



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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October 1993

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Team of the Quarter



Team of the Quarter winners with Col. Craig: (l to r) Alton Jenkins, Bob O'Shea and Gary Vetter. Not shown are Bob Deien and Terry Meyers

The winners of the 3rd Quarter, FY 93 Team of the Quarter Award are from Lock and Dam 24.

The team of Gary Vetter, Bob Deien, Alton Jenkins, Terry Meyers and Bob O'Shea was recognized for preventing a serious accident involving one of the largest boats on the river, the MV American Beauty.

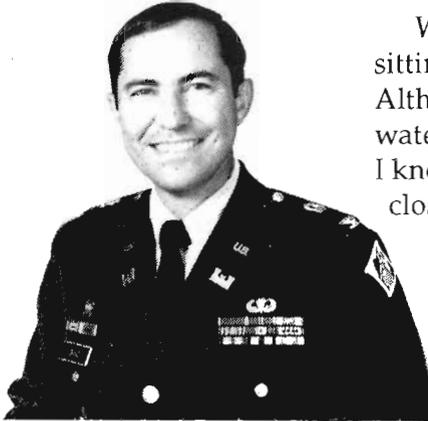
On April 20, the MV American Beauty was attempting to enter the locks downbound with a load of 12 barges. Because of very high flows the outdraft problem was worse than normal. When it realized it was not going to make it into the chamber, the vessel attempted to back upstream. It hit the bank. The outdraft current pushed the tow parallel to the dam (perpendicular to the river current). The lines attaching the tow boat to its barges broke.

With the assistance of the helper boat, the MV Polly Jo, the deckhands and the entire crew at Lock 24 were able to turn the barges 90 degrees and get them against the river wall of the lock. The crew then managed to pull the barges into

(Continued on page 3)



Commander's Perspective-



COL James D. Craig

On 17 September, 70 plus people left active employment in the District.

Water continues to be the topic of choice in the District. I am sitting here in my office looking out at the skies opening up. Although the extreme flooding of the summer has receded, high water continues. This makes initial levee repairs more challenging. I know folks are working hard to come up with innovative ways to close the breaches while water remains high. Please keep up the effort, and I am confident the rest of us will give you all the support you need. The 8th floor is now occupied by the folks who are here on TDY to help with the flood recovery. Please welcome them to the District, and give them all the support they request. The public is depending on us.

As we move into the fall, summer activities at the lakes slack up. Unfortunately, the Caravan trips were cancelled, so we were unable to visit the lakes. We have not forgotten you, though, and realize you are the front line contact with the public. Keep up the good work, and spend the fall and winter productively.

All the locks came back into operation shortly after the water receded, thanks to the efforts of a lot of people. Nevertheless, there is repair work that needs to be done at them, and we are proceeding as expeditiously as possible to do the work.

On 17 September, 70 plus people left active employment in the District. About 10 others applied for VERA/VSI, were accepted, and agreed to stay on through November. I congratulate all who left, and wish you the best. I wanted to visit with each one of you before your departure, but the numbers and the events at the time did not allow it. This does not diminish your contributions to the District, nor is it an indication I do not care.

Remember these are stressful times, with everything going on in the District. Look for ways to relax, take care of yourselves, and have some fun.



US Army Corps of Engineers
St. Louis District

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Corps ranger lauds new display **Lookofsky at Scout Jamboree**

Lake Shelbyville Park Ranger Al Lookofsky recently participated in a two week National Boy Scout Jamboree held at Fort A.P. Hill in Virginia. At the jamboree Al used a Corps of Engineers display titled H2O 2,000. The theme of the display was water conservation.

Al guided groups through three main activity areas of the exhibit. The first area allows volunteers to fill the earth with water. By releasing water by a series of valves, the scouts learned that only a small percentage of the earth's water is really suitable for our use.

The second activity area contains a modern bathroom and two hand pumps. This allows for interactive learning about the use of water in a home of today compared to the home of our grandparents.

The final area is a wrap up of all the different methods for water conservation. In this area scouts were challenged to continue to be leaders in the stewardship of our natural resources.

According to Lookofsky, the exhibit had it all: The topic, participation, length of tour and eye appeal.

"The Boy Scouts of America has been a dependable partner with the Corps and it is proper that we participate at the National Jamboree," Lookofsky said. "Our exhibit shows we support and appreciate their efforts by giving back some of what they have given to our projects. Many scouts asked a lot of questions about our jobs and it is a safe bet some will pursue careers in the profession of natural resource management."

Environmental Education Day

Wet weather didn't dampen the spirits of 2,000 fourth through eighth graders at the Second Annual Environmental Education Fair at Mark Twain Lake September 25. Students and teachers from 22 area schools were given the opportunity to discuss environmental issues with representatives from 29 businesses and government agencies.

The event was held at the Warren G. See South Spillway Recreation Area, east of Clarence Cannon Dam.

Students were able to share their opinions and ideas on how to lessen environmental destruction caused by industry, while industries were given the opportunity to explain how they comply with

environmental regulation placed upon them.

This event is sponsored by the Corps along with the Missouri Department of Conservation and the Monroe County Soil and Water Conservation District.

Team (cont.)

the lock chamber using the tow haulage unit. Usually, tows are pulled out of the lock with this unit.

Once in the lock, the barges were reconnected to the MV American Beauty and the tow proceeded downstream.

Congratulations to the entire team for preventing what could have been a very serious accident.

Bird book

The Wappapello Lake Management Office is preparing a brochure called "Birds of Wappapello Lake," which will be available soon to bird watchers free of charge.

The brochure lists more than 100 species of birdlife that have been sighted at the lake and provides information on the season that each bird may be seen and whether it is common, uncommon or rare. It also provides a handy checklist so that bird watchers can keep track of which birds they have spotted each day.

Information for the brochure was provided by Victor Moss of the Audubon Society. The artwork was done by award-winning artist, Kathy Dickson, of Poplar Bluff, Missouri.

The brochure is expected to be available this fall.

For more information about the brochure, call the Wappapello Lake Management Office at (314) 222-8562.

