

ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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GATEWAY TO EXCELLENCE

May 1997

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Real Life Adventures in Science

by Terrie Hatfield, HR-P

On 25 April, 1997, the St. Louis District hosted an adventure into the world of science and engineering for 149 students representing 63 schools. What had originally begun as a day to bring your children to work, quickly escalated into a festive, enlightening, educational and occupational eye-opener for not only the students, but also many Corps employees, teachers and counselors. Considering the vast and diverse wealth of engineering and scientific talent in the St. Louis District, this opportunity to reach out to the educational community and touch eager young minds was far too tempting to ignore. A number of District scientists and engineers got caught up in the spirit of the moment and couldn't wait to impart their knowledge



Rob Davinroy gives a micro model demonstration at the Service Base.

to our impending visitors.

Younger children learned that they can someday be paid for making pictures on computers or for "playing" in the dirt. Older children received guidance on educational requirements and career opportunities in a wide variety of engineering and scientific fields. Students and teachers were amazed to learn that the Corps of Engineers influences the flow of the Mighty Mississippi through engineering. Visitors and a large number of District employees ended the day with a much greater knowledge of navigation history, its importance to the economy of the Mid-

(Continued on pages 8 and 9)



Commander's Perspective



COL Thomas J. Hodgini

...our people are our credentials, our customers are our reason for being.

I began the year by listing my priorities: caring for our team, promoting our work, and planning for our future. Their relevance became even more evident recently when I and a few of our Division Chiefs attended the Mississippi Valley Division's mid-year budget cycle review in Vicksburg. Some very frank discussions pointed out how absolutely critical the pursuit of these priorities are in sustaining and improving the vitality of St. Louis District.

When I presented my new commander's briefing to the Chief of Engineers in March, I altered the second priority slightly to "caring for our customers." I told the Chief that while "our people are our credentials, our customers are our reason for being." It is incumbent upon us to do everything in our power to support our customers with the best product for the best price, on time. One way to do this is by promoting win-win solutions. For example, the District was able to reuse sheet piling from Mel Price coffer dam construction on several subsequent projects, two in the St. Louis District, and two in sister districts, thus saving money for all. Similar "customer caring" practices will promote our work better than any marketing techniques we can dream up.

However, we all need to tell our story. Why? You know. I'm confident you can enumerate many reasons. I'll mention just one today. It's about customers. We, the District and the Corps of Engineers, have much to offer. We enjoy a proud tradition of service to the people of this nation. We have unique capabilities, rarely fully understood by the majority of the American public. For example, consider CMAC - Curation and Management of Archaeological Collections. How many within the District truly understand the nature of our expertise and work in this field? Yet our folks are making tremendous contributions to the Army and the country by helping organize the means to preserve valuable Native American collections. This is but one example. St. Louis District has virtually unlimited capabilities to serve by solving very real problems. There are many customers out there searching for solutions to problems. We can help, and I'm confident this need will yield increased future workload.

Our story is many faceted with people at the core. Each facet tells a tale of quality people doing quality things. The complete picture reveals St. Louis District, the Gateway to Excellence. Our reputation, gained through quality products and service, and most importantly our people, speaks volumes more than a brochure. Programs, such as "Real Life Adventures in Science," don't drive success. People, such as Terrie Hatfield and a host of others, produce success. Through our attitudes, actions, and products, *WE* tell the story that will naturally promote our work.

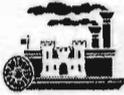


**US Army Corps
of Engineers**
St. Louis District

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News Briefs

Rivers Project:

Visitor Center groundbreaking



U.S. Representative Jerry Costello and Colonel Hodgini, surrounded by other dignitaries and local school children, turned the first dirt to break ground for the new visitor center at Melvin Price Locks and Dam on Saturday, April 5. The River Bend Growth Association, MARC 2000 and the St. Louis District sponsored the groundbreaking ceremony.

The 12,000 square foot facility is being constructed by J.J. Wuellner and Sons, Inc. of Godfrey, Illinois. The building is expected to be complete by March 1998. Following the installation of exhibitry, the visitor center grand opening is expected in early 1999.

The District has programmed \$2.5 million to construct the building and \$734,000

for exhibit development. To complete the design and installation of the exhibits and other components at the level desired by the community, an additional \$5.3 million is being sought from the community.

