



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Hispanic Heritage Month: Sept. 15 - Oct. 15

Hispanic Heritage: The noble line



The temple at Chichen Itza, near Mexico City, still exists.

While Europe was struggling through the Dark Ages, dramatic events were unfolding in Central and South America.

The city of Chichen was formed in the 6th century A.D. by Mayan peoples of the Yucatan Peninsula who had occupied the region for over a thousand years. They created one of the greatest civilizations in the history of the Western hemisphere.

The Mayans built great stone buildings and pyramid temples, worked gold and copper, practiced agriculture, and made use of a form of hieroglyphic writing. (The

writing style evolved over centuries from picture writing to a syllable style such as that used by the Japanese.)

At the same time, the Esperanza culture was thriving on the western side of what is now Guatemala City. The Esperanzas built huge stone structures. Within the stairways of their temples, were the tombs of great leaders. Rich furniture included imported pottery from other Mayan areas, one had a slate mirror carved in the Veracruz style. Others had carved jade. The elite were wealthy.

Some of the first unions or guilds existed with the Esperanza. The pochteca was a hereditary guild of armed merchants who traveled to distant lands seeking luxury goods for the wealthy. Highly organized trade included many other occupational guilds. There was a formal government and tax system.

It is difficult to determine the actual population of Mayan cities of the 600 to 900 A.D. period. Common people lived in pole-and-thatch buildings built on earth mounds which kept them dry during the summer rains. Few areas have been mapped. By counting earthen mounds it is estimated that the city of Tikal in northern Peten may have been home to as many as 50,000 souls.

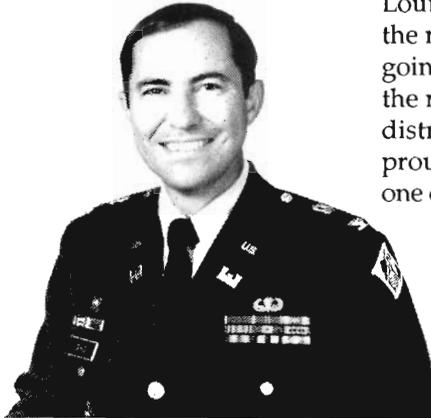
Europe spent over a thousand years in the Dark Ages. Central and South America did not take as long to recover from its decline. Beginning about 800 A.D., the spread of civilization and culture slowed and stopped over the following centuries.

The next period of their history began with the arrival of the Spanish conquistador Hernan Cortez in the year 1521. He found an advanced Aztec population of five to six million people. Though tools were not modern and there were

(Continued on page 3)



Commander's Perspective-



COL James D. Craig

It seems like it was yesterday when I was sitting here with the gage in St Louis climbing higher and higher, and no end in sight. As all of you know, the river finally crested at the beginning of August, and has been slowly going down since. Today or tomorrow (3/4 September) should finally see the river getting back within its banks. All of you, along with the levee districts, volunteers, the unprotected communities, and others, should be proud of all the effort you put into the flood fight. I salute each and every one of you for the magnificent job you did. Without your efforts, the damage and human suffering would have been infinitely greater. **Thank you.**

This next year is a critical time for the district. We will be doing three conflicting things simultaneously. First, we will be repairing the levees that were damaged. This is our highest mission priority. Second, in order to meet our FTE ceiling, we will be allowing 50 to 88 people to separate or retire early from the district. Finally, we will be restructuring and moving people around, in order to accomplish our missions now and in the future. Let me address each of these separately.

First, the flood recovery. New Orleans District has been gracious enough to send MAJ(P) Greg Kuhr to head our recovery task force. Greg has been given two missions. First, to get some level of protection back to the levees this year. Second, to get all of the final PL84-99 repair reports submitted. He is off to a great start, but continues to need your support. Please give it to him. Under him, we have formed a recovery task force, with a lead project manager, Jim Zerega. Additionally, we have requested 73 folks from other parts of the Corps to come TDY and be part of the task force. They will be located on the 8th floor.

Second, we have started the process of releasing people through the VERA and VSI programs. Please be patient, try to understand what is going on, be flexible, and do your best to help accomplish our missions. There will be a number of key people leaving, and we will have to back fill them. I know you join me in wishing all of the folks leaving the best in their futures, and I ask that all of them remain in contact with the Corps family. Even though you leave, you are still part of the family.

Finally, we are restructuring, and will be making some changes in the way we do business. With the limitations on personnel that we have, there is no alternative to finding easier and quicker ways to do business. Each of you needs to look hard and see how we can do things smarter. We need your input. If there is something you can change to make our processes better, I charge you to do it. You don't need permission!

Several months ago I talked about the Chinese symbols for crisis. There are two symbols that make up crisis; danger and opportunity. In all that

(continued on page 3)

I salute each and every one of you for the magnificent job you did. Without your efforts, the damage and human suffering would have been infinitely greater.



US Army Corps of Engineers
St. Louis District

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From your Crime Prevention Council

A person here in the District Headquarters recently experienced a life-threatening carjacking at the business end of a shotgun. The victim escaped unharmed,

but the carjackers, along with the car, now have the victim's name, address and residence keys.

