



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 29 No. 11

Winner 1991-92 Army Communities of Excellence Award

November 1992

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Disabilities Awareness Month



Mayor Schoemehl proclaimed October Disability Awareness Month in St. Louis. Because of its ongoing involvement with and promotion of programs for the hiring and accommodation of persons with disabilities, a proclamation was presented to the St. Louis District by the Mayor's office.

Dr. Deborah Dee (right), head of the Mayor's Office For the Handicapped, presents the Mayor's proclamation on Disability Awareness Month to Maggie Patterson, Chief of Equal Employment Opportunity in the St. Louis District. Larry Hamilton, Chairman of the District's Handicapped Individuals Program Committee, looks on.

Volunteer appreciation



Volunteers honored at the Annual Volunteer Appreciation Day are, left to right: Pam McCubbins, Scott Allerding, Pete Salvetti, Tanna McComb and Diane Kocolowski.

The Rend Lake Management Office recently held its 3rd Annual Volunteer Appreciation picnic. The picnic is held to recognize volunteers who have made substantial contributions to various programs at the lake.

Many of the volunteer projects done at the lake could not have been completed without the assistance of the many groups and individuals who have

(Continued on page 3)



View from the top —



COL James D. Craig

We will move out post haste to execute the CONOPS plan.

Lots of news to report to you this month. First, as most of you know, my boss, BG(P) Pat Stevens was moved from Commander of the Lower Mississippi Valley Division to the Director of Military Programs in the Chief of Engineers Office in June. His predecessor in the division, LTG Art Williams was made the Chief of Engineers in August. The Acting Division Engineer, COL Jack Avant retired 27 October, and the new Division Engineer, BG Gene Witherspoon, was named and will report for duty in December.

In the District, we made a decision last year to combine Construction and Operations Divisions into a CONOPS Division. That action was approved by the division on 21 October. We will now move out post haste to execute the plan. In the long term, I am confident this will allow us to operate more efficiently.

The staff and I recently completed this year's Caravan tour of all the field sites. From my perspective, they were a great success, and I will continue them next year. If you have any suggestions or ideas about them, please let me know. I learned a lot about how the District operates, and I'm sure the staff did also. Who knows, maybe we will do a winter Caravan tour.

The Corps of Engineers' Army Community of Excellence inspection and selection team for 1992-1993 was here in the District on 22 October, as part of their selection process to choose the Corps finalists for the Army-wide ACOE competition. The Corps started with 28 candidates and narrowed it down to 7 to inspect. By the time you receive this, we should know if we are in the finalist's group. Whether we are or are not, I want to let you know that I think you are winners in the ACOE program. The program in the District has improved the quality of life here, and that is the real aim of the program. And YOU make it work!

One final note: WE have two actions which are close to bearing fruit. First, I told you we were working hard to try and give all of you a sense of what are the most important actions in the District. We are about to produce that list. Second, Anson has been working diligently on the District vision, and I fully expect that to be out early next year.

Enjoy yourselves, and THINK SAFETY.



US Army Corps of Engineers
St. Louis District

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Hard Hats honored



Left to right: Don Ludwig, Dean Surface, Carolyn Surface, Colonel Craig, Mary Grojean and Charlie Grojean.

Dean Surface, Charlie Grojean, Don Ludwig and Max Williams were honored very recently at a luncheon/awards presentation held at Lemmon's Restaurant. These employees are the Construction Representatives for Hard Hat of the Year for St. Louis District and LMVD, and SLD runners up for 1993.

Grojean received the Lower Mississippi Valley Division Hard Hat of the Year award this summer at HQUSACE.

This prestigious award represents the highest honor Construction Divisions can bestow on their field personnel. It recognizes outstanding employees responsible for managing quality of construction in each Corps division.

Fish stocking at Carlyle

Carlyle Lake Natural Resource Management Staff assisted the Illinois Department of Conservation in the release of more than 67,000 three-inch largemouth bass into Carlyle Lake. The bass were raised in the Coles Creek Brood Pond from fry that were supplied by IDOC.

At the Honker's Point Brood Pond 100,000 white crappie were raised and released to supplement lake populations. The Corps, IDOC and the Southern Illinois

University at Carbondale worked together to brand 20,000 of the three-inch crappie with liquid nitrogen. The liquid nitrogen causes a permanent scar on the crappie that will identify these fish in future surveys. In this way, the success of the crappie rearing program can be monitored.

This is one of many successful projects the resource staff is working on with IDOC partners to enhance the fisheries management on Carlyle Lake.



Our outstanding suggesters for the fourth quarter were Dave Rahubka and Dee Ebert, who were presented cash awards, and Larry Wernle, who earned a letter of appreciation. We also had a group award to Connie Driscoll, Terri Nicholson and Ann Woodrome.

Congratulations to all of you. You saved the government \$3,111.

You submitted a total of 176 suggestions during FY92 and some of those resulted in \$186,863 in tangible savings. Our thanks to everyone who participated in the Army Ideas for Excellence Program. We look forward to receiving additional ideas from you in the new fiscal year.

Editor's note

The intent of ESPRIT is ALWAYS to inform, NEVER to deride. The intent of the article on AIDS in the October issue was just that, to inform.

The HIV virus is an insidious killer. It's threat can never be over emphasized. There is still an amazing amount of misconception about the disease even among well educated people. As the article states, "If the present rate of increase continues, the number of cases will DOUBLE AMONG NON-DRUG USING HETEROSEXUAL MEN AND WOMEN BY 1995." That's the category almost all of us here in the District fit into.

Because of the seriousness of this threat, when I am sent information about AIDS from the American Forces Information Service or other sources, my tendency is to use it.

I apologize to any who were offended by the article.

The editor



Property Book

Personal property Hand Receipt holders are responsible to ENSURE that the appropriate transfer document (ENG Form 4900) or excess document (ENG 4900 and LMV 758) are initiated, signatures obtained and forwarded for ALL property that is removed from their control, i.e. PC replacement. Signatures are appropriate AT THE TIME OF REMOVAL/REPLACEMENT, including support activities.

Property shortages are YOUR responsibility!