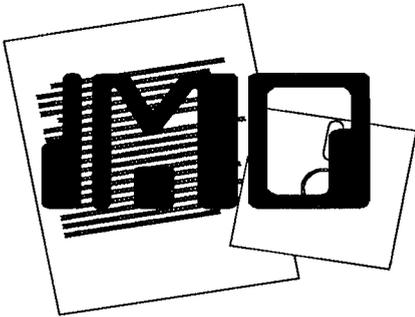
1993 Corps Golf League winners

1ST PLACE TEAM: ACE-HOLES
Dennis Gilmore (Capt.), Jerry Schwalbe, Charlie Denzel, Everett Pate, Steve Dierker, Karl Tilkens, Francis Walton, Barry Lloyd and Tracy Butler.

2ND PLACE TEAM: GOLFUN
Dave Harley (Capt), Mike Kruckeberg, Mike Houser, Jim Butery, Bill Kirk, Roy Phillips, Tom Furdek and John Thoele.

Contact Bill Meldrum or Dave Busse for a complete list of league and Fall Tournament winners.

1994 League Officers are Gary Dyhouse (President), John Wilkus (Secretary) and Rich Kozeny (Treasurer).



Video conferencing here NOW

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 pick-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 available for checkout with vehicles in LM and also in IM-IC. Transport-

able 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.

Burnett says 'by

I'm retiring on September 3, 1993. Maryann and I want to thank so many working and retired employees who have been the best people anyone could have worked with in 33 years in so many places throughout the St. Louis District.

Please don't forget us, as we never will you.

Farrell E. Burnett



Gratuity accountability

An employee is obligated to account for any gift, gratuity or benefit received from private

sources when performing official travel. This includes promotional materials given to the employee by airlines, rental car companies and motels. When an employee receives promotional material, the employee is accepting it on behalf of the government and must relinquish it to the government. Items should be turned in to CELMS-LM-T. (Comp Gen B-199656, 15 Jul 81; Comp Gen 229 (1984)).

An employee may keep items of nominal intrinsic value (for example, pens, pencils or calendars). An employee who participates in a promotional program which will accrue personal benefits such as free seat upgrades, mem-

berships in clubs and check cashing privileges, does not have to turn in such benefits since they have no value to the government. (Comp Gen B199656, 15 Jul 81; 63 Comp Gen 229 (1984)).

Employees will turn in travel bonuses carrying expiration dates and nontransferable travel coupons, even if they cannot be used by the government for future official travel. (63 Comp Gen 229 (1984)).

To the maximum extent practicable, overall travel costs should be reduced by using benefits earned through frequent traveler programs to obtain free airline tickets, rooms and rental vehicles.

Engineers get the last say

Several weeks ago, an Ann Landers column posed the question: "Are engineers really different?" The responses she chose to print in her column were decidedly anti-engineer. Copies of the column have been showing up on bulletin boards throughout the St. Louis District, some annotated with snide remarks and some with comments highlighted.

Thanks to an anonymous informant who rummaged through Ann's trash bin, we are now able to relate some of the more enlightened answers that did not make it into print:

... At least four U.S. Presidents held engineering degrees (assuming we can count the service academy graduates) and two of our most beloved chief executives, Washington and Lincoln, were accomplished in the "engineer-ish" field of land surveying, so the discipline must have something going for it.

Dismayed in Davenport

... When you start categorizing people according to their profession (or any other attribute), you should remember the adage: "All generalizations are false, including this one."

Disappointed in Dubuque

... Sure I'm different from other college graduates.

My back is bent from carrying a stack of text books around campus, including a three pound volume entitled "The Funny Side of Differential Equations," my eyesight is weak from late-at-night cramming for a 21 hour course-load and my right thigh has a permanent callus from four years of rubbing against a slide rule scabbard.

Disgruntled in Dayton

... If you think engineers are unemotional, I've seen more than a few shed tears of rage and frustration when their elegant designs were rejected by bean counting managers.

Debunked in Durham

... Seems to me like you're giving engineers a bum rap. Just another aspect of the "scientific breakthrough/engineering failure" syndrome.

Disgusted in Detroit

... My engineer-sweetie pie is always doing little favors for me like balancing my checkbook, filling out my tax return, programming my VCR and diagnosing the wheeze in my Ford's carburetor. Whoever said: "Candy's dandy, but liquor's quicker?"

Delighted in Dallas



On The Soapbox

Around the District

Ron Dieckmann, ED-HE, appeared on Channel 5 in a flood related interview. He was also interviewed by the CBS National Radio Network.

Avenant Melidor, ED-HE, was interviewed on the Canadian Television Network, where he talked about the flood - in French.

Gary Dyhouse, ED-HE, was a guest at Channel 9 for a state-wide Public Broadcasting System program titled "Stateline: Flood Recovery" with Governor Carnahan and others. Gary also spoke to the Society of Professional Journalists concerning the performance of the media on flood coverage.

Ken Koller, PM-M, spoke to 68 members of the Florissant Rotary Club about the status of Melvin Price Locks and Dam.

Jim Brown, ED-GI, spoke to the Webster Groves Lions Club about the flood of '93.

Dave Rahubka, PD-F, spoke at the Lower Okaw River Basin Coalition dinner about the status of the Corps' reconnaissance report for the Kaskaskia River.

Sue Janota-Summers, Keith McMullen and Dave Rahe, all from CO-F, represented the Corps at the Conservation Expo '93. The Expo is sponsored by the Illinois Land Improvement Contractors, St. Clair Co. Soil and Water Conservation District, as well as the Soil Conservation Service. They manned a display called "Wetlands are Valuable" and answered the questions of about 2,000 visitors.

Claude Strauser, ED-HP, spoke aboard the M/V Mississippi to an audience of levee district and navigation industry representatives (including the president of the Mississippi River Commission).

He discussed Middle Mississippi River floods since 1543.

Col. Craig, Major Kuhr and Tom Hewlett also gave talks aboard the M/V Mississippi to the same audience.

