



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 12

Winner 1991-92 Army Communities of Excellence Award

December 1992

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Team of the Quarter



Pictured are Tom Regan, Jerry Stroud, Dave Nulsen, Col. Craig and John Robinson

A team from Locks and Dam 25 is the first winner of the Team of the Quarter Award presented by the St. Louis District. The award was for the last quarter of fiscal year 1992. The team was picked for spending countless hours, including their own time, devising a less costly way to resolve the problems with roller gate chain replacement.

The team consisted of Jerry Stroud, H. Kenneth Allensworth, John Robinson, David Nulsen and Thomas Regan.

In a ceremony held November 5th, the team received certificates from Colonel Craig. They will be the custodians of the District's roving trophy until February when they will pass it on to our next Team of the Quarter winners.

Other teams in the running were the crew of the Pathfinder for Family Days on the River, the staff at Lake Shelbyville, supplemented by folks from OD-R, Carlyle, Rend, OD-N, OD-NL and OD-E, for their innovative approaches to completing Phase I of a brood pond at Lake Shelbyville, and a team from Geotechnical Branch, Geology Section who completed six weeks worth of work in 31 straight days in the field so that critical drilling, sampling and testing was done within the fiscal year on five different projects.

The District Staff judged the competition. The voting was extremely close. Teams were within one point of each other.

The Team of the Quarter program came about because of employee suggestions to the ACOE Committee and OSI Survey. The award is to recognize that none of us work alone to get a job done. We must work together. The better we work together, the better the job we do.



View from the top -



COL James D. Craig

I will commit to you that I will ensure you are all cared for, and that we will do our best to work for a smooth transition.

There may not be room to pass on all the information I have this month, so I will try to keep it concise.

First, as all of you know, the Corps Reorganization Plan was announced on 19 November. In the plan, the St Louis District planning, engineering, and real estate functions will, in effect, be moved to one of 15 Technical Centers in the 39 districts in the U.S. This, along with a national consolidation of finance and accounting functions in the Corps, and the creation of one administrative center for each division will result in the reduction of about 295 spaces in the District office. Additionally, the District will report to the newly formed North Central Division in Cincinnati, Ohio. I know each of you have strong feelings about the specifics of this reorganization plan, but I will tell you that the Corps MUST reorganize to remain relevant and competitive. We are too top heavy and not efficient enough. Although I cannot commit to you that I will change the plan, I will commit to you that I will ensure you are all cared for, and that we will do our best to work for a smooth transition. Each of us has several choices to make in our attitudes toward the future. You can feel sorry for yourselves, mope around, and look for all the negatives, or you can look to the future for opportunities, and get on with the work at hand. For myself, I see nothing to be personally gained by the former attitude. Further, we can either take charge of the District future, or we can roll over, play dead, and let others choose our future. The choice is ours.

On a brighter note, most of the District staff attended a one week LEAD Course last week, run by John Dierker and Dave Leake. I want to publicly thank both instructors for once again providing outstanding leadership instruction to people in the District. Second, I want all of you to watch the members of the District staff and see if they are more focused, more enthusiastic, and provide more leadership to you. I can tell you that they are ABSOLUTELY committed to those goals. Additionally, they changed their name from TAA to the District Staff. THEY felt the former was divisive, made the decision, and informed me of their choice. I applaud them!

On another positive note, we have been selected as one of the nine ACOE finalists for the Army again this year! Another great job by ALL of you.

We have completed several due outs this month. As promised, the District priority list was published on 9 November. This work is "stuff" that needs to be done for the Corps and the Nation. Therefore, Reorganization will not affect it. This is the work we must accomplish, in spite of

(Continued on next page)



US Army Corps of Engineers
St. Louis District

ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

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the efforts that must be expended during the reorganization. We must each balance reorganization with the "A" List.

We also have published the results of the OSI survey, and the actions being taken in response. We will continue to act on these. As part of the survey, as well as feedback during brown bags, and the Caravan Trips, a recurring theme is the need for honesty in the District. The dictionary defines honesty as "fairness and straightforwardness of conduct". I am committed to honesty, and I charge each and every member of the District to an attitude of honesty. We cannot afford to deal with each other in any other manner. Hidden agendas, keeping information from each other, slanting the truth for individual benefit, and not being straightforward in dealing with

each other ultimately will be to your and the District's detriment. As Benjamin Franklin said "Honesty is the best policy."

