

ST. LOUIS ARMY ENGINEER DISTRICT
ESPRIT

Vol. 34 No. 6

GATEWAY TO EXCELLENCE

June 1997

In this issue...

Rapp award
... page 3

Pathfinder award
... page 3

Rivers award
... page 4

Safe towing
... page 7

EEO the law
... page 8

Thyroid
... page 10

Weight train
... page 11

CAC activities
... page 12

More Real Life Adventures in Science
"Whistleblowers" and other kids at the Service Base

by Paul Schmidt, CO-TS

"Their eyes nearly popped out of their heads," said First Mate Jerone "Skeeter" Toliver, talking about when the kids blew the Dredge POTTER's immense whistle. But blowing the whistle was just one of the fun experiences the students, friends and family members of St. Louis District staff found at the Service Base during the "Real Life Adventures in Science" Day on April 25. Well over 100 people had the opportunity to visit the home of the District's industrial capability, most of its floating plant and several of the District organizations that call the Service Base "home."

The theme of the day was "safely using technology to produce results for a growing future" and it was met in a wide variety of interesting and exciting ways.

Considering all of the visitors as part of our Corps' family, Bill Bartholomew and Nick Miller helped answer



Rich "Bucket" Hagan, Barry Lloyd and Mike Navin show off their core drill rig.

questions and direct our friends toward the truck-mounted core drilling units (interpreted by Rich "Bucket" Hagan, Barry Lloyd and Mike Navin), the intricacies of soils and concrete analysis (thoughtfully explained by Steve O'Connor) or the other fascinating areas of our Service Base tour.

At the 200 foot long Machine and Metal Shop, 40-year veteran machinist Cecil McLard wove a fascinating tale of how he brings measuring devices, machines and materials together to produce a quality finished

(Continued on page 5)



Commander's Perspective



LTC John R. Jones

...without a doubt, the St. Louis District is the best of its kind in the U.S. Army Corps of Engineers.

It hardly seems possible that over three years has passed since I first walked into the Robert A. Young Building, St. Louis, Missouri, as an Army Major and reported in for duty as the Deputy Commander to the St. Louis District.

Since that time, I have witnessed the District grow tremendously and continue its evolution into a sophisticated, well tuned, professional interdependent organization. Although biased, I believe that without a doubt, the St. Louis District is the best of its kind in the U.S. Army Corps of Engineers.

Whatever successes we have enjoyed over the past three years were not my doing. I can only hope that my efforts played a very small part in the effectiveness of the St. Louis District, but another factor deserves all the credit: The professionalism and selfless service of St. Louis District military officers and civilians. The men and women who are serving proudly and tirelessly at our service base, lakes, locks and dams, floating plant, construction field offices, district headquarters and other project offices are the true patriots who have made a lasting contribution to the vitality of this district and region.

I report to the Vicksburg District on 31 July 1997 for a new assignment. While I am excited and eager to take on the challenge at Vicksburg, I cannot help but feel a tremendous sense of loss as I leave the St. Louis District and all of you who have been so good to me.

As a young Captain I was once told "He who surrounds himself with less than the best is less than the best." Well, we are the best only because you are the best.

Please accept my sincere thanks, appreciation and gratitude for all the support you've given me and your customers throughout the District and region. I trust you'll give those who follow me the same level of intensity and devotion while completing the many challenges which we still face. It has been my privilege to serve with you, the BEST.

John R. Jones, LTC, Deputy Commander



US Army Corps of Engineers
St. Louis District

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

- District Commander.....Thomas J. Hodgini
- 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

District headquarters:

Rapp is FEB's Outstanding Professional Scientific Employee of the Year

Mr. Robert J. "Jerry" Rapp, Hydraulic Engineer in the Potamology (River Engineering) Section of the Hydrologic and Hydraulics Branch, was chosen as the St. Louis Federal Executive Board's Outstanding Professional/Scientific Employee of the Year.

The Potamology Section is divided into two units, Water Control and River Engineering. Jerry serves both units. He serves the River Engineering Unit as a hydraulic engineer in charge of major and complex studies concerning the Mississippi River Navigation Project, special studies and investigations and other projects requiring extensive knowledge in the field of hydrologic and hydraulic engineering. He is assigned continuing responsibility for monitoring and assuring maintenance of the Mississippi River navigation channel.

