ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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In this issue...

New trainee ... page 3

CFC campaign ... page 4

Nav. Study ... page 6

Explosion ... page 8

Planning ... page 10

Picnic ... pages 12&13

Life Center ... page 15

Shelby dedication ... page 15

Hispanic Heritage ... page 16

The District and the Environment

and the Planning connection

Environmental Management

With the authorization of the construction of the Melvin Price Locks and Dam, the Upper Mississipi River Basin Commission was directed to prepare a Comprehensive Master Plan for the Management of the Upper Mississippi River System. Part of the environmental management program included the construction of habitat rehabilitation and enhancement projects (EMP-HREP) along the Mississippi River from St. Paul, Minnesota, to Cairo, Illinois, and several of its major tributaries.

The main eligibility criteria for a HREP project is that it should have a direct releationship with the central problem as defined by the Master Plan, i.e., the sedimentation of backwaters and side channels of the Upper Mississippi River System (UMRS). The projects are proposed by the state agencies of Minnesota, Wisconsin, Iowa, Illinois and Missouri and the U.S. Fish and Wildlife Service. The projects are then developed by interagency planning teams and constructed by the Corps of Engineers.

The St. Louis District has completed three projects along the Mississippi River. Clarksville Refuge, located one-half mile northwest of Clarksville, Missouri, was the first project completed. Because of sedimentation, waterfowl use of the 325 acre area had declined from 50,000 ducks per day to 500 ducks per day.

The Clarksville Refuge as seen from the air.

(This article and more on Planning and the Environment continue on page 5)

Commander's Perspective

COL Thomas C. Suermann

As you read this we will be entering the final phases of Fiscal Year '95 and beginning our end of year closeout procedure. I want to thank each of you for the many sacrifices you have made this year to achieve our mission objectives, but we are not done yet. We must insure that all the appropriate reports are completed to "close the loop" on the hundreds of actions, cost transfers, personnel forms and numerous reports that will codify our successes this year and also point out some areas where we can do better in FY'96.

I also want to say thank you to the hundreds of family members - wives, husbands and children who have not had our Corps employees at home as much as they would have liked this year because of work requirements in the District, on our floating plant, at our lakes or at our locks and dams. Your family support and encouragement often go unnoticed because they are quiet or personal. However, your understanding, patience and tolerance are vitally important to those of us who work for the Corps. Your spirit is the glue that binds us, the energy that sustains us and the motivation that inspires us when the general public doesn't seem to appreciate what we do for them.

As we prepare to begin a new Fiscal Year, I ask each of you to seek ways to improve our business practices, our supply procedures, our contracting processes, our administrative systems and our individual and corporate management of dwindling resources. Share good ideas and explore innovative time saving ways of doing what you did last year. Don't assume that your supervisor has a better way of improving your mission accomplishment just because he or she has more seniority or experience. Sometimes the best ideas come from people who are closest to the issue or the problem. Try to set a goal of improving at least one thing you do or streamlining one process each quarter. If we all succeed in this we will have a year that will be remarkable and not just one that we "endured."

US Army Corps of Engineers
St. Louis District

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News Briefs

Wappapello Lake:

Barker award

The staff at Wappapello Lake would like to extend congratulations to Student Temporary Employment Program (STEP) Ranger, Diana Sue Barker, who was recently awarded the Breaking Tradition Award at Three Rivers Community College by the New Perspective program for her interest in police science. This federally funded award is presented to qualifying individuals who pursue nontraditional careers. As a mother of five, she must divide her time between family and education. Her motivation and dedication serve as an example to all.

Waterfest '95

About 500 visitors participated in Waterfest '95, an annual event held on the 4th of July holiday weekend. It is used to educate the public about the hazards associated with recreation in or on the water. The heavy use of the facilities during the holiday weekend presents the opportunity to reach more people with our water safety message. Much of the credit for the success of the event goes to the many generous partners the Corps has at the lake.

Accessibility

During May 1-3, the Wappapello Lake staff conducted accessibility training associated with the Americans with Disabilities Act (ADA). The training was conducted by Gary Robb, Director of the National Center on Accessibility, Chuck Graham, Missouri Coordinator on ADA, and Jerry Hitzhusen, Coordinator of the International & Midwest Symposiums on Therapeutic Recreation. The training was attended by staff members from all St. Louis District lake projects.

Lake Shelbyville:

New playground

A new barrier-free playground accessible to people with special needs was dedicated on July 30 at Dam West Beach. The playground was donated by various boards and associations connected with Shelby County Community Services. Col. Suermann was on hand to help cut the ribbon.

Shelbyville parade

About 200 entries in 12 categories, including a Corps of Engineers entry, made up the 25th Anniversary of Lake Shelbyville parade on July 29. The parade lasted about an hour and a half.

Fish stocking

In July and August 47,000 walleye fingerlings were released into the lake. Twenty thousand of those were raised in the Fin and Feathers Nursery Pond. The nursery pond was restocked with 60,000 large mouth bass that will be released into the lake in late September or early October.

Mark Twain Lake:

Folklife Festival

The 15th Annual Salt River Folklife Festival was held August 12 & 13 at Florida, Missouri. This event is organized by the Corps, the Department of Natural Resources and the Friends of Florida. The event featured demonstrations of 1800s living skills and crafts, music and an Old Time Medicine Show.

In spite of heat indexes of 110 degrees, 5300 visitors enjoyed the exhibits and crafts.

Miscue

ESPRIT apologizes to Park Ranger Thomas "Wayne" Williams. He was listed as Paul Boyd in the photo of 30 year award recipients in the August issue.

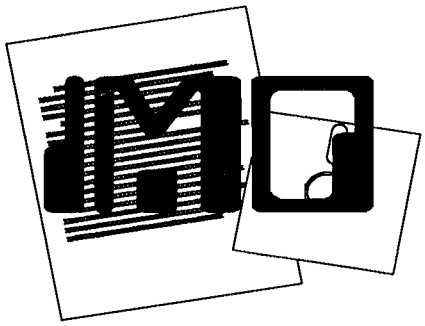
New realty trainee

Sonya M. Sellers has joined the District as a Student Career Employment Program realty trainee in the Management and Disposal Branch of the Real Estate Division.

Sonya recently graduated from St. Louis Community College at Meramec with an associate degree in Applied Science and Certificate of Specialization in Real Estate. She is currently enrolled in the School of Business Administration at the University of Missouri-St. Louis to attain a bachelor of arts degree in Management.

She has proudly served as a United States Army reservist for the past nine years and looks forward to receiving an Officer's Commission upon graduation from Officers Candidate School.

Sonya enjoys traveling, theater, reading and jogging with her pet Rottweiler Solomon.



Why was E-mail down?

There were so many corrupt databases in the E-mail system that it was deemed necessary to shut it down completely while the databases were being repaired. This ensured a clean repair.

What causes database corruption?

The Lestat file server ran out of disk space. When the disk fills up, database operations halt with transactions in incomplete states. There were partial messages in the databases, and messages which indicated they were stored in non-existent databases. The Lestat server also acts as a repository for messages going from one server to another, which explains the corruption on the other servers.

Servers have crashed because of power failures in the building. This causes the same corruption as running out of disk space.

Users turn their PCs off without exiting E-mail and logging out of the network. Same result.

Users leave their PCs on overnight, sometimes for weeks at a time, many times while still in E-mail. If there is a network interruption, or the server crashes, the user gets terminated with the same result as above.

What took so long?

There were more than 200 user databases to rebuild, each taking more than an hour. In many instances, the rebuild failed and had to be tried again.

What happened to the folders?

