle Logo

By Kathy Hayes, Chief IM-S

The appropriateness of the turreted castle as a symbol of the Corps of Engineers is readily apparent. The medieval castle is inseparably connected with fortification and architecture. In heraldry, the castle and the tower are often used in a coat of arms to signify those brave ones who were the first to mount their walls in an assault or successfully defend them.

In this country the term "castle" has been applied to the strongest of our early fortifications, such as Castle Pinckney in Charleston, South Carolina, and Castle Williams and Clinton in New York Harbor,

which, together with the entire system of permanent defense of our country, are particular achievements of the Corps of Engineers.

Possibly patterned after one of the city gates of Verdun, France, the castle is a highly conventionalized form without decoration or embellishment. The Army officially announced the adoption of the castle, to appear on the Corps of Engineers' uniform epaulettes and belt plate, in 1840. Soon afterwards, the cadets at West Point, all of whom were part of the Corps of Engineers until the Military Academy came under the control of the Army-at-large in 1866, also wore the castle.

Army regulations first prescribed the use of the castle on the cap in 1841. Subsequently, the castle appeared on the shoulder knot, on saddle cloth as a collar ornament, and on the button. Although its design has changed many times, the castle, since its inception, has remained the distinctive symbol of the Corps of Engineers.

In 1980, General John W. Morris, then Chief of Engineers, adopted the contemporary castle as the official communication mark of the Corps of Engineers.



Traditional Corps Castle Symbol



Contemporary Corps Castle symbol

Mentor Program can boost success

By Evelyn D. Harris
American Forces Information Service

Tight training budgets need not squeeze civilian employees out. A mentor program can benefit both mentors and proteges at a very low cost, said Joan E. Munch.

"We spent only \$200 out of pocket," said Munch, federal women's program manager for the Navy Bureau of Medicine and Surgery. With support from the bureau's leadership, she geared up the program in April 1991. Although it is still new at her own agency, she has helped other DoD and non-DoD organizations start similar programs.

Munch and a colleague were inspired to develop the program by studies indicating mentors are frequently key factors in the success of high achievers.

Informally, senior employees often teach newer employees. But a formal program to provide a framework can make the relationship more effective, said Munch.

The Navy mentor program is open to all civilians. Proteges are accepted first come, first serve.

"We don't require a high grade for a person to be a mentor," she said. "A GS-9 or GS-6 can be an excellent mentor."

Mentors volunteer for the position and can be military or civilian. They have to be able to give up to one hour a week to the program. Officials look for mentors who exhibit high degrees of initiative in their own careers and are proficient in their jobs. Mentors must serve as role models and resource persons and commit themselves to assisting and advising their proteges on achieving full potential. Munch said mentors must be patient, cooperative and tactful and be able to offer constructive criticism. Finally, mentors must be good listeners.

The mentor contract lasts one year. Mentors and proteges can extend the program for another year. Either the mentor or protege can end the contract if it is not satisfactory. **(Continued on next page)**



At the beginning of the program, both mentors and proteges take a Myers-Briggs Type Indicator. Munch said this personality-inventory questionnaire is used widely in management development programs to help people learn where their strengths lie, the kind of work they might enjoy and how people with different preferences relate to each other.

It costs the Navy less than \$200 per person to administer the questionnaire. This is the sole out-of-pocket expense for the training program.

Mentor program managers use the Myers-Briggs along with other information on proteges' goals to try to match them with appropriate mentors.

Munch said she wants to avoid raising false expectations. All entering the program are told it is no guarantee of promotion. However, people can expect a good mentoring relationship to benefit both mentor and protege, she said. "Mentors enhance their coaching, counseling and managerial skills," said Munch. "Proteges learn to establish realistic goals and set milestones toward reaching those goals. Both parties improve their morale, listening skills, productivity and potential for higher-level jobs."

Of the bureau's pilot group of 11 proteges who began the program in April 1991, one has received a promotion. Two others have moved into positions with promotion potential.

Munch gave a briefing on the program at last summer's DoD Forum at the national Federally Employed Women conference in Denver, Colorado. Some 700 organizations requested information on the program.

Two Army organizations with active mentor programs are Rock Island Arsenal, Illinois, and Aviation Systems Command in St. Louis.



Women's Equality Day August 26, 1992

AMENDMENT XIX OF THE CONSTITUTION OF THE UNITED STATES

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

Women's Equality Day, August 26, 1992, commemorates the passage of the 19th Amendment in 1920, granting women the right to vote. When the Constitution of the United States was written, it gave the right to vote only to men who were white, over twenty-one years old and who owned property. The idea of voting rights for women was first raised in 1848. It did not become a reality until 1920!

Millions of women took part in the last election and will do so again this November, voting for the persons who will make the laws and run our government. Most women and politicians take this right for granted, but women had to work a long time to obtain it.

So much attention was focused on winning the right to vote to achieve equal rights that other issues for full equality for women were not accomplished. The battle is still going on. August 26, has been designated as a reminder of women's continuing efforts toward equality in all spheres of United States society.

Stop by the CASU Library or any public library for more information. The FWP Committee will have an exhibit in the 4th floor display case depicting the historical events of the women's suffrage movement.

I personally would like to thank my FWP Committee for all their wonderful and innovative ideas to me as FWP Manager. It has been a very rewarding and challenging experience. And thanks to everyone in the St. Louis District for their support.

Committee members: Ida Morris - Secretary, Patrick DiBello, Joan Heckstetter, Rozann Heining, Carole Pitzer, Pam Reed, Angela Sanders and LaDonna Supanic.