Partnerships are being formed with other federal and state agencies to incorporate their story of managing the Mississippi River into the whole interpretive theme of the visitor center. A Memorandum of Agreement has been signed with the U.S. Geological Survey to support education and exhibitry for the new facility. The Rivers Project Office is currently drafting two additional MOAs with the U.S. Fish and Wildlife Service and the Illinois Department of Natural Resources for similar support.

Lake Shelbyville:

Erosion plan

Phase I of the Shoreline Erosion Plan for Lake Shelbyville is nearing completion. Midstates General and Mechanical Contracting Corporation of Decatur, Illinois, has completed work at Dam East, Dam West and will soon be finished at Lithia Springs Recreation Area.

Recent funding reallocations within the Division have prompted a change in the amount of work to be accomplished. Protection for several areas have been removed from the Phase I contract and moved to Phase II, which is scheduled to begin in FY98.

New face

Lawrence Mirgoux is the newest member of the Lake Shelbyville Team. He works in the recreation-Maintenance Department as a maintenance worker. Lawrence formerly worked on the Dredge Potter.

White is back

Maintenance worker Gary White returned to work in March after having surgery on his legs. Gary, a former St. Louis District Handicap Employee of the Year, was born with a disease that left him unable to straighten his legs. The surgery will allow Gary to eventually walk without assistance. Good luck Gary.

(Continued on page 4)



News Briefs (cont.) Damron retires Resort owner

Springfield and Lincolnshire-based ESM Development Corporation has purchased the former Inn at Eagle Creek. The resort has been renamed Seasons at Lake Shelbyville. Kinseth Hospitality Companies has been hired to manage the facility. Planned improvements include an outdoor swimming pool, a renovated golf course and new boat docks.

Wappapello Lake:

Turkey manager

Wappapello Lake Project Manager Michael McClendon is one of the 24 Blue Ribbon Panel members appointed by the Missouri Conservation Commission to look at the state's turkey management program. He is currently president of the Heartland Gobblers Chapter of the National Wild Turkey Federation and serves on the Board of Directors of the George Clark Missouri State Chapter.

Drag boat race

Wappapello Lake and the St. Louis Drag Boat Association will hold the 9th Annual Silver Bullet Drag Boat Race on May 17 and 18. This event will be at the Redman Creek Recreation Area from 10 a.m. to 6 p.m. each day. A donation of \$2 per person is requested to attend this event. Children under 12 can attend for free.

Pat Damron has retired from his seasonal park ranger position. Over the past 25 years, Pat has been a friend and mentor to many of the staff at Wappapello Lake. Pat's wife Carolyn has also been active for many years at CO-W as a volunteer.

Rend Lake:

Earth Day

Nearly 3,700 students from a four county area participated in Rend Lake's Earth Days celebration thanks to the concerted efforts of Corps personnel, cooperating agencies and almost 40 volunteers. The children participated in a variety of activities ranging from nature hikes to pond studies. The Earth Day event strives to give students a better understanding of environmental issues in a fun and entertaining format.

The eleven volunteer members of the Corps of Special Events and Activities workers trained monthly since January to be able to assist in Earth Day activities. It is hoped this group will continue to grow and provide assistance that will enhance visitors experiences at all the lake's special events.

Fax facts

In 1996, 174,000 tons of fax paper were used in the U.S., according to a Gallup survey for Pitney Bowes. Some companies limit unsolicited faxes by turning off the machines at night or using a "900" number where the sender has to pay.

Using the computer as a fax machine is another way to save paper.



From your CASU Library

LibraryLink Services

You can browse the St. Louis Public Library's Catalog, request a book and pick up the book all without leaving the Robert A. Young Building. How? By visiting your CASU Library!

The CASU Library & Information Services subscribes to a service offered by the St. Louis Public Library called LIBRARYLINK. Under this agreement, we have the St. Louis Public Library's Catalog (called the Intelligent Catalog) available on site for your use. This catalog allows you to browse the bibliographic records of the St. Louis Public Library System which includes the Central Library and neighborhood branch libraries. After browsing, you can print out the bibliographic information for the book(s) you would like to request and simply call the St. Louis Public Library to place your order. They deliver/pick up books, videos, CDs (audio) every Wednesday afternoon. Just stop by the CASU Library to check if you had a delivery

(Continued on next page)



Savings Bond Campaign 1997



"Invest in your Future Today - Buy U.S. Savings Bonds." That is the slogan for this year's Savings Bonds Campaign. The campaign will run from 14 April-23 May 1997.