Claude Strauser and Don Coleman, ED-HP, attended a Water Resources Division, Mo. District conference of the U.S. Geological Survey and spoke about the history of the Mississippi River and the influence of man's activities on the navigability of the river.

Riverlands Office

Stay-in-School Ranger Rocky Horrihgs hosted an off-site presentation on the Flood of '93 at Grigsby Junior High School in Granite City, Illinois. He spoke to two Special Education classes, a seventh grade science class and an eighth grade social studies class. He showed slides of the flooding and explained the Corps' floodfighting efforts.

Park Rangers Brad Laaker and Julie Ziino, as well as volunteers Roman Stolcis and Bill Hayward participated in Environmental Day on the River. They networked with the public on the status of the Riverlands Area Office, upcoming events and answered general questions about the flood of '93.

Wappapello Lake

Park Ranger Rebecca Hays conducted a session on the history of Wappapello Lake at a "Wake Up to Wappapello" campaign held at Wappapello State Park. More than 90 sixth graders and faculty from O'Neal Grade School in Poplar Bluff were there.

Park Ranger Dan Camden was interviewed by KZIM radio concerning the Disabled Persons

Fishing Day.

Park Ranger Rebecca L. Hays was interviewed by KTJJ radio in Farmington about the 3rd Annual Disabled Persons Fishing Day. The day was changed from September 25 to October 9 because of inclement weather.

Park Rangers Larry Hendershot and Angela Smith took 17 students from Three Rivers Community College on a tour of Lost Creek Pond and adjacent trail area. The main topics of discussion were understanding, recognizing and preserving native plants and grasses.

Mark Twain Lake

Park Ranger Holly Jungers spoke to 250 high school students from Monroe City R-1 about the importance of wetlands. She also answered many questions concerning the effects of the high water at Mark Twain Lake.

Park Ranger Randy Doman presented the program "Animal Communications" to a group of area Boy Scouts at the M. W. Boudreaux Group Use Area. The next evening Park Ranger Holly Jungers presented an introductory program on wetlands and their benefits.

Holly Jungers conducted a nature walk on the trail at the Indian Creek Amphitheater for 17 children from an area 4-H Outdoorsman Group. Holly's presentation featured tree identification and the fall wildflowers at the lake.

Carlyle Lake

Park Rangers Kim Mayhew from the Corps and Marc Pedrucci from Hazlet State Park greeted

(Continued on next page)



News Briefs

Shafer on committee

Lake Shelbyville Park Ranger Maria Shafer has been appointed to the Rural Partners' Tourism Action Committee for Shelby County, Illinois. The Committee's purpose is to identify tourist attractions in the county and develop a tourism marketing plan.

Rend Lake cleanup

More than 750 volunteers participated in the 7th Annual Rend Lake Cleanup on Sept. 12. The cleanup is a cooperative effort between the Corps, the Rend Lake Conservancy District and the Illinois Department of Conservation.

At least a ton of garbage was collected. About 156 pounds of aluminum, 27 pounds of plastic and 1300 pounds of glass were recycled.

The cleanup was an all-day event, including environmental displays, entertainments and awards. More than 50 local organizations and businesses contributed.

Zoanetti on Task Force

Rend Lake Park Ranger Ray Zoanetti has been selected to represent the Lower Mississippi Valley Division on the Corps' Watchable Wildlife Task Force. Zoanetti is currently the team leader for the District's Watchable Wildlife Work Group, part of the Interpretive Services Committee.

Rend in magazine

The August/September issue of Waterfowl Magazine included an article about the cooperative effort among the Corps at Rend Lake,

Consolidation Coal Company and the Big Muddy Chapter of Waterfowl U.S.A., in developing the Ward Branch Wetland area. The article focused on partnering in natural resource management.

Old Greenville Days

More than 13,000 visitors enjoyed the 2nd Annual Old Greenville Days at Wappapello Lake on August 21 and 22. The event includes Civil War battles, skits, drills and skirmishes; candle-light tours; fashion shows; arts/crafts demonstrations; homemade refreshments; old-time games and a lot more.

Baby Ziino

The Riverlands Area Office is happy to welcome Park Ranger Julie Ziino back from maternity leave. She and her husband, Rick, are the happy parents of a healthy son named Zackary Franklin Ziino. Zackary was born July 22.

Riverlands cleanup

The Riverlands Area Office is continuing cleanup efforts after the flooding that extensively damaged the office complex, visitor orientation facility, storage complexes as well as equipment and resources. The road leading to the office still remains closed and will not reopen until repairs have been completed. The staff currently resides at the Melvin Price Northern Area Office.

Trail of Horrors

The 3rd Annual Little Trail of Horrors will be held at Carlyle Lake on October 22 and 23. The public will catch a hay wagon at the Carlyle McDonald's, that will take

them to trail entrance. Admission is \$3 per soul. Be prepared for an evening hike filled with ghosts and goblins.

Soapbox Continued

more than 2,000 visitors at the Carlyle Street Fair. The Corps and the Illinois Department of Conservation shared a booth at the fair to answer questions and hand out brochures about the lake.

Rend Lake

Rangers staffed a booth at the DuQuoin Fair August 28 through September 6. The exhibit was part of the Illinois Department of Conservation's Outdoor World. About 313,000 people visited the fair.

Eccentrics live longer?

A study of 1,500 eccentric people (as described by themselves or others) were found to be mentally and physically fitter than average. They described themselves as happy and relatively stress-free, went to the doctor less often, and appeared to live five to 10 years longer than conformists.

Don't run that red light

Automatic camera cops are slated to go on duty in New York City next month (November, 1993).

Red-light cameras snap the rear of cars driving through a red light, and the photos and tickets are mailed to the auto owners.

The Insurance Institute for Highway Safety will soon test the cameras in Arlington, VA, to study its effect on curbing car crashes.

A spokesperson for the supplier of the camera system says it's more important than using radar to catch speeders because red-light running is more dangerous.