Personnel relocation

Effective 24 Sept. 1992, Ms. Shirley Harvey has been relocated to the District Office LMO area. Her functions are ordering and providing status information on ALL GSA and CSC supplies. Ms. Harvey may provide information and resolve ALL GSA order and shipment discrepancies. She may be reached at ext. 331-8776.

Please forward all signed acceptance DD 1155 or receipt

notification documents to implement payment to CELMS-LM-S attn: Shirley Harvey.

Effective 9 Nov. 1992, Ms. Debbie Pickerign will be relocated to the District Office LMO area. She may be reached at ext. 331-8775.

Her primary function is Stock Record Officer. She is responsible for the WIS (Warehouse Requisitioning and Inventory System).

Please direct all inquiries relating to this system, as follows:

* Quantity/Item discrepancies - 263-4226 (CASU-Todd)

* Damaged items - 263-4226 (CASU-Todd)

* Assistance/Help - 331-8775 (LM-S-Debbie)

Please direct any questions or concerns to Judy Griffith, Chief of Supply at ext. 331-8019.

Warehouse relocation

The Supply Warehouse has been moved into the newly constructed multi-purpose Building #4 at the Service Base. Telephone numbers are 263-4226/4227.

Remember, when placing warehouse orders, CASU depends on the CORRECT location to properly deliver your orders to you quickly and efficiently. If you have relocated, PLEASE insert your new location on your supply order.

Overbooked flights

The Department of Transportation protects consumers who are involuntarily bumped from flights.

If passengers who have checked in on time are bumped to a flight that leaves more than one hour later than the original one, the airlines MUST offer compensation. Passengers stranded for one to two hours are due the amount of the fare paid or \$200, whichever is less. If the delay is more than two hours, the payment MUST be twice the value of the ticket, but no more than \$400. In either case, airlines may offer cash or tickets as compensation.

If a government traveler is bumped INVOLUNTARILY, the compensation, in the form of cash or tickets, goes to the government. The government, in turn provides the traveler with additional per diem if the bumping required the person to spend money on overnight lodging or additional meals.

If a government traveler VOLUNTEERS to be bumped from an overbooked flight, the traveler gets to keep whatever the airline offers. In this situation, the government will NOT compensate the traveler for additional expenses incurred as a result of taking another flight, and the additional time may be charged as leave.

DOT does not require the airlines to reimburse passengers for expenses incurred due to delayed or canceled flights. Compensation in these cases is often left to the discretion of the individual gate agents or airlines.

Extra Mile Award

Congratulations to Ms. Sandra Cotton and Ms. Naomi Myles, the fourth quarter FY 92 Personnel Office Extra Mile Award recipients!

Sandra and Naomi were nominated for their accomplishments in keeping our Training and Development Branch functioning

during the absence of all assigned permanent staff members, to include the chief.

With little instruction, no supervision and no readily available help, Sandra and Naomi determined what needed to be done, did it, and followed through

with amazing results. Their performance is particularly impressive in light of the fact that Sandra is employed under the Stay-In-School program and Naomi is still formally employed by the Defense Finance and Accounting Service.



Lake hosts Elderhostel

More than 40 senior citizens spent the week at a private camp near Rend Lake attending classes conducted by personnel from various environmental and conservation organizations and agencies, including the Corps. The participants in Elderhostel classes are all retired men and women who are eager to learn and bring a lot of experience and knowledge to the sessions. Some of the students had attended as many as 20 Elderhostel classes held from California to Florida.

Park Ranger Ray Zoanetti presented a slide show about the Corps, its mission in regards to environmental and wetland management and waterbirds of Rend Lake to the group on their first night in camp.

On Thursday the group hiked a mile out to the point of the Ward Branch waterfowl management area to view the various birds and waterfowl.

Volunteer (cont.)

donated their time and efforts to the improvement of public lands.

In 1991, 263 volunteers donated about 4,000 hours to do projects such as planting wildlife food plots, building, cleaning and surveying bird nesting structures, planning and preparing the Wildlife Demonstration Area that features native Illinois plants and will be used for educational programming, cleaning up the shoreline of the lake, assisting disabled hunters, restoring wetlands and many, many more.

The public and the Corps are the big winners, but the volunteers gain experience and friendships that they will last a lifetime.

Personal safety for travelers



From your Crime Prevention Council

The travel and holiday season is upon us. A time for joy, giving and memories that last a lifetime. However, this is also a time for caution.

Travelers, whether on official or personal business,

should be alert to the ploys of unwelcome "officials" or "repair representatives" trying to gain entrance to their motel/hotel rooms. Women have become targets for sexual assault and even murder. Both men as well as women have been the victims of robbery and burglary.

There are a variety of ploys which may be used to dupe you into allowing criminals entrance. They can use a "house telephone" to call rooms randomly. They say they need to check smoke alarms or plumbing. Once inside, an offender may rape, maim or kill their victims.

DON'T! DON'T! Don't allow entrance UNTIL you have verified credentials and are ABSOLUTELY satisfied they are who they claim to be. **YOUR LIFE COULD DEPEND ON IT!**

Should you receive such a call or visit, advise them you want to verify their legitimacy with the front desk or security office. Do not accept a call-back telephone number given to you by the caller/visitor.

It's a cruel world. Protect yourself and loved ones. Use the motto of former President Reagan

when he spoke of the former Soviet government: "Trust, but verify."

The Crime Prevention Committee wishes you a safe and joyous holiday season.

Parking lot safety

Here are some useful car and parking lot safety tips for your personal security.

First of all, maintain your vehicle to avoid mechanical failure where possible.

If going to or leaving your place of employment, or anywhere for that matter, during non-daylight hours, be sure to park in well-lighted and heavily traveled areas as close to the building as possible.

Don't leave keys in the vehicle. Lock it, even if you only expect to be gone for a short time.

Don't leave valuable items visible inside the vehicle.

Be alert. Be aware of what is going on around you while going to and from your vehicle.

Don't be afraid to notify authorities if you notice a suspicious person or vehicle. That's what they are there for. Try to give a good description.

When going to your car, especially during non-daylight hours, have your car keys in hand and ready. Check around and under your car as you approach.

