ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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Public Affairs 101

by Sandy Clawson, Chief Public Affairs

Public Affairs can be defined in terms of Community Relations, Media Relations and Command Information. The bulk of what is done in any public affairs shop falls somewhere within those three areas.

Community Relations is the act of building good relations with the local community. This could be accomplished in many ways, such as giving rides to groups on the floating platform and Pathfinder, making a presentation to visitors at the Big River Days Celebration up in Clarksville (held this year on September 21-22), providing someone a brochure and explanation of what the Corps of Engineers does in St. Louis and the rest of the District, or simply by attending meetings to show our neighbors that we care about the community we live in.

Media Relations is interacting with the news media at the local, national and international level to provide input and information about the District for broadcast or publication. The goal is to develop relationships with the news media, especially at the local level, based on trust, that allow us to have our story told fairly and objectively.

An underlying goal of both Community Relations and Media Relations is to insure that people know who we are, what we do and how well we do it. The goal is to keep the public informed!

Command Information is sharing information with the employees of the St. Louis District that is important for them to know. This is a dialogue between the Commander and his staff and the rest of the District team. This is done using various tools including E-mail, townhall meetings, bulletin boards and, of course, ESPRIT.

The goals of public affairs may seem lofty and unattainable, or vague. But the real purpose of public affairs is to insure that over the long run, regardless of how many black-eyes the District gets, we continue to be an organization that people admire, respect and trust because they know that we are always honest and forthright with them and do our best to keep them informed.

Public affairs must be a shared responsibility within the District. Each employee should be proud of where they work and what they do.

How well do we do?

I am probably the wrong person to answer this, but I will make an attempt without damning anyone. I think on an A-F scale we rate a C- or D+ most of the time. I base this purely on the gut feeling I get when I am out in the community or walking around the District or Field Offices, reading the newspaper or watching TV.

This and other articles on Public Affairs continued on pages 6 through 12.

Commander's Perspective

COL Thomas J. Hodgini

Autumn is upon us. A busy time as we end one fiscal year and begin another. Take time though, to get out and enjoy the many fall activities. A couple of dates to note: October 14 is a holiday, Columbus Day, and October 27 is the day we set our clocks back to standard time. With the end of the fiscal year, members of the Resource Management team have been working feverishly trying to get all the costs in and the vendors paid. At the time this went to press all the figures weren't in to define our execution for this year, but RM accepted some excess money for the O&M general fund and fulfilled needs that we had for FY 97 in FY 96. That will offset FY 97 requirements and put us in a better position for the new fiscal year. Thanks to all who helped to make the year end process smoother.

With end of the calendar year just around the corner everyone should take a look at your leave balances and assure that you have time to take the leave you need to before January 11 (the end of the leave year). If you plan now there won't be any reason to worry about it at the end of the year. Leave restoration must be based on emergency types of work that are approved by me as valid justification before the end of the leave year. Kathy Hatfield or Jane Knese are the experts and can give you more details if you foresee a problem with someone's leave.

During the Town Hall meeting I committed to help facilitate better and more open communications. I offered a couple of immediate options to chat with me. Very few have scheduled a noon time run! Another means is through a noon time lunch. I have asked Kathy Tober, HR, to set up a monthly informal luncheon with about five of you at a time. She will work out the details, such as, rotation schedule, location, time, etc. After a few months, we will evaluate the success of the program. Remember, I am interested in hearing your ideas and thoughts, as well as concerns.

I am interested in hearing your ideas and thoughts, as well as concerns.

The District staff and I met in early September for a transition workshop. The primary purpose of the meeting was twofold: to begin a dialogue about the future direction of the Saint Louis District and to address employee issues. We reached consensus on direction. Considering our unique heritage, strategic geographic location, demographics, and talent, most felt that the following statement captures the essence of our vision: "St Louis District: The National Center of Innovation in Navigation and Flood Control Systems, incorporating Environmental Stewardship and Recreational opportunities." The next step was to look at the issues. Many of the issues dealt with three central themes: empowering people, communicating better, and recognizing people for the work they do. We made a lot of progress in addressing these and will keep you informed as we continue.

Congratulations to all for the hard work done in safety in spite of the disastrous start to the year. The District finished the FY with an outstanding performance for the last 3 quarters in which we had only 6 lost time injuries. This will put us in the running to again have the lowest injury rate (1.3 injuries per 100 workers) in Lower Mississippi Valley Division. This will be the third straight year in which this District has accomplished this feat in spite of a workload that has our employees in many parts of the world performing very unique missions.

US Army Corps of Engineers
St. Louis District

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News Briefs

Rend Lake:

State fair

Corps rangers from Rend, Shelbyville and Carlyle Lakes and the Rivers Project greeted visitors at the DuQuoin State Fair during the week of August 23 - September 2. The hundreds of visitors were invited to explore the lake and river projects through a multi-panel photo display, brochures and talking to the rangers.

Lake cleanup

More than 500 volunteers "pitched in" at the 10th Annual Rend Lake Cleanup. Truly a community effort, local businesses and civic organizations donated food, time, door prizes and commemorative T-shirts for all volunteers.

Bass stocking

The three brood ponds at the lake used by the Corps and Illinois Department of Natural Resources (IDNR) for rearing fry into fingerlings were harvested and about 42,000 largemouth bass, each averaging 4.4 inches, were released into the lake.

Festival postponed

The Pioneer Life Festival, to be resurrected after a six year hiatus, has been postponed from October 5 and 6, 1996, to June 21 and 22, 1997. Planners expect the new date to be much more accommodating to local exhibitors.

Expanded facility

The IDNR and the Rend Lake Resort have completed expansion of their facility. The newly built banquet facility, scheduled to open in mid-October, will accommodate 350 people. In addition to the existing rooms, 48 new Botel rooms are now available. The new expansion brings the total number of Botel rooms to 68 plus 11 duplex cabins.

Mark Twain Lake:

Interpretive work

The Mark Twain Lake interpretive staff has had a busy 1996 season. Water safety programs were delivered to more than 1,500 people who visited lake beaches this year. In the past month water safety programs were presented to area 4-H clubs and Cub Scout groups. The lake was also visited by several area church groups who enjoyed Visitor Center and Powerhouse tours.

Wetland display

Park Ranger Toby Wood has been constructing a new wetland display for the Visitor Center. The new display contains artificial wetland plants and mounted wetland animals.

Woodsy travels

Woodsy has been on the road with Park Rangers Heather Williams and Tammy Cornine attending area parades and special events over the past few weeks. Woodsy was able to teach everyone a little about pollution problems and then give a few quick lessons on the ever-popular Macerana.

Mule exhibit

An exhibit entitled Alive and Kicking: The Missouri Mule, Then and Now is being displayed at the Boudreaux Visitor Center in anticipation of the upcoming 3rd Annual Missouri Mule Days on October 5 and 6. The display will remain in the Visitor Center through October. This special exhibit is part of a Missouri State Museum Traveling Exhibits Program sponsored by the Missouri Department of Natural Resources. For more information, call the project office at (573)735-4097.

Lake Shelbyville:

Indian festival

The 10th Annual Okaw Indian Festival drew 1,986 people to Lake Shelbyville. The festival was held at the Dam East Recreation Area on August 17. Activities included hands on flint knapping, corn grinding, pottery making and Native American games. The Kahok Dancers pleased the crowd with the performance of Native American dances. Other features included storytelling, cordage, primitive foods, a historic teepee and a 18th century wigwam. The Corps coordinated this event with the Kaskaskia Archaeological Society.

Erosion plan

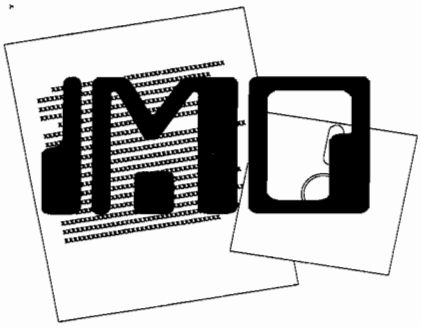
Construction on phase one of the shoreline erosion plan began the week of August 26. The contract was awarded to Mid-States General and Mechanical Contracting Corporation of Decatur, Illinois. Phase one work areas are Dam West, Dam East, Lithia Springs, Lone Point, and the Inn at Eagle Creek. At the end of construction in the Dam East Area there will be shoreline access for fishing and sightseeing.