One final theme that continues to be brought up is the need for me to more clearly state my open door policy. Anyone can access me directly through E-mail. If you do not have E-mail, use the training terminals and the ID "Student". Only I read my mail. Send a personal note in an envelope directly to me. The front office has been instructed to leave personal envelopes sealed. If you want the information protected, you need to tell me. If you feel you must see me face to face, see Jean and she will put you on the calendar. If you do not want to be identified, tell her and she will mark my calendar "PERSONAL APPOINTMENT". If that is too awkward,

come and see me at 1530 any Friday I am in town. My intent is to be available to anyone who feels they need to communicate directly with me. I ask only that you think about it before you come and see me and make sure the chain of command cannot help, or you cannot get the information from the specialist in the area in the District. I want all problems and issues resolved the most efficiently and effectively they can be.

A final thought. This is a time of great personal stress for each one of us in the District. What are you doing to alleviate your stress? Anyone who is not personally and actively addressing that problem is heading for a potential health problem.

Have a great holiday and **THINK SAFETY!**

District provides hunting for disabled

Rend Lake held the first part of its Thirteenth Annual Physically Challenged Deer Hunt the weekend of November 20, 21 & 22. Twenty-six disabled hunters participated this year, with assistance by the Sesser-Valier High School Outdoorsmen Club. Nine deer were harvested.

Bill Hess, a first year participant who is blind, bagged a deer. He is the second blind hunter to participate and get his deer. Blind hunters sight by shoulder tap signals and are amazingly accurate shots.

One of the hunters was a quadriplegic who had his gun mounted to his wheelchair and fired it by a mouth activated motor.

The event, as usual, drew much media attention, including coverage by WSIL - TV, Channel 3, from Marion, Illinois.

The program was launched in 1980 by then Park Ranger Dale Miller. Miller got the idea from his brother, a camp director for the Easter Seal Society. The Society had instituted such a hunt in the Blue Ridge Mountains in Virginia.

The Illinois Department of Conservation supports the program by setting aside hunting permits. Thus the handicapped hunters don't have to go through the hit-or-miss lottery draw for permits. Logistics for the hunt allows the Rend Lake Management Office to accept up to 30 hunters.

The deer season is broken into two parts, three days in the middle of November and three days in the middle of December.

Rend Lake also hosts a goose hunt for the disabled in December.

Other District lake management offices have instituted hunts for the disabled as well.

At Carlyle Lake 12 hunters are participating in the Carlyle Lake Duck Hunt for individuals with disabilities. The hunt provides an opportunity for persons who are not ambulatory or semi-ambulatory to enjoy the outdoors and the friendship of fellow sportsmen.

The duck hunt will continue through December 13th.

Lake Shelbyville hosts its own deer hunt. Mark Twain Lake hosts a deer hunt and a turkey hunt.

Flood control

During the month of November the Kaskaskia River Basin received heavy rainfall. Carlyle Lake and Lake Shelbyville held back a majority of water that would have caused severe flooding. Preliminary estimates indicate that more than 48,000 acres were protected from flooding by the operation of these two projects.



District hosts PA Conference

The St. Louis District hosted a Corps-wide Public Affairs Conference November 2-5. The conference was held at the Adams Mark in downtown St. Louis. Corps public affairs officers came from all over the country and as far away as Alaska to participate.

Naturally, reorganization was a major topic of discussion. Don Cluff, the Corps' Reorganization Program Manager came to address the group, as well as the Army Chief of Public Affairs, MG Charles McClain, and LTG Arthur Williams, Chief of Engineers.

The conferees traveled to Melvin Price Locks and Dam

where they were given a tour of the project and a briefing and tour of the Environmental Demonstration Area. The Riverlands Association hosted a social at the Old Court House for the group one evening during the conference.

The conference was held in St. Louis specifically because Colonel Monteverde, Chief of Corps Public Affairs, was extremely impressed with the St. Louis District while on a visit here shortly after taking command. The District was lauded during and after for the job it did handling the myriad of details associated with such a large conference.

Month-long vision of prevention

By Evelyn D. Harris
American Forces Information Service

DoD and national safety officials want you to take a stand in December. The month is National Drunk and Drugged Driving Prevention Month.

For the past decade, communities have observed National Drunk and Drugged Driving Prevention Week during the second week in December. But a coalition of public and private organizations have planned so many events this year they'll need the entire month, said Elizabeth Handricks of the National Highway Traffic Safety Administration.

The traffic safety administration coordinates activities for the month in conjunction with the National Commission Against Drunk Driving. The month is observed in December because it is traditionally a time when many people attend parties where alcohol is served. The theme for the month is "Let's Take a Stand: Friends Don't Let Friends Drive Drunk."

DoD will continue to emphasize the designated driver program. "It's a good idea if a group of friends buy the designated driver's soft drinks and food," said John Lemke, DoD assistant director for occupational safety and occupational health policy. "Also, some clubs and restaurants offer discounted sodas for the designated driver."