Rebuilding a user database loses folder information. All messages are restored at the root of the In/Out boxes. There is no way to rebuild into the folder structure. That is a limitation of the Novell GroupWise program and will never change.

Why did messages return that were deleted long ago?

Rebuilding the user database is done by examing all messages currently in the message database. If even one recipient has kept a messge, or if the sender has kept the message in his Outbox, the message is restored. Novell is working on a fix for this.

What can be done to prevent this from happening again?

As of this very moment Dell is manufacturing a bigger server to replace Lestat. It will be installed sometime before October.

Users should exit all applications when they leave their desks for lunch and at the end of the day, then logout of the network. NEVER turn the PC off without doing so.

Helpful hints:

Use the Archive feature to move messages off the network to the hard drive on your PC. This will save disk space on the network, and make sure you have access to all your messages. DO NOT Archive messages to your network account! Remote PCanywhere users: do not Archive at all. You are using one of a pool of PCs in the computer room. There is no way to know which one you are currently using, nor any way to ensure you get back to that particular PC to UnArchive. And the disks on those PCs are cleaned regularly.

Send mail only to those who should receive it. Try to avoid sending mail to $All Users.

Make sure "TDY and Vacation Automatic Reply Rules" are written correctly to avoid replying to the wrong people.

Don't include yourself as a CC:. Your E-mail account was set up to automatically place ALL your outgoing messages in your Outbox, so you don't need to send it to yourself. Check your setup to make sure.

Review your Outbox regularly for items you no longer need.

CFC campaign

On October 4th, the 1995 Combined Federal Campaign will commence with this year's theme being "The Power of One."

The CFC is the only authorized charitable fund raising drive in the federal workplace. Increasingly, federal employees are the recipients of services provided by CFC-supported agencies. As we have seen all too often this year, disasters and emergencies strike tragically and randomly. What makes these difficult times bearable is the gift of giving.

Last year, the St. Louis District achieved 94 percent of our goal, which stands as a remarkable example of this District's beneficence. Please consider showing that you care for your fellow human beings by making a generous contribution.

We will hold a kickoff rally, as well as keyworker sessions, early in October.

Gregg Kocher, Project Officer
Kathy Feld, Project Assistant

The District and the environment

Environmental Management (continued)

A levee was built inside the treeline to prevent frequent flooding. Screw gates were installed so that water levels could be regulated. During the summer, the water is drained and native plants allowed to grow and produce seed. In the fall, the area is flooded and water levels regulated to provide a food source and resting area for migrating waterfowl and other birds. No access is permitted from October 15 to the close of waterfowl season. During the rest of the year the refuge provides a good place to observe wildlife and to fish the Mississippi River.

Pharrs Island, St. Louis District's second HREP project, is located across the channel from Clarksville Refuge in pool 24. The area is a 605 acre complex of four islands of bottomland hardwood timber (197 acres) and backwater and interior wetland habitats (408 acres). The area was once prime wetland used extensively by migrating waterfowl, wintering bald eagles and other wetland species. The shallow backwater areas also provided excellent fish habitat.

Accumulating silt reduced the productivity of the wetland and filled in portions of the backwaters, reducing the amount of wetland habitat. A bull-nose dike was constructed to protect the remaining aquatic resource from the constant influx of sediments. The dike creates ideal slack water habitat for fish to spawn and mature. Woody structures will be submerged in the slack waters to provide additional cover for fish.

The Pharrs Island tract provides many recreational opportunities including waterfowl and deer hunting. The rock dike is a popular fishing site and is best reached from the Calumet Creek Access. The islands provide excellent birdwatching opportunities during all seasons of the year with spring and fall migrants and wintering bald eagles as popular quarry for birders.

The Dresser Island tract, St. Louis District's last completed HREP project, is located in pool 26 and fronts the Mississippi River for three miles. It consists of 565 acres of bottomland hardwood timber, 330 acres of backwater sloughs and 50 acres of open land. The area, once a highly productive wetland area, suffered from the same degredation caused by siltation as Pharrs Island.

A low level levee with a series of gates was constructed to retard silt deposition and allow water level manipulation within the interior sloughs. The close proximity of the Union Electric Company's Portage Des Sioux power plant, allowed the designers to create a "warm-water faucet" using the plant's cooling water discharge. The warm water can be allowed into the interior portions of Dresser Island during the winter to provide year-around fish habitat without having to do large scale dredging. Areas of the interior were excavated to provide deepwater fish habitat and the borrow used to construct the levee.

Recreational opportunities on the Dresser Island tract include hunting, fishing, birdwatching and hiking. Waterfowl hunting is permitted by a system of registration and drawings and firearms deer hunting is permitted during te December segment of the muzzleloading season. A boat ramp is available to allow fisherman access to the interior of the island. Wintering bald eagles are a popular site on the island for birders. The levee provides hikers a seven mile trek around the island.

These projects were constructed to create and/or improve habitat for waterfowl and fish while slowing down deterioration caused by sedimentation. They also provide nearby opportunities for the citizens of Missouri and Illinois to enjoy the outdoors. Each of these projects is within an hour and a half drive from downtown St. Louis. If you haven't visited these areas, you are encouraged to do so.

The District and the environment
The UMRS-IW Navigation Study

Assessing the impacts

The Corps is presently undertaking the largest feasibility study in its long history. This effort, the Upper Mississippi River System - Illinois Waterways (UMRS-IW) navigation study, is assessing the need for navigation capacity expansion at 17 locks on the upper Mississippi and Illinois Rivers and determining the environmental impacts of providing this additional locking capacity.

This study is a collaborative effort, crossing both District and Division boundaries, involving both the North Central and Lower Mississippi Valley Divisions and the St. Paul, Rock Island and St. Louis District offices. Engineers, economists and biologists from each district have been working together to propose and evaluate alternatives for capacity expansion. Together our work will culminate in a Draft Evironmental Impact Statement scheduled for completion in 1999.

From the project's beginning, the St. Louis District has played an important role in evaluating the environmental impacts of proposed capacity expansion. In 1988, an Environmental Impact Statement (EIS) was completed prior to construction of a second lock at Melvin Price Locks and Dam. This EIS identified the need to determine the impacts of increased tow traffic. Based on this need, the St. Louis District, along with other federal and state resource agencies, developed a Plan of Study which identified areas of environmental concern where existing information was lacking.

The essential elements of this document serve as the basis for the environmental studies undertaken in the UMRS-IW navigation study. At present, field and laboratory studies are underway to assess the impacts of navigation on sediment resuspension and deposition, water quality, river hydraulics, fish populations, freshwater mussels, bank erosion, backwaters and side channels, aquatic plants and recreational traffic. The St. Louis District has the lead on two of these studies, determining the impacts of increased navigation on populations of fish and freshwater mussels.

Two studies have been developed to examine the impacts of increased navigation on fishery resources of the upper Mississippi and Illinois Rivers. The first of these studies is estimating the number of young and adult fish which are directly killed through contact with passing barges. Nets placed behind passing tows will be used to collect fish. By counting the number of dead fish, should any be collected, Corps biologists will be able to estimate the number of fish which are killed per mile by one towboat and relate those results to the entire river system.

At low water temperatures many river fish require low flow habitats to survive the winter. The second fish study was developed based on concerns that passing tows, through wave and current action, kill fish by washing them from these low flow overwintering habitats. With the help of scientists at Southern Illinois University - Carbondale, field and laboratory studies have been developed to determine the relationship between tow traffic and fish displacement.