Wappapello Lake:

Rededication

The Wappapello Lake Visitor Center was rededicated the Bill Emerson Memorial Visitor Center

(Continued on page 5)



Advanced tips for GroupWise 4.1 for Windows

by Anne Meehan, IM-I

Shelf

Shelf allows you to put your most-used views where they are easily accessible. The Shelf is the rectangular white area to the right of your In Box, Out Box, and Trash..

Terms

Title Bar icon: Small icon in upper-left corner of window or dialog box.

Control-menu box: A small rectangular button in the upper-left corner of the window or dialog box. Clicking the Control-menu box will display the Control menu; double-clicking the Control-menu box will close the window or dialog box.

Placing Your Personal Calendar on Your Shelf

1. Open a Calendar View. Choose Window/Calendar from pull-down menu or Go to My Calendar
2. Drag the title bar icon to the shelf
3. Right-click on new shelf item
4. Choose properties. At Caption: Enter a description for the new item. (optional)
5. Choose change icon. Choose a new icon by double-clicking. (optional)
6. Choose OK.
7. Double-click the Control-menu box to close the view.

You can then double-click the shelf icon whenever you want to open the view.

Placing Another User's Calendar on Your Shelf

If you are a proxy for another user/resource and need to manage that user/resource schedule, you can create a shelf icon that automatically opens the user/resource Calendar..

1. Open a calendar view in the Main Window
2. Choose Proxy to open the Proxy dialog box.
3. Type the user ID or Resource if you already know it or choose Users to open the Address Book, then double-click the user ID or Resource to insert it in the User ID text box in the Proxy dialog box.
4. Choose OK
5. Drag the title bar icon of the proxy view to the Shelf
6. Right-click on the new shelf item.
7. Choose properties. At caption: enter a description for the new shelf item (optional).
8. Choose change icon. Choose a new icon by double clicking. (optional)
9. Choose OK
10. Double-click the Control-menu box to close the view.

You can then double-click the shelf icon whenever you want to open the view.

Combining Views on the Shelf

When you combine two views on the Shelf, you can double-click the combined view icon to display both views at the same time. For example, you can combine the In Box and Out Box so you can quickly see incoming and outgoing items.

1. Open any two or more windows or views.
2. Arrange the windows in the order you want them to be displayed when opened.
3. Drag the title bar icon on the title bar of one of the views to the Shelf,
4. Drag the title bar icon of the second view to the existing icon on the Shelf.
5. Right-click on new shelf item.
6. Choose properties. At Caption: Enter a description for the new item. (optional)
7. Choose change icon. Choose a new icon by double-clicking. (optional)
8. Choose OK.
9. Double-click the Control-menu boxes to close the view.

When you double-click the icon, the views open in the order you added them.

Expanding the Shelf

You can expand the Shelf to see more of your icons by clicking the Maximize button in the top right corner of the Main Window. To return the Shelf to its original size, choose the Restore button.

Deleting an Icon from the Shelf

1. Right-click the shelf icon to display the quick menu, then choose Delete to remove the icon from the Shelf.

Find

Use Find to search for items or text in the In Box, Out Box, Trash, or Calendar that match a specific pattern.

Search Text

Search text is another name for the text you want to locate. Search text can include any combination of letters, numbers, spaces, or keyboard symbols. GroupWise does not distinguish between uppercase and lowercase letters.

Finding an Item

1. Double-click In Box, Out Box, Trash, or My Calendar in the Main Window
2. Select the folders you want to search in, then select the first item in the Item list box, or if you are in a calendar view, select the Appointment, Note, or Task list you want to search in.

If you don't select a folder,

(Continued on next page)

GroupWise tips (cont.)

GroupWise will search all the items in your root folder.

3. Choose the Edit menu, then choose Find to open the Find dialog box.

4. Type information in the From Text box if you opened the In Box or the To Text box if you opened the Out Box; then type the text in the Subject Text box or the Message Text box.

5. Choose Find Next to search from the selected item forward, or Find Previous to search from the selected item backward.

A dialog box appears indicating that the search is being performed. You can cancel the search before it is completed if you want.

This article will continue in next month's ESPRIT.

News Briefs cont.

on September 19th in honor of the late Congressman of the eighth district. The ceremony included unveiling a new sign and portrait of the Congressman. Certificates of dedication honoring Congressman Emerson and the support he gave the people of the area were presented to his family. The newly rehabilitated visitor center was opened on June 15, 1996, one week before his death.

Carlyle Lake:

Electric plant

Carlyle city officials have been hoping to build a hydroelectric plant on Carlyle Lake to cut the prices of electricity in the area. They recently met with engineers from the Harza Engineering Company of Chicago to discuss the firm's findings in its study of the project. The original $10 million that Southwestern Electric of Greenville quoted still holds true in the Harza study. No agreement has been made yet.

Treatment facility

Construction has begun on a land treatment wastewater facility at the Coles Creek Recreation Area. The existing facility does not meet present Illinois EPA standards and has also exceeded its usable service life. The new plant will meet current standards and will be less expensive to operate. The project is expected to be completed in 1997.

Haunted Trail

The Carlyle Lake Fireworks Committee and the Corps once again will put on the Haunted Trail at the Little Prairie Nature Trail on October 18 and 19. Volunteers are needed to participate in the event. Prizes will be given to the group of three or more with the best theme.

Algae growth

A growth of algae at the lake is being investigated. It is believed that the growth is a result of the clarity of the water, lack of wind and relatively low water release rates. The algae provides oxygen, but as it fades it may cause the oxygen supply for fish to dwindle. Until more is known, children and pets need to be kept from ingesting the water.

Pathfinder to the rescue

The M/V Pathfinder and her crew are well-known for their expertise in channel buoying and towing responsibilities. But, not many people hear about their heroic rescues of people and property stranded on the waterways in St. Louis District.

In June, Steve Jones and his crew captured a runaway dock barge and returned it safely to its mooring location. The grateful owner said, "This is one of the few times I appreciate government intervention."

Then again a few weeks ago, the Pathfinder crew rescued a frantic boater when his johnboat lost power in the St. Louis harbor. They towed him to a repair facility where he said, "I'm sure glad you guys were here. No telling where I would have ended up if you hadn't shown up when you did."

And just last week they towed a malfunctioning Coast Guard cutter back to the CG base. These are just a few examples of the services Corps vessels perform in conjunction with their normal routine.

So, if you ever have a problem when you're out on the waterways, look around. If you're lucky, there just might be "someone from the government" there to help you.

Computer classes

CASU offers ongoing computer classes at the New Horizons Computer Learning Center, near Page and Lindbergh, in St. Louis. Classes include PC Introduction, Operating Environments, Spreadsheets, Databases, Word Processing, Desktop Presentation, Electronic Publishing, Graphics, Programming and Novell Certification.

The majority of the classes are one day and cost $90. Schedules for September through December 1996 are available in CELMS-HR-T and CASU, Room 8.206.

CASU needs a copy of your approved DD 1556 to make a reservation and issue you a pre-paid coupon to take to the class. If you have any questions, please call Cathy Jaeger at 539-6016.

Public Affairs 101 (continued)

No, I haven't done a structured survey (although I have done a survey on ESPRIT, the results of which will appear in this issue). Those things cost too much to do. But I do talk to a lot of people, and it is disheartening when I hear the things people say to my face about the Corps of Engineers. I can't imagine what they say about us when I'm not around.

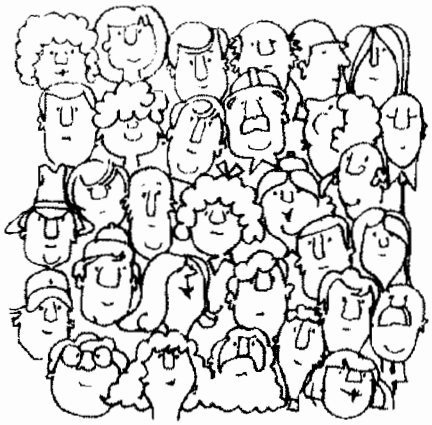
People say to me that I am wrong, because our customers love us. I say that our customers are only a small percentage of the people who make up the population within the St. Louis District. We need to work on the rest of the world, starting right here in St. Louis. In developing a Public Affairs Plan for the District (now in its umteenth version) I have tried to define what we need to do more of. If we keep the people honestly informed about what we're doing, they may not all love us, but they will understand us and respect us. And what more can you ask than that?

