



**ST. LOUIS ARMY ENGINEER DISTRICT**

# **ESPRIT**

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January 1993

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## **Carlyle Christmastown Parade**



Smokey Bear (Duane Snow) and Kim Mayhew have fun riding Carlyle Lake's float in the Christmastown Parade.

The annual Carlyle Christmastown USA weekend was officially kicked off Friday night, December 4th, with a tree lighting ceremony at the Carlyle Lake Administration Building. The lake management staff along with park rangers gathered with the community of Carlyle to watch the lighting of the 60-foot tree outside the administrative office.

The tree was decorated with red lights and a white Corps castle shined from the top. Surrounding trees are decorated with blue lights.

St. Louis District Deputy Commander, Major Brontoli, spoke to the people gathered, as did Park Manager Al LeGrand and Bea Frank, Co-Chairman of Christmastown USA.

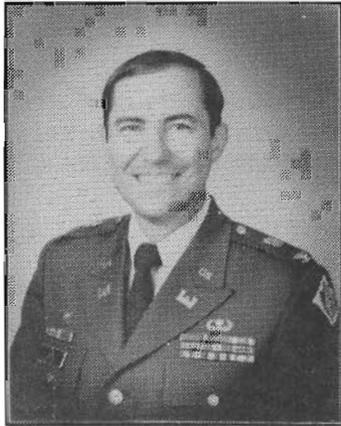
Everyone joined in singing Christmas carols with the Rythmettes, a girls glee club from Carlyle Grade School.

The tree will remain lighted throughout the holiday season.

The next day, the Carlyle Lake staff participated in the annual Christmastown USA Parade. The theme of the staff's float was fire safety. Joining Smokey Bear on the float was Assistant Park Manager Dick Conner and his family, Janine Hegger and her two sons, Donna Henrichs' two children and Park Rangers Kim Mayhew, Duane Snow and Norma Hall.



# View from the top



**COL James D. Craig**

**The transition to Cincinnati now begins in earnest.**

Welcome back from the holidays. I hope each and every one of you had a pleasant and safe holiday. We are now entering a period of time that is important for the District. The transition to Cincinnati now begins in earnest. Lou Chiodini and the rest of the Program Management Office is working hard to get us ready to prepare BG Genetti for Congressional Testimony. For a lot of reasons, we must execute this superbly. Please give this effort your undivided attention. To complicate this issue, I will be at Texas A&M University from the middle of January to the middle of February. During this time, Jack Niemi will be leading the charge to get us ready for the Budget Hearings. Please give Jack the support I know you would give me.

Speaking of Cincinnati, MAJ Brontoli and Anson Eickhorst have put together a package of issues we have concerning the transition. I encourage you, if you think of an issue (no matter how small) to raise it to Anson so we can pass it on to Cincinnati in the next set of issues. If an issue is not identified and raised to the right person, it has no chance of being resolved.

Now that some of the dust has settled on reorganization (Although none of us knows what the final reaction of Congress will be), let me re-emphasize some of my thoughts. We must continue to get the day to day work done, and we must do it on time, within budget, efficiently, effectively, and as innovatively as possible. This is how we can position the District best for the future. Many people have asked me for advice on their personal future, and what they should do. I have thought about it a lot, and the best advice I can give is threefold: First, do not do anything rash or emotional. The only person you will adversely effect is yourself. Second, learn as much as you can about reorganization and your rights. Sit down and analytically think through your options and what would be best for you. Finally, do not do anything prematurely.

A piece of good news! In December we were notified we are one of the five finalists for our category in the Army ACOE competition. This means we have passed through the Corps competition, and will receive some amount of money for your efforts. Although the money is great, I feel that it is not the important part of the program. The important part is what you have done during the year to improve working conditions and processes. Innovation and original thinking on your part make the program a success. Keep those great ideas coming in!

I am looking forward to another challenging (and we are guaranteed of that) and productive year working with all of you.

**THINK SAFETY!!**



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

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# Federal women hit glass ceiling, too

By Evelyn D. Harris  
American Forces Information  
Service

The glass ceiling may be invisible, but it's real, the U.S. Merit Systems Protection Board concluded in a recent study.

Furthermore, women in the federal government face the same subtle barriers to advancement - known as the "glass ceiling" - as women in private industry. For minority women and women with children, breaking through is even harder, concluded the researchers.

The 40-page report, "A Question of Equity: Women and the Glass Ceiling in the Federal Government," supports a Labor Department study of Fortune 500 companies released last fall. That study found subtle discrimination against women in all nine geographically diverse companies reviewed.

The protection board researchers looked at data from three sources: the U.S. Office of Personnel Management's Central Personnel Data File; a governmentwide survey of 13,000 employees; and focus groups comprised of some 144 male and female federal managers and executives.

Although women hold nearly half the white collar jobs in the federal government, only one out of four supervisors and about one out of 10 executives are women.

