

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Winner 1992 Army Communities of Excellence Award

July 1995

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Recreation In the St. Louis District



A family enjoys the great out of doors at one of the many camping areas at Rend Lake.

The St. Louis District is the federal steward for more than 300,000 acres of land and water, providing flood control, water supply and quality, hydropower, navigation, fish and wildlife conservation and recreation. The Corps is the nation's leading provider of water-based recreational opportunities. Millions of people enjoy recreating on the

Mississippi and Illinois Rivers, at Carlyle, Rend and Shelbyville lakes in Illinois and Mark Twain and Wappapello lakes in Missouri. Operating and maintaining recreation facilities for more than 17 million visitors annually is an enormous task in which this district excels.

The Corps is the nation's second leading provider of outdoor recreation opportunities on less than two percent of the federal land base. Nationally, the Corps has 463 projects with recreational facilities. Although only 1.3 percent are in this district, our projects rank in the upper 25 percent for total visits. Four of our recreation areas are in the top 20 visited nation-wide. Dam West Recreation Area at Carlyle Lake is ranked number three in visitor hours.

Revenue collected from recreation use fees at our District lakes in 1994 was \$1.3 million and Lake Shelbyville ranked in the top ten for revenue collected nation-wide. The Mississippi River pool above Melvin Price Locks and Dam near Alton, Illinois, boasts one of the highest concentrations of recreational boaters on the Upper Mississippi River System.

The majority of our customers use our developed recreation areas and, therefore, a great deal of our time and money goes into managing these areas. Our management philosophy is to improve our efficiency and effectiveness in operat-

(Continued on page 6)



DP's Perspective



Jerry Barnes, DP

WHAT A YEAR! Most of you can easily relate to this statement for a variety of reasons.

- We are in the midst of a record execution year and appear to be on track for finishing with excellent performance indicators.
- More than 130 dedicated employees have left the District in the past 24 months, taking with them several thousand years of experience. Those who remain have both a legacy to live up to and the challenge of adjusting to far fewer employee resources to meet our mission. Most of these departures have not been replaced. We are clearly downsizing.
- Five division chiefs have left the District for well deserved retirement or other assignments.
- We are completing the final two contracts from the Flood of '93.
- Oh by the way, there's the matter of the Flood of '95, which stopped in long enough to make our lives even more interesting than they already were. We paused to fight the flood and are now into flood recovery.

If there is anything predictable which I can foresee, it's this: Change will be a way of life for some time to come. The best answer to these times of uncertainty is to continue with exactly what we're doing now; that is, meeting our schedules and maintaining high execution rates! When future changes come and decisions need to be made which may affect the District, the best place for us to be is at the head of the pack in execution performance. We can! I know of the long hours and personal sacrifice which many of you are making to keep execution rates high. I am asking you to continue that, not for the Commander or the DP, but for the good of St. Louis District and the Corps of Engineers.

As a final comment, Anson and I recently met with zone chiefs from the flood fight and explored ideas for future workload. We will pursue those for the District in concert with our customers. Each of you can play a part in that effort. If you have an idea for future work, let one of us hear it. The door is always open.

Regards to all.

JB



US Army Corps of Engineers
St. Louis District

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News Briefs

Emmett Hahn Manager of the Year

Mr. Emmett Hahn, Chief of the Readiness Branch in CONOPS, was named Federal Manager of the Year for medium-sized organizations by the Federal Executive Board of St. Louis.

Emmett was nominated for this award by CONOPS and the Commander based on his work during the 1993 flood.

The award was presented during a ceremony at the Airport Hilton in the presence of more than 500 representatives from federal organizations in the St. Louis area. Unfortunately, Emmett couldn't attend. He was once again tied up in flood fighting responsibilities.

Carlyle Lake:

Fishing clinic

On June 10, Carlyle Lake, in cooperation with the Illinois Department of Conservation, hosted a kids/parents fishing clinic to recognize National Fishing Week. Kids of all ages participated in the clinic, which included a fishing contest for the largest fish caught in three categories. Fishing books were given to all participants.

Armed Forces Day

The annual Armed Forces Day celebration, which had to be moved at the last minute because of high water, was still a success. With the help of the city of Keyesport, the event went on as scheduled.

Military displays included aircraft flyovers, a helicopter static display, re-enactments, the Air

Force mini-jet and static displays by local law enforcement people. Recruiters from all branches were on hand to give out information on career planning and placement.

There was also a craft fair and flea market and food concessions.

Mark Twain Lake:

Fishing day

More than 30 children and their parents enjoyed a morning of fishing at the lake on June 10. The day's fishing was provided in cooperation with the Missouri Department of Conservation Fisheries and several local businesses. MDC Fisheries provided bait and poles, while local businesses donated lunch and prizes.

Barn owls

Mark Twain Lake, in cooperation with Tyson World Bird Sanctuary, has successfully released nine barn owls. This endangered species is a nocturnal predator and is often found nesting in barns, old trees and abandoned buildings.

Cultural seminar

Mark Twain Lake, in cooperation with the Natural Resource Conservation Service, conducted a Cultural Resource Evaluation Seminar. Staff from various Corps projects and employees of the Service benefited from this training.

Rend Lake:

Environmental series

The Environmental Science Series of programming has begun. It is designed to enhance the visiting public's appreciation for the lake and its resources. Displays and activities at the Visitor Center, featur-

ing the natural history and cultural heritage of the area, are yielding positive results. Visitors are learning that Rend Lake offers a multitude of opportunities to develop new interests and skills.

Record lake level

On May 20, the lake swelled to a record level of 413.92 N.C.V.D. following a series of torrential rains in Jefferson and Franklin counties. (The average summer pool is 406.) Lake personnel remained on 24 hour alert throughout the situation. Recreational opportunities were only briefly interrupted by high water.

Black bear

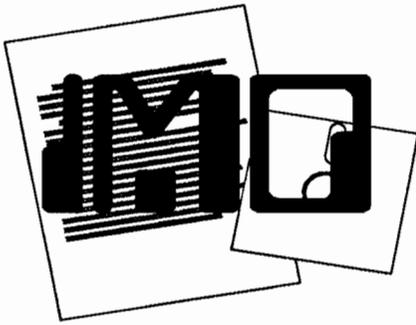
A 350 pound black bear was seen roaming the northern shoreline of the lake in June. Initial sightings were thought to be rumor, since black bears have been extinct in Illinois for years. The Illinois Department of Conservation followed up on the sightings and confirmed the existence of the bear. The bear became a TV news celebrity, shown consuming a soft drink from the hand of a fan on the six o'clock news. DOC personnel were able to tranquilize the bear and relocate it to a suitable home.