Norma J. Hall
Federal Women's Program
Manager

Why women should not be allowed to vote

In a 1917 pamphlet issued by the National Woman Suffrage Publishing Company, Alice Stone Blackwell answered frequently heard objections to women's suffrage. Among the reasons people were opposed to the vote for women:

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

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

* It would double the ignorant vote.

* It would double the foreign vote.

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

* The bad women would out vote the good ones.

(Continued on page 9)



On The Soapbox

Around the District

Claude Strauser, Chief, Potamology Section, gave a slide presentation to the Our Lady of Loretto Men's Club in Spanish Lake. He discussed the Mississippi River and how man's influence has changed the river over the last 200 years.

Riverlands Office

Riverlands Assistant Manager, Dan Erickson, along with Major Phillips and Jimmy Bissell took the French Corps of Engineers Inspector (the equivalent of our Chief of Engineers), LTG Francois Bresson, on a tour of Melvin Price Locks and Dam and the Environmental Demonstration Area.

(SIS) Park Rangers Rocky Horrichs and Charlie Deutsch, and Temporary Rangers JoAnn Morgan and Pan Allen staffed the Riverlands display at the Fireworks on the Mississippi Celebration at Alton. They spoke to more than 600 visitors.

Riverlands Office hosted the Operations and Planning Division members from LMVD. They were given a tour of the Riverlands project by Riverlands and District Office staff.

Clarksville Office

Anne Vieira spoke to members of the Clarksville Garden Club concerning the Corps' history and missions related to the Mississippi River. Michelle Carr concluded the program by presenting "Opening the Waterways" followed by a talk at the Lock and Dam 24 lock wall

overlook about the inland waterway navigation system.

Michelle Carr presented a program on the inland waterway system to 40 teachers, part of the Missouri Department of Conservation's Mobile Teachers' Workshop. She followed the program with a tour of the Clarksville Visitor Center.

Wappapello Lake

Park Ranger Andrew Jefferson was interviewed for an exclusive story about the Ozark Trail in the Puxico Press newspaper. He walked portions of the trail with reporter Elfreda Cox.

Andrew also promoted upcoming special events, discussed safety and weekend activities at the lake with KBOA in Kennett, Missouri.

Park Ranger Doug Nichols was interviewed twice by Dennis Keeney for the "Outdoor Show" on KJEZ radio in Poplar Bluff. Discussed were water pollution on Big Creek, whether or not there were any warnings about fish kill, and Chaonia Landing Boatramp Rehabilitation.

Doug was also on the 10 o'clock news on KFVS - TV 12 discussing vandalism. He visited several areas with vandalized equipment or facilities.

Lake Shelbyville

The interpretive staff has been busy the past month. Besides regularly scheduled campground programs and special events, our rangers presented 10 special request programs to 336 people.

Steve Summers and Bill Gidcomb spoke on Shelbyville's "Talk of the Town" radio program.

Bill talked about the Corps' worldwide role in military construction, navigation, hazardous waste and support of other federal agencies. Steve spoke about the campsite reservation system and the availability of camping at the lake. He also discussed plans for 4th of July celebration fireworks at the Dam West Area.

Bill Gidcomb also spoke to a group of 50 boaters who were planning a trip from Lake Michigan to St. Louis. He talked about safety issues and locking procedures.

Carlyle Lake

Interpretive programs were given every Saturday night at each of the campgrounds. Topics such as Native American Legends and Surviving in the Wild interested the visitors.

Seven special request programs were given to groups who arranged for programs on paper making, snakes or a nature hike and tour of the dam. There were four other tours of the dam given as part of the 1992 recreational season schedule. A total of 23 interpretive programs were given at the lake in July.

Kaskaskia L&D

The staff at Kaskaskia River Lock and Dam has been busy this summer with tours as it always is. Almost 200 people in groups from five area schools and one service organization came to see the lock. Lock personnel also gave unscheduled tours to visitors from other states and countries who came in by boat or bus.



News Briefs

Crafts Festival

An Arts and Crafts Festival was held at the sailboat harbor at Wayne Fitzgerrell State Park at Rend Lake. More than 10,000 people attended and enjoyed bluegrass, country and gospel entertainment and visits from Smokey Bear and Woodsy Owl. More than 100 vendors exhibited a huge selection of arts and crafts.

Rend fireworks

More than 25,000 people viewed the over-the-lake fireworks show on the 4th of July at Rend Lake. They also enjoyed the sounds of Donny and the Do-Wops at the visitor center amphitheater.

Junior Ranger Camp

Fifty kids had a great time at the 5th Annual Junior Ranger Camp at Rend Lake. In cooperation with the Illinois Department of Conservation, Corps rangers taught sessions about water safety, fish census methods, preparing snake programs, herpetology surveys, and visitor assistance techniques.

Dees grandpa

Charlie Dees, Assistant Park Manager at Rend Lake, is the proud grandpa of Twanna Danielle Snow.

Shelby Crafts Show

The 2nd Annual Lake Shelbyville Craft Show drew more than 4,000 people. Eighty-two vendors participated with some of the best handiwork in Central Illinois.

Rodeo

The Annual Mark Twain Lake Rodeo was a huge success. Attendance surpassed last year's crowd. The event was highlighted by a 4th of July fireworks celebration.

