



ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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Winner 1992 Army Communities of Excellence Award

August 1993

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## Great Flood of '93

As you know, the greatest flood in recorded history has hit the Upper Mississippi River Basin. The statistics associated with the flood event are staggering.

At this writing there have been 41 flood related deaths, estimated damages of \$9.4 billion, an estimated 34,500 homes damaged and an estimated 13.9 million acres flooded. And the river in the St. Louis District hasn't reached its crest yet. These figures will surely rise over the next weeks.

The main rivers affected are the Mississippi, Missouri, Illinois, Des Moines, Iowa and Kansas. Naturally there are many smaller tributaries affected.

At this point the Mississippi River at St. Louis has been above flood stage since June 27th. The District's Emergency Operations Center has been open since July 1st and on 24 hour operation since July 8th. The District has distributed 13,046,000 sandbags, 8,484 rolls of plastic and 101 pumps. There are 340 District people working to fight the flood.

Eight of the 42 federal levees in the District have overtopped or breached, 15 of the 26 non-federal levees and 12 of the 15 private levees.

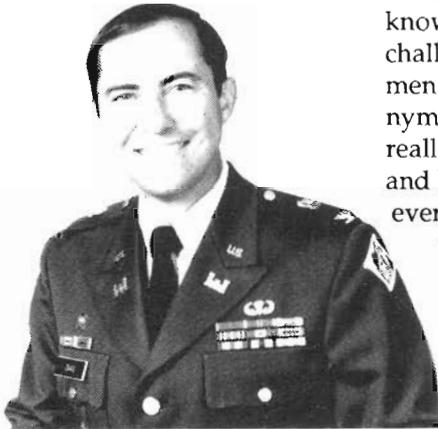
The Great Flood of '93 will go down in history as the worst flood ever in the Upper Mississippi River Basin, but it could have been much worse. Because of the flood control measures in place, billions of dollars in damages have been prevented, but some of the damages prevented can be attributed to the dedication and hard work of the District's flood fighters. Without their vigilance and expertise, levees that might have succumbed have held. The District can be proud of its people in this time of crisis. When it counted the most, we showed what we were made of.



The small town of Foley Missouri, about five miles upstream of L&D 25, has almost disappeared beneath the muddy waters.



# Commander's Perspective -



**COL James D. Craig**

**I want to pass on to you my personal admiration for all that you have done and will do in the fight.**

One thing I have learned in my two years in the District is, you never know what will be around the corner. Just when we thought the major challenge for the next year would be restructuring ourselves, and implementing CEFMS, RMS, REMIS (don't you just love all the IM type acronyms), along comes Mother Nature to remind us once again that she is really in charge. After some relatively minor flood challenges in April and May, we thought we were out of the woods for this year. Were we ever wrong! Since 1 July, the focus of the District has been on fighting what will probably become known in folklore as the Flood of '93.

Not only are all gage reading records being broken, but we are learning a new term; "extended crest". At the time I write this, the gage at St Louis has been above 40' for over two weeks, with no end in sight. I would hope by the time you read this, the Mississippi will have begun to recede. Maybe not, though.

Throughout this event, several things have impressed me. First, I now see that the entire District pulls together in a disaster and accomplishes miraculous things. Not only have you gathered and issued over 9 million sandbags, but you have let countless contracts in no time, responded to crises at Locks and Dams 24 and 25 (sandbagging volunteers were mostly women, although our District counsel was spotted filling bags), helped numerous communities, spent all hours of the day and night getting the mission done, and who knows what else. I have heard nothing but praise for all that you are accomplishing in the fight. I want to pass on to you my personal admiration for all that you have done and will do in the fight. Thank you.

When the river recedes, the work is not over. In some respects, it will have just begun. We must then inspect the damage, assess it, make estimates, and repair the system. Not a trivial task! Several of us are putting together a plan right now to do this in the smartest, and most efficient manner. As we go through the repair phase, there will be competing priorities, as the normal day to day work must also get done. Always keep in mind that we all want to do what is right, and what is the highest priority. This will take a continuous discussion, so KEEP TALKING to each other. Communications is the key to getting through this.

The next year will certainly be exciting. Flood fight, flood recovery, District restructuring/FTE change, CEFMS implementation, normal day to day work, etc. If you keep a positive attitude, don't let the mole hills get in the way, keep things in perspective, and work together, we will get through it. The St Louis District has a reputation of always rising to the occasion, and I am confident you will do it again!



**US Army Corps of Engineers**  
St. Louis District

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# Tourism development plan

The Illinois Department of Commerce and Community Affairs, Bureau of Tourism held four regional meetings throughout the state in July. The purpose of the meetings was to obtain input from federal, state, and local tourism related organizations in order to produce a statewide strategic development plan.