A 1989 study predicted it would take 45 years for women to be fully represented in grades GS/GM-13 and above if the rate of increase in promotions remained unchanged.

The report concluded that differences in education and length of service only partially accounted for women's lower grade levels. Much more important were "subtle

attitudes, stereotypes and expectations."

The researchers found that given equal education and experience, women were still promoted more slowly than men in the first five years of their careers. They were also much less likely to be promoted from GS-9 and GS-11. Men are promoted at a rate nearly 33 percent greater than women at the GS-9 level and 44 percent greater at the GS-11 level. Above that level, promotions come much more slowly for both men and women.

Minority women face a double disadvantage, concluded the report. "Their representation at the top levels is even less than that of nonminority women, and minority women currently in grades GS-9 and above have been, on average, promoted less often than nonminority women with the same qualifications.

"Managers should look at the traditional way they evaluate employees for advancement," commented study project manager Katherine Naff. "They need to consider whether they might be using criteria for evaluating employees' commitment to the job that have no relationship to actual job requirements or the quality of the employees' work."

How the results obtained on the job are perceived may be a problem, too. One focus group member said, "You're allowed fewer mistakes if you're a woman."

To remedy such problems, the report called for the government to reaffirm its commitment to equal employment opportunity and make efforts to increase the number of women in senior civil service positions.

As for women who want to break through the glass ceiling, Naff

said her first advice is: "Don't give up." Researchers theorized some women may be so discouraged by the glass ceiling that they fail to put forth their best efforts.

She also recommended networking. She uses a broad definition of networking, which includes everything from calling upon a colleague for work-related information to developing long-term relationships with present or former work associates.

In addition to networking, successful women in the surveys cited mentors, education, developmental opportunities and hard work as their tickets to higher grades.

## Birding trips at Riverlands

Weekends at Riverlands provide a wonderful opportunity for birding. Three local birding groups, the Webster Groves Nature Society, the Sierra Club and the St. Louis Audubon Society, have been making regular trips to view the waterfowl, shorebirds and bald eagles that settled in on Riverlands.

The Missouri Audubon Society has volunteered to host regular birding trips at Riverlands for Audubon members and the general public. Turn out for these trips on cold winter days has been impressive.

The Riverlands staff invites everyone to visit the area and view the birds that have moved in. The Bald Eagles are making their appearances in great numbers daily.



# Thousands visit home of King's birth

By Rudi Williams  
American Forces Information Service

The house at 501 Auburn St. in Atlanta could be found in any neighborhood. It does not look special. In fact, it's an unpretentious house built for a German-American family in 1894. But history is made in unpretentious places too.

The house is the birthplace of civil rights leader Rev. Martin Luther King, Jr. and is now administered by the National Park Service.

King's grandparents bought the house in 1909. The Rev. Adam Daniel Williams moved in with his wife, Jennie, and his daughter, Alberta.

"The Williams' paid \$3,500 for this home, \$500 down and \$30 per month for 100 months," said Park Service Ranger Melissa English as she escorted visitors on a tour. "It's a 14-room house with four bedrooms upstairs and two downstairs."

At the time, she said, the Auburn Street community was slowly changing color from a mostly white neighborhood to a mostly black one. In time, it would become the most influential black community in the South under legal segregation, according to English. The neighborhood was racially mixed with blacks, whites and Orientals.

Alberta Williams married Martin Luther King on Thanksgiving Day in 1926. The newlyweds moved into an upstairs bedroom, where Martin Luther King, Jr. was born in 1929. His sister, Christine, was born in the room in 1927. A younger brother, Alfred Daniel, was born there in 1930.

King spent his first 12 years in the home that his parents shared with his maternal grandparents. The grandparents are credited with transforming Ebenezer Baptist Church from a struggling congregation without a building in the 1890s into one of African-American Atlanta's most prominent institutions.

King's birth home is now part of the Martin Luther King, Jr. National Historic Site and Perservation District. The Park Service and the nearby Martin Luther King, Jr. Center for Nonviolent Social Change, Inc., work together to commemorate King and his involvement in the civil rights movement.

The house was restored in 1971 with private



donations. The Park Service leased it from the King center in 1980.

In 1941, Martin's grandmother died, and his mother became owner of the home. Later that year, the family moved a few blocks north and fulfilled one of the elder King's dreams - to one day live in a brick house in the best part of town.

The Auburn Street house was rented from 1941 to 1970.

Reflecting on his childhood, King once said, "The community in which I was born was quite ordinary in terms of social status. Yet I insist that this was a wholesome community, notwithstanding the fact that none of us were ever considered members of the 'upper class.' Crime was at a minimum in our community, and most of our neighbors were deeply religious.

"It's quite easy for me to think of a God of love mainly because I grew up in a family where love was central and where lovely relationships were ever present.