Jerry does extensive coordination with other concerned federal and state agencies in the

design and construction of channel control structures. The Dry Bayou-Thompson Bend project on the Mississippi River below Cape Girardeau, Missouri, is one example of a long term, very diversified project on which Jerry has been the lead engineer for more than ten years. He has worked with the local landowners in developing a plan to restore vegetation throughout the Thompson Bend area where the river has been attempting to form a cutoff across the bend that would be devastating to navigation. This vegetation significantly reduces the scouring effect of overbank flood flows which are trying to form the cut-off. To date, more than 100,000 trees have been planted in strategically placed tree screens. This type of protection has never been tried before on such a large scale. It is being used as a model for the entire Mississippi River Basin. The floods of 1993, 1994, 1995 and 1996 severely tested the

project, but damage was minimized.

Another example of a unique project Jerry has directed is the Deep Water Fish Sampling program. This program was established to determine what type of aquatic life was using bendway weirs. Jerry headed a study group which combined hydroacoustic surveying, blasting and electro shocking into a new technology which has proven that deep water fish sampling can be successfully performed. Information on aquatic habitat is now being collected from areas never before sampled.

In the Water Control Unit, he is responsible for continuous monitoring of available water resource data, managing the operation of the District reservoirs and the District's locks and dams. Jerry's knowledge and devotion to his job has helped save millions of dollars in flood damages during the recent floods.

PATHFINDER receives Coast Guard award

The crew of the District's Patrolboat PATHFINDER has been presented with the United States Coast Guard Public Service Commendation Award. Rear Admiral Timothy W. Josiah, USCG, Commander, 8th Coast Guard District, presented

the award for valuable aids to navigation assistance provided to the U.S. Coast Guard Cutters CHEYENNE and SUMAC in January 1997 during emergency aids to navigation operations on the Upper Mississippi River.

The five crew members re-

ceiving the award were Steven L. Jones, Master, Michael L. Morgan, Chief Engineer, Howard L. Fields, Deckhand Leader, Terry L. Helming, Deckhand, and Stuart H. Arndt, Deckhand.

(Continued on next page)



News Briefs (cont.)

The Patrolboat PATH-FINDER crew worked more than 69 hours in less than seven days to set or recover 126 buoys during this special operation. All of the buoys in the open river between St. Louis, Missouri, and Cairo, Illinois, had been displaced by a swift and severe run of ice following a quick warm-up in the upper Midwest. The actions by the crew and eagerness to render aid in an emergency quickly reopened the river to navigation, allowing prompt resumption of the flow of millions of dollars in cargoes on the Upper Mississippi River.

In his remarks during the award presentation, Admiral Josiah noted that the crew members of the Patrolboat PATH-FINDER were unsung heroes on the waterways. They get little publicity, but are a very important part of keeping navigation moving on the area rivers. He praised the close working relationship between the U.S. Coast Guard and the U.S. Army Corps of Engineers, citing it as a prime example of real teamwork between two federal agencies.

MBA for Blum

Congratulations are in order for CASU Director Karen Blum. Karen recently received her Masters of Business Administration degree from the John M. Olin School of Business at Washington University, as publicized in the May 19th addition of *The Wall Street Journal*. Karen's schooling was supported by the District's Long Term Training program.



Steve Dierker demonstrates how a lock and dam operates.

Career Day presentation

On May 15, Steve Dierker, CO-D, Red Mezo, CO-TSD, and Jack Mclard (retired deckhand) participated in the Gateway Elementary School's Career Day. Gateway is a magnet school which emphasizes math, science

and technology. The guys told the students about boats, locks and dams, floating plant and what's involved in becoming an engineer. They took with them a working model of a lock and dam, complete with water.

District receives American Rivers award

Claude Strauser, Chief Potamology Section, and Dave Busse, ED-HPW, went to Washington to accept the first annual Mississippi River Restoration Award from American Rivers, a national river conservation group based in Washington, D.C. The award was presented at luncheon ceremonies held on June 6th.

The District won the award for its Environmental Pool Management program, which has created more than 3,000 acres of aquatic grasses in Mississippi River pools 24, 25 and 26.

The award is designed to recognize many of the efforts

being undertaken to protect and restore the Mississippi River.

The award features a handcrafted shovelnose sturgeon. Since the sturgeon is such a beautiful fish, Claude said he'd be happy to let Dave display the award.

