

ST. LOUIS ARMY ENGINEER DISTRICT

# ESPRIT

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December 1993

## In this issue...

**Wildlife**  
... page 3

**Mardi Gras**  
... page 3

**Deer hunt**  
... page 3

**Locality pay**  
... page 4

**Drunk Driving**  
... page 8

**Garnishment**  
... page 9

**Home courses**  
... page 10

**Winter weather**  
... page 11

**Workout tuning**  
... page 14

## Team of the Quarter



Team of the Quarter members with Col. Craig: Jean Perkins, Lucy Schulze, Brenda Hamell, Connie Driscoll, Dixie Pickett and Ruth Townley.

The VSI and VERA Processing Team has been picked as the Team of the Quarter for the 4th quarter of FY93. Team members included: Barbara Boswell, Dixie Pickett, Ruth Townley, Lucy Schulze, Connie Driscoll, Brenda Hamell, Barbara Scott and Jean Perkins.

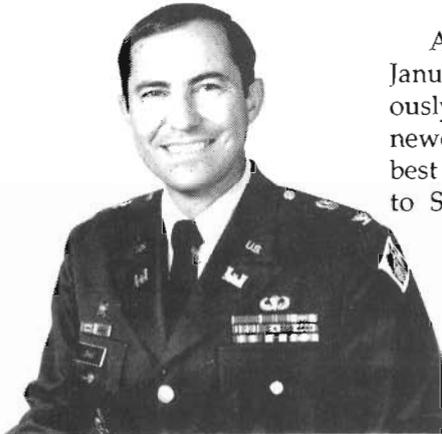
This team was presented the award for the effort demonstrated between July 7 and September 17, 1993, which resulted in meeting the District's downsizing goal without the use of Reduction-in-Force procedures.

The project included: Requesting and getting approved, through channels, the Voluntary Separation Incentive (VSI) and the Voluntary Early Retirement Authority (VERA), 100 plus retirement estimates, computation of 87 VSIs, and 84 retirement out processing counseling cases.

Each of the members of this team supported each other in what had to be done. They either took on added tasks to their normal duties and/or did a great job in concentrating on priorities. The result of this team cooperation and intra-division project was the timely retirement of 84 happy employees.



# Commander's Perspective



**COL James D. Craig**

**You have the opportunity to shape the way the District approaches issues and does business.**

As most of you know by now, I will be departing the District on January 21, 1994. My replacement is COL Tom Suermann. Tom previously served as the District Commander in Wilmington, so he is not a newcomer to the Corps. I know you join me in wishing Tom only the best in the District, and I know you will welcome him and his wife June to St. Louis.

It was not an easy choice to depart in January, and I know it is not a good time to leave the District. I will not go into the details here about the decision, but I assure you I love this District and do not leave it easily or lightly. You are a fine group of folks, and a great organization. I know you will do great things in the future, and I believe the future is bright for the District.

Let me give you my thoughts about the future, and what you need to concentrate on to make the District even better. First, you must work as a team to execute our assigned projects ON TIME and in budget. This is how the District will be judged in the next several years. Second, you must continue on the road to Total Army Quality (TQM). This is the only way I see the District becoming a more efficient, more customer oriented organization. Competition will be the order of the day. Federal agencies will, to some extent, compete among themselves, and with industry. The one with the best product at the most competitive price will grow. Finally, the District is in a time of extreme personnel flux. You have the opportunity to shape the way the District approaches issues and does business. There are many new working relationships that must be developed within the District. Think through this, and do it right the first time. Do not let petty rivalries, hurt feelings, and stove pipe protectionism get in the way of doing what is right for the District.

Enough rambling. This is truly your District, not the DE's; he is the temporary steward. You, the members of the team, are the District. You are the only resource we have. I thank you for your enthusiastic support of the last 2 1/2 years, and wish all of you only the best both individually and as a District. I shall always remain, in spirit, a part of this District.

As a final note, safety must remain foremost in your minds. We generally have done things safely, although our vehicle accident rate can use improvement. **THINK SAFETY.**



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

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## ○ Watchable Wildlife Task Force

Rend Lake Park Ranger Ray Zoanetti recently was among four who served on the Watchable Wildlife Task Force at Headquarters in Washington, D.C. The task force worked on developing a strategic action plan to implement a nationwide Corps of Engineers Watchable Wildlife Program. The strategic action plan is expected to be published and distributed before next summer. Other federal land management agencies have already published action plans to implement the Watchable Wildlife Memorandum of Understanding.

This MOU was signed in 1990 by the Corps, Department of Defense, all federal land management agencies and many national conservation organizations to initiate a nationwide network of wildlife viewing sites. Keeping within the Corps' mission of stewardship for public lands, the task force indentified three broad goals for the Watchable Wildlife Program:

1. Provide opportunities to experience and enjoy wildlife.
2. Promote learning about wildlife and the environment.
3. Build upon existing public support for wildlife conservation to foster healthy ecosystems.

The strategic action plan will also provide specific objectives and focus on tasks that will help districts and individual Corps

projects to initiate this program. Attention will also be paid to exploring new partnerships and funding initiatives so that these goals can be translated into reality with minimum cost and great return.

The Watchable Wildlife Program, additionally, can be of great benefit to local economies on a sustainable basis. Along with hunting and fishing, wildlife viewing-based tourism has provided significant returns in many parts of the country. Future directions for this dynamic program include partnering on a statewide basis and emphasis on educational development and opportunities.

Zoanetti, along with task force leader, Joe Holmberg, Chief, Natural Resources, Sacramento District, attended a meeting of Watchable Wildlife experts in Corpus Christi, Texas, November 11-13. The gathering was attended by representatives from all the federal land management agencies, state natural resources and conservation departments, wildlife conservation organizations and business. The Corps was well represented with personnel from California to Virginia present. Meetings included useful sessions on developing a watchable wildlife program. It was a great opportunity to network ideas.

## ○ Physically Challenged Deer Hunt

The Mark Twain Lake Physically Challenged Deer Hunt took place November 20-21 at the Indian Creek Recreation Area. This year's hunt featured several "firsts" for everyone involved. A well-known hunter from the Paris, Missouri, region became our first female

participant. After many years of adverse weather conditions, this year's hunters enjoyed a treat as the sun made a special appearance.

Area volunteers once again devoted many hours to make this year's hunt a success.

## Mardi Gras Ball

With the approach of the holiday season, our thoughts are directed toward the many fine associations we have enjoyed throughout the year.