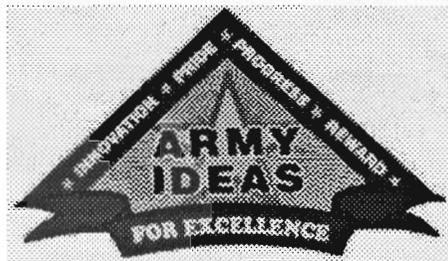
Rachel Garren, CELMS-CO-N, participated in the southern regional meeting representing Carlyle and Rend Lakes. Maria Shafer, CELMS-CO-NS, participated in the central regional meeting for Lake Shelbyville.

State Director of Tourism, Ms. Donna Shaw, was involved in both meetings. She described tourism as a \$15 billion industry that must be

pro-active and stay in touch with all the latest trends.

The flood has had a big impact on what the bureau is doing. You may have heard our Illinois Corps lakes mentioned on some of the state advertising with radio and television that the bureau did earlier this year. Currently, they are holding back their advertising and reserving that money for a major campaign after the disaster subsides. Also, they have expanded an 800 number service to answer questions the public has concerning tourism and areas impacted by the flood.

In case you may want to refer someone to that number, it is 1-800-553-5588.



Due to the Suggestion Campaign, we received 70 suggestions during the third quarter. Because of the dedicated evaluators we have in the District, 58 of these proposals were reviewed and evaluated, with an adoption rate of 36.2 percent. And get this... our turn-around time was an all-time low of 18.7 days. This is well below the DA goal of 30 days and we salute the evaluators who did such a terrific job. A letter of appreciation and a token gift have been forwarded to Dennis Seibel, Mike Kruckeberg, Judy Griffith, Jim Gerth, Ginny Mueller, Ronny Singleton, Russ Elliott and Ron Jones.

A total of 16 cash awards and five noncash awards were approved. Total dollar amount of cash awards was \$1075.

This year's total tangible benefits will surpass those of the past three years. Here's your chance to get in on the cash awards. With the disastrous flood we've been experiencing in the District, there must be some ideas out there on how to alleviate the conditions caused by flooding. Send your suggestions to CELMS-RM-M today.

## House for sale

Three bedroom, three bath, 2 1/2 car garage, two years old, two lots on a 500 acre private lake north of Edwardsville, Illinois. Price in the low \$90s.

Call 656-4044.

## Help needed for District families

There have been several among our District family whose homes have been flooded. Let's do our share to help in this time of need. A flood relief fund has been set up to help offset the tremendous costs these employees are facing. Please send or bring checks to contribute to this effort to one of the following people:

Jane Collins, PM-P

Jackie Jones, RM-F

Laurie Busse, ED

Kathy Engelmann, PD

Mary Whitley, CO-MP

Make checks payable to the CAC.

A Corps-wide effort is being coordinated to help our families as well. The Memphis District has volunteered to coordinate this effort.

## Bi-State bus pass sales

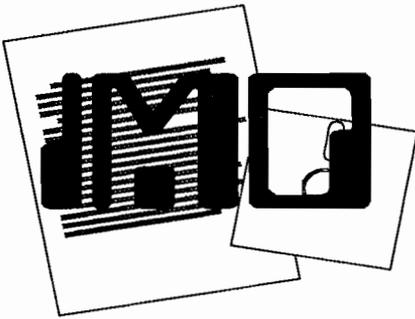
Effective August 2nd, Bi-State bus pass tickets and prices will change. Missouri fares will consist of \$35 monthly passes, \$11 weekly passes and \$8 ten-ride ticket booklets. Illinois commuter booklets will remain \$11.50.

Bus passes will be sold at the usual times, Tuesday and Thursday from 1 to 2 p.m. See Linda in ED-GE, room 4.306 (phone 8421).

## Meldrum has music album

Karen Schaffer Meldrum, CO-F, has published her first musical album, "WIND CHILD." It is available on cassette at several stores in the St. Louis area.

All music and lyrics were composed by Karen. She also sings and plays all the vocals and instrumentals.



## What is CEFMS?

CEFMS is the Corps of Engineers Financial Management System.

Development of CEFMS began during February 1988 and is currently scheduled to be deployed in the St. Louis District during May 1994. CEFMS is the heart of the Corps corporate information systems that are being deployed as part of the Information Systems Modernization Program, ISMP. The other systems being fielded at the same time as CEFMS include the Real Estate Management Information System REMIS, the Project Management Information

System PROMIS and the Resident Management System RMS.

These systems, together with interfaces to other standard Corps systems, such as ACPERS, COBRA, CETAL and SAACONS, will promote a change in the way our daily business is conducted. These systems support the engineering and construction projects, laboratory work and other Corps missions. A single source data entry concept is being used to ensure data is entered into the systems only once at the point of creation. The data that is entered at the point of creation is to be maintained and shared with all who need it throughout the life of the project. Many of the paper-based transactions we use daily will become fully automated once CEFMS is deployed. Items such as travel orders, training requests, receiving reports and purchase requests will be initiated, routed, tracked and reported upon electronically without generating paper copies. Just imagine expediting a requisition without walking it through the chain of approval.