Community relations and perceptions management

Community Relations is a very important part of Public Affairs. It can have rich rewards in the form of support from the community for programs, projects and proposals. It can also, ultimately, cause a change in the way the media views the organization. The Community needs to know who we are, what we do and why we do what we do. If they don't, when the Corps needs support for a controversial project, it could be a long battle. We can't ignore our neighbors and then expect them to stand up for us when we need their support.

When MG Robert Flowers had a town hall meeting a couple of months ago he talked about each employee having a 3 minute commercial that they could recite when someone asked them where they worked. This is an important part of Community Relations. As an employee of the District you should know and be able to tell people about the Corps of Engineers.

There are a number of other ways to build community relations as well. We do a tremendous amount of this type of work at the lakes and riverlands offices



through the interpretive and outreach programs. The District offices do very little.

The Perception Management Workshop that the Public Affairs Committee had last month was designed to identify who the audiences in our local community were and which of those audiences we wanted to reach. We did a summary of what kind of people made up each of these audiences. We also looked at some key messages we wanted to use. The District Motto contest that is currently going on is a part of the key messages. We felt that if the District was going to have a key message or motto that it should come from the employees. This Motto will be the basis for the messages we want to send.

The second of the Perception Management Workshops is going to be a working session to decide what kinds of tools we want to use to get information to the audiences we identified. Those tools might be brochures, pamphlets, fact sheets, speakers bureau, tours, school programs, job fairs, use of corps assets, an open house, conferences and briefings. A successful program will include two or three of these for each group.

It is possible to become better known and build community support. The Saint Louis District Corps of Engineers has some very important assets to make that happen, those are the wonderful, bright, innovative, hard working, kind and caring people who make up the workforce here.

Quote of the month

Three things it is best to avoid: A strange dog, a flood, and a man who thinks he is wise.

Welsh proverb

Media relations

During a crisis like the Flood of '93 the media response can be overwhelming if you are the one who is in charge of dealing with them. It starts out slowly, but before you know it you have a person on every line and one your talking to and the calls just keep coming.

During the Flood of '93 the District implemented a media center designed to keep up with the massive number of calls received by the Public Affairs Office. That media center won the Locke Mouton Award for Emergency/Disaster Response in Public Affairs in 1994. A prestigious award within the Corps of Engineers, Public Affairs Community.

Why was the media center so effective? Probably because we provided the media access to the experts who work on the river and knew about the changing situations. Those who worked in the media center really deserve a vote of thanks for their services to public affairs. That particular program is now held up as an example for crisis management in the Corps.

Just as it is important to have good relations with the public, it is also important, maybe more so, to have good relations with the media. The media center during the Flood of '93 built a bridge with the media locally, nationally and internationally. Although there are a few specific problems with the local media, overall they know how to reach us and they call when they need information. The one element missing in our relationship with the media is us providing them information.

There are several types of media outlets, print, radio and television.

Most radio stations either get their news from the newspaper or buy it from a news provider, like the Associated Press, and really don't have a need for contact with us. There are a few exceptions, one might be when the District has a special event that we are inviting the public to. When you have a special event you can call in and do a thirty second spot where you talk about the event and invite people out. You have all heard these types of calls, usually on Saturday morning or Friday evening, announcing some event that is going on somewhere. Another exception is talk shows like KMOX has. Frequently they want someone to do a live interview on the air for a special issue or event that is happening. Gary Dyhouse, Dave Busse, and Emmett Hahn are the specialists in doing that here in St. Louis. Occasionally KMOX will cover news events also. Most of the local radio stations get our news releases anyway. You never can tell when they are going to cover an event, so when in doubt, send it out.

When dealing with the print media we need to provide interesting stories to other professional publications or publications who are interested in what we do. That requires work on the part of the technical staffs who work in the District and Field offices. Most print publications want pictures with their stories (see Ken's story on taking photographs). The story needs to be something that is understandable to the lay person. Turning technical jargon into a readable article is something that I have done with great success.

We can elevate the visibility by increasing the information we provide to the media. Sometimes that can be as simple as calling and talking to an editor and selling the story to the media outlet.

When you start talking about television, calling them up and selling an idea is sometimes the best way to go. They use news releases more as a prompt to generate ideas for a spot on the news. Seldom do they actually use a news release unless it is an announcement that impacts the local area in some significant way. Do you remember seeing the last blast during the demolition of the remaining I-wall from Lock and Dam 26? That took coordination. We had to know when that was going to happen and make sure the media knew when it was going to happen. We provided them the opportunity and they all showed up. It may not have been very informative as far as telling the Corps story, but the news people who covered it were grateful for the opportunity to get such a dramatic shot on the news and in the paper. Those are the opportunities that we need to capitalize on.

People wonder why we don't get more coverage. The answer is that my staff is limited and in order to get coverage you need to pound the sidewalks or spend time on the telephone and really make yourself a pest. And, unless it's a very slow news day, you need something truly newsworthy to sell. St. Louis is a large television market. We have a number of major corporations in the area along with all the government offices and other people vying for space on TV and that makes the competition tough. The other problem is that the media work in sound bites. How do you explain one of our very technical projects in a 30 second sound bite - you don't. But we can look for opportunities to be more visible - it isn't impossible.

If you have an idea or a story or just want to talk about getting more publicity for a project you are working on, come over to Public Affairs and talk. We can usually figure out a way to do it.

Know your customers - keep them happy

Customer satisfaction is a sometimes elusive monster to tackle. If you work in Planning or Engineering, you may well know who your customers are and what you need to do to achieve customer satisfaction. If you sit in your cubicle everyday and trudge through the work that's given to you, it may be difficult to recognize who your customers are.

If you are that employee who isn't quite sure who your customers are, ask yourself, Who sees my work? Where does what I do go after I'm finished? Who relies on what I do? Am I just one part of a bigger picture? Who else is part of that picture? And how does what I do impact that big picture? If you begin answering these questions you will start to have an idea who your customers are.

Some actual statistics about customer service at other types of organizations might give you an idea of how important it is to satisfy your customers.

* At a phone company: A happy customer tells three people about a positive experience, but those with complaints tell six.

* At a university: People who are satisfied with how their complaints are handled tell two or three others. But customers who have no complaints to begin with tell four or five others about their satisfaction.

* At an airline: For every person who complains, 25 others who are just as unhappy keep quiet.

* At an auto manufacturer: Satisfied customers tell 8 to 10 others about their experience, but the dissatisfied tell 16 to 20. Also, 60 out of 100 people with complaints never tell the company or a dealer - and 54 of those 60 won't return.

If you apply that information to the St. Louis District, you could see why it is important to ensure that our customers are happy. Whether it is the person in the mailroom, somebody else's clerical assistant, or the City of Ste. Genevieve, the employees in the District must strive for excellence in customer service.

A STEP's eye view of Public Affairs

by Latissue Banks, Public Affairs STEP

June 28, 1995 was the first time that I was introduced to the Corps of Engineers. It was also the first day I was to report to the Public Affairs Office. I was extremely nervous and trying to deal with the fact I had no clue of what to expect or what was expected of me. I came in and was greeted by an older man who introduced himself as Ken Kruchowski and informed me that Sandra Clawson, my supervisor was on TDY. "TDY," I thought to myself, "what in the world is he talking about." He gave me an overview of some things that the Corps does, has done and hopes to do. Who would have thought that the name "Corps of Engineers," an organization that is so involved with the community, had never crossed my ears before now? Then to find out there are divisions and districts all over the world. Imagine that.

My enlightenment didn't stop there though. My work day began. There were forms for everything - 1556's, 1610's, 1351's, 3953's . . . the list goes on. Trying to remember and understand what form was for what and the procedure for each could have driven a person insane. Then there was the continuous filing; what in the world is "MARKS?"

Out of all the duties expected of me, the most memorable one was learning Funds Control. Every batch of documents that I processed came out "NO ERRORS," those words were heaven sent. All my life I have never been a complainer. My mother always said, "Any job worth doing, is worth doing well." I couldn't give up, but when I conquered one thing something new always came along. Would I ever get ahead? However, that was over a year ago.

Now things have changed, with help from extraordinary employees who took time from their busy schedule's to help guide me in the right direction. Now there's no problem with recognizing the many forms that must be completed. For those who don't know, "MARKS" stands for Modern Army Recordkeeping System.

I never stop learning and new things are coming along every day, but I deal with them. Next to seeing my son smile, there is no greater feeling than taking pride in the work that I do. I must admit I have learned a great deal about teamwork and dealing with people overall since I have been a Corps member. Working for the Corps of Engineers, SLD in the Public Affairs office, has given me a great deal of respect and pride, because of the different jobs we all take part in to serve and protect our community. My experience and the wonderful people I have met in this District will always be remembered for years to come.