Johnson gets Wall Street Journal Award

Ms. Rosa Johnson, HR, was chosen by the faculty of the Business Division at St. Louis Community College at Meramec to received the 1997 Wall Street Journal Information Systems Award because of her scholastic achievement.

Congratulations Rosa.

(Continued on page 6)

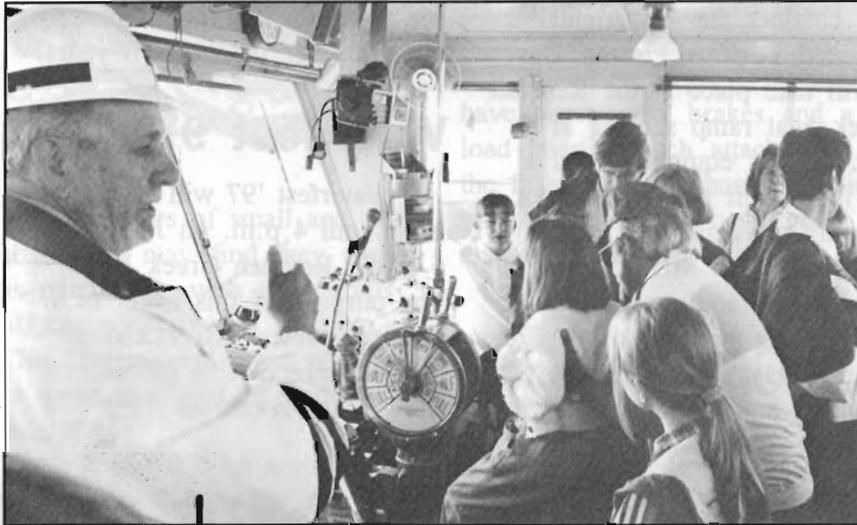


Whistleblowers (cont.)

product. Pete Coleman, Tommie Cole, Ken Wingrove and Craig Nelson showed off a wide assortment of their welding tools as well as the Metal Shop's latest constructions: a

General Foreman Joe McElligott and equipment operators Ted Hayn and Darrell LaPlant showed off the Service Base's "Real Life Tonka Toys" equipment display and helped kids into and out of the operator's seats of highlifts,

Art Bausel helped organize our visitors for tours of the Dredge POTTER conducted by Jerone "Skeeter" Toliver, Kent Thomas, Welton Joggerst and Tom Winston. Students and visitors got the full tour of the dredge, from the galley, office, pilot house and crews' quarters to the engine room, pump room and immense suction head. The pilot house is always a favorite spot, and the explanations of how a dredge operates using the latest technology in Global Positioning Systems were educational and punctuated by the thrilling opportunity to blow the deafening whistle and ring up FULL AHEAD on the ship's telegraph. All our visitors got to see the massive 125 ton floating Derrickboat SEWELL with its 130 foot boom, as well as the 31 foot Launch PITTSBURG resting high out of the water.



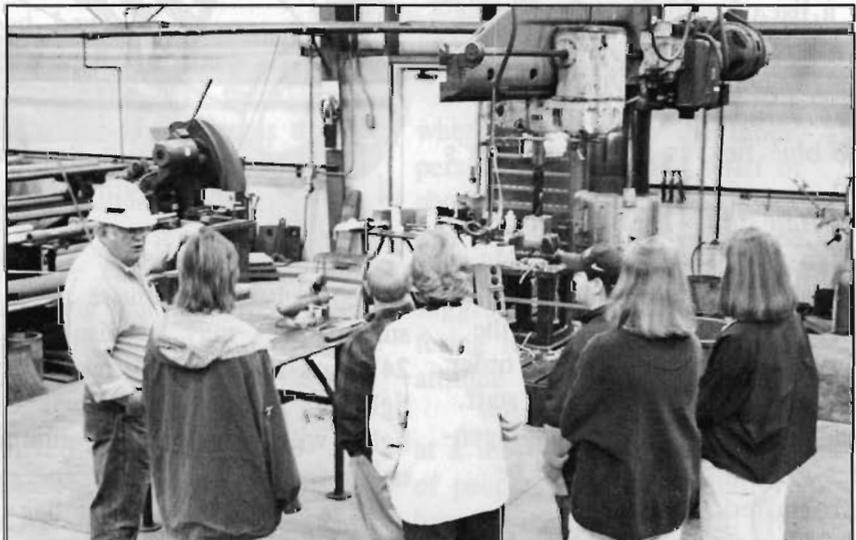
Jerone "Skeeter" Toliver explains the POTTER's pilot house while Kent Thomas lifts a young visitor to ring the ship's telegraph levers.

huge dredge baffle pipe assembly and new set of mast signals for the Dredge POTTER. They also found that kids (and adults) couldn't resist the urge to hang free on the hooks of the 20 ton overhead shop crane. Some of our younger visitors even got to run the crane themselves under the watchful oversight of Service Base staff.

