

PA

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Winner 1992 Army Communities of Excellence Award

July 1993

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Fogilphol honored



Jim Fogilphol, long time lockmaster at Locks and Dam 26, was inducted into the St. Louis District's Gallery of Distinguished Civilian Employees during the District's Length of Service Award Ceremonies at the Hyatt Regency Union Station on June 24th. Jim becomes the 16th inductee into a select group of employees who have made significant and noteworthy contributions to the District since its beginning in 1872.

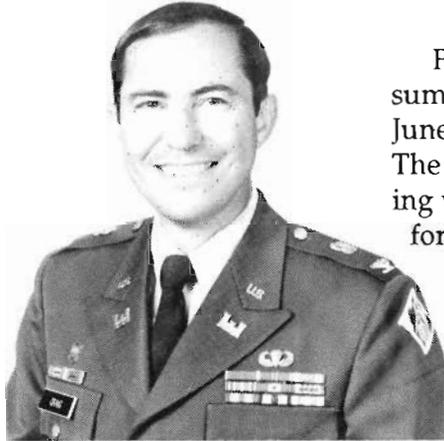
His experience on the river goes back to 1936 when he began working for the District as a deckhand and laborer in a repair unit. He was assigned to the District's Service Base after serving in the Army during World War II. He began working as a lock and dam operator at L&D 26 in 1949. He also worked as a maintenance repairman. He was promoted to assistant lockmaster in 1966 and to the position of lockmaster in 1976.

Jim served as lockmaster the last eight of his 44+ years of service. He was a central figure in the dialogue and national political and media interest in the replacement of Locks and Dam 26. He was a respected and convincing expert on the problems associated with the aging navigation structure. His efforts were instrumental in garnering support for the Replacement Project.

It didn't matter whether you were a senator or a secretary, Jim Fogilphol treated all the same, with warmth and genuine goodwill. It didn't matter how busy he was, he always had time for a smile, a hello and a handshake. He is now where he belongs, etched indelibly in the history of the river he loves.



Commander's Perspective-



COL James D. Craig

It is the responsibility of all the supervisors, managers, and leaders in the District to foster, encourage, and allow to be implemented all the good ideas.

Finally, it looks like warm weather has arrived. Sometime this summer, maybe the river will start to go down! Yesterday (24 June) was our annual Awards Ceremony at the Hyatt Regency. The ceremony was well attended, and it and the reception following went beautifully. Many thanks to the Human Resources Office for all their successful efforts in putting all the pieces together. I want to particularly recognize two individuals who received awards. First, Mr Ralph White who was recognized for 50 years service. I take my hat off to anyone who remains in productive government service for that long. Congratulations, Ralph. Second, Jimmy Fogilphol. Jimmy was recognized as only the sixteenth person to be placed on our Gallery of Distinguished Employees. Congratulations, Jimmy.

This is the time of year when most accidents occur, around the house, at lakes, etc. Please take your time, don't over do anything (like cutting the grass), and BE SAFE.

We have received our initial FTE allocation, so by the time you read this, I hope we will have finished looking at how to restructure the District to best accomplish our missions. No matter what the decisions are, keep in mind that they are being made not to favor any portion of the District, but to best accomplish assigned missions. The Government, and therefore the Corps, continues to reduce in number of employees. With the same tasks to perform, we must find smarter and more efficient ways to do the work. Everyone in the District is important, and everyone in the District has great and innovative ideas on how to improve the way we do business. It is the responsibility of all the supervisors, managers, and leaders in the District to foster, encourage, and allow to be implemented all the good ideas. These are the two challenges I offer to each of you. It is your choice to accept and meet them, or leave them untouched. I personally intend to try to exceed them.

We start the Caravan trips this month, so I hope to see all of you in the field before the end of the summer.



US Army Corps of Engineers
St. Louis District

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District Commander.....James D. Craig

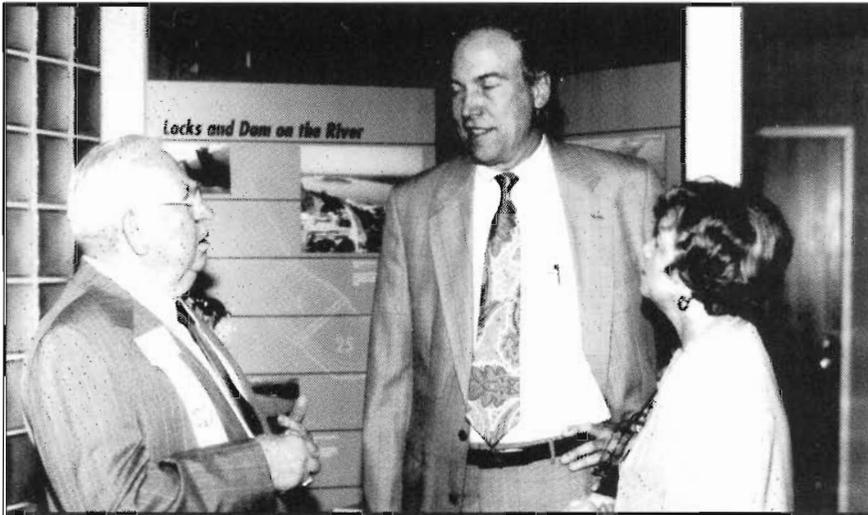
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Length of Service Awards



Wally Feld, Assistant Chief Operations in the Construction Operations Readiness Division and his wife Kathy, PD-A, talk with Jim Fogilphol during the reception at the District Office after Jim was inducted into the Gallery of Distinguished Employees.

The District's Annual Length of Service and Honoree Award Ceremony was held on Thursday, June 24th, at the Hyatt Regency, Union Station.

The ceremonies began with the posting of the colors by a select honor guard from the U.S. Army Reserve Personnel Center, followed by a musical tribute to the honorees by the Harrold Singers. This group has seven members, all related. The accompanist is our own Beverly Jefferson, HR-R.

The DE spoke briefly, emphasizing the fact that people are the District. He highlighted the District's second ACOE award.

Awards were given to team members with 10, 15, 20, 25, 30, 35 and one with 50 years of service. Mr. Ralph White was in his 50th year of service when he retired in October last year.

Awards were presented from the Chief of Engineers and from the Jacksonville District commander to

employees who assisted in Hurricane Andrew relief efforts.

Richard Sovar received District and LMVD Suggester of the Year awards and a certificate from the Chief of Engineers for his suggestion on lock and dam construction that saved taxpayers \$5.3 million.