\$ – Promotions & Incentive Awards – \$

PERFORMANCE AWARDS:

Karen Blum, CASU
 Marvis Hoults, CASU
 Lammert Buchhold, CO
 Walter Feld, CO
 Billy Parkes, CO
 Michael Brazier, CO-F
 Lawrence Strunk, CO-M
 Bruce Douglas, CO-MC
 John Marzec, CO-N
 Dennis Foss, CO-NJ
 Patrick McGinnis, CO-NM
 Phillip Jenkins, CO-NR
 Winston Campbell, CO-NS
 Michael McClendon, CO-NW
 Steven Dierker, CO-ON
 Matthew Struckel, CO-OP
 Paul Kornberger, CO-OS
 Terry Meyers, CO-OS4
 Gary Findlay, CO-OS5
 Gary Buckholtz, CO-OSK
 Joseph Hobbs, CO-OSK
 Paul Schmidt, CO-Q
 David Mueller, CO-QC
 Dennis Seibel, CO-QT
 Emmett Hahn, CO-R
 Terry Laws, CT
 Jack Niemi, DP
 Melvin Baldus, ED
 Arthur Johnson, ED
 John Dierker, ED-C
 John Gaal, ED-CC
 Thomas Quigley, ED-D
 David Spencer, ED-DA
 Jeffrey Stamper, ED-DA
 James Worts, ED-DA
 Michael Rector, ED-DC
 Gary Jones, ED-DM
 George Postol, ED-G
 Edward Demsky, ED-GE
 Joseph Schwenk, ED-GF
 James Brown, ED-GI
 Billy Arthur, ED-H
 Gary Dyhouse, ED-HE
 Avenant Melidor, ED-HE
 Bradford Strauser, ED-HG
 Claude Strauser, ED-HP
 Theodore Postol, ED-HQ
 Kathy Tober, HR

Carole Pitzer, IM
 Ronny Singleton, IM-I
 Jon Eckles, IM-R
 Barbara Collier, LM
 Terence Kelley, OC
 Walter Ohar, OC
 Owen Dutt, PD
 Bernard Hawickhorst, PD
 Daniel Ragland, PD-AE
 Anthony Giardina, PD-AM
 Anson Eickhorst, PD-E
 Donald Sweeney, PD-E
 David Leake, PD-F
 Sharon Cotner, PM-M
 Michael Dace, PM-M
 Kenneth Koller, PM-M
 Ronald Lindsay, PM-M
 Deanne Strauser, PM-M
 William Sutton, PM-M
 James Zerega, PM-M
 Louis Chiodini, PM-P
 Craig Donis, RE-A
 Joseph Przada, RE-E
 Thomas Hewlett, RE-M
 Isaiah Mitchell, RM
 Jimmy Bissell, RO-L
 Farrell Burnett, RO-LC
 James Keen, RO-LE
 Ronald Viehweg, RO-S
 Mary Hellhake, CO-NJ
 Howard Fields, CO-ON1
 Jerry Schaperclaus, CO-ON1
 Thomas Johnson, CO-OPB
 Frederick Bader, PM-M
 Shirley Boyer, PM-M
 Danny McMurphy, PM-M
 Robert Wich, PM-M
 Christine Bonucchi, RM-F

QUALITY STEP INCREASES:

Donna Henrichs, CO-NC
 Timothy Nelson, RE-E

SPECIAL ACT AWARDS:

Michelle Arnold, CASU
 Marie Dubach, CASU
 Rita Pulley, CASU
 Thomas Skinner, CASU

Paul Kornberger, CO-OS
 William Jones, CO-OSP
 Patricia Hosford, CO-QC
 Joy Bode, CT
 Carl Huber, CT
 Jean Beausang, CT-C
 Clarence Danner, CT-C
 Willie Day, CT-C
 Kathleen Ebmeier, CT-C
 Nancy Messerli, CT-C
 Joann Moritz, CT-C
 Regina Pucel, CT-C
 Joan Schick, CT-C
 Treniece Sutherlin, CT-C
 Cynthia Ward, CT-C
 Janet Wilhite, CT-C
 Violet Williams, CT-C
 M. Williams-Dye, CT-C
 Joan Brickey, CT-P
 Nancy Conner, CT-P
 Mary Daher, CT-P
 Barbara Jarman, CT-P
 Loretta Jenner, CT-P
 Deborah Krems, CT-P
 Kathleen Souders, CT-P
 Judith Willett, CT-P
 Daniel Webster, DS
 Lynn Wyers, DS
 John Gaal, ED-CC
 Cassandra Cooper, ED-D
 Thomas Quigley, ED-D
 Duane Atchley, ED-DA
 Robert Kelsey, ED-DA
 James Mills, ED-DA
 Antoinette Serena, ED-DA
 Richard Siemons, ED-DA
 David Spencer, ED-DA
 Michael Rector, ED-DC
 Gary Jones, ED-DM
 Edward Demsky, ED-GE
 Joseph Schwenk, ED-GF
 Michael Klosterman, ED-GG
 James Brown, ED-GI
 Jerry Hawkins, ED-GI
 Michael Trimble, PD-AC
 Robert Tenholder, PM-M
 Angela Sanders, RE
 Craig Donis, RE-A
 Joseph Przada, RE-E
 (Continued on next page)



Jennifer Watkins, RE-E
Billey Arthur, ED-H
Gary Dyhouse, ED-HE
Bradford Strauser, ED-HG

Claude Strauser, ED-HP
Constance Driscoll, HR
Brenda Hamell, HR
Kathy Tober, HR
Barbara Scott, HR-P

Barbara Boswell, HR-R
Dixie Pickett, HR-R
Lucille Schulze, HR-R
Danny McMurphy, PM-M

Coming Events at the lakes

Carlyle Lake

Oct. 22-23 Haunted Trail
Dec. 3 Christmas Tree Lighting

Lake Shelbyville

Oct. 7 ECO-Meet

Rend Lake

Visitor Center Environmental Science Series Workshops and Outdoors Skills Clinics, Saturdays 10 a.m. to 3 p.m., Visitor Center

Mark Twain Lake

Oct. 16 Evening with the Stars

Riverlands Area Office

Because of the flood, Melvin Price Locks and Dam tours have been discontinued. The Interpretation Rangers will continue off-site presentations on various topics. To schedule presentations call Riverlands at (314) 3555-6585 from Missouri or (618) 462-8005 from Illinois. Dial ext. 11.