Always remember, when you feel stressed about your work load "If not for hard work there wouldn't be any work at all."

A command information tool

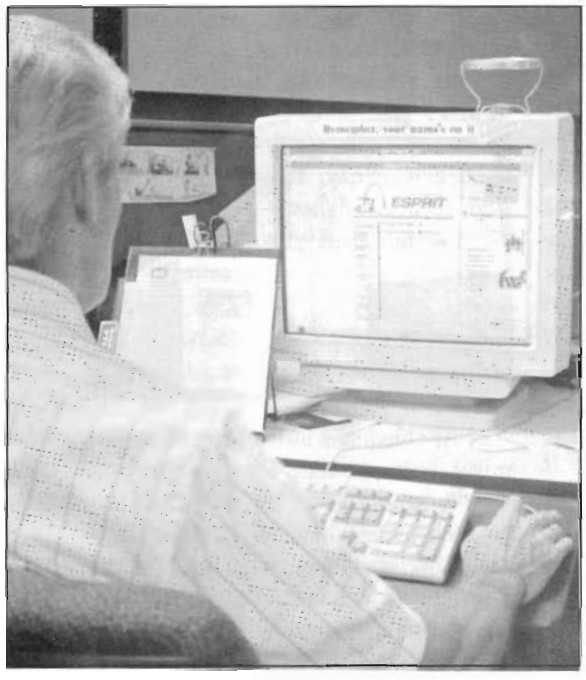
ESPRIT from A to Z - a summary

In a perfect world, ESPRIT would have a staff that included a couple of writers, a photographer or two, a design artist and an editor to oversee the whole thing and bring it together. The writers would spend their time searching for and writing about all the interesting things going on throughout the District. The photographer(s) would go out to take beautifully conceived and executed photographs of the things the writers were writing about. The editor would review and edit what the writers did and decide what would be used in each issue and where it would be placed. Finally the design artist would go off somewhere quiet where he or she could concentrate and design the layout of the issue. It would be magnificent to behold, pulling the reader through the fascinating and perfectly readable material at exactly the right pace. ...In a perfect world....

But this isn't a perfect world. So let's talk about how ESPRIT comes to be in the real world.

In the real world one person is writer, editor and design artist, working around other duties. The Public Affairs staff doesn't usually have time to search out material, so it starts with an E-mail request/reminder that material is needed for an issue by a certain date. When material is received it is either typed into Windows Write or, if in a WordPerfect file on disk, loaded into WordPerfect. Some material needs extensive editing, some does not. Editing can be rewriting portions of the material and/or removing portions of the material. Articles are sometimes shortened to fit a certain amount of space to facilitate good layout. Material must be removed without substantially reducing the basic information provided - sometimes a tricky proposition.

In times past it was sometimes difficult to gather enough information about the District to fill more than half a 16-page issue. A few issues had to be reduced to 12 pages. (Pages must be added or subtracted in four-page increments because of the printing process. You can't just add one page if you have additional material. And if you add four pages, you must be able to fill all four pages.) There is some material available from sources outside the District, from the American Forces Information Service and from an editorial service we purchase called Pages. Admittedly, there was as much information from those other sources as from the District in some past issues.



That changed when central themes were instituted for each issue. The theme idea has worked well. It has ensured that most of the articles in ESPRIT are District related, which has helped our people learn about their District and what it does. That is the real purpose of a District news bulletin. With the monthly themes, our various divisions and some field offices have a chance to toot their horns and tell people what they do.

After most of the material for the issue is entered into the system - articles typed, graphics scanned - the process of laying out the issue begins. Again, in a perfect world, the design artist would be secluded where he or she could concentrate and work without interruption. Layout can be very difficult. Articles are of various sizes. There is only so much space on a page. The words must flow in a logical pattern that doesn't confuse the reader. ESPRIT uses a cross between a magazine type format and a newspaper type format. In other words a news magazine type format. There isn't as much white space as with most magazines, but more than with a normal newspaper. That gives more flexibility, but also gets the most material into the space available. We use a desktop publishing program called PageMaker to do the layout.

ESPRIT is a command information tool. The commander has final authority over what appears in ESPRIT and dictates deadlines for distribution. So there are time constraints for production. That means layout is usually done "hurriedly." And the design artist, rather than being secluded, has an oft ringing telephone sitting two feet away and must also break to do other jobs. Speed and interruption bring mistakes. Fortunately, by proofreading, most of those mistakes are caught

(Continued on next page)

ESPRIT continued

before ESPRIT lands in your lap.

ESPRIT depends on its contributors for substance. And since its contributors are human, sometimes the contributions are late. In some cases space is held open for expected contributions. In other cases space is made by altering layout, if possible. (Sometimes several pages must be altered to make room for one small article.) Every effort is made to get contributed material into the issue. If the material is "too" late, it is held over for the next issue unless it is time sensitive and will be of no value to our readers if held for a later issue.

Since we must hire a contract photographer when we want photos taken of activities and projects, and since most articles we get for ESPRIT are about things that have already happened, we rely on our contributors, who are not professional photographers, for photos to accompany their articles. In many cases what we get is either not good or not usable at all. We hope to improve this in the future through education. So keep those photos coming. Photos make ESPRIT both more attractive and more informative. After all, a photo is worth a bunch of words. Having said that, sometimes we don't use a photo simply because we don't have room for the photo AND the article.

After layout is complete and ESPRIT is proofed - by as many people as possible - any changes/corrections are made, photos are fitted with postits to indicate how they should be cropped and their associated space boxes are numbered, ESPRIT goes to IM-P to be sent to the printer. Printing takes about seven working days. When the printed copies, about 1440 of them, come back from the printer, distribution is made - to District employees and retirees. We know everyone waits with bated breath for the next issue.

We hope you now have a better understanding of how ESPRIT is produced. It is your publication and should be about you. We are trying to make it both as attractive and easy to read and as informative as possible. Anything you can do to help that happen will be appreciated.

A short history of ESPRIT

At sometime in the District's misty past someone decided there should be a District news bulletin to be used to let all the District employees know what was going on in the District. In public affairs and military terms that's called command information.

The original District news bulletin dates back more than 30 years before even Memory Writer typewriters were heard of. It was put together by the Personnel Office and distributed about once a month.

In the late 60s the powers that be decided the news bulletin should be a public affairs function and turned over the responsibility to Public Affairs, which was called Technical Liaison at that time. Most of the work collecting and typing material fell upon the PA (or TL) secretary, Ms. Katie Crossley. She did a yeoman's job typing up material in columns, pasting it on paper (it was 8 x 10 1/2 back then) and adding graphics she cut out of this or that, then giving it to Administrative Services (what IM and LM combined was called then) to be printed in the District's printing plant in the basement at 210 Tucker. Jerry Gray, Ron Bockhorst and Fred Henn (all now retired) ran it on the offset presses. Debbie Kuhlmann stapled the pages, usually about 10 to 12 depending on how much material was available. Beside the printing plant the District even had its own photo lab complete with photographers. Imagine that.

Then came the computer and desktop publishing, and a whole new system for the production of the news bulletin came into being. Kate rejoiced. She no longer had to do it. The public affairs specialist was expected to learn how to do it on PA's one computer, which was difficult since the computer was a 286 with less than a megabyte of RAM and couldn't really handle PageMaker 3.0, so it locked up 40 times a day. But she didn't rejoice for long, for the powers that be announced a new filing system, which scared her so much she retired (like so many who are facing CEFMS and PROMIS and all the other ways to "improve our ability to serve" wish they could do).

The bulletin has evolved over time and will continue to evolve. There will certainly come a day when those who read it no longer hold it in their hands, but view it on a screen. But don't despair. For the near future it will continue to come off the old printing presses once a month - no matter what. At least until a certain public affairs specialist decides to flee some future newer and better ways to improve our ability to serve.

ESPRIT readership survey

by Sandy Clawson, Chief, Public Affairs

I knew that the Survey of recipients of ESPRIT was going to be interesting when we received a survey form filled out and returned before we had even sent the survey questionnaire out. It came through the mail and I asked Ken, "Did we send out the ESPRIT questionnaires yet?" He said, "No, I am waiting for them to come back from the printer." I began to wonder. I told Ken that this was a first. Usually people aren't very anxious to fill out surveys and send them back, but someone was so anxious that they sent it back before the fact - where did they get this questionnaire?? Well the mystery was solved when we checked with Debbie Kuhlmann and found out that the questionnaires were returned from the printer the day before and were sitting out in the hallway by the mail room. Someone must have walked by, saw what it was, filled it out and dropped it in the mail box to be returned to us. So the mystery was solved, but it's still a little scary to me.