Nationally, drivers and pedestrians impaired by alcohol and other drugs account for nearly 20,000 deaths a year. According to the traffic safety administration, alcohol figured in almost half of the 41,460 traffic fatalities in 1991.

Bad as these statistics are, they represent a significant improvement from 1972, when 54,589 died on U.S. highways, half of them in alcohol-related crashes, traffic safety officials said. Considering that more drivers today drive millions more miles than in 1972, the improvement is more dramatic. Drug and alcohol programs, as well as change in society's attitude toward impaired driving, have contributed to the improved figures.

AFRTS survey

By Master Sgt. Linda Lee, USA
American Forces Information Service

Broadcast more comedies, movies and music videos and fewer religious programs and soaps, said viewers who recently answered the Armed Forces Radio and Television Service survey.

About 50,000 surveys were mailed to randomly selected individuals overseas, said Mel Russell, AFRTS deputy director.

A look at the results from the television segment of the survey indicate the most popular shows are situation comedies, one-hour dramas and news programs. Viewers want more comedies, movies and documentaries. Least-watched shows are daytime and primetime soaps and religious-based programs.

The most popular types of music on radio are, in order, Top 40, country and classic rock. News and live local disc jockey-hosted shows rate at the top of the program list.

Professional and college football are the top sports on television, while few survey respondents like golf, horse racing and bowling. If viewers could watch only one sport, 50 percent would pick pro football; 30 percent, college football; and 20 percent, pro baseball.

Radio listeners also list pro and college football as the top picks, while hockey, horse racing and auto racing are the least popular sports on radio. However, in general, listeners would like less sports and more music on radio.

AFRTS provides news, information and entertainment to more than one million American service members and their families stationed overseas, and sailors and Marines on board ships at sea.



○ The District's newest mission Ordnance & Explosive Waste

No doubt many of you have heard there has been a new group developed within the Project Management Branch, Project Management Division and the Environmental Branch, Planning Division of the District. You may have even seen the area where these people are located on the third floor. But most of you are probably unaware of what these people were hired to do.

○ Throughout the years from as far back as before World War I, both conventional and chemical munitions have been improperly disposed of. Though the method of disposal at that time may have been proper, re-evaluation by current technological standards has determined there still exists a hazard to humans and the environment at some sites. Additionally, some munitions located at former ranges were not found when the ranges were deactivated and pose a very real threat to anyone who may happen upon them. In recent years several civilians have been seriously injured or killed after finding improperly disposed of munitions.

The mission of this new group is to locate and perform preliminary assessments at potential Ordnance and Explosive Waste (OEW)/Chemical Warfare Material (CWM) sites. This program is being accomplished for the Huntsville Division, as part of the De-

fense Environmental Restoration Program for Formerly Used Defense Sites (DERP-FUDS) and as directed by the Vice Chief of Staff, U.S. Army. To accomplish the mission these people have a four part program they are to develop.

The first task is to generate a list of possible OEW/CWM locations. By reviewing all known existing records, books, periodicals, research papers, etc. and interviewing people familiar with munitions and chemical warfare development and storage the archivists and project managers are developing a District database of suspected CWM sites. The raw data collected is then sorted by specific categories that match an existing database located at Huntsville, Alabama.

The second task is to compare the St. Louis list against the Huntsville list and a list generated by the U.S. Army Chemical Material Destruction Agency to determine if additional locations have been identified due to the St. Louis effort. Project Management will then combine the two databases using data fields from each to get the most complete description of each CWM location.

The third task is to prioritize the combined list with the highest priority being that site most eminently hazardous to the public.

From this prioritized list the last task, an Archive Search Report, will be developed for each location

identified. This report documents the present conditions at the suspected site, all historical information concerning the handling of munitions and chemical warfare materials at the site, and a risk assessment analysis which determines the level of threat to the general population and the priority of the site for remediation.

The completion of the prioritized list and reports will require the services of people from many sections within the District. The efforts of the Engineering, Planning and Contracting Divisions as well as assistance from Personnel, Logistics, Information Management and others will be used so that the mission is truly a St. Louis District effort.

The program is expected to bring \$3.5 million each year into the District over the next several fiscal years. Up to fifty man years each year will be directly related to this program. Beyond what has already been tasked to the District, the potential for expanding this program into an even larger program exists. I'm sure many of you will soon get more acquainted with this program as you assist the project managers in the completion of Archive Search Reports. Just remember, the OEW office slogan, "You'll never know if you made a mistake, when you're dealing with explosive waste."

Would you like a personal visit from Santa?

○ Have you been naughty or nice? Well, Santa knows. Either way he wishes that all the boys and girls of all ages have the opportunity to visit with him during this festive season.