Veteran Memorial

Vietnam veterans and their families were honored at a groundbreaking ceremony for the Northeast Missouri Vietnam Veterans War Memorial held at Mark Twain Lake's M.W. Boudreaux Visitor Center. More than 300 attended the ceremony.

Astronomy Program

The Quincy Astronomical Society hosted special programs at Mark Twain Lake on the heavenly bodies in the sky. Invited guests discovered the wonders of constellations and stars through the use of high powered telescopes and astronomy equipment.

Scouts buy plants

Becky Thatcher Girls Scouts of Hannibal donated the money raised in their annual cookie sale toward the purchase and planting of native Missouri plants which were planted at the M.W. Boudreaux Visitor Center in July.

Sports Festival

Carlyle Lake's Dam West Recreational Area was the site for the 4th of July Water Sports Festival and Fireworks Spectacular. About 20,000 visitors came to watch the Alton Ski Club demonstration, participate in the volleyball tournament and the sand sculpting, and enjoy the fireworks.

Old Greenville Days

The 1st Annual Old Greenville Days will be conducted on the 15th and 16th of August at the Greenville Recreation Area and Wappapello Lake. Activities will include arts and crafts, displays and exhibits, Civil War re-enactments and bluegrass music.

Awards Ceremony

The District held its 217th Anniversary Awards ceremony on June 30 at the Hyatt Regency Union Station. Many honorary awards were presented to deserving District personnel. Some 127 were honored for their length of service to the Corps and their country.

The Scott AFB MAC Protocol Combo "Starlifter" provided entertainment. A reception at the District Office awaited after the ceremonies.

Affluent look bad for mall shoppers



From your Crime Prevention Council

High crime rates at shopping centers have made "dressing up" to go shopping a risky matter. In his book "The Sixth Sense: Practical Tips for Everyday Safety," Joe Niehaus recommends leaving expensive

clothing and jewelry at home. They increase your risk of being robbed at the mall, as well as the risk of being followed to your home and robbed at a later time.



\$ – Promotions & Incentive Awards – \$

PROMOTIONS:

Robin Parks, ED
Michael Navin, ED
Harold McCollum, ED
Rachel Garren, OD

EXCEPTIONAL PERFORMANCE RATINGS:

Walter Fredley, CD
Howard Turner, CD
Clarice Trigg, CD
Andrew Schimpf, CD
James Burns, CD
Sharon Hornback, ED
Catherine Mueller, ED
Robert Davinroy, ED
Carl Okenfuss, ED
Leland Lenzner, ED

Kevin Curran, OD
Rhonda Smith, OD
Terry Miller, OD
Thomas Bloor, OD
Edward Ewing, PM
Martha Plyler, RM
Roberto Escalera, RE

PERFORMANCE AWARDS:

Walter Fredley, CD
James Burns, CD
Michael Crain, OD
Kevin Long, OD
Kathy Engelmann, PD
Angela Sanders, RE
Martha Plyler, RM

QUALITY STEP INCREASES:

Dennis Morgan, ED

Charles Dees, OD

SPECIAL ACT AWARDS:

Paul Schmidt, CD
Larry Wernle, CD
Clarice Trigg, CD
Dean Surface, CD
Karen Bautsch, CD
Cynthia Ward, CT
Judith Willet, CT
James Reed, ED
James Keim, ED
Ronald Singleton, IM
Jon Eckles, IM
Diane Stratton, OD
Joseph Stelbrink, OD
Mary Williams, PO
Jennifer Watkins, RE

Coming Events at the lakes

MARK TWAIN LAKE

Aug. 15-16 Salt River Folklife Festival,
Florida, Mo.
Aug. 22-23 Rock and Mineral Show,
Visitor Center
Sept. 6 Gospel Music Concert,
Visitor Center
Sept. 26 Fall Festival, South Spillway

REND LAKE

Sept. 12 Take Pride in America Lake
Cleanup

Rend Lake Live: Saturday Night programs May 30
to Sept. 5, 7:30 p.m., Visitor Center
Environmental Science Series Workshops and
Outdoor Skills Clinics, Saturdays 10 a.m. to 4 p.m.,
Visitor Center

WAPPAPELLO LAKE

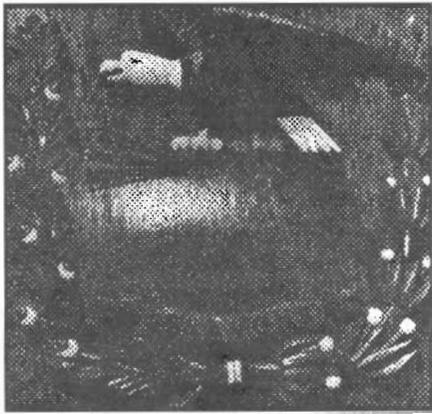
Sept. 5 Dedication Historic Walk
"Memory Lane"
Sept. 19 2nd Annual Handicapped
Fishing Day

LAKE SHELBYVILLE

Aug. 15 6th Annual Okaw Indian
Festival
Sept. 1 Dove Hunt
Oct. 1 16th Annual Eco-Meet
Oct. 24 (tent.) Lake Shelbyville Photography
Contest
Nov. 20-22 Physically Challenged Deer Hunt



"Eagle that looks like a duck"



In the fall of 1898, as the U.S. Army was recovering from it's Spanish-American War adventures, a young engineer officer sat in the officers' mess at Willets Point, Long Island, New York. This young engineer, who would retire years later as BG Sherwood A. Cheney, authored the toast below:

"Here's a health to the Army.
And here's a health to our Corps.
Here's to the flag flying up on the hill.
And the bird flying over our door.
Stand by with your glasses all brimming.
Here's health, and here's how, and here's luck.