Friendships are strengthened, good will abounds, and friends greet one another warmly and sincerely.

And so ... we on the CAC want to send a special greeting to you for our pleasant association with you. As individual co-workers of the St. Louis District and as a group (working for you), we shall endeavor to merit continuance of this relationship.

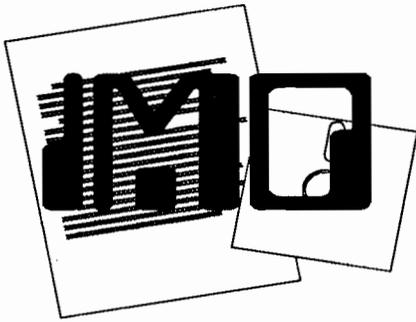
We want to inform you that by consensus the Christmas Dinner-Dance this year will not be held. This decision was based on the District's survey - answers submitted by the St. Louis District employees to your CAC this past year. We know how busy the month of December is, and took into account some of your suggestions to implement new and innovative ideas. So instead of the Christmas Dinner-Dance a Mardi Gras Ball is planned.

The first St. Louis District Mardi Gras Ball will be held on Saturday, February 5, 1994, at the Royale Orleans, 2801 Telegraph Road. The band will be "Trilogy."

We hope you keep this date open for an enjoyable evening and plan to join us. Since the rush of events of the Flood of '93, and now, recovery responsibilities, retirement of many of our friends and the busy family holiday activities overload our schedules, we tend to overlook the balance we need to enjoy ourselves. So keep this date open - February 5, 1994. More information will follow.

On the threshold of Christmas we your CAC members wish

**(Continued on page 4)**



### Thanks for inputs

Thanks to all of the many people who recently worked hard on developing their organization's Information Management Area (IMA) requirements for the next several years. Your submittals should insure that all the IMA requirements necessary to get our job done will be met. The approval of the District's IMA Modernization Plan is the only way we receive authority to buy any IMA asset.

### Overview of info processing resources procurement

On 23 November 1993, Mr. Julius Jones of ESI Corporation presented two overview sessions on the procurement of Federal Information Processing

Resources (i.e. computers, software, communications equipment, process control systems, etc.). He presented one session in the morning to the executive and District staff and one in the afternoon for other managers and personnel of the District.

Mr. Jones proved to be an excellent lecturer covering what could be a very dry subject. His challenge was great - to reduce the content of a three day course into a two or three hour presentation. He not only presented the law and its implementing regulations, but also examples of case law and specific examples of how all these could impact on the Corps' specific mission.

Due to the large amount of information presented, these sessions could, and probably should, have generated more questions than answers. Therefore, look for the IMO to present a follow-up session in January.

Any comments on the executive overview sessions held and/or recommendations on areas that need to be clarified further should be addressed (preferably by E-mail) to Jack Eckles.

### Futurus Team tip

Problem: For some reason you need to make a copy of a message

you received or you are composing for later use.

Situation: You may decide that you want to spell check your message before sending. You may decide that the message you are composing is getting too long and you would rather continue using WordPerfect to complete it. You may be interrupted or have to work on a more critical issue, and you do not want to lose the message content you have typed. You may want to make a copy of a message you receive in order to later modify it in WordPerfect.

Solution: You can export the contents of an FT message (whether one you are composing or one you have received) by placing the cursor in the message area, hitting the "F9" key and responding "Yes" to the prompt, "Export this text?" This will save the contents of the message (ASCII format) in an "Export" buffer (file) to be recalled at a later date/time. The contents of the message can then be inserted into a FT message being composed or a WordPerfect document later by placing yourself in the message area or a WordPerfect document and hitting "Ctrl E."

### Lightning strikes and airplanes

Safety experts say that a commercial aircraft can expect to be struck by lightning at least once a year. It creates a frightening, blinding flash and a big jolt in the cabin, but travelers should know that planes are designed to take it in stride.

The National Transportation Safety Commission reports that airliners are designed to steer

lighting through a harmless path, away from fuel lines and out of the plane. A jet's electronic system is equipped with shielding around wires and control boards.

### Mardi Gras (cont.)

happiness and peace be yours for the upcoming season and for every day of this year and the coming new year.

Dee Ebert  
Chairperson, Mardi Gras Ball '94

### Jarman says thanks

I'd like to take this opportunity to thank all my Corps family for your generous donations to the Flood Relief Fund. Thanks to all of you, we're able to make the repairs needed to our home. Once again you've demonstrated that "The Corps Cares."

God bless you all.  
Barbara Jarman & family



## Localities pay rates announced

By Evelyn D. Harris  
American Forces Information  
Service

Houston-area federal employees come out the big winners in the locality pay formula announced by the Federal Salary Council. Houston workers will receive a 6.52 percent raise in January.

President Bill Clinton approved the council's recommendations Oct. 28.

Almost 630,000 DoD general schedule employees will receive locality pay raises. Members of the Senior Executive Service will not receive locality pay unless Clinton signs an executive order including them.

Locality pay is part of the Federal Employees Pay Comparability Act of 1990. The act seeks to close the pay gap between federal employees and their counterparts in the private sector.

About 88,000 special-rate recipients will not receive locality

pay. They already receive higher salaries for their grade levels because they are in hard-to-fill jobs. These special-rate recipients include clerical workers, engineers, scientists and medical personnel.

A presidentially appointed salary council figures locality pay. The council consists of government, private and union labor experts. Anthony F. Ingrassia, acting chairman, said the council's complex locality pay formula uses Bureau of Labor Statistics surveys. The formula matches 445 federal occupations, each split into 15 pay grades, with comparable private sector jobs.

The council presents its findings to the president's pay agent. The pay agent is actually three people: the directors of the Office of Personnel Management and the Office of Management and Budget and the Secretary of Labor. The pay agent must forward the proposal, with recommendations, to the president by Nov. 30.

Locality raises cover 27 metro-

politan areas and a statistical category called RUS for "Rest of the United States." The rest of the United States would receive a 3.09 percent pay raise in January.

The raises apply only to cities in the 48 contiguous states. Employees in New York City, Los Angeles and San Francisco areas won't get the recommended locality pay because they already receive an 8 percent differential. The formula yielded a lower pay raise for Memphis and San Antonio, but the council recommended they get the same as the RUS locality in the interest of fairness. The average raise is 3.96 percent.

Locality raises differ from the national 2.2 percent cost-of-living increases that Clinton canceled for 1994. The national raise would have gone to all workers. It is scheduled to resume in 1995 and include all general schedule workers. If the government sticks with its current formula, the 1995 raise would be 2.6 percent.

