



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

Vol. 31 No. 11

Winner 1992 Army Communities of Excellence Award

November 1994

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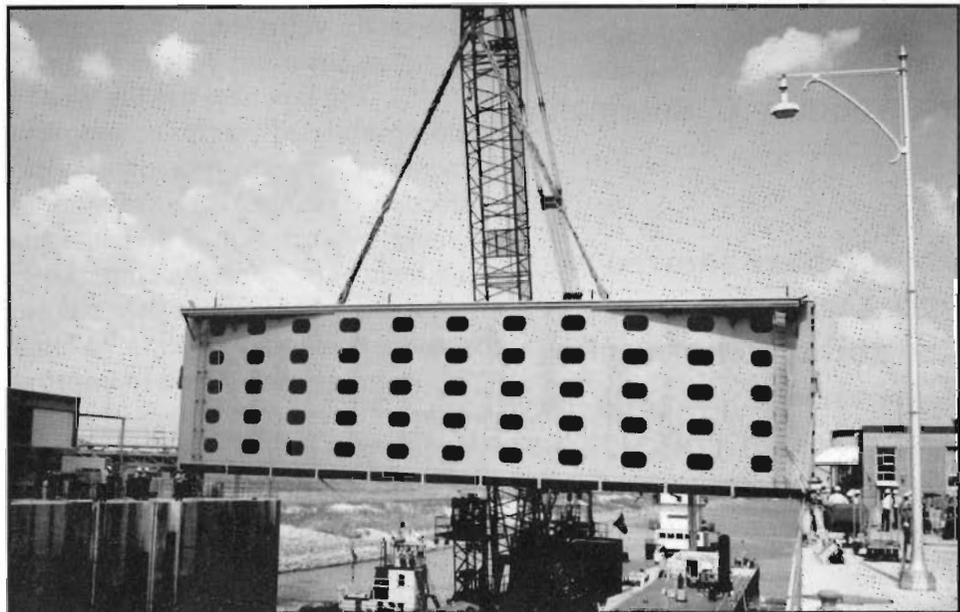
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Locks 27 gets new lift gates



The main lock chamber at Locks 27 gets a new lift gate. The Quad Cities floating crane does the honors.

By Mike Kruckeburg, CO-OS

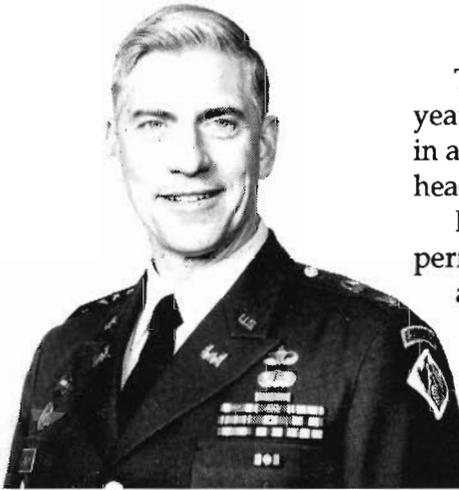
Locks No. 27 in Granite City, Illinois, is located at River Mile 185.1 on the Upper Mississippi River. It is the first lock that traffic has to navigate for traveling up the Missouri, Illinois and Mississippi Rivers above St. Louis, Missouri. The project was placed into operation on February 7, 1953, and consists of a 1200 foot main chamber and a 600 foot auxiliary chamber. Since that time, more than 2.1 billion tons of cargo have passed through the structure.

Damage to the main lock lift gate was discovered in 1989. The damage to the lift gate involved cracking of many critical members. Further inspection of the auxiliary lock lift gate also revealed cracks. Several lock closures were necessary for temporary repairs to the old lift gates between 1989 and 1994. A study indicated that complete replacement of the lift gates was more economical than a major rehabilitation of the old lift gates. This would be a first. No lift gates on locks in the inland waterway system had ever been replaced. Further severe damage was again observed when the lift gates were finally removed from service in August 1994.

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Commander's Perspective –



COL Thomas C. Suermann

You have showed me, once again, that you have the ability to accomplish whatever goals you set for yourselves.

Thank you all for your efforts and your accomplishments in this year's fiscal year closeouts. Each of you played an important part in achieving the final results which are reported to our division headquarters and forwarded to HQUSACE.

I also wish to thank you for preparing and submitting your performance appraisals on time. We had no delinquent appraisals at the end of the fiscal year. This is a marked improvement over the appraisal status which I encountered when I came to the District in January. You have showed me, once again, that you have the ability to accomplish whatever goals you set for yourselves. You continuously seek to improve your standards and your performance.

The Japanese use the word *kaizen* to describe what I have just congratulated you for accomplishing within our organization. *Kaizen* is a continuous pursuit of improvement, excellence and perfection. It is not a series of monumental achievements. It is, however, a motivation to do better today than you did yesterday. It is a form of personal benchmarking. You know better than anyone else what you did yesterday and what you can do tomorrow to surpass today's accomplishments.

I encourage each of you to improve throughout this new fiscal year in your respective areas of endeavor. If you are only content to rest on yesterday's reputation or success, then you may discover, too late, that you are being left behind by your peers. Our organization must be competitive within the Corps if we are to continue to succeed. However, I want you to compete with yourself before you compete with others.

If you can answer this challenge then we will finish this fiscal year stronger, more viable and more confident in our ability to manage the future. If you can compete with yourself first, you will discover that you get along better with everyone else. You will also be setting new standards that others will aspire to emulate without even telling you. Each of you has the power to define *kaizen* in your personal pursuits and for this District.



US Army Corps of Engineers
St. Louis District

ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, U.S. Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

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News Briefs

Carlyle Lake:

Gambill recovery

The staff at Carlyle Lake is happy to report that long-time employee Darrell Gambill, is on the road to recovery after suffering from an aneurysm in September. Darrel had been in Barnes Hospital. He is now recuperating at Good Samaritan Hospital in Mt. Vernon, Illinois.

Ellis to Carlyle

Carlyle Lake would like to welcome aboard Margaret Ellis, a former employee at Rend Lake. She has been assigned the position of Visitor Assistance/Interpretive Program Ranger. Margaret lives in Carbondale, Illinois, with her husband and seven year old daughter.

Conservation Day

Conservation Day, on September 24, at the Visitor Center, was a huge success. Rangers, along with many volunteers, made visitors aware of the importance of conserving our natural and wildlife resources through interpretive programs throughout the day.

The Carlyle Lake Ducks Unlimited Chapter signed up more than 100 children for the Greenwing Program. Each will receive a free subscription to the Puddler or the Ducks Unlimited magazine.

Music by Roger Hayes, OC-N, a Birds of Prey demonstration, a 5000 gallon Bass Tub aquarium with fish from Carlyle Lake and the building of an eagle's nest were other highlights.

Dove hunt

Carlyle Lake hosted a dove hunt for individuals with disabili-

ties Sept. 1 thru Sept. 7 at the Steins Field Vegetative Management Area. Nine hunters participated, with most participants harvesting their limit of birds. These special sportsmen agreed that the good harvest was just an added bonus to being out in the field and enjoying nature.

