

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Rend Lake Gateway to Southern Illinois



by Park Rangers Mark Meador and Maureen Curran

Rend Lake, located on the Big Muddy River in Southern Illinois between the towns of Benton and Mt. Vernon, has been a dynamic feature of the local landscape and economy since it was completed in 1970. Since it became fully operational in 1972, the Corps has managed six major recreational areas at the lake as well as many satellite areas.

In recent years, the lake area has seen the development of a number of facilities that complement the lake development. These include lodging developments at the Rend Lake Resort in the Wayne Fitzgerald State Park and the new Seasons at Rend Lake Resort on Rend Lake Conservancy District lands. The Rend Lake Conservancy District Golf Course, the Southern Illinois Arts and Crafts Marketplace and the Rend Lake Trap Field and hunting preserve have all proven to be extremely popular with visitors. Boaters enjoy the newly expanded Rend Lake Marina.

The Shawnee National Forest, which begins just 40 miles south of Rend Lake, is becoming an ever increasing attraction for visitors throughout the Midwest who marvel at the mountain-like topography in many of its locations. These attractions, along with major special events that have been developed through the cooperative efforts of several local agencies and organizations continue to enhance the area as a vacation destination.

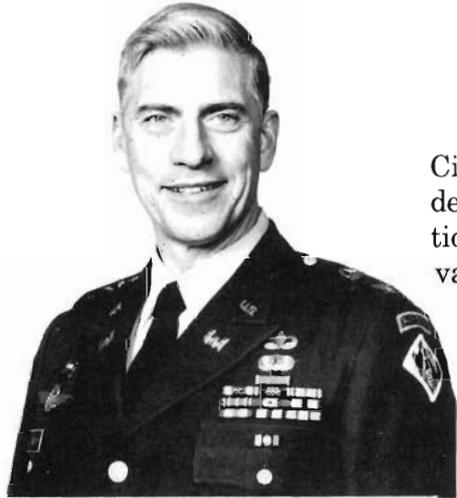
Visitation to Rend Lake continues to grow each year, with a 27 percent increase recorded from 1994 to 1995 alone. Camping continues to be one of the most popular activities at the lake. Corps managed campsites at Rend Lake brought in almost a quarter million dollars in 1995, while total recreational use fees (including camping fees) increased to \$283,960. An increasing number of campers are coming to Rend Lake from other geographic areas

This article continued and others about Rend Lake beginning on page 6.





Commander's Perspective



COL Thomas C. Suermann

Do not waste your time and ...energy on ...over reaction to a district realignment.

Recently, the office of the Assistant Secretary of the Army, Civil Works, and USACE headquarters issued an announcement describing a new divisional alignment and the proposed elimination of two current division headquarters. There was no advance notice given to divisions or districts prior to this announcement from Washington.

I have already sent a lengthy response to LMVD headquarters outlining our concerns about the announced proposal and they, in turn, forwarded our concerns to Washington. Presently, USACE headquarters is evaluating several hundred comments from within the U.S. Army Corps of Engineers as well as many comments from our partners and the Congress. As soon as I receive feedback from Washington I will disseminate it to you. It will take time, however, to analyze and balance all the concerns that have been sent in by the districts and divisions.

A reorganization of this magnitude is a complex undertaking and a sincere attempt by our leadership to comply with the legislation enacted to reduce the size, but not the effectiveness, of the Corps. I am sure that it will be difficult for many people to accept the fact that the Corps' alignment will change, but change is inevitable.

I challenge each of you to give the proposal a fair and equitable evaluation. All of the many details are not resolved yet. Do not waste your time and valuable energy on hysterical over reaction to a district realignment. We may still remain within LMVD. If we do realign with a different division, then we will continue to focus on effectively and efficiently executing our mission and our assigned functions.



US Army Corps of Engineers
St. Louis District

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- District Commander.....Thomas C. Suermann
- Chief, Public Affairs.....Sandra Clawson
- Editor, Design, Layout.....Ken Kruchowski

Address mail to: U.S. Army Engineer District, St. Louis, ATTN: CELMS - PA, 1222 Spruce, St. Louis, MO 63103-2833. Phone: (314) 331-8000.



News Briefs

Carlyle Lake:

Trees into lake

The Corps and the Illinois Department of Natural Resources (IDNR) at Carlyle Lake have been busy collecting Christmas trees. On Saturday, March 9, ranger staff and volunteers will put the trees into the lake at McNair Branch near Keyesport. The trees will help enhance fish habitat.

Volunteers need

The Corps and the IDNR are looking for volunteers to staff the Carlyle Lake Visitor Center for the 1996 recreation season. The Visitor Center will be open from April through October. Volunteers may work weekdays or weekends and may earn free camping while working at the Visitor Center. For information contact Jim Hawn or Mike Kuntz at the Carlyle Lake Project Office at (618) 594-2484.

Service Base Open House

An open house will be held at the Service Base on Saturday, March 23, from 8 a.m. to 2 p.m. All St. Louis District employees and retirees are invited to attend. Families are welcome, but children must be at least eight years old. Tours of the newly-commissioned M/V Pathfinder, historic Dredge Potter and Service Base facilities will be offered.

The M/V Mississippi, flagship of the Mississippi River Commission, will also be docked at the Service Base for tours from 8 a.m. to 10 a.m.

Questions can be directed to Marge Robbins, CO-TO, at 331-8591,

The ice comes to L&D 24

When an ice gorge above a lock and dam breaks, it can mean some interesting times for the staff. On Tuesday afternoon, February 13th an ice gorge above Lock and Dam 24 broke. A wall of ice and water came down toward the dam. Fortunately the Lock and Dam had warning when the pool elevation started to climb rapidly.

At 8:20 p.m. the ice appeared. The dam was ready and the staff was able to flush ice through. Lock and Dam 24 stopped running ice at 5:30 the following morning. Because of the staff's hard work through the night there was no damage and the lock was able to lock traffic the next day.

Lock and Dam 22 at Saverton, Missouri, above Lock and Dam 24 wasn't so lucky. They had no warning when an ice gorge at Hannibal broke free. All the ice in the pool above shoved down on the dam at once. The ice went over the spillway, up into their storage yard and piled up in the area of their upper miter gates. The entire upper guidewall had ice against it from the bottom of the river eight feet above the surface. The lock and dam sustained no structural damage, but the Rock Island District had to hire a commercial tow boat for seven hours to break up the ice along the guide wall.

In the worst type of weather, people are manning our locks and dams. Control of pool elevation can be particularly tricky during winter. Visit our locks and dams during winter, if not to see the eagles to see and understand what your co-workers are doing at our navigation structures.

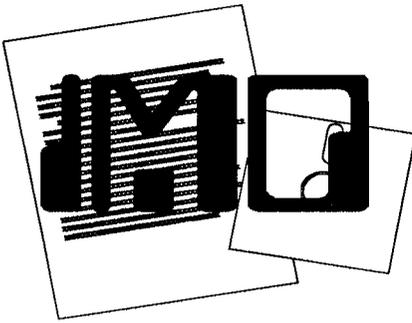
TCX for APMD

Engineering Division is pleased to announce that HQUSACE and our Engineering Division Geotechnical Branch have entered into an agreement to implement a Technical Center of Expertise for the Automated Performance Monitoring of Dams (APMD). The Center will provide Corps-wide technical support for automated data acquisition systems (ADAS) for the performance monitoring of dams and appurtenant structures.

The Center will maintain state-of-the-art expertise, provide advisory assistance and design services in the planning, design, layout, integration with other systems, transmission and management of data, procurement, training and maintenance of ADAS for new and existing projects. Jim Brown will manage the Center in ED-G.