Previous work done by the St. Louis District is being used to assess the impacts of tow traffic on freshwater mussels. In 1988, a Corps monitoring program was initiated to assess the impacts of navigation traffic on the federally endangered mussel Lampsillis higgins. Since L. higgins was a rare species, other more common mussels were used. The results of this study, along with some additional laboratory work being conducted by the Corps Waterways Experiment Station in Vicksburg, Mississippi, will be used in the UMRS-IW navigation study to determine the impacts of increased barge traffic on mussels.

The results of the work being done here in the St. Louis District, coupled with the environmental work underway in the St. Paul and Rock Island districts, will increase our understanding of the interaction between the environment and navigation traffic. Understanding this interaction will allow us as an agency to better evaluate expansion alternatives, provide direction as we complete our many missions and allow us to recognize and avoid or reduce those activities which damage the environment.

Red's Landing

A North American Wetlands Conservation Act Grant project

The St. Louis District prepared a North American Wetlands Conservation Act (NAWCA) grant proposal for wetland habitat restoration at Red's Landing on the Mississippi River in Calhoun County, Illinois, in 1992 on behalf of the Illinois Department of Natural Resources (IDNR). The grant of $150,000 was awarded early in 1993, marking the first time that NAWCA funds had been approved for use on Corps land in the St. Louis District.

Other partners in this project are: IDNR, contributing $158,775; Ducks Unlimited, Inc., contributing $35,000; and Migratory Waterfowl Hunter, Inc., contributing $6,225 in cash and volunteer services. The project is located in the Upper Mississippi River/Great Lakes Joint Venture area of the North American Waterfowl Management Plan.

Red's Landing Fish and Wildlife Area is one of 13 wetland management units that comprise the Mississippi River State Fish and Wildlife Area, managed by the Illinois Department of Natural Resources. The area is located on the Illinois bank of the Mississippi River in navigation pool 25 extending upstream from river mile 250.5 through river mile 256.0, approximately five miles south of the Village of Hamburg. The property is owned by the United States Army Corp of Engineers and managed by the Illinois Department of Natural Resources under a cooperative agreement.

The area is a mosaic of open water sloughs and mast producing forested wetlands, interspersed with agricultural fields on higher ridges and soft maple, cottonwood, willow and buttonbush in lower areas, offering a wide diversity of habitat types.

Over the past two decades, waterborne siltation has had a devastating effect on the open water wetland communities, totally filling in the smaller water bodies and reducing the volume of the major sloughs. Soft flocculent bottom materials in these sloughs have smothered the naturally occurring aquatic resources and prevented any regrowth of submerged and emergent aquatic plants due to the lack of suitable rooting media. Total dewatering of the smaller areas occurs most years allowing encroachment by willow, silver maple and cottonwoods which develop mono-cultures where rich habitat diversity once existed.

The project, currently under construction, includes the construction of approximately 4,300 feet of low levee adjacent to the access road to avoid any major clearing or forest fragmentation. Cleaning of the water distribution ditch and installation and replacement of water control structures is included along with the purchase and installation of a 20,000 gpm pump to move water from the Mississippi River into the wetland complex.

Upon completion of the project, a typical annual management cycle for part of the complex would include a June/July dewatering of several smaller water bodies for moist soil production; June planting of short season corn on low lying agricultural areas or; wet conditions prevailing, a July planting of millet and buckwheat in these areas; and in mid-August, recharging of these areas to make food resources available to early migrants such as blue-winged teal and pintails.

Larger sloughs would remain flooded year around with the management emphasis on wood duck brooding and providing a foraging area for the nearby heron rookery. Wood duck houses will be installed and maintained throughout the area as part of the project by the local private organization partner.

Flooding of dry slough beds between ridges containing mast producing trees will began in early October. The initial pumping effort will be to a level 18 or more inches below the desired final elevation to take advantage of the flooded swales protected by timber for feeding and night roosting by wetland migratory birds.

The area would be filled to a finished height in late October providing access to moist soil, planted food crops and mast from pin oaks, swamp white oaks and pecans. The finished water elevation will not inundate the base of the mast producing hardwoods because they occur on natural ridges.

Dewatering of the area will be accomplished by mid-December leaving water only within the existing sloughs and old slough beds. The structures that control the perched water levels will remain open throughout the winter and spring, allowing for flood water passage and normal runoff to followestablished drainage patterns.

Red's Landing is open to the public and receives some use for hunting, fishing, picnicking and other outdoor oriented recreation. Completion of the project will result in greater use for the hunting of migratory birds. Fishing in Sand Slough, the largest permanent slough at the site, will also improve because of improved water quality and the capability to stabilize water levels.

The District and the environment

Explosions shift career paths

Little did Greg Hempen or Tom Keevin know that a project assignment would have such a profound influence on their careers when they first became involved with the explosive demolition of Locks and Dam 26.

At the time there was concern that the demolition might result in large fish kills. Greg (an engineer in the Geotechnical Branch) and Tom (an ecologist in the Environmental Planning Branch) teamed to explore the use of bubble curtains to reduce fish mortality. The bubble curtain was found to be extremely effective in reducing mortality from underwater explosions. Greg was able to use the test data and some additional data he collected in the laboratory to complete a Ph.D. degree in Geological Engineering at the University of Missouri-Rolla.

With the experience gained from the demolition project, Tom and Greg received $250,000 from the Department of Defense's LEGACY Program to develop a user-friendly computer program with users manual for environmental planners, resource managers and military facility managers to asses the environmental effects of underwater and near shore use of explosives. In addition, a handbook describing the environmental effects of underwater explosions is being prepared. The handbook reviews the literature on aquatic impacts and provides information on the potential use of mitigative strategies to reduce impacts to significant biological systems and species.

The development of the computer model required a considerable amount of original research. Explosive charges were detonated at known distances from caged aquatic organisms and explosive pressures were recorded. Tom was able to use some of the data collected during the testing program to complete a Ph.D. in Applied Ecology at the University of Illinois.

An article on the bubble curtain in the Engineer Update and word of mouth have put both Greg and Tom in demand. To date, they have provided impact analysis or developed mitigation strategies for the Tennessee Valley Authority, the Wilmington District and the Mobile District. In addition, they have given a number of published papers at conferences held by the International Society of Explosive Engineers. They have submitted three papers to scientific journals.

The teaming of St. Louis District engineering and environmental staff has brought new meaning to environmental engineering.

A whale of an explosion

A local TV news show in Oregon sent a reporter to cover the removal of a 45-foot, eight ton dead whale that washed up on the beach. The responsibility for getting rid of the carcass was placed on the Oregon State Highway Division, apparently on the theory that highways and whales are very similar in the sense that both are very large. The highway engineers hit upon the plan of blowing up the whale with dynamite. The thinking was that the whale would be blown into small pieces which would be eaten by seagulls. The TV crew captured what happened on video tape which was aired later.

The engineers moved the spectators back up the beach, put a half ton of dynamite next to the whale and set it off. The humor of the entire situation suddenly gave way to a run for survival as huge chunks of whale blubber fell everywhere. One piece caved in the roof of a car parked more than a quarter mile away. Remaining on the beach were several rotting whale sections the size of condominium units. There was no sign of the seagulls, who had probably permanently relocated to Brazil.

Editor's note: These people obviously had not read any of the data compiled by Tom and Greg.

– *Earth Notes* –

Helping wounded trees

If trees are wounded, remove injured bark with a sharp knife. Make cuts as shallow as possible. Forming an elongated ellipse is not necessary. Make all margins rounded. Do not point tips. Do not enlarge the wound. Do not paint. Do water and fertilize.

Research shows that wound dressings do not stop decay or rot, so don't apply them. Trees have been healing their own wounds effectively for over 200 million years. You can help the tree heal faster, but don't interfere with its natural healing process.