## Diet COLA update

By Evelyn D. Harris  
American Forces Information  
Service

Military and civilian retirees won't have to drink "diet COLA" - reduced cost-of-living adjustments - but they will have to wait until April for the real thing.

Due to changes in the Omnibus Budget Reconciliation Act of 1993, civilian retirees will receive cost of living adjustments in April 1994, 1995 and 1996. Military retirees will receive theirs in April 1994 and October 1995, 1996, 1997 and 1998.

COLA would normally be given in January.

Although retirees will get the full cost-of-living adjustment, its value will be less because of the delay. Military disabled retirees and retirees' survivors will still receive cost-of-living adjustments in January. Civilian disabled retirees and their survivors will get adjustments in April.

By law, retirees' cost of living adjustments are based on the percentage of difference between the current year's third quarter Consumer Price Index and the third quarter of the previous year.

Based on this, the 1994 cost-of-living adjustments for military retirees, Civil Service Retirement System retirees and Social Security recipients will be 2.6 percent.

Federal Employees Retirement System retirees will get 2 percent. These retirees depend on a mix of Social Security, Thrift Savings Plan accounts and monthly annuities.

In the final budget resolution, Congress also scrapped an earlier plan to save money by reducing civilian retirees' survivors' benefits by about 10 percent.



# On The Soapbox

## Around the District

Joe Kissane, ED-GG, and Gary Dyhouse, ED-HE, spoke to the National Convention of the Geological Society of America at Boston about the 1993 flood and floodfighting efforts.

Gary also addressed the South Side Chapter of the Kiwanis Club on the '93 flood. He was also guest lecturer at a Waterways Experiment Station training course, in Vicksburg, on Sedimentation Analysis. He gave four lectures on sediment yield analysis techniques.

Dave Busse, ED-HP, and Joan Stemler, ED-HP, spoke at the Kirkwood Middle School. Dave spoke on the Great Flood of '93. Joan spoke on the importance of education and opportunities for minorities in the science field.

Dave Busse also spoke to the American Public Works Association at their monthly meeting on the history of flooding along the Middle Mississippi River.

Claude Strauser, Chief, Potamology Section, and Dave Busse spoke at a Belleville Area College Elder Hostel. Claude gave his Comet-Clemens-Corps talk. Dave spoke on the flood of 1993.

Claude also spoke to the St. Charles County Soil and Water Conservation District. He was banquet speaker at their 49th Annual Meeting. Claude took a historical look at the Mississippi River, starting in the late 1700s. He discussed the changes that have taken place over the past 200 years from the heyday of the steamboats to the Corps' maintenance of a busy, commercial navigation channel today.

Dave Rahubka, PD-F, and Dave Busse spoke to 250 people attend-

ing the Kaskaskia Industrial Development Corporation anniversary celebration dinner. Dave R. gave a summary of the Kaskaskia Basin Reconnaissance Report. Dave B. talked about the Great Flood of '93.

Mike Brazier, Chief, and Project Managers Sue Janota-Summers, Karon Marzec and Keith McMullen, all of the Regulatory Branch, represented the St. Louis District at the Central Region Regulatory Meeting hosted by the Omaha Division. Regulatory people from throughout the central U.S. including leaders from Headquarters met in Denver to discuss current issues, new guidelines, personnel matters, wetland regulations as well as many other topics.

Danny McClendon, CO-F, addressed Chapter 37 of the International Right-of-Way Association, representing utility and service companies, at Brew's Restaurant in St. Peters on wetland regulations and the permitting process.

Rich Astrack, PD-F, spoke to more than 100 people at the Missouri USISA GIS Conference in Clayton on the Upper Mississippi River-Illinois Waterway System Navigation Study. He also was a presenter at three workshops on the navigation study.

## Riverlands Office

Now that the water on the Mississippi has receded, the Riverlands Area Office Interpretive Staff has started giving tours of the Melvin Price Locks and Dam. Many groups are now scheduling tours for the winter months.

Riverlands Volunteer, Sherry Droste, has continued giving St.

Louis School Partnership programs at various area schools. The topics have been "Wetlands" and the flood of 1993. Many students have started coming back to the Riverlands area now that clean up has begun.

Riverlands Assistant Manager, Dan Erickson, gave two programs to eighth grade students at Cross Keys Middle School in Florissant about the Corps responsibilities as river managers and also a brief overview of the effects of the flood on the river.

Angela Redmon, of the Illinois Natural History Survey, gave a talk at a dinner meeting of the St. Louis Garden Club. Her program focused on the Riverlands Area and research she has done on a wildflower found in the area called *Boltonia decurrens*.

Ranger Charlie Deutsch talked to a group of high school students during a career awareness seminar at Chester High School. He talked about the Corps and the job opportunities the Corps has to offer.

## Wappapello Lake

Park Ranger Andrew Jefferson represented the Corps at a Minority Career Day and Park Rangers Rebecca Hays and Larry Hendershott represented the Corps at the "Big Career Day" hosted by Southeast Missouri State University. They used these opportunities to inform the public about the Corps mission and to recruit for possible summer or Stay-In-School help.

Park Rangers Andrew Jefferson and Timothy Bischoff did a live radio interview with KMPL radio in Sikeston, Missouri. The purpose  
**(Continued on next page)**



# News Briefs

## Shelton at Rend

Henry Shelton has joined the staff at the Rend Lake Management Office. Henry, who previously worked at Melvin Price Lock and Dam, is an electrician.

## Wappapello high

Heavy rainfall in mid-November has caused Wappapello Lake to crest at 384.6 feet NGVD. The last time the lake reached this level was in November 1984. Because above normal rainfall is predicted for

mid-November through mid-December, LMVD has granted a deviation to the water control plan and allowed the District to increase outflow to between 5,000 and 10,000 cfs. during the remainder of the year.

## Carlyle also high

Carlyle Lake recorded record lake elevations. The pool crested at 455.53 NGVD on November 21. The previous record was 455.48 on January 7 this year. The lake is releasing the maximum, 10,000 cfs, to bring the pool down as quickly as possible.

## A new Laaker

The Riverlands Area Office would like to congratulate Ranger Brad Laaker and his wife Angie who are now proud parents of a new baby boy. His name is Dillan Jacob. He was born on November 6, weighing 8 pounds, 11 ounces.

## Retirement parties

Lake Shelbyville held retirement parties for three retiring from the lake. They are Ed Henne, Paul Rametta and Ken West.