Before entering the vehicle, check the rear seat areas to assure that no one is hidden there.

Career advice for kids

Health-related occupations are great careers for kids just starting out. The "Kiplinger Washington Letter" reports schools can't produce enough graduates to meet the growing demand for therapists, radiologists, nurses and other specialties.



On The Soapbox

Around the District

Gary Dyhouse recently participated in a three-day workshop on "Initial Project Management Plans for Hydrologic Engineering and Economic Analysis" in Oregon. Gary gave an overview of EP 1110-2-6007, "Hydrologic Engineering Studies Design," a document he recently completed for Corpwide use. The EP will be published in FY93 and provides guidance to H&H personnel who are involved in hydrologic study planning and in preparation of hydrologic time and cost estimates required for Project Management Plans or for IPMPs.

Riverlands Office

The Riverlands Area Office hosted more than 850 visitors to the Visitor Orientation Facility in October.

Riverlands Manager Pat McGinnis was guest speaker at the Garden Club of America "Saint Louis in Bloom" meeting. He discussed Riverlands programs and their stewardship responsibility on the Mississippi River. Pat also spoke at a dinner given by Quail Unlimited about Riverlands programs.

Park Ranger Julie Ziino and Lockmaster Tom Miller along with Mike Kruckeberg (OD-N) hosted a tour of the Melvin Price Locks and Dam for the Transportation Research Forum.

Park Ranger Julie Ziino and Riverlands Associate Sherry Droste hosted four high school classes working on the Illinois River Project. The students were doing several kinds of water quality testing.

Wappapello Lake

Park Ranger Rebecca Hays gave an update on the status of the Wappapello Lake section of the Ozark Trail at the Annual Ozark Trail Council Coordination Meeting held at Meramec State Park.

Park Rangers Diane Stratton, Daniel Camden and Richard Chenoweth conducted a two-day Hunter Safety Education Course for 52 people.

Park Ranger Andrew Jefferson was interviewed by the Kansas City Star newspaper for a segment on Missouri lakes.

Stay-In-School Park Ranger Debbie Swinford took a family reunion group on a tour of the gatehouse.

Park Ranger Rebecca Hays conducted an animal and environmental program for campers at the SEMO Youth Camp.

Park Rangers Andrew Jefferson, Diane Stratton and Rebecca Hays took 65 fifth graders on a tour of Lost Creek Trail. After the tour, everyone gathered for a slide presentation given by Ranger Stratton.

Rend Lake

Park Rangers Ray Zoanetti and Jackie Rachear attended career fairs at the Southern Illinois University at Carbondale and the Rend Lake College. They provided information about the Corps' Stay-In-School program and the cooperative education program to students.

Park Ranger Randy Stewart took members of a freshman forestry class from Southern Illinois University on a tour of the lake.

Lake Shelbyville

Park Rangers Pam Doty, Ken Pierson and Maria Shafer conducted a 10 hour Hunter Safety Education course for 30 students at the Visitor Center. The class consisted of hunter responsibility, firearms handling, wildlife management and safety.

Park Ranger Al Lookofsky participated in Lake Land College's Career Day, explaining what a ranger does and how to prepare to be one.

Maria Shafer spoke on Shelbyville's "Talk of the Town" radio show about upcoming events at the lake, camping and fishing.

Rangers Leanne Crouch, Maria Shafer and Al Lookofsky participated in a two-day Native Indian Cultures Workshop, explaining and demonstrating fire making and cordage to 250 seventh graders.

Carlyle Lake

Park Rangers Andrea Pickard, Norma Hall, Mike Kuntz and Kim Mayhew were guides for the Spook Walk on one of the nature trails at the lake. The Halloween event was hosted by the Fireworks Committee, Optimist Club and Carlyle Jaycees. About 900 people attended the two-night event.

The Listener

His thoughts were slow,
His words were few
And never formed to glisten.
But he was a joy to all his friends -
You should have heard him listen.
Anon.



News Briefs

Environment Fair

Students from more than 17 schools heard representatives from 29 businesses and government agencies discuss how their companies' products affect the environment at the Mark Twain Lake Environmental Education Fair, September 18, at the M.W. Boudreaux Visitor Center. Students were able to voice their opinions on what should be done to lessen environmental destruction caused by industry, while industry was able to explain how they comply with environmental regulations placed upon them.

Education Workshop

Teachers and 46 college students gathered at the M.W. Boudreaux Visitor Center at Mark Twain Lake to participate in this year's Education Workshop. The Corps and Missouri Department of Conservation cosponsored the event with tours of Ted Shanks and Mark Twain Lake Wetland areas.

ECO - Meet

More than 300 students competed in the 16th Annual Lake Shelbyville ECO-Meet at Camp Camfield. There were competitions in such things as identification of edible plants, waterfowl identification, prairie plant identification and more. Colonel Craig

was on hand to present the awards to the winning teams.

New ranger

The District welcomes a new park ranger to Lake Shelbyville. His name is Jerry Brooks. Jerry has joined us after serving as a construction inspector at Mel Price Resident Office.

Dove hunt

A youth dove hunt was held on September 5 at Houser Dove Management Unit at Lake Shelbyville. Sixteen participants harvested 115 doves.

Lookofsky feature

The Shelbyville Daily Union recently featured a half page story on Lake Shelbyville ranger Al Lookofsky. Al, who spent two months at Corps' Headquarters in Washington, D.C., was interviewed in depth about his stint at the Natural Resources Office there.

Garden Club

The Ladue Garden Club has become a partner with the Riverlands Area Office to assist in restoring the ecological integrity of the Mississippi River.

Adopt -A- Shoreline

Four more groups have helped preserve and protect the Mississippi and Illinois Rivers through the "Adopt-A-Shoreline" program. The Great River Chapter of the Illinois Audubon Society cleaned up a section of shoreline on October 12. Marquette High School conducted their cleanup on October 17. The Piasa Bass Masters cleanup was October 24. And the students from Jersey Community High School, in cooperation with the U.S. Fish and Wildlife Service, did their thing on October 31.

Tree lighting

Joining in the Carlyle Christmastown festivities, the Carlyle Lake Management Office will host a Christmas Tree Lighting Ceremony at 7:30 p.m. on Saturday, December 4. The staff will also have a float in the Carlyle Christmas parade.