Wappapello Lake:

Recycling

Wappapello Lake is in the first year of its plan to assist the public in recycling resources. This year's plan recycles aluminum cans in the immediate dam area. The collecting is done by local people involved with non-profit organizations. A local veterans group called DADs (not an acronym) is providing the labor for collection of the aluminum cans around the dam. DADs is a group of fathers of Veterans of Foreign Wars Post #266 members.

In the spring of 1995, an aluminum can recycling expansion is planned for the Greenville campground area. The Wayne County Historical Society will handle the cans and benefit from the sale of the aluminum. Ultimately, a network that will include recycling of aluminum, paper, glass and plastic is being sought.

Rend Lake:

Subimpoundments

Congressman Glenn Poshard visited Rend Lake on October 2nd and announced that the proposed Water Resources Development Act (WRDA) of 1994 included language that gave the government full authority to correct design deficiencies at the two subimpoundment dams, located on

the upper arms of Rend Lake. The estimated cost would be \$5.3 million. The 1994 version of WRDA passed in the House and then was not acted on in the Senate before Congress adjourned. Now we have to wait to see if Congress incorporates this project into any 1995 legislation.

The subimpoundment dams were built by the Corps in 1967 to enhance fish and wildlife habitat, particularly for migratory waterfowl. The Illinois Department of Conservation is currently responsible for the operation and maintenance of these areas.

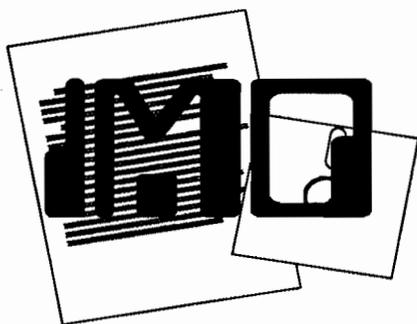
Deficiencies in the original design of the subimpoundment structures has led to erosion and seepage, with the possibility of a failure by one or both of the dams. The failure of these dams would be a serious concern for wildlife management and the local economy.

Because there is a shared responsibility for these facilities, the question of cost-sharing slowed progress on this work. Congressman Poshard worked with the Corps and the Illinois Department of Conservation to develop the language for the WRDA that would correct the problems with the subimpoundment dams.

New lodge

The Rend Lake Conservancy District and the ESM Development Corporation held a groundbreaking ceremony on October 13 for a new 48 unit lodge to be built on Conservancy lands near Rend Lake. The new lodge will be called "Seasons at Rend Lake" and will be in close proximity to the 27-hole golf course on Conservancy District lands.

(Continued on page 7)



Need something printed? Need film processed? The IMO has personnel ready to assist you in obtaining whatever printing or visual information (still/video photography, graphics, audio) services you need.

All printing and visual information work is performed by various off-site contract services. All printing and visual information work should be brought to IM-P in Room 4.100. The IMO personnel involved in these functions use their expertise to aid customers in deciding how the final product should

appear and to ensure that the proper off-site contract service is contacted, properly instructed and produces the product needed. Some jobs can be completed the next day. Other jobs may take several weeks. When scheduling a project which will require printing or visual information services, please include the time needed by our contract services into your schedule.

Printing

The original work and completed ENG FORM 1309 must be submitted to IM-P. Three copies of ENG FORM 1309 (with carbons intact preferred) are required. Make sure valid/accurate org and cost codes are used. The completed ENG FORM 1309 must be signed by an authorized person. The requesting office will be notified (by phone and/or e-mail) that their print job is ready for pick up. If the print job needs distribution, it can be accomplished within your office or you can take it to the

mailroom for distribution. If you know you are going to have a print job with a suspense timeframe involved, please contact Debbie Kuhlmann (IM-P, 8638) in advance to discuss when the print job needs to be submitted.

Visual information

The original work and completed LMS FORM 775 must be submitted to IM-P. Two copies of LMS FORM 775 are required. Make sure valid/accurate org and cost codes are used. The completed LMS FORM 775 must be signed by an authorized person. The requesting office will be notified (by phone and/or e-mail) that their job is ready for pick up. If you know you are going to have a job with a suspense timeframe involved, please contact Russ Elliott (IM-P, 8644) or Jack Rhodes (IM-P, 8642) in advance to discuss when the job needs to be submitted.

Upcoming CASU courses

CASU is offering the following training courses in the RAY Building during the next two quarters:

- * Time Management - Nov. 22 or Jan. 19 - \$85
- * Stress, Sanity & Survival - Dec. 14 or Feb. 9 - \$85
- * The Motivator's Toolbox - Jan. 10 or Mar. 30 - \$85
- * Delivering High Impact Presentations - Jan. 24 or Mar. 7 - \$120
- * Decision Making/Problem Solving - Jan. 31 - \$85
- * Effective Business Writing - Feb. 15-16 - \$150
- * Dealing with Difficult People - Mar. 14 - \$85
- * Diversity - Mar. 22-23 - \$125

Call CASU at 539-6016 for more information and class content. CASU also offers ongoing computer training for DOS, WordPerfect, Windows, Lotus, dBase and Harvard Graphics. Call for class schedules.

No WRDA from 103rd Congress

As many of you know the 103rd Congress adjourned on October 8, 1994, without both the House and Senate passing a Water Resources Development Act (WRDA) of 1994. Although the House passed its WRDA 94 bill, HR 4460, on October 3, the Senate did not take parallel action. That means that the new project authorities and general provisions that the Administration had been seeking were not passed. It also means that the recommended modifications to existing project authorities, including sec. 902 (WRDA 86) cost changes, have not been authorized.

This event marks the first time since 1986 that the Congress did not pass a biennial WRDA. The Corps does not expect any more action on WRDA this year.

The 104th Congress will begin in January 1995, and it is possible they could introduce WRDA bills for consideration early in the first session. Just how quickly new bills will be introduced and how quickly they will move through the process in a new Congress is unknown.



Supplies and excess property

Mr. Arthur Abrams is the Stock Record Officer. If you have any problems or concerns pertaining to the Automated Supply List (ASL) or supplies, please contact Mr. Abrams at the Service Base, 263-4226.

All ADP equipment being excessed must be turned in to IM-I. LM-S cannot accept any excess ADP equipment without IM-I's approval. ADP equipment includes CPUs, monitors, hard drives, electronic typewriters, black boxes, printers, CD ROMS, modems, etc.

ENG Form 4900-R, Property Control Receipt, must be used for excess property being turned in. There is also a continuation form. Both forms are available

from the forms area.

The form must be filled out completely before we can accept property. ENG Form 4900 is obsolete. According to ER 700-1-1, all property turned in must be tagged, showing item description, serial number, bar code and condition code. Tags are on the ASL (stock # 2905510). Property will not be accepted without this information. This is effective immediately.

District personnel should notify Mr. Abrams by E-Mail when used toner cartridges (in the original box - with wands) need to be picked up. This includes GSA and other toner cartridges. Ink cartridges, Hewlett Packard (L000002), will also be returned to help reduce the cost of replacements.