Commanders Awards for Public Service were given to two volunteers from Mark Twain Lake, Ted and JoAnne Hinton, for last summer's efforts. Commanders Awards were also given to Kenneth Schmidt and Cletus Whelan, 42+ year employees of Luhr Bros.

Inc. for their partnerships with the Corps.

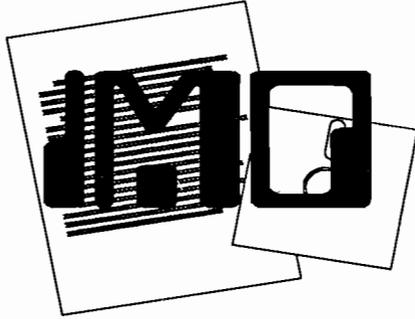
Commanders Awards were given to Barbara Burgess and Charlie Dees for their significant accomplishments during deployment to Florida for Hurricane Andrew relief. One was presented to Cathy Jaeger, CASU, as Federal Employee of the Year for St. Louis in the category of technical/administrative. One was presented to the Cannon Power Plant staff for their environmental program.

Gary Prewett, former L&D 25 employee, received the Superior Civilian Service Award for saving the life of a deckhand who had fallen into the river between shifting barges and the concrete lock wall.

James O. Fogilphol was inducted into the Gallery of Distinguished Civilian Employees by Jack Niemi. Mr. Fogilphol was the former Lockmaster at L&D 26 and was instrumental in getting the Melvin Price L&D approved by Congress and the President. His photo will be added to the Gallery in the 4th floor corporate entrance.



An honor guard from the U.S. Army Reserve Personnel Center posts the colors at the Length of Service Awards Ceremony as Colonel Craig and all present stand at attention.



We're in touch, so you be in touch

We've all heard this phrase over and over again... keeping in touch with anyone and everyone instantaneously. With the availability and accessibility of pagers, telephones of all sizes, shapes and features, laptop computers, electronic notebooks, voice mail boxes, telephone credit cards, calling cards, everyone is reachable anywhere. The employees of the District have the tools to "KEEP IN TOUCH!" Let's talk about connections.

With voice mail in the office, cellular phones in the cars, and notebooks in the briefcases, today there is no excuse for not responding to co-workers, other agencies, our customers and the public.

Our desk telephones offer numerous features to make everyday calling more convenient - FWD (option to forward incoming calls to another

number), S&R (save and repeat the number without redialing), MSG feature (returns call to caller), PCK-UP (allows pck-up of numbers not displayed on instrument), SPEED DIAL BUTTONS (allows programming of numbers - one touch dialing) and the controversial VOICE MAIL (IM consistently receives requests for Voice Mail. At this time, the system is saturated and there are no immediate plans to update the system and add more Voice Mailboxes.) FEATURES ARE AVAILABLE, BUT TO BE EFFECTIVE, THEY MUST BE USED.

Long Distance calling (Dial 6 and 10-digit number) routes all calls through FTS2000, the most cost effective means. Collect calls are a "NO, NO" for government agencies. In this time of budget cutting and spending scrutiny, collect calls are very costly. FTS2000 credit cards are the more cost effective solution. To request one, please contact IM-IC at 331-8679.

With automated switch procedures, tracking and number identifiers, all phone calls are logged through the switch providing detailed information on every telephone in the District and all connected calls. All the who, when, where to/from, how long, how much questions are answered with detailed billing.

Away from your desk, not a problem ... CELLULAR PHONES. Cellular telephones are also avail-

able for checkout with vehicles in LM and also in IM-IC. Transportable units (3 watts) can operate by being plugged into the cigarette lighter, or on battery, and provide coverage within the St. Louis cell. From Cape Girardeau to Rolla and the Ozarks, from Carlyle to St. Genevieve, new cellular towers are being added monthly for better coverage. The cellular phones also have the voice mail feature (message plus service). Instructions are available when checking out a cellular telephone.

Emergency cellular phone numbers are 311 - St. Louis County Police, 511 - Illinois Highway Patrol, *55 - Missouri Highway Patrol. For all cellular phones used in the District, detailed billing is provided with the number called, date, time, location of phone call.

Data Cellular Phones are new and have been placed on all the District boats. A desktop, laptop, or notebook with modems, can be connected to the data cellular phone and used to dial into the District LAN.

NEW NUMBERS: There is a new 800 telephone number for the local area network - 1-800-432-1196.

Special events, emergencies, daily business, just keeping in touch... we have the media to keep everything and everyone connected. Let's use it.

Rend Lake Fishing Derby

The Rend Lake Visitor Center was the site of the Second Annual Family Fishing Derby. The Derby was planned in conjunction with National Fishing Week.

Southern Outdoor Recreation Services fishing guides presented fishing seminars about crappie and

largemouth bass fishing. Those who attended the seminars were given the opportunity to register to win guided bass and crappie trips on the lake.

George Starkweather demonstrated hand tying bass, panfish and trout flies. Larry Cruise, with

the Illinois Department of Conservation Division of Fisheries was present with a shockboat and a fish tank stocked with several species of fish from the lake.

Twelve businesses from the lake area contributed prizes to the derby winners.



Ordering supplies via LAN

While you are enjoying the efficiency and accuracy of this supply ordering system you MAY have encountered the message "number not in data-base..." NOT TO WORRY, it's ONLY temporary. Please try again later.

Users are prevented from ordering supplies while LM is maintaining the system and it cannot be prevented, at this time. We will continue to periodically enter data and maintain the system to afford our users the maximum availability of the system.

Any continuing daily occurrences should be reported to IM at 331-8700.

Travel orders

The following procedures apply when going TDY:

- a. Prepare travel orders and make airline reservations as soon as a TDY requirement is known.
- b. If travel is less than five working days away, walk travel orders through (requesting official, approving official, RM-F, to LM-T).

c. Correctly prepare travel orders and process any additional documentation; i.e., conference travel requires commander approval, travel to Washington, DC, area requires a control number from the Lodging Success Program, etc..

d. Forecast all foreign travel six months in advance. We notify each division/office when foreign travel requests should be sent. Notify LM-T of any unforecasted foreign travel as soon as the requirement is known.

e. Pickup airline tickets in advance, preferably before 1500 hours. LM-T sends a notice via E-Mail when tickets are received.

With the cooperation of all, we can make traveling much easier.

District boasts champion dollmaker

by Karen Bautsch, Southern Area Office

A member of our District team, Mary Ann Swip of the Resource Management Office, has won a top award in an international competition. She took a "Best of Category" at the Doll Artisan Guild 1993 International Doll Competition in Rochester, New York, in May.

