



ST. LOUIS ARMY ENGINEER DISTRICT

ESPRIT

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GATEWAY TO EXCELLENCE

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Riverlands hosts Wetlands Prospect Course

By Brian Markert, Rivers Project Office

The Rivers Project Office, St. Louis District, is designated as a Remote Wetland Training Site for the Wetland Restoration and Development, Inland Waterways and Fresh Water Wetland Prospect Course. Each June professionals in fields such as natural resources, regulatory, and others from a variety of agencies participate in the week long training courses.

The National Wetland Training Program Manager, Bob Lazor, from the Waterways Experiment Station Wetland Research and Technology Training Center in Vicksburg, Mississippi, mentioned that in the average calendar year the wetland prospect course program will train more than 1000 Corps of Engineers, Fish and Wildlife Service and Environmental Protection Agency personnel.

The course draws on the knowledge and experience of leading national experts such as Dr. Robert Johnson and Dr. Gary Pierce. Dr. Johnson worked for the USDA Forest Service, Southern Hardwoods Laboratory, Stoveville, Mississippi, and specializes in reforestation of bottomland hardwoods. The 1998 train-



Prospect course enrollees participate in aquatic plant collection and identification.

ing year and specifically the most recent course hosted by Rivers Project Office was the last course in which Dr. Johnson served as an instructor. His expertise and contribution to the program as well as to the study of bottomland hardwoods will not easily be replaced. Dr. Pierce owns Southern Tier Consulting, Portville, New York, and specializes in herbaceous and woody plant establishment in constructed and restored wetlands.

(Continued on page 6)



Serving others: You don't have to do it all, just start

People who do charitable works are neither heroes nor saints.

Are humanitarians born or made? That was the question looking for an answer during interviews with more than a hundred altruists.

Though people who give their time to help others have certain things in common, every person interviewed by Cheryl Keen, Ed.D., shared one experience. Sometime in their lives, they had a transforming experience with another person. They got to know someone who they had thought was very different from them.

Keen, co-author of *Common Fire: Leading lives of Commitment in a Complex World* (Beacon Press), says that by working, studying or traveling together, they came to view the person as more like themselves.

Other traits shared by good samaritans included: An awareness of the complexity and interrelatedness of human problems; an unwillingness to fence off their charitable works from the rest of their lives; and an ability to turn anger, sorrow and negative emotions into a force for good.

People who do charitable works, it turns out, are neither heroes nor saints. Some confessed to very human motives for helping others, such as ambition, personal issues and anger. They also recognized that you don't have to do it all, just begin the work.



US Army Corps of Engineers
St. Louis District

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News Briefs

Carlyle Lake:

Appreciation

On Wednesday, July 15, MG Anderson, Mississippi Valley Division commander, presented certificates of appreciation to volunteers Pat Newcomb, Dave Gutherie and Ida May Gutherie in recognition of exceptional service and providing satisfaction to the customers of the Corps of Engineers. The three volunteers worked more than 2,500 hours, saving the government at least \$20,000.

Present from IDNR

Also on July 15, Gary Potts, wildlife biologist with the Illinois Department of Natural Resources presented MG Anderson a check for \$20,000. The money will be used to install two wells for a wetland restoration project at Saddle Dam Three. Funds came from the purchase of duck stamps by Illinois hunters.

Partner briefing

Many of the Corps' partners briefed MG Anderson about various partnering efforts during his visit to the lake. About 50 partners including State Senator Frank Watson, and representatives from Senator Durbin and Congressman Shimkus' offices attended the briefing. The general toured the lake and observed flood damages, potential resort sites, campsite improvements, a wetland restoration project and other partnering efforts.

FY99 budget

Congressman John Shimkus held a press conference at the Visitor Center to announce the Carlyle Lake Project's budget for FY 99. Additional funding was added to repair flood damages which occurred during high water in 1995. A portion of the additional funding will be used to construct a high water ramp at the Dam West Recreation Area and to make repairs to the Coles Creek Recreation Area.

Henrichs baby

Donna Henrichs, procurement assistant at the lake, gave birth to a baby girl on June 25th. She has been named MacKenzie. Both mother and daughter are doing great.