And here's to the Castles of Silver we wear.
And the Eagle that looks like a duck."

The Eagle that looks like a duck hung in the Officer's Mess of the Engineer School located at Willets Point from some time after 1866 until 1901. With the transfer of the school to Washington Barracks (now Fort McNair) in 1901, the Eagle plaque moved to the Washington Barracks Officer's Club.

When in 1918 the Engineer School again moved to Camp A.A. Humphreys (now Fort Belvoir), the Eagle plaque was hung in the original Officer's Club, Harris Hall. In 1935 Mackenzie Hall was built as their new club, and the Eagle moved to the second floor, Castle Room, where she hung high above the fireplace.

In 1988, with the move of the Engineer School to Fort Leonard Wood, the Eagle came west for the first time. After undergoing minor treatment to restore the original grandeur to this piece of Engineer School tradition, the Eagle plaque once again watches Engineer School activities as she has done since before BG Cheney ignominiously referred to her in his toast as the "Eagle that looks like a duck."



**FEDERAL
KID HELP 92**

**BACK-TO-SCHOOL DONATION DRIVE
FOR HOMELESS AND NEEDY KIDS
AUGUST 5-19**

The Voluntarism Task Force of the St. Louis Federal Executive Board is coordinating a back-to-school donation drive for homeless and needy kids called Federal Kid Help 92. The drive will be for two weeks from August 5 to 19. School supplies, new or like new clothing, new athletic type shoes and disposable diapers are needed. Boxes will be set out in the lobby of the Robert A. Young Building near the main elevators for your donations. Help needy kids get a good start in school this year.

Women's vote continued

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

* The growth of civilization is marked by increasing specialization and division of labor. Woman suffrage would therefore be a step backward.

* Women would cease to be respected.

* Women would lose their influence.

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

* It would lead to family quarrels and increase divorce.

* It will destroy chivalry.

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

* It would double the vote without changing the result.

* We have too many voters already.

* It would turn women into men.

Reprinted from Womanlist by Marjorie P.K. Weiser and Jean S. Arbeiter



HIV-infected soldier looks to bright future

By Rudi Williams
American Forces Information
Service

Suffering from shock and disbelief after being told in December 1988 that he was infected with the human immunodeficiency virus, Army Spec. Mitchel E. Cantrell remembers mentally screaming, "I can't believe this is happening to me!"

Many tormenting questions rapidly flashed through the computer programming analyst's mind:

"How long am I going to live?"

"Am I going to suffer agonizing pain before I die?"

"Will my mother and father, brothers and sister and my friends turn their backs on me?"

"Who can I talk to?"

"In 1988, the media were still treating HIV infection as a death sentence," Cantrell, 25, painfully recalled. "So the doctors at the 2nd General Hospital in Landstuhl, Germany, had me come there every week to make sure my mental health was all right."

There was no AIDS support group he could turn to. The only people he could discuss his problem with were his doctors at Landstuhl and the community health nurse in Zweibruecken, Germany, where he worked for the Information Systems Engineering Command, Europe. Cantrell felt totally hopeless until he was referred to Walter Reed Army Medical Center on Jan. 29, 1989.

"I was told that I probably had about two years to live," Cantrell lamented. "But when I got to Walter Reed, I saw people who had been diagnosed as having the AIDS virus eight to ten years before. That was a great relief. I settled down and tried to go about business as normal." He now works for

an Army computer data center in Washington, D.C.

Instead of crawling into a shell of self-pity, Cantrell probed for ways to help himself. "I couldn't just sit around waiting for the disease to take its toll," he said. "I needed to do something to make me feel like I was helping myself instead of waiting for somebody else to do it for me."

When he heard that scientists at the Walter Reed Army Institute of Research were looking for volunteers to participate in an anti-AIDS vaccine test, Cantrell became intensely interested. He canvassed the medical center, talking to doctors, nurses, pharmacists -- anybody who knew anything about the vaccine.

"I wanted to make sure the drug didn't have harmful side effects," Cantrell said. "I had enough problems."

His quest for information led to Dr. (Lt. Col.) Robert R. Redfield, a world-renowned, award-winning AIDS researcher and the institute's principal researcher for the vaccine. One of Cantrell's first questions was, "What is the drug expected to do?"

Dr. Redfield didn't make any promises, but he was reassuring," Cantrell recalled. "He said the doctors were hoping the drug would change the body's immune response to the HIV infection. They were trying to get the body to recognize the drug as a foreign body so the immune system would respond and fight the HIV virus better."

"But he didn't promise that the drug would be a cure-all or that it would have any positive effect at all," said Cantrell. The drug is a genetically engineered vaccine called glycoprotein, or GP 160.

Satisfied with Redfield's an-

swers to his questions, Cantrell became one of the first two patients in the 10-month test. Thirty volunteers -- active duty military personnel, dependents and retirees from all branches of the services -- would ultimately participate.

"After the first shot, they kept us (the first two patients) in the hospital for a week to check for side effects," Cantrell said. "That turned out all right. Thereafter, we had to stay around for an hour after taking the shot. During the study, people got shots at different intervals. Now, after the study has been completed, we're all being given shots every four months."

Redfield said the anti-AIDS vaccine trial was designed specifically to see whether the vaccine therapy was safe and effectively boosted immune defenses in people already infected with HIV. Researchers were looking for a model that would tell them what immune defenses are important to protect.