St. Louis District has voluntarily served the national leadership role for the automation of dams since 1987, with the first comprehensive system installation at Clarence Cannon Dam. Since then, the District has developed guidance for HQUSACE, developed training sessions eventually adopted by PROSPECT, hosted national seminars and chaired national committees for furthering automation concepts for the Corps.





New communications for Melvin Price

by Ginny Mueller, IM-I

The Melvin Price Locks and Dam is a vital link in the Mississippi River Waterway System serving the central United States, tying together the agricultural middle west, industrialized east, the Great Lakes and the Gulf of Mexico. Despite the locks and dam proving to be a unique engineering structure and one of the busiest locks and dams on the Mississippi River, the communications system was a second thought at best during the construction of this project.

When personnel from the Information Management Office, Telecommunications Section, were at Melvin Price for radio repair in June 1995, we found that the locks personnel were using antiquated, unreliable equipment (undoubtedly procured under 1979 specifications). A small telephone system serviced only the lockmaster's office and outside control area; a few phone lines scattered throughout the locks and dam, and a paging system which worked only in some areas of the dam.

In response to the lockmaster's concerns for better communications and safety, the Telecommunications Office embarked on an ambitious project to recable the entire Melvin

Price complex for today's communication equipment and install a new telephone and paging system. The objective was to integrate a telephone and paging system throughout the entire complex with capability for future expansion.

The objectives were to accomplish this project within a reasonable timeframe, ensure all areas of the locks and dam were covered by communications and ensure that funding was available. With appropriate approvals to procure a system, we researched integrated communication systems that would not only meet the current needs at Mel Price, but would be expandable for future buildings at the site.

The entire project was coordinated by Ginny Mueller, Telecommunications Manager, with the Defense Metropolitan Area Telephone System, St. Louis (ASQNC-DMATS-STL) under Jim Miller and his staff, Southwestern Bell Telecom (Scott Lay and his staff), Southwestern Bell Telephone personnel, Custom Design Telephone Systems, Inc. (CDTS, Brad Nelson and his staff), Melvin Price personnel (Tom Miller and staff) and the Engineering Design Branch who supplied the necessary drawings and specifications of the locks and dam. On January 3, 1996, the communications system for the Melvin Price Locks and Dam was brought into the 90s.

A Meridian One Option 11 PBX manufactured by Nortel Communications purchased through Southwestern Bell was installed, along with a sophisticated paging system manufactured by VALCOM.

More than 25,000 feet of new cable was installed with 115 paging speakers in the galleries, on the lock walls, in equipment rooms, the control house, the Ad-

ministration Building and maintenance areas during one of the coldest winters in this area in years. More than 1200 man hours were spent on this installation in subfreezing temperatures, snow and ice. The staff of CDTS did a fantastic job, working under adverse conditions and using every good day to the fullest.

The Meridian One Option 11, a fully digital telephone system, includes hundreds of features that will allow Melvin Price to run more efficiently and to communicate with ANYONE ANYWHERE ON THE PROJECT, THE DISTRICT OFFICE, OUR CORPS CUSTOMERS AND THE PUBLIC.

The project has the capability of knowing who the caller is and where the caller is on the digital display when dialing internally. Also the opportunity to page the entire complex, the Administration Building only, or unique areas of the main lock or the auxiliary lock has been a plus for everyone. Important calls and announcements are immediately addressed in this high performance paging system. Talkback speakers were installed at each end of the lock for small boats to communicate with the lockmen when locking through the chamber. Noise reduction handsets with noise monitoring devices were installed in the lock gallery equipment rooms. When generators and electrical equipment were operational, it was virtually impossible to hear a page or receive a telephone call; now the paging system will adjust the volume in those areas to compensate for the noise levels.

As the prime receiver of all the incoming calls at Mel Price, Kathy Crone said, "The system is fantastic! We can now call anyone, anywhere throughout the

(Continued on next page)



Communications (cont.)

Mel Price complex quickly and efficiently." While the system is very sophisticated, Kathy found the system to be convenient and easy to use. Even the most powerful features of a telephone system are wasted if they are not easy to learn and easy to use.

With features like conference calling, call transfer, call forward and paging from all the phones, almost all phones are fully programmable. The system is remotely monitored by Southwestern Bell Telecom. Their personnel can troubleshoot or reprogram as necessary from their offices in St. Louis. When problems have been encountered with new area codes being implemented in January requiring programming, Southwestern Bell Telecom has immediately responded to those issues.

Using the latest telecommunications equipment to provide effective communications with our customers, the public and each other, the new communications system at Melvin Price Locks and Dam is one to be proud of for the St. Louis District.

Eagle season

by Brian Markert, CO-N

Each winter brings bald eagles and the visitors who enjoy viewing them to lands and waters managed by the Corps of Engineers. The Rivers Project Office, in cooperation with partner agencies and organizations provided many exciting opportunities to view and learn more about this magnificent bird of prey.

The Rivers Project Office in cooperation with the Riverlands Association and the World Bird Sanctuary conducted informative



Did you know ?

The exit interview

by Brenda Hamell, HR-R

As an employee leaves this District, they must go through the Exit Interview process. To make the clearance process go more efficiently, the Human Resources Office has developed a clearance package. It consists of three forms:

1. The Clearance - Exit Interview Checklist (CELMS 311) lists the District offices that an employee must visit prior to separation - verifying that the employee has returned assigned inventory, has received security debriefing, closed out outstanding travel claims, etc.
2. The Information Management Office (IMO) Checklist removes the employee's name from computer equipment on loan and deletes his/her user ID/login.
3. The Human Resources Office (HRO) Exit Interview Form asks the employee to evaluate

programs entitled "Masters of the Sky" which featured live birds, including bald eagles at sites in both Clarksville, Missouri, and Alton, Illinois. Additional programs were provided by park rangers to many school and public groups that visited the Environmental Demonstration Area and the Melvin Price Locks and Dam.

their work experience/employment with the St. Louis District.

These forms are to be completed and returned to the Human Resources Office (CELMS-HR-R). If you are located at a field site, these forms can be obtained from the Administrative POCs or by contacting the HRO at 314-331-8549. Off-site location employees would complete the forms, in conjunction with your supervisor, and the exit clearance process that has been established at each location.

Newly enacted limits on FEHB plans

Public Law 104-52, the "Treasury, Postal Service and General Government Appropriations Act, 1996," enacted on November 19, 1995, limits Federal Employees Health Benefits (FEHB) plans' coverage of abortion. As of January 1, 1996, FEHB plans will not pay or provide benefits for an abortion except "where the life of the mother would be endangered if the fetus were carried to term or when the pregnancy is the result of an act of rape or incest."

Since the 1996 FEHB brochures were printed before the law was enacted, the benefits stated may not be accurate. These restrictions apply regardless of any contrary language in the 1996 FEHB brochures. The limits on abortions will not result in any change in premiums.

The lock and dam staff accommodated the binocular toting eagle watchers whenever possible. The public, eager to get a closeup view of the graceful raptors, sometimes gather near the locks and dams.

In addition to the "Masters of the Sky" program, the Missouri Department of Conservation, the

(Continued on page 14)



Rend Lake continued



such as Missouri, Indiana, Texas and Wisconsin and an increasing number possess Golden Age or Golden Access passports that entitle the holder to half price on camping fees. In 1995, 34.5 percent of the campers at Rend Lake received this discount. This trend is probably evident at other loca-

tions as well, as more retired persons in the United States camp their way across the nation.