Wappapello Lake:

Flood vigil

Eight employees from Wappapello Lake were called on to patrol levees, distribute plastic and sandbags from Kaskaskia Island to Degonia/Fountain Bluff, as well as staffing the Cape Girardeau office, keeping the Corps on a 24 hour flood vigil. Employees remained on 12 hour shifts until the river fi-

(Continued on page 10)



There are some communications features on the cellular phones that could assist you in daily business.

Call waiting, three-way calling, call forwarding, message plus (cellular voice mail) are features on all our cellular phones.

Call waiting. A short tone will signal that someone else is trying to call you. Press the "SEND" key and hold it down for three seconds. Your first call will be placed on hold, while you talk to your next caller. To go back to the first caller, press "SEND" again.

Three-way calling. This is conference calling. Call your first party; after they answer, let them know you're going to call the next party. Enter the number of the second party. Press "SEND." The first party is on hold and

once you are connected to the second party press "SEND" again. This connects all three of you.

Call forwarding. Immediate call forwarding transfers all incoming calls to any other telephone number when you're away. To activate this feature, dial *72 + the number where you want your calls sent + "SEND." You will hear a short confirmation tone. To deactivate, dial *720 + "SEND."

Conditional call forwarding directs all incoming calls to another phone number when your line is busy. To activate this feature dial *68 "SEND" + the number where you want your calls sent + "SEND." You will hear a short confirmation tone. To deactivate, dial *680 + "SEND."

Message Plus (cellular voice mail). Dial your seven digit cellular number and press "SEND." When you hear the recording, interrupt it by pressing #. Then enter your password. Press 1 to review your messages. At the end of each message, press 7 to delete it, press 8 to save it, or press * to disconnect at any time.

Also, emergency lines and reporting lines are free calls.
911 - Emergency Assistance; 311 - St. Louis (Direct Line); 511 - Illi-

nois (Direct Line); *55 - Missouri State Highway Patrol; *COP - (Cellular On Patrol) reporting crime and suspicious activity; *RPT - Traffic Reporting; *FYI - Cellular Information (free) - how to roam, how to use features on the phone and questions/answers; 611 - Customer Service (free).

Also, information services are another feature of your cellular phones. When using these services YOU PAY AIRTIME CHARGES FOR EVERY MINUTE YOU USE! While these services are not applicable to government business (sports, theaters), they could be just that personal feature you need on the weekend and can access from your personal cellular phone.

*123 - news, weather, sports and traffic; *PTC - Personal Traffic Consultant (if you're traveling in the area, they will give you the best route to your destination); *CINE - Wehrenberg Theaters, Cine' Central (locations and times of showings); *TWA - for TWA airline reservations and specific flight information.

For additional cellular information, contact the Telecommunications Office, IM-I at 331-8679.

Wetlands conservation award

The Heartland Gobblers Chapter of the National Wild Turkey Federation, who's president is our own Wappapello Lake Project Manager, Mike McClendon, is this year's runnerup for the Regional Group Award of the U.S. Fish and Wildlife Service's National Wetlands Conservation Award to the private sector.

The Heartland Gobblers Chapter was selected because of its cooperative bottomland hardwood restoration program with Mingo

National Wildlife Refuge and the Missouri Department of Conservation. According to the Fish and Wildlife Service, the award demonstrates the unique partnership that exists between the Heartland Gobblers Chapter, the Service, the State of Missouri and local agencies and organizations.

The award was presented on July 1st during the official First Day of Sale ceremony for the 1995-96 Federal Migratory Waterfowl Stamp held in Bloomington, Minnesota.

Federal Executive Board Team award

The CASU Cost-Per-Copy Team has won a Federal Executive Board Award in the Team Performance Category.

CASU provides 18 agencies in St. Louis with more than 100 copiers under the CASU Cost-Per-Copy contract. The previous contract expired at the end of FY94. To better meet customer needs and address new requirements, the CASU



The St. Louis District owns or leases from GSA or commercial vendors 248 vehicles of various types. We are lucky to have these vehicles and should do everything possible to maintain and use them to the best of our abilities.

One way to do this is to pay attention to the mileage figures to ensure that the proper preventive maintenance checks are done when needed. It is also important for our utilization rate, which USACE receives every quarter, to show on the trip tick-

ets the day(s) the vehicle was down for maintenance. When a vehicle is in a maintenance status and it is not annotated as such, those days are not accounted for and, therefore, are shown as idle days that decrease our (your) utilization rate.

A second way to help maintain our vehicles is to make sure the vehicles are properly secured when leaving them, i.e., rolling up all windows, turning off all lights and locking all doors.

The parking area for vehicles at the RAY Building is more crowded than normal since the closing of the parking lot on 13th street, not only for the Corps, but for all tenants of this building. Please park only in those spaces leased by the Corps for our use. Parking in someone else's space could cause the vehicle to be ticketed or towed, which would be the driver's responsibility. Additional information concerning parking will be disseminated in the near future.

Kaskaskia L&D still hangin' in

Once again the summer boating season on the Kaskaskia River has been delayed because of high water. Memorial Day saw the Kaskaskia River Lock with several feet of water covering the walls and around-the-clock crews trying to keep ahead of the rising water.

Having learned from past experience, the staff at Kaskaskia River Lock and Dam were better prepared this year. The aluminum bulkheads worked just fine. There was time to design and produce them. All that was needed was enough man power and equipment to man-handle everything into place.

The crew at Kaskaskia River Lock and Dam wishes to express their warmest thanks to all the individuals who so generously helped during this most recent flood.

At least the worst seems over - for now. The staff is starting to look forward to going back into operation and seeing some of the thousands of boaters that annually use the lock on this scenic little waterway.

The crew at Kaskaskia River Lock and Dam consists of: Gary Buckholtz, Richard Stubits, Steve Deterding, Mark Griffith, Joe Hobbs, Phil Skaggs, Bob Lockhart, Wanda Steen, Jim Deterding and Wendy Schlueter.