Environmental Day on the River

Neither rain, nor snow, nor dark of night... will stop Environmental Day on the River. It may slow it down, or reduce its length, but...

More than 200 people came aboard for our eighth annual trip on September 22nd despite the rain and flood conditions. Because of the extreme weather conditions the excursion ended at the District's Service Base instead of continuing to Kimmswick, Missouri, as originally planned.

There were congressional aids, federal, state and local government agencies, environmental groups, community groups, news media, school districts and businesses represented. It was an excellent opportunity for the Corps to get its message to the people it serves and an opportunity for everyone interested in the river to interact and get to know each other. There were spirited discussions between the Corps representatives and many environmental groups. These discussions lead to mutual understanding.

Members of the Lewis and Clark Society were aboard after their scheduled summer trip was canceled because of the flood. The Pathfinder pushed them upstream to the mouth of the Missouri from where the Lewis and Clark expedition began.

No one seemed disturbed by the weather. They all took it in stride, realizing that anger at the elements of nature is pointless.

Colonel Craig welcomed everyone aboard and gave an overall status report on the Flood of 1993. Walley Feld, Assistant Chief for Operations, discussed

the operation of locks as the group locked through Locks 27. Jerry Lavelle, Chief Engineer for the Tri-City Port, discussed the port and its operation. And Ken Porter, trip organizer, discussed points of interest along the route.

Despite the weather, the trip served its purpose. All came away feeling a little closer and more determined to safeguard and use the great river wisely. The letters of appreciation began arriving soon after the trip was over. Environmental Day on the River continues to make friends for the Corps.



Passengers come aboard the barges in the Chain of Rocks Canal.



Are your appliances killing you?

By F. Peter Wigginton
American Forces Information
Service

What! You still use an electric shaver, hair dryer and electric blanket? You mean you still sit close to your TV set, PC terminal and allow your mother to live in that house under those utility lines?

Before you throw out all your appliances and move your mother into a tent, it's not as bad as the reports on the health effects of low-frequency electric and magnetic fields make it seem.

Take, for example, The Wall Street Journal article that reported on a study suggesting men suffering from leukemia "were more than twice as likely to have used an electric razor for more than 2.5 minutes daily" than those who shaved with a razor blade.

Or the high school science teacher who had difficulty conceiving and had two miscarriages in 10 months. According to the article in USA Weekend, she bought a gaussmeter and flipped on her lights, oven, microwave, dishwasher, clothes washer and dryer, coffee maker and mixer. These added to the already operating refrigerator and Dust Buster charger caused the meter to leap to 50.2 milligauss.

(The meter indicates the strength of a magnetic field in gauss, named after German mathematician Karl Gauss, 1777-1855. A milligauss is one-thousandth of a gauss.)

The article said she held the meter at stomach level as she cooked at the stove, ironed or chopped vegetables on the butcher block atop her running dishwasher. She discovered her breasts and reproductive organs were exposed

to huge doses of electromagnetic fields.

Oak Ridge Associated Universities convened a panel of highly qualified scientists to study this issue at the request of then-President George Bush. The group independently evaluated the reported health effects from exposure to extremely low-frequency electric and magnetic fields. It was especially concerned as to their effect upon heart, reproductive glands and central nervous system.

The panel concluded its 350-page report by declaring, "There is no convincing evidence in the published literature to support the contention that exposure to extremely low-frequency electric and magnetic fields generated by sources such as household appliances, video display terminals and local power lines are demonstrable health hazards."

The report's executive summary said the scientific methods various groups used to assess electromagnetic fields' health risks were uncertain. It said there were difficulties explaining the causes of pregnancy complications and shortcomings associated with epidemiological studies.

Reproductive risks have multiple causes, it said. One difficulty stems from the normal incidence of fetal loss. "A large proportion of embryos are lost in early pregnancy; 50 percent of the loss occurs within the first three weeks.

Epidemiological studies look for relationships that provide clues, explained CDR Robert Yacovissi, Naval Bureau of Medicine and Surgery. "Much of the present-day concern over electromagnetic fields has been generated by studies attempting to correlate health problems with exposure to mag-

netic fields. Some of these studies have reported associations with magnetic field exposures, but the connections have not been strong enough to support plausible conclusions," he said.

"Associations need to be tested and proven by other laboratory and experimental studies to develop cause and effect relationships," Yacovissi said. He noted that obesity can be associated with the number of hours of watching TV, but the cause is something other than magnetic fields around a TV set.

The Oak Ridge report also noted that per capita electricity consumption has greatly increased in this country. If widespread exposure to magnetic fields from electricity were strongly associated with childhood cancers, there should be an epidemic of childhood cancers. But there is little, if any, evidence of such an epidemic, it added.

In fact, it declared that no evidence proves that electric or magnetic fields initiate or promote cancer or influence tumor progression. Further, the report argued against the possibility of adverse health effects because fields do not induce currents in humans that even equal those naturally occurring in the body.

People live immersed in electric and magnetic fields produced by natural and man-made sources, explained the summary. Electric and magnetic phenomena are intimately related. Every moving electric charge produces a magnetic field around itself.

Natural sources arise from magnetic fields around Earth and normal functions of the body, continued the report. Earth has a magnetic field of about 500

(Continued on next page)



○ Can your child stay home alone?

By Evelyn D. Harris
American Forces Information
Service

In a way, Kevin, the character played by Macauley Culkin, in the Home Alone movies, has a lot of company. Every day, millions of children come home from school to an empty house while their parents work.

Some children aren't prepared to stay home alone. Children can hurt or even kill themselves or their friends in tragic accidents. For example, children should never be left home alone if there are unlocked weapons in the house. Even locked weapons are dangerous if the child knows the location of the key.

○ On the other hand, a mature, well-prepared child in a safe home can thrive on the independence. Actress Ashley Judd, sister of country star Wynonna, said she and her sister were proud of being latchkey children with chores and responsibility.

