

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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The Dream lives on



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View from the top



COL James D. Craig

... you have ideas on how the District can operate better... I value your thoughts.

Welcome back from the Christmas Holidays. I hope that each and everyone of you had a safe and enjoyable holiday season. I personally am looking forward to the coming year, in spite of the financial constraints we have and the cloud of uncertainty that still exists concerning personnel strength and FTE. The FTE situation is still not resolved, but I will re-emphasize that I am committed to getting a final answer, as well as developing this month a projection by office and division, our best guess on strength levels for the next five years.

I want to thank all the people who have participated in team building sessions, brown bag lunches, etc.. I appreciate you having enough concern about the District to voice your opinions and ideas. Each and everyone of you (including all you retirees who read this) have ideas on how the District can operate better and more effectively, and I value your thoughts.

We are now starting into the next phase of the FY93 budget cycle. My objective is to have an agreement in the District by July on where the money will be spent next year, by which office, and for which priorities. Each office will then have the authority and the responsibility to execute the agreed upon mission. This is what the staff has been asking for, and I expect good results. Each of us needs to remain fiscally responsible!

The previous Corps reorganization plan is "dead". Although HQUSACE and the ASA (CW) are working on a new plan, I do not think it will be implemented in the near future. Therefore, we should adjust our future planning based on this reality. I have selected Anson Eickhorst for the position of strategic planner for the District. Anson will do an excellent job on this most important mission, and I hope each one of you will give him your utmost cooperation. I see a bright, but changing future for the District.



US Army Corps of Engineers
St. Louis District

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The "Dream" lives on

Dr. Martin Luther King, Jr. (1929-1968)

Dr. Martin Luther King, Jr. (1929-1968). Too many people of today know nothing of the symbolism of Dr. King's life. His name is synonymous with peace and justice. Less than twenty-five years ago this man of peace was felled by violence, something against which he had protested to the end. Many times incarcerated, but never intimidated, this man with the "dream" conferred with statesmen, and counseled with presidents, but did not live to see his dream realized.

He was born in Atlanta, Georgia, on January 15, 1929, the son and grandson of Baptist ministers. At 15, King entered Morehouse College, Atlanta, and received his B.A. in 1948 at the age of 19. Three years later King earned a Bachelor of Divinity degree at Crozer Theological Seminary, and in 1955 he was awarded a Ph.D from Boston University. While studying in Boston he met and married Coretta Scott; they had four children.

At Crozer, King developed a fascination for Mahatma Gandhi, whose life and teachings were ultimately to influence his own

destiny as a leading apostle of passive resistance.

King's first success occurred between December 1, 1955, through November 13, 1956, when Mrs. Rosa Parks had refused to surrender her bus seat to a white passenger and had been arrested for violating the city's segregation law. King led a group that boycotted the transit system. On November 13, 1956, the United States Supreme Court affirmed the decision of a special three-judge U.S. District Court in declaring the Alabama state and local laws requiring segregation on buses as "unconstitutional."

In January 1957, King organized the Southern Christian Leadership Conference (SCLC) which gave him a national platform from which to speak.

King's most successful work was his peaceful march on Washington on August 28, 1963, when he led more than 200,000 to the Lincoln Memorial to demand equal justice for all citizens under the law. It was there that King gave his famous "I have a dream" speech. This march resulted in the passage of the Civil Rights Act of 1964, authorizing the

federal government to enforce desegregation.

On December 10, 1964, King received the Nobel Peace Prize in Oslo, Norway, for leading the black struggle for equality through nonviolent means.

In spite of King's great emphasis on nonviolence, he often became the target for violence. Violence cut short his life at the age of 39. A hidden rifleman shot and killed him on April 4, 1968, in Memphis, Tennessee, where he was supporting a sanitation workers' strike. His death set off riots in 125 cities that led to 21,270 arrests and 46 deaths. The next time you see an example of man's inhumanity toward his fellow man, remember with reverence this young man, this man of God, this man who died that we may have a more abundant life.

The national observance of the birthday of Martin Luther King, Jr., will be celebrated on Monday, January 20. The St. Louis District observance program will be held in the RAY Building auditorium on Thursday, January 16, at 1000.