On occasion, there might be someone who is ill and not able to make that visit. If you know of such a situation, you may want to make arrangements for a personal visit from Santa. To do so, call

Public Affairs at 331-8000 and tell us who, where and when. We will get the message to Santa and let you know about specific arrangements. Ho! Ho! Ho!



On The Soapbox

Around the District

Claude Strauser, Chief, Potamology Section, was the first of 12 speakers at the Cape Girardeau Bicentennial Lecture Series. This year-long lecture series is designed to call attention to the community's heritage. Claude discussed the ever-changing Mississippi River and its relationship with the Cape Girardeau river community. He also discussed the fragile nature of the river when unwise uses of the river are excessive. This lecture series is being sponsored by the Missouri Humanities Council and the Center for Regional History and Cultural Heritage.

Dave Rahubka, PD-F, spoke to 200 people at the 37th Annual Anniversary Dinner Dance held by the Kaskaskia Industrial Development Corporation. He talked about the ongoing Corps recon report of the Kaskaskia River Basin.

Gary Dyhouse, Chief, Hydraulic Engineering Section, spoke to Corps participants in the FY93 offering of the Planners and Project Managers Program at Fort Belvoir, Virginia. His topic was managing hydrologic studies, especially in identifying management and resource needs in conducting hydrologic studies, study team information needs and defining issues and procedures leading to the development of defensible time and cost estimates for Corps hydrologic studies.

Riverlands Office

Riverlands manager Pat McGinnis gave a slide presentation on the Riverlands Office and hosted a tour of the Environmental Demonstration Area for attendees of the Corps-Wide Public Affairs

Conference held in St. Louis November 2-5. Pat also gave a presentation to and hosted a tour of the Environmental Demonstration Area for the Illinois Department of Energy and Natural Resources Board of the Natural Resources and Conservation Department.

Park Rangers Julie Ziino, Lawrence Williams, Ron Fisher, Brad Laaker and Stay-in-School Charlie Deutsch, along with John Branson, Mike Kruckeburg and Major Roy Phillips, helped the PA conference attendees tour Melvin Price Locks and Dam.

Park Rangers Julie Ziino represented the Riverlands Office at Mehlville High School during the St. Louis Council Boy Scouts conference. This event brought in more than 1,500 Scout leaders.

Riverlands assistant manager Dan Erikson gave an off-site presentation on Riverlands projects and goals to St. Paul's Episcopal Senior Club in Alton, Illinois.

Park Ranger Lawrence Williams presented a program on the Corps mission on the Mississippi River to 25 students from SIU-E.

Stay-in-School Rocky Horrihs gave 20 students from Valmeyer High School a tour of the Melvin Price Locks and Dam and the Environmental Demonstration Area.

Mark Twain Lake

Park Ranger Holly Jungers gave a two-day Wetland program to 250 students from Oakland Jr. High in Columbia, Missouri.

Assistant Park Manager Dave Berti spoke to the Business and Professional Women's Organization on wetlands, conservation and our current role in environmental education.

Park Manager Denny Foss gave an update on upcoming events and

future 1993 events at the lake to 100 members of the Mark Twain Lake Chamber of Commerce.

Park Ranger Maureen Curran presented a program on developing interactive video computer systems to interpret natural resources and recreation management programs at the National Association for Interpretation Workshop held in Santa Clara, California. The program featured portions of two computer programs recently developed for the Mark Twain Lake Visitor Center.

Wappapello Lake

Park Rangers Andrew Jefferson and Rebecca Hays attended career days at Harding University in Searcy, Arkansas, Arkansas State University in Jonesboro, Arkansas, and Southeast Missouri State University in Cape Girardeau, Missouri. They talked to students about summer jobs, stay-in-school, internist and co-op positions with the Corps.

Park Ranger Douglas Nichols discussed duck and deer season with Dennis Kooney of KJEZ Radio, Poplar Bluff, Missouri.

Park Ranger Diane Stratton and Stay-in-School Ranger Debbie Swinford did a live radio interview with KLID Radio in Poplar Bluff. They discussed deer season, deer stands, fish shelters, lake elevations, volunteer program, special events and other information about the lake.

Diane and Park Ranger Daniel Camden conducted a Hunter Education and Safety Course at the lake. Fifty-seven attended.

Carlyle Lake

Park Ranger Kimberly Mayhew spoke to the Sandoval Women's Club about the different Indian cultures around the Carlyle Lake



News Briefs

Festival of Lights

The Annual Festival of Lights has begun again at Eagle Creek State Park. The 3 1/2 mile light show is open Sunday through Thursday from dusk until 9 p.m., Friday and Saturday until 10 p.m. In 1992 the Festival won the Governor's Award for Best New Tourism Event in Illinois, and it was named one of the Top 100 Events in North America by the American Bus Association in Washington, D.C. The Festival runs until January 31, 1993.