Appliances (cont.)

milligauss and an electric field of about 120 volts. Man-made electric fields and magnetic fields, on the other hand, are produced by the generation, distribution and consumption of electric power.

○ The Oak Ridge report included a chart showing magnetic fields for various items and the decrease in the magnetic field levels that occurs with distances. Even at close range, the chart showed that fields from common appliances, power lines and typical office equipment would not be high enough to cause currents in the body greater than at naturally occurring levels.

Project Home Safe has a quiz to help parents determine if their child is ready for self-care. The project is a public service of the Whirlpool Corp. and the American Home Economics Association.

Some children may be ready to stay home alone as young as age 10, while some 13-year-olds still may not be mature enough. A child who can get ready for school on time, does homework with little assistance and talks about his or her feelings may be ready.

Here is Project Home Safe's checklist to help evaluate your child's readiness. Answer yes or no.

1. Can your child: Lock and unlock doors and windows of your home? Prepare a sandwich? Dial the telephone and take messages?

2. Does your child: Tell time? Understand what "stranger" and "emergency" mean? Recognize danger and know how to stay safe? Solve small problems but know when to get help? Consider how his actions affect others?

3. Does your child: Solve conflicts with peers or siblings with little adult help? Talk easily to you about what happens at school and his or her feelings? Feel confident enough to contact another adult if a problem arises?

4. Does your child: Feel confident and secure when alone? Seem willing to stay alone? Know how to handle fear, loneliness or boredom? Know how to handle responsibility, such as getting ready for school on time or looking out for younger brothers and sisters?

If you can answer yes to most of these questions, your child is showing signs of physical, mental, social and emotional readiness for self-care.

"Parents may be surprised to learn that the child cannot physi-

cally lock or unlock the door," said Project Home Safe's Meg Plantz. "The parent may be used to pulling up and back on a tricky door while locking or unlocking it, but it may be too much for a child. One child was too weak to lift the portable fire escape ladder a parent had bought. Without asking the child to demonstrate her skills, the parent may never have known."

She also suggested playing "what if" games so your child will know what to do in an emergency. Ask what your child would do if the smoke alarm rings or if he or she gets a bad cut while home alone.

Plantz also suggested giving your house a safety check before allowing your child to stay home alone. Go over fire escape routes and how to deal with strangers. Make sure the smoke alarm has good batteries. Place acceptable snack foods at a level the child can reach without having to climb. Place emergency numbers (yours at work, a neighbor's and 911) by the phone.

State and local laws on latchkey children vary widely and have many exceptions. For example, many state and local laws require a child to be much older if caring for siblings. Call your local department of human services for guidance.

Project Home Safe will send a packet of free booklets to help prepare parents and children for self-care to those who ask before October 31.

Call 1-703-706-4600, or write to: Project Home Safe, 1555 King St., Alexandria, VA 22314.

After Oct. 31, write to: Project Home Safe Resources for Parents, Whirlpool Foundation, P.O. Box 405, St. Joseph, MI 49085.



AIDS top killer of young adults in 64 U.S. Cities

By Rudi Williams
American Forces Information Service

AIDS is the leading cause of death of young adults in 64 U.S. cities and five states, according to a national Centers for Disease Control and Prevention report.

In 1991, the disease passed cancer, suicide, homicide, chronic liver disease, stroke, pneumonia and influenza, and diabetes mellitus as the leading cause of death among men between 25 to 44. It is the sixth leading cause of death in women in this age group, according to the CDC report.

AIDS claimed the lives of 29,850 Americans in 1991; some 182,275 have died since 1981, according to the report.

"Although deaths from all causes in the 25 to 44 age group comprised only seven percent of total U.S. deaths in 1991, they impose a disproportionately high impact on society because of the loss of productive years of life and the loss of parents from families with young children," the report said.

States hardest hit are California, Florida, Massa-

chusetts, New Jersey and New York. Cities with the highest percentage of AIDS-related deaths are San Francisco, 61 percent; Fort Lauderdale, Fla., 51 percent; Elizabeth, N.J., 45 percent; Miami and Jersey City, N.J., 43 percent; Paterson, N.J., and Seattle, 39 percent; and Atlanta, Pasadena, Calif., Denver and Arlington, Va., 38 percent.

Cities with the highest percentage of women dying from AIDS-related illnesses include Newark, N.J., 43 percent; Jersey City, 38 percent; Paterson, 37 percent; Stamford, Conn., 30 percent; New Haven, Conn. and Miami, 28 percent; New York, 24 percent; Fort Lauderdale, 22 percent; and Baltimore, 15 percent.

Researchers predict the 1992 results will show the number and proportion of deaths caused by HIV infection will increase beyond the 1990 and 1991 levels.

Statistics for 1991 show that seven times more men aged 25 to 44 died of AIDS than women in the same age group. However, the report noted that since 1985, the death rate among women has risen faster than the men's.

A night evil things roam the Earth



By Rudi Williams
American Forces Information Service

Many many years ago, a group of people called Celts, the first Aryan people who came from Asia to settle in Europe, celebrated their New Year on the first day of November.

In accordance with their beliefs, the last night of the old year, October 31, was set aside especially for the souls of the dead to return to their homes. The spirits could warm themselves at the blazing hearth

and at least enjoy the smell of food cooking on spits in the fireplace.

Not only were the dead souls permitted in town, but witches, sirens, demons, hobgoblins, trolls and every conceivable kind of evil spirit were allowed to roam the earth on this night. People believed that witches - women in league with the devil - rode through the sky on broomsticks.

In some parts of Merry Ole England, immense bonfires were kept alive throughout the night to keep the evil things at bay. As in most superstitious atmospheres, a single precaution isn't enough for some people. So, to add more deterrents against evil things, men armed with pitchforks shouted and frolicked around the bonfires.

As the years have passed, people have cast aside their superstitions and turned the evening of October 31 into a festival of parties for young people - and old young people - who turn out in weird costumes for the happenings.