This incident might make us think about the things we do and what we might do differently to save ourselves from anxiety if our car is stolen or carjacked. Here are some suggestions to think about. They may be inconvenient, but may be worth the effort.

1. Strip your vehicles of everything that identifies you and your residence. Find a way to carry the registration certificates, proof of insurance and warranty cards separately on your person.

2. Keep only the ignition key in the ignition while using the vehicle. Buy a key ring that has a quick release and attachment feature and keep your other keys on your person while you are driving.

These prevention measures are something to think about. Decide for yourself whether the inconveniences are worth it.

How species make endangered list

By Evelyn D. Harris
American Forces Information Service

Since the Pilgrims landed at Plymouth Rock in 1620, more than 500 native species have become extinct.

The Endangered Species Act of 1973 attempts to stop these extinctions. The U.S. Fish and Wildlife Service administers the act in cooperation with other federal, state and local agencies and independent organizations.

The act prohibits anyone, including the government, from further jeopardizing an endangered or threatened species. Thus, U.S. military bases cannot conduct operations that would hurt Sonoran pronghorn antelopes or bald eagles, for examples.

More than 600 species of plants and animals living in the United States and 500 living elsewhere are on the U.S. List of Endangered and Threatened Wildlife and Plants.

An endangered species is in danger of extinction throughout all or a significant portion of its range. A threatened species is likely to become endangered in the foreseeable future.

The act defines "species" of backboneed animals broadly and

includes distinct populations. Thus, Arizona's Sonoran pronghorn antelope is on the list because its numbers are dwindling. Its close cousin, the peninsular pronghorn antelope, is not disappearing fast and is not on the list.

The Fish and Wildlife Service identifies most candidates for the list. However, citizens and organizations also submit suggestions and petitions.

Many species don't make the list for lack of scientific information confirming their endangered status. On the other hand, officials sometimes temporarily place species on the list before completing public hearings. Officials added the Mojave desert tortoises this way.

The Fish and Wildlife Service can cite several success stories about animals that were once on the list. Once hunted for handbags and boots, the American alligator was placed on the list in 1973. By 1987, the reptiles were so plentiful they were taken off the list. There were fewer than 400 nesting pairs of bald eagles in the continental United States in the 1960s. By 1991, there were 3,000 nesting pairs. Our national bird is still threatened, but is clearly making a comeback.

Hispanic Heritage (continued)

no beasts of burden, agriculture produced some impressive products including maize, the staple food, chili peppers, tomatoes, squashes, sweet potatoes, cotton, tobacco, peanuts and others.

The city of Tenochtitlan with 400,000 people was the largest in Meso-American history. The palace of its ruler, Montezuma,

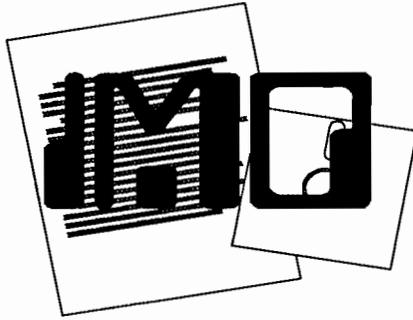
contained 300 rooms with libraries, storehouses, workshops for royal craftsmen, great halls of justice and offices.

It's a fitting history for Hispanic Americans, and leaves little wonder that the largest city in Central and South America today, Mexico City, is also the largest city in the world.

(Commanders Perspective)

we are doing this year, there is always the danger we will not succeed. However, if we can succeed, there is the opportunity to show the Corps how good you really are. I am confident we can succeed, and I am excited about the challenge that lies ahead.

Keep up the good work, keep thinking positive, and BE SAFE.



Documenting the Great Flood of '93

By Kathy Hayes, IM-S

From late June through mid-August, local and national news programs "saturated" us with stories on the Great Flood of '93. While we may debate the accuracy and consistency of the media coverage, we must all agree that television is a powerful force in our society today. Most of us will never forget the strong visual images of the raging river cutting through levees and smashing through houses and farm buildings. All of us probably have that one particular image during the flood that will become symbolic in our memory. We only need

to recall the Flood of '73 to compare the media coverage from then to now: Reporting from the studio vs. on-the-spot location coverage. What a difference two decades makes!

HOW MANY INTERVIEWS DID GARY DYHOUSE GIVE? If you can't remember or you aren't sure you even saw them all, we will have a way to quickly answer that question. Early on during the flood event, we accepted the proposal of one of our contractors to provide us with daily clips of all local and national news concerning the flood, with particular emphasis on the Corps and St. Louis District. The electronic archive began June 27 and ended August 14, with that period of time representing 50 - 70 video tapes. To access the content of those tapes, the contractor has created an index which will be loaded into a database for quick and easy retrieval. When all the tapes arrive, they will be stored in the a/v studio in IM. Announcements will be made as to the accessibility of the flood news database.

INTERVIEWING - NOTE TAKING - WRITING. Early in July we hired a professional writer to "get into the thick of things" to help

us document the events of the flood and the experiences and feelings of our office and flood sector workers. Julie Jenner has interviewed key workers, observed in the EOC and media center, been to almost all the hot spots, and is now transcribing her taped interviews and field notes. She is working with our District Historian, Dr. Mike Ruddy, to prepare various written pieces to document our flood fight activities.