Mary Ann was one of about 1,500 delegates attending from around the world. She created two dolls for the competition, a Googly Eye (an authentic antique reproduction) and a Modern Baby Doll. Out of several hundred entries, both dolls won ribbons. The Googly Eye won a red ribbon and the Modern Baby Doll a blue ribbon.

All blue ribbon entries in the same category were then rejudged for the Best in Category. Mary

Ann's Modern Baby Doll was judged "The Best In Modern Doll Non-Professional," winning Mary Ann the coveted "Rosette" Award. That win entitles her to compete against professional doll makers.

Mary Ann created her entries from beginning to end. She poured the molds, cleaned the greenware, fired the greenware to porcelain, painted the porcelain, added eyes, lashes and hair and handmade the dresses each wore.

The Googly Eye was dressed in an ivory party dress made from an antique fabric that had been Mary Ann's mother's. The Modern Baby Doll was dressed in a long, white christening gown made from embroidered eyelet and accented with eyelet lace.

Mary Ann has been making porcelain dolls for the last four years, taking classes at various studios throughout the Metro St.

Louis area. She has recently set up a studio in her basement to teach this wonderful art. She is working toward her "Masters of Doll Making" and will also be a certified Seeley product teacher.



Mary Ann adds detail to one of her creations.



On The Soapbox

Around the District

Jim Hill, PD-AM, spoke to 30 members of PRIDE Inc., a community improvement organization in Alton, Illinois, at their monthly board meeting. Jim updated the group on the status of the Melvin Price Locks and Dam Visitor Center plans and the Riverlands Master Plan effort.

Dave Busse, ED-HP, spoke to the University Extension of Lincoln University at their annual water quality update meeting. His topic was the Mississippi River in general and the drought of 1988/89 specifically.

Ben Venturella, CO-R, spoke to a delegation from Japan about District flood control projects and capabilities. Ben was aided by Gary Dyhouse, ED-HE.

Riverlands Office

The Riverlands Area Office conducted three to four tours of the Environmental Demonstration Area and the Melvin Price Locks and Dam daily. The Locks and Dam tours resumed June 14th. The number of visitors is increasing steadily. The Riverlands Visitor Orientation Facility has had more than one thousand visitors so far this season.

Park Ranger Julie Ziino hosted an all-day teachers workshop for 25 teachers from St. Louis public schools. The presentation covered many educational opportunities at the Riverlands Project.

Sherry Droste, of the Riverlands Association, hosted 12 kids from a gifted program in the two-week Lewis and Clark camp. The kids conducted various ecological activities in the program put together through Lewis and Clark

Community College as a field study. The last day was a parent program and tour of Melvin Price Locks and Dam.

Mark Twain Lake

Park Ranger Steven Wagner presented a program on the "Wetlands of Mark Twain Lake" to 50 members of the Vandalia Presbyterian Church at the M.W. Boudreaux Visitor Center. The church group was spending the weekend camping.

Park Ranger Becky Ebbing coordinated the Seventh Annual Sand Sculpture Contest at the lake. According to Becky, high water and a smaller beach didn't stop the fun. In conjunction with the contest, two young men from Chadock Youth Home of Quincy, Illinois, presented a water safety program to beach goers.

Park Rangers Randy Doman, Holly Jungers, Shelly Basinger, Shane Thurman, Diane Hellhake, Steven Wagner, Sally Longacre, John Mullhatten and Becky Ebbing presented programs on a variety of environmental education topics and water safety to 300 Cub Scouts and their parents at a three-day day camp.

Park Ranger Randy Doman spoke about water safety to 50 members of the Mt. Zion Church of Palmyra, Missouri.

Park Rangers Holly Jungers and Randy Doman participated in KDAM Summer Fun at the Mark Twain Center in Monroe City, Missouri. This event officially kicked off the summer recreation season for area merchants. The Corps presented a water safety program and invited visitors to the lake.

Wappapello Lake

Park Ranger Christina Martin conducted a series of programs on ecology and conservation for about 200 third and fourth graders during an annual outing titled Solar Days in Charleston, Missouri.

Park Ranger Deborah Swinford conducted a boating safety course for the staff of a local Girl Scout camp. The main topics were hazards and dangers to be aware of and tips to remember while boating.

Wappapello Lake volunteer Stacy Rife conducted a live radio interview with Mr. Nick Novac of KLID on the "PB Forum" Show. The purpose was to promote the lake and the Corps of Engineers.

The Wappapello Interpretation/Public Relations department has been conducting weekly radio reports since Memorial Day weekend with 14 area radio stations. These reports inform the visiting public of special events, safety factors, camping, fishing, shelter reservations, recreational opportunities, etc.

Lake Shelbyville

Rangers Ken Pierson and Mike Skinner gave talks to 150 students at the Moultrie County Conservation Field Day about wildlife management at Lake Shelbyville.

Rangers Al Lookofsky and Maria Shafer were on Shelbyville's "Talk of the Town" radio show. They discussed upcoming events at the lake and changes for the new recreation season.

Maria Shafer helped judge the Windsor Grade School Science Fair.

Rangers Leanne Crouch and Terri Morris spoke about life

(Continued on next page)



News Briefs

Interpretation shop

The second annual Interpretation Workshop, sponsored by the Riverlands Association, was held at the Lake Shelbyville Environmental Learning Center. Forty people from the St. Louis field offices and the Department of Conservation participated in the training.

Actor/educator "Crittman," Denny Olsen, modeled interpretive methods useful to all the trainees in their future.

Fisher leaves

The Riverlands staff would like to wish Park Ranger Ron Fisher the best of luck in his new job with the U.S. Fish and Wildlife Service, Mark Twain Refuge. Ron has worked for the Corps since December 1983.

Fishing Day

On June 12 Wappapello Lake hosted a Little Anglers Fishing Day in celebration of National Fishing Week. The Missouri Department of Conservation provided 20 fishing poles and Mingo National Wildlife Refuge provided a ten-foot banner.

National Trails Day

Lake Shelbyville celebrated National Trails Day at the Camp Camfield Ecological Study Area on June 5th with a 1.2 mile photo/nature hike accompanied by a professional wildflower photographer. While park rangers identified the flora and fauna along the trail, the photographer explained how to best capture them on film. There was also a three mile fitness hike followed by a picnic lunch with Smokey Bear.