It was believed if a girl sat before a mirror eating an apple at midnight, the image of her future husband would appear. If it did not, the poor girl would go through life a spinster.



Early outs take many from us

The list of retirees for this issue is a bit longer than usual. We don't have room here to talk about years served, etc. Needless to say, there are hundreds of years of experience leaving us. We'll miss 'em. Here's the list.

- From CO: Rober Antrobus
- Jacqueline Becker
- Merle Bockting
- Roy Bowen
- Carmen Colanero
- James Crawford
- Charles Dees
- Robert Doza
- Stevenson Ellis
- Leo Fortman
- Forrest Grover
- Lawrence Hamilton
- Edward Henne
- John Hipes
- Alton Jenkins
- Eugene Jones
- William Kuhn
- Paul Lingle
- Charles Linn
- Vernon Oettle
- Richard Pearce

- Chester Perkins
- Paul Rametta
- Gerald Riley
- David Ruck
- W. Dale Russell
- Billie Sanna
- Jerry Schaperclaus
- Edward Schneider
- Henry Schumann
- Joseph Stelbrink
- Clarence Story
- Michael Taylor
- Karl Tilkens
- Benedict Venturella
- David Ward

- From RO-L: Charles Alday
- Jimmy Bissell
- Farrell Burnett
- C. Larry Roskilly
- Jack Vizer
- Gary Webb
- Max Williams

- From RO-SL: William Busch
- From ED: Roy Brandhorst
- Charlotte Heeb
- Antoinette Mueller
- James Reed
- Gary Schmidt

- William Stroud
- From OC: Josephine Bischan
- From IM: Ronald Bockhorst
- Iola Tillerson
- From PM: Norris Davis
- From RE: Lawrence Jenneman
- Paul Young
- From EE: Maggie Patterson
- From RM: Barbara Burgess
- Margaret Hurst
- Helen Schleipman
- Fred Shepherd
- Elaine Sombright-Rose
- David Steger
- Mary Ann Swip
- From LM: Barbara Collier
- From CT: Mary Daher
- Clarence Danner
- Carl Huber
- William Jones
- Nancy Messerli
- Violet Williams
- From HR: Barbara Boswell
- David Harley
- From DE: Jean Lindhorst
- From CASU: Hazel Schnatzmeyer
- Oneta Welch

Make Halloween fun, safe for kids

Our streets will soon be haunted with witches, goblins and odd characters of every kind.

It's Halloween, a time when parents have to be especially alert. Somewhere, someone's child will be seriously injured in an accident. Somebody's child will be burned by a flammable costume. Somebody's child will be lured into a car by a kidnapper.

To reduce Halloween risks:

- * Use flameproof costumes, and be certain the child can see. Use makeup instead of a vision-obstructing mask or hood.
- * Make cardboard accessories

like swords and wands to decrease chance of injury if the child falls.

* Decorate the costume and treat bag with reflective tape to make the child more visible.

* Provide a flashlight to prevent tripping over steps and curbs.

* Remind the child never to accept a ride from a stranger and not to go into people's houses.

* Give the child a good dinner before trick-or-treating, and instruct kids not to eat treats until you have inspected them.

Very young children should not be allowed out after dark unless you accompany them.

Sorry, John

Will Rogers once remarked, after he was reported to have been killed, "Reports of my death are greatly exaggerated." So is that of John Jansen, as reported in last month's ESPRIT.

We apologize to John for somehow getting his name mixed with that of another John we will miss, John Kilker. Both worked in the same area here.

Thanks, John, for being so understanding.



To your health

Computer programs give handy, important health information

The future for young George seemed bright indeed. He had a nice job and good friends. And he was strong and healthy, or so he thought.

But one morning, George awakened to find his face paralyzed on one side, and his eye wouldn't close. In horror, he decided he had suffered a stroke and the effects would be permanent. George called his boss, just saying he was ill, and spent the rest of the day wondering how he could cope with his condition.

He couldn't face his doctor yet, but that evening he called a friend who, fortunately, had heard of such symptoms before.

"You probably have Bell's palsy," his pal said, "but you'll be O.K. in a week or two." George saw a doctor who confirmed Bell's

palsy. After treatment the symptoms disappeared.

It's not unusual to have worrisome symptom. They can come at night when no help is immediately available. Sometimes, as in George's case, the situation can be so frightening that a victim hesitates to see a doctor to have fears "confirmed."

A set of home medical books may not give you a clue as to what the problem is. Most books list conditions and treatments, not symptoms and what might cause them.

Today, there are home computer programs that could have saved George from his day of grief.

Personal Physician/FamilyCare Software (PC) quizzes you about symptoms and suggests what might cause them. The program

gives instructions for home treatment of minor illnesses and comes with a stethoscope. It costs \$60 and can be ordered by calling (800) 426-8426.

To get a computerized analysis of personal health risks, computer users could use Wellness Checkpoint/Healthsoft. The program analyzes diet, exercise and environmental risks. It costs \$99 and can be ordered by calling (800) 795-4325.

Getting back to George, his doctor told him not to put his convertible top down on cold days. A cold wind can inflame the facial nerve as it passes through a bony canal within the skull, causing Bell's palsy. Some five percent of patients suffer permanent nerve damage.

Time for flu shots

Why get a flu shot every year? Because every year the flu takes on a slightly different form.

It's Type A that causes most of the trouble. Almost 100 million people in the world suffer its effects each year.

We can catch Type A again and again because it continues to change genetically. One slight mutation is all it takes to negate all the previous year's antibodies. The new virus can infect anyone, so we need fresh antibodies to fight off the new invaders. Fortunately, we do have flu shots to protect us.

Influenza can be a startling disease. In the 1918-1919 epidemic, it infected almost half the popula-

tion of the world, causing 20 to 30 million deaths worldwide.

Don't take a chance. Get your flu shots before the season begins. Be protected from Type B, Type C, and this year's new Type A.

Beta-blocker caution

People taking beta-blockers should use the duration of an exercise as a guide rather than their heart rate.

Beta blockers keep the heart rate artificially low, according to the Johns Hopkins Medical Institutions.