Swan Lake and the 1680 Tamaroa massacre

by Suzanne E. Harris, PD-AE

Corps construction projects are not usually affected by historic events that occurred more than 300 years ago, but this might have been the case with the Swan Lake project on the Illinois River and the massacre of at least 600 members of a now extinct Native American group.

The concern was first expressed by regional archaeologists and later in an Alton Telegraph article. The Planning Division and myself, as Swan project archaeologist, became aware that the remains/evidence of the massacre might well be in the area planned for the Swan Lake Habitat Rehabilitation and Enhancement Project (HREP). We were concerned not only with not disturbing any physical remains of those massacred centuries ago, but also with complying with the recently enacted Native American Graves Protection and Repatriation Act which governs the treatment of Indian burials.

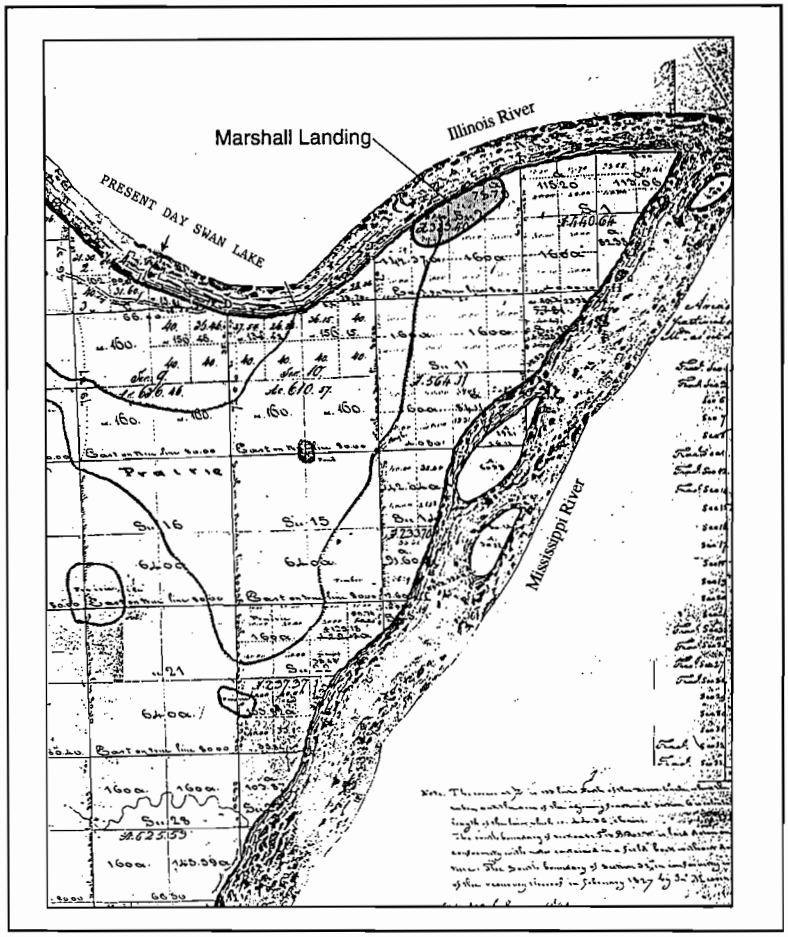
In the general vicinity of the massacre, modern Swan Lake extends from river mile 5 to 13 above the Illinois River mouth. The Swan HREP involves constructing a river side levee, three pumping stations and selective dredging of recent lake sediments, activities which could disturb the massacre or possibly other sites. The project is part of the Environmental Management Program to enhance and rehabilitate the Upper Mississippi River system. The project will improve wetland and aquatic habitats for waterfowl and fish by decreasing sedimentation and improving water level control.

When the French arrived in present day Illinois, much of the area was controlled by Native Americans of the Illinois (or Illini) Confederacy, composed of the Peoria, Cahokia, Tamaroa, Kaskaskia and Mitchagamia tribes. But by the late 1600s other Indian groups were pushing into Illinois and fighting with tribes of the Confederacy.

In 1680, Iroquois Indians made their way down the Illinois River, destroying Confederacy villages along the way. The French explorer, La Salle, leading a party down the river a few days behind the Iroquois, provided a vivid description of the destruction.

In November, 1680, at a camp just above the mouth of the Illinois River, the Iroquois massacred a Tamaroa group. A later history book, written in English by Francis Parkman, La Salle and the Discovery of the Great West described what La Salle saw:

As they drew near the mouth of the stream (Illinois River) they saw a meadow on their right, and on its farthest verge (emphasis added) several human figures, erect, yet motionless. They landed and cautiously examined the place. The long grass was trampled down and all around were strewn the relics of the hideous orgies which formed the ordinary sequel of an Iroquois



Governmenet Land Office map of Calhoun Point, showing the location of tall-grass prairie in relation to the present location of Marshall Landing.

(Continued on next page)

Massacre (continued)

victory. The figures that had been seen were the half-consumed bodies of women; bound to stakes where they had been tortured. Other sights there were, too revolting for record. All the remains were those of women and children... Once more descending the river, they soon reached its mouth.

Unfortunately the French did not tell us the exact location of the massacre, only that it was on the "farthest verge" of a meadow (prairie) near the Illinois mouth. Because the Swan HREP would be near the mouth of the Illinois River, we were concerned that construction might disturb remains of the massacre. Therefore, before beginning the archaeological survey, we looked for additional documentation on the massacre location.

Luckily, the massacre location had been researched by a former District IPA archaeologist, Neal Lopinot, while he was working on the Calhoun Point HREP. Since the French account placed the massacre on a grassy area, Neal examined the 1820s original land survey maps and notes looking for prairies near the river mouth. He found only one, extending from just above river mile 5 (and Swan Lake) downstream about a mile. Assuming that the prairie's "farthest verge" means its downstream edge, the massacre location is about a mile downstream from the Swan HREP. A county history, Calhoun is My Kingdom, by George Carpenter, supports this. The history says that decades ago, local farmers plowed up large numbers of human skeletal remains near Marshall Landing, which is about a mile downstream from Swan Lake.

Our archaeological survey for the Swan HREP did not locate any evidence of the massacre... The youngest finds were more than a thousand years old.

The District and the environment Planning: Now & then

by Francis Walton, PD-AE

A trip back to my ancestors' stomping grounds in New York proved more relevant to my work in Planning Division than I could have imagined.

Sometimes we think the past is better than the present and even the future. I am not sure there is much difference. The Black River Canal development in upstate New York in the early 1800s is a case in point.

As the Erie Canal neared completion in 1825, locals from Herkimer, Oneida, Lewis and Jefferson Counties petitioned their legislature for public aid to construct a canal from the Erie Canal at Rome, New York, to Ogdensburg on the St. Lawrence River. The vast lumber resources in the Black River region, the iron ore and other mineral resources on the western flank of the Adirondacks, the abundance of building stone and the potential increase in land values were justification for the project. One argument that was particularly important was that it would act as a feeder supplying water to the Erie Canal, especially at times of low rainfall, such as late summer or early fall. Surveys were ordered.

Were less planning studies required? Don't believe it. Although only two were ordered, three were done, apparently due to some confusion in the wording of the law. Sound familiar?

In the meantime, an act was passed forming the Black River Canal Company, which conducted their own survey. This study looked into the use of inclined planes as well as limited use of locks. This resulted in another study to compare efficiency, cost and maintenance of locks and inclined planes. The canal commissioners failed to deliver, but did come up with one later. The results were inconclusive to the commissioners, so they did not even mention it in their report to the legislature.