Movin' on

Park Ranger/Teacher Garry Krutsinger has left Lake Shelbyville after 20 years of work there. Maintenance Worker Carolyn Garrison is now a lock and dam

operator at L&D 25. She worked at the lake for 15 years. They were both honored and roasted at a banquet in their honor at the Eagle Creek Inn.

Safety campaign

In cooperation with the Rend Lake Conservancy District, the Rend Lake Management Office has developed a new water safety campaign. Water, hunting and general safety tips are being displayed on an electronic billboard on a regular basis. The billboard can be seen from State Route 154 near the I-57 Sesser exit.

New electrician

Wappapello Lake has a new electrician. He is Bill Martin who

joins the staff after working at Chanute Air Force Base in central Illinois.

Education Fair

Seventeen schools accounting for 1300 students, as well as 29 businesses, have been impressed with the Environmental Education Fair held at Mark Twain Lake. The response from McDonnell Douglas is typical and suggests why there is a growing demand for environmental education. "It was a wonderful idea and the response from children and teachers was positively overwhelming."

It looks like this very successful event will become part of the tradition at Mark Twain Lake.

Soapbox Continued

area. The club also had the opportunity to look at Indian artifacts actually found at Carlyle Lake.

Park Ranger Norma Hall and Woodsy Owl talked about environmental topics to more than 200 children and adults at the K-Mart grand reopening celebration in Centralia, Illinois.

Rend Lake

Park Ranger Jackie Brachear was recently on a panel in a session on "Bridging Bureaucratic Barriers: Improving Communication Between Interpreters and Managers" at the National Association of Interpreters Workshop in Santa Clara, California. Corps representatives from Division and Headquarters were also on the panel. Jackie represented the field level interpreter.

Retiree loves volunteer work

Many of our retirees have satisfying careers after retirement volunteering their time to worthy organizations. One such volunteer is John Jansen who retired from the Operations Division in 1973 after 43 years of federal service. John, at 82, is still going strong, and one of the reasons he gives for his good health and longevity is his volunteer work.

"Volunteering gives me a good reason to get up early in the morning," he says.

Three mornings each week John works in the sixth floor Physical Therapy satellite office at St. Anthony's Medical Center. He's been doing it for the past 10 years.

He transports patients for therapy and does whatever needs doing.

"I like to cheer up the patients," he says. "If I can make a patient laugh, that's good. A good laugh is worth more than a bottle of pills."

John also plays tennis several times a week and exercises frequently. Recently, when his car wouldn't start after working all morning at the hospital, he walked the three-miles to his home.

"I love working with the people here," he says. "They make me feel needed and useful. Volunteering here is a very important part of my life."



\$ – Promotions & Incentive Awards – \$

EXCEPTIONAL PERFORMANCE RATINGS:

William Busch, CD
 Michael Feldman, CD
 Calvin Mooney, ED
 Laurie Busse, ED
 James Keim, ED
 Ronald Dieckmann, ED
 Dario Franz, ED
 Maggie Patterson, EEO
 Charles Marshall, OD
 Linda Collins, OD
 Ricky Godfrey, OD
 Dale Russell, OD
 Penny Mudd, OD
 David Davis, OD
 Dawn Kovarik, OD
 Janine Hegger, OD
 Joseph Preston, OD
 James Lampe, OD
 Arlyn Culver, OD
 Jerald Schutte, OD
 Wanda Steen, OD
 Roger Groner, OD
 James Hill, PD

Lois King, PM
 Keith McMullen, RD
 Gary Camp, RE
 Sharlene Caulley, RE
 Frank Catalano, RE
 Jean Kuethe, RM
 Rosemary Puricelli, RM

PERFORMANCE AWARDS:

Kimberly Meitzenheimer, CASU
 David Buatte, CD
 Alan Berman, ED
 Ronald Dieckmann, ED
 Laurie Busse, ED
 Nancy Gerth, IM
 Richard Andersen, IM
 William Levins, OC
 Kathleen Queathem, OD
 Martha Vieira, OD
 Wanda Steen, OD
 Sharlene Caulley, RE
 Renee Nix, RE
 Leroy Kaiser, RM
 Jean Kuethe, RM
 Jackie Jones, RM

David Debourge, RM
 Rosemary Puricelli, RM

QUALITY STEP INCREASE:

James Keim, ED
 Jerald Shutte, OD

SPECIAL ACT AWARDS:

Clarice Trigg, CD
 Kathleen Souders, CT
 Rochelle Ross, ED
 Carol Kreutzer, ED
 Donna Zoeller, ED
 Diadra Henley, EEO
 Richard Andersen, IM
 Christy Cone, IM
 Lori Weber, LM
 Todd Stoeckel, LM
 Debra Pickerign, LM
 Kenneth Rogers, LM
 Stanley Ebersohl, OD
 James Hill, PD

Holiday motor trip? Save your back

Too many hours at the wheel in an improperly positioned car seat can produce a nagging ache that doesn't end when the drive does.