It's quite easy for me to think of the universe as basically friendly mainly because of my uplifting hereditary and environmental circumstances," King said. "It's quite easy for me to lean more toward optimism than pessimism about human nature mainly because of my childhood experiences."

Nearing the end of the tour, English said, "Children of my time - I was born in 1965 - had no idea about the struggles of African Americans during the civil rights movement. So, when young people visit here, it's always good to let them know that some of the privileges we enjoy today were given to us by people who sacrificed their time, efforts - even their lives."



# Memories of a gracious, loving man

By Rudi Williams  
American Forces Information  
Service

During her tour of voluntary duty as a receptionist, 75-year-old Dora Laster greets peoples of the world as they enter Ebenezer Baptist Church, where, as co-pastor with his father, Martin Luther King, Sr., the slain civil rights leader Martin Luther King, Jr. delivered hundreds of sermons.

His grandfather, Rev. A.D. Williams, was named pastor of Ebenezer in 1894.

Laster remembers King well. "Dr. King was so gracious, kind-hearted, loving... everybody loved him," said Laster. She joined the church in 1962, a couple of years after moving to Atlanta from Anderson, S.C. "He (King) was so dedicated, so humble. He wasn't a show-off who reared back and said, 'I'm such and such and I've

done so and so.' He preached the Bible ... broke it down to our level.

"Dr. King tried to help everybody," said Laster, who was forced to retire from school teaching eight years ago because of complications from diabetes. "If you were poor, needy, he'd take time to talk to you and help you. You couldn't help but love him. He was that type of person."

Millions of the peoples of the world have visited the church

(Continued on page 6)

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

### EXCEPTIONAL RATINGS:

- Michael Banovz, IR
- Victor Behrmann, ED
- Merle Bockting, OD
- Robert Bringer, PM
- Charles Brooks, IM
- Sharon Cable, OD
- James Conner, OD
- Eugene Degenhardt, VE
- Lee Dellenbaugh, ED
- Robert Doza, OD
- Stanley Ebersohl, OD
- Natalie Eschmann, PD
- Joan Heckstetter, OD
- Terry Helming, OD
- Carol Hilderbrand, ED
- Steven Huskey, RM
- John Jobst, IM
- Eugene Jones, OD
- Robert Kelsey, ED
- Karon Marzec, RD
- Mary Matecki, RE
- Wilbur Moore, OD
- Michael Morgan, OD
- Antoinette, Mueller, ED
- David Nulsen, OD
- Andrea Pickard, OD
- John Rabbitt, CASU
- Jack Rhodes, IM

- Billie Sanna, OD
- Joan Schick, CT
- Michael Taylor, OD
- Bonita Toennies, ED

### PERFORMANCE AWARDS:

- Michael Banovz, IR
- Jane Barnhart, CASU
- Robert Bringer, PM
- Charles Brooks, IM
- Barbara Burgess, RM
- Linda Collins, OD
- Christy Cone, IM
- Eugene Degenhardt, VE
- Michael Feldmann, CD
- Ricky Godfrey, OD
- Terry Helming, OD
- Steven Huskey, RM
- John Jobst, IM
- Ronald Jones, IM
- Lois King, PM
- James Lampe, OD
- Charles Marshall, OD
- Mary Matecki, RE
- Penny Mudd, OD
- Robert Muffler, OC
- Walter Ohar, OC
- Maggie Patterson, EEO
- John Rabbitt, CASU
- Marian Reitz, OD

David Steger, RM

### QUALITY STEP INCREASES:

- William Busch, CD
- Dale Russell, OD

### SPECIAL ACT AWARDS:

- Vanessa Alexander, IM
- Jean Beausand, CT
- Winston Campbell, OD
- Deann Chambers, RM
- Kathleen Ebmeier, CT
- R.C. Franco, DX
- Rachel Garren, OD
- Natta Gill, PM
- Katharine Hayes, IM
- Phillip Jenkins, OD
- William Jones, CT
- Mary Lou Lawson, PA
- Michael McClendon, OD
- Kevin Milligan, DE
- Anne Modrusic, IM
- Joann Moritz, CT
- Reta White, OD
- Janet Wilhite, CT
- Violet Williams, CT
- Julie Ziino, OD
- Raymond Zoanetti, OD



# On The Soapbox

## Riverlands Office

Stay-in-School Park Ranger Charlie Deutsch gave a tour of the Environmental Demonstration Area to 12 students in the environmental club from Parkway North High School.

Stay-in-School Park Ranger Rocky Horrichs hosted a tour of the Environmental Demonstration Area for 10 Cub Scouts and two Scout leaders.

Sherry Droste, of the Riverlands Association, was facilitator of a Project Wild Workshop held in the Riverlands Orientation facility. Twelve people consisting of teachers, interpreters and other educators attended, doing field activities from the Project Wild Manual in the Environmental Demonstration Area.