Puppet show

A puppet show entitled "National Lamppoon's Boating Vacation" highlighted Lake Shelbyville's celebration of National Safe Boating Week. This program, written and produced by summer stay-in-school personnel, was presented at the Coon Creek amphitheater

Boating course

The Rend Lake Visitor Center was site of the Illinois Department of Conservation Boating Safety Course on June 9. Twenty-five took part in the eight hour course. Topics covered included legal requirements for boats, navigation rules and water safety.

Other activities throughout the week included courtesy boat inspections and water safety programs.

Boat & ski show

In a cooperative effort to promote tourism in the Rend Lake area, several agencies and organizations worked together for months to plan the Annual Rend Lake Boat and Ski Show and the Festival of Arts and Crafts.

The Festival was held on Memorial Day Weekend at the Southern Illinois Arts and Crafts Marketplace. The Ski Show was held at the Rend Lake Resort the following weekend.

Both of these events draw thousands to Rend Lake.

Kiwanis Fun Day

The Annual Kiwanis Fun Day was held at Rend Lake's North Marcum Picnic Area on June 26. More than 500 mentally and

physically challenged children attended. Highlights included games, music, boat rides and visits from Woodsy Owl.

Bicycle Patrol

Carlyle Lake's Bicycle Patrol has worked well. Park Ranger Michael Crain says patrolling on the bicycle puts the ranger in closer contact with the public because they are not behind the metal and glass of a vehicle. It also allows more coverage than a foot patrol. The patrolling ranger carries a first aid kit along with brochures to hand out to the visiting public.

Fishing Day

Carlyle Lake, in conjunction with the Illinois Department of Conservation, sponsored free Fishing Day activities for the public at Dam West Spillway Recreation Area on June 12th. The programs were designed to involve men and women of all ages in fishing for recreation and to help educate the youth on the diversity of fish found in Illinois. Activities included fishing seminars, a casting contest, and an aquarium of live fish taken from Carlyle Lake.

Soapbox Continued

jackets and demonstrated life saving techniques for 450 students at the Shelby County Conservation Field Day at Hidden Springs State Park.

Carlyle Lake

The lake interpretive staff presented more than 20 outreach programs in June. These programs reached more than 300 children

(Continued on page 10)



Coming Events at the lakes

Carlyle Lake

- August 8 Triathlon
- Sept. 25 National Hunting & Fishing Day
- Oct. 22-23 Haunted Trail
- Dec. 3 Christmas Tree Lighting

Lake Shelbyville

- July 10-11 Woodsy Owl Weekend.
- July 17-18 Lithia Springs Chautauqua Tours
- July 24-25 Smokey Bear Weekend
- July 30 - Aug. 1 Aquafest '93
- August 21 Okaw Indian Festival
- Oct. 7 ECO-Meet

Rend Lake

- July 11-17 6th Annual Youth Conservation Educational Camp
- July 24 Fun in the Sun Water Safety Carnival
- Sept. 11 Take Pride in America Lake Cleanup
- Oct. 2-3 Children's Art Festival
- Summer Sunset Series of Concerts: Saturday night programs June 19 to Sept. 4, 7:30 p.m., Visitor Center
- Environmental Science Series Workshops and Out-

doors Skills Clinics, Saturdays 10 a.m. to 3 p.m., Visitor Center

Wappapello Lake

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

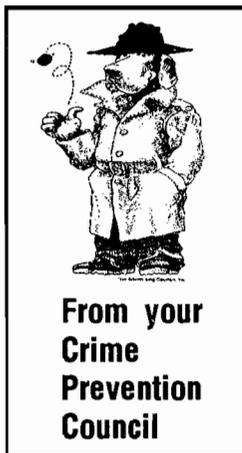
Mark Twain Lake

- July 24-25 Indian Artifacts Weekend
- Aug. 6,7,8 Native American POW WOW
- Aug. 14-15 Salt River Folklife Festival
- Aug. 28-29 Rock & Mineral Show
- Sept. 25 Outdoor Sport & Recreation Festival
- Oct. 16 Evening with the Stars

Riverlands Area Office

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

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



From your Crime Prevention Council

By Bill Stroud, Security Off the Job committee Chairman

Residential burglary is the fastest growing felony in this country. Statistics show that a prowler enters someone's home every 15 seconds. Also, serious crimes against people result from failure to protect homes against illegal entry.

The best precautionary measures you can take involve old-fashioned common sense and good, modern locks. You can't make a house burglar-proof, but you can make entry so difficult that the prowler will go elsewhere in search of an easier victim.

The following are day and night, year-round precautions that are effective:

Know your neighbors

- * Make them fully aware of your family's living habits - who comes and goes in your house and when. Get to know theirs as well.
- * When you are familiar with regular visitors, strangers in the neighborhood are easy to spot.
- * If you should notice a stranger who appears to be doing something out of the ordinary, call the police immediately.

When you're out

- * Lock all outside doors and windows.

* At night, leave one or more lights on in locations not visible from windows. For extended absences, there are inexpensive plug-in timers that will turn lights on and off.

- * Leave a radio playing.
- * Do not leave notes indicating your absence.

* Do not leave extra keys in obvious places.

* Furnish your neighbors with a list of emergency contacts and phone numbers.

When you're at home

- * Keep outside doors locked.
- * Never admit strangers under any pretext, and try to train small children concerning strangers
- * Report any solicitor or salesman without proper identification to the police.
- * Keep a list of emergency and important phone numbers near your telephone.



\$ – Promotions & Incentive Awards – \$

EXCEPTIONAL RATINGS:

Kimberly Whetstine, CASU
 Terry Dye, CO
 Stevenson Ellis, CO
 Dennis Fenske, CO
 Louella Fouts, CO
 Walter Fredley, CO
 Gordon Holzem, CO
 Charles Johnson, CO
 Gary Lee, CO
 Karon Marzec, CO
 Joy Bode, CT
 John Helfrich, ED
 Dennis Morgan, ED
 Paul Roberts, ED

Beverly Jefferson, HR
 Kathy Engelmann, PD
 Thomas Freeman, PM
 Danny McMurphy, PM
 Robert Tenholder, PM
 Harry Hamell, RE
 William Nettles, RE
 Mary Winston, RE

Sandor Dombi, ED
 Kathy Engelmann, PD
 Jane Collins, PM
 Norris Davis, PM
 Thomas Freeman, PM
 Jo Ann Gray, PM
 Gerald Schwalbe, PM

PERFORMANCE AWARDS:

Sandra Lehr, CASU
 Gordon Holzem, CO
 Michael Reynolds, CO
 Joseph Smothers, CO
 Julie Ziino, CO

SPECIAL ACT AWARDS:

Billy Finley, CO
 Anne Modrusic, IM
 Barbara McMahan, IM
 Linda Hicks, LM
 Jerald Schutte, PD
 Michael Dace, PM
 Mary Matecki, RE

* If a burglar enters your home at night, call police quietly on the phone, if possible, and remain calm!