Several activities are taking place now to ensure the District is ready for CEFMS. An oversight committee headed by Colonel Craig, with membership consisting of several division and office chiefs, has been established and will receive periodic briefings to keep them updated on the District deployment progress. A deployment team was established, with members from all organizations represented, to ensure all activities leading up to deployment are properly scheduled, resourced and implemented on time. A survey of all District employees is taking place to help determine the amount of training required by each employee and the amount and type of equipment that will be needed.

This is a time of change for the Nation and the Corps of Engineers. CEFMS will help to usher in the change within the Corps and will ensure that next year is NOT BUSINESS AS USUAL.

# What it's like helping former Soviet enemy

By F. Peter Wigginton  
American Forces Information Service

Operation Provide Hope has rushed thousands of tons of food, medical supplies and equipment to more than 50 communities across the former Soviet Union to stave off starvation. The operation charged some 200 service members of DoD's On-Site Inspection Agency personnel with helping carry out this U.S. humanitarian assistance effort.

What is it like to be a relief team member? Their accounts are

fascinating, occasionally humorous.

The mission might demand a 31-hour train ride or spending seven hours in a heatless car and scraping frosted windows while traveling through vast regions of nothingness between small towns. It might mean keeping fingers crossed that vehicles do not break down, because taxis, tow trucks and gas stations are few and far between.

It could include pitching in and working for three and four hours in human chains sometimes 70 people long to unload 15 to 45-pound boxes of food and medicines from a

C-141 or as many as 17 rail cars.

In a land of a proud people who were one day a superpower and the next receiving aid from a former enemy, the mission requires diplomacy. Provide Hope is an American helping hand, not a handout, team members stressed. They discreetly eat meals with peasants anxious to share their meager grub. It means empathizing with older folk who are confused, angry and disillusioned because a core value - communism - has proven a lie.

According to Air Force Maj.  
**(Continued on the next page)**



## Display of flags

It has recently been brought to our attention that the St. Louis District is not in compliance with

recent guidance from HQ USACE dated 1 May 1993 referencing universal display of flags, banners, pennants and decorations.

Please advise CELMS-LM-S of any flags, pennants, or banners your office is currently displaying. Logistics Management Office will advise to ensure your office's compliance.

POC for this action is Bill Moore. Please respond by telephone at 331-8023 or E-Mail:MOOREB no later than COB 6 August 1993.

## Left-handed kids

If you have a child who is left-handed, don't try to change that preference. Lefties are inconvenienced by a right-handed world, but are often talented.

The top scorers in the mathematics portion of the SAT tests are lefthanded males.

Lefthanders make up 10 to 15 percent of the population, but 20 percent of the membership of MENSA, a group for people with very high I.Q.s are lefthanders. Lefties are known to be individualistic and highly motivated. Albert Einstein and Thomas Edison were lefthanded.

Gen. Robert Parker, On-Site Inspection Agency director, officials of the former Soviet Union have been impressed with the Americans' dedication.

Army Maj. Teresa McBride, a leader on agency inspection and escort teams for the Threshold Test Ban Treaty, served as a team leader in Provide Hope. Her first mission during the early stages of the operation was to Moldova. She and her team supervised the delivery of nearly 22 tons of food and 28 tons of medical supplies.

Though grateful, she said the people were cynical. They doubted supplies would arrive at their destination, but, instead, would end up on the black market.

Air Force Lt. Col. Jim Cade, a former silo missileer, lead teams to Siberia, Armenia and Georgia. In his opinion, what doctors accomplished with few supplies and little equipment was testimony to their professional skills.

Cade said he started as a Titan II ICBM deputy combat crew commander. There were 54 Titans at that time. Most of the targets were in the former Soviet Union. Ironically, Provide Hope initially called for 54 food and medical aid flights to the former Soviet Union.

"As I told one Russian general, I much preferred being involved with the initial 54 flights of food and medical aid to the Soviet Union that did occur during Operation Provide Hope than being part of those 54 flights I might have been involved with as a missileer," said the colonel.

Navy Petty Officer 1st Class Lee Clausen has participated as a linguist in all phases of Provide Hope. Clausen said most people under 30 seem to support capitalism and democracy and are interested in Americans. They know music groups, they know Madonna, Michael Jackson, Reebok and Nike "and all our symbols of materialism. I get the feeling they hope to become, if not rich, at least successful enough to get the things they want."

In Minsk, he said, the team met with representatives of a home for retirees and invalids. One burly fellow said he was a retired colonel and had served in the army in World War II. The colonel said he met the Americans on the Elbe River. "You know, then we were allies. It's wonderful we can work together again after all this time. Our leaders have kept us apart too long," said the man.

## Carwash saves water

If you want to save water, take the advice of the International Carwash Association. Go to the carwash.

Home washing wastes over 100 gallons of water per car, according to Lycott Environment Research of Southbridge, Mass. Most automatic or self-serve car washers use only about 35 gallons per car while home washes average 148 gallons per car.