## Soapbox Continued

was to promote the Festival of Lights Auto Tour and to explain to the public the importance of safety during the upcoming deer season.

Park Manager Michael McClendon and Park Ranger Doug Nichols did two phone interviews with Mike Wright of KFVS -TV 12 in Cape Girardeau to tell the public of high water conditions, following up a taped interview and a news release. Mike also was interviewed by Ron Smith of the Daily American Republic about flooding and current lake conditions and forecasts.

Park Ranger Doug Nichols did a telephone interview with Elfreda Cox of the Puxico Press also concerning flooding and current lake conditions and forecasts. Doug also represented the Corps in a taped interview with Gwen Hill of KFVS-TV 12 about lake conditions. The program was taped below the dam.

## Lake Shelbyville

Park Ranger Maria Shafer spoke on Shelbyville's radio station program, Talk of the Town, about the high water levels at the lake and status of facilities affected by the water.

Park Ranger Leanne Crouch and Park Aids John Lohman and Terri Morris have conducted many tours of the dam and given reptile programs to the Girl Scouts, Findlay High School Science Club, Shelbyville Senior Citizens, Victory Christian Academy and Sullivan Middle School.

Park Ranger Al Lookofsky spoke to the Environmental Committee of the Rural Partners program for Shelby County. The purpose of the Rural Partners is to identify the strengths and weaknesses of the county and develop a plan for development and progress for the county. With Al's help, the Environmental Committee has identified three areas to protect and/or develop: Clean air and water, water resource for industry and agriculture and waste management.

## Carlyle Lake

Carlyle Interpretive Rangers spoke to more than 200 young students about fire prevention. The students were told the story of Smokey Bear, sang the traditional Smokey song and were paid a surprise visit by Smokey himself.

## Rend Lake

Park Ranger Ray Zoanetti spoke with several radio and newspaper reporters about lake and road conditions and recreation area closings during the recent high water levels at Rend lake.

Park Ranger Jerry Saurwein presented a hunter safety program to about 30 students from Ewing Grade School.

## Mark Twain Lake

Environmental education programs continue to keep park rangers busy. Steve Wagner and Holly Jungers took 40 young outdoorsmen from Frankford,

(Continued on page 9)



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

**PERFORMANCE AWARDS:**

Kathleen Queathem, CO-MP  
Joe Rodenbaugh, CO-NJ  
Thomas Miller, CO-OS  
Joseph Preston, CO-OS4  
Arlyn Culver, CO-OS-P  
Gregory Bertoglio, ED-GI  
Ronald Dieckmann, ED-HE  
Brian Kleber, PM-M  
Renee Nix, RE-E

Cynthia Gan, RE-M  
Arlyn McCormick, RO-LCI  
Pam Reed, RO-S

**QUALITY STEP INCREASES:**

Carol Kreutzer, ED-HQ  
Sharlene Caulley, RE-A  
Steele Beller, RE-M

**SPECIAL ACT AWARDS:**

Patrick, McGinnis, CO-NM

Jerald Schutte, CO-NR  
Harlan Lamb, CO-NW  
Dolores Ebert, DD  
Jack Niemi, DP  
Alicia Westbrook, EE  
Ruth Townley, HR-R  
Elinor Reinerman, PM-M  
Mary Matecki, RE-P  
Christine Leffeler, RO-SU

## **December: Drunk-Driving Prevention Month**

By Evelyn D. Harris  
American Forces Information  
Service

Every year, traffic accidents kill more Americans between the ages of 6 and 33 than any other cause - and almost half these deaths involve alcohol.

To highlight the problem, DoD and national safety officials designated December as National Drunk and Drugged Driving Prevention Month. The theme for the month is "Let's Take a Stand: Friends Don't Let Friends Drive Drunk."

According to John Lemke, DoD assistant director for occupational safety and occupational health policy, "It's a good idea for friends to buy the designated driver's soft drinks and food. Also, some clubs and restaurants offer dicounted sodas for the designated driver."

Army Maj. Joel Oswald, provost marshal at Fort Belvoir, Va., said fighting drunk driving is a three-pronged effort involving education, prevention and enforcement. "I prefer the first two, because enforcement is unpleasant for

everyone. I urge everyone not to take that first drink if they are going to drive," he said. "You may think you can drive well after one or two drinks, but your judgement is impaired."

Nationally, drivers and pedestrians impaired by alcohol accounted for 17,700 deaths last year, or about 45 percent of the nation's 39,235 traffic fatalities, according to Tarry Hess, a National Highway Traffic Safety Administration spokesperson. As bad as these figures appear, they are an improvement from 1972, when 54,589 died on U.S. highways, half in alcohol-related crashes.

The proportion of teen-age drivers involved in fatal crashes while intoxicated has dropped significantly, from 31 percent in 1982 to 17.1 percent in 1992. Still, said Hess, 2,452 youths aged 15 to 22 died in alcohol-related crashes last year, about eight every day.

She said surveys show fewer eighth graders today believe underage drinking is bad than a similar survey in 1989. "This means that without prevention

efforts, we may see more teen-age fatalities in the near future."

The safety administration is urging states to adopt a "zero-tolerance" policy for youthful drinking, Hess said. As of July 1993, 16 states had established lower blood-alcohol contents for youth to be declared legally drunk. Young drivers caught driving with even these smaller amounts of alcohol in their blood would lose their licenses under a zero-tolerance policy.

## **In-store ads**

If you're budgeting those grocery dollars, watch out for free sample-taste promotions in the store. Meyers Research Center in New York finds they are "extremely effective" in getting customers to buy. The next most effective forms of in-store advertising were coupons on the shelf, coupons at the checkout, in-store radio, electronic signs, in-store video and shopping cart ads, in that order.



# ● Federal employees' pay can be garnished

By Evelyn D. Harris  
American Forces Information  
Service

Federal employees' pay will be subject to commercial garnishment starting Feb. 3, 1994, because the Federal Employees Political Activities Act - the reformed Hatch Act - lifted their protection.

Court-ordered garnishment will take money directly out of paychecks to satisfy credit card bills and other personal debts. Previously, the government garnished federal employees' pay to satisfy court orders for child support and alimony payments and debts to government agencies, such as accidental overpayments or Education Department college loans.

○ Murray Meeker, an attorney in the Office of Personnel Management, said the agency has until

April to write implementing regulations. However, he added, agencies must begin enforcing the law in February.

Don Perkal, an attorney in the Pentagon's personnel office, said DoD will probably handle commercial garnishment the same as child support and alimony.