Financial planning is "in" these days, because people realize that they need to plan if they are to be successful in reaching their goals. Saving is at the root of all good financial plans, but you know how hard it is to save. That's why St. Louis District offers you the Payroll Savings Plan for the purchase of U.S. Savings Bonds.

What's your goal? A dream vacation? A new home? College education for your children? A more comfortable retirement? Savings Bonds are flexible enough to satisfy many long-term savings goals.

Series EE Savings Bonds earn competitive interest rates

that keep up with market conditions. Interest you earn is exempt from state and local income taxes, and you can wait to pay Federal income taxes for up to 30 years or until you cash the Bonds. They may also offer special help to people saving for a higher education. Savings Bonds are as safe as the United States.

Buying U.S. Savings Bonds is really "investing in your future today." Remember that Savings Bonds are flexible financial products that are as safe and convenient as they can be and that offer savers competitive market-based interest yields and significant tax advantages.

Sincerely,
Mary Lou Lawson
Savings Bond Coordinator

New credit cards arrive in District

If you have driven a GSA vehicle recently and bought gas, you may have noticed that the process has changed somewhat. Gone is the familiar gold credit card (SF149a) and in its place is a commercial credit card from Wright Express. GSA has signed a contract with Wright Express to replace all government gas credit cards with a commercial card effective May 1, 1997.

This will also apply to the familiar blue and white cards for Corps own vehicles and equipment. The District is currently arranging with the local Wright Express agent for replacement fuel cards for all Corps owned equipment. So the next time you take out any equipment and need to buy fuel, don't be surprised if the logbook contains one of the new cards.

There are some changed procedures in using the cards, so be sure to read the information packet provided with the new cards when you receive them. The procedure is simple, but unless you do it right, the purchase will not be approved through the computer.

LibraryLink (cont.)

that week. In addition, when you are finished with a book you can drop it off at the CASU Library for pickup.

This is a really convenient and easy way for you to have access to the public library's collection for all your recreational and educational needs. So the next time you need a book on

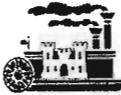
gardening or some material for your term paper, please remember that your CASU Library is a "one stop shop" for all your library needs.

CASU Library & Information Services - Room 1.204.
Hours: Mon. - Thurs. 7:30 - 3:30,
Fri. 7:30 - 1. Phone: 539-6110.

Quote of the month

You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals.

Booker T. Washington



Dump Your Plump 1997

by Joell Webb

The results are in, scores are tabulated and the Thin Thinkers are the 1997 Champions for the Dump Your Plump contest. The contest started in January and ran for eight weeks. This is the third annual Dump Your Plump incentive weight loss program for the Corps of Engineers.

Overall for the 1997 Dump Your Plump contest, the Corps of Engineers lost 394 pounds! There were 65 people who started the program and 63 who completed the eight weeks. There were eight teams from the Corps, including one from the Rend Lake Management Office.

The program had a new twist this year. The Corps of Engineers veterans took on the

Coast Guard, who are newcomers to the program. The Corps of Engineers did not want to discourage the Coast Guard from future contests, so we conceded to them this year. But wait 'til 1998. The Corps may not be so nice.

Congratulations to the Thin Thinkers and to all who participated. You are all winners.

Thin Thinkers: Kathy Meadows (captain), Latissue Banks, Patti Carr, Kathy Crone, Ron Frerker, Gary Groenemann, Carol Kreutzer, Dawn Lubbert and Jim Twichell.



Half of the Thin Thinkers: Gary Groenemann, Kathy Meadows (captain), Kathy Crone and Patti Carr.

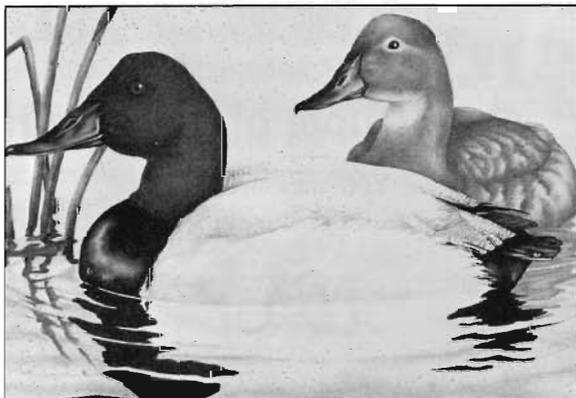
Illinois Junior Duck Stamp Contest

Rachel Garren, of the Operations Technical, Policy and Physical Support Branch, was honored to be a judge in the Illinois Junior Duck Stamp Contest. This annual art contest is part of the Federal Junior Duck