## U.S. eats most meat

People in the U.S.A. eat more meat per day than people of any country in the world, an average of 11 ounces each, according to Tufts University. New Zealand, Australia and Canada follow, in that order.

## Kids can get cirrhosis

Youngsters who think drinking is "cool" don't realize it can cause serious and permanent damage to the liver. Cirrhosis affects the young and old alike. Even if youngsters kick the drug or alcohol habit, cirrhosis can destroy their lives, says the American Liver Foundation.



# On The Soapbox

## Around the District

Robert Davinroy and Claude Strauser, Potamology Section, made a presentation to the four deans of the military academies (Army, Air Force, Navy and Coast Guard). They discussed the new channel improvement design concept called "Bendway Weirs." This presentation was made aboard the new M/V Mississippi.

Gary Dyhouse, ED-HE, Jim Brown, ED-GI, Joe Schwenk, ED-GF, Lou Chiodini, PM-P, Ron Dieckmann, ED-HE, and Ken Koller, PM-M toiled long hours, six and seven days a week, in the District's Media Center established June 8 to handle news media inquiries about the flooding. Between them they have been interviewed many times by all major television networks and all major newspapers nationally, plus countless smaller local news media and even international news media. The center was averaging 150 media calls a day during the height of the flood.

## Riverlands Office

Riverlands Area Manager Pat McGinnis addressed 60 members of the Eastern Missouri Group, Missouri State Chapter of the Sierra Club. He provided an annual update on general progress and accomplishments at Riverlands. This marks the third year for these annual updates. He also addressed the potential for applying sustainable development principles to the Mississippi Basin.

The Riverlands Area Office hosted a water safety awareness booth during the three days of the Fireworks on the Mississippi Celebration. Riverlands Rangers distributed water safety informa-

tion and displayed videos on a variety of safety messages. Stay-in-school Park Ranger Rocky Horrigs hosted daily awareness programs stressing the importance of protecting public lands. Smokey Bear and Woodsy Owl accompanied Rocky during these programs.

Tours of Melvin Price Locks and Dam and the EDA are cancelled until the water goes down. The staff is offering off-site programs. Riverlands also hosts interpretive programs at the locks and dam on the overlook site on the Illinois side. These programs are given daily at 10 a.m. and 1p.m. and cover a general overview of the flood and the construction of MPLD. About 200 people a day visit the overlook.

## Mark Twain Lake

Park Rangers Steven Wagner and Shane Thurman presented a nature program to 60 young people from the Monroe City 4H Club at the Mark Twain State Park. The program explored the turtles of Missouri.

Park Rangers Shelly Basinger and Shane Thurman participated in a local Safety Town program in Mexico, Missouri. Their water safety program, presented to more than 60 children, introduced proper water safety habits and practices.

Park Rangers Steven Wagner and John Mullhatten were featured speakers at a session of summer school at Monroe City R-1 in Monroe City, Missouri. Two sessions were presented to more than 90 students. Water safety was the theme of the lesson.

Park Ranger Chuck Crocker presented a nature program at the Boy Scout Summer Camp, Camp Thunderbird. Chuck's nature program introduced the Corps role

in wildlife conservation and preservation.

Park Ranger John Mullhatten presented a program at the Farber and Laddonia public libraries for 25 young people. The topic of John's talk was the effect weather had on wildlife in Missouri.

Park Rangers Shane Thurman and John Mullhatten presented wildlife programs to 80 Boy Scouts at Camp Thunderbird. They discussed the life cycles and habits of turtles and bats.

Park Rangers Shane Thurman and Randy Doman attended the Monroe City R-1 Summer School. They taught 90 students why the Mark Twain Lake area is sometimes called the heart of Little Dixie.

Park Ranger John Mullhatten presented a program called "Geologic Resources" to Monroe City summer school. John explained to the 90 students the importance geologic resources played in the lives of early Native Americans as well as modern man.

## Wappapello Lake

Park Ranger Andrew Jefferson conducted a live remote broadcast with Ms. Tammy Wubker of radio station KGMO in Cape Girardeau, Missouri. He stressed the importance of water safety, briefly recapped Waterfest '93 and informed the public about upcoming special events.

Andrew also did a live radio interview with KTJJ radio in Farmington, Missouri, dispelling rumors concerning flood conditions at Wappapello Lake.

Andrew also did an interview with Ron Smith of the Daily American newspaper to promote Waterfest '93 and water safety awareness.

(Continued on page 8)



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# News Briefs

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## Hornak scholarship

Christine E. Hornak, daughter of Milan (ED-DA) and Helen Hornak, has recently accepted an offer to play college softball for Campbell University in Buies Creek, N.C. Campbell participates in the NCAA Division I, Big South Conference and is the current conference champion. In addition, Christine will also receive the Scott-Ellis academic scholarship to Campbell.

During her high school career Christine made four Metro Women's Conference all-star teams while her team won three conference championships and finished with an overall record of 51 and 8.