Employees who fail to pay child support or alimony are usually given a warning and advised to pay within a certain number of days to avoid garnishment. If the employee still fails to pay, the court sends a garnishment order to the Defense Finance and Accounting Service.

That service's lawyers check the order to ensure it is "legal on its face," which means it must state that it is to enforce an obligation. Assuming it is legal, the government deducts money from the

employee's pay and sends it to the former spouse or the child's guardian.

Meeker said the limit on garnishment for commercial debt will probably be 25 percent of disposable income.

The Office of Personnel Management recently amended its regulations concerning the processing of garnishment orders. The amendments added to the kinds of payments subject to garnishment. Now, courts can garnish cash awards such as performance and retention awards. They can garnish Senior Executive Service bonuses and all incentive awards except suggestion awards. Courts can also ask employers to garnish money due to the estate of a deceased employee.

The amendments also modified the standards for a legal garnishment order. Meeker said the new rules mean agencies are less likely to reject an order as not legal on its face.

"Wage garnishment is never pleasant, so it's smart to work out a way to pay debts and avoid it," Meeker said.

## ○ Change that oil

The main job of motor oil is to prevent metal-to-metal contact of moving engine parts. The oil doesn't wear out, but oil additives do. The additives are detergents and disperants that keep carbon, sludge and varnish from clogging the engine.

Sludge and varnish are created by incomplete combustion. Particles too small to be trapped in the oil filter are kept circulating by the detergents and disperants until the oil is drained. But if additives wear out, the particles will coat the inside of the engine.

Other additives fight corrosion from water and acids that reach the engine. Without them corrosion builds.

○ Changing the oil without changing the filter is a waste of money, say experts writing in "Adventure Road" magazine. The

filter removes dirt, metal filings, and grit from the oil. It should be changed regularly with the oil itself.

As we stated before, oil doesn't wear out, but oil additives do. Car makers recommend an oil and filter change at least every six months. Change the oil and filter every three months or 3,000 miles if your car has to: pull a trailer, idle a lot, operate in a dusty atmosphere, make frequent short trips, or drive at highway speeds more than half of the time.

Most carmakers recommend using multi-viscosity oil, like 5W30 or 10W30. For most modern vehicles, oil additives you add yourself are not necessary.

Never overfill the reservoir when you add oil. It causes oil to foam. Foamy oil won't lubricate properly.

## Soapbox Continued

Missouri, on a wetland tour. Holly visited three area schools giving presentations ranging from Native Americans to the Mammals of Missouri.

## Quote

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior.

Henry C. Link



# Home study courses offer alternative learning choices

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

If you want to continue your education or learn a new skill but can't make it to school, don't give up. An option for many is to do it at home by correspondence course.

Courses vary in length from just one or two quick lessons to be completed in a week to those with hundreds of requirements that require years of work. Some courses offer college degrees, while others offer personal betterment and are just for fun. Some are free, like most offered by the federal government, while others cost from a few dollars to thousands of dollars.

Completion of any correspondence study program does not guarantee that an employer, college registrar or other activity will give you credit for the course. National Home Study Council officials recommend checking the specific organization's or college's crediting policies before taking courses.

Before you sign up for a correspondence course, check several things, said council officials. Check the school's reputation with the state's education department, Better Business Bureau and the Chamber of Commerce where the school is located. Does the school have a sound business reputation and is it considered ethical, truthful and a good value? Are there complaints from former students?

Make sure the school is one of the more than 70 institutions accredited by the council. This isn't to say that every good school participates in the accreditation process. But if yours doesn't, the

council recommends you double check its reputation and ask hard questions before enrolling.

The council is the designated accrediting agency for U.S. military correspondence institutes and is recognized by the Department of Education as a nationally recognized accrediting agency.

School accreditation is voluntary. An institute asks to be accredited and undergoes a rigorous process that takes from six months to a year. Council officials said accreditation means the school meets at least minimum standards and offers quality instruction.

Compare courses offered by several schools to determine the one best suited for your needs. Make sure the course material is up-to-date. Ensure that you have answers to all of your questions before you make any commitment.

Don't feel alone if you decide to take a correspondence course, said council officials. More than three million people take some type of course every year. Many federal employees - about two million, military and civilian - enroll in correspondence courses. The federal government offers more courses than any other organization in the world. Just a few government agencies that run correspondence programs include the Marine Corps Institute, the Army Institute for Professional Development and the Office of Personnel Management.

For a free copy of the council's Directory of Accredited Home Study Schools or for more information on correspondence courses, write to: National Home Study Council, 1601 18th St. NW, Washington, DC 20009.

## Agriculture Department offers cooking tips

American Forces Information  
Service

The Agriculture Department wants to talk turkey with you.

The department operates a meat and poultry hot line throughout the year to answer questions about proper food cooking and storage. Questions and answers aren't limited to meat and poultry, said hot line officials, but cover the entire spectrum of food, its preparation, storage and how to use cooking equipment.

Staffed by registered dietitians and home economists, the hot line really gets busy during the holiday season as questions come up about turkeys, hams and all the trimmings.

How long it takes to defrost a turkey, how long to roast it, when to stuff it, how to avoid food poisoning, leftovers and turkey alternatives are just a few topics the experts address during the holiday season. Hot line officials stress, though, they cannot provide specific recipes.

The toll-free telephone number for the department's hot line is 1-800-535-4555. The line's normal operating hours are 10 a.m. to 4 p.m., Monday through Friday.

Individuals with touch-tone telephones may save time by using the department's prerecorded messages. One of the many topics discussed may answer the question. These include meat and poultry labels and nutrition, proper food preparation and storage, if food is safe after a power failure and food recalls. For more information, call the hot line or write to: The Meat and Poultry Hotline, USDA-FSIS, Room 2929-S, Washington, DC 20250.



# Be prepared for winter weather

Cold weather is one of the biggest weather related killers in the United States every year. Besides the dangers from cold temperatures, countless people have died or been injured in automobile accidents on slippery roads. Fires have started because of faulty heaters and have claimed lives. Still more people have been injured because of falls on ice covered sidewalks.

We cannot stop the cold air from arriving, or the ice and snow from falling, but we can save lives by being prepared.

An ice storm will take down power lines knocking out electricity. Check battery powered equipment before the storm arrives.

Check your food and stock an extra supply. If there are infants at home, make sure you have enough infant formula or baby food. Your

supplies should include food that requires no cooking in case of power failure.