Magazine article

Illinois Fish and Game Finder Magazine recently ran an article about the success of the 6th Annual Rend Lake Cleanup. The article recognized the Corps, the volunteers and the local sponsors. The November issue of the magazine will include another article about the event, along with photographs taken the day of the cleanup.

No reaction best strategy for harassing calls

Telephones with speed dial and redial options have made obscene phone callers more of a nuisance than ever.

According to the telephone industry annoyance experts, some obscene phone callers are using redial options to repeatedly dial

their target's number. But even though the obscene callers are more persistent, the way to deal with them is still the same.

Experts advise you to immediately hang up. Don't listen to an obscene or threatening message. Don't listen to silence. Make no

exclamation or sound. Give the caller absolutely no reaction. These callers hate silence.

After you hang up, take the phone off the hook completely or turn off the ringer. Make sure everyone in your house follows this advice.



\$ - Promotions & Incentive Awards - \$

PROMOTIONS:

Catherine Fox, ED
Sharon Hornback, ED
Shane Nieu Kirk, ED
Jackie Brachear, OD
Margaret Ellis, OD
Michael Trimble, PD

EXCEPTIONAL PERFORMANCE RATINGS:

Jane Barnhart, CASU
David Buatte, CD
Jack Vizer, CD
Carol Kreutzer, ED
Gregory Hempen, ED
Gerald McClintock, ED
Donna Zoeller, ED
Richard Reiter, ED
Elbert Hasket, ED
John Naeger, ED
Robert Wich, ED
James Soehngen, ED
Ronald Jones, IM

Katharine Hayes, IM
Steve Deterding, OD
Robert Eifert, OD
Gary Buckholtz, OD
Cleatus Raines, OD
Joe Rodenbaugh, OD
Peter Coleman, OD
Nicholas Miller, OD
Richard Ullman, OD
Darrell Laplante, OD
Alton Jenkins, OD
David Berti, OD
Thomas Keevin, PD
Brian Kleber, PM
Doris Miano, RE

PERFORMANCE AWARDS:

Marvis Hoult, CASU
Thomas Quigley, ED
David Busse, ED
Warren Jones, IM
Katharine Hayes, IM
Jerry Schaperclaus, OD
David Berti, OD

Joe Rodenbaugh, OD
Steve Deterding, OD
Gary Buckholtz, OD
Brian Kleber, PM
Timothy Nelson, RE
Doris Miano, RE

QUALITY STEP INCREASE:

Thomas Keevin, PD

SPECIAL ACT AWARDS:

Eugene Degenhardt, VE
Sandy Lehr, CASU
Larry Hamilton, CD
Billy Parkes, CD
Joan Brickey, CT
Deborah Krems, CT
James Reed, ED
Virginia Mueller, IM
Kevin Curran, OD
Lawrence Williams, OD
Steven Dierker, OD
Sandra Cotton, PO

Our Thanksgiving harvest is great

On Thanksgiving this year, as we count our blessings, consider what it would be like if we lived in a town made up of 1,000 people in the exact ethnic, religious and economic proportions of the world today.

Our town would be quite a different place, indeed.

In our town of 1,000, about 500 wouldn't be having a wonderful family dinner at all: They would be hungry on Thanksgiving. Of those same 1,000 people in our town, 600 would be living through the holiday in their shanty towns. More than that - 700 - would be illiterate.

Sixty of our citizens, fewer than 20 families, would have many



blessings to count, since they would control half the total income of our town.

In our imaginary town, the people would be thanking their creator with many different names. Christians would number 300; Moslems, 175; Buddhists, 140; Hindus, 128; and Animists, 47. There would be 210 people with no religion.

The faces of our town would be extraordinarily diverse. There would be 564 Asians, 210 Europeans, 86 Africans, 80 South Americans and just 60 North Americans.

So on this Thanksgiving, thanks to the calculations of the World Development Forum, we understand just how breathtaking our blessings really are - and how great our fortune, how small our world, how large our responsibility to our Global Village.



Feds' health plan open season starts Nov. 9

By Evelyn D. Harris
American Forces Information
Service

This year's open season for the Federal Employees Health Benefits program is Nov. 9 through Dec. 14. Employees have more than 300 national and local choices.

The average 1993 premium paid by nonpostal employees and retirees will increase by 9 percent. Acting Office of Personnel Management Director Douglas A. Brook said he was pleased to be able to keep the increase under 10 percent. He said the health insurance industry's average increase has been 20 percent per year for the past few years.

OPM officials said the plans stemmed rate increases by large-case management and other cost containment measures such as precertification requirements for nonemergency surgery. Large-case management seeks alternative treatment, such as home care and outpatient treatment, for terminal and chronic conditions.

In 1993, plans will also feature preferred provider networks. Preferred providers pass a plan's quality and certification screening and agree to accept lower payments. OPM officials said these networks should mean lower out-of-pocket costs and better benefits to enrollees.

Among the new benefits offered is preventive screening for early detection of prostate cancer and colon/rectal cancer. Also, some plans are eliminating lifetime ceilings on prescription drugs.

Finally, companies have more consistent out-of-pocket catastrophic limits for covered expenses for medical, surgical and mental health benefits. According to OPM officials, subscribers will pay no

more than \$2,000 out of pocket for medical and surgical expenses if they have high-option coverage; the maximum for standard option subscribers is \$3,000. For mental health care, high-option subscribers will pay no more than \$4,000, while standard subscribers will pay no more than \$8,000.

An OPM benefits analyst said his agency requires plans to meet at least the above guidelines. However, he said, some plans have lower catastrophic caps than OPM requires.

Last year, the government required plans to add breast-cancer screening mammograms and help to persons trying to quit smoking.

Although the average premium will go up, some rates will decrease. The biweekly amount nonpostal employees pay for Blue Cross-Blue Shield high-option single coverage will decrease by \$2.80 to \$78.65. High-option family coverage will decrease by \$2.73 to \$166.36. Standard coverage will increase, however, by \$2.01 to \$20.96 while family coverage will increase by \$4.22 to \$44.04.