New Office of Strategic Initiatives

Last month Colonel Craig announced the creation of a new "Strategic Initiatives" position in the Executive Office and selected Anson Eickhorst from the Planning Division to serve in this position on a full-time basis for one year.

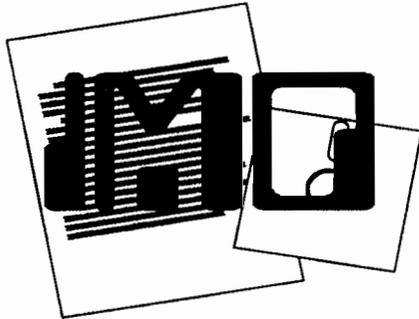
The purpose of a strategic plan is to focus on where the St. Louis District should be headed, how to get there, which obstacles

it should avoid, and how it can effectively meet its customer's needs.

Mr. Eickhorst indicated he will be asking for assistance and input not only from senior management, but particularly from those in the District who have ideas concerning the future direction of the St. Louis District. "Anyone who has an idea regarding where he thinks the District

should be headed, pick up the phone and give me a call at 331-8470. My door is always open."

Mr. Eickhorst is still in the process of looking for a location that is readily accessible to RAY Building employees. "I will pass along my location as soon as a decision is made. But, in the meantime, give me a call with your ideas.



What's past is prologue: Historical activities in the St. Louis District

By Kathy Hayes, IM-S

Do you know St. Louis District traces its origins to 1837 when a young lieutenant, Robert E. Lee, was assigned here to try to restore and preserve St. Louis Harbor?

Silting was a major problem at that time and a sandbar began forming on the Illinois side of the river which became known as Bloody Island. As Bloody Island and the channel between it and the Illinois shore grew, heavy deposits of river sediment were being left on the Missouri side of the river, making accessibility to the St. Louis Harbor difficult. Lt. Lee implemented a solution. A dike was built from the Illinois shore to the head of Bloody Island. A wall or revetment was built on the west side of the island to prevent it from being destroyed by the redirected currents. At

the lower end of the island, a dike was built into the river which caused the full force of the river to be forced against another sandbar, called Duncan Island. By redirecting the currents in this way, the channel was deepened, Duncan Island was gone by 1867, and Bloody Island became a permanent part of the Illinois shoreline.

The river stabilization techniques used by Lee saved the St. Louis Harbor, a major credit to the engineering talents of the Corps of Engineers. The Corps' contribution to the economic development of the St. Louis region cannot be overstated; the era of commercial transportation by steamboat was in full swing by the 1850s and the navigation improvements the Corps made were significant during this crucial period.

Want to learn more about the history of the St. Louis District? Read our history book, *River Engineers on the Middle Mississippi*, by Dr. Fred Dobney. Published in 1978, this book was written with the guidance of the District Historical Committee, a group that meets to plan and preserve the historical record of the St. Louis District. More about the historical committee and what it does will appear in future articles. The book can be found in the CASU Library. Check it out!



Employment Hot Line for victims of downsizing

By Norma Hall
Federal Women's Program
Manager

The Department of Defense has announced the creation of a telephone hotline to assist employees who stand to lose their jobs due to budget cuts, base closings, or reductions in the armed forces.

This hotline became operational in November and is run by volunteers. It is geared toward civilians, military officers and their spouses. Employees will be able to submit resumes into the computer data bank that prospective employers can tap into by telephone. The number is (900) 990-9200. There is a 40 cents per minute charge for the 900 number. Federal agencies seeking employees should call (703) 614-5322 or FTS 8-259-3730.

On January 23, 1992, the Federal Women's Program Committee is sponsoring their annual Women's Recognition Day. This special event is for women who received a promotion during the last fiscal year. In 1991 there were 102 promotions. This is our best year ever. Keep up the good work.



On the Soapbox

Telling the District's story this month were:

Around the District

Gary Dyhouse (ED-HE) spoke to 23 participants and staff of the Planning Associates Program at the Humphries Engineering Center, Washington, D.C. Gary's talk, at the invitation of HQUSACE, was on the value of hydrologic engineering as a resource to study and project management personnel, especially in the development of the Initial Project Management Plan and the PMP.