Field Offices should mail only used GSA toner cartridges (NSNs 368-4626 and 368-4628) back to the manufacturer using the mailing label found in each box. These cartridges must be returned in the original box, along with the wand. All other used cartridges will be returned to the Service Base.

10 government vehicle no-no's

The following top 10 list includes some of the most common misconceptions about government vehicles:

1. They need cleaning less often,

inside and out.

2. The back seat is designed to double as a trash can.

3. Unusual and alarming engine noises are easily eliminated by adjustment of the radio volume.

4. The oil level doesn't need to be checked nearly as often.

5. They like to burn premium gasoline from full service pumps.

6. They can take bumps at twice the speed of privately owned vehicles.

7. The tires are designed for bumping into and over curbs.

8. The preventive maintenance interval is much greater, often double or triple that of manufacturers recommendations.

9. No security is needed. They may be left anywhere, unlocked, with the keys and credit card inside.

10. They enjoy a much shorter braking distance and accelerate at a phenomenal rate.

If your government owned vehicle has any of these features, you need to change some of your driving habits. If you can't recognize your government owned vehicle from this list, congratulations and keep up the good work.

Regional flood control study meetings

Four public meetings were held recently as part of the ongoing St. Louis Region Study on flood control. The meetings were held in Chesterfield on September 12, Arnold on September 13, River Des Peres area on September 15 and Festus on September 20. The meetings were designed to obtain input on public concerns and preferred solutions.

At the Chesterfield meeting, a majority of speakers favored raising the existing 100-year levee to a 500-year level of protection. Officials and citizens from St. Charles County voiced concern for induced damages. Similar pro-levée sentiment and concern for induced damage was expressed at the Festus meeting. A buyout

seemed to be the preferred solution for Arnold and the raising of a riverfront road seemed to be the preferred solution for Fenton. Residents along the River Des Peres appeared divided between structural and nonstructural measures.



Lock gate replacement (cont.)

The causes of damage

1. Locks No. 27 was one of the first locks on the Mississippi River to utilize welded connections for lock gates in lieu of riveted connections. During fabrication there was no fracture control plan established (none was customary at the time) and many welds had flaws which made them susceptible to cracking. In addition, the geometry of connections was such that large stress concentrations existed.

The connection geometry combined with initial flaws and many loading cycles caused cracking due to fatigue in many members. Fatigue is a failure which occurs under repeated loading and unloading, even if the yield stress is never exceeded. It is a progressive failure, the final stage of which is unstable crack propagation. In service over forty years, the original lift gates had experienced over four hundred thousand cycles combined.

2. Tests of samples taken from the old lift gates indicate that the material had very low toughness values when compared with presently produced materials. The toughness of a steel is defined as the ability to resist crack propagation once a crack has initiated.

3. The cracking problem was exacerbated during the drought years of 1988, 1989, and 1990. Locks No. 27 is the southernmost locks on the Mississippi River and the lower pool is not controlled. While the upper pool is maintained by a low water rock dam, the lower open river conditions dropped

significantly and design heads were exceeded. This condition accelerated the failure due to fatigue.

The new lift gate

A fracture control plan was established for fabrication, which



The crew muscles the new lift gate into position.

included specifying material toughness values that exceed current fatigue criteria, limiting initial flaws by qualifying welders and inspectors, qualifying welding procedures, and subjecting critical welds to non-destructive evaluation.

The new lift gates each weigh approximately four hundred thousand pounds. A complex three-dimensional computer model was used for the analysis and design of the new lift gates which resulted in optimal weight and placement of members. Connec-

tions which involved complicated geometry where many members intersect were eliminated. The result was a simple but unique design in which the effects of fatigue are minimized.

The new gates were designed by Robert Kelsey, Structural Engineer, St. Louis District and built by Massman Construction Co. St. Louis, Missouri.

Removal of the old gates

The old gates were removed from the main and auxiliary chambers between 15-26 August and 6-21 September 1994, respectfully. The removal of the gates was performed by the St. Louis District Service Base hired labor crew, headed by Tom Johnson, the Locks No. 27 maintenance crew and Lockmaster Ed Rogers, with additional maintenance personnel from the other four St. Louis District Locks and Dams.

The removal of the old gates created an additional problem because they were constructed in place. The old gates were not designed to be picked up by a crane.

Also, the top of the gate slots were blocked with concrete. The concrete was saw cut from the top of the wall and removed in a single block while traffic still passed through the locks. The new gates were designed to be picked up by a crane and to fit into the slots.

To reduce lock closure time and costs, the decision was made not to fabricate and install pick-up points on the old gates. Instead, the St. Louis District utilized a 300 ft. by 80 ft. by 13 ft. De Long Pier barge that was used for off loading ships

(Continued on next page)



— News Briefs — (cont.)

Lake Shelbyville:

Diving team

From Somalia to Saudi Arabia to Lake Shelbyville, the U.S. Army Diving Detachment, out of Fort Eustis, Virginia, has seen a lot of action. While the "action" at Lake Shelbyville was basically tame, it did involve some challenge.

This team's mission was to replace three valves from the tow drain system on the spillway side of the dam. According to Sgt. David Dodd, this sounds a lot easier than it is.

For one thing the valves are located ten feet beneath the water surface in the tailwater. The old valves that were removed weigh 550 pounds, while the replacement valves weigh only 15 pounds. Another obstacle in this mission was visibility. This team works

primarily in salt water where there is good visibility. At Shelbyville there is no visibility.

In four days the team successfully replaced the old valves with the new, more efficient ones. The valves are part of a drain system that empties excess water from within the dam into the tailwater.

This is the first time in the dam's

24 years of existence that the valves have had to be replaced.

New ranger

Lake Shelbyville welcomes Harold Frailey as a park ranger. Harold, who is from Beecher City, Illinois, is currently assigned to the Visitor Assistance section.



Army diving team readies their equipment for dive to replace valve.

Lock gate (cont.)

during the Vietnam War. The lift gate was raised up in the slots. One end of the barge was positioned under the lift gate and the lift gate was lowered down onto the barge. About 10 feet of the gate was then cut off and the lifting chain removed from the end to allow the other end of the gate to clear the slot to gain access to remove the lifting chain on that end of the gate. The gate was then transported to a local salvage yard and removed from the barge prior to starting the removal of the second lift gate.

Other work involved removal of sprockets and chain, light standards, handrail, etc., in preparation for the installation of the new gates. In addition, the crews were able to replace three

damaged miter gate strut arm assemblies and repair damaged timbers on the miter gates.

Installation of the new gates

The installation of the new gates was a combined effort of the crew used in the removal process along with the Rock Island District Quad Cities Floating Crane and crew. The St. Louis District coordinated closely with Rock Island District's Mike Smith, Ed Leuch, and Dave Penderson. The Quad Cities is capable of lifting 350 tons. Each of the new gates weighed in excess of 200 tons. These two lifts are the largest lifts to date for the Quad Cities.