Ten months later, the anti-AIDS vaccine appeared to have stopped the HIV infection from spreading into full-blown AIDS in 19 of the 30 volunteers. Cantrell was devastated. His immune system didn't respond to the medication. But he didn't lose hope.

"I was very disappointed, but I had a lot of faith in Dr. Redfield and his staff," Cantrell said. "I knew they were trying their best."

Redfield didn't lose hope either. The 19 volunteers whose systems responded to the treatment had received six shots of the vaccine during the test. The other 11, which included Cantrell, had received only three.

"So they tried a few different ways to make me respond to the drug, including a high-dosage



injection," said Cantrell. "The medicine in the first high-dosage shot had been on the shelf too long, so they vaccinated me with a fresh batch -- and it worked!

"My T cells fluctuate between 400 and 500, which is good," Cantrell said proudly. The loss of T cells impairs the body's ability to fight most invaders; the immune system is near shutdown when the count falls below 100 or 200 per cubic millimeter of blood. That's when HIV infection turns into full-blown AIDS, eventually resulting in death.

Optimistic about future prospects, Cantrell is back on track in pursuit of a degree in computer sciences. That was his primary goal when he decided to join the Army in 1985 and sought a regular paycheck, a chance to learn a marketable skill and a way to save money to finish college. Cantrell said he was tired of seasonal minimum-wage roofing jobs and working strange hours in his hometown of Hartford, Michigan, a farming community of some 2,490 souls.

"I would also like to work with AIDS patients and newly diagnosed HIV-positive people," said Cantrell. "Quite a few people are still scared of the disease and don't understand it. That includes parents, partners, dependents, friends and co-workers. They're afraid of the stigma and how others will respond to them once they find out someone in the family has AIDS."

When he told his mother, stepfather and four brothers and sister he was HIV-infected, "they were initially a bit fearful, but didn't turn their backs on me," Cantrell said thankfully. "They were willing to sit down and ask questions about what's needed. They've been very supportive, but my mother was a bit shocked. She asked a lot of questions about the disease and about the drugs I'm taking. My stepfather is supportive as well. They're always checking up on me to make sure I'm doing all right."

Cantrell is also thankful for the way his co-workers treat him. "They didn't know I'm HIV-

positive until I appeared on CBS and ABC television," he said. "The next day, after the program was aired, all they had were a few questions. That was really nice."

In a matter-of-fact tone, Cantrell said, "People need to know that being HIV-positive is not really a death sentence anymore. Doctors are managing the infection well -- preventing the infection from spreading into full-blown AIDS."

"People probably already know somebody who's HIV-positive, but haven't been confronted with it yet," he added. "Quite a few people in the military are HIV-positive (more than 10,000, according to DoD statistics) who are still working and going on with their everyday lives. They don't look sick."

"If people would learn about the disease, it would be a bit easier for them to cope with it," Cantrell emphasized. "You can't catch the disease by holding hands, hugging, talking or breathing the same air."

Union agreement signed

On June 17, 1992, the union negotiations between Local 24, National Federation of Federal Employees and the Corps were completed and the Memorandum of Agreement was signed by Colonel Craig and Larry Jenneman, the president of the union. Members of both negotiating teams signed the agreement also.

The union negotiation team was represented by Larry Jenneman of the Real Estate Division and Ron Bockhorst of Support Services Branch, Information Management Office. The employer negotiating

team was represented by Lou Chiadini, Chief of Programs



Left to right: Lou Chiadini, Ron Bockhorst, Col. Craig, Chris Williams, Walter Ohar and Larry Jenneman after agreement signing.

Management Branch, Chris Williams of Management-Employee Relations Branch, Personnel Office, and Walter Ohar of the Office of Counsel.

The long history of good labor relations with the District and spirit of cooperation between both parties continued and resulted in a constructive and cooperative relationship that will benefit the well-being of employees covered by the Memorandum of Agreement and improve the administration of our collective efforts.



Test your knowledge of WWII

Write your answer in the blank provided, then find it in the attached chart. Good Luck!

1. The island of _____ was the site to the first major U.S. counter offensive campaign in the Pacific.
2. Battle marking highpoint of Japanese seapower. - _____
3. Primary U.S. medium tank - The M-4 _____
4. Commander of Operation TORCH, the initial Allied Landing in North Africa; later Supreme Allied Commander in Europe - General _____.
5. Senior WWII commander who, as a lieutenant before WWI, served as junior Corps of Engineers officer in NCD area of responsibility - General _____.
6. Name of French Peninsula where June 6, 1944, Invasion of Europe occurred - _____
7. U.S. Infantry weapon used against tanks - _____
8. State where first Japanese attack against U.S. forces occurred - _____
9. Pass where first Japanese attack against U.S. forces occurred - _____
10. Operation _____ was plan for amphibious invasion of Sicily.
11. The four-letter single word reply given in response to a German demand for U.S. forces in Bastogne to surrender during the Battle of the Bulge - _____
12. British bomber - _____
13. In the Normandy Invasion, there were five beaches, code named Omaha, Utah, Sword, Gold, and ? - _____
14. Last name of the commander of the 5304th Composite Organization (Provisional), often used