Many visitors

More than 100,000 visitors came to the lake over the June 27th weekend to participate in all the events and to watch the Fireworks Spectacular over the lake.

Rend Lake:

Freedom Festival

On July 3 and 4, Rend Lake, in cooperation with Taste of Freedom Festival, Inc., hosted the second annual Taste of Freedom Festival at the Visitor Center. The event, one of the premier Independence Day celebrations in the area, drew more than 8,000.

Booths featured ethnic foods ranging from Chinese cuisine to

American pork-rinds. There were eight local bands and parachute jumps. A local radio station conducted live remotes from the festival.

The highlight was the awe-inspiring fireworks display choreographed to the patriotic music of the Centralia Philharmonic Orchestra.

Lake Shelbyville:

Cruitt earns medal

Petty Officer First Class Leanne Cruitt was recently awarded the U.S. Armed Forces Outstanding Volunteer Medal. Cruitt, a park ranger at Lake Shelbyville, received the award at the Decatur, Illinois, Naval Reserve Center.

The award is for her service not only with the Navy as a volunteer member of the color guard, running mate program and Physical Readiness coordinator, but also for her volunteer service in the community. Cruitt has been a volunteer Red Cross First Aid and CPR instructor for more than 10 years. She is an active member in the local chapter of the Daughters of the American Revolution and the Shelby County Historical Society, and is the team captain and coordinator for the Corps of Engineers team at the American Cancer Society's Relay for Life.

Leanne also received a letter of appreciation for her recent work at the Naval Surface Warfare Center in Crane, Indiana. Along with six other reservists, she participated in a four-day inventory. In the words of the Material Handling Supervisor, Steven Jackson:

(Continued on page 4)



News Briefs (cont.)

"This overwhelming task usually requires six weeks to complete and with many man hours expended. Their hard-charging attitudes, compounded by their determination to get the job done, reflect great credit upon themselves, the reserve center from which they came and the United States Navy. They set a standard of performance that will be hard for others to follow."

Mark Twain Lake:

Waterfest '98

The Mark Twain Lake Waterfest '98 took place June 27, 1998 on the John F. Spalding Beach. This annual event combines water safety with family fun. Approximately 200 people participated in a Sand Sculpture Contest, Volleyball Tournament, Water Balloon Toss, Life Jacket Race, and Watermelon Seed Spitting Contest. Area businesses showed their support for water safety by providing prizes for the activities. The event's grand finale was a special water safety talk from the Missouri State Water Patrol.



Kids learn about water safety at Spalding Beach.

High water

Severe showers and thunderstorms contributed to the high water this summer. The high water boat ramps were in full use. Hundreds of boaters were able to launch their boats safely from the Indian Creek, Stoutsville, Ray Behrens, and John F. Spalding Recreation Areas. The water is now beginning to recede and by the time this article is read the beaches and all boat ramps should be cleaned of debris and fully operational.

Workshop plaque

A plaque of appreciation was presented to the U.S. Army Corps of Engineers from the Monroe City Sheltered Workshop. The work-



Wayne Williams (left) and Lonnie Forrest display the Workshop plaque.

shop empowers challenged individuals by providing dignity through employment. The workers complete many annual maintenance tasks on project lands each year. In 1998, Park Rangers Lonnie Forrest and Wayne Williams coordinated activities of the Sheltered Workshop.

Lake Rodeo

The 1998 Mark Twain Lake Rodeo was successful despite the rainfall. All events were completed and near record breaking crowds filled the stands. Crowds of visitors viewed bucking broncos, charging bulls, calf roping, clowns, fireworks, and much more. Our thanks to all those who participated in this year's rodeo.

Wappapello Lake:

Heavy visitation

An estimated 67,770 visitors attended activities at the lake during the 4th of July holiday weekend, enjoying all the activities happening around the dam area. About 700 took part in Waterfest '98. There were games, a barbecue cook off, live music and a very exciting fireworks display. Total visitation for the entire project was 144,570.