The gates were delivered to Locks No. 27 by the contractor on the required contract dates in

August and September. Rock Island mobilized their floating plant and arrived the same day the gate arrived. The huge lift was performed the following day and the crane returned home the next day. The St. Louis District personnel then reattached the lifting chains and put the new gate into service. It took the crews two weeks, working 12 hours a day, six days a week, to replace each gate.

The close coordination and excellent work effort from Rock Island District, Massman Construction Co., the towing industry, and the St. Louis District personnel allowed for an early finish and reopening of each lock prior to the annual fall tonnage increases, thus saving the towing industry and the nation many millions of dollars.



Strange happenings at the Fall Golf Tournament

By Ken Koller, PM-M

The dawning of tournament day filled retired electrical engineer, Dennis Gould, with apprehension. The week before, on the last day of league play, Dennis misplaced his beloved 9-iron. He thought he might have buried its head in the turf near the ninth hole after miss-hitting a routine layup shot. He and his teammates searched diligently that evening, but found nothing when darkness forced them to return to the beery solace of the clubhouse.

Later that week, Denny phoned the course to see if any gentlemanly golfers (comprising most of the breed) had found and returned his missing mashie. Alas, no one had.

He considered posting fliers

around the course, pleading: "Generous reward for the return of my 9-iron. Brand name unknown due to rust and caked on muck. Great sentimental attachment; children distraught. Answers to name: 'G_d D_n It'." He thought better of this desperate move after realizing that many people would not consider \$1 to be especially generous.

On tournament day, discouraged Denny trudged over to the practice green, wondering if supreme putting could make up for his inability to approach the green sans 9-iron. As he groped through his golf bag for his putter, lo and behold, he discovered his errant 9-iron hiding under the head cover for his driver.

Now, if he could just remember where he had left that blooming driver!

Speaking of putters, Don Sweeney apparently thought he was competing in track and field instead of golf, as he was the sole and winning athlete in the putter-toss-in-the-lake event.

After Don missed a very makeable putt on the 14th green and watched his ball slither beyond the frog hair, it appeared to neutral observers that Don momentarily (and uncharacteristically) allowed his emotions to run amok. Don, on the other hand, claims that he heroically flailed his club at an alligator that was about to pounce on an unsuspecting member of his foursome.

How to save videotapes

The Institute of Electrical and Electronics Engineers finds that the coating on VHS tapes can loosen over time, destroying the owner's treasured recordings. Tape manufacturers recommend buying premium tapes.

Before storing a tape, rewind

from end to end in a high-quality rewriter. Fast-forward and rewind each tape at least once every three years to keep layers from sticking together. Protect tapes from very high or low temperatures. Store at a relative humidity of 40 to 60 percent.

Reduce cellular phone costs

Picking the right cellular phone service plan can be tricky, according to *Smart Money* magazine.

Service companies target various types of users with plans and charges designed for them. For example:

Emergency or minimal use: For a person who plans to make about one call per month, or to call only in an emergency. Minimum use plans cost as little as \$15 per month.

Off-peak service plan: Just checking in after the workday? No long conversations at this price, but for callers who will make about 21 short calls per month, mostly at off-peak times like on the way home from work, one carrier offers a service for about \$20 per month.

For new cellular users who don't know how much they will use the phone, a mid-range plan is best.

Travel Bag

More for your money in Canada

American merchants along the world's longest undefended border say they aren't taking in much Canadian money these days. The Canadian dollar now fetches just 72 U.S. cents (as of July 1994), down from 89 cents in 1991. It's bad news for merchants, but it's good news for Americans who want to travel in Canada. Whether it's a hotel room, a dinner, or a new shirt, the price is 28 percent less.

Traveling farther

Whether by plane, train or automobile, travel miles are increasing at a fast pace. In the U.S., the 1994 Annual Report on Transportation Statistics notes that 90 percent of travel is by motor vehicle, and the average person travels 15,500 miles per year, including travel to and from work. Nationwide, total travel increased by more than one trillion miles between 1980 and 1991. Rush hour now lasts all day.



Health insurance open season starts Nov. 14

By Evelyn D. Harris
American Forces Information
Service

Premiums for many Federal Employees Health Benefits Program plans will be lower in 1995.

During the 1995 open season, Nov. 14 through Dec. 12, employees should also find benefit brochures easier to use in comparing plans, said Office of Personnel Management officials.

"The 1995 FEHB Program offers many improvements and benefit additions that all employees should carefully consider when selecting their coverage," said OPM Director Jim King.

Employees will be able to choose from more than 350 health plans. Premiums will go down or remain stable for 58 percent of nonpostal employees; 27 percent of employees will see modest premium increases of less than 5 percent. Less than 15 percent will see increases of 5 percent or more.

Fee-for-service plans have eliminated lifetime maximum limits on mental health benefits. However, enrollees will still be subject to annual limits on mental health services.

Improved benefits include complete coverage of childhood immunizations, not subject to deductibles or copayments. Associated office visits may be subject to cost-sharing.

All plans, both prepaid and fee-for-service, will cover high-dose chemotherapy with autologous bone-marrow transplants for cancer treatment. This is in addition to other conditions for which each plan currently provides coverage.

Employees will have 45 new prepaid plans to choose from - more than twice the number of health maintenance organizations

that entered the program in 1994. Many prepaid plans have expanded their enrollment areas. Many prepaid plans will now allow individuals who live outside service areas to join the plans if they work in service areas.

Several prepaid plans will offer "opt-out" benefits. Employees may obtain treatment outside of the plan's network and still receive reimbursement for a percentage of the cost.

OPM officials said these benefits will remain stable through 1996. They also said plan brochures are more user-friendly. Simpler terms are used where possible, benefits are grouped for easier reference and tables of contents are more comprehensive to improve readability.

The 1995 nonpostal premiums for the largest fee-for-service plans follow. Employees pay premiums biweekly; retirees pay on a monthly basis. Prepaid plans are local, so are not included. Personnel offices will have complete information during open season.

Blue Cross-Blue Shield's high-option, single-employee plan will cost \$69.03 per pay period, a decrease of \$4.99 from 1994. High-option family coverage will cost \$144.68, a decrease of \$13.74. Standard coverage will cost a single enrollee \$20.33 biweekly; family enrollment will cost \$47.15.

Mail handlers Benefit Plan's high-option single coverage will cost \$18.83, down 48 cents. Family high-option will cost \$41.90, down \$1.07. Standard single coverage is \$14.35, and standard family is \$31.14. Both are the same as 1994.

GEHA plan self-only is \$23.91, down \$1.60; family is \$45.37, down \$6.27.

National Association of Letter Carriers plan self-only is \$24.61, up \$2.56; family option \$49.57, up \$2.46.

American Postal Workers' Union Plan is \$22.64 self-only for nonpostal workers, down 76 cents; family coverage is \$45.65, down \$1.18.

Alliance self-only is \$34.36, down \$5.82; family option is \$68.80, down \$15.31.

OPM buyout hotline

Federal employees interested in hearing the latest news about buyouts can now call 1-202-606-2425.