The extra help that came to the lock consisted of: Welly Joggerst, Red Mezo, Mike Kuntz, Jerry McClintock, Bruce Douglas, Gary Pollman, Cory Reiter and Myron Spencer. They were all a big help and we thank each and every one.

Team award (cont.)

formed a team composed of CASU staff and CPC customers to obtain recommendations regarding the equipment and services to be included in the new contract and prepare a statement of work.

The CASU customer team served as the technical evaluation panel and spent many hours evaluating bid proposals to decide which contractor best met the requirements of the contract and the customers.

With the hard work and team effort of the technical evaluation panel, the new contract was awarded to Minolta Corporation, and all copiers were delivered and installed during the last two weeks of December.

Our first CPC contract saved our customers more than \$900,000 over the term of the contract. Through this outstanding team effort we look forward to future savings coupled with higher quality service. This is a true example of customer participation at the highest level.

The team was comprised of Sharon Leeker, Corps of Engineers, Wendell Jackson and Merry Long, Second Coast Guard District, Velva Swindel, Defense Contract Management Area Office, Marilyn Setser, IRS, Rose Dowgiallo, Systems Integration & Management Activity, and Cathy Jaeger and Karen Blum, CASU.



Recreation (cont.)

ing and maintaining our recreational facilities. We begin by focusing on our customers' needs. Customer input assists us in making sound management decisions which can reduce our overall cost per visitor while improving customer service.

Providing safe and enjoyable recreation facilities for our customers is a major goal. This involves maintaining an array of facilities which include an estimated 2,045 campsites, 736 picnic sites, 80 boat

launch ramps, 17 beaches, 148 miles of roads, 52 shower buildings, 82 lift stations, 68 vault comfort stations, 12 sewage treatment plants and 56 picnic shelters. There are more than 60 miles of trails in the District, which include hiking, biking, nature, backpacking and equestrian trails. Three at Wappapello and two at Shelbyville are designated as part of the National Recreation Trails System.

Through interpretive programs and publications, we encourage our

visitors to develop a better understanding and appreciation of Corps missions and their natural and cultural resources. Once they begin to appreciate these resources, they can become better stewards while they are recreating on their public lands and waters and, in turn, reduce management costs.

The St. Louis District receives many phone calls and letters from our customers complimenting us on our outstanding recreational facilities.

Recreation linked to happiness

According to a Recreation Roundtable/Roper Starch worldwide survey, people who participate in outdoor recreation regularly are more likely to be satisfied with their lives than others. The Recreation Roundtable is a group of 25 leading recreational executives who seek to promote high quality, readily available recreation opportunities in America. They conducted the door-to-door survey of 2,000 adults in April 1994.

The survey revealed that two-thirds of Americans participate in outdoor recreation every year and half do so at least every month. Survey participants indicated that the main motivator is fun, followed by relaxation, health and exercise, family togetherness and stress reduction. They reported their top recreational activities as pleasure driving, swimming, fishing, camping and bicycling. Gender differences were revealed regarding favorite recreational activities. Among men, fishing was the overwhelming favorite, while swimming was the main preference of women. Regional differences were also evident.

Francis Pandolfi, Vice-Chair-

man of the Recreation Roundtable and President of Times Mirror Magazines, finds the results of the survey encouraging. He states that "the American public associates recreation with three great issues of the 1990s: family, the environment and health." He continues, "We know that people who participate in recreation often and those who were raised in families where recreation was an important element are

camping, play courts, hiking, play fields and hunting. The scenic lakes, as well as the Great River Road, provide a beautiful view for walkers, sightseers and motorists. Picnic shelters and playgrounds are popular attractions throughout the summer, especially for family reunions and company gatherings.

In cooperation with the Missouri and Illinois State Departments of Conservation, the Corps

"We know that people who participate in recreation often, and those who were raised in families where recreation was an important element, are happier with their lives than the public at large."

happier with their lives than the public at large." The data shows that outdoor recreation contributes significantly to a sound environment, strengthened families and improved personal health.

The St. Louis District projects offer many recreational opportunities. On the water, there is fishing, boating, water skiing, tubing, hunting and swimming. On land, there are opportunities for bicycling,

keeps the lakes stocked with a diversity of fish species. Carlyle Lake tailwater is recognized as the most productive fishing area in Illinois with 3,260 pounds of fish per acre taken annually.

With the weather warming up, now is the perfect time to take advantage of the many recreational opportunities in the St. Louis District.



Myths about park rangers

Corps park rangers have visitors tell them on a regular basis that they would just love to have their job and be outdoors all the time. Anyone who is a park ranger, realizes that the responsibilities go far beyond the suspected "tree hugging." If you ever thought that a career as a Corps park ranger might interest you or someone you know, you need to be aware of a few things.

MYTH #1 - Park rangers spend all their time in the great outdoors. Most rangers have specialized training and an appreciation for their environment, however, the actual time spent outdoors decreases considerably the higher you go up the career ladder.

MYTH #2 - Park rangers fight fires and rescue animals. Controlled burning is used as a resource management tool in many areas for succession control. The animal rescue image obviously has its origins with the Smokey Bear story. Rehabilitating injured wildlife or raising wild animals requires special permits and the Corps works in cooperation with organizations such as the World Bird Sanctuary who do this full time.

MYTH #3 - Park rangers are cops. The visitor assistance or patrolling ranger responsibilities go far beyond driving around in campgrounds looking for regulation violations. They are responsible for protecting the resources, protecting people from the environment and the people from each other. Their major responsibility is operating recreation areas on public lands, which includes coordinat-

ing permits, reservations, gate attendants and working with various law enforcement agencies.

MYTH #4 - Park rangers just give "bird and bunny" programs. The interpretive park ranger's role is to use interpretive techniques to achieve management objectives, improve visitor safety, promote the Corps and encourage stewardship of public lands and waters. Interpretation is a specialized form of communication that goes beyond relating facts, figures and information. It involves the listener in the learning process and provokes them to want to know more. Responsibilities of the interpretive ranger include coordinating publications, public relations, special events, water safety, tourism, travel shows and visitor centers.

MYTH #5 - Park rangers spend all their time doing recreational activities, i.e. hunting, fishing, etc. Rangers are responsible for managing contracts to maintain the multitude of recreational facilities. With

the vast resources on public lands and waters, rangers are involved in managing boundaries, food plots for wildlife, nesting structures, lakeshore use permits, agricultural leases, ponds, fisheries and historical properties.