## Flood fighters

Park Rangers Randy Doman, Shane Andrews, John Mullhatten, Shane Thurman, Brian Makert, Holly Jungers and Steven Wagner from Mark Twain Lake assisted in the flood fight at Lock and Dam 24. The entire lake staff has aided in the flood fight support effort at Mark Twain Lake.

## Flood fighters II

Park Rangers Leanne Crouch, Jerry Brooks, Terri Morris, Amy Kimmel from Lake Shelbyville helped sandbag at Lock and Dam 25. Rangers, admin. staff and maintenance staff, Sharon Cable, Linda Werner, Don Brown, Steve Domzalski, Lori Rood, Julie Niedzielski, Terri Morris, Lori Clausen, Amy Kimmel, Valerie Weaver, Laura Segebart, Scott Beem, Kristy Sellers, Brian Boys and Eric Brunk helped with both Lock and Dam 24 and 25.

## McClendon installed

Congratulations to Mrs. Judy McClendon, the newly installed District Governor of 26D District for the Lions Club. Judy is the wife of Wappapello Lake Park Manager Michael McClendon. Judy is now in an elite group of 11 female governors worldwide.

## Wildlife camp

Thirty-five youths participated in the Illinois Wildlife Endowment Wildlife Camp at the Sleepy Hollow Youth Area at Rend Lake. Corps rangers and Illinois Department of Conservation personnel guided hands-on activities throughout the week.

Campers participated in a variety of "Junior Ranger" activities led by park rangers.

This week long camp offers youths the opportunity to develop a keener understanding of the environment and to recognize their personal responsibility of environmental protection.

## Bookstore

The Riverlands Association Bookstore has been opened in the Rend Lake Visitor Center. Several Nature related and cultural/historical books are now for sale at the Visitor Center.

## Rend fireworks

About 25,000 visitors attended the 4th of July Fireworks Festival July 1-4 at the Rend Lake Visitor Center. The event included a carnival, live music and an over-the-water fireworks display the night of the 4th.

## Careers program

The Riverlands Area Office in cooperation with the School Partnership Program is hosting a Careers in Science Program. The training course lasted three weeks. The program includes 21 internship students from high schools throughout the states of Missouri and Illinois and local universities. Because of flooding the students have continued training at Cross Keys Middle School.

## Carlyle fireworks

Beautiful fireworks lighted the night sky as an estimated 15,000 people celebrated Independence Day at Carlyle Lake. They viewed the fireworks from the water and from lawn chairs and blankets.

To supplement the fireworks, a variety of activities were held throughout the day on July 3rd at the Dam West Beach, including a sand castle and endangered species building contests and many water safety programs.

## Hunt/Fish Day

National Hunting and Fishing Day will be held Saturday, September 25, at Carlyle Lake in the Dam West Recreation Area from 10 a.m. to 3 p.m. Instructions on gun handling, shooting demonstrations, duck calling, fishing demonstrations, a casting contest, music and guest speakers.

## Visitor Center

Completion of the Carlyle Lake Visitor Center was delayed because of extensive rain. The center is expected to be finished sometime this fall. Construction consists of

(Continued on page 8)



# Coming Events at the lakes

## **Carlyle Lake**

Sept. 25 National Hunting & Fishing Day  
 Oct. 22-23 Haunted Trail  
 Dec. 3 Christmas Tree Lighting

## **Lake Shelbyville**

August 21 Okaw Indian Festival  
 Oct. 7 ECO-Meet

## **Rend Lake**

Sept. 11 Take Pride in America Lake Cleanup  
 Oct. 2-3 Children's Art Festival

Summer Sunset Series of Concerts: Saturday night programs June 19 to Sept. 4, 7:30 p.m., Visitor Center  
 Environmental Science Series Workshops and Outdoors Skills Clinics, Saturdays 10 a.m. to 3 p.m., Visitor Center

## **Wappapello Lake**

Aug. 21-22 2nd Annual Old Greenville Days  
 Sept. 25 3rd Annual Disabled Persons Fishing Day

## **Mark Twain Lake**

Aug. 14-15 Salt River Folklife Festival  
 Aug. 28-29 Rock & Mineral Show  
 Sept. 25 Outdoor Sport & Recreation Festival  
 Oct. 16 Evening with the Stars

## **Riverlands Area Office**

Riverlands hosts a variety of environmental workshops on weekends at the Visitor Orientation Facility throughout the coming months.

Tours of Melvin Price Locks and Dam for persons 13 years old and older started April 1 and will continue until Labor Day.

## **Soapbox Continued**

### **Lake Shelbyville**

Park Ranger Maria Shafer was an instructor for a two-day course in camping sponsored by the Illinois Department of Conservation called the Second Annual Outdoors for Moms weekend at Wolf Creek State Park.

Assistant Park Manager Tom Bloor and Ranger Steve Summers were guests on the Shelbyville radio show "Talk of the Town." They discussed upcoming events and the record crowd at this year's 4th of July fireworks celebration.

Park Ranger Al Lookofsky presented a program on Prehistoric Technologies for 15-year-old students attending the Eastern Illinois University Summer School for inner city youth.