As the Corps of Engineers staff at Rend Lake steers the lake toward the 21st century, a number of opportunities and challenges await. The coal mining industry, once the mainstay of

the region's economy, is in serious decline. Tourism has become an increasingly important part of the economy and with it the recreational facilities at Rend Lake. The growing numbers and diversity of Rend Lake users will call for a responsive and forward thinking management philosophy. As the Corps recognizes and anticipates needs, we will try our utmost to make sure that Rend Lake realizes its full potential.

Rend Lake Deer Hunt for the Disabled An enduring legacy

by Park Ranger Dawn Kovarik

The Rend Lake Deer Hunt for Persons with Disabilities began as the result of a conversation between the late Dale Miller, then a Rend Lake Park Ranger and his brother, an employee of the Easter Seals Society. Dale's brother was involved in a pilot program designed to assist persons with disabilities get back into the out of doors enjoying the sport of deer hunting.

Dale was very interested in the program and soon convinced then St. Louis District commander Colonel Robert Dacey to allow Rend Lake to offer a similar program. The year of the first Rend Lake Deer Hunt for Persons with Disabilities was 1980. Dale solicited the assistance of the Southern Illinois University at Carbondale's Therapeutic Recreation Department for help and hunters. The department responded by sending five hunters to participate in the program. A few of the hunters had never hunted in their life, but were willing to give it a try. No deer were killed during the first hunt, however, that was the beginning of a program that has grown from five hunters to 25 hunters and five volunteers to more than 50.

According to the Illinois Department of Natural Resources magazine

Outdoor Highlights, the Rend Lake Deer Hunt for Persons with Disabilities is "... the nation's best known and most successful handicapped hunter program. While other programs have come and gone, the Rend Lake project continues its success. And when other states want to inaugurate a program of their own, the first place they turn is Rend Lake."

Much of this success is traceable to members of the Sesser/Valier Outdoorsmen's Club, a group of high school sportsmen and women sponsored by Gene Morgan, biology teacher and part-time Corps of Engineers employee. Students in the club have to earn the right to assist at the Rend Lake hunt. Freshmen students are not allowed to help and sophomores must accomplish a long list of projects before being allowed to participate.

Some of the things they are required to accomplish include recycling 50 pounds of aluminum, maintaining the school apple orchard and making apple butter for the neighboring elemen-

tary school. They are also required to participate in the Rend Lake Cleanup, the Illinois celebration of National Hunting and Fishing Days and complete 10 hours of additional volunteer work to maintain the Sesser/Valier school grounds. Planning and carrying out a banquet in honor of the hunters with disabilities is also a prerequisite for assisting with the hunt.

Volunteers do about 70 percent of the work in preparation and execution of the hunt. This drastically reduces the number of Corps manhours and dollars spent on this program. Without the volunteer assistance of the Sesser/Valier Outdoorsmen the Rend Lake Deer Hunt for Persons with Disabilities would lack the pizzazz and popularity that makes Rend Lake's hunt one of the most popular hunts of its kind in the nation.



Sesser/Valier Outdoorsmen's Club members, back to front, Jared Eubanks, Chad Webb and T.K. Counts prepare a deer blind.



Waterfowl management

by Park Ranger Lowell Summers

Ducks and geese by the thousands call Rend Lake their home each winter, arriving each year as early as September/October and not departing for spring migration until February/March. Why are these "web-footed wonders" content to spend six months each year at Rend Lake? Because wildlife managers with the Corps and the Illinois Department of Natural Resources work hard at providing good habitat for them.

Rend Lake has two sub-impoundment dams that are capable of flooding four thousand acres of wetlands. During the spring, hundreds of acres of corn, sorghum, millet, buckwheat and other grains are planted in these

floodable wetlands. Once the grains and naturally occurring seeds are mature, the gates are closed flooding the areas. The table is thus set for wintering waterfowl. Other non-wetland areas, such as upland corn or other grain fields have a portion of the standing crop left in the field after harvest that provides an additional food source for waterfowl and other wildlife species.

Small wetland areas scattered around the lake provide another source of food. These wetlands have been

restored or enhanced and are intensively managed to provide a crop of natural foods such as wild millet or smartweed and a host of invertebrates or small bugs.

Combine all the excellent management of habitat with the 5,000 acre Rend Lake waterfowl refuge and you can easily see why Rend Lake is a winter paradise for thousands of ducks and geese each year.



Canada Geese "flock" to Rend Lake each year.

Dale Miller Youth Area makes a difference

by Ray Zoanetti, Park Ranger

Visitors camping at the Dale Miller Youth Area at Rend Lake for the first time are delighted to find a campground that suits just about all their needs. Most organized youth groups in Southern Illinois do not have the finances to own their own lakeshore campground. The Dale Miller Youth Area, managed by the Corps, is just one more example of how the Corps strives to meet the needs of its customers.

Meeting the needs of its users is not a new idea at Rend Lake. The late Dale Miller, a former Rend Lake assistant manager for whom the area was named, was an unusually outgoing and unselfish individual who brought much creative ability to his job.

Starting in the early 1980s, Mr. Miller, then the ranger in charge of the recreation program at Rend Lake, transformed an under-used picnic area in the South Marcum Recreation Area into an overnight youth recreation facility. Despite budget cuts and obstacles, he persevered and the Sleepy Hollow Youth Area came into being.

This type of facility was badly needed in this area for organized youth groups, such as the Boy Scouts, the Girl Scouts and church youth groups who did not have their own camping facility, and youth groups from urban areas that seldom had the opportunity to experience nature.

Today, this youth camping area is booked almost continuously from April through October.

Rehabilitated during the winter of 1994/95, the Sleepy Hollow Youth Area was renamed the Dale Miller Youth Area on May 12, 1995, in memory of Dale's contribution to recreation and the youth of the St. Louis District. Dale passed away on January 31, 1994, due to complications from Multiple Sclerosis.

Located along the lakeshore in a quiet cove and a pleasant natural setting of mature oaks and hickories, this facility offers the overnight camper an enclosed picnic shelter with a stone fireplace, 10 electric RV/trailer sites, five double table and grill sites, a large group grill, as well as many picnic/grill sites and a handicapped accessible fire ring with benches and tables. A 16-station

(Continued on next page)



Youth Area (cont.)



fitness trail winds its way through the forest and a small, but safe, beach is nestled in a sheltered cove. A multi-purpose play court and a baseball/softball field complete the recreational facilities.

A new shower house has restroom facilities, showers accessible to persons with disabilities and large sinks for washing dishes or hand washing clothes. Best of all, five new mini-shelters complete with 20 bunkbeds accommodate 40 campers. The mini-shelters, located on the edge of the forest and along the lakeshore, are accessible to individuals with disabilities and are equipped with tables, benches, electricity, clothing hooks, locking doors and a front porch. All mini-shelters have fire extinguishers and front and rear doors for safety.

A \$30 reservation fee is required for all groups. Camping

fees are \$50 per night, with a two night minimum on weekends. Day use picnicking is not allowed in this area. Payment of all fees is required within seven days of making the reservation. Reservations can be made by youth groups beginning the first working day of January by calling the Rend Lake Project Office at (618) 724-2493. Persons associated with groups other than organized youth groups can make reservations beginning the first working day in February. District personnel associated with groups are invited to enjoy this area and make reservations by calling 241-4672,

For more than 15 years the Dale Miller Youth Area has been serving the needs of youth groups throughout the region. Many organized youth groups depend upon this area for their summer outings. It does make a difference.