Claude Strauser, Chief, Environmental Analysis Branch, spoke to the Student Chapter of the Association of General Contractors at the University of Missouri at Rolla. Claude discussed the history of river engineering on the Middle Mississippi River. Paul Schmidt (CD-Q) coordinated this activity between SLD and the AGC.

Riverlands Office

Pat McGinnis, Chief of the Riverlands Office, was a guest on KMOX Radio's Morning Meeting, Wednesday, December 18. Pat discussed the Riverlands project.

The Riverlands staff participated in the St. Louis Schools Partnership Program with St. Louis City and County schools. The staff conducted educational programs with more than 50 students in the Environmental Demonstration Area.

Carlyle Lake

The lake staff participated in the Christmas Town USA Parade. Smokey and Woodsy wished spectators a Merry Environmental Christmas. The environmental backdrop consisted of edible Christmas tree decorations that can provide food for animals indigenous to the lake area.

Wappapello Lake

Park Ranger Andrew Jefferson was interviewed on radio station KJEZ in Poplar Bluff, Missouri. He talked about high water and lake safety. Andrew was also on the "Outdoors with Dennis Keeney" show on KJEZ talking about lake stage conditions and coming events for 1992.

Park Ranger Doug Nichols was on the "Outdoors with Dennis Keeney" radio show talking about flood conditions, the Christmas tree lighting and Christmas trees.

Park Ranger Dan Camden was on radio station KZIM in Cape Girardeau, Missouri. He talked about prevention of hypothermia.

Rend Lake

Park Rangers at Rend Lake conducted six Environmental Science Series Workshop programs for Franklin County, Illinois, schools on ecology subjects ranging from food chains to how an ecosystem works. The classes were for students from second grade all the way up to high school.

Park Ranger John Mabrey was interviewed on WCEE-TV in Mt. Vernon, Illinois, about the handicapped goose hunting blind built at the lake. Park Ranger Lowell Summers was interviewed by the St. Louis Labor Tribune about the same subject.

Riverlands Association Photography Workshop

The Riverlands Association is sponsoring two photography workshops highlighting our nation's symbol, the bald eagle. Guest instructor will be noted Missouri photographer, Frank Oberle, whose work with eagles is known nationally. Mike Cooke of the World Bird Sanctuary (formerly the Raptor Rehabilitation and Propagation Project) will have several birds of prey, including a bald eagle, and will present a natural history program and allow indoor photographs of the birds.

The workshops will be held Saturday, January 4, in the Winfield, Missouri, High School cafeteria from 8:30 a.m. to 2 p.m., and Saturday, January 25, (during Eagle Days) in the Clarksville, Missouri, Community Center, from 9 a.m. to 2:30 p.m.

Cost of each workshop is \$20 in advance, or \$25 at the door. Lunch is included.

For more information or to preregister for either workshop, contact the Riverlands Area Clarksville Office at 242-3724 or the Riverlands Association Office at 436-RIVR.



NEWS BRIEFS

Norris still tiring

Terry Norris (PD-A) has obviously done his usual superb job of speaking and entertaining at Bernard School in Wood River, Illinois. A third-grader wrote in saying, "Thanks for sharing your slides. They made me tired..." Keep up the good work, Terry.

MTL exhibits

A series of special exhibits and programs are scheduled for the winter months at the M.W. Boudreaux Visitor Center at Mark Twain Lake. The first in this series of exhibits begins as the Corps hosts the Missouri State Museum Traveling Exhibit entitled "Alive and Kicking: The Missouri Mule. Then and Now," for three weekends beginning Saturday, January 11. Following this exhibit, will be the Mark Twain Lake Eagle Days on the weekend of February 1 and 2.

Computer display

Two new touch screen computer programs were recently completed and installed in the M.W. Boudreaux Visitor Center at Mark Twain Lake. The multimedia presentations presented through these computers feature video segments, slides and graphics. One program highlights the Natural Resource Management Program at the lake, and includes video segments of Park Rangers talking about resource manage-

ment in a variety of field settings. The second program gives visitors an overview of recreational opportunities available in the lake area. Both programs will be available to visitors starting in January.

Goose blind

Natural resource rangers at Rend Lake teamed up with members of Waterfowl USA to develop a handicapped accessible goose blind near the Mine 21 area. The waterfowlers donated their time and carpentry expertise to build the blind and camouflage it. Consol Coal Company provided mine belting to make the field accessible for wheelchairs. This private-public sector project received extensive coverage from WSIL-TV in Carterville, Illinois.