### **Rend Lake**

During the month of July the interpretive staff at Rend Lake presented 41 evening, beach and day programs to about 1,700 visitors.

### **Carlyle Lake**

The lake interpretive staff presented five outreach programs during July. These programs reached about 450 children from local schools and organizations. Program topics included are recycled paper making, trail hikes and water safety.

### **News Briefs cont. (Visitor Center)**

two contracts: and exhibit contract and a construction contract. Both are going on simultaneously. Construction of actual exhibits will begin soon.

### **Duck Race**

An estimated 3,000 people lined the banks of the Kaskaskia River to watch the 2nd Annual Great Kaskaskia Duck Race on June 26th. More than 10,000 rubber ducks were dumped over the spillway of Carlyle Lake. About 30 minutes later, 15 ducks crossed the finish line. The first place winner took home \$5,000. This event is spon-

sored by the Visiting Nurses Association in cooperation with the Army Corps of Engineers.

### **Waterfest**

Wappapello Lake's fifth Waterfest on July 3 and 4 drew more than 500 people. Brochures, posters and coloring books containing water safety messages were distributed during the two days.

## **Check use rises**

Writing checks is the second most popular way to pay. Cash is first. About 85 percent of households have checking accounts, with 60 percent of all checks being written by women. One-third of checking account holders just compare their balances to the bank statement. If the two are close, they don't balance further. One-third balance their account methodically and to the penny. Of the remaining third, some never balance their check-books at all.



# **\$ – Promotions & Incentive Awards – \$**

**EXCEPTIONAL RATINGS:**

Edward Berghoff, CO  
 Thomas Bloor, CO  
 Charles Dees, CO  
 Welton Joggerst, CO  
 William Jones, CO  
 Kevin Long, CO  
 Karen Watwood, CO  
 Gary Webb, CO  
 Max Williams, CO  
 Janet Wilhite, CT  
 Sharon Hornback, ED  
 Leland Lenzner, ED  
 Catherine Mueller, ED  
 Carl Okenfuss, ED  
 Barbara Boswell, HR  
 Vivian Arthur, IM  
 Ronald Bockhorst, IM  
 Jon Eckles, IM  
 Alice Lovett, IM  
 Ronny Singleton, IM  
 Michael Dace, PM  
 Edward Ewing, PM  
 Martha Plyler, RM

Hilda Meadows, SO

**PERFORMANCE AWARDS:**

Stevenson Ellis, CO  
 Patricia Hosford, CO  
 Jimmy Jones, CO  
 William Jones, CO  
 Gary Webb, CO  
 Lawrence Williams, CO  
 Max Williams, CO  
 Michael Banovz, IR  
 Gary Groenemann, SO  
 Richard Schaumburg, SD  
 John Helfrich, ED  
 Vivian Arthur, IM  
 Renee Travis, LM  
 Sharon Ward, LM  
 Mark Wunsch, OC  
 James Hill, PD  
 Robert Tenholder, PM  
 William Nettles, RE  
 Mary Winston, RE

**QUALITY STEP INCREASES:**

Harry Hamell, RE

**SPECIAL ACT AWARDS:**

Cathy Jaeger, CASU  
 Gloria Miles, CASU  
 Arthur Taylor, CASU  
 Oneta Welch, CASU  
 Maureen Curran, CO  
 Holly Jungers, CO  
 Eugene Degenhardt, VE  
 Dolores Ebert, DE  
 Deborah Maynard, IM  
 Ida Morris, ED  
 Richard Schaumberg, SD  
 Joann Menke, ED  
 Janet Ulivi, ED  
 Beverly Jefferson, HR  
 Anne Woodrome, HR  
 Alice Lovett, IM  
 Laurel Lane, PM  
 Sharlene Caulley, RE  
 Diane Jones, RE  
 Steven Huskey, RM

## **It might take a little thyme to stay young**

When it comes to aging, simple wear-and-tear may be a major culprit in cell breakdown. But now some Scottish researchers have come up with an idea that might put time - or rather thyme - on our side.

By sheer coincidence, biochemists at the Scottish Agricultural College noticed that the distilled oils from the herb thyme seemed to slow the aging process in rats.

Now the researchers believe that thyme, and other foods including celery, perppermint, oregano and fennel, are high in

antioxidants, which prevent polyunsaturated fatty acids from being destroyed. That translates into cells that are able to ward off disease and oxidation.

Dr. Stan Deans of the agricultural college, whose research is being published in *AGE*, the American Journal of Gerontology, said his researchers were so stunned by the first results of rat studies that they spent another six months duplicating the tests. The results were the same: The rats had high levels of the fatty acids, suggesting that oxidizing activity

had been limited. In effect: they weren't aging so fast.

Eventually Deans expects thyme extract to come in pill form, but in the meantime, he advises people to use the herb liberally in their cooking, although vast amounts of thyme still don't amount to the garden of youth.

Dean notes that thyme may just make living a more healthful experience and, possibly, offer increased protection for the liver, as well as helping to prevent senility.