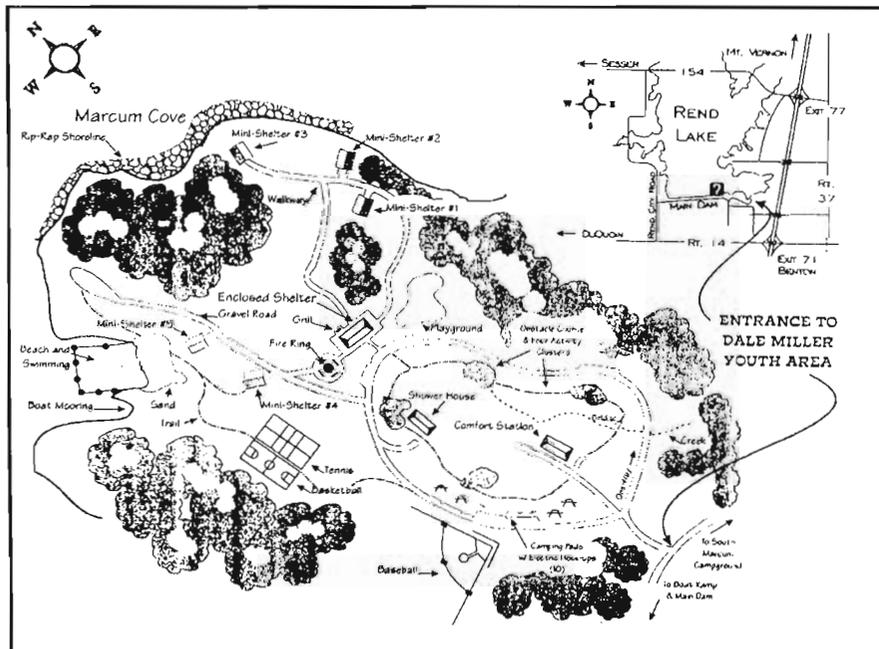
Special events highlight Corps missions

Part of Rend Lake's mission is to educate the public about the environment, the area's culture and safety and many of our special events and activities are geared toward this type of informational experience. All of the events are made possible with the aid of sponsors, volunteers and inter-agency cooperation.

The Rend Lake Earth Day Celebration and the Rend Lake Cleanup are examples of annual events that help communicate a message of stewardship. Focusing on all aspects of water safety, the Annual Rend Lake Beach Blast, makes learning water safety a fun experience. The Rend Lake Pioneer Life Festival, which was an annual Rend Lake tradition through 1990, will make its return in the fall of 1996.

Teaching about cultural traditions through live demonstrations, the event is a historical celebration. Special activities focusing on the natural and cultural history of the Rend Lake area are held at the Visitor Center each weekend throughout the summer months.

Every spring, hundreds of children participate in the Annual Rend Lake Earth Day Celebration. Held on the Friday closest to the actual Earth Day anniversary, the event features guest speakers, exhibits and presentations that highlight the importance of stewardship to the earth. In 1995, nearly 1,200 area school children and their teachers participated in the event. This year's celebration is scheduled for April 19.





The Rend Lake Cleanup, held each year in September, has been an ongoing success story in terms of educating the public and in cleaning up lake areas. Literally hundreds of volunteers comb the Rend Lake shoreline and roadways during the event, making sure that the lake remains a beautiful place to visit. These volunteers picked up 1,500 pounds of recycleable items during the 1995 event alone. Local businesses make this event possible by the generous contributions they make toward the event. This event exemplifies the pride the local community feels toward the lake. Scheduled for September 14 of this year, it continues to be an important event for pulling together diverse groups of lake users. An important outgrowth of this event is an "Adopt a Shoreline Program" that is just beginning at Rend Lake.

The Annual Beach Blast is another popular Rend Lake program with a special educational purpose. Agencies from all over the region come to the event to promote the importance of safety while on or near the water. Games, music and presentations are just part of the festivities that day. The 1996 Beach Blast will



Water safety programs are offered at beaches during the summer.

be held on Saturday, August 3.

The folkways of a bygone era will be the focus of the Rend Lake Pioneer Life Festival when it returns to Rend Lake after a six-year hiatus. Young and old alike

will be able to learn about the history of the region, as event participants demonstrate skills passed down from previous generations. Music, dancing and craftsmanship will all be part of the festival. This year's Pioneer Life will take place the weekend of October 5 and 6.



Children learn the art of candle dipping at Pioneer Life Festival.

Programs offered as part of Rend Lake's Environmental Science Series give visitors a chance to learn more about the diverse animal and plant life of the area. Other programs focus on local history. Live demonstrations, hands on activities and guest speakers are all part of this popular series of programs. Some of the topics for the 1996 series include wetlands, Native Americans, snakes and raptors. Another series of programs features local artists performing cultural demonstrations.

Many other special events at Rend Lake are sponsored by other agencies and organizations in the area. Some additional events scheduled for 1996 include the Festival of the Arts and Crafts (May 18-19), the Children's Arts Festival and the Second Annual Rend Lake Boat Races. Special events continue to be an important part of the services offered to Rend Lake visitors.

Oil extraction at Rend Lake

by Lowell Summers

Rend Lake lies in the heart of an oil rich basin which includes the counties of Franklin and Jefferson. Prior to filling the lake, more than 80 productive oil wells were located on what is now public land and waters. During the early 60s these two counties produced three to four million barrels of oil each year.

As Rend Lake began to develop, most of these wells were closed and capped. Now, some 30 years later, oil technology has progressed to the point that it is profitable to re-drill these old wells to a much deeper level. During the last ten years, Rend Lake has seen a new "oil boom" with renewed interest in extracting private and government owned oil.

Presently there are 12 active oil wells on government property at Rend Lake.

Management of the oil wells at Rend Lake include monthly inspections and a host of special requirements to protect the visitor and the environment. After initial drilling of the wells, all disturbed areas are planted with native grasses such as big bluestem, switchgrass and Indian grass. Facilities such as well heads, tank batteries and gas flares are fenced with chainlink. Metal surfaces are painted with brown or tan colors to blend into the environment. Electric motors are used where practical to reduce noise.

While the extraction of oil can be a dirty and nasty proposition, it doesn't have to be. If you don't believe this, just visit some of our aesthetically pleasing wells at Rend Lake.



Co-Op students conduct research



Rend Lake visitors were the focus of two recent research projects undertaken by graduate students in the Southern Illinois University at Carbondale Forestry Department. The studies were conducted by Rend Lake CO-OP students Mark Meador and Jerry Sauerwein as part of the requirements for their Master's degrees at the University. Both master's theses developed from these studies will be available at the SIU library.

The focus of Mark Meador's thesis was measuring customer satisfaction with Rend Lake facilities and services and designing an instrument to effectively measure customer satisfaction. The study also looked at how the information can be used for management decision making. Information gathered in Mark's 1994 survey is

being used to update and modify the Customer Feedback Form that has been used in Rend Lake recreation areas for the past several years. The data collected using the new measurement methods will allow the staff to compile data and monitor it for changes, and allow management to be more responsive to customer needs.

Mark Meador was hired as a permanent ranger at Rend Lake following the completion of his master's degree.

"Marketing Non-consumptive Wildlife Viewing Opportunities, Rend Lake, Illinois," is the title of the soon to be completed thesis that is being written by CO-OP student Jerry Sauerwein. Public understanding and interest in the watchable wildlife program at Rend Lake were major foci of his study that is based on data he col-

lected at the lake in the summer of 1994. The results of his study will be used to help expand the watchable wildlife program at Rend Lake, and to direct these efforts where they will be the most helpful to potential wildlife watchers at Rend Lake. Rend Lake is particularly known to birders who have the opportunity to view a wide variety of species at the lake.

Customer satisfaction has become an increasingly important goal to all government agencies in recent years. An Executive Order by President Clinton required "...all federal agencies to have a customer service plan in place by September 8, 1994." Research studies such as those recently completed at Rend Lake assist us in learning more about what our customers need and expect.