* Don't keep valuables out in the open.

* Each exterior door should be equipped with a one-way door viewer. Installation is very simple.

Absence or vacation

* Have delivery services discontinued during your absence.

* Arrange for lawn care and removal of circulars.

* Have the post office hold or forward your mail, or have a neighbor collect it daily.

* Ask a neighbor to check your home periodically.

* Don't publicize vacations ahead of time.

* Prior to departure, contact your police department. Request additional attention to your home and provide them with emergency contact information.

* Make your home appear occupied by using electrical timing devices.

Security awareness Crime Blockers

The Crime Blocker Program is recognized by all police departments in the metropolitan area. It is a program that teaches you how to help the police by knowing the proper procedure for reporting suspicious activity.

Because many citizens are fearful of "becoming involved," Crime Blockers offers something unique, a way to "be involved" but remain anonymous.

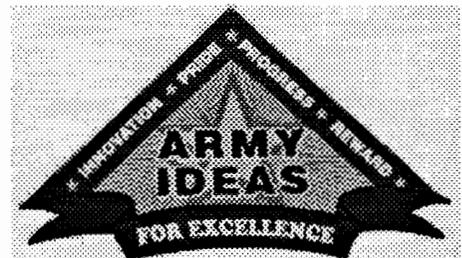
More information concerning this program can be obtained by contacting your local law enforcement agency.

Operation Ident

Operation Ident is a deterrent to burglars, because they know it is nearly impossible to sell marked goods. And, their chances of being captured are greatly increased.

Basically, all residents are asked to engrave their driver's license number on valuable property. Additional information, engraving tools and materials may be ob-

tained by contacting your local police department.



Rich Sovar, ED-DA, has been selected the Suggester of the Year for the Lower Mississippi Valley Division. Rich's suggestion to reuse sheet piling from the cofferdam on the main lock at Melvin Price Locks and Dam project for construction of the auxiliary lock cofferdam will save taxpayers more than \$5 million.

He received a plaque as the St. Louis District Suggester of the Year for 1992 and the plaque from the Division at the Length of Service Awards Ceremony June 24th.



Woodsy's World

On May 22 and 23 the summer recreation season at Mark Twain Lake started with a bang with Woodsy's World, a program for children sponsored by the Corps of Engineers. Twenty-three young environmentalists participated in this unique odyssey at the Indian Creek Recreation Area.

This two-day event had an environmental theme with a special emphasis on enjoying the lake area. Youngsters from area schools were

introduced to the wilds. Camping, fishing, hiking, tracking, campfire cooking, fire building, backpacking and animal studies were topics explored.

They left the adventure with a variety of crafts as a reminder. Plaster casts of deer tracks, home-made fishing poles, environmental worksheets, Woodsy patches and a Water Safety Cartesian Diver were some of the items the children took home.

SLD everywhere

The St. Louis District has done some type of engineering work in every state in the union. We visited our 50th state, Hawaii, in June for a site inspection of a chemical warfare material site. Before the summer's over we will have inspected the Dry Tortugas Islands past Key West, Florida, and Attu Island, the last in the Aleutian chain, Alaska.

The St. Louis District has done work from the shores of Maine to the All-American Canal in Southern California. What other district can make that claim?

Soapbox Continued

from local schools and organizations. The program topics included wildlife, snakes, recycled paper making, tours of the dam, trail hikes and water safety.

Rend Lake

Park Ranger Jerry Saurwein joined a group of visitors for a bus tour of the lake area. He also showed them the Rend Lake Slide Show at the Visitor Center.

During the month of June, the interpretive staff presented 42 evening, beach and day programs to about 900 visitors.

Gidcomb gets service medal

Bill Gidcomb was recently awarded the U.S. Army Corps of Engineers Achievement Medal for Civilian Service. He was officially commended for his exceptional service to the Jacksonville Florida District during Hurricane Andrew Recovery Operation for September 3, 1992, through January 15, 1993.

Bill served as team leader for the temporary roofing program which resulted in more than 4,500 homes receiving roofs. He also served as the team leader for the installation of modular school rooms and an inspector for debris removal.

Low savings slow expansion

U.S. consumers saved only 4.1 percent of after-tax income in February of 1993, a rate which does not make a great deal of money available for loans which would encourage growth of the economy. Savings in other countries include: Japan, 18.1 percent; Germany, 14.8 percent; Britain, 12.3 percent; France, 12.2 percent; and Canada, 11.3 percent.

Carlyle Triathlon

Carlyle Lake, in conjunction with the city of Carlyle, will host a triathlon on August 8 in the Coles Creek Recreation Area.

Two races will be held, an International Distance Race of .9 miles swimming, 24.8 miles biking and a 6.2 mile running, and a Sprint Distance Race of .4 miles swimming, 12.4 miles biking and 3.1 miles running.

It will be a great race in a small town setting. Awards will be given.

Household wastes may be hazardous

Waste coming from private homes accounts for about one quarter of all hazardous materials in landfills. Before disposing of them, call the environmental authorities for advice. Often contaminating or hazardous materials can be delivered to a special site or special pickups scheduled.

Substances that can contaminate underground water include anti-freeze, batteries, brake fluid, chemical fertilizers, cleaners for ovens and drains, epoxy, gasoline and kerosene.

Paint and varnish are contaminating as are paint thinners, turpentine, wood preservatives, and polishes used on furniture and cars. All solvents, and most chemicals and oils contaminate ground water.

The motor oil from one do-it-yourself oil change can pollute a million gallons of fresh water.

Bottled water vs. distilled

When choosing a bottled water, consumers may wish to keep in mind that distilled waters contain no healthful minerals. Check to see if the water contains calcium, magnesium and potassium and is low in sodium.



ACOE money. What's it buying?

"We've got \$75,000 to spend. What're we gonna do with it?"

"I should have such a problem," you're saying. But if you have 750 people to spend it on, the problem is real.

The St. Louis District found itself with just such a problem after winning the 1992 Army Communities of Excellence (ACOE) award for installations with 3500 employees or less. How do you solve it? You guessed it. With a survey. To be fair to everyone this had to be an instance where the majority ruled.