ahead of the word "Marauders." - _____

15. C-46s and C-47s operating in the CBI Theater left India and flew over the _____ to deliver supplies to the Nationalist Chinese.
16. German officer who commanded Axis forces in North Africa and then set up defenses in France along the Normandy Coast; committed suicide after being accused of plotting to assassinate Hitler - _____
17. Nickname of largest operational German tank. - _____
18. Famous American WWII general who, while serving in Northern Mexico with General Pershing's expeditionary force, the year before the U.S. entered WWI, survived a pistol fight with one of Pancho Villa's officers. His horse-mounted opponent was not so fortunate. - _____
19. Name of most well-known of five battleships sunk at Pearl Harbor during the surprise Japanese air attack - _____
20. Premier of Japan at start of war - _____
21. First country of Axis to surrender - _____
22. The USS LEXINGTON, a U.S. aircraft carrier, was sunk in the battle of the _____ Sea.
23. Allied amphibious landing south of Rome - _____
24. War in Europe started in 1939 with German invasion of - _____
25. The location of the last horse-mounted charge of the U.S. Army was on the _____ Peninsula in the Philippines.
26. Admiral who commanded Japanese fleet during December 7, 1941, attack on Pearl Harbor - Admiral _____
27. During the Battle of Midway, four Japanese aircraft carriers were sunk, the Soryu, Akagi, Hiryu and the _____?

28. The bridge at Remagen was the first span across the _____ River that was captured still intact by allied forces in 1945.
29. Final goal of Operation MARKET-GARDEN was the capture of the city of _____.
30. Soldiers of the 101st Airborne, encircled in the town of Bastogne and refused to surrender during the critical Battle of the _____.
31. Aleutian Islands of Alaska captured by the Japanese were Kiska and _____.
32. Mussolini's first name _____.
33. Nickname of Japanese fighter plane - _____.
34. Island invaded April 1, 1945 - _____
35. Nickname of Browning Automatic Rifle - _____
36. Leader of anti-Japanese guerilla force in Vietnam who was initially given weapons and supplies during the war by the American OSS - _____

World War II test

Answers

- | | |
|----------------|-----------------|
| 18. Patton | 36. Ho Chi Minh |
| 17. Tiger | 35. BAR |
| 16. Rommel | 34. Okinawa |
| 15. Hump | 33. Oscar |
| 14. Merrill | 32. Benito |
| 13. Juno | 31. Attu |
| 12. Lancaster | 30. Bulge |
| 11. Nuts | 29. Arnhem |
| 10. Husky | 28. Rhine |
| 9. Kasserine | 27. Kaga |
| 8. Hawaii | 26. Nagumo |
| 7. Bazooka | 25. Bataan |
| 6. Normandy | 24. Poland |
| 5. MacArthur | 23. Anzio |
| 4. Eisenhower | 22. Coral |
| 3. Sherman | 21. Italy |
| 2. Midway | 20. Tojo |
| 1. Guadalcanal | 19. Arizona |



Keep hot weather and swimming from becoming a dangerous duo

On a hot summer day, nothing is as refreshing as plunging into the nearest body of water. To do it safely, be knowledgeable about the dangers. The National Safety Council makes these recommendations:

EDUCATE YOUR CHILDREN: Kids are the ones who seem to love the water the most. Parents should explain the dangers water presents, teach children to swim, and teach them when and where they should not swim.

KNOW WHERE THE DANGERS ARE: Most drownings occur in natural water environments like lakes, rivers and oceans. Most swimming pool accidents happen in privately owned pools found in homes, apartment complexes, hotels and resorts.

Unintentional entry into water accounts for more than half of all drownings. This includes falls

from docks, boats, bridges and pool perimeters.

CHECK BEFORE YOU DIVE IN: Swimming accidents cause about 6,000 spinal injuries resulting in permanent paralysis in this country every year. Spinal injuries are caused by diving head first or too deep into shallow water, diving into objects or people, and diving from high places. About 95 percent result from dives into water less than five feet deep.

Divers should enter the water with arms extended firmly overhead and hands together to protect the head. If you are not certain of the depth, jump in feet first.

KNOW YOUR OWN LEVEL OF SKILL: Be sensible and don't swim to a raft, boat or island if you just "think you can make it." Don't try to rescue anyone unless you are properly trained in lifesaving techniques. If you are a poor swimmer, don't rely on inflatables for protection.

AVOID FAST-MOVING WATER. If you do get caught in a current, swim in the same direction, try to angle toward shore until you reach it.

WATCH THE WEATHER: When thunder rumbles or lightning flashes even in the distance, get out of the water. If a real storm develops, find shelter from lightning, but stay away from metal objects and large trees.

REMEMBER SAFETY RULES: Never swim alone. Swim in areas where a lifeguard is present. Obey posted safety rules. Avoid alcohol and drugs when you are near the water, and keep an eye on the children.

Even if you can't achieve a level of skill required to pull a drowning person from the water, anyone can learn first aid for a person who has been rescued, including CPR.

Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES* - JULY 1992: One

Total lost-time accidents for FY92: Ten

Total lost-time accidents for FY91: Ten

A lock and dam operator suffered a fractured arm after being thrown off a scooter when it struck a piece of loose grating on the lockwall. The grating flipped up and engaged the brake mechanism on the scooter.