Facility improvements - responding to visitor needs

Maintaining and upgrading the 482 Corps managed campsites and other recreational facilities at Rend Lake is a challenging task for the staff. One of the things that rangers must consider when planning improvements and repairs is the changing needs of Rend Lake visitors. When Rend Lake's campgrounds were originally designed in the late 1960s, most people camped in pop-up trailers and tents. Today it is not uncommon to see 40 foot trailer units with two air conditioners and a satellite dish in our campgrounds. To meet the increased demands of modern day campers, many improvements have been made to Rend Lake campgrounds during the last couple of years.

One of the needs often expressed by today's campers is the need for campsites with individual water, sewer and upgraded electrical service to accommodate self-contained trailers. In 1995, Rend Lake became the first lake in the St. Louis District to offer "full-service" campsites such as these when they upgraded 17 campsites in the North Sandusky campground. These improvements changed some of the least used campsites into some of the most used campsites at the project. An additional 11 campsites in the South Sandusky campground were upgraded to full-service sites in late 1995 and will open to the public this spring. The electrical service to an addi-

tional 22 campsites at South Sandusky was also upgraded this winter.

Erosion problems along some of the camping pads in Rend Lake's campgrounds were addressed in 1995 with the addition of 6' x 20' concrete patios. These "patios" were placed where the highest camper traffic usually occurs at a site, at the entrance to trailer campers. Many times campers place outdoor carpeting at the entrance to their trailers, the grass underneath eventually dies and erosion starts. This causes a drop off at the edge of the camping pad. Nineteen campsite patios were installed in the summer of 1995 and proved to be

(Continued on next page)





quite popular with the campers that used them for a variety of purposes.

Campground improvements were also made in a walk-in tent camping area in 1995. Four walk-in tent sites at the South Sandusky Campground were in danger of dropping into the lake after Rend Lake reached a record high level in the spring of 1995 and the shoreline around the sites suffered severe wind action erosion. These four sites were relocated farther back from the lake in a wooded area. Gravel impact sites were built to house the table, grill, lantern hanger and a tent at each site. The remaining four campsites in this area are now being rehabilitated to the standard of the other sites.

The single largest rehabilitation project at Rend Lake for the 1995 season was the major renovation of the youth group area now known as the Dale Miller Youth area. (See related story.) The area opened to rave reviews at the start of the 1995 season and has become more popular than ever.

Plans are currently underway to inventory recreational facilities at Rend Lake to determine if they

are accessible to persons with disabilities. Upon completion of the inventory, rangers will work with other agencies and with persons with differing disabilities to create a priority list of facilities to be upgraded to meet accessibility standards. This plan will be used for decision making and budgeting in the upcoming years.

The process of maintaining and upgrading recreational facilities at Rend Lake is an ongoing process that requires responsiveness to changing needs and environmental conditions. Improvements slated for the 1996 recreational season include the replacement of aging shower/changing facilities and a restroom at the South Sandusky Beach with a new, accessible combination shower, restroom and changing facility. Long-range plans for improvements to facilities include retrofitting shower buildings with accessible shower stalls and developing more full-hookup campsites. Other plans call for adding more picnic shelters to the beaches and adding electrical service and showers to the currently more "primitive" Gun Creek campground.

Coal mining at Rend Lake

by Lowell Summers

Visitors to Rend Lake can't help but notice some of the coal mining structures that dot the landscape around the lake. Although the coal mining industry in the area has been on the decline in recent years, until recently Rend Lake had five active mines around its perimeter. These mines have had quite an impact on the landscape around the lake because some of the millions of tons of coal that have been extracted from them came from areas underneath the lake, as well as from under beaches, parking lots, buildings and other facilities. Rend Lake is the only lake in the St. Louis District that has actually gotten deeper in some spots over the last ten years!

Much of the mining that has been done in the Rend Lake area has been done with a relatively new mining technique called long-wall mining that allows mining in areas previously inaccessible to coal mining interests. Mining engineers use this technique to mine all of the coal from an area and then remove the supports from the mine ceiling when they are done to allow for the "planned subsidence" of an area.

Most of the mines have been at the 600 to 800 foot depths and when they are allowed to collapse, have a devastating effect on the ground surface. Almost overnight the surface would subside or collapse from four to six feet in the center of the mining activity to several inches along the edges. This caused parking lots and roads to cave in or buckle up-

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Campers are finding the new concrete patios useful for many things, such as a playpen.

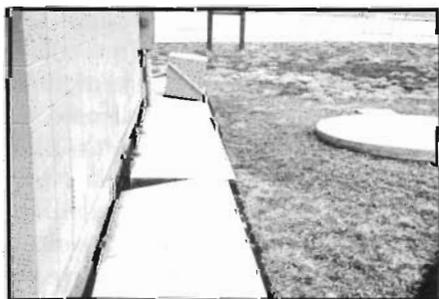


Coal mining (cont.) Rend Lake

ward, buildings to crack or pull apart, beaches to disappear and a host of drainage problems. All of these disasters actually occurred at Rend Lake.

Cooperation between the Corps of Engineers and the coal mining companies around Rend Lake turned these mining "disasters" into recreational improvements for Rend Lake visitors. With the help of coal mining interests the entire North Marcum beach area was rebuilt complete with a new bath house, parking lot and roads. One of the coal companies purchased private land adjacent to Rend Lake property and gave the land to the Corps of Engineers as compensation for shoreline property lost during mining operations.

Coal companies in the Rend Lake area continue to work with the Corps to provide mitigation for the effect their operations have on public lands surrounding the lake. One of the largest and most recent examples of this cooperative effort was the creation of the Atchison Creek Wetlands. Coal company mitigation funds provided for the mile long levee that was constructed along the edge of Atchinson Creek. Water control devices placed in the creek allow the natural flow of water to be diverted into a 100 acre wetland now located there. If you are a spring visitor to Rend Lake, Atchison Creek is a perfect location to view a variety of ducks, geese, shorebirds and mammals.



Comfort station foundation torn away at North Marcum.

Subimpoundment dams

by Ken Koller, PM-M

The Casey Fork and Big Muddy Subimpoundment Dams are located in the upper reaches of the Rend Lake project, about 12 miles north of Benton, Illinois, in Jefferson County. These dams were intended to retain pools that could be independently regulated for fish and wildlife purposes. The dams have been subjected to repeated scour damage by overtopping events. In addition, underseepage through the embankment is excessive and pumping is required to maintain the pools. Repair is needed to maintain the structural integrity of the subimpoundment dams at levels beneficial to wildlife.

Repairs will consist of installing a sheet pile cutoff down the middle of the two dams and replacing a short concrete cutoff. In addition, the stone on the downstream side of the Casey Fork dam will be replaced with larger stone. The sluice gates will also be rehabilitated.

Because of District funding ceilings, construction has been split into one contract for transporting sheet piling to Rend Lake and rehabilitating sluice gates and another contract for installing the piling and reworking the stone. The construction period is limited because of the waterfowl season.

The contract for transporting sheet piling is scheduled for FY 1996 and the contract for installing the piling and reworking the stone is scheduled for FY 1998. Construction costs have been estimated at approximately \$6 million.



The Big Muddy subimpoundment dam shortly after completion.

Fish management

by Harry L. Wight, Reservoirs Program Manager, Illinois Department of Natural Resources

Situated amid the gently rolling hills of Franklin and Jefferson Counties lies Rend Lake, Illinois' second largest impoundment. Rend Lake's annual visitation ranks it among the top ten most visited sites in Illinois. According to recent surveys one in three visitors fish while at the lake. Providing a quality fishing experience in each of these one half

million angling trips is a big challenge. The Illinois Department of Natural Resources (IDNR) and the U.S. Army Corps of Engineers (COE) have found that such a challenge is best approached by working in a partnership.