It took a couple of weeks for us to get all the questionnaires back. We had a total of 254 respondents. One hundred and thirty two employees from the District Office replied, 52 from the Field Offices replied and 70 retirees replied. This isn't a bad survey respondent reply ratio. Thanks to all who took time to reply.

We found some interesting things from the Survey. Seventy-four percent of the respondents read ESPRIT. Sixty-five percent think it is a reliable source of information. Seventy-seven percent read all the paper. Those statistics would make any editor happy.

We found that we did pretty well overall, but there are some things we need to improve on.

A majority of respondents think that we have to much military news and lake/recreation news. I suspect that the content of our lake/recreation news is as much the problem as the amount.

A majority of respondents think we have about the right amount of Corps wide news, topical issues such as family, social problems, alcohol, drugs, etc., features on non-work related subjects (child care, consumer and financial information, travel information, earth notes, etc.)

A majority of respondents think we don't have enough features on work related programs and activities (profiles on people or offices, etc.)

A couple of people thought that we should stop using the slick paper ESPRIT is printed on. Well, we use that particular paper because it gives us the best quality print for our pictures. A while back I asked Ken to check into printing on recycled paper and found out that it is much more expensive to print on recycled paper than what we use now. Unless we can come up with a viable alternative, the paper stays, so we can keep the high quality.

A majority of respondents like the central theme for each issue. I have to say that the central theme for each issue makes the job of assembling the paper much easier for Public Affairs and it gives the people involved in writing a chance to tell the rest of the District what they do and get their name in the paper, something that looks nice on a resume if you're so inclined. We really appreciate the hard work each of the theme offices has had to do to get us their stories. It really gives the ESPRIT the feeling of being a paper by and for the employees of the St. Louis District.

A majority of respondents rated the ESPRIT either good or excellent (96 percent) in readability and (98 percent) in overall appearance.

A majority of respondents felt that ESPRIT is published in the right intervals (once a month).

Sixty two percent of the respondents have access to the Internet and 77 percent said that they would not like to see the ESPRIT go to the Internet.

There were a lot of comments written about the ESPRIT, and Ken and I are looking at implementing some of them. For instance people want more stories about the people in the District. We are trying to run more human interest type stories but we need your help. I have no writer, so the stories need to come from you. If you don't fancy yourself a writer then we can help if you provide the information to us in a written format. It is truly your newspaper so contribute!

There were 96 responses to our question about problems with an electronic newspaper. Many people don't have access to the Net and our retirees are concerned that they won't be able to get the ESPRIT. This is something that is still being considered but won't be implemented in the near future.

Quite a few people love the ESPRIT, but some feel it is a waste of time and money. My guess is that if it were gone you would miss it. No one would know anything about any one else in the District. We are a team and communication is the best way to build teamwork. ESPRIT is the best tool we have right now of communicating. For those of you who think ESPRIT should go away, I am here to tell you it isn't, it is here to stay.

Some pointers on photos for publication

If you are taking photographs to accompany an article for ESPRIT, Engineer Update, or any other publication, here are a few suggestions that might help you/us get those photos published.

The photo should further the story you are telling. Ideally it should be able to stand alone with a brief caption and tell the story.

It should show something significant to the story. For instance, if the story is about a water safety course given by one of the field offices for a group of kids, the accompanying photo should show someone teaching water safety to some kids, not a group of kids holding certificates and grinning. It should be clear, without a caption, that you are seeing someone teaching kids about water safety.

The photo should be close enough and clear enough to see the props being used and the expression on the kids' faces. When it's made into a halftone that's two by three inches, you should still be able to see the expression on those faces.

Closeups are almost always preferred unless an overall perspective on a large area is necessary to demonstrate what you are talking about. Even then, try for a significant closeup and enough depth of field to be able to see what's in the distance.

For example, you are talking about huge flocks of Canadian geese visiting a lake. The preferred shot would be a closeup of several geese with a lake full of geese in the background.

Try to keep the subjects from looking at the camera. (We're talking about human subjects. The geese can look at the camera if they want to.) They should be intent on what they're doing. The camera person is just tuning in on the action. The picture should be candid. Eye contact with the camera usually indicates the picture was posed. And that's usually the kiss of death as far as most publications are concerned. I say usually because there may be a time when eye contact is important. Just because I can't think of an instance doesn't mean it can't happen.

If someone is getting an award for a special act, the most desirable photo would be one showing the person doing what they are getting the award for. The least desirable photo is a shot of the person actually getting the award - unless there is something particularly significant about the award itself. Then two photos might be appropriate, one of each.

Look for a dramatic or unusual angle that might add excitement to an otherwise dull photo. An example comes from one of our park rangers. It was a posed photo of a group of military service members - one of each service - at an Armed Forces Day celebration. Boring? Not the way it was shot. The photographer laid down and shot up at the group with the flag flying above them. It made an interesting shot that people wanted to use. That's one of the few instances where someone got away with a posed group shot.

Remember, try to shoot it so it doesn't look posed.

The other part of all this is the technical quality of the photo. Make sure it's in focus. Watch out for camera movement. The slow shutter speeds of some "point-and-shoot" cameras requires that you press the button carefully. Try to submit originals. Use the slowest film possible to get your picture. For instance use 25 ASA Kodachrome for the sharpest possible slides. Usually the slower the film speed the finer the grain. Try to avoid backlighting, unless you're looking for a special affect that can only be achieved that way. Use fill flash if you can, especially if there are a lot of shadows in what you're shooting, or unless you want the shadows there for a reason. Shoot LOTS of pictures of the same thing. People's expressions change in fractions of a second. Shoot from different angles. Your photo will be reproduced in black and white. Some colors render similar gray tones and things in those colors won't be differentiated in black and white.

The key to photography, more than anything else, is just to stop and think about what you're shooting and how you're shooting it before you press the button.

LTG Ballard new Chief of Engineers

The United States Senate confirmed Major General Joe N. Ballard as the Army's 49th Chief of Engineers and Commanding General of the U.S. Army Corps of Engineers and his promotion to lieutenant general on September 19. He assumed command on October 1 from Major General Pat M. Stevens IV, who had been serving as the Acting Chief of Engineers since Lieutenant General Arthur E. Williams' retirement in June.

General Ballard's previous command was as chief of staff, United States Army Training and Doctrine Command, Fort Monroe, Virginia, a position he held since July 1995.

Major General Ballard was born in Meeker, Louisiana. In 1965, he graduated from Southern University A&M College, Baton Rouge, Louisiana, with a bachelor's degree in electrical engineering and was commissioned into the Corps of Engineers. In addition to his master's degree in engineering management from the University of Missouri, he is a graduate of the Engineer Officer Basic and Advanced Courses, the Army Command and General Staff College and the Army War College. He is a registered professional engineer in civil engineering.

Online research services

by Sandra Moody, Librarian

The CASU Library offers an efficient and time-saving answer to a variety of research tasks with online literature searching of computerized databases available through Knight Ridder Information (KR Information). Online searches are particularly useful in searching well-defined topics, subjects in combination, and new terms/concepts that are difficult to locate in printed sources. Searching a topic online goes beyond the limits of traditional manual methods of searching. The search can be by author or subject headings as well as by such categories as author's institution, journal title, company name, date, language, SIC code, etc.

What is KR Information?

KR Information is an online search service that provides access to 400+ information collections/databases.

Who are the database producers?

Database files are produced by federal agencies, professional organizations, and private companies.

What subject areas are covered?

*Business
*Government
*Science
*News
*Humanities
*Reference

What type of data/information is available?

1. Complete text = full text of articles, newswire stories, patents
2. Bibliographic = not the complete article, but the reference or citation
3. Numeric = statistics and tables
4. Directory = factual information for companies, organizations, products

How can I use these computerized research services?

Stop by the CASU Library & Information Services (Room 1.204, next to the snack shop) to pick up a SEARCH REQUEST FORM. We strongly encourage patrons to complete this questionnaire for best results. It helps to clarify any questions and further defines the search topic. During/after the search, the librarian will ask the patron to review the results of the online search or suggest any modifications as the online search progresses.

Are these online services available to everyone?