Be careful when using fireplaces, stoves or space heaters. Proper ventilation is essential. Keep flammable material away from space heaters. Don't overload electric circuits. Don't use charcoal. It gives off deadly amounts of carbon monoxide.

Dress for conditions when outdoors. Wear several layers of light-weight, warm clothing; layers can be removed to prevent perspiring and subsequent chill. Outer garments should be tightly woven, waterproof and hooded. For the hands, mittens, snug at the wrists, offer better protection than fingered gloves.

Don't kill yourself shoveling snow. It is extremely hard work for anyone in less than prime physical condition. Cold weather

puts a strain on your heart, even without exercise. Shoveling snow can bring on a heart attack, a major cause of death during and after winter storms.

Your automobile can be your best friend or worst enemy during winter storms. Get your car winterized before winter arrives. Check the following items: Ignition system, cooling system, fuel system, battery, lights, tires, heater, brakes, wipers, defroster, oil, exhaust. Keep water out of your fuel tank by keeping it full.

If you travel often during the winter, carry a winter storm kit in your car. It should include: A flashlight, windshield scraper, paper towels, extra clothes, matches/candles, booster cables, compass, maps, sand, chains, blankets and high calorie non-perishable food.

## Effect of cold on human body

What is cold? Most of the time, cold is judged in terms of a thermometer reading. With living beings though, it is not that simple. We now measure cold as a factor both of temperature and wind speed. Both are factors that must be taken into account to determine if it is cold enough to cause physical harm.

In 1939, experiments in Antarctica led to an equation that combined wind speed of surrounding air and its temperature to rate the severity of exposure. Called the wind chill factor, this measurement, as the table shows, gives a rough indication of the danger posed by wind driven cold. It was found that exposed skin can freeze

within 30 seconds if the wind chill reaches -75 degrees or lower.

An important thing to remember about the wind chill is that it was designed to apply to living beings only. For example, a metal waterpipe in air that is 35 degrees will attain a temperature of 35 degrees, as will the water inside. The wind may be blowing 20 miles an hour producing a wind chill of 12 degrees, but the pipe and water will stay 35 degrees.

## Record cold temperatures

- St. Louis: -22: Jan. 5, 1884
- Kansas City: -23: Dec. 22,23, 1989
- Springfield: -29: Feb. 12, 1899
- Columbia: -26: Feb. 12, 1899

The coldest temperature ever recorded in the state of Missouri was -40 at Warsaw, Missouri, February 13, 1905.

WIND		TEMPERATURE									
Calm	35	30	25	20	15	10	5	0	-5	-10	-15
5	32	27	22	16	11	6	0	-5	-10	-15	-21
10	22	16	10	3	-3	-9	-15	-22	-27	-34	-40
15	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51
20	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60
25	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66
30	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71
35	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74



# Take extra steps to keep holidays safe

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

Nothing can ruin the holiday season faster than an accident or a fire. A few simple safety rules can keep your holiday season happy.

According to the National Fire Safety Association, 500 home fires are caused by Christmas trees every year at a cost of more than 20 lives and \$9 million in damage. The Consumer Product Safety Commission said more than 5,000 people are hurt every year by Christmas ornaments, while another 180,000 adults and children suffer toy-related injuries.

A common misconception is holiday decorations that worked last year will work this year. Not always true, say consumer officials. Light strings and electric cords can become frayed and bulbs break. Before using any decoration, check it closely. If you have any question about its safety, don't use it.

Check smoke detectors to make sure they work. Keep a fire extinguisher readily available. It might be a good time to run through the family's fire evacuation plan, according to fire association officials.

Holiday wrapping paper might be pretty, but it quickly ignites and can cause a flash fire. After the presents are opened, quickly remove gift wrap from the tree area. Don't burn it or other wrapping materials in the fireplace.

Besides being a fire hazard, wrapping materials may be a health hazard, say consumer experts. For example, ribbons, strings and other items could possibly lead to choking or strangulation, while some wrapping paper inks contain lead and other toxic materials.

If you decide to buy a real tree, buy the freshest one possible. Find one that has a strong scent of pine or spruce, is deep green and has needles that don't fall off at the touch. Cut about two inches off the bottom, at an angle if the tree stand will permit it. Fill the stand with water, check it daily and keep it filled.

If the tree isn't going to be set up right away, cut two inches off the bottom and place the tree in a container of water.

Before buying an artificial tree, check that it has been tested for flammability. Follow all safety instructions that come with the tree. Don't use electric lights or candles on an artificial metal tree. A colored spotlight will do the trick, added fire safety experts.

Set up the tree away from radiators, fireplaces and heaters. Keep it away from doorways and the room's traffic pattern. Place breakable ornaments and anything that looks like food or candy on higher branches, out of reach of children and pets. Don't let unsupervised young children or pets play around the tree.

Even though holiday plants may be pretty, consumer officials warn that many are inedible and may cause an upset stomach or worse. These plants include mistletoe, Christmas cactus, Christmas rose, holly berries, poinsettias and amaryllis.

Keep these plants, as well as such common baking ingredients as vanilla and almond extracts, which have high alcohol contents, out of the reach of children and pets. It is a good idea, consumer officials recommend, to keep the telephone number for the poison prevention center at hand.

Some additional holiday safety tips for the house:

- \* Don't use lighted candles as decorations.

- \* Don't place extension cords under rugs or carpets.

- \* Don't plug more than three sets of lights into an extension cord.

- \* Make sure all electric lights have been certified safe for use by either the Underwriters Laboratory, UL, or Factory Mutual, FM.

- \* Don't use any electrical cord with frayed wires or split or broken sockets.

- \* Don't use indoor electrical decorations outdoors, because they aren't weatherproofed.

- \* Don't leave a fire unattended.

- \* Turn off all tree lights and other electrical decorations when going to bed or leaving the house.