THE VISUAL IMAGE. In addition to written material, Julie Jenner is working on scripts which will be integrated with the video footage that has been shot. We have aerial footage from several fly-overs, a considerable amount of ground coverage and an abundance of still photographs. In movie industry terminology, "post-production," that time for editing, narration, sound mixing, etc., is the most time intensive for the whole effort. When the editing is completed, we hope to have a short video focusing on the heroes of the Corps. A larger documentary of the Great Flood of '93 is also in the planning stages.

Coming Events at the lakes

Carlyle Lake

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

Lake Shelbyville

- Oct. 7 ECO-Meet

Rend Lake

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

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

Wappello Lake

- Sept. 25 3rd Annual Disabled Persons Fishing Day

Mark Twain Lake

- 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.



Property

The need to complete FY 93 property inventories is still with us, despite the tremendous requirements of your flood activities.

We can help eliminate the confusion and make this a pleasant experience. Call Barry at 331-8776 or Bill at 331-8023.

CASU support

The CASU staff responds to work order requests from LM-S only. Your requirements should be directed to E-Mail address: GRIFFITH. Requests should include description of work to be completed, POC, cost and org codes, and required date of completion. LM-S will prepare a work order form to CASU and confirm to your office the date the work is to be performed.

Here's lookin' at you

It's a bird... It's a plane... It's an ACOEFPM (Army Communities of Excellence Funds Purchased Mirror). You can SEE the results. We purchased and installed 13 mirrors in the Young Building for your safety. When approaching a blind corner/intersection, slow down, look up to check for collision possibilities. Then proceed with caution.

Defense travel contract

The Military Traffic Management Command awarded a firm fixed price (no cost to the government) service contract for the performance of official and leisure travel services to SATO Travel, Inc., on June 14, 1993. Subsequently, a protest has been filed against award of the contract which will delay implementation until resolved.

The contract performance period will consist of a two year base period with three one-year option periods. SATO Travel, Inc., will provide a discount of 3.7 percent on official travel and a concession fee of 3.85 percent on leisure travel. The discount on official travel will be deducted directly from travel appropriations.

Further information will be provided after the protest is settled and a firm implementation date is known.

Rise in kids' training programs

Enrollment in health club programs for kids is growing. So is the number of students studying karate, tae kwan do and other forms of self-defense. Both safety concerns and health worries are fueling increased interest in the training programs, especially among working parents.

The proportion of health clubs offering children's programs rose to 40 percent in 1992. Memberships in YMCAs are up, and after-school sports and fitness programs are increasing. Experts at the Child Welfare Research Center at the University of California say popularity of kids' self-defense classes shows parents' concerns about the safety of their children.

About half the class time at one karate school is devoted to safety

tips such as: Don't give directions to adults; learn your entire phone number including area code; don't let anyone touch parts of your body that are covered by your bathing suit when you go swimming. Kids learn they have the right to say no to an adult.

Children are taught that they should never fight off an adult, but they can do things to surprise them. Recommended: Rap their knuckles on the back of a grown-up's hand, pinch the inside of a thigh, and bang their heads against the bridge of an adult's nose. Then scream and run.

One karate school owner says some parents enroll kids for the discipline classes offer. Most children, especially those who need more personal attention from

an adult, crave discipline and training, he says.

At the same time, the President's Council on Physical Fitness reports about 40 percent of children five to eight years old are over-weight, have high blood pressure or high cholesterol levels. Too much junk food, too much TV and too few physical-education programs are named as culprits in the situation.

Physical-education experts stress that fitness programs don't have to be expensive or elaborate to be effective. They just have to be consistent. And a good example from parents is important. If kids see them going for a walk or kicking the football, they are more likely to get involved in physical activity than if parents just watch television.



On The Soapbox

Around the District

Gary Dyhouse, ED-HE, spoke to the Corps Planners and Project Managers Class at Fort Belvoir about the 1993 flood. His talk dealt primarily with dealing with the media and specific District floodfighting efforts for Corps levees.

Riverlands Office

Riverlands Stay-in-School Rangers Rocky Horrichs and Charlie Deutsch, along with Riverlands Associate, Sherry Droste, and Volunteers, Roman Stolic and Jessica Droste, participated in the Rocky Creek Girl Scout Camp in Creve Coeur, Missouri. Science stations with drawings, games, mystery boxes and other fun and educational activities were set up so that the girls could get some hands-on knowledge. The camp had over 250 Girl Scouts participating.

Volunteers Roman Stolic or William Hayward have been available at 10 a.m. and 1 p.m. for updated information on the river stages and damage caused from high water at the Melvin Price overlook. Now that the water has receded they have 15 visitors hourly instead of the usual 100 during the period of crisis.

During the crisis, Riverlands Rangers were stationed at Locks 27 daily to answer the many questions of anxious residents. The rangers spoke to more than 1,500 people daily at the peak of the crisis.

Riverlands Area Manager, Pat McGinnis, and Ranger Brad Laaker, spoke to a reporter and photographer from National Geographic who were documenting the flood.