Stamp and Conservation Program, administered by the U.S. Fish and Wildlife Service (USFWS) and the Illinois Department of Natural Resources (IDNR). It is hoped that this art work will inspire students

Brent Manning, IDNR, Matt Kerschbaum, USFWS, Olin Harris, IDNR and Paul Thomas, retired, Crab Orchard National Wildlife Refuge.

to become involved in waterfowl conservation efforts as they become tomorrow's leaders. Rachel was one of five contest judges. "The ability of these young artists is amazing and picking winners was no easy task," she said. The other judges were Director Brent Manning, IDNR, Matt Kerschbaum, USFWS, Olin Harris, IDNR and Paul Thomas, retired, Crab Orchard National Wildlife Refuge. There were 610 entries submitted by students from 63 schools, grades K through 12. The "Best of Show" winner was Ryan Kirby, age 14, from Hamilton High School, with a colored pencil drawing of a pair of canvasbacks. One of the first place winners was a colored pencil/crayon drawing of a flying mallard by Carolyn Bundy, age 9, Semaville Community Consolidated School in Salem, Illinois, near Carlyle Lake. Rachel has color copies of these



The "Best of Show" colored pencil drawing by 14-year-old Ryan Kirby.

will inspire students to become involved in waterfowl conservation efforts as they become tomorrow's leaders.

Rachel was one of five contest judges. "The ability of these young artists is amazing and picking winners was no easy task," she said. The other judges were Director



Are Internal Review Auditors really bad guys?

By Mike Banovz, CGFM
St. Louis District Internal Review Office (CEMVS-IR)

Recently, I attended the Fifth Annual Internal Review (IR) Training symposium held at the St. Louis Airport Marriott Hotel. The four day seminar, attended by about 350 Department of the Army internal review auditors, is held annually to provide auditors with specialized training in areas of great interest and importance to the IR audit community. It also assists auditors in meeting their mandatory continuing professional education requirements that are established by audit policy and professional auditing standards. One of the major topics discussed at the symposium was marketing.

As I listened to the presentations on marketing, I initially thought to myself that marketing was not relevant in my current situation. I operate a small IR office, people in the District know me and know what I have

done or can do for them, and I provide (I believe) quality and useful audit services to the District commander and to many of the District's managers despite limited audit resources. I reasoned, "No, the District managers know what I can do for them; and, therefore, marketing the IR office and its services is just not necessary." However, as the marketing presentations progressed, talking first about marketing strategy, then mar-



keting techniques, and finally marketing tools, I began to re-evaluate my thinking. Maybe what the IR auditor does is not really known by many District managers and employees, especially those who seldom deal with the IR services available.

Perhaps my perception of what the IR auditor does is not in fact what others outside the field of auditing perceive.

With that in mind, I recalled some things I had already heard over the years about auditors. In my own experiences, I've recognized that auditors often are viewed as "bean counters" or as individuals who don't have anything better to do than to find fault in the work of others or to generate more work

for managers and their employees. Audit reports sometimes may have been viewed as management tools for making managers look bad in the eyes of their superiors. I also recalled a perception I had as a youth about how in the old western movies the "good guys" always wore white hats and the "bad guys" always wore black. I remembered hearing people at times refer to auditors as the "guys wearing the black hats".

This perception may have materialized from the way many audits were performed and how audit results were reported. The auditors (whether internal or external) came into an organization to perform an audit, disclosed problems and deficiencies with the organization, reported them in report form to higher management, and then frequently left the audited organization to fix the problems themselves. With these thoughts in mind, I began thinking about the positive influence IR auditors can have on their organization.

It is true IR auditors must often report unfavorable conditions (i.e., bad news) to superiors through results disclosed in audit reports. In reality, most managers and supervisors on occasion do this as well. In both situations action is taken to advise District decision makers of any significant problems so they can be resolved. Also, in reality, the District IR auditors are part of the District team. IR auditors work directly for the

Duck Stamp (cont.)

winners if you would like to see them.

The "Best of Show" winner will compete with designs from other states for the honor of becoming the 1997 Federal Junior Duck Stamp design. If you would like more information on this contest, contact "[HTTP://DNR.STATE.IL.US/NREDU/CLASSRM/RIBBON/main.htm](http://DNR.STATE.IL.US/NREDU/CLASSRM/RIBBON/main.htm)."