Old Greenville Days

Wappapello Lake will be presenting the 7th Annual Old Greenville Days and Equestrian Fun Show on September 19th and 20th. Old Greenville Days is a celebration of the history of the city of Old Greenville and of the people who once lived and worked there.

Demonstrations in the art of wood crafting, glass blowing and blacksmithing, as well as art and craft booths will also be available. Bring your lawn chair and sit and relax to the sounds of Bluegrass and Gospel music while tasting treats such as open kettle popcorn, cara-



News Briefs (cont.) Partnering for parks

mel apples, homemade ice cream and root beer. As the day winds down and evening sets in, come share in a candlelight tour of the historical Memory Lane.

In cooperation with the Missouri Equine Council, the Corps of Engineers will be cosponsoring the Fun Show portion of this year's event. This is centered around fun and games involving one of the oldest means of transportation. It will begin with a parade starting at 9:30 a.m. on Saturday, the 19th. The event will be filled with 21 equestrian activities such as barrel, flag, balloon and dipper racing, with entry age classes for the whole family. There will be an entry fee of \$1 per event or \$5 for all events.

All of these activities will be taking place in the Greenville Recreation Area.

CPT Flack now MAJ Flack

The mystery officer shown in the center of this picture being promoted is none other than our own MAJ (formerly CPT) Vicki Flack.



By Brian Markert, Rivers Project Office

Visitors to the Lincoln Shields Recreation Area and West Alton Trail are benefiting from the partnership between the Rivers Project and two organizations, Greenway Network and Trailnet. As a result of the partnership these organizations have volunteered to conduct periodic litter pickups and to maintain park benches that they installed.

The Rivers Project provided the benches, materials, tools, site location, and project supervision. Through this innovative agreement, operation and maintenance costs are not increased, yet visitors enjoy improved public facilities.

Both organizations are nonprofits that share common goals with the Rivers Project Office. Greenway Network seeks to promote multi-objective river management, greenway and trail development, wildlife habitat protection, resource conservation and citizen's

involvement in ecological issues. Likewise, Trailnet is a nonprofit land trust that builds interconnected bikeways and greenways throughout the greater St. Louis region. The Rivers Project Office has a long his-



tory of collaboration with nonprofits and volunteers. Together organizations such as these and federal agencies can further common goals and seek to promote stewardship of public resources.

The Lincoln Shields Recreation Area is located along the Mississippi River off of Highway 67 North, from Interstate 270, in West Alton, Missouri. For more information on facilities and recreation opportunities along the Mississippi River, contact the Rivers Project Office at (314) 899-2600.

Major Flack is now giving major flack to her fellow SFOR staffers in Bosnia. Vicki will be back in the States for some much needed "mid-tour" R&R with husband Gary in late July. She'll also be around plenty long enough to give Gary a

few instructions. Then it's back to Bosnia for the home stretch, which is scheduled to conclude before the holidays.

Congratulations Vicki from the St. Louis District team.



Prospect Course (continued)

The course combines classroom lectures with hands-on field activities. Dr. Johnson oversees bottomland hardwood restoration along the Chain of Rocks Canal and Dr. Pierce provides guidance for herbaceous plant restoration in the Riverlands Environmental Demonstration Area (REDA). Course participants complete a hands-on demonstration in which they apply bioengineering restoration techniques to shoreline portions of the REDA. In addition to providing practical experience in a hands-on context and increasing participant knowledge, the bioengineering demonstrations provide useful data on how various restoration techniques are compatible with the environmental forces and ecology of riverine systems such as the Mississippi.

For the past seven years staff members at the Rivers Project Office have worked with the Waterways Experiment Station to help guide and facilitate the National Wetlands Training Program. Opportunities such as this serve to increase professional as well as public knowledge of our Nation's natural resources.

Environmental stats on line

A wide range of information on the environmental performance of industrial plants is now available at the internet address: www.epa.gov/oeca/sfi.

It is accessible to the public under a new right-to-know program. Information gathered by the Environmental Protection Agency on 653 facilities will be available. EPA officials say public access to the information is a powerful tool for protecting the environment.