The Government Employees Hospital Association plan will cost single subscribers \$27.28, up \$3.64. Family coverage will cost \$53.46, up \$6.92. GEHA offers high option only.

Mail Handlers high option coverage will cost single subscribers \$18.22, up \$2.10; family high-option coverage will cost \$40.61, up \$4.67. Standard single coverage will cost \$13.66, up \$1.35. Standard family coverage will cost \$29.66, up \$2.94.

National Association of Letter Carriers offers only one option. Single coverage premiums will be \$22.77 biweekly, down \$3.93.

Family coverage will cost \$46.91, down \$5.36.

The National Alliance Plan will charge \$36.89 for single coverage, up \$15.42, and \$75.19 for family coverage, up \$8.02 per pay period.

The American Postal Workers Union Plan charges nonpostal single workers \$26.75 per pay period, up \$6.57. Family coverage will cost \$53.51, up \$10.79.

Health maintenance organizations are locally based and vary widely in services and premiums. Personnel offices will have complete rate and benefit information by open season.

Some plans require employees to pay dues to a union or association. For example, Mail Handlers charges nonunion enrollees \$30 a year for associate dues.

The government pays a larger share of postal employees' premiums, as negotiated in their union contract. But Uncle Sam helps nonpostal employees pay for coverage, too. For example, the government chips in \$139.60 of the Blue Cross high-option family premium. Without this help, employees would pay \$305.96.

Fewer car "deals"

The "Kiplinger Washington Letter" predicts that fewer discount deals from auto makers will be offered in the next several months. If you can get a great deal now, better take it.

The average age of cars in the U.S. is now 7 1/2 years. Many buyers won't be able to wait much longer to buy. Sales in late 1992 and early 1993 are expected to be brisk for cars, vans, utility vehicles and light trucks.



America's Indian names to remember

Editor's note: Congress, by Public Law 102-188, has designated 1992 as the "Year of the American Indian." President Bush has issued a proclamation in observance of this year.

Because of this and in light of the fact that the native peoples of the North American continent have played such a vital role in the history and culture of the United States, it is appropriate that we look back on some of the great Indian chiefs who's names enrich our national heritage.

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

Columbus "discovered" a crowded land.

Archeologists estimate the New World had more than 16 million people when Columbus arrived. Many of these belonged to the hundreds of American Indian tribes in what would, in a couple of centuries, be the United States.

Apache, Cheyenne, Sioux, Nez Perce, Blackfoot, Cherokee, Iroquois - the list of tribes, their languages, customs and livelihoods, ranging from hunters and farmers to craftsmen and fisher-



men, can be found throughout the pages of American history. By the end of the 19th century, the tribes had lost their lands through wars and treaties and found themselves on reservations. By this time, the tribes' populations were greatly decimated, with millions dead from measles, smallpox, cholera, tuberculosis, starvation and war.

The names of many American Indian leaders from the past are well-known today. American Indian leaders who made history include Wahunsonacock, Cochise, Sitting Bull, Red Cloud, Osceola, Tecumseh and Chief Joseph.

Wahunsonacock was chief of the Powhatan Confederacy in Virginia in the early 1600s. Through his efforts Jamestown and

through the 1850s. In 1861, the U.S. Army called in Cochise and four other chiefs for questioning concerning a raid on a ranch. The chiefs denied any knowledge or involvement, but the Army arrested them on the spot. Cochise escaped, but the others were hanged.

Over the next 10 years, Cochise planned and executed a successful guerilla war against the Army and the settlers, with just 200 followers. Not one band of Apaches had been caught by the time both sides agreed to peace in 1871. The war cost the U.S. government more than \$40 million and 1,000 lives.

Cochise and his people agreed to move to a reservation. They went back to the warpath, but peace talks soon followed. Cochise died, peacefully, on the Chiricahua Reservation in 1874.

other early settlements were able to survive as the Powhatans provided corn, bread and other necessities to the English. Wahunsonacock, also known as Powhatan, was responsible for the peace between his people and the English settlers. War between the settlements and the Powhatan Confederacy did not break out until after his death.

Cochise was a Chiricahua Apache chief in the Arizona territory. He and his people remained at peace with the Americans



Forming the southeastern corner of Arizona is Cochise County, the only county in the United States named after an individual American Indian.

Sitting Bull was chief of the Hunkpapa Sioux; his wisdom and courage were recognized in the late 1860s when he was made chief of the entire Sioux nation, covering the area that today is the Dakotas and Montana. The Sioux and the U.S. Army skirmished, reaching a climax in the 1870s when gold was found in the Black Hills.

In 1876, the U.S. government was dealt a terrific blow when Sitting Bull's Sioux and warriors from other tribes annihilated the Seventh Cavalry, commanded by Lt. Col. George Custer. Sitting Bull and his people escaped to Canada, later moving back to the United States when famine forced their return. Following several years as a prisoner, Sitting Bull joined Buffalo Bill's Wild West show in which he toured and gained international fame in 1885. Sitting Bull returned to the reservation. A rumor of an Indian uprising spread, and a warrant was issued for his arrest. He was pulled from his bed and accidentally killed in the melee that followed.

Red Cloud, an Oglala Sioux chief, emerged as a natural leader and spokesman for his people, as well as for independent followers from other tribes.

In the mid-1860s, the U.S. government decided to open the Bozeman Trail, running from Fort Laramie - in what is present-day Wyoming - to the newly discovered gold fields in Montana. Three forts were built along the trail for protection. Red Cloud and his people didn't like this idea because the trail ran right across their land. For two years he and his people harassed and attacked workers, stopped supply shipments and basically held one of the forts in a

state of siege. Red Cloud's War came to an end when the U.S. government agreed to close the trail and abandon the forts.

Red Cloud and his people settled on the reservation. When the Sioux went on the warpath in 1876, Red Cloud kept his vow of peace. He continued to criticize U.S. government policies, defending Indian rights and culture until his death in 1909.

In 1987, the U.S. Postal Service issued a stamp honoring him as a great American.