## Wappapello Lake

Park Ranger Rebecca Hays staffed a Corps booth demonstrating water and boating safety at a health fair conducted by the Puxico High School for students and the general public. More than 470 attended.

Park Ranger Andrew Jefferson manned a booth at the Greenville

High School Career Day. He also gave a classroom presentation on the duties of a park ranger.

The lake staff conducted a program for the Association of Missouri Interpreters. They gave a "behind-the-scenes" tour of how Wappapello staff handles the interpretation of the project, including positives and negatives that interpreters would find useful. Afterward, Howard Barks of the Wayne County Historical Society strolled the group down the Memory Lane Historical Walk.

Assistant Park Manager Gary Stilts and Park Rangers Diane Stratton and Andrew Jefferson did four radio interviews with KJEZ and KLID of Poplar Bluff, and KTJJ of Farmington. The main topics were deer season, high lake levels, including road closures, Fish Shelter Day, stay-in-school positions, general lake information and the Christmas tree lighting activity.

Park Ranger Diane Stratton attended a Biology Career Development seminar for Southeast Missouri State University students where she discussed career opportunities with the Corps of Engineers.

## Lake Shelbyville

Stay-in-School Park Rangers Christy Shaffer and Jeff Endsley gave a program for 88 third grade students at Sullivan Middle School in Sullivan, Illinois. They demonstrated leaf printing activities and gave a reptile show. The rangers also took high school students from First Baptist Christian Academy in Pana, Illinois, on a tour of the dam.

Stay-in-School Park Ranger Terri Morris entertained 32 visitors from Indiana with a tour of the Visitor Center and a Lithia Springs Chautauqua slide show. She also gave a reptile show to 40 second grade students from Main Street School in Shelbyville.

## Mark Twain Lake

Park Ranger Wayne Williams was interviewed by KDAM radio about hunting opportunities at the lake.

## Rend Lake

Park Ranger Jackie Brachear spoke to members of the Benton Rotary Club about the many recreation opportunities at the lake and about the large economic impact made by tourists coming to the area because of the lake.

## Gracious man (continued from page 5)

where King, his father and grandfather preached. "People from around the world appreciated what Dr. King did," Laster said. "This morning we've had men and women from England and Scotland, and they're just so thrilled to

come in. A lot of white women come in and go upstairs in the church and shed tears. They didn't realize just what a great man he was until they came over here. When they leave here, they view his grave site and the house he was born in.

"Yes, things have really changed because of Dr. King's work not just in Atlanta, but all over the country," Laster said proudly. "I can tell the difference, even in salaries, living conditions - for blacks, whites and everybody."



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# News Briefs

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## Duck hunt

The annual Duck Hunt for the Disabled at Carlyle Lake lasted for 20 days out of the 30 day duck season. Hunters harvested 13 ducks, which is .6 birds per hunter. Each year a duck hunting blind is set up on the east side of the lake for permanently non-ambulatory and semi-ambulatory hunters.

## Visitors facility

The Riverlands Visitors Orientation facility has now been open since April. It has served 5,625 visitors. Of these 2,816 have toured the Melvin Price Locks and Dam and 1,044 have toured our Environmental Demonstration Area. The staff has given offsite presentations to 1,250 people. The staff hopes the visitors keep coming.

## Mississippi Life

The Riverlands Association hosted Mr. John Lynn, of Peoria, Illinois, and his entertaining slide/lecture presentation "Life on the Mississippi" on December 15 at a restaurant in Alton.

Those attending were treated to a vicarious exploration of the 2,300 mile length of the Mighty Mississippi through John's pictures and anecdotes of his solo canoe trip.

## Planting acorns

Wappapello Lake has begun planting nut-tall acorns. The Mingo Fish and Wildlife service is furnishing the acorn planter. Nuts to be planted include nut-tall, cherrybark, white oak and bald cypress.

## Lights donated

The Civilian Activities Council at Wappapello Lake donated about 450 feet of lights to light a 30-foot tree near the gatehouse for a community tree lighting. Ozark Border Electric Company assisted by placing the lights on the tree.

## Fish shelter day

Wappapello Lake Fish Shelter Day will be held on January 16 from 11 a.m. until 2 p.m. Christmas trees will be collected from December 26 to January 5.

## Disable deer hunt

Mark Twain Lake was the site of the Fifth Annual Physically Challenged Deer Hunt the weekend of November 21 & 22. Despite the adverse weather 16 disabled hunters participated. Nine deer were harvested, a record for the Mark Twain Lake hunt. More than 100 volunteers helped make this event successful.

## Lake staff changes

Kevin and Maureen Curran and Chris Coe from the Mark Twain Lake staff are changing lakes. They are accepting positions at Rend Lake and Wappapello Lake respectively. Kevin will be in charge of the Environmental Management Program at Rend.