A short walk in the pleasant springtime weather took visitors to see Rob Davinroy and Claude Strauser, who presented their Micro-Models display where students could get their own hands-on experience at dynamically changing the course of small-scale rivers by rearranging dikes and weirs.

forklifts, backhoes and cranes. It was obvious that honking the horns was a pleasant and common pastime on these behemoths that kids rarely get to explore.

How quickly the two hours were over. But all the staff of the Service Base look forward to sponsoring another learning experience for our Corps' family next year.



Cecil McLard fascinates a group with the mysteries of the machinist trade.



News Briefs (cont.)

Houston High visit

When Houston, Missouri, High School alumnus, Billy Arthur, ED-H, found out the Houston High precalculus class placed first in the district at the junior engineering technical society's TEAMS competition at the University of Missouri - Rolla, he invited them to visit St. Louis and the St. Louis District. They were here May 9 and 10. They were taken on tours and briefed by District engineers. Billy and wife Vivian even put them up in their home.

Wappapello Lake:

Fishing Day

On June 8, Wappapello Lake, in partnership with the Missouri Department of Conservation (MDOC) and the Wappapello Lake Lion's Club, will conduct the 7th Annual Disabled Persons Fishing Day. It will take place at the Redman Creek boat ramp starting at 8 a.m. Boats, equipment and a hot lunch will be provided for all who take part.

NOTE: The MDOC has waived the requirements for a state fishing permit during Free Fishing Days designated as the Saturday and Sunday following the first Monday in June.

Car show

On June 28 the Rod and Custom Car Club of Poplar Bluff will hold their annual car show at the Bill Emerson Memorial Visitor Center. This event will give young people a chance to see how the automobile has evolved over the past 70 years.

Waterfest '97

Waterfest '97 will run from noon until 4 p.m. on July 5 and 6 at the Redman Creek Beach. The purpose of this event is to promote water safety awareness. There will be games, shows and contests.

June 14th

Flag Day, 1997

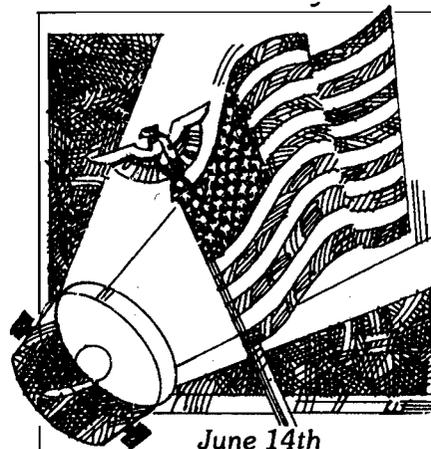
Deeply woven through the history of our nation is the belief that the U.S. Flag should be duly respected and appropriately displayed.

According to the Citizens Flag Alliance, Inc., the following is a list of guidelines for proper display of the flag.

The blue field. On a wall, either vertically or horizontally, the blue field is at the observer's left.

Half staff. The flag should be flown at half staff only on Memorial Day, from sunrise until noon. On other occasions, the president or governor can order the display of flags at half staff. And heads of government agencies may direct the flag to be half-staffed.

Night flying. While the Flag Code states that the flag be dis-



played only from sunrise to sunset, flags may be displayed 24 hours if they are properly lighted. Often nearby street lights will provide fitting illumination.

Use in advertising. The flag should not be used in advertising, except in ads by companies that make flags.

Bad weather. The flag should not be displayed on days of inclement weather unless it is made of non-absorbent, all-weather material.

The flag should be carried free and aloft. It should not be used as wearing apparel, ceiling covering or to hold anything. It should not touch anything beneath it and should have no extraneous markings on it.