At this time, only agencies that have entered an interagency agreement with CASU and subscribe to information retrieval services can use these services. If you are interested in additional information on setting up an account, please call us at 539-6110.

Challenge Cost Share Agreement

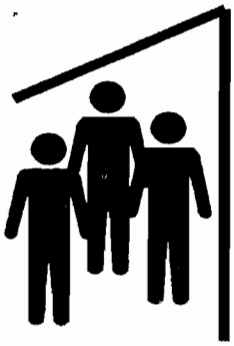
The Tri-City Commission, composed of members of the Monroe City, Paris and Perry area chambers of commerce, recently honored the Corps for the distinction Mark Twain Lake and Clarence Cannon Dam received for being named Project of the Year with a barbecue and celebration. It also celebrated the groundbreaking for a new building that will result from one of the first major challenge cost share agreements in Corps history.

From left to right: State Senator Joe Maxwell, State Rep. Sam Leake, Tri-City Commission President Dennis Nobis, Colonel Hodgini and Project Manager Dennis Foss.

Speakers at the celebration and groundbreaking included Colonel Hodgini and Project Manager Dennis Foss from the Corps, State Senator Joe Maxwell, U.S. Representative Harold Volkmer, State Representative Sam Leake, Claire Elsberry, representing Senators Bond and Ashcroft, and Dennis Nobis, President of the Tri-City Commission.

The construction of the food service building in the special events area in the South Spillway will be completed by the Tri-City Commission and donated to the Corps under the challenge cost share agreement.

Achievements in public involvement and community service helped earn Mark Twain Lake the honor of Project of the Year. The award winning Annual Mark Twain Lake Rodeo and the World Championship Bullriding Finals are examples of the strong ties that exist between the Corps and the Tri-City Commission. Other accomplishments that contributed to the Project of the Year award include achievements in natural resource management, efficiency in the use of financial and personnel resources, success in interagency programs, initiative in public involvement and effectiveness in visitor safety.



Did you know ?

FEHBP OPEN SEASON

The Federal Employee Health Benefits Open Season begins November 11 and continues through December 9, 1996. During this period, eligible employees may enroll or change their enrollments. This does not apply to employees hired under the Student Temporary Employment Program or to temporary employees with less than one year of continuous service because they are ineligible for health benefits. All changes will take effect on January 5, 1997.

TSP OPEN SEASON

The Thrift Savings Plan Open Season begins November 15 and continues through January 31, 1997. You can make an election to start, change, or reallocate the investment of our TSP contributions during this period. A reminder to employees hired between January 1996 and June 30, 1996 - you are now eligible to contribute to the TSP.

Point of contact is Carol Matthews, HR-M, (314) 331-8552.

CHILD SUPPORT PAYMENTS

Many issues are not directly related to the traditional subject matter handled at the operating civilian personnel offices. One such issue has to do with parents of children who fail to comply with court orders requiring child support payments. The DoD operational legal community assists military members and their spouses with such issues. However, when civilian employees have related issues, they often seek advice or assistance from their servicing civilian personnel office. Therefore, the St. Louis District Human Resources Office would like to pass along the following information to our employees.

Any personnel or financial record maintained on you in a Department of Defense automated system of record is subject to routine computer matching with records of other federal or non-federal agencies. This includes matching DoD records with state records on PERSONS WHO OWE CHILD SUPPORT in order to establish or verify eligibility for, or compliance with, statutory and regulatory requirements relating to applicants, recipients, beneficiaries, service providers, or participants in cash payment or in-kind assistance under federal benefit programs, which includes recouping DELINQUENT child support payments. These computer matches are made by agreement between the agencies who have the records, subject to the restrictions in the Privacy Act of 1974, as amended, (5 U.S.C. 552a).

No MRC river charts for Mark Twain

by Cecily A. Jones, historian

When Mark Twain (Samuel Langhorne Clemens), an 18-year-old "runaway," persuaded river pilot Horace Bixby to take him on as an apprentice in October 1855 to "learn him" the Mississippi, he didn't have the aid of the Mississippi River Commission's (MRC) detailed navigation charts to provide a "roadmap" for the treacherous river.

The Mississippi River Commission wasn't authorized until 1879, and its first charts weren't published until the late 1880s. Before that time, river pilots used whatever survey maps they could find, lead lines to determine channel depths and their own experiences to record landmarks, treacherous currents and navigable areas. It was a formidable task.

Twain's ambition when he was a boy in Hannibal, Missouri, he writes, was the same as every other boy there - to be a steamboatman.

In an excerpt from Twain's "Life on the Mississippi," included in T.H. Watkins' "Mark Twain's Mississippi," Twain is quoted as declaring about his apprenticeship with Bixby: "I entered upon the small enterprise of 'learning' twelve or thirteen hundred miles of the great Mississippi River with the easy confidence of my time of life. If I had really known what I was about to require of my faculties, I should not have had the courage to begin.

"I supposed that all a pilot had to do was to keep his boat in the river, and I did not consider that that could be much of a trick, since it was so wide."

Twain found out the pilot business was more than even packing his head full of islands, towns, bars, "points," and bends, whether he was on a steamboat or in a canoe. As Bixby told him, "You've got to know the shape of the river perfectly... better than any man ever did know the shapes of the halls in his own house." "I wish I was dead!" Twain responded. "Have I got to learn the shape of the river according to all these five hundred thousand different ways?"

Twain kept at the study and earned his pilot's certificate April 9, 1859.

After the MRC charts became available and regardless of sonar and computer technology and sat-

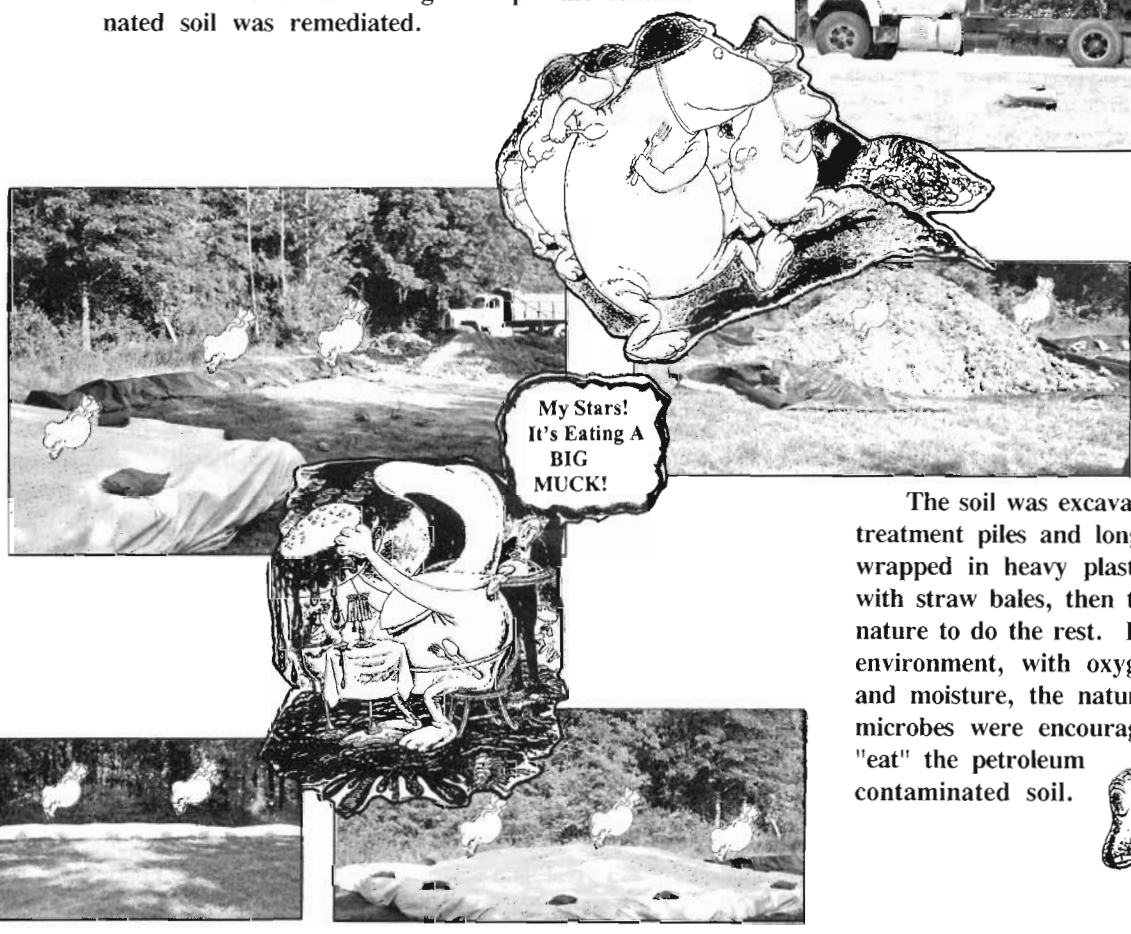
(Continued on page 19)

Illinois lakes - doing what just occurs naturally

When 16 Underground Storage Tanks (USTs) were removed at Lakes Shelbyville, Carlyle, and Rend...