Modern improvements like four-way adjustable car seats and built-in supports can help, but one-size-fits-all seats still produce back pain.

According to Susan Zahalsky, Director of Rehabilitation Services, at the Los Angeles Midway Hospital Medical Center's Comprehensive Spine Center, here are some ideas that can help.

First, do some basic car seat adjustments so you can see the rear and side view mirrors at a glance

and see comfortably through the windshield.

Next, pull the car seat forward enough so your knees are higher than your hips when your foot rests on the pedal. Adjust the back rest periodically, in angles ranging from 90 to 120 degrees to provide variety and relieve pressure on the discs.

If you don't have one built-in, buy a lumbar support cushion. For chronic low back pain, a lumbar support cushion is relatively inexpensive and readily available in a medical supply store. You can make one by rolling a towel firmly to a diameter that suits you,

usually 3 to 4 inches deep. Position the support so it rests in the hollow or small of the back just above the pelvis. Keep it in the driver's seat.

Once on the road, stretch every hour. Get out, walk around, and do some simple exercises, such as neck rolls, back stretches and hamstring stretches.

Finally, two tips for drivers of the '90s: men should take their wallet out of their pants pocket. It presses on the sciatic nerve. Car phone users should avoid cradling the phone between neck and shoulder.



District priorities - The "A" List

When the district focuses its effort on the accomplishment of a task, no matter how difficult, we get the job done. An excellent example of this was the Major Rehabilitation Report on L&D 25 we did earlier this year. The time for accomplishment was very short, the work was complex, multi-disciplined and no one had ever done one before. The effort was intense and required a teamwork effort by the entire staff. Not only did we get it done on time but we receive praise from our higher headquarters for the quality of the report.

One of the principle reasons we were able to accomplish this effort was that it was recognized by the entire staff as a "must do".

It became obvious that a system was needed which would enable us to identify and accomplish our highest priority work.

It was decided that the system would consist of selecting a relatively short list of deliverables; reports, plans and specifications, contracts, procurements etc. Anything we do that results in a product which is produced on a schedule may be considered for inclusion on the list. Obviously we can't include everything we do or everything is number one this week until a new number one comes along next week.

Each district staff office was asked to list all its projects which had a "deliverable". This resulted in a list of over 100 project deliverables. From this list each office was again asked to select what it considered to be the top 20 (+ or -) deliverables from the entire list. The list was then given to the Executive Office for the final selection. The so called "A" list is as follows:

ITEM	DELIVERABLE
Bois Brule	DPR
Cape Girardeau, Walker Branch #	P&S
Carlyle Visitor Center	Award Contract
East St. Louis, Cahokia Low Water Dam	P&S
East St. Louis, Gambling Boat	Permit
East St. Louis, North & Venice Pump Station	Award Contract
EMP, Stump Lake	P&S
EMP, Swan Lake	P&S
Kaskaskia Basin Lakes	Recon Report
L&D 24	Award Service Contracts Rehab Report

Locks 27 lift gate	P&S
Mel Price, Admin Maint. Bldg	P&S
Riverlands	Master Plan
Shelbyville, Opossum Creek Land Treatment	Award Contract
St. Peters Cont. Auth.	DPR
Upper Miss. Illinois River Nav. Study	Feasibility Report
Valley Park	DM
Wapappello Roads	FDM

These deliverables represent the highest priority efforts in the St. Louis District at this time.

The schedule for these deliverables will be determined at the December Project Review Board, listed on a separate schedule, highlighted monthly on the district "Tentative schedule", and will be reviewed monthly by the Project Review Board. As project dates are met new items will be added to the list.

In addition to the "A" list items the District has high priority processes that must be maintained on schedule. These include:

- Annual Budget
- Command Operating Budget
- Integrated River Management
- Regulatory
- Dawia Implementation
- Legacy system
- Property Accountability
- Ordnance and Explosive Waste (OEW)
- Maintainance Management Program

These processes have a series of deliverables that we must execute on time. Hopefully, by putting more emphasis on these "A" list items, and the high priority programs, the District can improve it's performance - both internal and external to the Corps. This is not to say that the items not on the "A" list are not important; but that we should place our focus or emphasis on the "A" list first.