Alton Belle donates to Corps' Environmental Education Program

The Alton Belle Casino recently presented the U.S. Army Corps of Engineers, Rivers Project Office, with a check for \$500. The donation was earmarked for environmental education, which is accomplished through the Rivers Project Office Interpretive Services and Outreach Program. The Rivers Project Office is the steward of approximately 110,000 acres of public land and water along the Mississippi, Illinois, and Kaskaskia Rivers. As a part of the Interpretive Services and Outreach Program mission, Corps Park Rangers conduct educational programs, produce brochures, and host special events to promote stewardship of public resources. The Riverlands Environmental Learning Facility located in the Riverlands Environmental Demonstration Area

adjacent to the Rivers Project Office Administration Building is used for a variety of these educational programs and special events.

The donation was made possible through Section 203 of the Water Resources Development Act of 1992, which authorizes the Corps to accept contributions from groups and individuals in connection with carrying out water resources projects for environmental protection and restoration or for recreation consistent with organizational missions.

To learn more about the Contribution Program or facilities and programming available at the Riverlands Environmental Demonstration Area, contact the Rivers Project Office at (314) 899-2600 or toll free at (888) 899-2602.

Rivers Project donates computers to school

By Brian Markert, Rivers Project Office

Marquette High School recently received computer equipment that was made possible through an executive order signed by President Clinton. The order authorizes the Department of Defense to distribute surplus equipment to educational institutions. Principal, John Rogers, from Marquette High sent a request to the Rivers Project Office for surplus computer equipment. The Rivers Project Office had recently moved into a new facility and at the same time upgraded much of their computer equipment.

The program maximizes the economic life cycle of public assets. This is accomplished by the redistribution of equipment whenever it is no longer needed for the purpose for which it was originally acquired. Prior to the distribution of surplus equipment to educational institutions other federal entities are allowed to acquire the equipment if needed before they procure like or similar equipment. When this procedure is completed the equipment can be donated to places like Marquette High.

Two desktop computers and monitors along with a dot matrix printer were donated to the School.



The Corps is helping kids dive into reading

The Corps of Engineers is teaming with local libraries across the Rend Lake region. Using the theme "Dive Into Reading," librarians are cooperating with the Corps to not only encourage summer reading, but also water safety awareness. The reading programs are directed at children 10 years old and younger and last from 30 to 45 minutes, covering topics such as swimming, life jackets and other safety topics.

A movie recently produced by the Corps, titled "Safe Passage," is being used as a teaching tool at the library programs. The movie features two youngsters, a boy and a girl, just arriving at a lake to spend the summer vacation with their grandparents.

Upon arrival, they go on a hike in the woods to explore the area. There the kids discover an abandoned boat with a magic compass on board. After examining the compass, they are transported to a beach. A young man greets them, teaches them beach safety, and explains what must be done to find a safe passage home. Each time the compass displays a message the kids are transported to a new place to learn about water safety. By the time the safe passage is completed the kids have been to the beach, toured a dam, gone fishing and ridden a personal watercraft. By exploring each scenario, the movie keeps viewers on the edge of their seats, while learning about water safety.

Corps and National Guard team

Operation First Choice

By Dawn Kovarik, Rend Lake Park Ranger

The U.S. Army Corps of Engineers at Rend Lake and the Illinois Department of Natural Resources (IDNR) have teamed up with the Illinois National Guard to enhance the quality of life for a select group of Illinois' youth. During the first two weeks of August the Illinois National Guard set up camp in Rend Lake's Dale Miller Youth Area. The Illinois National Guard and the Illinois Counterdrug Support Program sponsored two seven-day summer camps for Illinois youth that are participants in the Operation First Choice program. The Corps of Engineers and the IDNR will be providing quality educational programming for the young campers during their stay.

Operation First Choice is a cooperative effort between the Illinois National Guard and local community agencies that is designed to enhance the quality of life for Illinois youth. Operation First Choice is based on the belief that the National Guard, as a part of the community, can have a positive impact on youth health and lifestyle. Full-time National Guardsmen and volunteers staff Operation First Choice.