Quote of the month

Good character is more to be praised than outstanding talent. Most talents are, to some extent, a gift. Good character, by contrast, is not given to us. We have to build it piece by piece, by thought, choice, courage and determination.

John Luther



Practice safe boating ... on the roadway



Operators of small and mid-size boats may find they spend as much time with their crafts off the waterway as on them. This fact makes safe trailering an important part of boating safety.

All who will be involved in the task should review this information provided by the U.S. Coast Guard.

The trailer: The stress of road travel can be harder on a boat than water operation. The hull should be supported evenly on the trailer. The trailer should be long enough to support the whole length of the hull, but short enough to allow the lower unit to be extended freely. The capacity of the trailer should be greater than the combined weight of the boat, motor and equipment.

Make sure the tow ball and coupler are the same size and bolts with washers are tightly secured. The trailer should be loaded so too much weight is not on the hitch, which may make steering more difficult. Excess weight on the rear of the trailer will cause the rig to fish-tail.

The tow vehicle: The engine must be of adequate power to tow the boat, equipment and weight of the passengers. The transmission should be designed for towing. For larger boats, the engine cooling system should be larger. It should have heavy duty brakes and a load bearing hitch attached to the frame, not the bumper. Side view mirrors must be large enough to provide an unob-

structed rearview on both sides of the vehicle.

Towing precautions: Pulling a trailer presents problems. More time is required to brake, accelerate, pass and stop. The turning radius is much greater, so curbs and roadside barriers must be given wider berth when negotiating corners.

Handshake gives many silent signals

Shaking hands is a custom practiced everywhere in North America and throughout the world. Some say it originated with ancient people to show they had no weapon at hand.

Few of today's conventions reveal as much about the interaction between two people.

Psychologist David Lewis writing in *Better Meetings* magazine says there is a host of silent signals that are communicated by the apparently simple gesture.

Within the few seconds of a handshake can lie great depths of meaning that can give a favorable impression or correct an unfavorable one.

Six bits of information are conveyed during the handshake: The appearance of the hand; texture of the hand; degree of dryness or dampness;

amount of pressure used; time spent in contact; and style.

Basic rules of thumb for the successful handshake are: Keep your hand dry, keep the pressure moderate and hold the other hand for about six seconds.

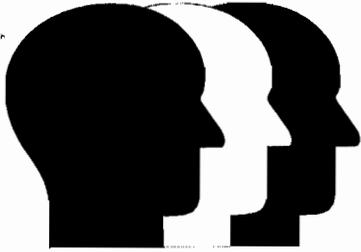


Style includes such matters as whether you grasp the other person's hand

in both of yours (a gesture of warmth); whether you touch the other person on the elbow, wrist or shoulder (signifying intimacy); and how you offer your hand.

Offering a hand palm down suggests dominance, while offering it vertically indicates an attitude of cooperation.

When giving a presentation at a meeting or for small groups of people, don't start until you have shaken hands with everyone, advises Lewis.



EEO matters

Equal Employment Opportunity is the law

The following excerpt was taken from the Washington Post, dated Monday, May 12, 1997: *Employment discrimination cases are surging into the federal courts in record numbers, more than doubling in the past four years because of new laws and new attitudes in the workplace. Employment experts cite new federal laws expanding civil rights protections to sexual harassment victims and the disabled, workers and employers turning increasingly combative, and a backlash against corporate downsizing, which left many workers feeling unfairly treated.*

In 1996, American workers brought more than 23,000 lawsuits alleging race, sex, disability or age discrimination to federal courts, more than double the 10,771 that were brought in 1992, according to the U.S. Courts' administrative office. In the past four years job-discrimination lawsuits have been rising at least 20 percent a year. Whether the increase is good or bad depends on the viewer's perspective.

Whatever theory is presented, the fact remains, "EQUAL EMPLOYMENT OPPORTUNITY IS THE LAW".

Applicants to and employees of companies with a Federal government contract or subcontract, most private employers, state and local governments, educational institutions, employment agencies and labor organizations are protected under the following Federal laws:

Executive Order 11246, as amended, prohibits job discrimination on the basis of race, color, religion, sex or nation origin, and requires affirmative action to ensure equality of opportunity in all aspects of employment.

Title VII of the Civil Rights Act of 1964, as amended, prohibits discrimination in hiring, promotion, discharge, pay, fringe benefits, job training, classification, referral, and other aspect of employment, on the basis of race color, religion, sex or national origin.