We are fortunate in the St. Louis District to have a highly skilled work force of park rangers as well as maintenance personnel. Skills that rangers need include oral and written communications skills and computer skills. Science related degrees are helpful, however, rangers come from a variety of educational backgrounds. Some of these areas of study include parks and recreation management, forestry, wildlife management, agriculture, biology, fisheries and environmental science. The variety of educational backgrounds and experiences of our park rangers combine to form a diversified work force united in their dedication to customer service and stewardship of public natural resources.



A park ranger at Mark Twain Lake teaches water safety to a family on the beach at John F. Spalding recreation area.



600,000 jobs!

The direct and indirect effects of the economic activity created by recreational visitors and tourists visiting Corps of Engineers lakes result in more than 600,000 full and part-time jobs with an average salary of \$18,300. In 1991 recreating visitors to Corps' lakes spent more than \$10 billion, which resulted in \$12.4 billion in employee income.

Here are more interesting economic effects of the Corps' outdoor recreation program:

The above figures represent 0.4 percent of non-federal employee income and 0.5 percent of jobs in the U.S.

The Corps' recreation program expends less than \$300 per job created.

The Corps has the second largest federal recreation program, with more than 380 million annual visits, second to the Forest Service and well ahead of the National Park Service.

The Corps has more than seven million surface acres of water and 4.5 million acres of land located in 43 states.

The Corps has 4,400 recreation areas at 463 projects.

More than 25 million people (10 percent of the nation's population) visit Corps projects at least once each year.

On two percent of the nation's federal land base, the Corps hosts almost 30 percent of the recreation/tourism occurring on federal lands, using 8.7 percent of the funds expended for recreational resources by federal agencies.

The Corps is the leader in partnerships providing recreation with 43 percent of the 4,400 recreation

areas managed by others.

The majority of the Corps resources are located east of the Rockies, where the majority (79 percent) of the population resides.

Eighty percent of Corps lakes are within an hour's drive of an urban area.

Almost 83,000 Americans volunteered their time at Corps lakes last year helping clean up lake shores, plant trees, maintain trails and doing a variety of other worthwhile tasks.

Murrell leads local bike group

by Suzi Reinkemeyer, PM-M

Tom Murrell, of the Project Management Branch, DERP/OEW Team, heads a Tuesday Night Fitness Ride in the Kirkwood, Missouri area. About 35 people - beginners, intermediates and advanced riders - get together for a ride that usually lasts about an hour and a half, then afterward meet for tacos at a local restaurant.

(Continued on next page)

Economics of wildlife oriented recreation

The following information is based on the U.S. Fish and Wildlife Service 1991 National Survey of Fishing, Hunting and Wildlife-Associated Recreation.

More than half of all adults (16 years old and older) in the United States participate in wildlife oriented recreation. That equals 98 million Americans who hunt, fish, birdwatch, watch wildlife, or photograph wildlife. These recreational activities pump \$59.5 billion into the nation's economy each year. That is equal to about one percent of the Gross National Product.

The survey showed that 34.8 million people went fishing in 1991 and spent a total of \$25.3 billion on trip-related costs, equipment and other items. These anglers spent on the average \$14.50 per float. More than 30 million fishermen went freshwater fishing, while 8.7 went saltwater fishing.

Nearly 14 million hunters averaged 17 days afield in 1991, spending \$12.3 billion on their activities.

The average dollar amount spent per hunter was \$900. Almost 11 million hunters used 128 million days seeking big game such as deer and elk. Another 7.5 million pursued small game, including squirrel and rabbits, for 76 million days. Three million migratory bird hunters spent 22 million days afield for doves, woodcock, ducks and geese. Another 1.4 million spent 19 million days hunting raccoons, woodchucks and other game species.

More than 76 million adults enjoyed non-consumptive wildlife recreation such as observing, feeding and photographing wildlife. About 30 million people (or 39 percent) made trips away from home, spending money on trip-related expenses, to participate in these activities. The survey disclosed that more than 65 million people feed birds and other wildlife at their homes. Nearly 55 million were wildlife watchers and 17 million photographed wildlife for recreational purposes.



Lockman saves deckhand at Locks 27

A shift leader on duty at Mississippi River Locks 27 on the Chain of Rocks Canal at Granite City, Illinois, just north of St. Louis, is credited with saving a deckhand's life.

On Thursday morning, May 4th, it was raining at the locks. The Motor Vessel Sarah Elizabeth had just entered the main lock chamber southbound. Deckhand Brad Harper was securing a stern line to a floating mooring bitt when he slipped and fell backward off the barge and into the water between the lockwall and the barge.

Shift leader Dennis Dunn was on duty at the time and saw what was happening. He called the captain of the tow, who had not seen the man go overboard, but it was too late to stop the barge, which was still moving toward the lockwall, from crushing Harper between the two.

"I just happened to be looking out the window at the mirror that lets me see down the lock wall at the right time," Dunn said. "I ran as fast as I could. I knew the only chance he had was to get a safety block in the water."

Safety blocks are located at intervals along the lockwall for just that purpose. These blocks are

made of heavy gauge aluminum, are about two feet square and weigh about 40 pounds.

Dunn ran for the block nearest the spot where the man had gone overboard. He picked it up and



Dennis Dunn inspects the damaged safety block he threw to save Brad Harper.

threw it over the side to prevent the barge from crushing Harper again. He then called the lockmaster, who called an ambulance.

"I thought he was gone, when I got there," Dunn said. "But he came back up."

Some of the crew of the Sarah Elizabeth pulled Harper out of the

water and onto the deck of the barge.

"It might have been better to leave him in the water, float him to the walkway bridge and bring it up under him," Dunn said. "But your first instinct is to get the man out of the water."

Lock personnel used a work flat to transfer him onto the lowered walkway bridge that goes across the lock chamber. The bridge was raised to ground level so the ambulance crew could get to Harper.

"It's just luck he fell off on the landside," Dunn said. "If he had fallen over on the other side, there's nothing we could have done in time."

Harper was taken to St. Elizabeth Medical Center in Granite City, Illinois, then transferred by air to St. Louis University Hospital in St. Louis, where he remained in critical condition for 20 days. He was upgraded to serious condition on May 24th, to fair condition on May 26th and discharged from the hospital on June 1st. Thanks to Dennis Dunn's quick thinking and action, Brad Harper has another chance at life.

Murrell (cont.)