Osceola was a leader of the Seminoles in Florida. He led several hundred of his people in a successful guerilla war against the U.S. Army for two years, beginning in 1835. He was captured under a flag of truce and held at Fort Moutrie in Charleston, S.C., where he died in 1838. The war he started continued sporadically. By the time it ended, the cost to the U.S. military was more than \$20 million and at least 1,500 troops killed.

Tecumseh was a Shawnee who gained fame in 1805. He sought to create a political alliance among the Indian tribes from Florida to Wisconsin. He believed that one tribe alone could not defeat the enemy, that to keep the land would require all the tribes working together. His object was to keep the Ohio River as a permanent border against the white settlers who were encroaching on tribal land.

In a little over four years, Tecumseh made great progress in creating the basis of a pan-Indian union. Tecumseh's efforts came to naught, however, when his brother undertook a military action against the Army that failed. Tecumseh was killed while fighting with the British against the United States in the War of 1812.

"He is one of those uncommon geniuses which spring up occasion-

ally to produce revolutions and overturn the established order of things," said William Henry Harrison, the future ninth U.S. president.

Chief Joseph was a leader of the Nez Perce in Oregon and Washington. He wanted peace, but became embroiled in a land dispute soon after he became chief in the 1860s. In 1877, the U.S. government ordered the tribe to a reservation in Idaho, away from their lands.

Before the tribe could move, a war broke out. Chief Joseph led his warriors, less than 200 in number, in numerous skirmishes against the Army and won victory after victory. But he realized the Nez Perce could not win in the end.

The only way out, Chief Joseph felt, was to escape to Canada. The Nez Perce, a tribe of less than 1,000 people, trekked 1,500 miles over the Rocky Mountains and across the Missouri River under winter-like conditions. For four months, the tribe fought a running battle with the Army, evading the troops when they could and fighting when necessary. Within a few miles of the Canadian border, the Army attacked and defeated the Nez Perce.

Chief Joseph and his people were ordered to the Indian Territory, now Oklahoma. Under horrific winter conditions, many died on the trail southward. The Nez Perce were allowed to return to a reservation in Washington state in 1885. Chief Joseph died in 1904.

According to Army Gen. William Tecumseh Sherman, that war "was one of the most extraordinary Indian wars of which there is any record. The Indians throughout displayed a courage and skill that elicited universal praise."



Change in tax law could cost federal employees

By Evelyn D. Harris
American Forces Information
Service

A change in the tax law could cost unwary federal civilian employees money when they leave the government before retirement. The law affects people who take their Thrift Savings Plan earnings as a lump sum or as a series of equal payments for a period of 10 years or less.

Under current law, people saving money in 401(k) plans like the Thrift Savings Plan may withdraw their funds upon separation. They have 60 days to redeposit the money into an individual retirement account to avoid current taxation. But under the recent law change, the government withholds 20 percent of the money for taxes if the employee asks for it in a lump-sum check or short-term equal payments.

For example, Sally Saver leaves the government for a private sector job and withdraws her \$50,000 from the Thrift Savings Plan - she receives a check for only \$40,000. To avoid paying current taxes on any of the money, she must reinvest a full \$50,000 within 60 days. If she doesn't have \$10,000 to replace the withheld money, she would have to borrow it.

If Sally doesn't come up with the \$10,000, she will have to pay taxes on it for the current year. So if she is in the 28 percent tax bracket, she'll pay \$2,800 in ordinary taxes. Furthermore, if she is under 59 1/2, she may have to pay an additional \$1,000 early withdrawal penalty.

For most savers, the simple solution to this dilemma is a "trustee-to-trustee transfer," said plan spokesman Tom Trabucco. Persons choosing this option instruct the plan to transfer their money into either an IRA or into a company 401(k) plan - if that plan will accept the transfer.

A company may have a waiting period before new employees can join the plan. In that case, Trabucco suggests setting up a conduit IRA, a segregated, separate account set up by a credit union or bank to receive the transferred funds. Conduit IRAs are also useful for people who need more time to decide on an IRA.

Trabucco said trustee-to-trustee transfers account for about 60 percent of the funds withdrawn from the plan. Those who decline transfers have relatively small balances in the plan and less than five years of service. While private plans may let short-term employees leave their money in the plan

when they quit, the Thrift Savings Plan does not. People who leave before they are eligible for immediate or deferred retirement must withdraw or transfer their savings.

Many of these people employed only a few years have \$3,500 or less in the plan, Trabucco said. They are eligible for an automatic cashout, but the payment will be subject to withholding. A trustee-to-trustee transfer is the only way to avoid this.

Thrift Savings Plan officials have asked Congress to delay the effective date of the change to Jan. 1, 1994, to give them time to notify employees about the potential tax problem and to make other administrative changes, Trabucco said.

If Congress grants the delay, plan officials will have more time to make arrangements allowing direct transfers by two other groups of workers. The first includes people who elected to receive their money in equal payments over periods of less than 10 years. Currently, they can't exercise the trustee-to-trustee transfer option.

The second group includes former spouses receiving plan money by court order and beneficiaries receiving money due to death of the participant.

Accident Summary

PERSONAL INJURIES - GOVERNMENT EMPLOYEES* - OCTOBER 1992: None

Total lost-time accidents for FY93: None

Total lost-time accidents for FY92: Eleven

* Lost-time accidents only

PERSONAL INJURIES - CONTRACTOR EMPLOYEES - OCTOBER 1992: None

Total accidents for FY93: None

Total accidents for FY92: Two

GOVERNMENT VEHICLE ACCIDENTS* - OCTOBER 1992: None

Total vehicle accidents for FY93: None

Total vehicle accidents for FY92: None

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

LAKE FATALITIES - OCTOBER 1992: None

Total lake fatalities for FY93: None

Total lake fatalities for FY92: Three

Rend Lake - 1

Carlyle Lake - 1

Lake Shelbyville - 1



To your health

Important information about influenza

Influenza (or "flu") is a viral infection of the nose, throat, bronchial tubes and lungs that can make someone of any age ill. Usually the flu occurs in the United States from about November to April. If you get the flu, you usually have fever, chills, cough and soreness and aching in your back, arms and legs. Although most people are ill for only a few days, some persons have a much more serious illness and may need to go to the hospital. On average, thousands of people die each year in the United States from the flu or related complications.