We will keep the District updated on the accomplishments of this "Priorities program".

We can "MAKE IT 'HAPPEN'." (Essayons)

Jack R. Niemi
Deputy District Engineer
for Project Management



To your health

Nutrition and cancer



American Forces Information Service

What people eat - and what they don't eat - may account for 35 percent of all cancer deaths, according to the American Cancer Society.

While the link between diet and cancer is not as clear as the link between smoking and lung cancer, researchers do know enough to make certain recommendations.

The cancer society recommends the following guidelines:

* Watch your weight - Obesity has been linked to risk of uterine, gall bladder, kidney, stomach, breast and colon cancers.

* Cut down on total fat intake - A high-fat diet increases risk of developing breast, colon and prostate cancers. Fat should account for no more than 30 percent of a day's calories.

* Eat a variety of vegetables and fruits - These foods contain varying amounts of vitamins, minerals and fiber that may help lower the risk for cancer of the esophagus, stomach, prostate, lung and bladder.

* Eat more high-fiber foods - A high-fiber diet might reduce the risk of developing colon cancer.

High-fiber foods include whole grain cereals, bread, vegetables and fruit.

* Limit alcohol consumption - Heavy drinkers of alcohol, especially if they smoke, are at unusually high risk for cancer of the mouth, larynx, esophagus and liver.

* Eat less salt-cured, smoked and nitrate-cured foods - Cancers of the stomach and esophagus are more common among people who eat large quantities of these foods.

One edition of the cancer society's journal for clinicians also discussed the relationship between cancer and food additives, artificial sweeteners and coffee. The journal said researchers didn't know enough about U.S.-allowed food additives (besides nitrates) to make specific recommendations. However, the article warned that while researchers presume artificial sweeteners are safe if consumed moderately, the area needs more long-term study. Of particular concern is their safety for pregnant women and small children.

The journal had good news for moderate coffee drinkers. It found no indication that caffeine, a natural component of coffee and tea, is a risk factor in human cancer.

New study links diet and colon cancer

A new study adds to the body of evidence that eating plenty of vegetables, fruits and grains reduces the risk of colon cancer.

The study, published recently in the Journal of the National Cancer Institute, found that men and women who consumed fewer servings of vegetables and high-fiber grains had an increased risk of colon cancer.

The study also found that

taking low doses of aspirin was associated with lowered risk, although researchers aren't sure yet why aspirin helps. Men who consumed the least vegetables and grains and no aspirin had 2.5 times higher risk, and women had 2.9 times higher risks compared to those who consumed the most vegetables and used aspirin 16 or more times per month.

The findings are based on a

large, ongoing mortality study begun in 1982. Researchers analyzed the diet, behavior and lifestyles of 1,185,124 men and women through the use of questionnaires. The American Cancer Society-sponsored research used volunteers from all 50 states, the District of Columbia, Puerto Rico and Guam, making it one of the largest studies carried out in the United States.



Retiree Review

By the Retiree Correspondent

November 19, 1992, found 45 retirees present at the Salad Bowl. Several had been conspicuously absent these last few months - namely, Frank Clark and Marlene, William Haynes, Lee Briece, Barb and Bob Lutz, Les Arms, the Steve Williamses, the Puricellis, Milt Walter, Gordon Davis, Mildred Miles, Evelyn Grote. Well, come out regularly if you don't want your name in print!

It was a delightful time, visiting, remembering old times - both good and bad. It's really worth the time and effort to show up.

Estelle Huizenga has discarded the walker for a cane. Hope it goes soon.

Don't forget the December meeting is our Christmas luncheon. Let either Virginia Dillow at 618-235-2448 or Kate Stiles at 314-849-5388 know if you are coming. We have to notify the Salad Bowl two days in advance, so we may have the private buffet. Thirty-eight signed up for it at the November meeting. The rest of you please call either Virginia or Kate so we can get a reservation in on time. The cost of the buffet is \$10.

Jack Niemi was the District representative this month. The District had just received notice of the reorganization that morning. We're never ready for such news. I remember the RIFs of the 40s, but this sounds worse. Here's hoping it's better than it sounds at this time.

William Haynes was the retiree who was retired

the longest. Someone mentioned to me that Bill was not retired from the District. To me the locks and dams were, are, and always will be a vital part of the District. Bill brought some more of his wood carvings - dinosaurs, no less!

Gene O'Neil had sent Kate a copy of a 1943 directory. Interesting to look through it. Wonder where many of those people are. Would be nice to hear from them, or better, have them attend a luncheon.