Riverlands Area Manager, Pat

McGinnis, gave a slide presentation to 150 high school teachers from nine states attending the Second Annual Rivers Curriculum In-Service Program. The curriculum program, sponsored by the National Science Foundation, introduces teachers to hands-on teaching techniques as a means to improve math and science literacy. Pat also addressed 25 congressional aids attending an outing on the river sponsored by the St. Louis Agri-Business Club. He focused on implications for sustainable development in the Upper Mississippi River Basin.

Mark Twain Lake

Park Ranger Shelly Basinger spoke to 26 young people about water safety as part of Monroe City's Annual Safety Town. She also answered many questions from adults concerning the high water conditions at the lake.

Park Rangers Sally Longacre and Shelly Basinger were guest speakers at the final summer school session with Monroe City R-1. Their topic was water safety.

Park Rangers Diane Hellhake, Steven Wagner and Holly Jungers initiated the first of eight Outreach Environmental Education Programs at the Hannibal Red Cross's Emergency Shelter for flood victims. Fifteen of the young residents participated in this first program dealing with water safety.

Each of the rangers in the Interpretation Department made a contribution to this effort. On August 4, Shane Thurman presented a program called "Turtles of Missouri." On August 5, John Mullhatten presented "Fossils." On August 10 Sally Longacre explored the world of "Owls at Mark Twain Lake." On August 12 John

Mullhatten presented "Snakes of Missouri." On August 17 Randy Doman presented "Beaver in the Mark Twain Lake Area." Randy Doman concluded the outreach program with "Animal Communications."

Park Ranger John Mullhatten conducted a nature walk on the Eagle Trail at the M.W. Boudreaux Visitor Center for 13 adults from the Hannibal Council on Alcohol and Drug Abuse. John's presentation featured the wildflowers blooming in the prairie restoration portion of the trail.

Rend Lake

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

Park Ranger Ray Zoanetti did a five minute taped interview on Channel 13 TV. He talked about the increase of tourism in the Rend Lake area and the number of programs and activities that occur at the lake every weekend throughout the tourist season.

Park Rangers Pamela Carter, Jason Thrash and Jerry Risley took turns greeting the public and representing the Corps at the annual Gun Creek Days.

Park Rangers presented several programs to youths attending a Girl Scout camp at the lake. Topics included ecology, boating and water safety, reptiles and edible and poisonous plants.

Park Ranger Pam Carter did a live interview on WMIX radio about the annual Rend Lake Cleanup.

Wappapello Lake

Park Ranger Andrew Jefferson did live radio interviews with KLID
(Continued on page 8)



News Briefs

Aqua-Fest '93

Aqua-Fest '93 at Lake Shelbyville attracted a huge crowd despite the hot weather. Park rangers taught water safety techniques through games and contests, with plenty of prizes from local merchants.

Indian Festival

The Seventh Annual Okaw Indian Festival was held in the Dam East Recreation Area at Lake Shelbyville. About 3,500 visitors enjoyed the demonstrations and exhibits on early Native American lifestyles. The event was sponsored by the Kaskaskia Archaeological Society, with cooperation from the Corps.

Triathlon

The Fourth Annual Triathlon was held in the Coles Creek Recreation Area at Carlyle Lake. About 150 athletes participated in the event. The race was divided into two divisions: a long course, .9 mile swim, 24.8 mile bike and 6.2 mile run; and short course, .4 mile swim, 12.4 mile bike and 3.1 mile run. The short course was developed to get more local and first time athletes to participate.

Lake surveillance

Carlyle Lake staff maintained around-the-clock surveillance of facilities and structures as lake waters rose five feet over normal summer pool. Public relations efforts were expanded to increase public awareness of lake conditions. All efforts were coordinated through Hydraulics Branch to ensure the most up to date information was distributed.

Dedication postponed

Because of the enormous impact of this summer's flooding, the dedication of Melvin Price Locks and Dam will be postponed until June or July 1994. Planning for the dedication will continue through the fall and winter months.

Riverlands rebuilding

The Riverlands Area Office has been and remains directly affected by the "Great Flood of '93." The staff will temporarily remain at the Melvin Price Northern Area Office until other accommodations can be arranged. The Riverlands Office would like to extend a special thanks to Jim Bissell and his staff for allowing the Riverlands staff to share their building.

Total flood damage is still difficult to assess. However, rebuilding has begun. Cleaning and removing damaged equipment is the first priority. The road leading to the Riverlands Office is closed until repairs have been completed.

Flood duties

The Riverlands staff dealt with many duties, during the flood, including, but not limited to, monitoring federal levees by foot to detect sand boils in their early stages. Rangers were involved with sandbagging efforts covering a vast area including areas between L&D 24 and Locks 27. Rangers constructed a four foot L shape levee at the Chain of Rocks Area which held back seepage water that was approaching a populated area.

Music in the Park

The final "Music in the Park Concert" was held on August 22 at the M. W. Boudreaux Visitor

Center at Mark Twain Lake. Visitors were entertained by a variety of groups from the lake area. Volunteers Bruce and Sally Bouman were the coordinators of this annual event.

Indian Artifacts

More than 1,300 people came to the "Indian Artifacts" special event held at Mark Twain Lake's M.W. Boudreaux Visitor Center on August 24 and 25. This event is hosted in conjunction with the Marion and Ralls Counties Archaeological Societies. Artifacts uncovered in the lake area were featured. Living history demonstrations by members of the Thunder Birds Society of Hannibal were an added feature.