Who should be vaccinated?

Because influenza is usually not life threatening in healthy individuals and most people recover fully, health officials emphasize the use of vaccine for the elderly and people with other health problems which make these individuals more likely to be seriously ill or to die from the flu or its complications. The following groups are at increased risk for serious illness with the flu and should receive vaccine:

- * Healthy people 65 years of age and older.

- * Adults and children with long-term heart or lung problems which caused them to see a doctor regularly, or to be admitted to a hospital for care during the past year.

- * Residents of nursing homes and other institutions housing patients of any age who have serious long-term health problems.

- * People of any age who during the past year have regularly seen a doctor or have been admitted to a hospital for treatment of kidney

disease, cystic fibrosis, chronic metabolic diseases such as diabetes, anemia ("low blood"), or severe asthma.

- * People who have a type of cancer or immunological disorder (or use certain types of medicines) that lowers the body's normal resistance to infections.

- * Children and teenagers (6 months through 18 years of age) on long-term treatment with aspirin who, if they catch the flu, may be at risk of getting Reye's syndrome (a childhood disease that causes coma, liver damage and death).

Medical staff who provide care to high-risk patients in health-care facilities should be vaccinated to reduce the possibility that these patients might catch the flu when receiving medical care. Family members or others who provide care to high-risk persons at home should also be vaccinated.

Influenza vaccine

The viruses that cause flu frequently change, so people who have been infected or given a flu shot in previous years may become infected with a new strain. Because of this, and because any immunity produced by the flu shot will possibly decrease in the year after vaccination, persons in the high-risk groups listed above should be vaccinated every year.

This year's flu shot contains the strains A/Taiwan/1/86-like, A/Beijing/353/89-like and B/Panama/45/90-like to provide immunity against the types of flu which have been circulating in the past year, and/or thought to be most likely to occur in the United States this winter. All the viruses

in the vaccine are killed so that they cannot infect anyone. Vaccine will begin to provide its protective effect after about one or two weeks, and immunity may decrease, on average, after several months.

Flu shots will not protect all persons who get them against the flu. They also will not protect against other illnesses that resemble flu.

Dosage

Only a single flu shot is needed each season for persons 9 years of age and older, but children less than 9 may need a second shot after about a month.

Possible side effects

Most people have no side effects from recent influenza vaccines. There may be soreness for a day or two at the injection site, and occasionally also a fever or achiness for one or two days. As is the case with most drugs or vaccines, there is a possibility of allergic or more serious reactions.

Simultaneous vaccine use

The target groups for influenza and pneumococcal vaccination overlap. Both vaccines can be given at the same time at different sites without increasing side effects. High-risk children may also receive influenza vaccine at the same time as measles, mumps, rubella, Haemophilus influenzae type b, and oral poliovirus vaccines, but at different sites. Influenza vaccine should not be given within 3 days of vaccination with pertussis vaccine.

(Continued on page 14)



Smoke hurts children

According to an article in the October issue of "Safety & Health" magazine, researchers at the Environmental Protection Agency claimed, in a draft report to their Science Advisory Board, that exposure to secondhand tobacco smoke is responsible for as many as 300,000 serious respiratory ailments annually among children and infants. Conditions include pneumonia and bronchitis, many cases which are serious enough to require hospitalization.

Evidence also shows that children in households where there are smokers are more likely to be asthmatic. Researchers estimate that exposure to secondary tobacco smoke causes between 8,000 and 26,000 additional asthma cases annually in young children.

Government researchers also repeated their earlier claim that each year approximately 3,000 lung cancer cases among nonsmokers are caused by secondary tobacco smoke.

Even unborn children may experience neuro-psychological problems as a result of secondhand tobacco smoke. A study conducted by scientists at Canada's Carleton University compared exposure to smoke during pregnancy on 91 children ages 6 to 9. The children were tested in such areas as speech and language development, intelligence, motor skills, visual/spatial abilities, academic achievement and behavioral problems. Results indicate that children of nonsmoking mothers who were exposed to secondhand tobacco smoke during pregnancy scored lower in all areas than the offspring of mothers who were not exposed to tobacco smoke. Children of mothers who smoked during pregnancy scored even lower.

Smokeless tobacco not safer

By Evelyn D. Harris
American Forces Information Service

The 16th annual Great American Smokeout is November 19. It's the day family and friends will encourage smokers to quit for a day in the hope they will stop for good.

According to the American Cancer Society, almost 36 percent of the nation's smokers quit for the day last year. Almost 12 percent of those were still not smoking one to three days later.

Research about the harmful effects of passive smoking on nonsmokers has led to more and more smoke-free workplaces. But health officials are concerned some smokers are switching to smokeless tobacco. Smoking is decreasing in the military, but the use of smokeless tobacco seems to be increasing. According to the Department of Agriculture, the general population is using more smokeless tobacco than ever before.

"Although smokeless tobacco does not expose others to sidestream smoke, it is no safer for the user than cigarettes," said Army nurse LTC Gales Pollock, a senior policy analyst in the Office of the Assistant Secretary of Defense for Health Affairs. "Because there are so many tiny blood vessels in the mouth, people seem to get a bigger jolt from dipping or chewing than from smoking. This makes smokeless tobacco extremely addictive."

According to a medical academy, doctors diagnose some 30,000 new cases of smokeless tobacco-related cancer every year. Some cases take years to develop. Tragically, others develop quickly.

Academy Executive Vice President Dr. Jerome C. Goldstein

said quitting smokeless tobacco is often tougher than quitting smoking.

The negative aspects of smokeless tobacco include increased risk of cancer, especially in the cheeks, gums and throat. The habit can also lead to mouth sores, receding gums, tooth decay, bad breath and permanent discoloration of the teeth.

For those who need help quitting, doctors can prescribe nicotine patches that deliver gradually reduced doses of nicotine over a period of time. Since the patches are a dangerous drug - smoking while wearing a patch can be fatal - they are available only as part of a medically supervised program.

Federal employees who smoke or chew can get financial help to quit smoking. Last year, the Office of Personnel Management ruled insurers participating in the Federal Employees Health Benefits program had to fund at least \$100 of an approved smoking-cessation program.