Hank Counts shows students various types of ordnance.



LTC Jones welcomes participants to the District.

Real Life Adventures In Science



Terry Norris expounds on the archaeology of the area.

west, and the Corps' critical navigation channel maintenance mission. The majority of visitors arrived knowing very little about water resource management and believed that the Corps lake projects were created for recreation. Thanks to the tireless efforts of Park Rangers Maria Shafer and Andrew Jefferson, many students can now speak intelligently on the flood control and other important functions of the multipurpose lake projects as well as basic operation of a lock.

An opportunity to experiment with miniaturized replicas of the Mississippi River, a walk on the Dredge Potter, sitting on a bulldozer to watch a core



Deanne Strauser and friends do some bridge building.

drill equipment demonstration, pushing buttons to operate an overhead crane in the Machine Shop, touching an endless variety of rocks, understanding the Corps' role in protecting the environment, discovering a potential career as a biologist, what causes earthquakes, lightning and tornadoes and how do I protect myself....the activities were as diverse as they were exciting.

Archaeology? What could the Corps of Engineers possibly have to



Maria Shafer explains how a lock operates.



Terri Millitello talks about identification of human remains.

do with archaeology? When we build, we dig big holes and frequently expose historically significant artifacts. The

District's archeological program has expanded into significant domestic and foreign missions. The manner in which

Dr. Terry Norris presents the history of the Middle Mississippi Valley based on archaeological findings, the enthusiasm with which Terri Millitello and other young women describe field missions and the stories Jeremy Goldstein relates about searching for missing American remains in Southeast Asia sparks a new interest in science and a realization that one does not have to face the dangers of an Indiana Jones to make a living as an archaeologist..

Watching the faces of the children, listening to their questions and observing their active participation reflected a new awareness of engineering and the sciences. Preliminary feedback indicates that the children enjoyed themselves and they learned.

An unexpected benefit of this event to the District was the spirit of teamwork present in the preparation and execution of the program. One Corps employee was heard to state, "This is the best example of teamwork I have seen in this District in a long time."



Greg Hempen teaches students about earthquakes, how they happen and how to prepare for them.



Nancy Tokraks and Dave Kreigbaum teach students about photogrammetric mapping techniques.



Internal Review (cont.)

District Commander and his Deputy and serve as their eyes and ears for overseeing the District's financial and administrative operations. However, besides reporting the bad news, IR auditors through their services report the favorable conditions when operations are functioning properly and in accordance with applicable laws and regulatory requirements.

IR auditors can be an invaluable resource to the Commander and to the District managers. Frequently, managers become so engrossed in their day to day operations that they don't always have time to fully evaluate their operations including their systems of internal controls. Through an audit or consulting service assignment, the IR auditor can provide an independent and objective review and evaluation of a process where problems are being experienced. The IR auditor is

given the time to become familiar with and then review/evaluate the business process where a problem is experienced or suspected. Further, if a manager experiences a problem which involves one or more other organizations, he or she may not be aware that the problem encountered may be due to an action or inaction by one of the other organizations. The IR auditor is permitted to cross organizational lines, and, where applicable, help managers identify what is causing a problem for them or how they may be negatively impacting another organization.

The IR auditor identifies potential causes for problems identified, and offers formal recommendations or informal suggestions on ways to correct or resolve them. With the information provided from the audit or consultation results, managers can proactively use the information obtained to effectively correct a deficiency, re-

solve a problem, or improve an existing business process. Thus, the IR auditor can become the eyes and ears for District managers and their employees, as well as for the District's DE and DD.

My overall objective for writing this article is to inform you of how IR auditors can be of service to the District as its managers and employees carry out mission requirements. An underlying objective is to point out that IR auditors can be viewed at least as "light gray hatters" rather than as the possibly perceived "black hatters". If you have a problem involving one or more of your business processes or if you believe your internal management controls may need strengthening, contact the IR Office. We'll be glad to discuss the situation with you. Let us show you that IR auditors are really not the bad guys some people might perceive them to be.

District creates an Operations Plan

The District Staff assembled April 15 at Mel Price Locks and Dam Administration Building to design an Operations Plan

(OPLAN) unique to the District, based on Division's Campaign Plan and ultimately General Ballard's Strategic Plan for the Corps.