## Rend Lake articles

Illinois Game and Fish Magazine recently published two articles about Rend Lake. The first, in the November issue, was about quail hunting in Corps' public hunting

areas at Rend Lake and Lake Shelbyville. The second, in the January 1993 issue, focused on goose hunting opportunities.

## Shorebirds at Rend

Meadowlark, the Journal of the Illinois Ornithological Society, recently published an article about watching shorebirds at Rend Lake. The article bragged about the tremendous bird watching opportunities at the lake and listed ideal areas to watch specific shorebirds.

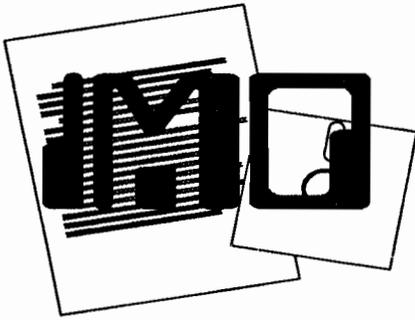
## Controlled hunts

Controlled hunts for rabbits and quail were held in closed Corps' recreation areas at Rend Lake December 8th through 11th. Eleven hunters harvested three quail and three rabbits.

## King quiz

1. When did Martin Luther King Jr. receive the Nobel Peace Prize?
2. When did the U.S. Supreme Court rule that segregation on buses was unconstitutional?
3. Where was Martin Luther King Jr. assassinated?
4. Why did Martin Luther King Jr. go to Memphis in 1968?
5. When was Martin Luther King Jr.'s birthday first observed as a legal public holiday?
6. From what college did Martin Luther King Jr. receive his doctorate?
7. Where did Martin Luther King Jr. first serve as pastor?
8. What organization did Martin Luther King Jr. begin in 1957?

(Answers on page 9)



## Maximizing the use of Futurus Team and E-Mail

Futurus Team (alias Right Hand Man) promises to take the "work" out of your WorkGroup. So be it - "Delegate your work to Right Hand Man!"

Instead of exchanging pertinent files on floppy disks, send the file(s) via E-Mail. This is a fast, accurate and efficient means to share files - especially with field offices.

Files can be sent through E-Mail in one of two ways:

1. as a Text File - sent in the body of the E-Mail message.
2. as a File Attachment - attached to the E-Mail message.

To determine which method best suits your needs, consider the following. If the recipient needs to work with the file in a particular software package (Word Perfect, SuperCalc, dBase, etc.) or document enhancements (bold, underlining, etc.) NEED to be retained for clarity, send the file as a FILE ATTACHMENT. If the recipient needs the file for only informative purposes (just to read) and document enhancements are NOT important, send as a TEXT FILE within the E-Mail message.

### Send/receive file attachment via E-Mail Sending a File Attachment via E-Mail

When composing an E-Mail message you are able to attach up to 64 files to the message, even though 1 or 2 files is normal.

1. Activate FT (Ctrl-Left/Shift), press "E" for E-Mail, press "C" to begin composing the message, and select appropriate template, if desired.
2. Complete the "To:", "cc:", "bcc:", and "Subject:" fields.
3. TAB to the ATTACHMENT field and press the INSERT key.
4. A list of files on the current directory will be displayed.
  - a. If the appropriate directory is displayed, press the arrow keys to move the highlight bar over desired file and press the ENTER key to select the file to be

attached. Repeat if additional files need to be selected.

b. If the displayed directory does NOT contain the file, press ALT-P for New Path and press [return]. At the message prompt, enter the New Drive/Directory and press return, i.e. A:\ or C:\WP51\FILES; or, press ALT-M to enter the directory and file name manually, i.e. A:\TEST.WP or C:\WP51\FILES\TEST.WP

5. Complete the body of the message. It is a good idea to always tell the receiver exactly what format the attached file(s) are in (WordPerfect, SC5, etc.).

6. Press ALT-S to send the message and file attachment.

### Retrieving a File Attachment via E-Mail

In the E-Mail message list, a message with a file attachment will have a plus "+" sign left of the sender's name.

1. Activate FT (Ctrl-Left/Shift) and press "E" for E-Mail.
2. Extract the file attachment by pressing: ALT-F (to activate the file pulldown menu), A (for attachment) and E (for extract).
3. At the attachment filename prompt press the ENTER key to accept the default drive\directory\filename string or type in a new drive\directory\filename, i.e. A:\TEST.WP. The message "ATTACHMENT EXTRACTION SUCCESSFUL" will appear. You are now ready to use and work with the file for the intended software application.

### Including a Text File as an E-Mail message

In order to include a text file in your E-Mail message, the file must be in ASCII or DOS Text Format. Since WordPerfect is the District standard word processing package, the procedure below includes the directions for converting a WordPerfect file to DOS text format.