Tom has been riding bikes as a fitness hobby for many years, but got serious about it while he was in the Army stationed at Fort McClellan, Alabama. He bought and rode the touring bike he has now in Germany and estimates it has over 2,000 miles on it.

Tom rides on regional rides in Missouri and Illinois and belongs to the Bicycle Fan Club which meets and tours on weekends. He wears padded shorts for comfort

and a white T-shirt and helmet for safety. Tom says he feels biking is easier on his knees than running.

Tom has set a goal of doing what is called a "century," which is similar to a marathon in running. A "century" consists of doing a 100 mile ride in one day. He hopes to achieve his goal by the end of the summer 1995.

Tom and his wife, Amy, and son, six-year-old Patrick, live in West St. Louis County.



Tom poses with his trusty touring bike before a ride.



District wins another Design Achievement Award

The river engineers of the St. Louis District have done it again. One of our projects has been selected for another Federal Design Achievement Award presented by the National Endowment for the Arts. In 1992 the District won a Federal Design Achievement Award and a Presidential Award for Design Excellence for its Bendway Weirs project.

Our latest award winner is our Environmental River Engineering project, which was selected from 420 entries from 75 government agencies and is one of only 77 projects to receive the National Endowment for the Arts' highest honor in design.

Col. Suermann, accompanied by river engineers from the Potamology Section, received the award on 8 June in Golden, Colorado. The award was presented by the Honorable Jane Alexander, Chairman of the National Endowment for the Arts.

The design goal of our Environmental River Engineering project has been and continues to be to obtain and maintain a safe and dependable navigation channel in an environmentally sensitive manner. This project began more than 20 years ago. The project seeks to improve the riverine environment by creating more biological diversity. To accomplish this goal our river engineers have developed many innovations to traditional river structures such as notched dikes and chevron dikes.

The Environmental River Engineering Project sets a standard that proves a healthy environment can be restored, preserved and enhanced without negatively impacting other important uses of the river. Biologists and engineers can work together to accomplish mutual goals for everyone's benefit.

The project will now go on to compete for the nation's highest design award, the Presidential Award for Design Excellence.

News Briefs (cont.)

nally crested. Working with Geotech personnel from St. Louis, these employees ensured the stability of the levees and the safety of the residents.

Miscellaneous:

Build America award

J.S. Alberici Construction Co. Inc., has won a Build America Award for construction of the final phase of the Melvin Price Locks and Dam. These awards, presented by the Associated General Contractors of America, are considered the "Oscars" of the construction industry. Only eight Build America Awards were presented nationally.

Quote of the month

When one finds himself in a hole of his own making, it is a good time to examine the quality of workmanship.

Jon Remmerde in
The Christian Science Monitor

Picnic reset for new park on July 14th

As most of you know, because of the flooding problems the District picnic has been postponed. The new date set is July 14 and the new location is Bellefontaine Park in north St. Louis County.

The same events will be held: Bingo, Soda Poker, Volleyball, Water Balloon Toss and Pony Rides (For 2-8 year olds. Height and weight will be a factor.). Also, a Hummer vehicle will be on display.

Catering will be provided. The CAC will be subsidizing more than half the cost of the catering. The menu will include both hamburgers and pork steaks and four side orders (American potato salad, baked beans, corn on the cob and cole slaw) with rolls and butter.

The cost will be \$3 per person. Soda will be sold separately. Alcoholic beverages will be allowed, but not sold.

Lunch tickets will go on sale Friday, June 16. Tickets will be sold by: Linda Wichlan at 8421, Janet Ulivi at 8288, Ida Morris at 8731, Carol Sanford at 8578 and Russ Elliott at 8644. Ticket sales will close July 11. Lunch tickets WILL NOT be sold at the park.

Colonel Suermann or LTC Jones will speak to all those assembled about mid morning and cash attendance prizes will be given out. Lunch will follow soon after.

We will have cake in honor of the 220th birthday of the Army Corps of Engineers either before or after lunch.

There will be a softball tournament this year. Unfortunately we will not be able to coordinate the tournament with other picnic events. However, we will try to accommodate the softball tournament's schedule as much as possible.

A detailed schedule of events and times, as well as directions to the park, will be distributed as soon as possible.

We do need volunteers to help with some of the events and other picnic details. We will try to make your services short and as easy as possible. If you are interested in volunteering, please send Jesse Sanders an E-mail or contact him at 331-8260.



United Nations celebrates 50th anniversary

by Linda D. Kozaryn
American Forces Information Service

Fifty years ago the United Nations was conceived in the ashes of World War II. In the aftermath of the horror and devastation, world leaders knew they needed to band together for peace and security.

"It was not enough after World War II to say that the enemy had been vanquished - that what we were against had failed," said Madeleine Albright, U.S. ambassador to the United Nations, during a recent speech to the U.N. Business Council in New York. "The generation that defeated Hitler was determined to build a foundation of peace, law and dignity that would last and that would never again allow society to descend to such depths.

"They vowed to save future generations from the scourge of war. And they recognized that in the atomic age people would have to learn to live together or they would not live at all."

The victorious allies, vowing "to work together, with other free peoples, both in war and peace," signed the Inter-Allied Declaration on June 12, 1941.

Two months later, President Franklin D. Roosevelt and British Prime Minister Winston Churchill proposed a set of principles for international collaboration that became known as the Atlantic Charter. After American entry into World War II Roosevelt coined the phrase "united nations" during meetings with Churchill in Washington. Twenty-six nations signed the Declaration by United Nations January 1, 1942, proclaiming their support for the Atlantic Charter.

During 1943 and 1944 the Union of Soviet Socialist Republics, the United Kingdom, the United States and China agreed on the aims, structure and functioning of a world organization. Roosevelt, Churchill and Soviet Premier Joseph Stalin declared their resolve to establish an organization to maintain peace and security.

Delegates of 50 nations met in San Francisco in April 1945 to formally establish an international organization. They signed The United Nations Charter June 26, 1945.

President Bill Clinton is scheduled to participate in ceremonies in San Francisco on June 26, 1995, commemorating the 50th anniversary of the charter's signing.

Albright, U.N. colleagues from 185 member nations and dignitaries present at the original signing will also participate.

Since its inception the United Nations has served as a peacekeeper, mediator, inspector, adviser, standard setter and source of lifesaving relief, Albright said. "It is a living institution, which has meant the difference between life and death for millions of children saved from disease, refugees from starvation, and civilians from the ravages of war."