The Office of Personnel Management sponsors the 24-hour hotline, which provides the latest information about agency buyout programs. The brainchild of OPM's Federal Workforce Restructuring Office, the hot line names the latest agencies to announce buyout programs and gives general buyout eligibility and early retirement information. It also provides information on topics such as how accepting a buyout could affect tax status.

Staffers have fielded thousands of buyout related telephone calls since President Bill Clinton signed the Workforce Restructuring Act on March 30, 1994. The act extended buyouts to non-DoD agencies. More than 30,000 DoD workers have accepted buyouts since DoD agencies began offering them in 1993.

A buyout is equal to \$25,000 or the employee's earned severance payment, whichever is less. The government deducts taxes, so employees offered buyouts are advised to consult agency retirement experts to calculate the buyouts' real worth before deciding.



Join the Great American Smokeout on Nov. 17th!

When smokers quit: Within 20 minutes the body begins a series of changes that continue for years. From the time of the last smoke:

20 Minutes: Blood pressure and pulse rate return to normal; temperature of hands and feet return to normal.

8 Hours: Carbon monoxide level in the blood drops to normal, and oxygen level in the blood is normal.

24 Hours: Chance of a heart attack decreases.

48 Hours: Nerve endings start regrowing. The ability to smell and taste is enhanced.

2 Weeks to 3 Months: Circulation improves; walking becomes easier; and lung function increases up to 30 percent.

1 to 9 Months: Coughing, shortness of breath, and sinus congestion decrease. Cilia regrow in the lungs, reducing chances of respiratory infection. Overall energy level increases.

1 Year: Excess risk of heart disease if half that of a smoker.

5 Years: Lung cancer death rate decreases by almost half. Stroke risk is reduced to that of a non-smoker in 5 to 15 years of quitting. Risk of esophagus and mouth cancer is reduced.

10 Years: Lung cancer death rate becomes similar to that of non-smokers. Precancerous cells are replaced.

15 Years: Risk of coronary heart disease is that of a non-smoker.

— *Earth Notes* — Baking soda, natural cleaner

Good old NaHCO_3 . Baking soda is a versatile, environmentally safe cleaner. It's a deodorizer and mild abrasive that works well for cleaning kitchen and bath. It can clean your teeth or clean your oven, control corrosion in pipes, extinguish certain types of fires and even remove paint.

Copiers go green

The Environmental Protection Agency says copiers are sending dust, heat, noise and ultraviolet light into our offices. (To protect yourself from UV radiation, keep the copier cover closed when you use it if it doesn't have protective coating on the glass.) Copier manufacturers have responded to the need for environmentally sound equipment with units that use less electricity, recycle consumables and have fewer emissions.

Starting your personal investment plan

If you want great investment results, forget about those hot stock tips. Investment advisers say the critical decision is how to divide your money among stocks, bonds and supersafe investments.

The asset allocation choice is the most important decision, say financial experts at Georgetown University, but the stock market is what really drives your results.

Stocks have climbed an average of 10.3 percent per year since 1926, which is a far better return than any other type of investment.

Because the asset mix is so important, some mutual fund companies now offer free services to help investors design their portfolios. Some offer worksheets

that help you figure out your own mix.

Gerald Perritt, editor of the *Mutual Fund Letter*, says you should vary your mix of assets depending on how long you plan to invest. The further you are from your investment goal, the more you should have in stocks. The closer you get, the more you should lean toward bonds and money-market instruments because there's less chance of a large short-term loss.

Jonathan Pond, author of *The New Century Family Money Book*, says those saving for retirement should use this formula: Subtract your age from 100. Whatever the result, put that percentage of your

investment into stocks. A 35-year-old, for example, would have 65 percent of holdings in stocks.

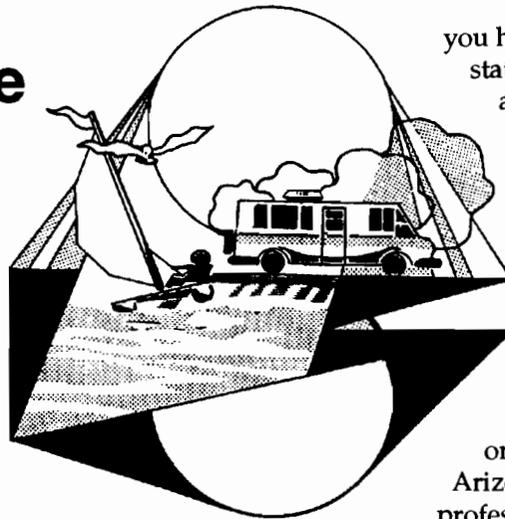
When looking at your assets, consider all investments including brokerage accounts, retirement accounts and certificates of deposit.

Look at 2-year treasuries

Higher yields on U.S. two-year Treasury notes (5.97 percent at this writing) have resulted in a seven-fold increase in sales since January 1, 1994. Low rates on certificates of deposit (CDs) and on bank savings accounts have prompted the high interest, says the *Wall Street Journal*.



Lake Shelbyville draws annual national park planning conference



Our own Lake Shelbyville is getting national attention for its recreational park planning. A national convention of park planners is using it as an example of the "right thing to do." The facilities at the lake are some of the most people-friendly in the whole country, said organizers of the North American Park and Recreation Workshop. And they hope the attitude in park design catches on everywhere.

The conference has drawn people from all over, including

Pennsylvania, Colorado, Arizona and British Columbia. After holding the conference in many places across the country, the group has decided to call Lake Shelbyville its permanent home.

Organizer Dick Cottrell, who works for the Tennessee Valley Authority and does park consulting work around the world, said most campgrounds have nothing and these have everything. "Here

you have a phone, a fish cleaning station, playground equipment and a picnic shelter grouped all together."

Cottrell said the people who are running recreational parks have to revamp the way they think of campgrounds and facilities. "There are ways to beckon people to come," he said.

John Hultsman, co-organizer of the workshop and Arizona State University - West professor, said Lake Shelbyville is also a good example of modern park planning because of its universal campsites, which are spacious, safe and level.

"These are campsites that tents, trailers and the handicapped can use," he said.

"We want these ideas to catch on. The main way for that to happen is to bring people here to see how things are done, and they can take them home to implement them there."

Army policy on sexual harassment

The policy of the United States Army is that sexual harassment is unacceptable conduct and will not be tolerated.

The Army is totally committed to creating and maintaining an environment conducive to maximum productivity and respect for human dignity. The vision of America's Army as an effective force, trained and ready to fight and win, demands reaffirmation of a commitment to a work and duty environment free from sexual harassment for all personnel, whether civilian or military in the active and reserve components.

The Army is an organization of people, and its success is based on their ability to perform in an environment of mutual respect, dignity and fair treatment. This demands zero tolerance of sexual harassment.

Sexual harassment is defined in law and regulation as unwelcome sexual advances, request for sexual favors, and other verbal or physical conduct of a sexual nature which is made a term or condition of a person's job, is used as a basis for employment deci-

sions affecting that person, creates a hostile or abusive environment, or interferes with the performance of a soldier or civilian of America's Army.