1500 cubic yards of contaminated soil also needed removal and disposal - or did it?

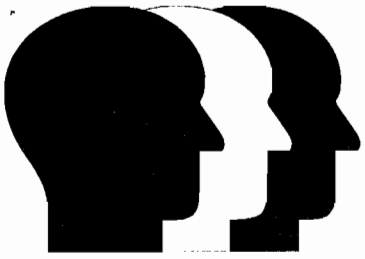
Combining innovative thinking, Lake Project Managers, progressive, open-minded employees and a lot of help from a small army of little helpers (naturally occurring microbes) already on-site - who were more than willing to help - the contaminated soil was remediated.



The soil was excavated, arranged in treatment piles and long narrow rows, wrapped in heavy plastic, bermed with straw bales, then turned over to nature to do the rest. In this enhanced environment, with oxygen, fertilizer and moisture, the naturally occurring microbes were encouraged to "eat" the petroleum contaminated soil.

They were quite amazing. These microbes dove right in there voraciously turning petroleum contaminated soil to clean soil in a matter of months. Truly a win-win agreement! - the Corps implemented a low cost, on-site solution and the little microbe's submitted a VE proposal for transportation and off-site disposal savings to the government was $40,000.....Way to go partners!

Illustrations used with permission of the artist, John Huehnergarth.



EEO matters

Blacks in Government

by Angela Sanders, BEP Manager

Oscar Eason, Jr., President of Blacks in Government (BIG) was named Black Engineer of the year for Affirmative Action by engineering deans of historically Black colleges and universities. Mr. Eason is employed in Seattle, WA with the U.S. Army Corps of Engineers as Assistant Chief of the Engineering Division. He was selected over 250 of the nation's top Black scientists, engineers and technology leaders. Mr. Eason earned a bachelor of science degree in mechanical engineering from Prairie View A&M University and a master of science degree in engineering from Saint Mary's University.

The eighteenth annual national training conference of BIG convened in Atlanta, GA on August 26-30, 1996. More than 5,000 people attended. This was the largest BIG conference attendance ever. Workshops were crowded, overflowing into the corridors. Workshop presenters reported that there was an intense air of expectation and inquiry, an enthusiasm and thirst for knowledge.

Our theme, "Strengthening Partnerships and Productivity in Government," reflects BIG's perception of the challenge we face in today's workplace. It is one answer to those who would stop progress toward equity, excellence and opportunity in government.

Ms. "Able" Mable Thomas, a popular Atlanta grassroots leader, was the keynote speaker at the opening session. She set the tone for the conference by urging government employees to seek to provide the highest possible quality of service to the public as the only way to combat the negative public perception of government. "African American government workers must be willing to set a new standard of excellence...you must show that you are concerned about providing the best possible goods and services to the American people. Your philosophy of service must be "with God as my leader and righteousness as my guide, I accept my responsibility to serve humanity graciously."

Highlighting the conference theme, Ms. Thomas pointed out that in confronting adverse situations such as the government furlough and the attack on affirmative action, "government workers have remained productive, durable and committed to helping others." She stressed that conference participants should not be satisfied with energizing themselves but also should strive to energize others. She emphasized that we must work to increase voter registration, voter education and voter empowerment.

A "Freedom Vigil" was held at the Martin Luther King, Jr. historical site. Participants marched from the Hyatt Hotel on Courtland to the site on Auburn Avenue. They were addressed by former comedian turned civic activist, Dick Gregory, who urged them to "keep body, mind and spirit focused on survival and progress...for self, family and community.

Rev. C.T. Vivian, churchman and civil rights pioneer, addressed the Civil Rights Luncheon. Rev. Vivian urged the government workers to use their status "inside government" to help others. "With you on the inside working with us on the outside, we have a chance to save those falling on the other side."

At the closing banquet, famed defense Attorney Johnnie Cochran challenged African American government workers to become advocates for the disadvantaged and less fortunate, "those who have no one to speak up for them, those whom no one seem to care about." Cochran's challenge was a recurring theme that came from other national and grassroots' leaders addressing the week-long conference. The government employees, from federal, state and local agencies, were urged to renew their commitment to civil rights, to commit at least three hours a week to volunteer activities in their communities and to set a new standard of excellence in public service. More than 100 workshops focused on topics related to critical workplace problems and community issues that impact the government workplace.

Cochran's topic was "Justice in America," which he defined as "not just in the courts, but economic and social justice. So many Americans don't want to talk about race, but race is the number one problem in this country and it will be for the next century. This is a great country, but we have an obligation to speak out about racial injustice; it is not heresy...what is a race card anyway...we don't own the deck, we don't own anything from that standpoint. We need leaders in this country who have the courage to talk about the racial injustice that's taking place. As an advocate, you must not be afraid to speak up. You have an obligation to speak out for the young people who are coming behind. BIG talks about equity, excellence and opportunity...and when you think about our state in America today...that's all we want... opportunity to be the best that we can be."

CAC activities

Discount tickets are available for the following events to be held at the Kiel Center. With a minimum of 25 people, we can save up to $2.50 on each ticket purchased. Contact Greg Bertoglio, ED-GE, 331-8411, for information and tickets.

Event	Date/Time	Box Office $	Discount	Your Cost
Ringling Bros. and Barnum & Bailey	Thu, 7 Nov 96, 7:30 pm	14.50	2.50	12.00
"	"	9.50	2.50	7.00
Harlem Globetrotters	Fri, 3 Jan 97, 7:30 pm	15.00	2.00	13.00
"	"	8.50	2.00	6.50
Disney World on Ice - Toy Story	tentative Thu, 13 Mar 97	to be determined		

Bagel Sale - Tuesday, November 19, 4th Floor Executive Conference Room, 6:30 a.m. to 9:00 a.m.

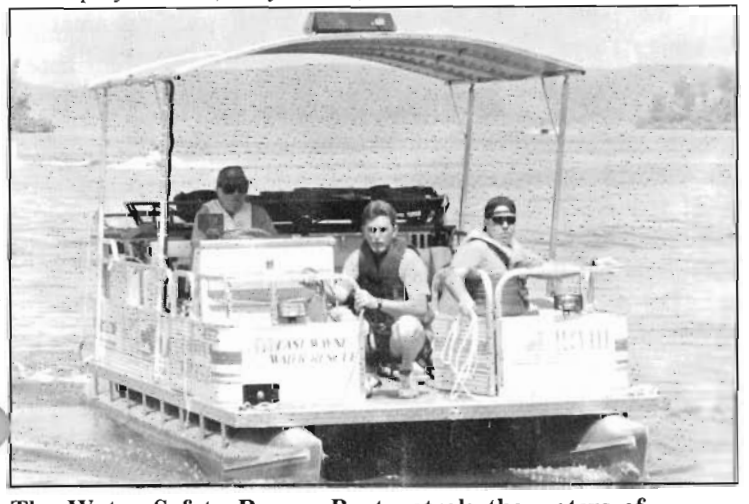
If you have any suggestions for the CAC or would like to help with any activity, contact one of the following CAC officers: Mary Ann Dostal, ED-G, 331-8400; Marla Hayes, ED-D, 331-8234; or Linda Wichlan, ED-GE, 331-8421.

Water safety at Wappapello Lake

The staff at Wappapello Lake conducts an active water safety program each year. The goal is to reduce or prevent the number of drownings and other water related accidents.

The Corps has formed partnerships with various local businesses. These partners have joined in the campaign to educate the public about water safety. Water safety messages have been placed on display boards, tray liners, ice bags, money envelops, monthly electric bills, etc. In addition, Steak 'n Shake helped sponsor a Safety Awareness Day at their facility on June 1, 1996.

Other water safety projects include: Paid public service announcements on TV, aired from Memorial Day weekend through Labor Day weekend, as well as, radio public service announcements throughout the recreation season. On the 4th of July weekend the lake staff conducts a water safety festival at Redman Creek Beach. Many local businesses help make this annual event a success.