Handicapped hunt

The second weekend of the annual Rend Lake handicapped deer hunt was held from Friday, December 13 through Sunday, December 15. Twelve hunters participated and bagged six deer. The hunt allowed 23 handicapped hunters to take advantage of the program this year. Sixteen deer were harvested. The hunt is co-sponsored by the Sesser-Valier Outdoorsmen Club and the Rend Lake Management Office.

Riverlands move

Riverlands Area Office has moved. Near the end of December the staff moved from their two trailers to the recently vacated and spacious (by comparison) quarters of the Melvin Price Resident Engineer next door.

Light display

The popular Festival of Lights at Lake Shelbyville has won national recognition. The 3 1/2 miles of light displays, at Eagle Creek State Park, was named one of the 1991 Top 100 Events in North America by the American Bus Association in Washington, D.C.

Crouch named

Leanne Crouch, Park Ranger at Lake Shelbyville, has been named Secretary for the Shelby County Historical Society.

Rec. rehabilitation

The Chaonia Landing Recreation Area at Wappapello Lake is being rehabilitated. The boatramp will be relocated, the roadway and parking lot will be raised and traffic flow and safety will be improved. Work should be completed this summer. The public access road to Lost Creek Recreation Area has been upgraded. It will provide safer public access to the boatramp, parking areas and the marina.

Christmas Town

On December 6 the Carlyle Lake staff joined with the city of Carlyle to celebrate Christmas Town USA. Members of the interpretive staff coordinated with Carlyle officials to kick off the events with a tree lighting ceremony at the Management




Promotions & Incentive Awards

PROMOTIONS:

Matthew Wellen, ED
 Antoinette Mueller, ED
 Richard Hagan, ED
 Joseph Schwenk, ED
 Gregory Dyn, ED
 Calvin Mooney, ED
 Cynthia Morales, LM
 Gary Tune, OD
 Ervin Jourdan, OD
 David Leake, PD
 Laurel Lane, PM
 Sharon McGee, PM
 Donna Kavanagh, PM
 Debra Williams, PM
 Danny McClendon, RD
 Karon Miller Marzec, RE

EXCEPTIONAL RATINGS:

Natalie Eschmann, PD
 Gary Hendrix, CD
 Jean Kuethe, DC
 Victor Behrmann, ED
 Tamara Atchely, ED
 Robert Kelsey, ED

Carol Hilderbrand, ED
 Maggie Patterson, EEO
 John Jobst, IM
 Jack Rhodes, IM
 Michael Banovz, IR
 Andrea Pickard, OD
 Michael Taylor, OD
 Rickey Kemp, OD
 Thomas Miller, OD
 Sharon Cable, OD
 Carol Sherrill, OD
 Eric Davis, OD
 Penny Mudd, OD
 Terry Helming, OD
 Michael Morgan, OD
 Billie Sanna, OD
 Mary Matecki, RE
 Hilda Meadows, SO

PERFORMANCE AWARDS:

Arlyn McCormick, CD
 John Schick, CT
 Jackie Jones, DC
 Jean Kuethe, DC
 Leroy Kaiser, DC
 James Keim, ED
 Maggie Patterson, EEO

Robert Muffler, OC
 Nicholas Miller, OD
 Darrell LaPlante, OD
 Michael Morgan, OD
 Terry Helming, OD
 Thomas Miller, OD
 Paul Nottmeier, OD
 Joseph Preston, OD
 Ronald Brown, OD
 Michael Taylor, OD
 Lois King, PM
 Karon Webb, PO
 Hilda Meadows, SO

SPECIAL ACT AWARDS:

James Schoolcraft, CD
 Robert Keller, CD
 Billy Finley, CD
 Frances Wachter, ED
 Randal Curtis, ED
 Christy Cone, IM
 Donna Henrichs, OD
 Linda Collins, OD
 Joseph Lueke, OD
 Karon Webb, PO
 Constance Driscoll, PO

NEWS BRIEFS Continued

Office. Park Manager Al LeGrand, City Alderman, Don Schmitz and Christmas Town USA organizer Bea Frank lit up four Christmas trees, including one more than 60 feet tall. Hot chocolate and homemade cookies were served following a brass ensemble by Kaskaskia College and Christmas carols by the Carlyle Jr. High Rhythmettes.