A committee was set up to sift through the suggestions and pick the most desired and practical ones. The result was the purchase

of both individual items and group items, all of them worthwhile.

Individuals were given a choice between high quality jackets, soft-sided attache cases, gym bags, or portfolios. Everybody gets the item of their choice. The group items gave the field sites (the lakes, the locks, even the dredge) amenities, some of which the headquarters already had. Fitness equipment such as Stairmasters and ski machines were purchased, as well as gas grills and some TVs and VCRs. Headquarters got an ice machine and possibly some badly needed display cases for the lobby if there's money left over.

The result has been a boost for morale, which is just what should

have happened. That was the goal in the first place. The mission of the Army Communities of Excellence program is to improve the environment, services and facilities and overall working and living conditions of Army personnel, their families and civilian employees.

The St. Louis District has a permanent working ACOE committee that constantly looks for ways to improve the District's working conditions. The committee has been given another problem. The District is runner up in the 1993 ACOE competition. There's another \$50,000 on the way. It's tough, but somehow we'll manage.

Board urges drivers licenses for boaters

By Evelyn D. Harris
American Forces Information
Service

States should crack down on drunken boaters, require children to wear life vests in boats and license boat operators, according to the National Transportation Safety Board.

The recommendations came in a recent board report.

Boating accidents are the second leading cause of transportation deaths after cars, according to the board. The recent deaths of two Cleveland Indians pitchers highlighted the problem.

In 1991, a total of 924 Americans died on the water, up from 865 in 1990. About 350,000 people are injured in boating accidents every year.

Alcohol poses the biggest

problem. Only nine states have adequate drunken boating laws, the report said. The board recommended that all states adopt such laws and operators involved in fatal accidents be tested for blood-alcohol content.

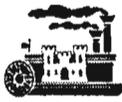
Lack of training is the second biggest problem, the board said. Boating is the only form of transportation easily available to untrained, inexperienced people who often show up at a dock with a cooler of alcoholic beverages.

According to Army safety official Bob Williamson, some civilian marinas will allow anyone with money to rent a motor boat. Military safety officials said morale, welfare and recreation activities require operators demonstrate knowledge of boat and nautical rules of the road before renting boats.

Finally, the board wants people to wear life jackets. Officials estimate 85 percent of people who drown in boating accidents aren't wearing them. The safety board wants states to pass tougher laws requiring life vests, particularly for children.

Navy safety official Michael Brownly agrees. "We require everyone - no matter what age - in a boat under 16 feet long to wear a personal flotation device at all times," he said. "Before we started, people were drowning at a higher rate. The device was on the boat, but it does no good unless you're wearing it."

The U.S. Coast Guard estimates there are 20 million recreational boats on the nation's waterways, with the number growing every year.



Corps takes advantage of SWAP Program

The Madison County Sheriff's Department is using the Sheriff's Work Alternative Program (SWAP) to clean up areas of public land managed by the Riverlands Area Office. The first cleanup took place at the Low Water Dam Public Access along the east levee of the Chain of Rocks Canal in January of this year. The next area cleaned was along the slough road on the west levee of the Chain of Rocks Canal in February. A third area was done in May.

The SWAP program participated in planting one thousand trees donated by the Riverlands Office.

The most recent activity is the removal of debris left behind by the high water along the Chain of Rocks

Canal. This cleaning started in June and will continue through July.

Programs like this save tax dollars and give everyone concerned an opportunity to help keep our public lands beautiful.

Cleanup programs such as SWAP help the Corps keep up with one of its biggest problems with maintaining public lands, unauthorized dumping and littering. Increased public awareness and involvement is needed to end dumping on our public lands. Thanks to all who have taken part in keeping our lands clean.

For further information and to become involved in cleanup projects contact the Riverlands Area Office at (314) 899-0405.

District honored at AUSA meeting

On June 14 the St. Louis winners of the Army Communities of Excellence Awards were honored by the St. Louis Gateway Chapter of the Association of the U.S. Army at a meeting at Joe Hannon's Restaurant.

Four of the winners are in St. Louis. St. Louis is the only location

to have more than one winner.

In addition to the St. Louis District, Corps of Engineers, winners were the U.S. Army Reserve Personnel Center, the 102nd U.S. Army Reserve Command, and the Systems Integration and Management Activity.



Representing the District at the Association of the U.S. Army meeting were, left to right: Mary Lou Lawson, PA, Colonel Craig, and Karen Bautsch, RO-S, current chairperson of the ACOE Committee. With the group is R. Patrick Dudley, President of the Gateway Chapter of AUSA.

Ulivi falls off the wagon



Charges of Unhealthy Eating have been filed against District Wellness Coordinator Janet Ulivi after a regrettable binge during a ConOps birthday party for Clarice Trigg. Ulivi was caught stuffing her mouth with sugars and fats.

Ulivi was forced to step down as Wellness Coordinator after the incident. District Commander Colonel James D. Craig noted his regret at a press conference and stated, "... she seemed so healthy!"

New ideas for pain relief

The sinus headache: Relax, close your eyes, bend your arms and lift the elbows high. With your two thumbs, press up against the bone beneath your eyebrows. It's a Japanese acupuncture point. Move your thumbs or fingers around in circles, or have someone do it for you.

Earache: Lie down and elevate your head on a pillow. Hold something warm against the ear.

Doctors at Jefferson Medical College in Philadelphia and elsewhere say home remedies are inappropriate for persistent or strong ear pain. Protect your

(Continued on next page)



Do or die. Rescue in the Philippines

By Rudi Williams
American Forces Information
Service

During World War II, Japanese soldiers felt surrender meant dishonor - a fate worse than death. So when Allied soldiers surrendered, some of their Japanese captors treated them as less than human. Death rates of Allied POWs in Japanese prison camps were appalling.

Rescuing those POWs became a priority for American leaders in the Philippines.

One rescue operation went so smoothly it became an Army field manual, FM 7-10, The Infantry Rifle Company.

In January 1945, the U.S. Sixth Army tasked the 6th Ranger Battalion to raid a POW camp 30 miles behind Japanese lines.

"We swore an oath that we'd die in battle rather than let any harm befall 512 prisoners of war - almost all sick and undernourished American veterans of Bataan and Corregidor," said Lt. Col. Henry A. Mucci, raid commander, in his account of the mission. His command consisted of 107 rangers, 14 Philippine Scouts and 150 Filipino guerrillas.