The Water Safety Rescue Boat patrols the waters of Wappappello Lake.

The most unique innovation at Wappapello Lake recently is the Water Safety Rescue Boat. This vessel is a pontoon boat which was put into service by the Lucy Lee Healthcare System. A volunteer agreement with the Corps was signed and approved in 1995. This partnered venture includes the Corps of Engineers, Lucy Lee Healthcare Systems, East Wayne County Ambulance, Wappapello Volunteer Fire Department, Missouri State Water Patrol and Wayne County Sheriff's Department.

Each weekend during the recreation season (Memorial Day weekend through Labor Day weekend) the boat is place on the lake to assist visitors in need of medical attention while on the lake. It serves as a medical vessel on water. Those who staff the boat volunteer their time. They are all medically certified to render first aid, CPR, and search and rescue. Normally, the boat is staffed with three people per day. So far, this has been one of the best things that could happen at Wappapello Lake.

(Continued on page 19)

To your health

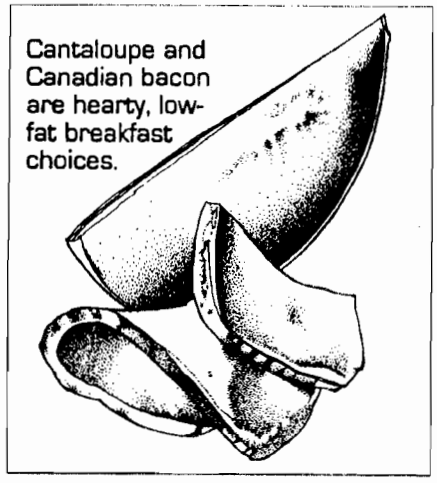
Breakfast: Six new ways to leave your blubber

How do you balance being a health-conscious person with being one who loves good food?

You have to cut the fat, of course, but you don't have to cut all of it. Little-by-little your fat savings will grow. You'll feel more alert, more energetic and lighter on your feet. Breakfast is a good place to start. Here are six easy ways to leave your blubber.

1. Think fruit first. Start with melon or grapefruit. You'll get your vitamins and fiber, and you'll eat less bacon.

2. One egg isn't all that bad, but if you want a three-egg omelet or coating for French toast, use one whole egg and two egg whites. You'll save 10 grams of fat and 426 milligrams of cholesterol.


Cantaloupe and Canadian bacon are hearty, low-fat breakfast choices.

3. Love hash browns? Use a non-stick pan over medium heat to cook a pack of frozen hash-brown patties about 12 minutes per side. You'll save 10 grams of fat per serving over homemade hash browns fried in oil.

4. Longing for bacon? Choose Canadian bacon instead. You can eat twice as much for half the fat.

5. Check your muffins. They look like a healthy choice, but some have more fat per muffin than a big hamburger. Buy the low-fat kind.

6. Skip the half-and-half and lighten coffee with evaporated skim milk or a low-fat dry substitute.

Easy does it. By trimming fat gradually from your diet, you'll soon want less of it, and you'll be healthier for that new preference.

Walking fixes your head

Doctors at Duke University say taking regular walks will help lift depression, lessen tension, increase optimism, boost self-esteem, and increase energy. The psychologists say exercise therapy usually produces about the same level of improvement as antidepressant medication.

Dr. Robert Thayer, says clinicians should get depressed patients on an exercise program right away. Thayer, author of *The Origin of Everyday Moods* (Oxford University Press) says the average person will also find exercise the best way to lift a bad mood.

Computer users: Rest your eyes

Optometrists advise looking away from the computer screen for a few seconds at least every ten minutes and closing the eyes briefly every half hour. These short rests are very helpful in preventing eye strain.

Computer screens should be about as bright as everything else in the user's field of vision, experts say.

Some computer users get that "dry eyes" feeling. The doctors say it's because, on average, computer users blink only seven times a minute, compared with the regular rate of 22 times a minute.

Switching off dental pain

Transcutaneous electrical nerve stimulation (TENS) is already being used by some dentists for shallow fillings. It has now been approved for more extensive use. Doctors place small pads on areas of the face. The area between the two points becomes numb with a needles-and-pins sensation when the patient turns a knob on a small device that looks like a personal stereo. Patients like it because no needles are involved, and they can control pain relief as needed. Numbness is gone as soon as the pads are removed.

Retiree Review

by the Retiree Correspondent

The retirees met on September 19 at the Salad Bowl for their monthly luncheon. It was a beautiful day and yet a number of faithfuls attended.

Elmer Huizenga, without his lovely wife, attempted to clarify the information about the size of his "new" property. He stated that it is really just over an acre, but from the standpoint of grass cutting, it looks more like 180 acres. He's going to have someone else cut it. They will move after their home in St. Louis is sold. Elmer informed us that his wife was "under the weather," and hopes to be back with us next month. Jim Baker was gratious enough to support Elmer in his description of his "new" home. In fact, Jim knew more about the layot of the house than Elmer.

Kate Stiles is still on the mend. She has had several set backs, but is a real fighter. She is home and resting, but would welcome being disturbed to take a phone call or read a get well wish.

John Jansen sends word that his wife is holding her own at the Southgate Nursing home. He would like to attend the luncheons, but is very busy tending to his wife and his volunteer work. John, we're pulling for you.

Charlie Denzel reported that the Cullens were in Florida closing on their new home. It was originally scheduled for August, but was delayed due to "administrative details." Maybe Mike will be at or next month's luncheon and bring us up to date on the move.

Marie Esseman, former secretary to the Safety Engineer, was spotted on the Metro the other week. She was headed to the casino for some entertainment. She states that she is always busy and can't make the luncheons, but wishes all the retirees the best.

George Clapp, Steve Williams, Elmer Huizenga and Lyle Forth were the story tellers. They were entertaining and provided some advice for the more mature audience.

The honor of Senior Retiree went to Elmer Huizenga.

There were several "new faces." You know, those who are not there regularly. Welcome to Norma Kosta and Don Wampler. Hope to see you more often.

Let's mark our calendars for the third Thursday of October, the 17th, at the Salad Bowl at about 11 a.m.

Soybeans: The miracle bean

When you replace the protein from steak with soy protein, cholesterol drops in a way that can't be explained by the absence of animal fat.

Researcher Mark Messina, Ph.D., author of The Simple Soybean and Your Health, says amino acids send the liver a message to slow production of LDL, the bad cholesterol. Further, soy keeps blood platelets slick so they are less likely to cl' ρ and cause a heart attack.

Soy-food consumption also reduces the risk of breast, colon, rectal, lung and stomach cancers. a Harvard study shows eating tofu daily cuts the riskof colon cancer in half.

According to Messina, an eight-ounce glass of soy milk or a half cup of tofu provides cancer protection. An ounce to an ounce and a half helps to lower cholesterol. Soy protein powder can be blended in orange juice, mixed in casseroles or with hamburger.

The powder does not provide cancer protection, but it does help to lower cholesterol levels.

River charts (continued)

ellites, pilots still must learn the river. Veteran riverman Capt. Geroid Lix said he has to know the river well enough to draw it. And modern vessels such as the steamship replica Mississippi Queen have the MRC charts displayed prominently.

Maj. R. Raven-hart and a friend, in a collapsible canoe, journeyed down the river from Hannibal to New Orleans. In his documentary, "Down the Mississippi," he makes frequent references to the MRC charts and laments a passing canoeist's folly in not having them handy. Inexcusable, he thought, since the charts were rather inexpensive.

Today's MRC charts are vastly more detailed and accurate than the first charts and an invaluable contribution to the Mississippi's history.

Water safety (continued)

For more information about the Water Safety Rescue Boat or other water safety issues, contact Park Ranger Andrew Jefferson at (573) 222-8562.

Just a reminder

St. Louis District

CHRISTMAS DINNER and DANCE

When: Friday, December 6, 1996

Where: Royale Orleans Banquet Center
2801 Telegraph Road
South St. Louis, MO

Time: 7 p.m. to 11:30 p.m.

Music will be provided by Complete Music Disc Jockey Service.
Dinner will be buffet style.
Buffet menu to be announced at a later date.

Fitness Center

Fitness Center memberships for Corps employees will be $80 for FY97. However, a $5 discount coupon is available in the center as well as another $5 discount for signing up with three others. Your cost can be only $70 for an entire year of Fitness Center use.

Fees are due sometime during the first few weeks of October.