The primary responsibility for directing and implementing fisheries management activities at Rend Lake rests with the IDNR's Division of Fisheries - Reservoirs Program. Professional fisheries biologists conduct a fish manage-

(Continued on next page)



Fish management (continued)

samples are taken from a representative sample for aging.

Crappie rank second only to largemouth bass in angler preference at Rend Lake and merit special management attention. During late October, small mesh trap nets are fished to collect both white and black crappie. These crappie assessment surveys provide information on abundance, growth, age and size structure of the population and reproductive success. Rend Lake has had a good crappie fishery for several years. Harvest has been encouraged because of their abundance and slightly slow growth. The COE has helped in several surveys when manpower was needed because of position vacancies or emergency schedule changes.

A roving contact creel survey is conducted by the IDNR every three years. This survey tracks catch and harvest rates and finds angler preference and satisfaction.

Whether lake visitors leisurely fish with a cane pole from the bank for bluegill, bait a trotline or jugs for channel or flathead catfish, cast to schools of busting white bass or hybrid striped bass or probe the stumps for largemouth bass or crappie, they are likely to benefit from the management partnership of the Illinois Department of Natural Resources and the Corps of Engineers. By working together, our agencies' limited manpower and fiscal resources are used more efficiently and with greater results for the Rend Lake angler.

Quote of the month

Being defeated is often a temporary condition. Giving up is what makes it permanent.

Marilyn vos Savant

Eagle season (cont.)

Rivers Project Office and the Riverlands Association work together to present Eagle Days. The annual event, which is held in Clarksville, drew a crowd again this year. State ornithologist, Jim Wilson, estimated that more than 2300 bald eagles spent the winter in Missouri.

The eagles begin roosting along the Mississippi watershed in late October and usually remain in the area until early March. Pushed southward by the cold and scarcity of food in Canada, Minnesota, Wisconsin and Michigan, they find temporary refuge near the locks and dams and other areas of open water. They feed mainly on fish and occasionally injured or weak waterfowl. Tom Miller, lockmaster at the Melvin Price Locks and Dam at Alton stated that a worker counted 174 eagles just below the dam on Christmas Eve. "They sit on the ice upstream and in all the trees around the dam," Miller said, eagerly awaiting their next meal no doubt.

Margie Greenwell, an employee of the Riverlands Association which manages the Clarksville Visitor Center, says that visitors saw the greatest number of bald eagles in January. As the number of bald eagles increases, so too does the number of individuals who either call for additional eagle information, viewing locations and/or come to the Rivers Project in hopes of glimpsing flying performances by the winter visitors.

The success of the events which took place this year would not be possible without the cooperation of our partners and the entire staff of the Rivers Project Office. By leveraging each organization's individual abilities, we can continue to meet future customer demands.

Diagnosing auto fluid leaks

Car fluids lubricate, cool and protect. When they start leaking, you may be risking serious damage to your car and your safety if you allow the bleeding to continue.

Make a habit of glancing under your car when you approach it. If you see a puddle, these clues will help you diagnose your fluid leak:

* Black or brown slippery substance under the engine: It's probably oil. A drip or two isn't serious, but more than a quarter cup deserves action. A mechanic should check the valve cover gasket before looking elsewhere.

* Water-like liquid under the front of the car: Usually, this is condensation from the air-conditioning system and that's normal.

* Green or yellow under the engine. This may be radiator coolant or antifreeze. Check the coolant level immediately. Coolant leaks can come from the radiator, heater hoses, water pump and shaft seal, or from an internal leak.

* Red or pink oily fluid under the center of a rear-wheel drive car: This is probably from the transmission, according to General Motors mechanics. More than a teaspoon is reason to see your mechanic.

* Red or pink under the driver's side toward the front bumper: Colors vary with the car, but the location is consistent. It is probably power-steering fluid, but could be brake fluid. Power-steering fluid remains oily when you wash with water. Brake fluid will wash away. Have it checked by a pro.

* Brake fluid leaks: The first sign of trouble may be the brake warning light, low brake pedal or a pull to one side when breaking. See your mechanic immediately.

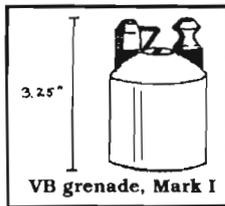
* Pink or clear, strong-smelling liquid: Probably gasoline, especially if it occurs in the vicinity of gas line connections. Because of the danger, any fuel leak should be repaired immediately.



Grenades at Jefferson Barracks

by Gregg Kocher, PM-M

A time-critical ordnance removal action will be initiated at the former Jefferson Barracks after 14 World War I grenades were found on February 9th. Seven of the grenades were filled with high explosives and seven with white phosphorus. These grenades were identified as the "VB Mark I" type, which was a French design that was launched from a rifle.



White phosphorus is used as a screening smoke and burns on contact with the air. One of the grenades began to smoke, demonstrating the hazardous condition even these 80-year-old munitions were in. An Army bomb disposal unit from Fort Leonard Wood destroyed the grenades.

In October 1994, the St. Louis District completed an Archives Search Report on this site and assigned it a Risk Assessment Code of one, which represents a significant potential safety and health hazard. At that time, a team from the Project Management

Ordnance and Explosives section found only grenade fuzes and small arms ammunition during their site visit. With erosion, freezing and upheaval changing the river bank, the recently found grenades were exposed.

Jefferson Barracks had been in use since 1826 and was declared surplus in 1946. Throughout its life, the post was used by infantry, cavalry, ordnance and Army Air Corps training units. This site was earmarked under the Department of Defense Installation Restoration Program, which aims to clean up hazardous, toxic and radiological waste at formerly used defense sites.

The Missouri Air National Guard is patrolling the area and signs have been posted warning people of the danger.



Riverfront debris at Jefferson Barracks in October 1994.

Buffalo grass

It thrives with little watering, fertilizing and cutting. Buffalo grass and other new varieties can also withstand hot summer temperatures and dry spells. Texas A&M University says it has developed grasses that take a third of the water and half the mowing of new varieties without sacrificing quality. Other universities and private companies are also developing new, advanced types of grass.

They report many calls from people wondering where they can get these grasses. And the U.S. Golf Association and cities in drought-prone areas are eager to get varieties that reduce water use in landscaping. Check locally to determine if new varieties are available in your area.

Solar saves energy

Sales of solar products have risen an average of 30 percent a year for the past three years, according to the Solar Energy Industries Association in Washington, DC. Examples:

Siemen's solar pathway lights will light your yard or driveway for six hours after six hours of exposure to daylight. Cost is \$59.

Edmund Scientific's solar ventilator fan will cool you on your patio or at the beach. Cost is \$24.95 from Edmund Scientific.

— Earth Notes —

Natural stain removers

Commercial stain removers may not be more effective than these alternatives recommended by the environmental group Greenpeace:

For fruit and wine: Pour on salt, then soak in milk before washing.

For ink: Soak in milk or remove with hydrogen peroxide.

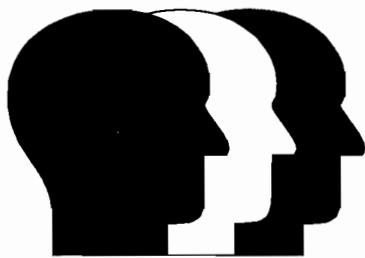
Coffee: Mix egg yolk with luke-warm water and rub on the stain.

Blood: Soak in cold water. Or make a cornstarch paste, apply to stain, let dry and brush off.

Rust: Saturate with sour milk or lemon juice and rub with salt. Place in direct sunlight until dry, then wash.