Guerrilla intelligence reported heavy movement of enemy soldiers and tanks all around the camp. Mucci had armed his men with bazookas and anti-tank grenades to

handle the tank problem. The raid was postponed 24 hours to conduct detailed reconnaissance of the area, according to the manual.

"This resulted in locating an enemy division near Cabanatuan City and also 200 to 300 Japanese soldiers bivouacked on Cabu Creek just east of the camp," the manual noted. The raiders knew there were more than 250 enemy soldiers inside the camp.

Under cover of darkness, the raiders traveled through woods and across ravines, rivers, ditches and rice paddies while avoiding populated areas. They reached the prison camp near the town of Pangatian and found it about 600 yards long and 400 yards wide, said Mucci. Three lines of barbed wire fence circled the camp and more barbed wire separated the American prisoners' area from the Japanese soldiers.

The raiders erected roadblocks across a bridge and the main highway to prevent reinforcement from the east or west. A group opened fire at the rear gate, then "everybody rushed forward and began shooting," Mucci said. One element destroyed the enemy guard towers and pill boxes while the main assault force penetrated the main gate and neutralized the enemy inside. Local civilians provided more than 50 handcarts to evacuate POWs who were unable to walk.

"The next 20 minutes were pandemonium," Mucci said. "The fight itself must have been over in about 20 minutes. By that time, we'd killed every Japanese in the place and were herding the American prisoners through the main gate.

"The element of surprise was complete," he continued. "We killed about 225 enemy soldiers in all. Of the prisoners we freed, 490 were Americans." The raiders also saved 18 Englishmen, one Norwegian and one Canadian.

An American Army lieutenant started yelling, "All American prisoners head for the main gate!"

An Englishman yelled back, "We ain't Americans, but we're coming, too!" Mucci recalled.

As the last scarcely clothed, barefooted prisoners were being hustled out of the camp, truckloads of Japanese reinforcements rushed the roadblocks. "They were singing some kind of weird song," Mucci said. "They rushed into certain death, howling as they came."

Mucci's men, shooting at 20 to 25 yards' range "piled up the Japanese dead on the bridge neck high. They must have killed about 400. The Japanese brought up eight tanks - the men stopped them, too."

Two rangers were killed and two wounded. Twenty-seven guerrillas were listed as dead or missing in action, the manual noted.

hearing by seeing a doctor as soon as possible.

Toothache: Researchers at McGill University and Montreal General hospital recommend trying an ice massage for a toothache. Put the ice on the trigger point in the web between the thumb and index finger. See your dentist as soon as possible. Toothache is almost always caused by tooth decay.

Footpain: The U.S. Department of Labor says 25 percent of all industrial accidents are related to tired feet!

Standing involves 100 percent of foot use, while walking takes only about 40 percent, according to experts writing for the Prevention Total Health System. To ease the strain of standing, keep feet as active as possible. Wiggle them,

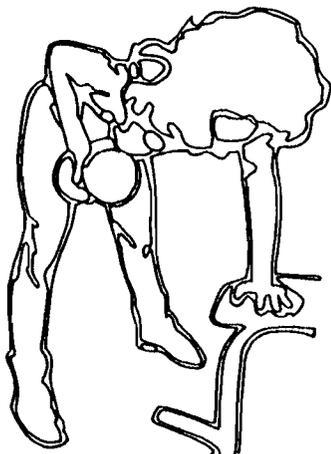
rock and roll, walk around whenever you can. Always wear shoes that have good support, good cushioning, a wide toebox and a low heel.

Backache: Regular exercise helps to prevent back problems, say experts at Jefferson Medical College. If your back hurts, try resting in bed and applying ice packs.



To your health

Lose weight and burn more calories



Wouldn't it be nice if you could lose weight, then eat some 500 calories more each day, and still not gain weight?

It's not a dream. Every ounce of body fat that is replaced with muscle burns extra calories. A 150 pound person with a lean body burns 500 calories more per day than a person of the same weight who is flabby. A mostly-muscular body allows you to eat up to 25 percent more without gaining weight.

Building muscle is the key to a better, stronger, more efficient body, according to the American College of Sports Medicine. This means working out with calisthenics, small weights, or resistance equipment.

The Exercise Physiology and Nutrition Laboratory proved this fact again in a study of dieters split into four groups. The results:

- * Dieters who did not exercise lost nine pounds, but 11 percent of it was muscle. This translates into a reduction of calorie intake in order to maintain their new weight level. After dieting, they had less

muscle to burn calories.

- * Aerobic exercisers on the same diet lost 10 pounds, but only one percent was muscle. This group would be able to maintain the new weight level with only a slight reduction in calories.

- * The strength-training group lost nine pounds, but added nine percent to their muscle mass during the study. They could eat more after the program and still not gain weight.

- * Those who did some aerobics and limited strength training lost 13 pounds, according to the Laboratory, part of the University of Massachusetts Medical School, and added four percent to muscle mass.

Study participants who concentrated on strength training had the best chance of maintaining their new body weight because they could eat almost 10 percent more after dieting. If they continued the strength training program, they could increase calorie burning muscle even more.

Strength training offers an additional benefit for women. They are at greater risk of developing osteoporosis, and weight-bearing exercise appears to build bones as well as muscle.

The older a person gets, the more important strength training becomes. People who do not exercise lose about a half-pound of muscle each year. On the same amount of food, their bodies burn fewer calories and store the rest as fat. That's the cause of middle-age weight gain.

It doesn't take a great investment to begin your strength-training program. You can start

with three-to five-pound dumbbells and an exercise video.

As with all exercise programs, consult your doctor before you start.

Heat stress

Because we expect to feel uncomfortably warm on some of the hotter summer days, the symptoms of heat stress should be kept in our minds.

Here's what happens: Heat stress, exhaustion, and stroke begin with hyperthermia, a dramatic rise in the body's internal temperature. As you work, or work out, your body temperature rises. To compensate, you produce sweat, which helps cool the skin as it evaporates. Perspiration uses up body fluids, leaving you with fewer resources for cooling.

Heat stress occurs in well-defined stages, but they can happen quickly, according to the Health and Human Performance Laboratory at Georgia Southern University in Statesboro. When physically active, heat stress first causes heat cramps, with muscle twitching and cramping.

If these signs are ignored, heat exhaustion follows. Along with twitching and cramping, you experience nausea, sometimes vomiting and decreased urine output as the body tries to retain fluid.

The final stage is heat stroke. The body loses the ability to cool itself. You are unable to perspire, and have very hot, dry skin. It can lead to loss of consciousness, coma or death.