Did private enterprise get it done faster? Read on. Nine years after the first petitions had been received, nothing had been accomplished on the Black River Canal, but another private venture had been approved because the act of 1828 had expired.

The people of the Black River valley once again petitioned their legislature. Finally, in 1835, a new feasibility report was submitted to the legislative body. It recommended two inclined planes, 10 two-lock combines, 15 three-lock combines and 74 single locks to overcome 1,083.5 feet of elevation. It proposed a canal 40 feet by 26 feet by four feet (40 ton capacity) and 47 miles long.

Guess what? This was defeated. More petitions were filed with the senate. Finally, in 1836, the Black River Canal was brought to fruition. Apparently, the real reason for the successful vote of 1836 was the water supply this canal would deliver to the Rome summit of the Erie Canal. You just never know!

Did things happen according to plan? I don't think so. Porteus R. Root, Chief Engineer, entered upon the scene. Based on his survey report of 1837, the Black River Canal was built with dimensions measuring 42 feet by 26 feet by four feet, two feet wider than the approved

Planning (continued)

plan and with various changes to lock sequences. One hundred and nine stone locks were constructed in 35.5 miles, surmounting 1080.5 feet in elevation. The combined Erie, Champlain, Oswego and Cayuga and Senecacanals only had to overcome 1,074 feet in elevation in 483 miles. The canal was completely finished in 1861 at a cost of $3,581,954.

Did all things end well? Pretty well. The canal remained intact for a good fifty years. In 1889, a maximum 143,561 tons were shipped on the canal. In 1911, another dam was constructed and the impoundment flooded six locks and the aqueduct across the Mohawk River. Concrete locks and aqueduct were constructed to circumvent the dam.

In 1924, the canal was abandoned and faded into oblivion. The stone locks and portions of the wooden gates can still be seen along the reopened towpath trail on State Route 46 north of Rome, New York, a testament to the tenacity of the Black River Valley people of the 19th century.

The past was interesting to visit and I think I saw something I recognized there.

District wins ASCE award

The St. Louis District has won the Outstanding Civil Engineering Achievement Award from the St. Louis chapter of the American Society of Civil Engineers (ASCE) for its work in Environmental River Engineering on the Mississippi River. As the local winner the District will compete in the national ASCE competition.

Teamwork: a valuable asset

by Capt. Suzie Heard

I am fortunate to have experienced the teamwork in the St. Louis District from several positions. This opportunity gives me a better appreciation of the assitance that I receive from each office. This is the military approach to training its officers for future assignments such as deputy district commander and district commander.

My first assignment was in the Readiness Branch under Jake Scanlon. I learned the steps the District takes to prevent emergenices. Since I was assigned to the office shortly after the flood of 1993, much emphasis was placed on flood preparedness. This office coordinated the levee inspections to ensure the levee districts were maintaining the levees properly to maximize protection during a flood event.

I was involved in meetings with unprotected communities to ensure that they had a plan to minimize damage and prevent injuries. We were involved in a small flood event in April 1994. I learned the process of activating the flood fight teams and the Emergency Operations Center (EOC). The District's priority changes during the activation and the EOC becomes the focal point of the District.

I experienced the work that follows a flood event while I was assigned to project management. I was the project manager of PL99 and later the deputy for Task Force PL84-99 under Emmett Hahn and Maj. Scott Fehnel. During these assignments, I learned much about the teamwork involved in flood repairs. It is much more than just getting a contractor to do the work. Many offices played behind-the-scene roles. Without all of the players working toward a common goal, nothing would get accomplished.

Also, while I was assigned to Project Management, I worked with Jim Zerega on the Ste. Genevieve Flood Control Project. This assignment heightened my awareness of everything that is involved in getting a project from a cost beneficial idea to construction specifications and plans. It requires the project manager to coordinate with many different offices and personnel to ensure every piece of the puzzle is ready at the designated time with the required amount of detail. Then the project manager must consolidate the information into one product.

Now I am experiencing the part of the team that takes the project from paper and puts it into concrete, asphalt, aggregate, etc. This part of the team does more than just issue the contractor the specifications and plans and come back when the project is complete. These players conduct inspections, answer technical questions, make changes, pay contractors and ensure the user is satisfied with the project.

These are the areas that have provided me experience during the past year and a half. It is obvious that one person working alone cannot accomplish the mission of this district. The better we work with each other, the easier all of our jobs will be. Teamwork is a very valuable asset to have in any organization.

The District Picnic
Good old fashioned fun

The flood of 1995 postponed but couldn't stop the District's picnic of 1995. Neither could the summer heat. The temperature neared 100, but our District family picnicked on.

The original Creve Coeur Park site gave way to a new site at Bellefontaine Park for the July 14th outing. Jesse Sanders, ED-DC, coordinated the efforts of volunteers to put together a wonderful time for everyone.

Some 259 people took advantage of the great food provided by the catering service. There was more than enough for everyone.

Linda and Steve Winchlan, Ida Morris, Rose Mary Grady, Russ Elliott, Randy Curtis, Janet and Bill Ulivi, Capt. Scott Hand and Larry Wernle helped set up for the picnic.

Roger Hayes provided music and announcements.

Volunteers for soda sales were Joel Hunsucker, Bill Moeller, Omekia Copeland, Wendy Robertson, Catina Lyles, Petra Marian, Alicia Westbrook, Myron Spencer, Shirley Hamilton, Marlya Hayes, Brian Cogegate and Ray McCollum.

Bingo volunteers were Ida Morris, Art Taylor and Barb Jarman.

Volleyball referees were Larry Wernle and Billy Arthur.

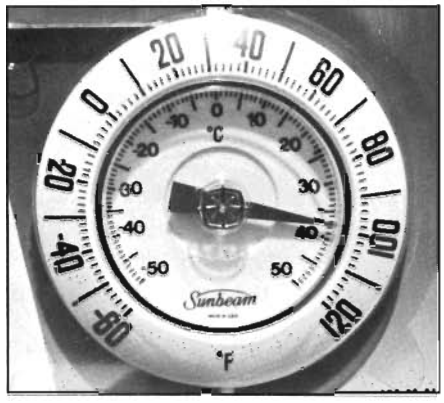
Waterballoon volunteers were Capt. Scott Hand, Keith Short and Bill Moeller.

Soda poker help provided by Denise Brunson. Beth Brown brought the Hum-Ve. Carol Sandford was there to sell Corps logo items. Dave Kelly and Keith McMullen helped coordinate softball.

Winners of the volleyball tournament were: 1st place - Andy Schimpf's team; 2nd place - LTC Jones' team; 3rd place - Donna Zoeller's team.

Winners of the waterballoon toss were: 1st place - Mike and Kelly; 2nd place - Matt and Leyland; 3rd place - Amy and Matt. (full names in the waterballoon toss weren't available.)

Attendance prize winners were: Adults - Bill Ulivi, Rachel Garren, Cheryl Shannon, Debbie Kuhlmann, Larry McCarthy and Patti English. Children - Arron Walton, Ellyn Farkas, Chris Burke, Brittany Williams, Lawrence Kavanaugh and Sarah Turek.



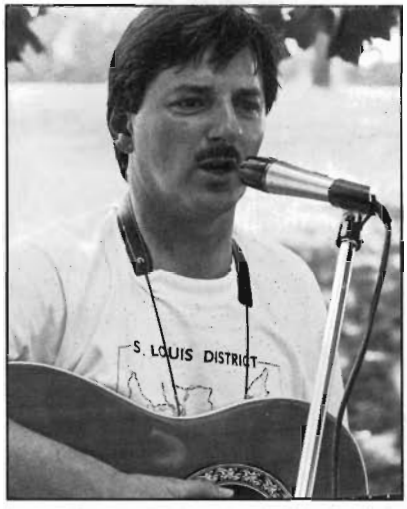
This picture needs no caption.