It was reported that August Doenge's wife passed away October 19. Our condolences to Gus and family. Also, Mrs. August Gubser passed away October 23. Their daughter, Doris Gubser Longolis also worked with us prior to her marriage. Our condolences also to Doris and family. Would be nice if Doris attended our luncheons. Also reported that R.B. Polashnick, an old time contractor, passed away October 26. His company had numerous contracts with the Corps - all types of river and harbor work.

Kate had received letters from Clinton Turner of Belle Glade, Florida, and Mathew E. Blanford of Ste. Genevieve, Missouri. These letters are available for all to read. If you can't make a meeting, a letter is the next best thing.

Don't forget, December 17 is our Christmas meeting. Be certain to call either Virginia Dillow or Kate Stiles so your name will be in the "pot." Place - Salad Bowl about 11:30. Looking forward to a huge crowd. Bring your wives, husbands or friends and enjoy the luncheon, renew friendships and make new ones.

See you then!

The legends of Christmas

The tradition of Christmas trees as we know them extends back to the forest dwellers in Germany. But the use of greenery indoors for seasonal celebrations can be traced at least as far back as the Roman Empire.

Holly, ivy and mistletoe have been most popular, although other decorations include bay, rosemary, box and laurel - any winter green plant that renews faith in the coming rebirth of spring.

The mistletoe legend

One custom apparently English in origin, but now widely popular, is kissing under the mistletoe. Ancient druids and Norsemen considered this plant to have magical qualities. They thought it could cure diseases, promote fertility, nullify poison and avert misfortune.

Even in modern times the superstitious believe it's an all-healing plant, that it wards off poisons and keeps animals healthy.

Actually, modern researchers find that its active ingredient (guipson) does relieve hypertension and is useful in treating nervous disorders.

To most of us, it's just plain mistletoe - the kissing plant, nature's license to kiss anyone who stands beneath it.

The blessed pine

According to legend, the holy family was fleeing King Herod. Weary of their travels, they stopped at a forest where a huge Pine Tree bade them rest inside its cool trunk. It lowered its aging branches to hide the

(Continued on back page)

Christmas Legends

family until the soldiers had passed. In the morning, the Christ Child raised his arms and blessed the old Pine. That's why you can see the illusion of a child's handprint in the pine cone if you cut it lengthwise.

The first Christmas trees

Most authorities agree that one of the first evergreens used to celebrate Christmas was used in Strassburg, Germany, in 1604 and quickly became popular throughout the country. It was the young German Prince Albert, however, who alarmed English nobility by importing the custom to England when he married Queen Victoria.

St. Nicholas and Santa Claus

The origins of Santa Claus are found in the legends of St. Nicholas, who died in about the year 343 after a life said to be studded with miracles and good deeds, endowing poor but marriageable ladies, feeding the hungry, calming raging storms at sea and the like.

Nicholas was traditionally seen as a pale, thin ascetic, who even as an infant refused food except on Wednesdays and Fridays. The Dutch are credited with first making St. Nick a rosy-cheeked, fat, jolly fellow and making him look less the bishop and more like an amiable grandfather.

Who were the Wise Men?



Balthasar, King of Ethiopia, 40, who brought frankincense in a censer.

What was the symbolism of the gifts? Gold symbolizes kingship; frankincense is a gift for a high priest; myrrh is for a great physician.

Did the Wise Men take anything back with them? Biblical sources say nothing about this, but tradition has some very lovely answers. Each Wise Man, according to tradition, is said to have received the gift of perfect charity and spiritual wealth, in return for the gold; perfect faith, in return for frankincense; perfect truthfulness and meekness, in return for myrrh.

Another tradition has it that each Wise Man received from Mary a box with a small stone inside. Believing the stone to be worthless, they threw it into a well. In that instant, fire from heaven descended into the well. Each Wise Man took some of the fire and carried it back to the countries, placing fires in magnificent churches.

When did the Wise Men visit? Biblical sources are inexact. Tradition assigns the date to January 6, Epiphany, known as Twelfth Night.

Editor's Note: Primary source for this story: One Thousand and One Christmas Facts and Fancies, Alfred Carl Hottes, Dodd Mead & Co., 1944.

Among the most loved characters of the Christmas story are the Wise Men, but what do we really know about them? From Biblical sources, the answer is not much. In fact, most depictions of the Wise Men are based on tradition, not the Bible.

Here are some facts about the Wise Men:

How many Wise Men were there? The Biblical account in Matthew's gospel doesn't say. Tradition says there were three. St. Augustine and St. Chrysostom said there were 12.

What were the Wise Men's names? The Bible says they were wise and that's about it. Tradition, however, expands upon the story with a rich biography. It says they were Melchior, King of Arabia, age 60, who brought a casket of gold; Caspar, King of Tarsus, 20, who brought myrrh in a gold mounted horn;