2. SEEK GROWTH OPPORTUNITIES

3. INVEST IN PEOPLE.

The staff worked together to generate initiatives for our OPLAN after hours of sharing and brainstorming. Many notable and creative ideas were incorporated into the OPLAN.

The staff gathered for a picnic-style lunch at the new Riverlands Administration Building in West Alton, Missouri. Park Ranger Julie Ziino conducted a tour of the new facilities.



Some value engineering was used to produce a table for lunch.

Gene Degenhardt (VE) was the facilitator for the open discussion. He successfully completed his mission to keep the staff focused on the Chief's strategies:

1. REVOLUTIONIZE EFFECTIVENESS



The District's "cold weather" artist

Richard Hagan, in the Geology Section of Geotechnical Branch, also known as "Bucket," has a new title bestowed on him by his local small town newspaper - "The Blizzard Wizard." Buck has been with the St. Louis District for 20 years, and we've

ing and before the melt down," he says.

In early January this year he created the "Tweety Bird Express," an old time locomotive with Tweety Bird at the controls about to run down - who else - Sylvester the Cat. Hagan says

for sculpting.

Two weeks later he was home on his AWS day and conditions were right. He let the students decide what they would like to build. About five hours and a ton of snow later, there stood a 20 foot long, five and a half foot tall dinosaur which was finished off with a green tint of food coloring spray.

"My reward was a personal thank you card signed by each of the students," Hagan said. He was also gratified to see people driving by to look and take photos. The following week he saw front page coverage of his work with the students in the weekly newspaper and learned of his new title, "The Blizzard Wizard."

Hagan doesn't have much time for sculpting. He's the leader of a Geotechnical Field Unit for exploration drilling. He leaves home about 3:30 a.m. on Mondays and doesn't return until the end of the week. He only has time on weekends to sculpt. During some winters conditions may be right four or five times. During others it may only be once.

If it's snowing on a weekend, chances are you'll find Richard Hagan in his front yard creating another masterpiece.



Richard Hagan and friends create their masterpiece in snow.

only just learned of his special way of doing good for his community on his off time.

He builds and sculpts snow art for the young and the young at heart. This winter he spent time giving snow sculpting lessons to the second grade class at the Holy Rosary School in Monroe City, Missouri.

Hagan has been making "things" out of snow every winter for the past 14 years. "Since I live right on the main street through Monroe city, not only the local people get a smile from my sculptures, but also anyone from anywhere who happens to pass during or after the sculpt-

this was his "justice for the little guy" mentality. When he was about two hours into his work he turned and noticed that Barb Quinn, the second grade teacher for Holy Rosary, had brought her entire class outside to watch him work. She asked that he allow her class to assist him the next time the snow was right





EEO matters

Asian Americans (A brief overview)

by the EEO Staff

Several times lately, conversations have centered around Asian Americans. When asked who comprises this group, the discussions become filled with questions. There are many significant topics and issues relevant to Asian American experiences, therefore, it is impossible to provide an overall picture in this writeup. The following information taken from the book, *Asian American: Contemporary Trends and Issues* by the editor, Pyong Gap Min is to provide some answers and to enlighten the Corps family.

Many Americans, teachers, social workers, and the general public, as well as the mass media, assume that Asian Americans are a homogeneous group, physically and culturally distinguishable from other minority groups. This assumption has little validity. They are made up of physically and culturally diverse groups with different languages, religions, customs and values. Most Americans have difficulty distinguishing members of various Asian ethnic groups, regardless of observable physical differences. Thus Americans often refer to Koreans, Japanese and even Cambodians as "Chinese".

After the California Gold Rush in 1848, a large number of Chinese workers were brought to

California to be used as cheap labor for mining and railroad construction. The Chinese Exclusion Act of 1882 and the ensuing rampant racial violence against Chinese workers pushed most Chinese workers away from California. After the Chinese were legally barred from entry into the United States, plantation and farm owners in Hawaii and California began to bring in Japanese, Filipino, Korean, and Indian workers. But laws passed in the early 1920s barred Asian nationals from entering the United States for about 40 years.