Folklife Festival

On August 14 and 15 the annual Salt River Folklife Festival was held in Florida, Missouri. Despite the heat, about 7,000 visitors attended this outdoor festival rich in the cultural heritage of the Mark Twain Lake area. The event featured arts, crafts and entertainment of the 1800s.

Child costs

Couples who had babies last year will spend a middle-income average of \$128,670 raising them, a government study says. That's without college. The Family Economics Research Group notes that it is 5 percent higher for babies born last year than for those born a decade earlier. Children age three to five cost a middle income family \$7,010 per year. Middle income couples should expect to spend \$7,540 on a 12 to 14-year-old and \$8,000 on 15 to 17-year-olds in 1992.

**Soapbox Continued**

radio of Poplar Bluff and KMPL of Sikeston, Missouri. The objective was to promote the upcoming special event, the Second Annual Old Greenville Days, water safety, Disabled Persons Fishing Day, Labor Day weekend activities and to dispell flood rumors.

Park Manager Michael McClendon was interviewed by the St. Louis Post-Dispatch dispelling rumors of flooding at the lake.

Park Rangers Pat Damron, Jimmy Jones and Devlin Ridenour conducted the annual duck blind lottery at the lake. Twenty-five blinds were registered.

Park Ranger Andrew Jefferson, along with members of the Wayne County Historical Society and the Big River Volunteers, promoted the Second Annual Old Greenville Days special event on KFVS Channel 12.

Lake Shelbyville

The great flood of 1993 was the topic of a program presented by Park Ranger Leanne Crouch at a Shelbyville Kiwanis Club meeting.

Park Ranger Lori Clausen spoke on Shelbyville's radio station program "Talk of the Town" and discussed upcoming events, lake conditions and lake programs.

Canadian progress

Canada is experiencing a productivity-led recovery, according to Business Week writer William Symonds in Toronto. They have been posting a 3.7 percent annual rise in output per hour since late 1990. Exports surged 9.6 percent last year, and inflation fell to 1.5 percent. Canada should post 3.2 percent growth this year, more than most other industrialized nations.

Canada, however, is still battling problems of unemployment, budget deficit and debt burden.

Leadership training for future DoD executives

By F. Peter Wigginton
American Forces Information Service

DoD's Executive Leadership Development Program is the only civilian joint training program in the department. It began in 1985 to identify future executives and provide them essential leadership training.

The program has an intermediate program for GS/GM-12/13 and equivalent military ranks and a senior program for grades GM-14/15 and military equivalents. Competitively selected participants represent every major DoD component and a diverse range of occupations. The one-year agenda emphasizes problem-solving and includes classroom exercises in traditional management courses plus field activities.

Field activities include learning to fire an M-60 heavy machine gun and a 250-foot controlled parachute drop. Trainees charge over land and water in assault vehicles and lie on their stomachs in the tail of a tanker as it refuels planes in mid-air. They spend about one week a month away from their regular jobs to learn first-hand about DoD operations.

They also devote one week with each military service. Exercises with the Air Force, for example, have included a day in Altus Air Force Base, Oklahoma, where participants flew and crashed aircraft in simulators.

A Navy experience involved nuclear submarine visits, living and working in confined space, learning how pilots are trained to land on aircraft carriers and observing Marine air/land assaults.

Army experiences included firing weapons, driving tanks and

observing enlistee training exercises.

"Before this year, we learned of new world threats by reading local and national newspapers. Now, because of participation in this program, we've learned first-hand of the state of these threats and how the United States is prepared to respond to them," said participant Mary Studevart, from Defense General Supply Center, Richmond, Virginia.

"Over this past year, we've had a closeup look at our armed forces. We're proud of what we saw," she said. "We believe these men and women deserve the very best support we civilian executive leaders can provide. We're now more aware of the dynamics and competitive environments in which they operate. We're better able to go out, find and deliver this support.

"We walked in their shoes. We ate the cold MREs in the rain. We drove their vehicles, fired their weapons and wore their clothes. At one installation, we were issued Kevlar helmets. While camping, we discovered the snap on the helmet headbands wasn't 'user friendly' at all. In fact, it took us an inordinate amount of time to attach them to the helmets.

"These are items my agency buys for the armed forces. So when I returned to work, I talked to the technician responsible for their purchase to see if we could redesign the snaps to make them work better. Because of my experience in the field, it's become a personal commitment."

Those interested in either program should contact their training offices.