This is what all the adults really wanted to be doing.

Some of the smarter people who sat and "watched" the volleyball competition.

Art Taylor did his usual stellar performance calling BINGO.

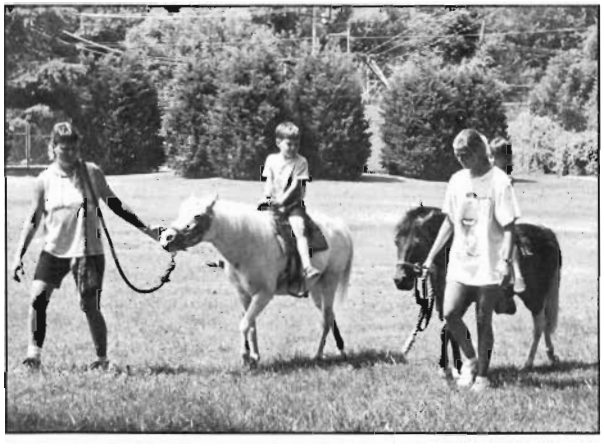
Considering the heat, one of the more reasonable forms of competition - the water balloon toss.



Roger Hayes entertains.

Then there were the masochistic types who actually wanted physical exertion.

Are you people listening to me?



It sure beat walking on this day.

Mary Lou's grandkids didn't seem to mind the heat.

District hosts conference

The Lower Mississippi Valley Division and the St. Louis District hosted the 1995 Corps of Engineers Electrical/Mechanical Conference from June 5th until June 9th at the Hyatt Regency - Union Station. The conference was attended by electrical and mechanical engineers from each district, division, laboratory and HQUSACE. Personnel in attendance included those from Corps offices in Europe and Japan as well as U.S. Air Force personnel. A total of 245 people attended the conference, with 76 papers being presented.

Colonel Suermann and Colonel Castanguay, Acting Division Commander, gave the welcome and opening remarks. Steve Farkas of ED-DM presented a paper on the PL-99 repair efforts to pumping stations which followed the Great Flood of 1993. Gene Degenhardt gave an inspirational speech on human potentials and quality management.

The first day of the conference featured tours of the Melvin Price Locks and Dam. Explanations of the mechanical and electrical features of the lock and dam were given by Steve Farkas, Janice Hitchcock, Gary Jones, Andy Schimpf, Mike Sommars and Walter Wagner.

A special thanks for their willing support of the conference goes to Jean Kuethe and Chris Bonucchi from Resource Managment, Debbie Kuhlmann of information management, Lori Weber of Logistics Management and Tom Mueller and Bill Jones of Mel Price Locks and Dam.

IR chief gets CGFM title

Mike Banovz, Chief of the District's Internal Review Office, recently received the designation of Certified Government Financial Manager (CGFM). The CGFM certification, granted by the Professional Certification Board of the Association of Government Accountants (AGA), was given to Mike because he met the Board's certification requirements as an expert government financial manager.

AGA is a national professional association of some 12,000 members who represent every level of government financial management. AGA began in 1950 and is dedicated to serving those who are faced with the challenge of using every government financial resource in the most effective manner possible.

The CGFM program is specially designed to help meet the critical need for greatly increased emphasis on the professional qualifications stature of government financial managers. The CGFM professional designation is the only certification program designed specifically to recognize the unique skills and special knowledge required of professionals who specialize in government financial management.

Mike has been with the St. Louis District since January 1987. Through his unique position as an internal review auditor he has developed skills and obtained knowledge in a variety of the District's technical and administrative functions, including those which helped qualify him for this CGFM professional certification and recognition.

Pelzel expert scuba diver

by Suzi Reinkemeyer, PM-M

John Pelzel, a Quality Assurance Specialist with the DERP/OEW teams in the Project Management Branch, is an expert scuba diver and diving instructor.

In 1979 through 1981, while in the Air Force in Okinawa, Japan, John took a four week course in basic diving instruction and got a Professional Association of Diving Instruction certification. Even though he took the course for recreation, he later worked cleaning barnacles off ships. John said he did the cleaning while sitting on a sled that was attached to the bottom of the ship.

John said the water surrounding the small island of Okinawa is very clear and has spectacular coral reefs and other interesting and colorful sea life. One of his favorites is call a "bat fish." It is shaped like an angel fish and is black with bright orange markings.

John became an underwater photographer. He has traveled to Guam, which has an interesting underwater park, and the Philippines to scuba dive, but says his favorite spot is still Okinawa.

He has taken advanced courses in diving and has done cavern diving and deep water diving. He has dived to repair and salvage equipment and has also done search and rescue diving.

John travels quite a bit working with the DERP teams, but he hopes to find time to do some scuba diving here in the U.S., particularly in Florida.

He is married and has two small sons. He and his family live near Weldon Springs, Missouri.

Free *LIFE* Center memberships

by Joell Hunsucker, Corps Fit to Win Coordinator

It's time once again to join the LIFE Fitness Center. This year you have an even better reason to join. The membership fee will be ONLY $5 for the first 150 Corps of Engineers employees. Yes $5! Where could you get a better deal than this? The Fitness Center has so much to offer: it's convenient, affordable, it has state of the art equipment and a friendly staff to help you get started.

The ACOE 93/94 Award money will be paying for the first 150 Corps of Engineer memberships. This money will also be used for new equipment in the Fitness Center. Look for new free weights, a cable crossover machine, a new Lifecycle bike (recumbent style), a new treadmill and more.

Becoming a member of the Fitness Center will be easier than ever. You will still be considered a Fit to Win participant, however, the process will entail fewer appointments than in the past. The paperwork will still need to be filled out, along with an appointment to measure your current height, weight, blood pressure, resting heart rate, flexibility and percent of body fat. The bike test will be optional for current Fit to Win members.

Depending on your risk factors, some of the new members may need a resting EKG, blood cholesterol, bike test and/or a possible appointment with the Federal Occupational Health physician or your own physician to obtain clearance into an exercise program.

Please contact the Fit to Win Coordinator, Joell Hunsucker (314)539-7822 or LIFE Center Coordinator, Eric Anderson (314)539-7824 if you have any questions. New things are going to be happening in the Fitness Center in FY96, and we want you to be a part of it. So don't delay, sign up today!

Scholarship winner

Karen Carter, a civil engineering co-op student in our Hydrologic and Hydraulics Branch, is the recipient of the 1995-1996 Johnetta R. Haley: Reaching For Your Dreams Scholarship Award presented by the Greater East St. Louis Community Fund. Karen is a senior at SIU-Edwardsville majoring in mathematics and industrial engineering.

Congratulations Karen.

Quote of the month

Many of life's failures are people who didn not realize how close they were to success when they gave up.

Thomas Edison

Scout advisors

Dennis Stephens, ED-HE, and Danny McMurphy, ED-HG, accompanied their Explorer Scouts and other Explorer Scouts and advisors from Rolla and St. James, Missouri, to the Packard High Adventure Base at Poncha Springs, Colorado. The trip took place between July 29th and August 8th.

While at the Base the group white water rafted on the Arkansas River through the infamous Brown's Canyon and backpacked on a portion of the Colorado Trail.

After leaving the camp the group toured Mesa Verde, Arches and Rocky Mountain National Parks before returning to Missouri.

Dennis is the advisor for Post 9348 in South St. Louis. Danny is the advisor for Post 444 in Sullivan, Missouri.