Section 503 of the Rehabilitation Act of 1973, as amended, prohibits job discrimination because of handicap and requires affirmative action to employ and advance in employment qualified individuals with handicaps who, with reasonable accommodation, can perform the essential functions of a job.

The Americans with Disabilities Act of 1990, as amended, protects qualified applicants and employees with

disabilities from discrimination in hiring, promotion, discharge, pay, job training, fringe benefits, classification, referral, and other aspects of employment on the basis of disability. The law also requires that covered entities provide qualified applicants and employees with disabilities with reasonable accommodations that do not impose undue hardship.

The Age Discrimination in Employment Act of 1967, as amended, protects applicants and employees 40 years of age or older from discrimination on the basis of age in hiring, promotion, discharge, compensation, terms, conditions or privileges of employment.

Retaliation against a person who files a charge of discrimination, participates in an investigation

or opposes an unlawful employment practice is prohibited by all of these Federal laws.

If you believe that you have been discriminated against under any of the above laws, you immediately should contact:

The U.S. Equal Employment Opportunity Commission (EEOC), 1801 L Street, N.W., Washington, D.C. 20507 or an EEOC field office by calling toll free (800) 669-4000.

For individuals with hearing impairments, EEOC's toll free TDD number is (800) 800-3302.



Coming Lake Events

Carlyle

- June 21 Kaskaskia Duck Race
- June 28 Fireworks Spectacular/
Armed Forces Day
- July 25-26 Keyesport Fun Day/Water Safety
Carnival
- August 9 Settler Days
- Sept. 13 Conservation Day/Indian Pow Wow
- Oct. 17-18 Haunted Trail
- Dec. 5 Christmas Town USA Visitor Center
Lighting

Shelbyville

- June 21 Craft Show
- July 5 Dog Show
- July 26-27 Aqua Fest/Sport Show
- Aug. 16 Okaw Indian Festival
- Oct. 2 Eco-Meet
- Oct. 25 Trail of Terror

Rend Lake

- June 21-22 Pioneer Life Festival
- July 5 Taste of Freedom Celebration/Fire-
works Celebration
- July 26 Beach Blast
- Sept. 13 Rend Lake Cleanup

Wappapello Lake

- June 14 Ozark Trail National Trails Day

- June 28 Rod & Custom Classic Car Show
- July 5-6 Water Fest '97
- Sept. 27-28 6th Annual Old Greenville Days
- Nov. 29 - Dec.21 5th Annual Festival of Lights
Auto Tour

Mark Twain Lake

- June 4-27 OWAA Photo Exhibit
- June 28 Mark Twain Lake Waterfest
- July 4-6 Mark Twain Lake Rodeo
- July 12-13 Primitive Artifacts Weekend
- Aug. 9-10 17th Annual Salt River Folklife Festi-
val
- Aug. 30-31 North American Bullriding Assoc.
World Championship finals
- Sept. 19 Environmental Education Fair
- Sept. 27 An Adventure in Astronomy
- Oct. 4-5 Missouri Mule Days

Rivers Project - West Alton Office

- June 8-14 Two Rivers Family Fishing Fair
- June 14 National Trails Day
- July 4 Fireworks Over the Mississippi
- Aug. 4-16 Conservation World State Fair Ex-
hibit

Rivers Project - Clarksville Office

- Sept. 20-21 Big Rivers Day

Earth Notes

Controlling the greenhouse

Scientists believe that if greenhouse gases such as carbon dioxide cause even small climate shifts, the effects would be significant. Insurance forecasters say a 15 percent increase in hurricane wind speeds would double insured losses. A five-degree rise in Midwest heat could turn Kansas into a dust bowl.

Talks aimed at reaching a global climate treaty will be held over the next several months. "When you attack the problem of climate change globally, the costs drop dramatically," says William

O'Keefe, chairman of the Global Climate Coalition, a chief industry group.

Forests worth more alive

The World Resources Institute in Washington states that natural ecosystems such as the Pacific Northwest forests are the source of products and services that are worth hundreds of millions of dollars, far more than their lumber value.

Northwest forests are the source of Taxol, for example, an important new cancer drug extracted from the Pacific yew. About 57 percent of medicines used in North America come from nature's products.



To your health

Low energy? Get a thyroid test!