The liberalization of the U.S. immigration law in 1965 made the mass migration of people from Asian countries to the United States possible. The Immigration Act of 1965 came into full effect in 1968, opening the door to immigration from all countries by abolishing discrimination based on national origin. As a result, the Asian American population increased from 1.5 million in 1970 to about 7.3 million in 1990. Heavily concentrated in Los Angeles, New York and several

other large cities, Asian Americans in general, and several Asian ethnic groups in particular, have emerged as significant minority groups, making American race and ethnical relations far more complicated than before. Their heavy concentration on the West Coast, have significant effects on politics, educational systems, welfare programs and even culture in such cities as San Francisco, San Diego, San Jose, and Los Angeles.

Countries which yield the largest influx of immigrants are China, Japan, The Philippines, Korea, India and Vietnam. The new law abolished Asiatic exclusion and allowed aliens to be admitted as immigrants using three criteria:

- Their possession of occupational skills needed in the U.S. labor market (occupational immigration)

- Their close relationships to those already here (family reunification)

- Their vulnerability to political and religious persecution

Asian and white European immigration to the United States in the 19th century usually involved a move from rural areas to American cities, so that it was



The first job that many Japanese immigrants found was on railroad section gangs. At one time 13,000 Japanese worked on railroads.



Coming Lake Events

Carlisle

- May 10 Carlisle Lake Cleanup
- 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 7 Kids Fishing Tournament
- 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

- May 24-25 Festival of Arts and Crafts
- June 1 Antique Car Show
- 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

- May 17-18 8th Annual Silver Bullet National
Drag Boat Race

- June 8 7th Annual Disabled Persons Fishing
Day
- 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 7 Kids Fishing Day
- 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 Exhibit

Rivers Project - Clarksville Office

- Sept. 20-21 Big Rivers Day

Asian Americans (cont.)

an integral part of the urbaniza-
tion process. In the 19th century,
Japanese, Chinese, Italian, Polish
and Irish immigrants were
mainly farmers and unskilled
workers, and they were mostly
illiterate. In sharp contrast, most
post-1965 Asian immigrants have
come from urban areas, particu-
larly large metropolitan cities.

Consistent with their urban back-
ground, post 1965 Asian immi-
grants are generally highly edu-
cated and have had white-collar
and professional occupations in
their countries of origin. These
new Asian arrivals have a much
higher educational level than
both the U.S. general population
and all other new immigrants.

Despite significant cultural
differences, Asians tend to hold
some common values that differ
from dominant American values.
Asian Americans are more or less
group-oriented, in sharp contrast
to the individualism that charac-
terizes American values. Other
Asian values include filial piety,
respect for authority, self-control

(Continued on page 15)



To your health

Big benefits from B vitamins

Evidence is mounting that inadequate levels of vitamins B6 and B12, and especially folate contribute to heart disease and stroke risk.

Most recently, the Nutrition Canada Survey found that Canadians who had the lowest levels of folic acid in their blood had a 69 percent greater risk of death from heart disease than those with the highest folic acid levels. When B vitamins are low in the diet, homocysteine accumulates, damages arteries and sets the stage for heart attacks and strokes.

The connection between low folate levels and homocysteine is clear. It makes sense for ev-

eryone to get enough B vitamins, and it's not difficult to do. Studies of people with vitamin deficiencies show that it doesn't take megadoses of B vitamins to lower homocysteine levels. Just getting enough through a healthy diet is all that's required.

In the U.S., 88 percent of adults get less than the needed 400 micrograms of folic acid. Legumes, fruits, vegetables and whole grains are good sources of folic acid and vitamin B6. B12 is only found in animal products, especially liver.

Taking a multivitamin supplement is also a safe, convenient remedy.

Shrinking enlarged prostates

In 1996, hundreds of thousands of North American men had a costly surgical operation to shrink their enlarged prostates. Up to one-third of men over 50 develop the condition.

A new procedure called TUNA (transurethral needle ablation) can now shrink the prostate in a 45-minute outpatient procedure that requires only local anesthetic and is far less expensive than surgery. The procedure isn't hazardous and has virtually no side effects, according to the University of Michigan.

Less invasive bypass surgery

A blocked artery can now be repaired through a small slit in the chest while the heart continues to beat. The "keyhole" surgery is far less traumatic than traditional heart bypass techniques and helps patients recover faster and with less pain, according to the *New England Journal of Medicine*. So far, surgeons are using the technique on people with single blockages. But multiple bypass operations may soon be possible.

Keyhole surgery patients required far fewer blood transfusions, left the hospital earlier and had much lower hospital bills.

P53 defends against cancer

Researchers long hoped to find a single factor that determines whether cells turn cancerous. The p53 gene, it turns out, may be that switch. If it's healthy, it keeps cells on track. If it is absent or damaged, cells proceed toward cancer.