Individuals who perceive they are being sexually harassed by supervisors, superiors, co-workers, or peers should make it clear that such behavior is offensive and report the harassment to an appropriate authority or office. It is the responsibility of every leader -- military and civilian -- to examine allegations of sexual harassment and take necessary action to ensure that these matters are addressed swiftly, fairly and effectively.

We know that you will support the Army's continuing commitment to eradicating sexual harassment in the Army and to exhibiting the highest level of professional behavior and courtesy that the nation expects.

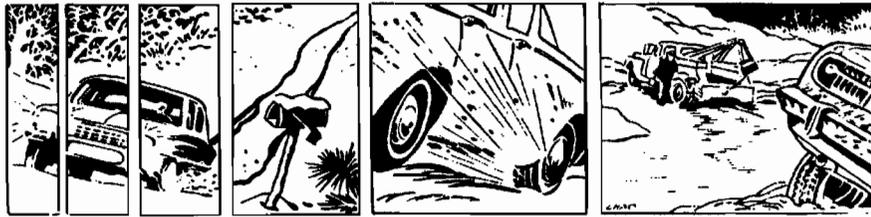
signed

Gordon R. Sullivan
General, United States Army
Army Chief of Staff

Togo D. West Jr.
Secretary of the Army



Caution, preparation key to safe winter driving



By Sgt. 1st Class Stephen Barrett, USA
American Forces Information Service

With summer gone, DoD drivers will soon see frost, snow and ice on the roads. As temperatures drop, drivers may encounter road and weather conditions needing their prudence, patience and preparation.

The American Automobile Association urges drivers to prepare themselves and their cars now for the winter months ahead. Its winter driving brochure, *How to Go on Ice and Snow*, provides drivers some helpful hints on vehicle maintenance. It also provides tips that may help motorists deal with cold-weather motor-ing.

AAA chapter official John Undeland said the key to winter driving is cautious confidence. "You have to ask yourself how you feel about taking on icy, snowy road conditions," said Undeland. "If the answer is you're thrilled or frightened, you probably should not venture out."

Having confidence begins with knowing the car is mechanically sound. "Winter conditions are hard on your car's operations," said Undeland, "so we recommend you have your mechanic check out the car before frigid temperatures arrive."

These checks include heating and cooling systems, brakes, exhaust system, electrical opera-

tions and windshield wipers. Undeland said drivers who did this maintenance before their summer vacations still need to check and replace old or worn equipment.

Besides vehicle maintenance, Undeland recommended storing a winter driving kit in the car's trunk. This kit should contain tools and accessories needed should cold weather mishaps occur. Items include a small snow shovel, warning flares or a triangle, flashlights and jumper cables, snow brush, ice scraper, a blanket for warmth and a bag of cat litter for traction.

Undeland also recommended always keeping a full gas tank in the car. "If you're stranded in a remote location, you may need to run your engine for heat," he said.

Just getting out of the driveway can be a chore for many winter drivers. However, Undeland said, motorists can ease out of their driveways by preparing their cars before they head out into traffic.

"You must be able to see and to be seen, and that means making sure your windows, mirrors and lights are clear of snow," said Undeland. "With heavy snowfall, drivers need to remove snow from car hoods, roofs, and trunks. This will prevent snow accumulation from flying off as you drive, which creates a hazard for you and other drivers.

Another way to make drivers visible is traveling with the lights on, especially in inclement weather. "It makes your vehicle much easier

to see and less likely to be involved in an accident," he said.

Undeland also suggested clearing paths behind the car's driving wheels and spreading cat litter in those paths. This helps provide traction and helps build momentum to drive through snow-covered areas. "If necessary, rock your vehicle back and forth until you start moving," he said, "but avoid spinning wheels to escape heavy snow. It only digs you deeper."

Once on the road, drivers must always keep road conditions in mind. Highways may appear clear, but could have icy layers that affect stopping and steering. Undeland suggested keeping an eight-second interval between you and the car in front.

"While you're driving, train your eyes farther down the road than normal," he said. "This will allow you to anticipate changes and adjust your course gradually."

Steering and acceleration are both important under winter conditions. By using gentle pressure on the gas and precise steering movements, Undeland said, most drivers can retain road traction and avoid skids.

However, skids do occur. Undeland outlined the most effective way to regain control:

- * Don't panic.
- * Take your foot off the brake or ease off the accelerator.
- * Shift into neutral (automatic transmission) or out of gear (manual transmission).
- * Look and steer in the direction you want the front of the car to go.
- * Countersteer just before the rear wheels stop skidding, until you are going in the desired direction.
- * Be prepared for a rear-wheel skid in the opposite direction for

(Continued on page 15)



November 11 is a day set aside to honor all who served our country.

Originally, it was known as Armistice Day and was so designated to honor veterans of World War I. Today, we also honor those who served in World War II, the Korean War, in Vietnam, Grenada, the Middle East and everywhere there was a call.

Many veterans continue to serve as citizen soldiers, taking

time to update their training and standing ready to leave their homes and families to defend us. We appreciate their willingness to serve and honor them.

While we honor our veterans, we must remember that many saw comrades fall. We remember them and honor them on this day.

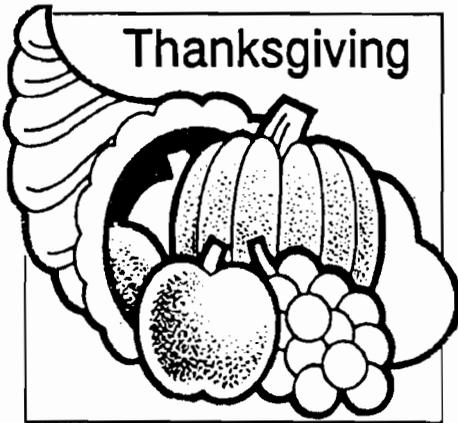
Story of the Poppy

Poppies are often associated with war as a symbol for those who died.

In Roman mythology the red poppy was a symbol of death, dedicated to Somnus, the god of sleep. For hundreds of years the flower was associated with the battlefields of Europe, especially Flanders, where it grows prolifically. Many people believe the red flowers symbolize the blood of those who died.

In 1693 William of Orange fought the battle of Landen. For months after the battle, the ground was strewn with the remains of men and horses. The next summer the soil broke forth into millions of poppies. Travelers who saw the vast sheet of scarlet believed that the earth was refusing to cover the stain of blood.

Canadian John McCrae brought the poppy to the attention of the world with his poem *In Flanders Fields*, published in 1915.



Let us give thanks

As we gather with our families and friends for Thanksgiving Day, we share a tradition we look forward to throughout the year. It is fitting that we observe the day as

a time to be thankful for our many blessings.

Perhaps this was a most joyful year for you. Perhaps it was not. In either case, we have had much more than the original celebrants of this day. During the winter of 1621, half of the 102 Mayflower passengers who settled in Plymouth, Massachusetts, died. The following spring, those who survived learned from native people how to plant corn and barley.