U.N. agencies and officials have been awarded the Nobel Peace Prize 11 times. "The United Nations has served our nation well over the last 50 years," said Ambassador David Birenbaum, U.S. representative for management and reform, at a New York anniversary ceremony.

"Since 1945 the U.N. has negotiated more than 170 peaceful settlements. From Korea to Iraq, the United Nations has been called upon - under U.S. leadership - to turn back brutal aggression," Birenbaum said. "It has led the world in bringing about the independence of 80 countries which are now members of the United Nations, literally transforming the map of the world."

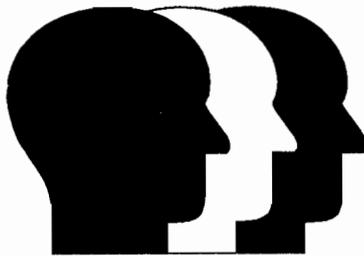


The U.N. Secretariat Building lights up in commemoration of its 50th anniversary.

Libraries change lives

The slogan "Libraries Change Lives" provided a fine theme for National Library Week recently. The CASU Information & Library Services' staff asked users to contribute 50 word essays on the theme. The winners were selected with blind balloting by three

(Continued on page 12)



EEO matters

By Jean Stephens, EEO Officer

Occasionally I will be submitting excerpts from various news articles that come into my office that may be of interest to you. Most will be of a general nature, but some may cite actual EEO discrimination complaint cases that will perhaps give some insight as to what is happening in the EEO arena. Again, I ask that you please provide me some feedback if there is anything in particular you would like to see in this column.

Bias Claim Settlements Cost Government \$87 Million. Federal agencies paid more than \$87.4 million to settle job discrimination suits in fiscal years 1989 to 1994, new research from the U.S. General Accounting Office (GAO) shows.

Federal agencies spent about \$30 million, directly or through the Judgement Fund, in fiscal years 1993 and 1994, according to the GAO fact sheet on employment discrimination costs. Most money went to back pay owed federal employees, but more than \$30 million in five years also funded attorneys' fees and costs.

Payments from the Judgement Fund, which provides a permanent appropriation to pay settlements and judgements against the federal government, totaled almost \$40 million in fiscal years 1989-94. Direct agency payments accounted for almost \$48 million, with about \$33 million being back pay and \$14 million being attorneys' fees and costs.

GAO prepared the report in response to a request from Senator John Glenn (D-Ohio), the former chairman of the Senate Committee on Government Affairs. Glen had asked GAO to update data on bias settlement costs.

WOMEN IN AMERICA: A list of firsts

1916 Jeanette Rankin, a Montana Republican, becomes the first woman elected to the U.S. House of Representatives. She is the only member of Congress to vote against U.S. entry into World War II.

1916 Margaret Sanger, an early advocate of women's right to prevent unwanted pregnancies, opens a birth control clinic in New York City.

1920 The U.S. Department of La-

bor creates the Women's Bureau, which works to broaden employment opportunities for women and to reduce discrimination against female employees.

1923 Feminist Alice Paul writes the first Equal Rights Amendment (ERA) and manages to have it introduced in Congress.

1931 Jane Addams becomes the first American woman to receive a Nobel Prize. Addams, a social worker and reformer, is awarded the Nobel Prize for Peace.

1932 Hattie Wyatt Caraway, an Arkansas Democrat, becomes the first woman elected to the U.S. Senate. Later, she becomes the first woman to preside over Senate sessions.

1932 Amelia Earhart completes a solo flight across the Atlantic Ocean.

1932 Super-athlete, Babe Didrikson, wins three gold medals in the Olympic Games and sets three world records.

NOTICE: EEO counselors **MUST** be contacted for informal counseling within 45 days of an alleged discriminatory event to be considered as filed timely. The counselors' pictures and information on how to contact them are posted in various locations throughout the building. If you are located in a remote area and this information is not posted, please call 314 331-8060 for assistance.

Libraries (cont.)

judges. Here's what the winner and runner up had to say:

I nurture the word "library" close to my heart. Libraries offer me the opportunity to acquire knowledge for success and even for just survival. From

being a poor highschool student to a professional engineer, I found a library to be my best friend and a lifesaver.

Avenant Melidor

There is a lot of discussion about having a "vision" for the future. I believe in order to have a

"vision" for the future we need to know where we are now, and in order to know where we are now we need to know where we have been. The past, the present and the future are all interconnected on the path to creating a "vision" for the
(Continued on next page)



Coming Events at the lakes

Carlyle Lake:

Sept. 23	Conservation Day
Oct. 20&21	Haunted Trail
Dec. 1	Christmas Tree Lighting

Lake Shelbyville:

July 9	Visit With Lincoln
July 21-23	Aqua-Fest '95
July 28-30	25th Anniversary Celebrat.
Aug. 19	Okaw Indian Festival

Rend Lake:

July 8-9	Boat Races
Aug. 5	Beach Blast '95
Sept. 16	Rend Lake Cleanup
Sept. TBA	Children's Arts Festival

Environmental Science Series Programs (workshops, seminars and field trips on weekends) and Summer Sunset Series Programs (entertainment programs on Saturday evenings) run weekends from June 3 through Sept. 2.

Mark Twain Lake:

July 15-16	Primitive Artifacts
Aug. 12-13	Salt River Folklife Festival
Aug. 27	Outdoor Sports Event
Sept. 22	Environment Education Day
Sept. 23	Astronomical Adventure
Sept. 30	Missouri Mule Day

Wappapello Lake:

Aug. 19-20	Old Greenville Days
Dec. 14-22	Festival of Lights Auto Tour

Riverlands Area Office:

July 31 - Aug. 11	Careers in Science Program
Aug. 11 - 20	Illinois State Fair - Springfield
Aug. 14 - 18	Rivers Curriculum Training
Sept. TBA	River Cleanup Day - Adopt-A-Shoreline

Hornak pitches in NCAA championships

Christine Hornak, daughter of Milan (ED-DA) and Helen, has just completed a very distinguished college softball season. For the first time since fielding a Division I team (1987), Campbell University in North Carolina earned a berth in the 1995 NCAA Softball Championship.

Christine, a sophomore pitcher, was a major reason that Campbell gained the automatic berth. She was the winning pitcher (3-2 in 10 innings) over Florida Atlantic University in the Trans America Athletic Conference championship game played in Atlanta, Georgia. For her stellar performance, Christine was voted the MVP of the conference championship.