A poorly functioning thyroid gland can cause a long list of mysterious symptoms. It could produce one or many of these: Fatigue, weakness, infertility, coarse skin, hoarse voice, cold intolerance, depression, mood swings, memory loss, decreased concentration, or painful joints, to name a few.

The most serious effect of mild thyroid failure is without symptoms. An elevation of cholesterol is one of the characteristic features of an underactive thyroid gland, according to the Thyroid Foundation of America in Boston.

Millions of North Americans have the condition and are not aware that a sluggish thyroid is hiking their cholesterol and harming their hearts.

Doctors quoted in *Prevention* magazine recommend that the simple TSH test be done each time a cholesterol test is or-

dered. It can be done with the same blood sample and is very inexpensive. Usually, however, physicians don't order the test unless they suspect an underactive thyroid.

The National Cholesterol Education Program recommends that healthy adults be screened for cholesterol levels at age 20 and every five years thereafter. The five year schedule works for thyroid screening as well because thyroid disease is a slow-growing affliction.

The incidence of thyroid problems increases with age. So the number of young people detected would not be large. But recognizing the condition early would prevent problems with cholesterol and conception. By age 35, five to seven percent of women have mild thyroid dysfunction.

It is simply treated with a mild medication.

Suspicious moles more easily examined

Malignant melanoma is an easily curable cancer when discovered early, but it's a deadly disease when discovered "late."

Until recently, doctors removed all suspicious-looking moles, which often caused unnecessary pain. Now dermatologists have a new technique that allows them to screen moles.

The doctor examines a mole through a glass slide that has a

drop of mineral oil on it, which makes the mole translucent. He can then examine it for cancer cells with a microscope.

The stakes are high. Five year survival rates for a one millimeter thick melanoma are about 95 percent. It drops to 65 percent for a melanoma that has grown to three millimeters, according to the American Cancer Society.

30 minute nap helps

A Swedish study on napping shows that after a full night's sleep, subjects perform best (no surprise).

After four hours sleep with a half-hour late-morning nap the next day, subjects performed just about as well on a computer alertness test as those who slept a full night.

Those who slept four hours and had no nap the next day did poorly.

Doctors at the VA hospital sleep lab in Dayton, Ohio, suggest taking the nap a half hour to 45 minutes before you need to be most alert.

Fight hot weather dehydration

If you're too busy to stop what you are doing and get a drink of water, remember this: Your blood is 85 percent water; your brain, 75 percent; and muscles are 70 percent.

If a muscle is dehydrated, it loses 10 percent of its strength and 8 percent of its speed. (Athletes drink water as soon as they leave the game.)

A Scottish study shows that drinking water and other beverages after a hard workout reduces thirst, but also increases urination. Drinking a high-sodium beverage causes less urination, leading to faster hydration.



Retiree Review

by the Retiree Correspondent

The "Old Regulars" retirees met on May 15th at the Salad Bowl. It was a great day to be out and they took advantage of the situation. Although only thirteen were present, it was not considered unlucky, since they had a great time telling some tall tales.

Farrell Burnett and Howard Turner stopped off at the luncheon on their way to a "place of opportunity," or so they told the retirees. Seems that when they come to the big city, they try to make a day of it.

Ron Bockhorst and his Bride were there and he stated that there were going to be some more retirees in the near future. Seems that with downsizing of the District, some of the eligible (old) employees will take advantage of a buyout and join our ranks. Now they have to be convinced to come to the monthly luncheons.

Charlie Denzel and Lou Scheuermann were there without their "mates." They were probably out on good behavior, with a specific check in time. Bill Hoff was also there without his "niece," as he calls her. Lou gave a pitch about the Division golf tournament on June 26 and 27 at the Navy Base in Memphis. He stated that with the realignment of the Corps, the Rock Island and St. Paul Districts were invited, since they are now in

"Our Division." It will be interesting to see how many will come from the new districts.

Bob Maxwell was the story teller, something about moles in his backyard.

L.G. Kugler reported that he saw that Charlie Gilpin died recently. He was living in a small town in southern Missouri. Kugler also reported that he met Freddie Kreutz's daughter at the grocery store. Fred is living in a high rise downtown, to be closer to his "clients." It was also reported that Jean Hungerford also passed away. She was formerly the EEO Officer.