Their fall harvest was a success, and the colony held a thanksgiving celebration, inviting their Indian friends, for three days of feasting and thanksgiving. Thereafter, a specific day of thanksgiving was designated in most years.

Wednesday or Thursday were the official thanksgiving days, but usually a day of thanksgiving was celebrated more than once a year.

The Puritans were fond of offering thanks after a good harvest, the arrival of a ship, or their deliverance from an enemy.

In 1630, a public thanksgiving day was also declared for "friend-bringing and food-bearing" ships.

A midweek day was always chosen because the Puritians enjoyed feasting, festivities and prayers. They wanted the day to be distant from the Sabbath which they observed with severe simplicity.

We can be thankful in 1994, among our other blessings, that our family has enough to eat, that none of us has died for want of medicine, and that it's not necessary to wait for a ship to bring our food and friends to us.

Happy Thanksgiving Day to all.



To your health



The cold facts about colds

Modern research

Biologists have since discovered about 200 strains of viruses that cause colds. About a third are caused by rhinovirus. Some colds are caused by coronavirus, adenovirus, parainfluenza and other strains.

A winter cold is more likely to be caused by a coronavirus. Spring and fall colds are more likely to be caused by rhinovirus. Cold symptoms are actually an immune response to the virus, according to virologists at the University of Wisconsin.

Viruses enter nasal cells and begin making copies of themselves. When enough of them accumulate, the cell ruptures. Cell contents are one ingredient in nasal discharge. According to Danish researchers, the third day of a cold is the worst, or at least the greatest number of tissues is used on that day.

Prevention

Cold viruses constantly pass back and forth to children in day-care centers and school. If a child brings the virus home, however, not everyone will get sick. Those who are in good health, who have strong immune systems and who

are getting enough rest, may be fortunate enough to fight off the invaders.

Most health authorities state that the cold virus is picked up by direct contact with an object touched by a virus-laden hand. Some researchers disagree in part, saying that some virus is transmitted through the air. To be cautious, however, wash your hands frequently. Always blow, cough, or sneeze into a tissue. Then throw the tissue away so others will not be contaminated.

In 1991, the *New England Journal of Medicine* reported a study showing that people under great stress were more likely to be infected with a cold. A professor at Carnegie Mellon University in Pittsburg says this suggests that psychological stress somehow diminishes the body's ability to resist viral infection.

To prevent a cold, maintain basic good health: Eat nutritious meals, get enough rest, and get a constructive outlook on problems that create stress. It wouldn't hurt to avoid people who already have a cold.

The common cold: It afflicts people everywhere. Epidemics strike during winter in temperate latitudes and during the rainy season in the tropics.

Cold history

Centuries ago, people noticed the seasonal pattern and concluded that colds resulted from being chilled, a misconception that is still common today.

In medieval times the cold's nasal secretions were thought to trickle down from the brain. Later, they were viewed as liquid waste derived from blood trapped in the nose during cold weather.

It wasn't until the 1860s that Louis Pasteur showed that invisible germs could cause sickness. The common cold was then recognized as an infectious disease.

November is National Alzheimer's Awareness Month

New discoveries spell hope in Alzheimer treatment

Researchers all across North America believe a breakthrough in the treatment of Alzheimer's disease may be available by the year 2000.

Today about five million North Americans suffer from the neuro-

logical disorder that destroys the minds of otherwise healthy aging adults.

At Duke University, Allen D. Roses, M.D., leads research that has shown that people with a certain gene are eight times more

likely to develop Alzheimer's. This finding may lead to a test that will show a propensity toward Alzheimer's in younger people.

Other hopeful research by Harvard University's Dennis J.

(Continued on next page)



Alzheimer's (cont.)

Selkoe, M.D., involves a protein, beta amyloid, that is found in higher than normal amounts in Alzheimer's victims. Beta amyloid may cause Alzheimer's and increase because of it. Drugs to block this protein may be developed within four to six years.

Some new drugs are already providing patients with limited relief. Despite unpleasant side effects, tacrine seems to slow the progression of the disease in some patients, but not all. Another medication, selegiline, currently used in Parkinson's disease treatment, is being tested along with vitamin E as a treatment for moderately impaired patients.

Finally, Alzheimer's patients are not the only victims of the disease and attention has been focused on giving support to caregivers. Caregivers are often faced with caring for a loved one who does not remember them and can even become hostile.

Some researchers are studying common antidepressants and tranquilizers to control the more frustrating Alzheimer's symptoms like wandering, hallucinations and emotional outbursts.

Stroke: Get help fast

When you suspect that you or a family member has had a stroke, don't just call the doctor, dial 911. Many stroke sufferers arrive at the hospitals too late to receive the best treatment, an average of 10 to 24 hours, according to the National Stroke Association. Hospitals can diagnose what caused the stroke and what brain functions are affected. They can begin to arrest or reverse brain damage.

Dial 911 if you feel sudden numbness in your face, arm, or leg on one side of the body; have sudden loss or blurring of vision in

one or both eyes; experience speech difficulty; or have unexplained dizziness, unsteadiness, or falling.

Surgery may ease emphysema

An operation to remove a portion of damaged lung tissue may ease the effects of emphysema, according to Washington University School of Medicine in St. Louis. The procedure improves shortness of breath for those with severe cases.

After the surgery, most patients were able to walk and climb stairs without oxygen supplements. Surgery is reserved for those who fail to benefit from drugs, respiratory care and medical therapy.

Making a frozen gel pack

Mix 3/4 water with 1/4 rubbing alcohol. Seal in one freezer bag, then another and place in the freezer. The more alcohol you use, the softer it will be, making it gentler on injuries than an ice pack, according to the *University of California Berkeley Wellness Letter*.

Healthiest pizza topping

Pepperoni is the number one choice in pizza toppings, but it is also among the fattiest choices. *The Tufts University Diet and Nutrition Letter* offers these fat content numbers for your consideration. Based on a serving of one-quarter of a large pizza: Pepperoni, 3g(grams); sausage, 8g; bacon, 135g; salami, 5g; ham, 2g; black olive, 5g; extra cheese, 8g. Try green peppers, mushrooms, and onions for no-fat toppings.

Winter driving (cont.)

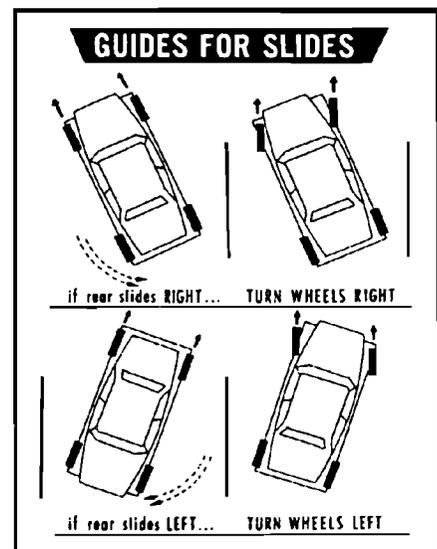
rear-wheel drive vehicles, if you overcorrect the first skid.