The next hurdle for Campbell was a playoff series with the Big South Conference champion, UNC-Greensboro, with the winner re-

ceiving the automatic berth in the NCAA championship. The teams split the first two games of their series, with Christine winning the first. In the third game, the biggest game in Campbell's history, Christine notched her 22nd win of the season by pitching a 1-hit, 3-0 over UNC-Greensboro.

Campbell eventually lost in the NAAs, but they appropriately bowed out by losing to the eventual 1995 national champion UCLA Bruins.

In only her second season of college competition, Christine has already: become the first Campbell pitcher to ever record consecutive 20-win seasons, posted the two lowest ERA totals in school history (0.80 and 1.21), and broke her own school record for strikeouts in a season (126). With her next shut-out she will break the career record

for shutouts (19) and she already ranks second in career wins (43) needing only 18 more wins to become the all-time school leader.

Libraries (cont.)

future. We can learn from those in the past and develop a "vision" for the future. With this thought in mind, the following fifty words or less are submitted:

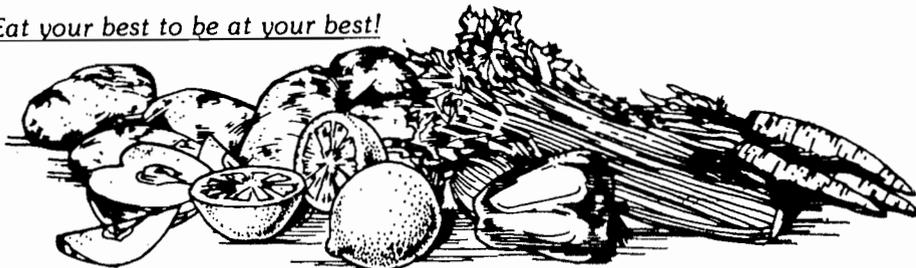
A book is the most wonderful of inventions. A person who lived hundreds of years ago can talk across "time" to us who are living today. These books of knowledge from the past have changed my life in the present and have given me a "vision" for the future!

Claude Strauser



To your health

Eat your best to be at your best!



Are you playing like a hot dog?

A few years ago a pro golfer was discussing the high cost of being "on the tour." One thing this champ didn't skimp on was his diet. His explanation: If you eat hot dogs, you'll play like a hot dog.

Busy people ignore the effects food can have on mood, thought process and energy levels. It's a known fact that what we eat affects our memory, mood and vitality long before it affects our heart and bones.

In her book *Food and Mood* (Henry Holt & Company, 1995) Elizabeth Somer, R.D. says repeated poor food choices interfere with the production and activity of nerve chemicals in the brain that regulate emotions, hunger, moods and behavior. If your diet contains too little of the B vitamins, vitamin C and minerals such as iron and magnesium, your body limits production of these important chemicals.

People who feel depressed and fatigued or who have emotional problems can often be helped by a few simple diet changes. Even if something else is responsible for the negative mood, improving nutrition will provide energy to fend off

illness and cope with problems. Here's what Somer recommends to help you think and feel your best:

Breakfast. Boost your energy for a full day by eating at least one serving of grains, one fresh fruit and a serving of a lowfat dairy food.

Eat five to six times a day. People who divide their food into several small meals and snacks are less prone to fatigue, insomnia, depression and weight gain.

Eat only one serving of sweet or creamy foods each day. Increase your intake of vegetables, fruits and grains.

Drink no more than two cups of caffeine-containing beverages per day. Caffeine contributes to fatigue, sleep and mood problems.

Drink six 8-oz. glasses of water a day. Chronic low-grade dehydration is a common cause of fatigue.

If you take in less than 2,500 calories per day, consider taking a vitamin and mineral supplement that provides at least 100 percent of the Daily Value for each nutrient. It's better to take one that can be taken in divided doses during the day.

Barefoot is OK, almost barefoot is better

Barefoot activities are safer than they may seem, according to studies by Steve Robbins and his colleagues at McGill University in Montreal.

When toughened by use, the skin of the foot is six times more resistant to pain and far more resistant to injury than skin on other parts of the body. Further, going barefoot promotes better mobility, alignment and healthier feet. But, it takes 30 minutes a day of going barefoot for three to four weeks to toughen the skin, the McGill researchers estimate.

While most people would benefit from more barefoot time, it's difficult to find a safe place to get it. The beach or your own lawn are best.

Podiatrists generally aren't much in favor of barefooting it. They feel that shoes absorb shock and protect feet from injury.

Going almost barefoot is a good compromise. Lightweight contoured sandals can support your feet and feet get more of a workout in sandals than when squeezed into shoes.

Podiatrists say the sandals are a good compromise, but caution against using them for extensive running or for hiking in rough terrain.

'Paste' to mend broken bones

"Paste" that is like the mortar between bricks could change how bone fractures are treated and help people with osteoporosis as well.

A study appearing recently in *Science* shows that a biomaterial called Norian SRS tricks new bone cells into growing in around it. It is injected into fractures with a syringe.

In about 10 minutes, it becomes an internal cast. In 12 hours, it is as strong as the bone itself. The paste disappears as living bone cells grow and replace it.



Retiree Review

by the Retiree Correspondent

Twenty four retirees attended our monthly luncheon on June 15.

We were very pleasantly surprised to have Clyde Wilkes with us. He was on a nostalgic trip - having attended his fortieth high school reunion and then our luncheon. He had some interesting pictures of his wife, grandson and dog and his home and surroundings. He has been working very hard and the fruits of his labor are showing. Hope he doesn't wait another four years for another attendance. We miss you, Clyde.

Or Senior Retiree Present was Bob Maxwell, who retired in 1972. Congrats, Bob.

Pete Puricelli, George Clapp and Clyde Wilkes were the story tellers for the day.

Roger and Linda Cuddeback were back with us after playing hooky for several months. We miss you so, so try to attend more often.

Remember Bill Bell? The man who gave tennis lessons. He's 89, but still sharp. Says he really enjoys his two great grandchildren. Says they're lots of fun. Keep it up, Bill.

Lafayette Kugler is now home recuperating from surgery. Says he feels good - just weak. Something finally slowed "Kug" down. Get better fast.