1. Activate WordPerfect and retrieve or compose the document/file to be sent.
2. Convert the WordPerfect file to DOS text. a. Press Ctrl-F5 (Text In/Out), b. Press 1 or T (DOS Text), c. Press 1 or S (Save file as DOS Text), d. Type in a filename with an extension of "TXT" (text) or "ASC" (ascii). This will let the user know this file is in ASCII format and avoids overwriting the WordPerfect file.
3. Activate FT. a. Press "E" for E-Mail, press "C" for Compose and select template, if desired. b. Complete the "To:", "cc:", "bcc:", and "Subject:" fields. c. TAB to the "Message Area," move to where the file is to be inserted and press CTRL-F. d. At the "Insert TextFile Name prompt, type in the file name of the file in the current directory, i.e. TEST.TXT; or, if the file resides in another drive or directory, type in the entire PathName, i.e. A:\TEST.TXT or C:\WP51\FILES\TEST.TXT.

WITH FUTURUS TEAM HELPING TO TAKE THE "WORK" OUT OF YOUR WORKGROUP, YOU NOW HAVE SPARE TIME TO START THAT "PENDING" PROJECT. HAVE FUN!



# Even keyboard athletes can be injured

By Evelyn D. Harris  
American Forces Information  
Service

Keyboard athletes have to warm up to avoid injuries. Failure to do so may sideline them for a long time.

"Most runners wouldn't dream of beginning their run without stretching or without wearing the right shoes," said Navy Dr. (LCDR) Michael Baxley. "Yet the same people may not know that warming up and correct technique can help prevent repetitive stress injuries."

Baxley heads the Occupational Health Department's Medicine Division at the Navy Environmental Health Center in Norfolk, Virginia. He advises other doctors on treating and preventing occupational injuries.

Next to back injuries, repetitive stress injuries (also called cumulative trauma disorders) strike more DoD workers than any other occupational injury. Carpal tunnel syndrome is the most common of these disorders. Researchers believe it is caused by doing the same hand motion over and over again.

The carpal tunnel is a bony cavity in the wrist through which the nerves and tendons extend to the hand. Repeating the same wrist and hand motions every day can cause the tendons to swell and press on the hand's main nerve.

This persistent pressure on the nerve causes pain, numbness and dysfunction in the hand and may extend up to the forearm and elbow. Pain is usually a sign that full-blown carpal tunnel syndrome has not yet set in, said Baxley.

"With carpal tunnel syndrome,

the hand will feel numb or tingly, and coordination may be impaired," he said. "But pain could be a sign that the hand is being injured and is a cue to take preventive measures."

Preventive measures include warm-up exercises before starting jobs requiring repetitive hand motions. Baxley recommended:

- \* Massage the inside and outside of the hand with the thumb and fingers.

- \* Make a fist, then extend fingers as far as possible. Repeat five to 10 times until hands feel relaxed.

- \* Make a fist and rotate the entire hand from the wrist in one direction. Repeat five to 10 times. Switch directions and repeat.

When doing repetitive tasks, try to keep the hands and wrists in neutral positions. For typing, that means forming a right angle at the elbow and keeping the lower arm straight - bending the wrist causes strain, said Baxley.

"If your office has provided an ergonomic chair, adjust it so you can type in the neutral position. Wrist pads are also helpful," said Baxley. "I notice that I can type for several hours at the keyboard in my office without pain, because I have a wrist pad. At home, where I don't have one, my wrist and hands get tired faster."

He also suggested redesigning tasks to avoid injury. If employees have long-term repetitive tasks to perform, they should think of ways to limit unnatural motions. Plan your week's work to avoid long stretches at one task. "If you have to type a long report, spread the work out so you aren't stuck with eight hours of typing on the due date."

Using the correct technique may have an initial downside, warned the doctor.

"Whenever you use muscles you haven't used for a while, you'll have pain," he said. "My hand hurt for a while when I first used a wrist pad, even though it's good for me. If someone has been used to slouching, his back is going to hurt at first when he gets the right kind of chair that forces him to sit correctly. It's when the pain persists and is repetitive that you really have to worry."

Treatment for repetitive stress injuries varies with severity, but Baxley initially prefers a conservative approach. This means rest, wearing a splint to keep the hand in a neutral position and taking anti-inflammatory drugs such as aspirin. Severe carpal tunnel syndrome requires surgery.

"But surgery is a last resort to be used only when people meet strict diagnostic criteria," he stressed. "I'm concerned that some people may be getting unnecessary surgery. I try to avoid it whenever possible."

## King quiz answers

1. 1964
2. 1956
3. Memphis, Tennessee (1968)
4. Support striking sanitation workers
5. January 20, 1986
6. Boston College (1955)
7. Dexter Avenue Baptist Church (Montgomery, Ala.)
8. Southern Christian Leadership Conference



## To your health

# Exercise caution in winter exercising

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

Some people settle in for the winter and turn into couch potatoes until the spring thaw. They drop running and other cardiovascular exercises. Then, come spring, they try to get into shape fast.