Shelbyville rededication

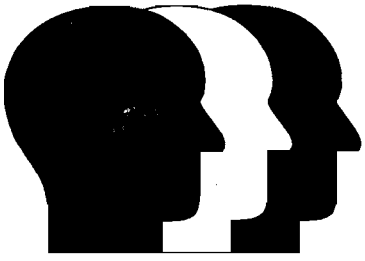
Pride rose as high as the mercury as officials gathered for the rededication of Lake Shelbyville on its 25th anniversary. Temperatures soared into the upper 90s for the Sunday afternoon ceremoney on July 30. Bob Bitzer, who was part of the original Kaskaskia Valley Association which spearheaded the project, served as master of ceremonies.

Another who spent many hours on the project was retired Brigadier General Robert Dacey, who came to Shelbyville in 1965 and was resident engineer for the project. He was the keynote speaker at the rededication ceremony. According to Dacey, "The Corps did not conceive this project. It was a group of citizens and concerned individuals who got together and had a vision how to address a problem." After completion of Lake Shelbyville, Dacey would later come back to the St. Louis District as its commander.

Colonel Thomas Suermann also spoke at the rededication ceremony. He noted, "The lake has an important public mission and bright future. On a day when we focus on the history, I encourage you to look forward to the future and be a part of it."

State Senator Penny Severns and State Representative Julie Curry also attended the ceremony.

BG Dacey speaks to those gathered below the dam.



EEO matters

By Jean Stephens, EEO Officer

Hispanic Heritage

In celebration of Hispanic Heritage Month, the following interesting bits of historical data are provided for your information. The theme for 1995 is "Diversity in the Workplace and in the Community". Hopefully after reading this we can all understand and appreciate diversity a little more and feel how blessed we are in America to have not only diversity but the freedom to enjoy it.

SPAIN (and to a lesser degree, Portugal)

Spain was one of the earliest centers of human development in prehistoric times. Later, it was a center of culture, blending European and Arabic traditions. Spain's greatest age, "the Century of Gold," was a time of extensive exploration and colonization in America. During that time, it claimed such areas of the U.S. as Florida, Louisiana Territory, California, Southwestern States.

AFRICANS

The Africans who were brought to America as slaves by the Spanish helped shape its religious life, politics, and social customs. They fought aggressively for their own freedom and later for the New World's independence. TODAY 30 million Latin Americans and some of the millions of Hispanic Americans are at least partly descended from these Africans; most Black influence centers in the Caribbean.

The **INDIAN** civilization of CENTRAL and SOUTH AMERICA

It is believed that Native Americans originally migrated from Siberia to Canada, then spread south. They settled in villages, grew corn 10,000 years before the birth of Christ.

By the 1500's when the Spanish arrived, Indian peoples numbered 8 to 15 million--from relatively primitive hunting-farming tribes (like the Arawak and Carib of the Caribbean Islands and coastal South America) to complex, civilized nations, like ...

THE AZTECS (Central America)

In the early 1300's, the Aztecs settled in what is now Mexico City, after receiving an omen (an eagle with a snake in its mouth, perched on a cactus--today, the national emblem of Mexico). In fierce wars, they became the dominant political and military power of Mexico. One of their chief gods was Huitzilopochtli, the God of War. Aztecs believed each era of history ended in destruction; their mission was to postpone the next catastrophe for as long as possible.

THE MAYAS (Central America - Yucatan Peninsula)

The Mayas excelled-in astronomy and mathematics. They invented a solar calendar of 365 1/4 days; accurately predicted lunar eclipses; recorded Venus' orbit. They developed the concept zero long before Europeans. Religious leaders also served as rulers of the state. The Mayas were superb architectural planners--building large and intricate cities that served as religious centers.

THE INCAS (Western South America)

The Incan Empire extended 3,000 miles from northern ecuador to central Chile. It included hundreds of tribes speaking many languages. The Incas ruled by diplomacy rather than by force. Ahierarchy of officials supervised most details of ordinary life; few went hungry. The Incas excelled in architecture and engineering. Their largest cities held 100,000. Roads, some paved, extended over the empire; runners could relay messages over 300 miles in 2 days. The Incas worshipped one god, Viracocha, as supreme over all others.

MEXICAN AMERICANS THEIR HERITAGE

SPANISH CONQUEST

Between 1519 and 1522, Hernando Cortez and his men conquered the Aztec Empire (Mexico). They enslaved the Indians to do their farming, mining, etc. Friars and monks came with the conquistadores (conquerors), bringing religion, art, and learning. The Spanish began to print books in Mexico. The University of Mexico, the first university in the New World, was founded in 1551 (before Harvard!).

NORTHWEST EXPANSION

With the Aztecs under control, the Spanish began to move north, looking for gold and hoping to colonize North American territory before other European countries could. By 1800, despite Indian resistance, the Spanish had claimed an area that included much of present-day California, Nevada, Utah, Arizona, Colorado, New Mexico, and Texas. But population was sparse, settlements isolated.

(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

Rend Lake:

Sept. 16	Rend Lake Cleanup
Sept. TBA	Children's Arts Festival

Mark Twain Lake:

Sept. 22	Environment EducationDay
Sept. 23	Astronomical Adventure
Sept. 30	Missouri Mule Day

Wappapello Lake:

Dec. 14-22	Festival of Lights Auto Tour

Hispanic (cont.)

PUERTO RICANS
THEIR HERITAGE
BEFORE THE SPANIARDS

Puerto Rico was inhabited by Indians known as Tainos. They were a peace-loving people who made their living farming, hunting, and fishing. Social organization was rather elaborate: composed of 4 classes (slaves, commoners, nobles, chiefs); villages were bound together in a federation. Religious belief and ritual were highly developed; carved idols were worshiped.

UNDER SPAIN 1508-1897

Discovered by Christopher Columbus in 1493 and claimed for Spain, Puerto Rico was governed by Ponce de Leon (who later discovered Florida). Under him, the Spaniards conquered the Tainos; and within a generation, the Tainos were wiped out as a people. African slaves were then imported to work the plantations and ranches. By 1530, there were as many Africans as Spanish and Indians combined. The economy began to be based on corn, sugar, tobacco, and cattle.

CUBAN AMERICANS
THEIR HERITAGE
DISCOVERY

The Spanish discovered Cuba and used it as their headquarters in the Caribbean. The native Indians were almost entirely destroyed; African slaves were imported to work the island's sugar fields. Four centuries of revolt and movements for independence finally overcame Spanish tyranny and authority.

REVOLUTION

In 1959, Fidel Castro seized control of the government. In the following years, rapid social and economic change took place. The Cuban Economy was largely restructured; a new social system was put into effect. Hundreds of thousands of Cubans were forced to leave for the U.S., 90 miles north.

SO WHAT?
HISPANIC AMERICANS ARE MANY PEOPLES

...with their own histories, beliefs, life-styles, cultures.

*Mexican Americans
*Puerto Ricans
*Cuban Americans
*and many more

ALL AMERICANS should RESPECT THEIR DIFFERENCES... and honor <u>their</u> contributions to our culture.

Christmas dance

Plans are already being made for a District Christmas Dinner Dance.

The dance will be held on Friday, December 1, at the Boilermakers Hall in the Soulard area. Dinner will be served at 7:30 p.m. Dancing will be from 8 p.m. to midnight. There will be an open bar from 7 to 11 p.m. Ticket prices have not yet been determined.

More information will follow in the near future.

Peter J. McGuire founder of Labor Day

The major proponent of Labor Day, 113 years ago this year, was Peter J. McGuire, whose name is not well known, even among historians.