Kate talked to Ed Knight. He weighs 101 pounds and breathing is very difficult, but his attitude is still great. His wife has hip and back problems. Their son lives nearby, so he can do their shopping, etc. Good luck, good friends.

The LMVD Golf Tournament will be on July 13 and 14. Of course our "golfers" will be there. Good luck. Hope you win.

We're hoping the Retirees can go on a trip to Mel Price Locks and Dam this fall after it cools off. Plans

are underway. Will know more next month, so watch for details as we have them.

Kate reported that the District picnic has been postponed until July 14, so watch for later notification.

Roger brought two previous attendance record books in - beginning July 18, 1968. It's like old home week to go through those pages - many pleasant memories - such names as the Fred Drestes, Clarence Meeks, Charlie and Viola Galik, Gertrude Schleiffarth, Morey and Lucia Brady, John Brooks, Walter Billups and the Gene Shusters. Many pleasant memories of these dear friends. Morey Brady (or Frank Davis) were the originators of "Old Kate" for me back in 1946 and I've been "Old Kate" ever since. They were dear friends and I miss them. This was only the first month. There are many more as the months go by. By the way, the attendance was 26 that day.

January 20, 1972, attendees included the Newt Amos's, George Heuer, Alfred Simon, Fred Drestes, George Corcoran, Bill Ginger, Walt Billups, Bob Turina, Frank Rick, Clarence Meek, Erwin Hubeli, Al Fedder, Rusty Williams, Lowell Oheim, Ruth Krause, Virginia Dillow, Percy Moore, the Max Lamms, Walter Lawlor, Hermas McKinney and Lou Lohmes. Don't these names bring back many fond memories? I'll bring these books back next month if you'd like to walk down memory lane.

Our Pot-O-Gold went to Linda Cuddeback, Charlie Denzel, Helen Scheuermann and Mike Cullen. Congratulations.

Our next luncheon will be held at the Salad Bowl on July 20. Mark your calendar for the third Thursday of July. Be there 11 - 11:30 for a real pleasant time - good food and chit chat. Remember July 20 at the Salad Bowl. See you there.

(EDITOR'S NOTE: Yes, Ed. I remember you.)

Attacking cancer 'trigger' cells

Research on a key gene may lead to the first truly new type of cancer drug in almost four decades. Medications would act on the trigger controlling cell division and subsequently halve runaway growth. Merck & Co. and several other drug makers are racing to produce a drug specifically designed to disarm a

cancer-causing gene called "Ras." This approach to fighting cancer is expected to dominate therapy in the 21st century. Scientists unveiled new versions of the drugs at the American Association for Cancer Research meetings in Toronto in late March.



Nothing Divine About the 'Gadget'

TRINITY SHATTERS WORLDS

Trinity. It's a name Christian religions associate with divinity.

In July 1945 Trinity was among the most closely guarded secrets in the United States. It was the code name for the first test of the atomic bomb.

Since 1939 the United States had been researching a bomb. The War and Navy departments had sunk billions into the effort. The world's leading physicists — many of

del Muerto — Death Tract. Scientists placed the test bomb atop the scaffold and set the test for 4 a.m.,

July 16. Thunderstorms delayed the test until 5:30 a.m. No one

really knew what would happen. Some physicists theorized an atomic explosion would set the atmosphere on fire. Others thought it would be like a couple of carloads of dynamite exploding.

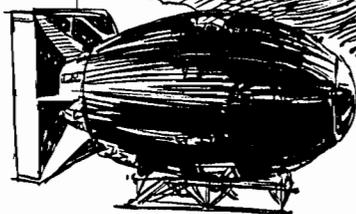
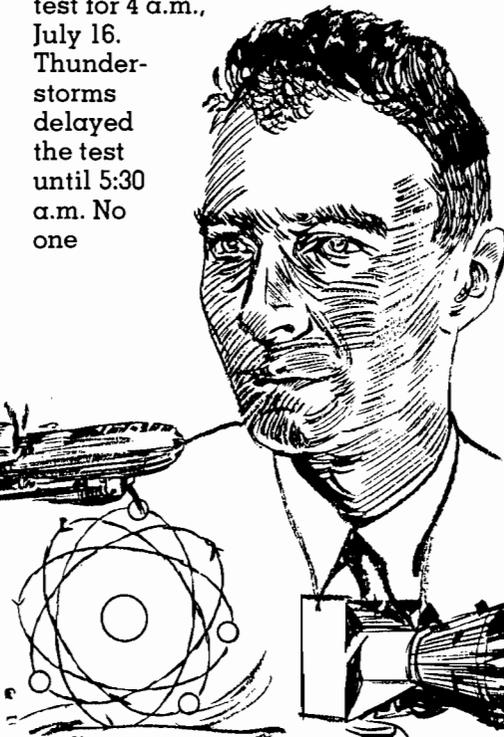
At 5:29:50 the countdown started, and 10 seconds later the world's first flash of atomic fire appeared. The bomb exploded with the force of 18,600 tons of TNT. Residents of New Mexico and western Texas were awakened by a mysterious flash and a storm wind. The metal scaffold at ground zero had turned to gas and blown away. The bomb hammered flat the area around the site and killed all plant and animal life within a mile.

whom had escaped from Hitler's Europe — worked at a former boys school in the New Mexico mountains. The laboratory at Los Alamos saw thousands of scientists and support personnel arrive in 1943. Secrecy was paramount. Residents of the lab received their mail through a post office box in Santa Fe.

Huge industrial complexes sprouted across the country, and even the people designing the plants couldn't tell what they were to be used for. The plant at Oak Ridge, Tenn., literally separated the usable isotope of uranium U-235 atom by atom from U-238. The plant at Hanford, Wash., created plutonium — a fissionable manmade element.

Design of the "gadget," as the scientists called it, took up much time and was extremely complex.

Finally the whole atomic bomb effort came down to a tower in the New Mexico desert 50 miles from Alamogordo. Natives of the area called the site Jornada



The mushroom cloud over the explosion reached 41,000 feet. The New York Times reporter William L. Laurence wrote, "One felt as though one were present at the moment of creation when God said: 'Let there be light.' " J. Robert Oppenheimer, Los Alamos lab chief, completed the religious analogy. He was reminded of two passages from the Hindu Bhagavad-Gita: "If the radiance of a thousand suns were to burst into the sky, that would be the splendor of the Mighty One" and "I am become Death, the shatterer of worlds."