Snacking? Have a pretzel

By picking the right snack foods, it's easy to take a big bite out of your total fat consumption.

Pretzels can help. Many varieties contain just one gram of fat per ounce. Some low-salt varieties have the double advantage of less sodium plus less fat.

How about potato chips and corn chips? Both contain up to 13 grams of fat per ounce. Just two ounces of either one brings you over the recommended daily fat level recommended by the American Heart Association.



Retiree Review

By the Retiree Correspondent

On September 16, twenty-six retirees assembled at the Salad Bowl for a very enjoyable gab fest and luncheon. You don't know what your're missing by not being there! We had a "new" retiree in attendance - Farrell Burnett and lovely wife, Maryann and handsome young three-year-old grandson Christopher Duncan.

John and Mary Jane Jansen, Gordon and Elaine Davis and Steve and Dorothy Williams were present after being absent a while. Nice to have you back. John was in "fine fetter" with his stories. Keep it up, John. Jim Butery was back after a very long horseback trip through Colorado, and Wyoming. He had many pictures, write-ups, etc., very interestingly displayed in a huge scrapbook so we could visualize some of the beautiful and enjoyable trip.

Bob Maxwell was the winner of a free dessert for being the retiree who has been retired the longest (1972).

We were saddened by the deaths of four of our former co-workers: Charles Talbot, who retired in 1989, died of a heart attack on August 26. Charles was mayor of Percy, Missouri, at the time of his death. Carroll Howell died on August 19 after open heart surgery. John Kilker died August 22 after a long bout with anemia. Anita Hartke (Mrs. Warren Hartke) died

on August 28. Our condolences are extended to all these families.

Henry "Hank" Martin was the District Representative with all those choice "tidbits" of info of the District's comings and goings. He reported that 80+ employees were retiring on September 17 with monetary incentive. Sounds great to me. Levee repairs are on the agenda when and if this water level goes down! Some 20 District employees lost all or part of their belongings in this flood. A collection was taken up for them at the meeting. They need everything - clothes, furniture, linens, dishes, utensils, etc. I can sympathize. In 1973 we lost our summer home - not our main home - so I know somewhat how they feel.

Now these 80 some employees who are retiring should follow Farrell's example and come join us. I'm certain they enjoyed themselves, so come see for yourself. Renew old acquaintences. Enjoy the repartee, the good food, ect.

Remember October 15, about 11 a.m. at the Salad Bowl on Lindell. It's early in the month, so don't let it creep up on you. See you then. Hope we at least triple our attendance of September 16. Mark your calendar - 15 October. Retiree Luncheon. See you then.

If you have any questions about the time or place, call Kate Stiles at 849-5388.

Protect yourself from street crime

You already know that you work better when you're in a good mood, but a calm, positive outlook does something more important when you are walking city streets. It helps to protect you from crime.

People who are angry, depressed or very tired are more vulnerable. People who are in a bad mood are:

- * More likely to take chances, like cutting through an alley.
- * Less alert to what is going on around them.
- * More likely to skip ordinary security measures.
- * Preoccupied, weak and more vulnerable looking.
- * More likely to provoke others with antagonistic remarks.
- * Likely to drink to excess.

Law enforcement officials have interviewed convicted muggers and asked them to select a prospective victim from a group of photographs. Most

often, they picked someone who seemed preoccupied and not alert to their surroundings. The situation offered greater opportunities for surprise attacks.

In his book *67 Ways to Protect Seniors from Crime* (Henry Holt & Co., 1993), author J.L. Simmons, Ph.D. recommends that people not go out when they are feeling "down" or very upset. If you must leave when you aren't in a good mood, realize that you are at greater risk.

It's not just muggers who will attack you. Ordinary citizens who are angry and resentful about something else may become violent when you touch them wrong. One man was arrested after attacking someone who wouldn't move his car. The attacker was in a bad mood himself.

When confronted by a robber, be polite. Violence increases when you sound antagonistic.



Americans-for-Hire Faced Japan in P-40 Rejects

CHINA'S FLYING TIGERS SHOWED TEETH

They flew outmoded air planes against the finest in the world. All ammunition and fuel had to come to them over the highest and most dangerous mountain range in the world. The enemy overran their air bases, often with little warning of attacks.

These American pilots were already in China before the Pearl Harbor bombing. They were members of the American Volunteer Group, led by retired U.S. Army colonel Claire Chennault. Most people called them the Flying Tigers because they painted the mouths of tiger sharks on the cowlings of their planes.

They flew P-40B Tomahawk fighters. Great Britain and the United States had rejected the planes because they were

obsolete. But the desperate Chinese accepted them and hired American pilots on one-year contracts. They were a stopgap air defense measure — until the Chinese could replace them with Chinese-trained pilots.

Chennault hired 101 American pilots and 200 groundcrew; they arrived in China in September 1941.

With the Japanese attack on Pearl Harbor and the British and American declaration of war on Japan, the Flying Tigers transferred to southern China to patrol the Burma Road — China's only overland route. The Tigers entered combat on Dec. 20, 1941, inflicting heavy damage on a Japanese raid on Kunming, China.

They couldn't prevent the Japanese closure of the Burma Road, so other American crews had to fly supplies to beleaguered China across the

Himalayan mountains. Pilots called the treacherous route "The Hump," where many died delivering war materiel to the Flying Tigers' bases.

Japanese fliers came as a nasty surprise to most Allied pilots. The stereotype had the Japanese as inferior pilots flying inferior copies of Western planes. In fact, their light, nimble planes were superior aerial fighters, and the Japanese pilots flew rings around the Allies from Pearl Harbor to Ceylon.

Only in China did American fliers challenge Japan's initial air superiority. Chennault's tactics — single-pass diving attacks and fighting in pairs — played to the P-40's strengths. From Dec. 20, 1941, to July 4, 1942 — when they merged into the 14th Air Force — the Flying Tigers destroyed 286 Japanese planes at a cost of eight pilots killed, four missing and two pilots and a crew chief killed on the ground.

— American Forces Information Service



Paul Salmon



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