Don't let cold or inclement weather keep you inside and away from running or exercising outdoors this winter, said Army BG Raymond T. Roe. A marathoner and long-distance runner for more than 30 years, Roe is commander of the Army's Community and Family Support Command.

"Mother Nature shouldn't dictate what you do or don't do," said Roe. "If you follow a few simple steps, you shouldn't have any trouble. Common sense has to take charge, like don't run on ice."

Officials at the President's Council on Physical Fitness and Sports warn runners to watch out for hypothermia, frostbite, wind chill and dehydration.

Most people associate dehydration with exercising in warm or hot weather, but it can occur just as easily in cold. Cold air is often dry, and people lose water by breathing and perspiring. To avoid dehydration, the president's council recommends drinking plenty of water or fluids while exercising.

Wind chill is double trouble, said Roe. It can cause both hypothermia and frostbite. Wind chill

measures the cooling power of temperature and wind as they hit exposed skin. For example, an outdoor thermometer might register 40 degrees Fahrenheit, but the apparent temperature would be subfreezing to a person standing in a breeze.

Average normal body temperature is 98.6 degrees Fahrenheit. Hypothermia begins when the body's core temperature falls below its normal level. Just a few degrees below normal can cause a coma, cardiorespiratory failure or even death.

Hypothermia can result from a simple thing like sweat. Say a person is running and becomes sweaty, said Roe. The clothes become wet, losing about 90 percent of their insulating value. The wind hits the clothes, driving cold air straight through to the person's body. The clothes freeze, providing no protection from the wind and cold.

Frostbite affects exposed or wet skin, especially the ears, nose, cheeks, fingers and toes. It can damage or even freeze the skin and what's below it. Frostbite can cause sensory loss, scars, arthritis and increased sensitivity to the cold. In worst cases, frostbite can lead to infection and tissue death, resulting in the loss of the limb through amputation.

A simple way to ward off hypothermia and frostbite is to dress appropriately for the weather. Wear layered clothing, because the layers trap heat be-

tween them, said the president's council. Also, layers can be removed if the person gets too warm, and they can be added again if cold begins to seep through. The outer layer should be water resistant and windproof.

Remember to start off exercising or running a little cool, wearing lighter clothing than temperatures may seem to warrant, said the president's council. This is because the body generates a lot of heat and a person can become too warm.

A hat is mandatory, because a person loses a lot of body heat through the head. It also helps protect ears from frostbite. The president's council recommends a wool watch cap or ski cap.

Runners should also wear gloves or mittens to protect fingers and hands from frostbite. In addition, people exercising outside should wear scarfs over their mouths to help prevent respiratory problems and the shock of cold, dry air being drawn into their mouths and lungs as they breathe. An alternative is to breathe only through the nose.

"Always leave yourself an escape route to safety when you run or exercise in inclement or cold weather," said Roe. "Know where there's a shelter, a house or telephone nearby if you should get into trouble. Don't go so far that you can't get help if you need it."



# Retiree Review

By the Retiree Correspondent

Our December 1992 retiree lunch was a great success with 55 present. It was so nice to see the regulars and several we had missed - Bruce Moore, Zona Moore, Katy Crossley, Lorene Stoffel, Letty Duff, Linda Cuddeback, George Little, John and Mary Jane Jansen, Gordon and Elaine Davis, Wanda Walter, Bill and June Brown. Come back often. Several of our regulars have gone elsewhere for the winter. Stan and Marlene Wiseman are leaving shortly for Arizona for the winter.

Representatives of the District Office were conspicuous by their absence. We miss you. Usually there are several from the District who attend our Christmas meeting. We realize the turmoil there and hope it can get back to normal soon.

Virginia Dillow had planned to attend, but they installed her picture window that day. Seems a young man lost control of his car and ended in her livingroom. An unwelcome guest, I'd say! No injuries, just the picture window, corner of the porch, the wall, plaster and window.

Mike Cullen reported on the annual District Christmas dance. He said a good time was had (as usual) by all who attended. Several retirees attended and reported a great time.

Kate Stiles reported that Genevieve Wurst had spent several days in the hospital with a heart flareup. Carl Baron spent several days in Deaconess. Doing fine now. Richard Walls spent two weeks in St. Lukes with a blood clot on the brain as the result of a ladder breaking, then had a stroke while in the hospital. He's now in a nursing home receiving therapy. His wife reports he is improving slowly and hopes to be home soon. Mrs. Ed Thilman is home after a short visit to the hospital, but hesitated to come to a meeting yet. Hope all are improved soon. Lyle Forth had visited John Hynek in the nursing home. John is in very bad condition. He knows no one.