Retiree Review

By the Retiree Correspondent

Thirty-two retirees and guests assembled at the Salad Bowl. Again Bill Haynes motored from Farmington to be the longest time retiree present, retiring in 1962. Bill had been on a motor trip through South Dakota and other points - going whenever the spirit moves him. Good for you, Bill. Keep it up.

Pete Puricelli introduced the May and June Birthday People present - Loren and Dorothy Ligon, Kate Stiles and Lou Scheurmann for May and Elsie Kalofatich for June. Happy Birthday to them!

We were very pleasantly surprised to see Bill and Ursula Thomure, who now reside in Florida. They looked great. Bill said they had been retired 20 years and he had put on 20 pounds. They play golf four times a week and their sun tans... Whew! Surely agrees with them. Hope they can come back the next time they come to St. Louis. Ursula's sister lives here.

Elmer and Estelle Huizenga were there. Elmer looks great. He says he can now drive out of the subdivision. Estelle says she is also recuperating nicely.

Homer Duff was absent - he had called Roger, who reported that Homer had called him to say he had to "baby sit" his car by having the oil changed. Seems he had a problem getting an appointment.

Laurel Nelson is still in California visiting her son. Should return soon.

Charlie Denzel (in his suit and tie) reported that his daughter had graduated from medical school last month. No excuse for him to be ill now.

Jack Niemi was the District representative. He reports Col. Craig is being installed president of S.A.M.E. as we met. Congratulations Colonel. No news on reorganizaition. Seems it's at a stand still. The annual length of service awards ceremony will be on June 24 at the Hyatt Regency at Union Station. Should be a very interesting gathering. Congratulations to all receiving awards. Brings back memories of "our days." On July 15 the gentleman who wrote the History of the St. Louis District will be at the District with a new publication, "History of the Meramec."

Jack extended an invitation to the retirees to attend this ceremony or go to Locks 26 and see the auxiliary lock construction. Those present voted and Locks 26 won. The District will provide a bus to be at the Salad Bowl to transport us to the site and return us to the restaurant. All are invited. You may bring guests. Should be another interesting trip. The auxiliary lock is well under way. Anticipate first locking in September or October. Gene Degenhardt is the District contact and Kate Stiles at 849-5388 or Pete Puricelli at 638-6597. Kate is getting a separate flyer out to all retirees, so you'll probably have received it before you read this.

Hope we have that bus overflowing for the trip to Locks 26.

Hope to see many at this July 15 meeting we haven't seen for a while. We miss you. Remember - Salad Bowl on July 15. Let's convene a little early so we can be on our way to Locks 26. Bus will return us about 4:00 to the restaurant.

See you then!

How to avoid heat stress

If you can't avoid vigorous physical activity on a hot day, here are some basic rules to reduce vulnerability to heat stress:

* Dress sensibly. Wear loose clothing made of cotton, or a synthetic fabric like lycra, that draws perspiration away from the skin. Light colors reflect heat away from the body.

* Drink before you sweat, before you are thirsty. If you are exercising, begin taking fluids as much as 40 minutes before. If you are in a physical activity that will take longer than an hour or two, drink fluids that

replace vitamins and minerals, like diluted sports drinks.

* Keep on drinking, especially if you are playing a sport with high physical activity. Your body can lose a cup of fluid through perspiration every 15 to 20 minutes.

If you feel the symptoms of heat stress, stop physical activity. Drink plenty of fluids. Move to a cooler area, or take a cool (not cold) shower. Rest, keeping your head above your heart to aid in transporting fluids and cooling the body.



'Ugly' Rush Project Becomes National Symbol

WORKERS RACE WAR CLOCK

It's 1941 and a sleeping giant is about to awaken. War has overwhelmed Europe, and the Japanese are moving deeper into China.

The United States looks at the world and sees dangers everywhere. The long-neglected armed forces suddenly become important, and they undergo a hothouse growth. By the summer of 1941, the Army has grown from 270,000 soldiers to a force of over 1.4 million.

Headquarters would grow accordingly. In Washington, the War Department has 24,000 civilian employees and service members spread out over 17 buildings. Just getting policies coordinated in the area becomes a major chore.

On the eve of U.S. entry into World War II, a severe shortage of office space would only get worse as the Army continued to grow.

Army Brig. Gen. Brehon B. Somervell suggested and pushed through plans for one building to house the War Department. He envisioned a structure housing 40,000. It would be the largest office building in the world, and it had to be built quickly.

The shape of the building was dictated by the site chosen for it. Officials planned to put the War Department building just across the Potomac River on the Virginia shore on a plot of land bounded by five roads. The edifice would have four regular sides with one corner chopped off so architects wouldn't have to reroute one of the roads.

But some officials objected to the site. President Franklin D. Roosevelt finally chose the area for the new building. It was a swampy section of land prone to floods. When planners shifted the site, the five-sided shape remained.

Again, some officials objected. They envisioned something more



traditional. They called the plans for the new building ugly. Again Roosevelt intervened, saying he liked the shape because nothing like it had been done before.

He did allow some concessions. Officials scaled the building size from housing 40,000 to 20,000. After passing over the typical congressional hurdles — including one calling for the War Department to move back into Washington after the war — construction started Sept. 11, 1941.

It was a massive job. Workers dredged 680,000 tons of sand and gravel from the Potomac for the primary construction material. The building required 435,000 cubic yards of concrete.

The United States was suddenly catapulted into the war with the Japanese attack on Pearl Harbor. Steel, copper and bronze were more important to building the tools of war rather than the headquarters of it. Planners looked over the blueprints and eliminated scarce metals and substituted other materials.

Construction went on around the clock in all kinds of weather. The

first tenants moved in on April 30, 1942, less than eight months after groundbreaking. More service members and civilian employees moved in as workers finished sections.

When finished on Jan. 15, 1943, the building had around 6 million square feet of space. Workers built more than 17 miles of corridors, 7,700 windows and parking lots for 9,500 vehicles. The structure also had 150 stairways, 19 escalators, 672 fire hose cabinets, 280 rest rooms and 4,900 plumbing fixtures. Occupants drank from 685 drinking fountains, watched 4,200 clocks and were lighted by 85,000 bulbs.

But it wasn't just the building. Workers built 30 miles of new roads and 21 overpasses and bridges. They built a heating and cooling plant and a sewage treatment plant.

One thing the new building didn't have was a name. In February 1943, the War Department named its new home the Pentagon.

The building, put up in a war-time rush, has come to symbolize American power and prestige.

— American Forces Information Service