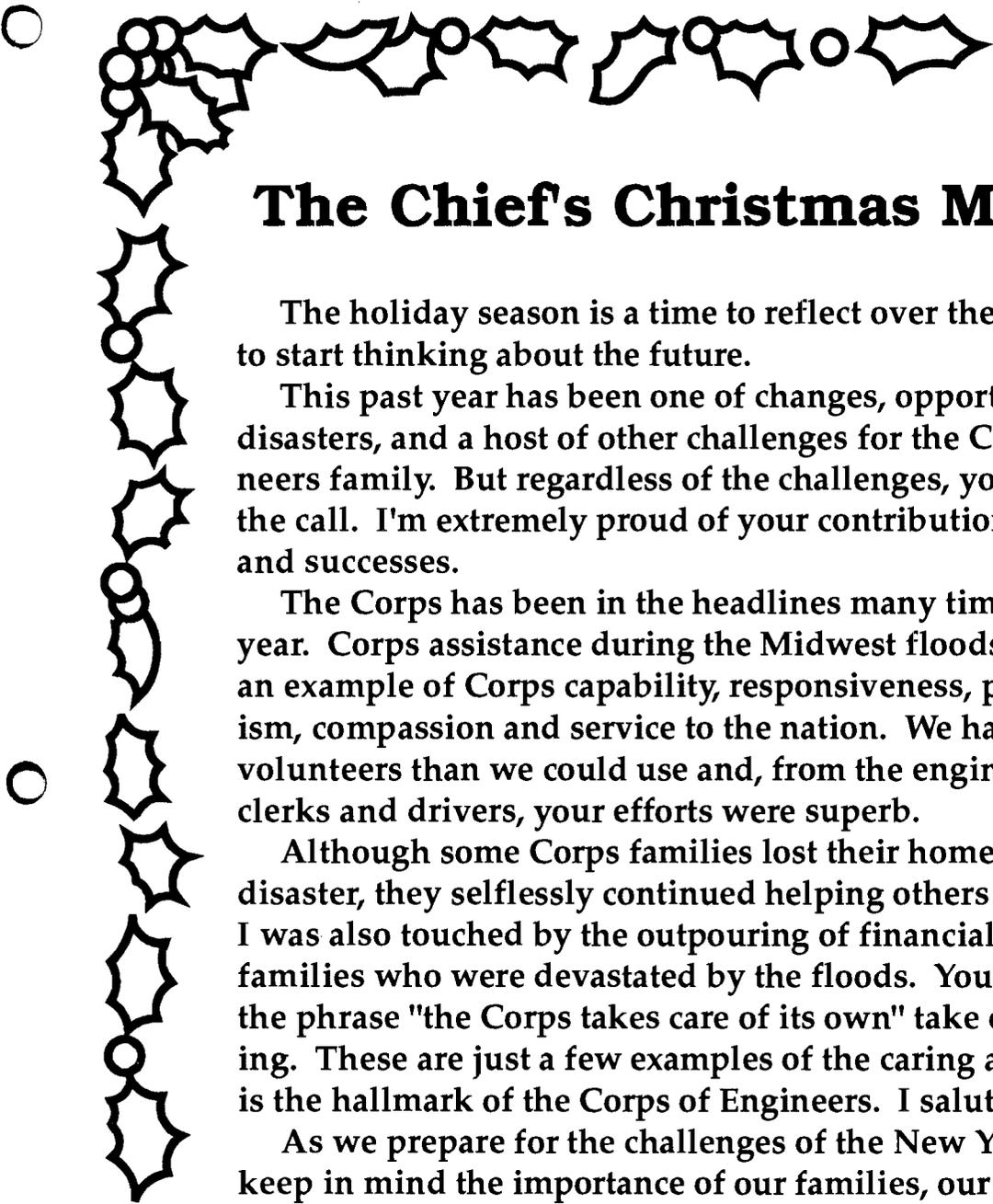
Consumer experts offered some advice when buying children toys for the holidays or anytime.

Remember to check for small parts, sharp points and edges. An age label on a toy is a safety guideline and a recommendation; not all children are really ready to play with a toy just because they are the age on the package. Keep toys meant for older brothers and sisters away from younger children.

Have a safe and happy holiday season.

## Christmas trees aid ecology

Norh Americans buy tens of millions of Christmas trees every year. Tree farming operations help local economies and help the environment, says Dale Robertson of the U.S. Forest Service. As the trees grow, they replenish the oxygen supply, keep soil from eroding, act as wind and sound barriers, provide habitat for birds and animals and look nice.



## **The Chief's Christmas Message**

The holiday season is a time to reflect over the past year and to start thinking about the future.

This past year has been one of changes, opportunities, natural disasters, and a host of other challenges for the Corps of Engineers family. But regardless of the challenges, you responded to the call. I'm extremely proud of your contributions, sacrifices and successes.

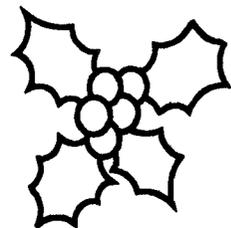
The Corps has been in the headlines many times this past year. Corps assistance during the Midwest floods certainly was an example of Corps capability, responsiveness, professionalism, compassion and service to the nation. We had more Corps volunteers than we could use and, from the engineers to the clerks and drivers, your efforts were superb.

Although some Corps families lost their homes early in the disaster, they selflessly continued helping others fight the flood. I was also touched by the outpouring of financial help for Corps families who were devastated by the floods. Your charity makes the phrase "the Corps takes care of its own" take on true meaning. These are just a few examples of the caring and giving that is the hallmark of the Corps of Engineers. I salute each of you.

As we prepare for the challenges of the New Year, please keep in mind the importance of our families, our health and our service to the nation.

My family joins me in wishing you and yours a healthy and happy holiday season.

**Lt. Gen. Arthur E. Williams**  
Commander, USACE





# To your health

## Fine tune workout time, tempo for better fat burn

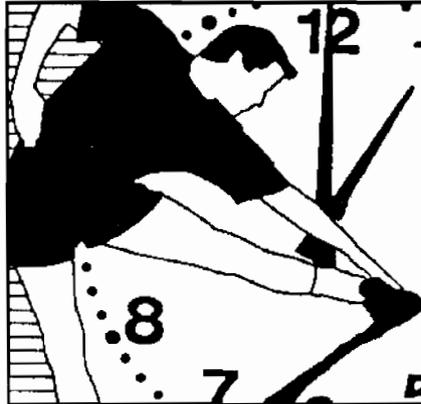
Some questions go on forever, like "What is life; what is love; and what's a mother to do?"

While philosophers grapple with these, we found the answer to the really BIG question, which is: "How do you burn body fat?"

It's a matter of time, and of tuning the exercise you do. The longer you exercise the more calories and fat you burn, but there's more to it than that. By refining the workout, we can direct which calories actually are burned and encourage our bodies to burn fat instead of carbohydrates.

For most of us, significant fat burning doesn't occur until we have been exercising for about 20 minutes. After that, if the intensity is right, our bodies will start to get energy from burning stored fat.

That means most of us can't



exercise too vigorously during the first 20 minutes. If we do, we're too tired to extend the exercise period to 30 or 40 minutes. It's better to exercise longer, but less vigorously.