Doctors at Johns Hopkins Oncology Center say that p53 has been implicated in 52 kinds of cancer. Today there are more than 5,200 published studies on p53. Scientists are sharing information on the important discovery. Hopkins researchers estimate that a quick, accurate urine test for bladder cancer, based on p53, is only two or three years away.

Radiation to prevent blindness

Radiation therapy is showing promise for people with macular degeneration, the age-related problem that is a leading cause of blindness. Cases caused by a proliferation of tiny blood vessels beneath the macula can be helped. The Radiological Society of North America reports that in cases treated with radiation, about 90 percent of patients improved or remained stable. The procedure can be performed by a radiation oncologist at any medical center that has a linear accelerator.



Retiree Review

by the Retiree Correspondent

April 17 was a beautiful day for the retirees to meet and have lunch at the Salad Bowl. There were 16 members in attendance, some were the old faithful and there were a few relatively new faces. Farrel Burnett said he and Howard Turner got mixed up on the "meeting" time and they were there a little early. He also wanted to notify the retirees that William Brown, Jr. had recently died. Mr. Brown was a construction engineer at the Mel Price Locks & Dam when he retired in 1993.

Les Arms reported that Thelma Kevish died just recently. She was Viola Oheim's sister. Condolences to the Brown and Kevish families.

Elmer Huizenga and his bride ventured up from the Cape area. He looked great and was his usual sharp-witted self. He apparently took the advice of Dr. "MOM" and was in the best of health, for an "old guy."

Don Wampler said that since no one showed up for his wake, he decided to show up at the luncheon. He is sorry to disappoint some folks, but he is not the one who died a few weeks back.

The Bakers were back, but there seemed to be some "noise" about them maybe moving out of the area to the West Coast. If this be true, we will be sorry to see them leave, but will understand, since they have family on the West Coast.

Bob Lutz and his bride were there. Bob told us about his month stay in Botswana, Africa. He was there doing volunteer work for his church. He had a most interesting time. Conditions were

very primitive, but they endured and the stay was very gratifying. He kept everyone's interest when he described the working and living conditions.

Lou Scheuermann made mention that St. Louis will be hosting the Division Golf Tournament this year, in the Memphis area. No date has yet been set.

Pete Puricelli stated that he met "Mr. Estimates," Marv Ortwerth, the other day. Marv told Pete that he felt good for being in his early seventies. Pete stated that Marv looked great, except for a few more gray hairs. He must have a secret on how to keep young.

Pete also provided some information on the recent reorganization of the Corps. He had obtained a copy of the "Engineer Update," the Washington version of the ESPRIT, and shared the details.

It was great to get together with the retirees, but unfortunately the numbers are getting smaller. We need to encourage some of the recent retirees to join us at the Salad Bowl every 3rd Thursday, at about 11 a.m. for lunch and good times. Our next gathering will be the 15th of May. Hope to see more of you there.

Condolences

Mr. Thomas Grieshaber, retired from the Geotechnical Branch exploration unit, passed away Friday, April 18.

New asthma drug

A new drug that eases inflammation, swelling, mucus secretion and tightening of muscles around airways in the lungs may help reduce acute attacks in people with chronic asthma. Studies show that Zyflo (zileuton), available by prescription in the U.S. since January 1997, reduced by 62 percent the need for steroid drugs to treat flare-ups in people with mild to moderate asthma. Zyflo users were also less dependent on

beta-agonist inhalers, the most common treatment for asthma. It may cause stomach upset in some people.

Asian Americans (cont.)

and restraint in emotional expression, emphasis on educational achievement, shame as a behavioral influence, middle position virtue, high regard for the elderly, and the centrality of family relationships and responsibilities. These values are common threads that tie all Asian groups together.



Memorial Day 1997

Our grateful tribute

No words can capture the essence of the supreme sacrifice made by armed forces men and women who died in the service of our country. Only respect, reverence and humble admiration in our hearts begin the process of remembering them.

Memorial Day should be a time of pride and of gratitude for the accomplishments of those who gave their lives to build the world we have today.

On Memorial Day, a prayer for peace is especially fitting. You don't have to read one from a prayer book, or memorize one to recite on this special day. Just look to heaven and say what you feel.

Our fallen sons and daughters, brothers and sisters, are honored today by the fact that their accomplishment lives.