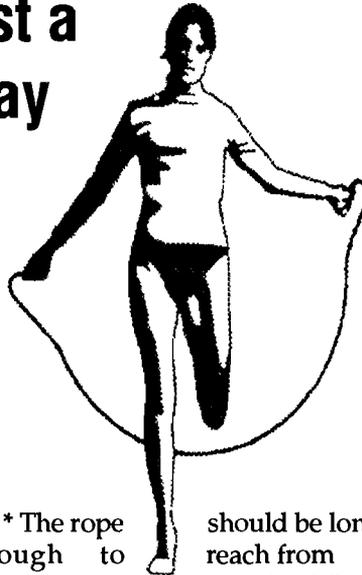
# To your health

## Better health is just a hop and a skip away

Here's an exercise that can be done indoors or out. It's more fun than jogging, takes less time than walking, and doesn't require a big machine you don't have room for.

People of all ages and physical conditions can skip-a-rope. It's safe because a skipper can start and stop, or slow down at will. Even a few minutes of rope skipping four or five times a week produces physical improvement. The Institute of Work Physiology in Oslo, Norway, has concluded that, "For producing the greatest fitness in the least amount of time, nothing surpasses the simple jump rope." Studies at many U.S. universities and hospitals confirm this finding.

Here's how to start skipping:



\* The rope should be long enough to reach from armpit to armpit while passing under the feet.

\* First week: Jump lightly in place, both feet together, without the rope, 50 to 100 times. Then skip with the rope about 50 times at whatever speed you like.

\* Second week: Continue to warm up with slow hops, feet together. Start stepping over the rope one foot at a time as if jogging in one place. Start with 100 steps, and add more as you get stronger.

\* Third week. Warm up, skip about 100 times without stopping. Rest 15 to 30 seconds, and skip up to 100 times more.

\* Fourth week. By now you will be skipping with less effort, so skip fast enough so you are breathing a little harder than before.

People over age 40 should consult their doctors before beginning any exercise program. When skipping, relax and look straight ahead. Jump just high enough for the rope to pass under your feet.

Skip on thick carpet or on the lawn, never on a hard surface.

## Symptoms you should never ignore

1. A persistent, low-grade fever. It can signal any number of ailments, some quite serious. See your doctor.

2. A lapse in sight or speech. Losing sight or the ability to speak, even if only for 30 seconds, may indicate blockage of an artery to the brain. One third of people who experience a brief attack later suffer a stroke. Proper treatment can reduce risk.

3. Change in a mole. The American Academy of Dermatology notes the ABCD's of warning signs:

A for asymmetry, or uneven shape.

B for border, irregular or ragged.

C for color, uneven or mottled.

D for diameter, increase in size is a warning sign for melanoma.

4. Stubborn coughing. It could be postnasal drip. Or it could be lung disease, asthma, or congestive heart disease, according to the American Lung Association.

5. Persistent itching. This may be nothing serious, or it could be a symptom of Hodgkin's disease.

6. Unexplained bruising. Many causes, many are serious.

7. Eye pain, blurry vision. It could be an early sign of glaucoma.

If any of these symptoms sound like something you have experienced or are experiencing right now, see a doctor. You could save your life or your vision by getting treatment now.

## What's the beef?

Hindus in India protested when McDonald's was given permission to open 20 restaurants there. Hindus wanted no beef served because they hold cattle sacred. The chain promised to use something else in their hamburgers.



# Retiree Review

By the Retiree Correspondent

On July 15, 25 retirees gathered at the Salad Bowl for a very enjoyable luncheon and get-together.

We had a bride and groom attend, Mr. and Mrs. Lee Breise, who were married June 19. Congratulations and best wishes were extended to them.

June Birthdays recognized were Elmer Huizenga on June 1 and Laurel Nelson on June 30.

Elmer had a letter, with pictures, of the new house from Clyde Wilkes. He's still adding to it. Some day he'll have a real mansion out there.

I had talked to Jim Bone recently. His wife had been in the hospital. She's now home, but not in very good health.

Cliff Forderhase is in Deaconess Hospital. I called the hospital, but they would not give information about his condition except to his immediate family.

Lou Scheurmann was absent. The report was he had severe allergies flare up that morning. Hope he is much better by now.

We extend our condolences to the families of Harvey R. Hammon and Roscoe D. Souders. Harvey retired in 1975. He had worked for many years in the Surveys Branch. Roscoe was our faithful carpenter,

being very meticulous and cooperative. Roscoe passed away June 25.

Paul Trauth, who retired in June 1973 was the longest retired present.

Francis Walton, CAC President, was the District representative present. He had Corps of Engineers clothing, cups, caps, etc. that they are selling to help defray the annual dance expenses. He reported they are planning a District Office get-together on July 30. More of this should be forthcoming. Hope this flood is well under way by then, so things can be back to "partial" normal.