* Lost-time accidents only

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - JULY 1992: None

Total accidents for FY92: One

Total accidents for FY91: Nine

GOVERNMENT VEHICLE ACCIDENTS* - JULY 1992: None

Total vehicle accidents for FY92: None

Total vehicle accidents for FY91: Two

* Vehicle accidents with total monetary damages of \$2,000 or more

LAKE FATALITIES - JULY 1992: None

Total lake fatalities for FY92: Two

Rend Lake - 1

Carlyle Lake - 1

Total lake fatalities for FY91: four

Lake Shelbyville - 1

Mark Twain Lake - 1

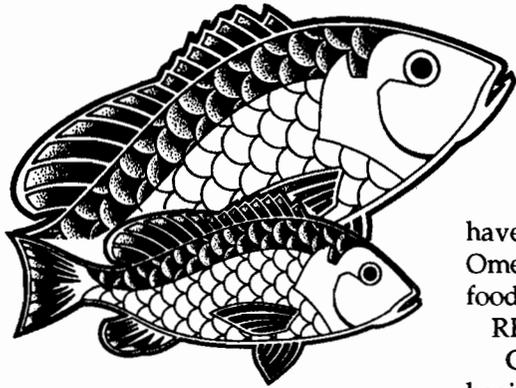
Rend Lake - 1

Wappapello Lake - 1



To your health

Tasty fish are a dish-full of health



A dinner of red snapper or poached salmon instead of steak or pork chops is not a big dietary change, but it has profound health benefits.

People who eat fish twice a week or more are less likely to die from heart disease. Omega 3 fatty acids lower cholesterol levels and reduce the blood's tendency to form damaging plaque. But the fish story goes far beyond heart protection.

The department of preventive medicine at Harvard Medical School says fish fats are so special because they serve as building blocks for powerful chemical messengers called eicosanoids. Eicosanoids affect body functions as diverse as blood clotting, inflammation, immunity and brain/eye development. They help the body fight disorders like heart disease, rheumatoid arthritis and cancer.

For two to four million years, says the Medical School, humans

ate a balance of Omega 3 and Omega 6, fatty acids from vegetables. Since the dawn of agriculture 10,000 years ago and more so in the last century, our diets

have shifted away from fish and its Omega 3 oils toward Omega 6-rich foods, or vegetable oils.

REPAIRING BLOOD VESSELS

Coronary artery disease may begin with a tiny injury to the arterial wall. The immune system tries to repair the injury, and eicosanoids help regulate the process. If the injury is not repaired, plaque forms, narrowing the passageway for blood flow. This is the beginning of atherosclerosis, the most common form of heart disease.

FIGHTING INFLAMMATION

The tissue around joints of people with rheumatoid arthritis is chronically inflamed. In studies at Albany Medical College, inflammation was reduced by Omega 3 supplements. The improvement wasn't dramatic, and studies continue, but the research did show that Omega 3 plays a role in fighting inflammation.

Eating fish won't cure arthritis, but it will help the body to fight any type of inflammation that is present.

Other research shows that Omega 3 may also benefit people with asthma and psoriasis.

Fish that are especially rich in Omega 3 include salmon, rainbow trout, mackerel, herring, sardines, Atlantic bluefish and tuna.

Playing it safe with seafood

Medical authorities agree that eating seafood a couple of times each week is good for you. They agree too that it's important to keep seafood fresh and free of contamination. Here are some ways to do it:

* Make the seafood counter the last stop on your shopping tour. If you can't go directly home, ask that the fish be packed in ice.

* Seafood and seafood products should be refrigerated at 32 to 38 degrees Fahrenheit. Use a thermometer to determine what refrigerator setting you need to get that temperature. Depending upon how fresh they are at the time of purchase, they must be cooked within one to five days.

* Frozen seafood should be kept at 0 degrees, and used within six months. Don't thaw at room temperature because this promotes bacterial growth on the surface. Defrost quickly in the microwave or by immersing in cold water.

* When handling raw seafood, wash your hands in warm, soapy water before and after preparation. Don't reuse a cloth or sponge used to clean up juices until it has been thoroughly washed. Wash utensils that have come in contact with seafood in warm, soapy water before using for any other food.

* Cut seafood on a plastic surface rather than a wood cutting board. Wood could absorb juices and contaminate other foods.

* Always rinse seafood in cold water before cooking to remove surface bacteria. Any leftovers should be refrigerated immediately.



Retiree Review

By the Retiree Correspondent

All that can be said about our July lunch and meeting is that it was a huge success. The sign-in book shows there were 49 attendees, however, my head count showed 51 in attendance. The best part was that there were a number of retirees present who we have not seen for a long time. John and Marion Warack were FIRST TIMERS and for Dave and Mae Comfort and John and Jean Roth it was their second time. Please, ALL retirees make plans to attend our meetings on the third Thursday every month at the Salad Bowl.

The honors for longest retired went to Clif Forderhase with Howard Beinke taking runner up honors.

The business (Ha) part of the meeting was cut short due to the scheduled visit to the District Office. We did not, however, dispense with the jokes. Don Wampler gets the prize this time for the best jokes, even though Elmer tried hard to beat him. Sorry Elmer, it's second place for you this time.

Kate Stiles had a letter from Harold and Dorine Youngland, 420 East 8th Street, York, NE 68467.

Harold is in his 11th year of retirement and says he is living proof that there is a wonderful retirement life WITHOUT GOLF. You know a lot of us agree with you Harold and consider it STUPID for grown people to run around hitting balls on the ground trying to put them into a hole in the ground. Good to hear from you, Harold, to hear that everything is going A-OK.