\$ – Promotions & Incentive Awards – \$

PERFORMANCE AWARDS:

Kimberly Meitzenheimer, CASU
Lee Ross, CASU
Hazel Schnatzmeyer, CASU
Todd Stoeckel, CASU
Arthur Taylor, CASU
Charles Alday, CO
Edward Berghoff, CO
Charles Birdsong, CO
John Cannon, CO
Terry Dye, CO
Danny Erickson, CO
Louella Fouts, CO
Siegmar Groetsch, CO
Shirley Hamilton, CO
Mary Heitmeyer, CO
Leonard Koopman, CO
Robert Lockhart, CO
Kevin Long, CO
Wenda McGilberry, CO
Lenard Ross, CO
Edward Schneider, CO
Rhonda Smith, CO
Robert Terry, CO
Karen Watwood, CO
Kathleen Weir, CO
Jean Lindhorst, DE
Robert Davinroy, ED
Roger Myhre, ED
Charles Turlin, ED
Barbara Boswell, HR
Steven Johnson, IM
Vivian Ratliff, LM
William Levins, OC
Robert Muffler, OC
Timothy George, PD
Joseph Effertz, PM
Edward Ewing, PM
Natta Gill, PM
Wayne Miller, PM

Jennifer Watkins, RE
Martha Plyler, RM
Fred Shepherd, RM
Hilda Meadows, SO

QUALITY STEP INCREASES:

Stanley Ebersohl, CO
Raymond Kopsky, ED
Dennis Morgan, ED
John Naeger, ED
Angela Sanders, RE

SPECIAL ACT AWARDS:

Margaret Ellis, CO
Dennis Gilmore, CO
William Groth, CO
Susan Janota Summers, CO
Gary Lee, CO
Karon Marzec, CO
Danny McClendon, CO
Patrick McGinnis, CO
Keith McMullen, CO
Beverly Rigdon, CO
Michelle Rothley, CO
Carol Sandford, CO
Billy Arthur, ED
David Busse, ED
Donald Coleman, ED
Barbara Collier, LM
Nancy Connor, CT
Dolores Ebert, DE
Emmett Hahn, CO
Raymond Kopsky, ED
Mary Lou Lawson, PA
Jean Lindhorst, DE
Carole Pitzer, IM
Robert Rapp, ED
Joan Stemler, ED
Kathy Tober, HR
Melvin Baldus, ED

Jule Bartels, ED
Donald Dannan, ED
Robert Davinroy, ED
John Dierker, ED
Vanester Duff, ED
Dario Franzi, ED
John Hallquist, ED
Michael Houser, ED
Bobby Hughey, ED
James Lovelace, ED
Sharon McGee, ED
Robert Mesko, ED
George Postol, ED
Ronald Rauh, ED
Thomas Ruf, ED
Bonita Toennies, ED
Charles Turlin, ED
Lawrence Hamilton, CO
Diadra Henley-James, EE
Naomi Myles, HR
Vanessa Alexander, IM
Ronald Auvenshine, IM
Christy Cone, IM
Russell Elliott, IM
Carol Holten, IM
Steven Johnson, IM
Anne Modrusic, IM
Virginia Mueller, IM
Edward Pucel, IM
Jack Rhodes, IM
Roger Siller, IM
Ronny Singleton, IM
Richard Andersen, IM
Thixton Miller, PD
Leo Nico, PD
Louis Chiodini, PM
Sharon Cotner, PM
Ronald Lindsay, PM
William Sutton, PM
James Zerega, PM
Isaiah Mitchell, RM



To your health

September is Cholesterol Awareness and Education Month Research links cholesterol, Alzheimer's

It appears that one gene protein may be responsible for carrying a normally harmless substance to the brain that, over time, may destroy brain cells and memory.

Even the most cautious scientists concede that a Duke University discovery opens a new area of research into Alzheimer's disease. If further study definitively concludes the cholesterol-carrying protein is the culprit in Alzheimer's, someday a simple blood test could determine who is at a high risk.

It is known that Alzheimer's victims carry clumps of material known as beta amyloid. Dr. Allen Roses of Duke has done research showing one of the proteins that carry cholesterol in the blood, ApoE, binds with beta amyloid.

Over time the protein can pull tiny bits of it from the bloodstream and pile them up in the brain.

Healthy elderly people carry different versions of ApoE that don't bind well to beta amyloid. Research by Dr. Roses and colleagues suggests that getting Alzheimer's depends on which form of the ApoE you inherit.

Only in the last four years have scientists found that beta amyloid is the main component in "senile plaques" found in Alzheimer's victims. Researchers speculated that plaques form when molecules of amyloid accumulate, blocking nutrients from getting to nerve cells.

ApoE was discovered about 20 years ago and is currently one of the most studied subjects in heart disease. ApoE is made from

combinations of three different genes, E2, E3 and E4. A person can have any one of six combinations, like E2/E3 or E3/E4. The E4/E3 combination has recently been shown to greatly increase risk of heart attacks.

Quoted in the Wall Street Journal, Dr. Roses also believes that all humans eventually get Alzheimer's disease. The degree of affliction and the age of onset, however, are determined by the type of ApoE gene they carry. People with an E4/E4 combination were nine times more likely to be significantly affected than people with the E3/E3 variant.

If this new information prompts you to pay more attention to the amount of cholesterol in your diet, you are wise.

OsteoGram gives early diagnosis

Millions of North American women from the Baby Boom generation are approaching the age when osteoporosis will manifest itself. The simple OsteoGram, essentially an X-ray of the hand, could tell them if they are going to have bone fractures in their later years.

The simple, relatively inexpensive procedure can give an early diagnosis of a disease that strikes about one-half of women. If the test shows a propensity for osteoporosis, a physician may prescribe appropriate treatment, usually exercise, hormonal therapy

for women after menopause, and calcium supplementation.

For a packet of free information on all aspects of the disease, call the National Osteoporosis Foundation at 1-800-448-0009.