McGuire, the son of Irish immigrants, was forced to go to work at the age of 11. He finally became a carpenter and leader of the trade's union. At the time of the union's formation, McGuire believed the eight-hour day was critical to its success. He also felt the cause would be advanced by setting up a holiday for all laborers. He felt the day would allow a leisure time for workers and also further the cause of the United Brotherhood of Carpenters (UBC).

McGuire organized the first Labor Day in New York City on Sept. 5, 1882. In 1893 the holiday was observed on the first Monday in September by 20 states. In 1894, Congress approved a national Labor Day and the observance grew each year.

McGuire soon faded from the scene, but as we celebrate Labor Day 1995, let us now remember and honor its founder, Peter J. McGuire.

To your health

Estrogen debate continues

Estrogen has recently been hailed as the protector for women in their 40s, 50s and beyond. It reduces the risk of heart disease and helps to stave off crippling osteoporosis.

There has always been some question about hormone replacement therapy (HRT) and cancer risk. The most recent study reported in the *New England Journal of Medicine* shows that women who took estrogen, with or without progesterone, had a 30 to 40 percent higher risk of breast cancer than those who did not take hormone treatments.

Short term use

For many women who want the benefits of HRT, however, the door is open. The same study shows that women who took hormones for less than five years, or who had stopped taking them for two years, showed no increase in breast cancer, according to Dr. Graham A Colditz of Harvard Medical School and Brigham and Women's Hospital. After five years of hormone use, however, there was a marked increase in the incidence of breast cancer.

The report, part of the Nurses' Health Study, looked at new cases of breast cancer ocurring between 1978 and 1992 in 121,700 women.

During the past 20 years, more than 50 studies have been published on HRT, and a majority found no increased risk of breast cancer.

Heart disease kills almost six times as many women as breast cancer does, and estrogen can cut that risk in half. It may also protect against fatal colon cancer, and there is nothing known to match estrogen for reducing the risk of osteoporosis.

One physician quoted in *Time* says she encourages her patients to take HRT, but only after weighing such factors as family history. In most cases, she believes that women's greatest risk is from heart disease, not breast cancer.

The future of HRT

Gynecologists at New York University School of Medicine say they have found no increase in the incidence of breast cancer in HRT users, and that women want it.

Research continues. Several large on-going studies should provide more specific answers in the future.

Long-term energy vs. quick pick-me-ups

A high-energy diet helps you feel strong and bright throughout the day. And it's those carbohydrates that are the best source of energy.

Carbohydrates, however, are not all the same. Some release energy quickly. Others do it over a longer period of time. To determine what gives quick energy now, and which foods will keep energy high right up until our next meal, it helps to know about the Glycemic Index (GI), which gives a value to each food indicating how fast energy will be released.

White bread is the standard by which foods are judged, and it is assigned a GI of 100. Foods with a low GI rating (75 points or less) release energy gradually. Foods with a rating of 76 or more give you a fast energy boost that fades in a short time.

Here are some GI ratings developed by Dr. Thomas Wolever, an endocrinologist at the University of Toronto and Dr. David Jenkins developed the Glycemic Index, which is referred to in most research on diets. For average servings:

Long-term energy foods (low GI): Peanuts -15, fructose-30, most fruits-32- to 52, skim milk-46, yogurt-52, spaghetti-61, macaroni-64, frozen green peas-65, ice cream-69, rye or wheat bread-68, orange juice-71, kidney beans-74, All-bran cereal-74. These foods will keep you feeling strong for hours,. but don't count on a quick energy boost from them.

Quick-energy foods (high GI): Puffed rice cereal-132, honey-126, cornflakes-121, white bread-100, corn chips-99, mashed potato-98, raisins-93, carrots-92, oatmeal-90, banana-84, most types of cookies-80, sweet corn-80, potato chips-77.

When chooosing your cabo load, decide when you want the energy to kick in, now or later.

Virtual colonoscopy

A new imaging technique may replace the discomfort of traditional colon cancer screening. The procedure combines images taken by a high-tech CT-scan to create a computer-generated 3-D picture of the colon. Virtual colonoscopy is less costly than the standard method and requires no sedation. It is being evaluated by the National Cancer Institute.

Retiree Review

By the Retiree Correspondent

Thirty-two brave souls came out on this very, very hot day for luncheon at the Salad Bowl.

We had one first timer - Sandor Dombi. So glad to welcome him. He says he plans to make it a habit. Also Megan Greger, the Puricelli's oldest granddaughter, who is their house guest until her uncle's wedding early in September, was here. Janet Neiderbach, Bill Hoff's niece was back after several month's absence.

Don Wampler and George Clapp were also back. Glad to see them.

Pete Puricelli, Marlene Wiseman and Helen Scheurmann were our birthday "children" present. Many more happy birthdays to them.

Bob Lutz was the earliest 90s retiree present. Bob retired in '92.

Gene Degenhardt was the District representative present. He gave a very interesting presentation using transparencies. He presented Covey's "Seven Habits of Highly Effective People." I enjoyed it very much, as I feel all present did. We're always glad to have Gene present.

Pete Puricelli had had a call from Col. Wilkes, now in Denver, Colorado. Col. Wilkes had recently met Walter Kane, who is city manager of Arvada, Colorado. How many of you remember Walter? The "little" son of John T. Kane. I remember Walter as a small child. I worked with John in Con-Ops for quite a few years. We worked with Howard Neu as supervisor, John Leslie, Bill Mitchell, Bill Bell, Chester Fisher and myself in the office if I remember all. It has been a long time - late 40s and early 50s. Oh well. Time flies.

The date of our meeting came up again. The District would like to be represented at our luncheon. However, the Society of American Military Engineers luncheon is at the same time at the Engineers Club. Would we consider changing our meeting time to possibly the 2nd Thursday? Come out and give us your opinion of changing our meeting date.

Lyle Forth, Charlie Denzel, Laurel Nelson and Lee Briece were the lucky winners in our Pot-O-Gold. Congratulations.

Condolences are extended to the families of Anton Dorhorst and Paul Smilajanish. Paul passed away on July 22 and Anton on August 4.

Mark your calendar for September 21. Attend our luncheon at the Salad Bowl. You're missing a very pleasant time. Good food, good friends and much repartee. Come join us.

Condolences

Condolences to the family of Anton Dorshorst who passed away on August 4th. Anton retired from the District's Survey Section.

Repairing knee cartilage

A new treatment involves excising some of a patient's healthy knee cartilage cells and multiplying them in the lab. Damaged cartilage in the knee is capped with tissue taken from the surface of the patient's leg bone and healthy cartilage cells are injected. According to Massachusetts General Hospital, the new cells make patches resembling normal cartilage.

Rainbow Center now enrolling kids

The Rainbow Castle Child Development Center is now enrolling children from 2 to 5. The Center has a discounted federal employee tuition rate, available tuition assitance for qualified federal employees and a national accreditation.

The Center is located in room 1.303 in the RAY Building. For more information call 539-3437.

6 July 1995

Commander
St. Louis District
1222 Spruce Street
St. Louis, MO 63103-2833

Dear Tom,

I enjoyed reading in the July 1995 Engineer Update that the St. Louis District received the Federal Design Achievement Award for river engineering on the Mississippi River. This award is eloquent testimony to the superb work that the St. Louis District does, and is a tribute to the dedicated team of professionals in your organization. I know that you and your folks are very proud of their efforts on behalf of the nation.

Congratulations again on a job well done. *Essayons!*

Sincerely,

Art Williams

Arthur E. Williams
Lieutenant General, USA
Commanding