This flood situation brings back vivid memories of the '73 flood - all those long hours, all that devastation. And the situation is much worse 20 years later. Today I drove to see some of the flood, which I did not get to see in '73, but wrote about daily. Knowing all those crops lost, homes lost and realizing this one is more devastating - well it's hard to take. I had hoped '73 would be the last, but this one is harder to fathom.

August 19 will be our next retiree luncheon. Come join us. It's great to see those people who we have worked with so long. Remember, the Salad Bowl, August 19. Bring another retiree with you. Let's have a bigger crowd so we can enjoy more.

## Avoid a shocking experience

If you treat small electrical appliances casually, you may be in for a shock.

According to the Conair Corporation, many forget a basic truth about small appliances: Even when the switch is turned off, a plugged-in appliance is still electrically live.

Here are eight basic rules of using small appliances, simple reminders that may prevent a shocking experience.

1. Always unplug small appliances - toasters, coffee makers and hair curlers - when they're not in use.

2. Never place or store an appliance where it can fall into or be pulled into a tub or sink.

3. If an appliance does fall into water, always unplug it immedi-

ately. Never reach in the water. Once it is unplugged and retrieved from the water, never plug it in again. Have the appliance repaired or discard it.

4. Never operate an appliance with a damaged cord or plug.

5. Extension cords are not safe for every small appliance. Read the manufacturers instructions carefully.

6. Always supervise an appliance in use. Never leave it turned on and plugged in while you are away.

7. Never use appliances such as hot curlers while sleeping. Burns could result.

8. Never use an appliance while bathing.

## Ten best-selling cars in the USA

(in order of popularity)

Jan.-Dec. 1992	Jan.- April 1993
Ford F pickup	Ford F pickup
Chev. C/K pickup	Chev. C/K pickup
Honda Accord	Ford Taurus
Ford Taurus	Ford Ranger
Ford Explorer	Chev. Cavalier
Toyota Camry	Dodge Caravan
Ford Ranger	Ford Explorer
Dodge Caravan	Toyota Camry
Ford Escort	Ford Escort
Chev. Cavalier	Honda Civic

Be patient with everyone, but above all with yourself.

St. Francis de Sales



## Controversial Leader Irked Many Yanks but...

# Monty Inspired British 'Tommies'

**T**he British public loved him, but the Americans who had to work with him were barely on speaking terms by the end of the war.

Field Marshal Bernard Law Montgomery (Viscount Montgomery of El Alamein) was the most successful and controversial British land forces commander of World War II.

Montgomery believed a leader had to be distinctive, visible and well-known. His trademark was a black beret, which he adopted during the North Africa campaign.

North Africa made Montgomery. His victory against German Field Marshal Erwin Rommel was one turning point of the war. Before Montgomery's arrival in North Africa in 1942, Rommel victimized the British Eighth Army. British troop morale suffered. But Montgomery's inspirational leadership stiffened the backbone of the British "Tommies."

Montgomery's planning for the Battle of El Alamein in Egypt emphasized both his strengths and weaknesses. Montgomery left nothing to chance. Massive preparation became his trademark in this and other battles. When the Eighth Army finally attacked, the British defeated Rommel's *Afrika Korps* and chased the Germans to Tunisia. While it served him well in North Africa, in other, more fluid situations, his insistence on such massive preparations cost surprise and, according to U.S. Gen. Omar Bradley, lives.

The victory at El Alamein made Monty a household name in Great Britain. He led the British forces in the Sicily and Italian campaigns. The British brought him back in January 1944 to lead the 21st Army Group during the invasion of France.

With all his leadership abilities,



Montgomery was a difficult subordinate. He did not believe his American commander, Gen. Dwight D. Eisenhower, had the strategic depth to handle supreme command.

Following the break-out of Allied forces from the Normandy beachhead in 1944, German forces were retreating across France.

Montgomery wanted all other offensive operations suspended and all supplies delivered to his command. Bradley felt not a moment should be lost. The Allies could not afford to let the Germans regroup.

Montgomery convinced Eisenhower that a combined airborne and ground attack through the Netherlands would speed Allied forces across the Rhine River and into the heart of Germany. Montgomery got the supplies, leaving Patton's tanks stopped from lack of fuel.

But the hesitation between planning and attacking gave Nazi forces the chance to regroup. Resistance hardened, and Allied airborne forces dropped in the midst of two SS tank divisions. Operation Market-Garden, as it was code-named, failed. Prospects

of victory that seemed so bright in early September 1944 went glimmering.

Montgomery further alienated Americans by taking credit for saving the day during the Battle of the Bulge in December 1944 and January 1945.

He launched an airborne attack across the Rhine in March 1945 and accepted the German surrender at Luneberg Heath, Germany, May 4, 1945.

Even admirers felt Montgomery was a difficult subordinate. During the war, Montgomery and U.S. generals were able to mute their differences. After the war, even the British realized how difficult he had been. After reading Montgomery's *Memoirs*, one reviewer said the book was "a testimonial to the magnificent forbearance of Gen. Eisenhower."

— American Forces Information Service



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