Yogurt and immune system

Researchers at the University of California find that two cups of active culture yogurt per day will give a boost to the immune system. The production of interferon by thymus cells and lymphocytes are increased while no bad side effects were found.

Jaw crunchers, attention

Physicians and dentists are more frequently connecting headaches, earaches and neck pain to the sufferers jaw-crunching habit.

Crunching teeth together can inflame a joint near the ear. People do it in stressful situations and during such activities as weight lifting, working out and racing, according to "Masters Sports" newsletter.



Retiree Review

By the Retiree Correspondent

Our August luncheon get-together was attended by 38 brave people who came out on the hottest day of the year. After a good lunch and some visiting, we had our usual informal meeting.

Bill Haynes was presented a free "dessert" card from the Salad Bowl for being the retiree who had been retired the longest time. Bill retired in 1962. He motors here from Farmington most every month. Glad to see you Bill. Keep it up.

Marlene Wiseman, Celeste Baker and Helen Scheuermann were the Honored Birthday Girls. Have many more!

Charlie Denzel became a grandfather for the second time recently.

We were very glad to greet Kathryn Crossley and Lorene Stoffel who have missed a few months. We miss you, gals, when you're absent. Barb and Bob Lutz were there. Bob didn't forget this month. Glad to see them. Roger Cuddeback was conspicuous by his absence. We missed you (and your stories) Roger. Hope you weren't ill.

Hank Martin was the District representative this month. We're always glad to see Hank. He gave us a rundown on the flood, reorganization, retirements, etc. He said Gary Dyhouse calls the 1993 flood the "Mother of all floods." Some 14 million sandbags were provided and \$9.5 million was expended. Those figures are staggering. The 1973 flood appears to be a "baby flood" compared to the 1993 flood. It's mind boggling!

We are very sorry to have to report the death of Clifford Forderhase on July 19, Frank Rick on July 21, Fred Calvert, a pilot on the Dredge Kennedy, recently, Esmond Volz on June 19, John Fey in January and Peter Valle Michaud died about two and a half years ago. Kathy Crossley reported that Kathy Veradin had recently died. Also Charlie Denzel reported that "Bud" Stamps (Hydraulic Branch) had died recently. Carroll Howell had undergone open heart surgery last Monday and was not doing well. Carroll passed away late Thursday, August 19. Mildred Miles and daughter Pam, Zona Moore and daughter Polly, Kate Stiles and Gordon Davis attended the memorial services for Carroll on Sunday, August 22. Our sympathy and condolences are extended to the families of all these fellow employees.

Joe Bisher is recuperating from an auto accident. Seems Joe attempted to make a mini car out of his maxi car. Glad Joe's rapidly recuperating.

Kate Stiles had a letter from Dan Courtng - "Mr. Radio" in his day. Dan is in Florida. Two of his sons live near him and Roger is here in St. Louis. Some of you will remember Roger, also. He worked in the District for a few years.

Clinton Turner called Kate with information that he will now reside in Indianapolis, Indiana, from January to June, and back at his home in Florida for the winter. Great life! He says his health is real good and his sons have really done well. Clyde Wilkes wrote Kate a note giving a new address (same location) - 3494 W. Oldsmobile Dr., Bisbee, Arizona 85603.

Kate talked to Edna Jacob and Goldon Haemmerle recently. Edna is fine, she said. Still lives with her sister, who will be 90 soon. Goldon has been having problems walking very much. She had a freak accident and had to undergo surgery twice on her leg. Still has problems walking, but said she plans to attend a luncheon soon.

Jim Luther also said he plans to attend a luncheon soon. Hope to see them soon.

Those of you who do not attend these luncheons really miss a nice time - renewing friendships and reminiscing and good food.

Hope to see all of you at our September luncheon on September 16 at the Salad Bowl.

See you all then. Don't miss!

Condolences

Mr. Douglas VanDorn passed away Friday, August 6, at his home. Doug had been with the District at Carlyle Lake since August 1967.

Mr. Al Brown, a retired employee from Lock & Dam 24, passed away on Friday, August 6, at his home in Clarksville. He began work with the Corps at Lock and Dam 24 in 1946.

Mr. John Janson passed away Sunday, August 22. John was the long-time chief of the Navigation Section in the District. He retired in 1982.

Mr. Charlie Talbott passed away Thursday, August 26. Charlie was a maintenance worker at Mark Twain Lake. He retired in September 1989.

Never tell people how to do things. Tell them what to do, and they will surprise you with their ingenuity.

George S. Patton



Ersenbeing?...er...Eisenhaur? Aw, Nuts! 'Ike!'

THE RIGHT MAN AT THE RIGHT TIME

At the beginning of the war, he was totally unknown. A local newspaper covering the Louisiana maneuvers in 1941, identified him as "Lt. Col. D.D. Ersenbeing." But it wasn't just journalists who got it wrong. In the White House appointments book, he was called "Lt. Col. Eisenhaur."

Yet Dwight David Eisenhower did more to shape World War II in Europe than any other Allied leader. He set the mold for any coalition leader who followed him. After Eisenhower was appointed the supreme allied commander, an American officer called an annoying associate a British son-of-a-bitch. If the American had just called him an SOB, he would have been fine. But since he made a point of his nationality, the officer found himself relieved and on a plane back to the states. Eisenhower did not tolerate divisions between the Allies.