Thank you

The Human Resource Office has received a note from Dale and Gina Brown expressing their thanks to all those who donated leave to Dale through the Leave Donation Program. Dale is a deckhand on the Dredge Potter.



EEO matters

By Jean Stephens, EEO Officer

Women's History Month

While kicking some things around in my mind that I thought might be interesting for your Women's History Month reading pleasure, I came across the following article in an OPM Federal Women's Program Workshop training manual. The 1996 Women's History Month theme is "See History In A New Way". The Federal Women's Program began in 1963, which just about spans my entire federal career, so I can say I saw and lived history in the old way and have seen and experienced the progress we have made in the name of civil rights, women's rights and human rights through the years. Yes, we have made a lot of progress, accomplished great things, etc., but until the time comes that we can achieve these things without LAWS being enacted to enforce what should come naturally, what progress have we really made? When the day comes that we can read or learn of someone's accomplishments without it being prefaced by "the first female, the first woman, the first minority....", that will really be seeing history in a new way!

Roots of the Federal Women's Program

The FWP began in 1963 by a recommendation of the President's Commission on the Status of Women. It was not until 1967, under President Johnson's Administration, that Executive Order 11375 was issued, prohibiting sex discrimination in Federal employment.

The first real attention paid to women's Federal employment since World War II was a 1954 Task Force of the Federal Personnel Council, com-

posed of directors of personnel. Their job was to look at increasing part-time jobs, thereby recruiting skilled women not working at the time.

Nothing much happened until 1961, when President Kennedy appointed the first Commission on the Status of Women, headed by Eleanor Roosevelt, to study Federal employment, among other topics. At that time a major obstacle to employment for women was that the agencies were able to request from the Civil Service Commission men only or women only certificates of eligibles to fill job openings.

The great potential for sex discrimination allowed by this practice was evident.

In 1962, at the request of the President's Commission on the Status of Women, CSC began asking that agencies submit substantiating reasons when only one sex was specified, resulting in most agencies eliminating the practice.

In 1962, Attorney General, Robert Kennedy, strengthened the Commission's position by ruling the 1870 law invalid. Agencies could no longer request all male or all female certificates, except for certain custodial positions and those that required carrying a gun.

In 1963 President Kennedy established an Interdepartmental Committee on the Status of Women to continue the emphasis on women's employment begun by the Commission on the Status of Women.

At this time CSC Chairman John W. Macy, Jr., asked Evelyn Harrison, Deputy Director of the Bureau of Programs and Standards, to coordinate the women's program for him, and thus was the Federal Women's Program born in 1963.

When the Civil Rights Act of 1964 was passed, prohibiting sex and other

discrimination in employment, it directed the President to issue an Executive Order applying the same standards to Federal employment. When Executive Order 11246 was signed in September 1965, sex was omitted.

About this time, President Johnson asked the past winners of the Federal Woman's Award to make recommendations to him about women in Federal service. Principal among their recommendations, transmitted in March 1967, was that an Executive Order be issued prohibiting sex discrimination in Federal employment. Finally, on October 13, 1967, the President signed Executive Order 11375 prohibiting sex discrimination in all aspects of Federal employment as well as by Federal contractors.

A typical agency response to this new program was that of GSA, which set up a committee to coordinate such activities. Allie Latimer, GSA's only female GS-15, was named chairman, and the other members were the four female GS-14's in Washington. She decided that an active outside group was needed to publicize the FWP.

Discussions began over the next several months in a non air-conditioned church, resulting in the establishment of Federally Employed Women, Inc., in September 1968. FEW now has chapters over the United States as well as overseas.

The first issue of "Women in Action", the Federal Women's Program newsletter, was published in April 1968, but the topics covered in it are very familiar today, breakthrough appointments and outreach efforts by employment.

One sign that the FWP is being viewed more seriously is the increase in resources devoted to the program. Today there are many full-time headquarters FWP Coordinators, with many more in regional offices and field installations.

During the early 1970's several administrative changes removed some of the remaining barriers. In May 1971, the restriction of women bearing firearms was removed, opening many law enforcement jobs to women, but it was not until the fall of 1972 that the FBI opened agent jobs to women. In 1973

(Continued on next page)



Coming Events at the lakes

Carlyle Lake

- April 27 St. Judes Bike-A-Thon
- May 10-12 Keyesport Settler Days
- June 15 Kaskaskia Duck Race
- June 29 Firworks Spectacular/Armed Forces Day
- Sept. 21 Conservation Day
- Oct. 18-19 Haunted Trail
- Dec. 6 Visitor Center Lighting (Christmas Town USA)

Lake Shelbyville

- March 21-24 Camper Appreciation Days
- March 23 Family Olympics
- April 27 Earth Day
- May 11 Raptor Awareness
- June 1-2 National Trails Weekend
- June 8 Fishing Tournament for Kids
- June 15 6th Annual Craft Show
- June 21-22 Fire Prevention Weekend
- July 4 Fireworks Extravaganza
- July 5-6 Aqua-fest
- July 13 Dog-O-Rama
- July 20-21 Lithia Springs Chautauqua Living History Tours
- Aug. 2-3 Environmental Awareness Weekend
- Aug. 17 Okaw Indian Festival
- Sept. ? National Hunting & Fishing Weekend
- Oct. 3 Eco-Meet
- Oct. 26 Lithia Trail of Terror
- Nov. 17-19 Deer Hunt for People with Disabilities

Rend Lake

- April 19 Earth Day Celebration
- May 17-18 Festival of Arts and Crafts
- TBA Boat Races
- Aug. 3 Summer Beach Blast '96
- Sept. 14 Rend Lake Cleanup

- Oct. 5-6 Pioneer Life Festival
- TBA Children's Arts Festival

Wappapello Lake

- April 6 Spring Roadside Cleanup
- April 13-14 Old Greenville Blackpowder Rendezvous
- April 18-19 Earthday activities
- May 18-19 Silver Bullet National Drag Boat Race
- June 9 6th Annual Disabled Persons Fishing Day
- July 6-7 Waterfest '96
- Sept. 28-29 5th Annual Old Greenville Days
- Nov. 23 4th Annual Festival of Lights Auto Tour (through Dec. 22)

Mark Twain Lake

- April 20 Earth Day
- May 18 An American Celebration
- June 8 Kids Fishing Day
- June 23 Mark Twain Lake Waterfest
- July 5-7 Mark Twain Lake Rodeo
- July 13-14 Primitive Artifact Weekend
- July 26-28 4th Annual Oral and Moral Storytelling Conference/Festival, Retreat and Book Fair
- Aug. 10-11 16th Annual Salt River Folklife Festival
- Sept. 14 An Adventure in Astronomy
- Sept. 20 Environmental Education Fair
- Oct. 5-6 Missouri Mule Days

Rivers Project Office

- March 26-28 Project Management Meeting
- April 14 Wings of Spring
- April 22 Earth Day
- June 10-16 National Fishing Week
- July 22-Aug. 2 Careers in Science
- Sept. 21-22 Big River Days

the height requirement was removed for most Federal jobs, making these jobs more available to women. And in 1974, leave provisions were changed to allow advancing up to 30 days of sick leave for maternity leave, similar to other leave situations.

There was no date indicating when this article was written but we can assume it was during the late 1970's or early 80's.....



To your health

Humble Legume is full of health

If someone says you're "full of beans," don't be offended because today it could mean you're very wise.

Beans pack more protein than almost any other plant food, plus lots of fiber, B vitamins, zinc, complex carbohydrates, calcium and iron. Plus they have no cholesterol and little fat.

They chase cholesterol away. Eating 1 1/2 cups of beans a day lowers cholesterol an average of 19 percent after three weeks, say doctors at the University of Kentucky.