Smothers baby

Congratulations are in order for Park Ranger Joe Smothers and his wife Darla on the birth of their new son, Cody Allen.

Post office display

The St. Louis District has leased a space at the Old Post Office on the corner of 7th and Olive. The 1600 square foot space

on the main floor will be used to distribute information to the public about the Corps environmental stewardship initiatives and recreational opportunities.

Art Taylor, Chief of the CASU Library, would like to thank his friends in the Corps for the many expressions of sympathy and comfort he received upon the death of his daughter, Rebecca.



The violence around us

By Carol Pitzer, IMO

I remember reading a headline in the newspaper during the late 60s over an article that was a statistical analysis from the FBI. The headline read, "Violent Crimes of Murder, Muggings, Robbery and Armed Assault On Increase." Underneath that headline, in smaller type, was "Rapes on the Increase Also." I found it remarkable that the FBI did not seem to classify rape as a "violent crime."

Since those statistics came out, rape, as a violent crime, has gained credibility. What was lacking in that particular survey of rape cases, was the discussion of incest, mental and physical abuse in the home. Only recently have those hidden crimes been brought to the surface because it is a crime that is hard to discuss. The violation of human dignity and well as the body is one of the worst crimes that can be committed. But it is also one of the easiest to hide and the least openly admitted by families, even after discovery.

Just 15 years ago, many psychiatrists believed incest was rare and perpetrated only by fathers and stepfathers on their daughters. Those myths have since been shattered. Researchers estimate that between 200,000 and 360,000 cases of child sexual abuse occur each year in the U.S. Experts estimate that at least 80 percent are crimes of incest.

Earlier surveys in California and Massachusetts in the 1980s found that as many as 1 in 5 girls and 1 in 7 boys have been abused. Usually by a relative and not only

by the male family members. The survey confirmed that mothers also abuse their children. Since these surveys have started to expose the crime of incest, the definition has broadened to include fondling, rubbing against the child, excessive or suggestive washing of a youngsters private areas and other sexual behaviors.

Rape has been one of those crimes people do not like to discuss openly. The common belief held for years was that the victim deserved it, asked for it, or could have avoided the attack. Today, some of the attitudes have changed and the person attacked is now considered a victim. Rape is not a sexual crime, it is a violent crime. Recently the definition of rape has expanded to include date rape, which has become a major crime on many college campuses. Women have begun to fight this crime by demanding the attacker be punished and forming support groups to discuss the pain and humiliation that scars the victim.

Now that we have begun to discuss these crimes, why do statistics suggest that these crimes and other violent acts are increasing everyday? Many social philosophers, psychiatrists and therapists believe it is because we live in a culture that discourages nurturing and expressions of kindness. We hero worship the "strong silent type" that shoots or maims his enemies. Our children are exposed to these violent confrontations on TV hundreds of times a day. Then, for recreation, we send them to a movie and the hero "skins people, mutilates them or causes the total destruction of the world around him.

And while our children are riding home in the car from the movies, they can listen to music lyrics that delight in beating and humiliating women and children. Why do we find it amazing that our children are killing each other in the street?

The young adult or teenager has not matured enough to understand his or her own mortality. They think that after they have been shot, they will reappear in next week's show. It doesn't happen like that in real life.

Our children are being attacked, hurt and, in some cases, killed because we have not emphasized the care we should give to each other. We, as parents, adults and concerned citizens, must get involved with the human services, support groups, educational systems and assist in guiding our children onto a non-violent path. The children must learn they can be heroes without slashing, killing and maiming.

The first step in presenting a strong, disciplined role model for our children to follow starts at home. You can be determined and courageous without being violent. You and I have to be the teachers. To stop the current increasing tempo of violent crime in this country, we must create a different culture for our children to live in so they can survive.

A man is wise during the time he searches for wisdom. When he imagines he has attained it, he is a fool.

Solomon Ibn 



Recycling Corner

It's 1992 and we hope you all had a joyous holiday season - and that recycling was your NO. 1 New Year's Resolution.