Flu shots (cont.)

Some should check doctor

Persons who should not be given the flu shot include:

- * Those with an allergy to eggs that causes dangerous reactions if they eat eggs.

- * Anyone who has ever been paralyzed with Guillain-Barre syndrome should seek advice from their doctor about special risks that might exist in their cases.

- * Women who are or might be pregnant should consult with their doctor.

- * Persons who are ill and have a fever should delay vaccination until the fever and other temporary symptoms are gone.



Retiree Review

By the Retiree Correspondent

The retirees again convened on October 15 at the Salad Bowl with 35 present. Those of you, who for one reason or another didn't attend, missed a very enjoyable get-together.

Again Dave Harley was the District representative with his usual wit and humor thrown in with the very informative report of the District's "doings," present and future. We're always glad to have you with us, Dave. Proposed colas, health insurance, the recent District questionnaires to the retirees and other topics were discussed.

Kate Stiles had a letter from Lonnie Stalder stating she has purchased a condo at Smyrna Beach, Florida. Kate had also talked to Gen Wurst. Gen is doing real well - cruise, mountain retreat, etc. She also reported that John Hynek has had brain surgery. Unfortunately it is malignant. He's in the Southgate Nursing Home on Telegraph.

The Huizengas were back after a two month's absence. Elmer says he has become a "gourmet" cook - baked, boiled or microwaved "Gourmet" Meals! Estelle is doing real well, but is tired of the walker. Hope she can retire it soon. It belongs in the attic. Good luck, Estelle.

Linda Cuddeback was present for the first time in several months. Welcome, Linda. We're always glad to greet you. Marlene Wiseman showed up with her ever-lovin' Stan. Glad to see you Marlene. Kate Stiles was there with her re-operated finger.

The Bakers, Virginia Dillow, Ruth Pollaro, Milt Walter, Homer Duff (Watch out. Homer can now hear a pin drop with his new hearing aid!). Also a number of old faithfuls.

We had a first timer - Dee Sherbine. Glad to see you Dee. Make a habit of coming. Howard Beinke was the longest retired present.

The Webers reported on their recent trip to Russia. Makes one appreciate the good old USA!

We were saddened to learn of the death of Joe Tadlock. Joe livened our meetings when he was with us.

We want to extend an invitation to all retirees - both recent and old-timers - to attend these gatherings. Come see for yourself. Renew old acquaintances and join the repartee at these luncheons.

Mark your calendar for November 19. The place - the Salad Bowl. The time - 11:30 - for a very pleasant luncheon, visiting, etc. See you November 19.

Mysterious Alzheimer's Disease grows in impact

November 1st was a national day of awareness for one of the most frightening and misunderstood diseases: Alzheimer's Disease.

This progressive disease affects three percent of people aged 65 to 74 and 20 percent of people over 85 and it takes a most dreadful toll. Victims progressively lose their memory and their ability to learn and remember anything new, first on a weekly basis and then, in later stages, even from minute to minute. In the final stages, victims may suffer dementia, delusions and their brains eventually lose the ability to regulate respiration and other organ functions.

According to "The Harvard Mental Health Letter" August 1992, the cause of this disease is still puzzling.

No correlation has been found in environmental factors, though many have been tested. Researchers have, to no avail, tried to find a link to pollution, drug use, alcohol use, smoking, diet, arthritis and allergies.

Aluminum has been found in higher levels in Alzheimer patients, but studies have shown that even those people, like metal workers, who are constantly exposed to very high levels of aluminum, have no higher incidence of Alzheimer's

than other groups. This suggests that aluminum accumulation in AD patients may just be a result of the disease, not a cause.

AD is apparently not passed as a virus or in any way between people.

Researchers say this mysterious disease is currently not preventable or avoidable. But there is no doubt it is becoming an increasingly serious problem as the population ages. In 1980, there were 25 million Americans over 65 and 2 million over 85. But by 2000, there will be 35 million over 65 and 5 million over 85.



A President, a Prime Minister and a Dictator...

Big Three, An Odd Alliance

They were called the Big Three — Roosevelt, Churchill and Stalin. They symbolized the Allies fight against fascism.

The Big Three was an odd alliance.

American President Franklin D. Roosevelt and British Prime Minister Winston S. Churchill were natural allies. They admired each other and each other's country. The bond of the same language and the experience of the First World War cemented the alliance.

Josef Stalin, dictator of the Soviet Union, was another matter. Stalin started the war as an ally of Nazi Germany. If it weren't for his pact with Hitler, the Nazis couldn't have launched their *blitzkrieg* against Poland.

Stalin and the Soviets supplied Germany with raw materials and some manufactured goods while the Nazis invaded France and drove Great Britain from the Continent.

This changed on June 22, 1941, when Hitler launched his divisions against the Soviets. Stalin and the communist Soviet Union became an ally of the Western democracies. When a reporter asked Churchill why, after spending a lifetime fighting the communist menace, he was willing to send aid, Churchill replied that if the devil declared war on Germany, he would at least find something good to say about him in the House of Commons.

The alliance between the democracies and the Soviets suffered ups and downs. Stalin demanded a second front against Hitler as soon as possible. He felt the United States and Great Britain were purposely delaying. Stalin's paranoia was so great that it was even difficult for the British and Americans to get information from the Soviets to deliver aid to them.

When the Big Three first formed, the future looked bleak. The British had been pushed out of Europe and German Field Marshal Erwin Rommel was knocking on the gates of Alexandria, Egypt. The Nazis were within the suburbs of Moscow, and the defeat of the Soviet Union looked certain. The United States was a slowly awakening giant, with its Pacific Fleet sunk in Pearl Harbor and German U-boats sinking American shipping with impunity.

But the Big Three withstood the attacks. Each leader in his own inimitable way gave stiffened the backbone of his country's population. Each leader managed to get past the dark days. Each worked with the other to plan the strategy to defeat Hitler.

The year 1943 was the year of meetings to plan this strategy. Roosevelt, Churchill and Stalin were the focus. These meetings led to the victories of 1944 and 1945.

American Forces Information Service



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