Eisenhower was the right man at the right time. His efforts in the Louisiana maneuvers attracted the attention of Army Chief of Staff Gen. George C. Marshall. Right after the attack on Pearl Harbor, Marshall brought Eisenhower to Washington at the War Plans Division. Within another year, Eisenhower was a four-star general.

The United States contributed the most men and materiel to the war effort, so the supreme commander would be American. President Franklin D. Roosevelt wanted Marshall for the job, but believed he couldn't spare him from Washington. Roosevelt called on Eisenhower for the job.

Eisenhower was ideally suited for the rigors of holding the coalition together: His patience, tact, fairness and persuasiveness were

instrumental in welding the Allies together and making men and women of many diverse backgrounds work together.

Eisenhower led the American invasion of North Africa in 1942. He oversaw the invasions of Sicily and Italy in 1943. In 1944, he assumed the responsibility for the invasion of France at Normandy. Operation Overlord was the largest amphibious invasion of World War II, and Eisenhower earned his money for the war with just one decision.

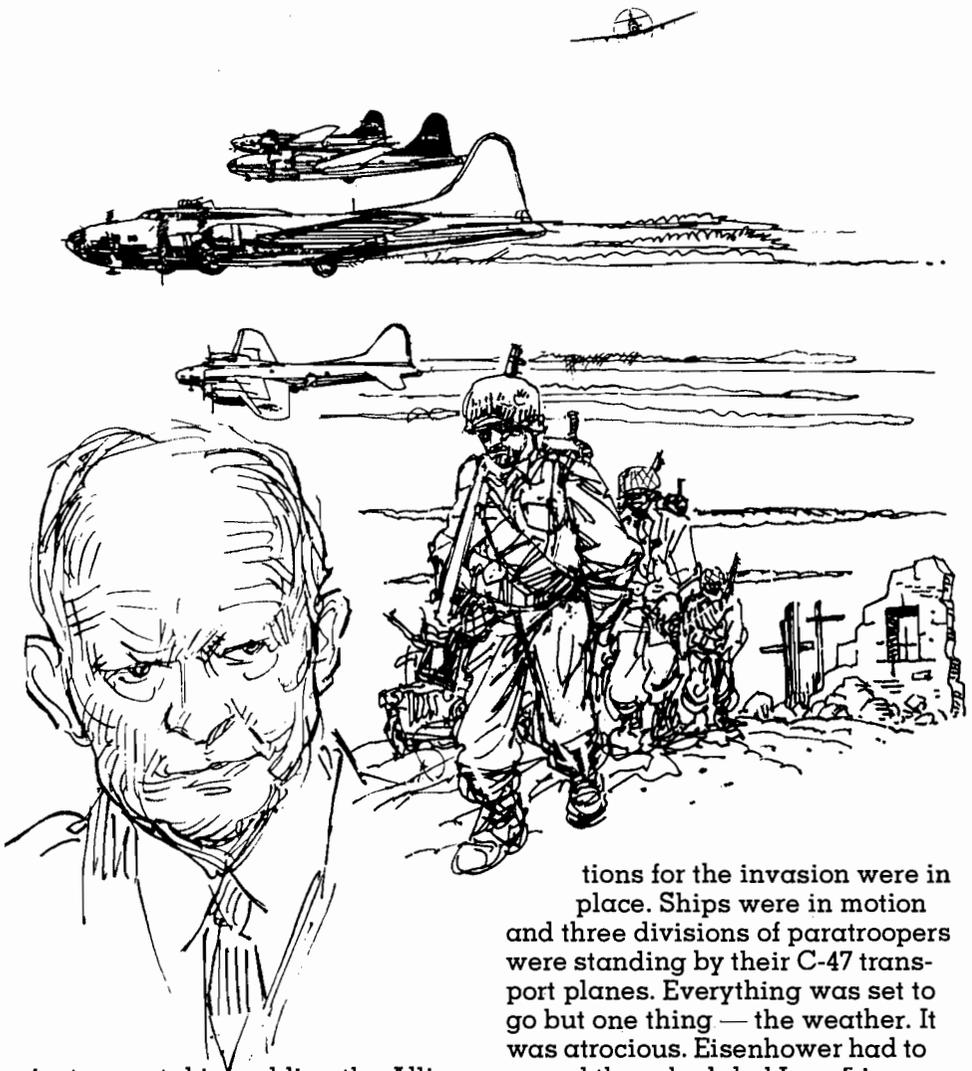
On June 4, 1944, all the prepara-

tions for the invasion were in place. Ships were in motion and three divisions of paratroopers were standing by their C-47 transport planes. Everything was set to go but one thing — the weather. It was atrocious. Eisenhower had to cancel the scheduled June 5 invasion.

If the troops didn't go soon, the Nazis would have at least another month to ready their Atlantic Wall defenses. Eisenhower's meteorological section predicted barely acceptable weather for June 6.

Eisenhower listened to all sides, then decided: "I'm quite positive we must give the order. I don't like it, but there it is." Then, slamming his right fist into his left palm: "OK. We'll go."

With those words the Allies began their "Crusade in Europe."



— American Forces Information Service



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