They work to block cancer. Beans contain compounds called phytates and protease inhibitors. Evidence reported by the American Health Foundation shows that women who eat 3/4 of a cup of beans every day tend to have less breast cancer than those who eat beans two or three times a week.

They stabilize blood sugar. Beans create slow rises in blood sugar, so you need less insulin to control it. That's good news for everyone, because too much insulin promotes artery damage and clogging. It's especially good news for diabetics and hypoglycemics.

They are rich in folic acid. Folic acid is an important factor for preventing strokes and heart disease. And smokers deficient in folic acid are at greater risk for lung cancer.

They are great for dieters. Beans are good for weight control because they let your body use less insulin, and insulin triggers hunger.

Say 'whoa' to that charley horse

A muscle cramp can wake you in the dead of night or knock you off your feet in broad daylight.

Commonly known as a charley horse, the intense pain in the thigh or leg occurs when the muscle involuntarily flexes and refuses to relax.

The cramp is usually the result of an imbalance of potassium or sodium in the body because of a loss of water, according to sports medicine doctors at Duke University. It can also be caused by a blow to the muscle, or it can be the body's defense mechanism to a blow. The bruised muscle contracts to prevent its use.

When a cramp hits, stretch the muscle by contracting it in the opposite direction. For a charley horse in the calf, pull the foot up to a 90-degree angle with the leg. If you have a cramp in the bicep on the front of the arm, straighten your elbow using the muscle on the back of the arm.

Drink fluid immediately, even before stretching the muscle if you can stand the pain. Or take a drink while stretching the muscle. Then massage the area to improve circulation.

Stem cell transplants

Blood from a newborn's umbilical cord contains stem cells that take on disease-fighting properties when they replicate. The cells have been used to treat or cure leukemia, immunodeficiency disease and other conditions. Nonprofit institutions are interested in creating a cord-blood donor bank similar in concept to the National Marrow Donor Program.

Drug for Lou Gehrig's disease

People suffering with Lou Gehrig's disease are now able to take the world's first drug to treat the fatal condition. The drug extends life for more than three months and is hoped to be a first step in better treatment. Rilutek is sold by Rhone Poulenc Rorer. For more information patients can call their toll-free information number (800) 798-7425.

The drug Myotrophin by Cephalon, Inc. is awaiting approval. It appears to slow muscle deterioration. And a neurotrophic factor is in trials to treat lung symptoms.

Fat-trigger hormone

Researchers have found a hormone that triggers the formation of fat cells in the body. The finding could lead to new drugs to treat obesity and diabetes, says a report in the journal *Cell*. The hormone triggers a receptor that causes cells to change into fat cells, say researchers from the Salk Institute.

The receptor is the target of new anti-diabetes drugs now in testing.



Retiree Review

by the Retiree Correspondent

On February 15th 24 retirees gathered at the Salad Bowl for our monthly luncheon.

We were very happy to welcome Bob Maxwell, Marie and Leon Weber, John and Elsie Kalafatich and Les Arms. We hope they will be regulars. So glad to see them. Les brought several pictures - 1940 vintage. They surely brought back many pleasant memories.

Leon Weber had surgery last month. He's unhappy to not be able to play golf right away. One of his friends gave him a new golf club (three inches longer than standard length) which is supposed to more than compensate for his lack of a good swing. Anxious to hear of the results.

John Kalafatich was there with his new knee. He's unhappy because he has only 95 degrees bend. He wants 110 degrees and is really going through torture to achieve it.

John Jansen has a very bad cold and decided not to share it with us. Get over it soon, John. We want you at the meetings.

The Lewis Scheuermanns were absent. Lew had to go into the hospital for an angiogram and angioplasty to clean out the affected artery. Now he has terrific pains in his back. Hope that pain is gone very soon. Helen told me it is apparently a sciatic problem. That's no fun. Pain. Pain. Pain!

Bill Hoff was our 1982 honored retiree. Many more years Bill.

We had two District representatives present. Ms. Debbie Trimble, Resource Management, discussed the early stages of reorganization, not only of the St. Louis District, but Corps-wide. Think I'm glad I was in the 40s, 50s, 60s and 70s. Thought we had plenty of changes then. But now...!

Mr. Len Ross, Contract Administration, Construction-Operations Readiness Division, brought us up to date on many things. He reported there will be an open house at the Service Base on March 23 from 8 a.m. to 2 p.m. They will conduct tours of the Service Base, the Dredge Potter, the new Pathfinder

and from 8 to 10 of the new M/V Mississippi. Sounds like a great time to see the new boat.

Kate reported that Ed Knight passed away last month and Alvin J. Barkey passed away February 3 at a hospital in Hermann, Missouri. He was buried on February 6. He was honored in Hermann by all business places having a sign posted honoring him. Kate Stiles attended his funeral. His widow is moving to Ashland, Missouri, soon to be near her daughter.

Elmer Huizenga reported that he had talked to Bill Douglas. Bill is doing okay. Just too far to come to attend the luncheons. We miss you, Bill.

The Charles Gilpins spent Christmas in Florida with their daughter and son-in-law, Joe Jr. Stalder and wife. Charlie is doing better. Hope they can make it to a meeting when the weather improves.

Elmer and Estelle Huizenga took another cruise with the Jim Bakers on the Jubilee Carnival Line. They made a tour of the boat and on the way back to their staterooms they had to go through the casino. Seems Jim has a theory - carry three quarters in his pocket to use or lose. Elmer was looking for the nickel slot machines and Jim stopped to deposit a quarter. You guessed it. He hit the jackpot with one quarter. Congratulations Jim. Seems your theory worked.

Mike Cullen reported the spring golf tournament starts April 23. Good luck guys.

Elsie Kalafatich, Ron Bockhorst and Steve Williams were the lucky Pot-O-Gold winners.

Remember to mark your calendar for the third Thursday of March - March 21. Salad Bowl about 11:30. See you then. Let's take another retiree and double the attendance. The more the merrier.

Condolences

Edgar Knight, who was chief of what was then called Administrative Services Division, passed away Sunday, February 4th.

Alvin Barkey, who retired from the Repair Unit Land section in 1972, passed away.

Cure for traveler's complaint

A single 500-mg dose of the prescription antibiotic ciproflaxacin provides quick, safe relief from traveler's diarrhea, the most common illness of travelers to developing countries. The Johns Hopkins

Medical Institutions recommends getting a prescription before going away and taking the drug with you.





DEPARTMENT OF THE ARMY
U.S. Army Corps of Engineers
WASHINGTON, D.C. 20314-1000

REPLY TO
ATTENTION OF:

CECW-OE-D

25 JAN 1996

MEMORANDUM FOR Commander, Lower Mississippi Valley Division *JRC*

SUBJECT: Memorandum of Appreciation

1. As in so many instances, our hard work often goes unrecognized by those who are not directly affected by the services in which we provide. That is why I was extremely elated when I received a letter to Dr. John H. Zirschky (Acting Assistant Secretary of the Army - Civil Works) from Senator Christopher S. Bond of Missouri, praising the U.S. Army Corps of Engineers for its professionalism, efficiency and timely response to the needs of the State and citizens of Missouri. This extended praise is greatly due to the efforts of your staff and personnel.
2. I personally would like to extend my appreciation to your Division and Districts for the support they have provided to the State and citizens of Missouri, as it pertains to levee repair and restoration. Through this display of professionalism and dedication, the Corps is recognized as an invaluable asset which provides critical services to those who need it the most. It is because of this type of commitment that the Corps will continue to maintain its reputation as the Nation's premier Engineer activity.
3. Again, thank you for a job well done.

Stanley G. Genega
STANLEY G. GENEGA
Major General, USA
Director of Civil Works