* Engage the gear once the vehicle is straight, apply gentle pressure to the accelerator and resume course.

Undeland added brakes also affect the way you come out of a skid. "Brakes provide the best grip just before they lock up," he said. "Squeeze the brakes until they are about to lock up, then release and repeat. This also alerts other drivers that you're slowing down."

However, he said, this braking process does not work with cars having anti-lock brakes. He advised gradual pressure as in conventional braking, but no pumping because it works against the anti-lock braking system.

Finally, know the conditions before you go. Undeland said drivers can assess road and weather conditions and plot their journey before heading out by listening to radio or television newscasts.





LeMay's Decision Enabled B-29s to Rain DESTRUCTION ON THE EMPIRE

One absolute guiding principle of the U.S. Army Air Forces was a reliance on precision strategic bombing. In Europe, the 8th Air Force, based in England, launched thousand-plane raids against oil refineries, aircraft manufacturing centers, ball-bearing plants and a host of other industrial targets. Sometimes the bombs hit civilian targets, but that was not the intention of raid planners.

The USAAF tried the same strategic philosophy in the Pacific.

The Boeing B-29 Superfortress was the only aircraft with the range to hit the home islands of Japan. At first, the United States launched raids from China. But the problems of supplying the massive bombers in China were insurmountable. Then the Marine Corps and Army took the Mariana Islands — Saipan, Tinian and Guam — in fierce fighting, which ended in August 1944.

Navy Seabees and Army engineers immediately went to work to improve existing airfields and build new ones. By October 1944, the bombing campaign from the Marianas could begin.

The first strikes were high-altitude, daylight precision attacks against Japanese industry. Results were disappointing. Planners in Washington called for a change of tactics.

Enter Maj. Gen. Curtis LeMay,

who became commander of the XXI Bomber Command in January 1945. Rather than continue targeting

strikes. His staff thought he was crazy. They believed the Japanese anti-aircraft would decimate the big bombers; LeMay countered that Japanese radar was too primitive to handle the massive strikes he

envisioned. He ordered the B-29s stripped of guns with the exception of the tail gunner positions. This enabled the bombers to carry larger bomb loads.

He put his theory to the test on the night of March 9, 1945,

against Tokyo. More than 300 bombers took off from

the Marianas

and proceeded to the capital city in loose

streams rather than

compact forma-

tions. All the

planes bombed

from under 10,000 feet. By

morning much of the city was in

ashes.

The bombers destroyed more than 250,000 buildings — nearly

25 percent of those in the city.

More than a million people were homeless. The raid killed more

than 83,000 people and injured more than 40,000.

The same fate awaited other Japanese industrial

cities. By the end of the war, 6,000 B-29 sorties dropped

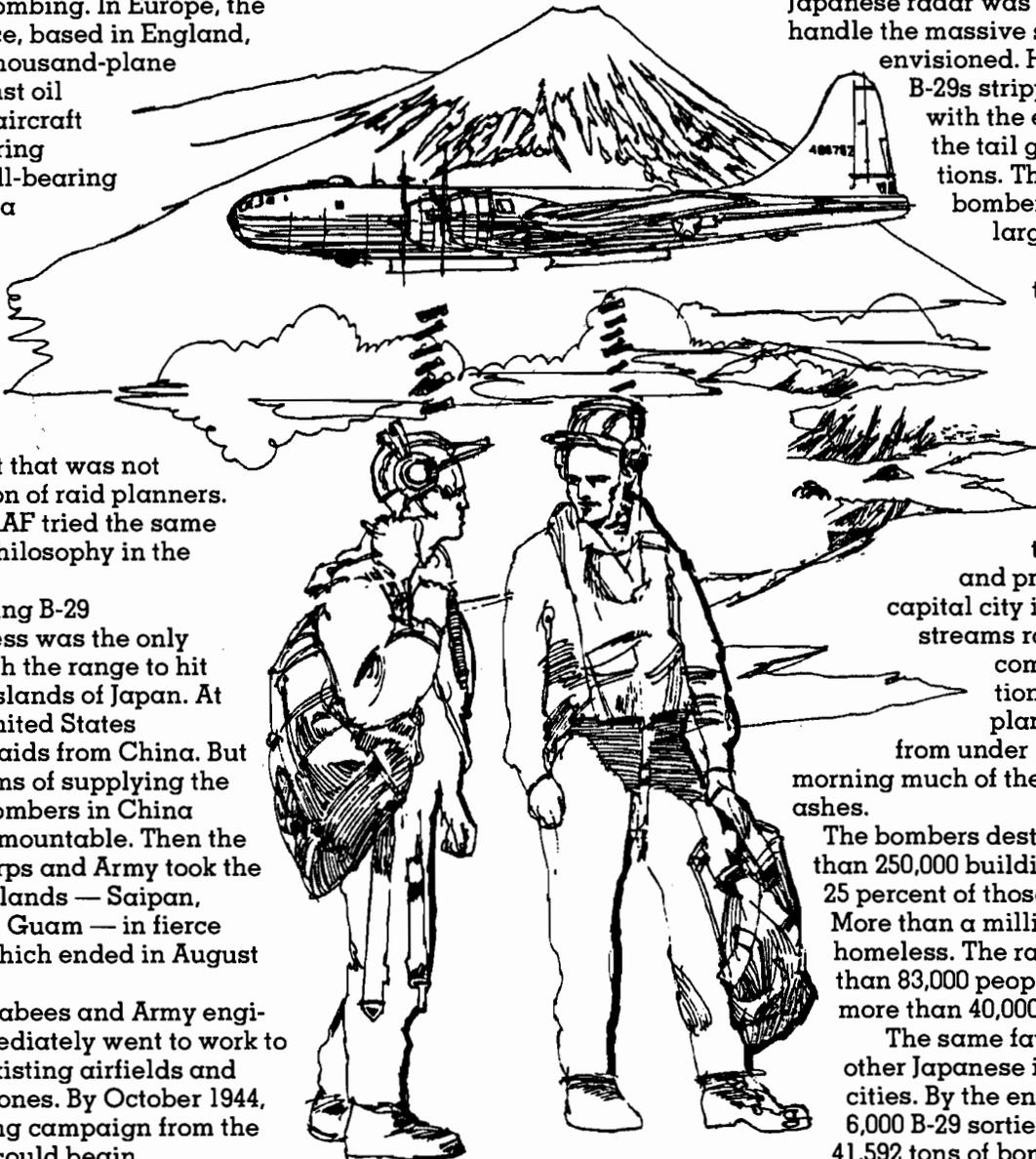
41,592 tons of bombs on Japan.

Only 136 bombers were lost. The raids crippled Japanese industry,

but also killed and injured hundreds of thousands of Japanese. This action would set the stage for

even more destructive bombing.

— American Forces Information Service



industry, he decided to go after Japanese cities.

The B-29s first experimented with high-altitude night incendiary bombing, but the six-pound bombs scattered over too wide an area. LeMay proposed low-altitude night