I hear Estelle Huizenga has been doing the light fantastic again (slow dancing, that is). That's good. Keep it up.

Several of our crowd "entertained" us with humorous stories. Let's have more next month. They say a good laugh is better medicine than pills.

Bob and Barb Lutz did a beautiful job with the table decorations. The tables were very tastefully

decorated with many lovely statues, garland, baubles, gift packages (which each lady got to take home). A great job, it was truly appreciated by all. Thanks again.

Kate Stiles was thanked for handling the luncheon. She and Virginia Dillow were asked at the November meeting to take reservations. Kate did the registering, collecting, etc., at the luncheon.

Remember, if you can't attend the meetings, drop Kate a note. They are reported and available for all to read at the meetings.

Condolences are extended to the family of Emma Schaaf who passed away December 15.

Hope to see all at the January meeting. January 21, 1993. Salad Bowl about 11:30. Be there. Enjoy the comradery, stories, food and hearing about various retirees. Hope all is better at the District Office by January 21. See you all there.

## Retirees...

Oleva Robinson retired from the Personnel Office January 3rd after more than 25 years of federal service. Oleva had more than 12 years with the St. Louis District.

Dick Mankus retired December 26th from Planning Division after more than 24 years of federal service all with the St. Louis District.

Jim Bazile retired January 3rd from the Dredge Potter after more than 21 years of federal service. Jim had more than 20 years with the St. Louis District.

Don Theissen also retired from the Dredge Potter on January 3rd after more than 36 years of federal service. Don had more than 16 years with the St. Louis District.

George Quick retired January 3rd from Lake Shelbyville after more than 26 years of federal service. George spent more than 25 years with the St. Louis District.

## Why airline tickets are expensive

Airlines spend over three times as much on fuel and oil as they do on the crew to fly jumbo jets. Avmark Inc., a consulting firm in Arlington, VA, reports that a Boeing 747-100 or 747-200 costs \$5,600 an hour to fly. Of that \$2,600 an hour is spent on fuel and oil; \$1,400 per hour on maintenance. Crew costs are relatively low at \$800 per hour.

# Improve your memory with practice

Are you constantly forgetting birthdays, special events, errands, or even just one item you need to pick up at the store?

Try these tried and true memory joggers, combined with a bit of technology, to smooth your way.

First off, make your mental lists in threes. Research has shown that people best remember numbers and things in groups of threes and fours. That's one reason telephone numbers are arranged in the way they are. According to Memory Fitness Over Forty (Triad, 1985), organizing mental lists of items in groups can really help on quick trips. Imagine the aisle of the grocery store: Three milk and cheese items on the dairy aisle, three cosmetics at the drug store and so forth.

Next: Make lists. Almost no one can remember a dozen things that have to be done during a day or week. Make lists and keep them

in notebooks in your purse or car. Cross off the ones you have accomplished.

Think about using different colored ink. It will add an extra spark to the list and provide another cue about what you need to do.

Develop memory habits. Forgetting the keys or misplacing them is a failure of habit, not of memory. Find a place by the door to put your keys and always put them there.

Forget things on purpose. That's right. Sometimes just pitching out things you have to remember helps. Instead of trying to remember the birthdays of all the kids, grandkids, friends and neighbors, it might be better to buy a computer program that is designed to remind you of these events. Another good idea is to reserve an hour or two at the beginning of the year and jot down important dates on a handy calendar. Once you have done that, forget it! Refer to your

calendar daily and put the rubbish out of your mind.

Use the technology you already have. Most families own a microwave these days and many have timers. Instead of trying to remember to baste the roast in a half hour or call your mother in two hours, set your timer. An oven timer will do.

Associate words and images. Make up a story to remind you of names. make the story silly or fanciful. For example, for Sam Smith, remember instead: The old smith cooked a yam.

Finally, exercise your memory. Make a conscious effort to play memory games with yourself. Notice and remember the name on the clerk's name tag. See three numbers, repeat them and instruct yourself to remember. Memory, like all brain functions, needs exercise.

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## Accident Summary

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PERSONAL INJURIES - GOVERNMENT EMPLOYEES\* -  
DECEMBER 1992: None

Total lost-time accidents for FY93: Four  
Total lost-time accidents for FY92: Eleven

\* Lost-time accidents only

PERSONAL INJURIES - CONTRACTOR EMPLOYEES -  
DECEMBER 1992: None

Total accidents for FY 93: None  
Total accidents for FY92: Two

GOVERNMENT VEHICLE ACCIDENTS\* - DECEMBER  
1992: None

Total vehicle accidents for FY93: None

Total vehicle accidents for FY92: None

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

LAKE FATALITIES - DECEMBER 1992: None

Total lake fatalities for FY93: None

Total lake fatalities for FY92: Three

Rend Lake - 1

Carlyle Lake - 1

Lake Shelbyville - 1



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