Phil Dunphy, fitness expert for "Men's Health Newsletter," says it's also best not to exercise too vigor-

ously during the fat-burning phase of your exercise. If you do, your body will actually go back to burning carbohydrates for more energy.

According to Dunphy, you should be able to talk to someone during your entire exercise program. You should not have to breathe hard or gasp for breath. And when you are finished exercising, you should feel energized, not exhausted.

Easy does it. Raise your heart rate during exercise, but don't get to the point where you have to puff and pant. Extend your exercise period as long as you can because that fat burning won't start until after the first 20 minutes. Before that you do burn calories, but burning stored fat is what most of us want to do.

## Dial-A-Hearing-Screening-Test: It's free and easy

What? How's that? Say again. Without a doubt, you know one or more people who say these words frequently. That's because the average time between suspecting there is a hearing problem and seeking help is seven years, according to Occupational Hearing Services (OHS) of Media, Penn.

To help people determine if they have hearing problems, OHS directs callers to a local provider of its free "Dial-A-Hearing Screening Test" (DAHST). The two-minute call gives four test signals for each ear, presented at 30 decibels and in four different frequencies.

Although 90 percent of hearing loss can never be restored, the remaining 10 percent of cases are

medically correctable. Some are caused by medical conditions such as infection or the presence of a tumor on the auditory nerve. Pursuing these causes is an important step in restoring and preserving the ability to hear.

By discovering an early hearing loss, a caller can determine whether any daily-life changes can halt the deterioration of hearing ability.

DAHST is especially helpful for people who think they have a hearing problem, but are not sure where to turn for help. It can also help you convince the person who is saying "What?" too often that there is a simple way to find out if he or she isn't hearing well enough.

By calling the DAHST telephone number, you can get the number of the automated test closest to you. There are 250 locations in the U.S. and Canada.

For best results, call from a quiet room using a good telephone. If you fail the test, call and take it a second time, then consult a doctor or call your local DAHST sponsor for more information. The DAHST test is provided by your local hospital which has a hearing help center.

Hearing loss is the number one handicapping disability in North America.

To get the number of the automated test given by a hospital close to you, call 1-800-222-EARS.



# Retiree Review

By the Retiree Correspondent

The retirees convened at the Salad Bowl on November 18, 1993, with 43 present. We were glad to see some who had been absent for a while.

Bruce Moore said they have been traveling quite extensively. The Bob Lutz's, Don Wampler, the Gordon Davis's and Roger Cuddeback were all back with good(?) excuses. Homer Duff was having a physical exam (2nd opinion). First opinion was Parkinsons. Hope the second was different!

Marlene Wiseman was a first timer. She just retired last Friday from Six Flags. She and Stan are leaving shortly for their winter home - 14818 103rd Avenue, Sun City, AZ 85351. We'll miss you, but you'll be back to your St. Louis home in the spring. Enjoy the winter!

Dick Cameron has been in Barnes Hospital undergoing surgery for removal of his malignant pancreas. He is back in Florida undergoing radiation and chemotherapy. Very optimistic of the outcome. Hopefully the report will be remission very shortly. His address is Richard L. Cameron, 337 Ridge Lane, Stecart, FL 34994. Telephone 409-283-3461. Good luck, Dick!

Marie Weber, Paul Trauth and Roger Cuddeback had birthdays in December. Roger Cuddeback won a free dessert for having a birthday that day.

Bob Maxwell, retiree of June 1972, was the Senior Retiree present and won a free dessert.

Dee Ebert, Bill Sutton and Anson Eickhorst were the District Representatives present. They reported on the District Doings. Dee told us of the Mardi Gras dance in February in lieu of the Christmas party. She extended an invitation to all retirees to attend this dance. Sounds great, so mark February 5, 1994, on your calendar. At trip to New Orleans isn't necessary to go to a Mardi Gras.

Bill and Anson had a lot of info on coming events. Col. Craig is leaving the District on January 21. Enjoy your new assignment.

The Cape Girardeau project is well under way.

Valley Park will commence this year. Bill O'Herin is visiting in Baltimore. The 2nd Lock at 26 is scheduled to begin operation in March with dedication scheduled for June 18. There were 91 "early outs" with more scheduled early in '94. So our luncheons should double in attendance (I hope).

Kate Stiles reported she had talked to or seen several old retirees. Gen Wurst is doing real well after her heart flare up. Mary Baron and Kathryn Kilker are doing real well. Margaret Dippel called Kate. Margaret is giving up her home and moving to Laclede Groves Retirement Center. She sounded great. She's 92 and very sharp. She's had her share of problems in the last few years. She lost her sister. She has broken both hips and a wrist. Her knees bother her. She walks with a walker. Has trouble getting up. But you'd never know it. She sounds like the Margaret we worked with. Her new address will be Apt. 116, 725 S. Laclede Station Road, St. Louis, MO 63119. New telephone 962-0530.

Kate also talked to Helen Kavanaugh. She is living with her daughter. She's going to sell her home. She sounds great. Of course, like most of us she has her "ups and downs - aches and pains," but very good spirits!

By the way, Kate Stiles reported she is having a replacement of the old left knee replacement she had before on December 22. It seems the metal and plastic have parted company and the plastic is disintegrating, so - a new replacement.

Kate talked to Bill Haynes. He's been having some health problems in his family, so he hasn't been able to attend. He hopes to attend the December luncheon, weather permitting.

Be certain to circle December 16 for the luncheon. It's always very enjoyable. Be sure to let either Kate at 849-5388 or Pete Puricelli at 638-6597 know by December 10 so we can firm reservations with the Salad Bowl. You'll get a separate mailing with details of the luncheon. Just remember the 3rd Thursday of December (16th) around 11 a.m. for the luncheon.

See you then.

## Another group has left us in November

Louis Chiodini, PM-P  
Kenneth Corbin, PD-F  
Anthony Giardina, PD-AM  
Dennis Gould, ED-DM  
Peggy Gravot, CO-MP

Carol Hilderbrand, ED-G  
Richard Mills, ED-HE  
Isaiah "Ed" Mitchell, RM  
Vito Polizzi, CO-QC  
Lucy Schulze, HR-R

Richard Sovar, ED-DA  
I. Harlene Tillerson, IM-IS  
William Wadkins, CO-NC  
Kenneth West, CO-NS  
Robert Wich, PM-M

Wishing you a joyous holiday season



Please recycle this issue of ESPRIT