Now comes the BIG PART of our meeting. Gene Degenhardt took over the podium and explained the procedures for the bus trip to the District Office, tour of Office and bus trip back to the Salad Bowl. It is not possible to go into the details of the tours as everything was planned to assure everyone got to visit with District personnel and to visit the areas they wanted to visit. The highlight of the visit was the presentation to Elmer Huizenga, former Chief of Real Estate Division, of the award accompanying his selection to the Gallery of Distinguished Civilian Employees. The award was presented by the Deputy Commander, Major Richard Brontoli. Colonel Craig, the Commander, had been scheduled to make the presentation, but the plane he and Mr. Niemi were taking from Chicago to St. Louis was delayed because of weather and they arrived at the District Office just as Major Brontoli was completing the presentation. We all missed you, Colonel, but rest assured the Major did a most commendable job in your absence.

Everyone has commented how much they enjoyed being able to visit the office and the chance to meet old friends. We all appreciate the effort put forth by Mr.

Degenhardt and all the other District employees to make this visit a complete success. Thanks to one and all. Let's do it again next year.

So long for now.

Retirees...

Frank Korzenewski retired on June 28 from the staff at Rend Lake. Frank had more than 21 years of federal service, more than 19 with the St. Louis District.

Lewis Kent retired on July 3 from the staff at Lock and Dam 24. Lewis had more than 30 years of federal service, more than 25 with the St. Louis District.

Mary C. "Chris" Williams retired on August 3 from the job of Chief, Management -Employee Relations Branch, Personnel Office, with more than 30 years of federal service, most of which was spent at Fort Leonard Wood.

Condolences

The District was saddened by the death of Jim Dorsey, Melvin Price Area Office, on Friday, July 17. Jim had been with the District for 24 years.

Ancient cure attracts believers

Few folk medicines have threaded their ways through ancient times, the middle ages and down to the present day. The healing properties of garlic are recorded as far back as the records of Hippocrates.

More recently, it was used by doctors during the American Civil War as an aid in preventing gangrene. In Africa, Dr. Albert Schweitzer used it as an antiseptic in his jungle hospital.

There are compounds in garlic that kill bacteria, according to the VA Medical Center in Albuquerque, NM. Further, the First World Congress on the Health Significance of Garlic, held recently in Washington, D.C., heard researchers report that garlic lowers cholesterol, fights a carcinogen that causes breast cancer, and is helpful in treating meningitis.

The nutrition department at Penn State University presented findings showing that garlic lowers cholesterol in blood fats, reducing the risk of heart disease. The amount fed experimental animals was equivalent to two percent of their daily diets. The safe, effective quantity for human beings is a subject for further study.

People who like Chinese cooking, or Italian dishes, have plenty of opportunities for using garlic. But if you decide to chew a piece of garlic now and then, remember to brush your teeth.



DESERT FOX EARNED HIS ENEMIES' RESPECT

He was called the Desert Fox by the Allies. Beating Nazi Field Marshal Erwin Rommel became an obsession with British Prime Minister Winston Churchill. It never happened.

His charisma and leadership were invaluable to the Nazi war effort. In North Africa, his reputation grew. British Commander Sir Claude Auchinleck said, "We speak too much of our friend Rommel." He wanted his commanders and troops to think of Rommel as just another German general. This was not the case. He was a military genius whose tactical and strategic moves were respected — if not admired — by his enemies.

Rommel, who received Imperial Germany's highest military honor during World War I, led an armored division during the invasion of France. His slashing attacks kept the French off balance. During the six-week campaign, Rommel's division captured 100,000 prisoners and knocked out more than 450 tanks. He was blitzkrieg—lightning war—personified.

Hitler assigned Rommel to North Africa to bail out the Italian army. The Italians had launched attacks against the British in Egypt then been beaten badly. Rommel and portions of three German divisions were sent to stabilize the situation.

He was not supposed to conduct offensive operations in North Africa. But it was impossible to hold the master of mobile warfare back. With few dependable troops, little in the way of supplies and no command of the air, Rommel took the offensive time and again. He drove the Afrika Korps deep into Egypt and threatened the Suez Canal. Shortages of fuel and ammunition stopped Rommel's



forces, not the British.

But the tide turned. While Rommel was on sick leave in Germany, the British 8th Army attacked at El Alamein, Egypt. It routed the German and Italian forces. Called back to duty, Rommel conducted a fighting retreat to Tunisia. Rommel turned from the British 8th Army in the East and attacked the American and British Army attacking from the West. The Battle of Kasserine Pass was a disaster for the Americans—some 6,000 soldiers killed, wounded or captured.

Rommel saw the writing on the wall and recommended North Africa be evacuated. Hitler and Mussolini did not listen. At the end of the campaign, the Allies captured 250,000 German and Italian soldiers.

Rommel was placed in charge of the defense of France against the expected Allied invasion. His idea was to stop the invasion at the shore. Allied land commander for the invasion, British Gen. Bernard

Law Montgomery, expected and feared just such a strategy. But superiors overruled Rommel, and on June 5, 1944, he left France to celebrate his wife's birthday. The weather was so bad, he believed the Allies could not stage the invasion. On June 6, the liberation of Europe started with Rommel nowhere near.

Rommel—who started the war as commander of Hitler's bodyguards—became disillusioned with the fuhrer. He believed that Hitler, realizing the war was lost, had a death wish for Germany. He became implicated in the July 20, 1944, plot to assassinate Hitler. When Hitler miraculously survived the attempt, Rommel was given a choice between a trial and suicide. If he chose suicide, no action would be taken against his wife and son.

Rommel—the Desert Fox—took poison Oct. 14, 1944. Those who saw the body before its cremation said there was a look of contempt on its face.

—American Forces Information Service



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