Our first article for this new year is in two parts, both written by members of your recycling committee.

Our first is from Laurel Lane, entitled Air Conditioning and Environmental Risks.

Lately, we've been hearing how our air conditioning use is hurting our environment. Is this true and, if so, how? Many people aren't clear on that fact. Actually, the air conditioner is not the problem, it's the fluid used in the cooling coils. These coils can contain chlorofluorocarbons (CFCs) which consist of chlorine, fluorine and carbon. Chlorine is the problem here, stripping the ozone layer. But chlorine on its own is not the danger; it's when it mixes with the additional ingredients in CFCs and that mixture is released into the air (from leaks or spillage) that stratospheric damage occurs. Chlorine used in laundry or swimming pools does not act the same way. Home air conditioning units are at the bottom of the list when it comes to ozone damage. Home units contain a chiller called R-22 which doesn't contain chlorine. The real culprits are sealed, automobile air conditioners. Whereas home and office units are sealed, automobile systems

are subject to the wear and tear of being in constant motion. This results in leaks (three quarters of all leakage). The good news is that by 1993 most automobile air conditioners will no longer be using a chlorine formula in the U.S. and Japan.

What can you do to help in the meantime? See that your car unit is in top working condition and attend to any problems immediately. This will stem the



chance for leakage. Also, if your home unit is having the coolant changed, ask the service people to release the chiller into a closed container, rather than venting it into the air. As you are reading this article, new systems are being developed that can clean and recycle chiller fluid. And isn't that what we're all about - recycling?

Our second article, written by Steele Beller, will be of importance to anyone wanting to know what to do with an old appliance.

RECYCLE THAT OLD APPLIANCE!! I'm sure that many of you know that Kirkwood has a very innovative recycling center. But did you know that you do not have to be a Kirkwood resident to deposit your recyclables there? Besides aluminum cans, glass, newspaper and cardboard, it is also a great place to recycle ANYTHING metal, such as your old appliances. You can drop off your old refrigerators, washers, dryers, water heaters, etc., all with no dumping fee (which can run from \$35 to \$50). It is also easy to get to - just one block south of Target and one block east of Kirkwood Road, at 350 South Taylor.

If you have an idea for an article, please contact any of your recycling committee members. We will be glad to research your idea and prepare an article.

We are looking for new, interested members who would like to join our committee. The committee meets the second Wednesday of every month. If you would like to become a working member, please contact Sharon McGee at 331-8314.

See you next month. And remember to recycle all you possibly can, and buy as many articles as you can made from recycled material.



To Your Health

Podiatrist offers tips for the well-dressed woman

By Edward S. Stein, D.P.M.,
BarnesCare Podiatrist

Thousands of women in the workplace may be paying too high a price to dress for success. Bunions, hammertoes and painful calluses are battle scars caused by wearing poorly fitting, but attractive dress shoes.

Foot problems among younger women have become increasingly common because of poor-fitting shoes worn in the workplace. Women in their 30s and 40s seek help for relief from the pain and unsightly bulges on the sides of their feet. Bunions are not specific to women, but more women have such foot problems which is made worse by high heels and pointed shoes which abuse the feet.

Bunion is a common name for deformity of the big or great toe. The condition is characterized by painful swelling at the base of the toe and an unsightly bulge which is painful.

Bunions are hereditary deformities that can be inflamed when the foot is crammed into the "box" of the shoe that houses the toes, forcing the big toe to conform to the slant by skewing toward the other toes. High heels escalate the problem. The increased pressure and weight shift causes more rapid progression of the deformity. Your podiatrist

can perform out-patient corrective surgery for your painful foot problems.

While not always possible, wearing tennis shoes, loafers or other leather shoes with rounded or wide toe boxes are helpful in reducing painful bunions from forming or becoming worse, but these shoes may not be appropriate in many work environments. Here are some tips when buying dress shoes:

First, buy new shoes in the afternoon or evening when your feet are larger. You will be wearing the shoes later in the day anyway, so make sure they fit at that time.

Second, buy round-toed shoes whenever possible. They will not force your toes into unnatural positions. If you buy pointed-toe shoes it's a good idea to select a half-size larger than you usually wear.

Next, since your toes spread as you walk, allow a thumb's width between the end of your toes and the tip of your shoe.