Don Wampler made an appearance again. He is still taking names and talking to those who didn't attend "his wake" a few months ago.

Lyle Forth took the prize for being the Senior Retiree in the 80s. He said he is having so much fun that he didn't realize he had retired so many years ago.

The Puricelli's made it for another month. Pete is out of town so much you'd think he is avoiding his creditors. He did say that they would not be there in June - another trip undoubtedly.

We need to encourage more of the recent retirees to join the monthly luncheon at the Salad Bowl on the third Thursday of the month. Mark your calendar for the 19th of June at about 11 a.m. Hope to see you there.

Weight training saves and builds muscles

Between the ages of 30 and 70, adults typically lose at least 20 percent of their muscle tissue.

The slow process of erosion has recently been named sarcopenia, Greek for "vanishing flesh." Though sarcopenia is not an inevitable consequence of aging, everyone is at risk.

For those over age 30, the good news is that sarcopenia can be reduced and even reversed by weight lifting. Research reported in *The Annals of Internal Medicine* show that muscle mass peaks around age 30 and begins to decline slowly thereafter. Men and women appear to lose the same percentage of muscle.

Research also shows that older adults who have been lifting weights for 15 to 20 years or doing resistance training, are at least as strong as inactive 20-year-olds.

Resistance training is any type of exercise performed in one place while standing, sitting or lying down. It includes leg lifts, arm curls and abdominal crunches.

In addition to slowing muscle loss, the training increases the rate at which the body burns calories, increases bone density, decreases the risk of diabetes and increases HDL, the "good" cholesterol.

CAC Events & Activities

DISTRICT PICNIC - Thursday, 7 August 1997 - CARLYLE LAKE

The 1997 St. Louis District Picnic will be held at Carlyle Lake in Carlyle, IL. Activities and the point of contact are as follows:

Volleyball - Greg Hempen 331-8441 **Logo Item Sales** - Cathy Fox 331-8444
Golf Tournament - Dennis Gilmore 331-8108 **BINGO** - Art Taylor 539-6114
(at Governor's Run Golf Course in Carlyle) - Mary Ann Dostal 331-8400
Treasure Hunt (tentative) - Randy Curtis 331-8786
Water Balloon Toss - CPT Jim Wolak 331-8801

Other recreational activities available at Carlyle Lake include fishing, boating, swimming, trail hiking and camping. Necessary licenses, permits and equipment are the responsibility of the user, not the CAC or Carlyle Lake.

The CAC will try to have new logo T-shirts available for sale in time for the picnic. Watch your e-mail for more details.

For more information about the picnic please contact Mary Ann Dostal, ED-G, 331-8400. More information regarding time, location and lunch menu will follow in the July issue of the ESPRIT.

Discount Tickets

The CAC has several discount tickets for several area events and attractions on sale now! Please contact the following for information:

Six Flags - St. Louis Contact: Marla Hayes, ED-DA, 331-8234
1-Day Adult - \$25 1-Day Child - \$20 Individual Season Pass - \$64 Family Season Pass - \$59 (each person, minimum purchase of 3)
Silver Dollar City - Branson, MO Contact: Marla Hayes, ED-DA, 331-8234
1-Day Adult - \$23 1-Day Child - \$14
The Muny - Forest Park - St. Louis Contact: Dianna Pope, CT, 331-8526
Select Shows To Be Announced

Ongoing Sales

Bi-State Bus Pass Sales Contact: Russ Elliott, IM-P, 331-8644
Sold on Tuesdays and Thursdays, 1:00 p.m. to 2:00 p.m. Monthly, Weekly, and IL and MO Booklets available.

Corps Logo Items Contact: Cathy Fox, ED-GG, 331-8444
Items available include T-shirts, polos, a variety of hats, sweat shirts, sweat pants, mugs, can koozies, key chains, etc. Check out the display box on the 4th floor by the vending/break area. Watch your e-mail for special logo item sales.

If you have any questions or comments regarding CAC activities, please contact any CAC member.

Mary Ann Dostal	331-8400	Dianna Pope	331-8526	Randy Curtis	331-8786
Linda Wichlan	331-8315	Kent Hayes	331-8664	Cathy Fox	331-8444
Marla Hayes	331-8234	Russ Elliott	331-8644	Jesse Sanders	331-8260
Pat Hosford	331-8147	Ed Riiff	331-8215		