And lastly, use a simple test to help you choose the right shoe. Trace your foot on a piece of paper while standing. If the shoe doesn't cover the tracing, don't buy that shoe.

By following these tips you can select from many attractive styles, while being sure your shoes are both comfortable and healthy.

Take four steps to reduce a 'spare tire'

If your midsection has become a depository for fat, here's some good news. According to studies by the University of California at San Diego, these steps will send your "spare tire" down the road:

* Limit alcoholic drinks to no more than two per day. Believe it. Studies at the University of California at San Diego show that those who drank more were twice as likely to have a potbelly than those who drank less than two a day.

* If you smoke, stop. Smoking had a similar effect. Two times as many potbellied people were smokers than nonsmokers.

* Take a walk every day. The exercise will pump up your metabolism so it burns more fat even after you finish the exercise.

* Eat a lot of complex carbohydrates and skip the saturated fats. Both exercise and carbohydrate intake appeared to protect against getting a spare tire for the study subjects. It may be that the fat from cheeseburgers and ice cream prefers to migrate to the midsection. Carbohydrates, it was found, lead to a better shape.

Doing sit-ups will not take away a roll of fat around the midsection of your body. They may strengthen and tone the underlying muscle, but no one could do enough of them to start the fat-burning process. For that to happen, you have to walk, or do some other continuous exercise for 30 minutes or more.



Pizza calculations

If you're watching the fat content in your food, remember that the toppings you order on your pizza make quite a difference. The best choices are mushrooms and green peppers, which contain no fat at all. Pepperoni adds some nine grams, and sausage adds six. Better choices are ham or Canadian style bacon which add only two grams of fat each. Extra cheese adds about five grams of fat to pizza.

Thick is in if you want to be thin. Thick crust makes a lower-fat pizza, says the Tufts University Diet & Nutrition Letter. Thick crust fills space otherwise used for fatty ingredients.

When buying frozen pizza, fat-conscious folks should seek out those carrying low-fat claims. Some contain only eight grams of fat in the entire pizza, but others contain much more.

Retirees

Mr. Darold Woodcock retired on November 16 from the Personnel Office after almost 38 years of federal service. Mr. Woodcock worked for the Corps for almost six years.

Mr. Kenneth Anderson retired January 3rd from the Service Base after 30 years of federal service, almost 27 years of which were with the St. Louis District.

Mr. Lawrence Stahlschmidt retired January 3rd after more than 36 years of federal service. Larry was assistant lockmaster at Melvin Price Locks and Dam.

Mr. Donald Schrader retired January 3rd after more than 25 years of federal service. Don was lockmaster at Melvin Price Locks and Dam.

Exercise produces TPA, the clot buster

Regular exercise may improve the body's ability to break down life-threatening blood clots, new research suggests.

Scientists at Seattle's Veterans Administration Medical Center say they have found that exercise increases the activity of a natural clot-dissolving protein (TPA). The substance is widely administered in drug form to halt heart attacks in progress.

By raising TPA activity, regular physical workouts may better enable individuals to clear blood clots on their own and avoid heart attacks, concludes the VA Medical Center.

TPA is part of the body's own defense against blood clots, according to the report, which appears

in the American Heart Association newsletter, "Cardiovascular Research Report.

Other research shows that regular exercise has a positive impact on heart disease risk factors. For example: Regular exercise encourages lower blood pressure, reduces body fat and raises levels of HDL, the "good" cholesterol.

Exercise strengthens the heart muscle, making it more efficient.

The heart of an exercised person pumps more blood with each heart beat, and has a slower resting pulse rate.

Exercise protects the heart and makes you look better and feel better.

Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES* - DECEMBER 1991: None

Total accidents for FY92: Five

Total accidents for FY91: Ten

*Lost-time accidents

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - DECEMBER 1991: None

Total accidents for FY92: None

Total accidents for FY91: Nine

GOVERNMENT VEHICLE ACCIDENTS* - DECEMBER 1991: 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 - DECEMBER 1991: None

Total lake fatalities for FY92: None

Total lake fatalities for FY91: Four

Lake Shelbyville - 1

Mark Twain Lake - 1

Rend Lake - 1

Wappapello Lake - 1