Operation First Choice operates under the guidelines of four major elements. The first element is to teach physical fitness as a "life skill" and a "values" learning vehicle to teach self-discipline, responsibility and respect. The educational component also focuses on the other vital health promotion topics such as nutrition and stress management. The second element is life skills

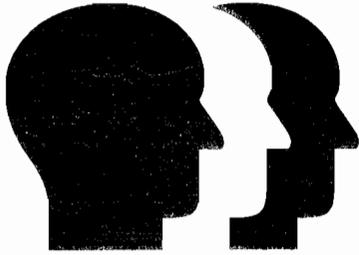
training and discussion to apply skills of self-assessment, goal setting and planning to peer pressure situations such as substance abuse, violence, conflict resolution and gang influences. Also, volunteers and guardsmen provide special study time for youth that includes supervised tutoring and homework sessions. The final element provided to youth is the execution of special events such as mini Olympics, field trips and conferences.

The Rend Lake Corps of Engineers and the IDNR will be providing support for Operation First Choice by providing programming throughout the two one-week camps. The mission of these camps is to provide safe, educational and challenging recreational opportunities to Illinois' at-risk youth. The basic tenants of Operation First Choice, respect, responsibility and self-discipline, will be reinforced throughout the camp.

Group activities provided each day will include a mobile ropes course that will stress self-discipline and teamwork, water safety instruction including swimming and boating safety, fishing and wildlife programming and basic firearm safety training. Tours of the Gun Creek Wetland will provide campers the opportunity to seine, in hopes of collecting enough crayfish for the evening demonstration.

This program has proved to be a favorite with many campers from prior camps held at Rend Lake. Campers will be treated to two field trips. The first trip will be to Giant City State Park where campers will

(Continued on page 11)



EEO matters

Women's Equality Day - August 26

Celebrate women Women's history timeline

One hundred and fifty years ago, in a small town in upstate New York, five women got together for tea. The conversation turned to the limitations of their lives, and before they knew it, they were planning a convention to discuss the "rights of women". That first women's rights convention was the first step on a very long road for American women to win equal rights and to expand their roles in society.

The following is a mini-time line of the Women's Rights Movement:

1848 -- The Women's Rights Movement is launched at the world's first Women's Rights convention in Seneca Falls, New York, by Elizabeth Cady Stanton. The movement uses the Declaration of Independence as a framework.

1849 -- Harriet Tubman escapes from slavery. Over the next 10 years she led many slaves to freedom by the Underground Railroad.

1851 -- Former slave Sojourner Truth delivers her "Ain't I a Woman?" speech before a spell-bound audience at women's rights convention in Akron, Ohio.

1866 -- Elizabeth Cady Stanton and Susan B. Anthony form the American Equal Rights Associa-

tion, an organization for white and black women and men dedicated to the goal of universal suffrage.

1872 -- Susan B. Anthony is arrested and brought to trial in Rochester, New York, for attempting to vote for Ulysses S. Grant in the presidential election. At the same time Sojourner Truth appears at a polling booth in Grand Rapids, Michigan, demanding a ballot; she is turned away.

1878 -- A Woman Suffrage Amendment is introduced in the United States Congress. The wording is unchanged in 1919, when the amendment finally passes both houses.

1890 -- Wyoming is admitted to the Union with a women's suffrage provision.

1893 -- Colorado becomes the first state to adopt a state amendment enfranchising women.

1903 -- Mary Dreier, Rheta Childe Dorr, Leonora O'Reilly, and others form the Women's Trade Union League of New York, an organization of middle- and working-class women dedicated to unionization for working women and to women's suffrage. This group later became a nucleus of the International Ladies' Garment Workers' Union (ILGWU).

1916 -- Jeanette Rankin of Montana becomes the first American woman elected to represent her state in the U. S. House of Representatives.

1920 -- The Nineteenth Amendment is ratified on August 26, giving women the right to vote. The League of Women Voters is formed.

1923 -- The National Woman's Party first proposes the Equal Rights Amendment to eliminate discrimination on the basis of gender. It has never been ratified.

1960s -- Several federal laws improving the economic status of women are passed. The Equal Pay Act of 1963 requires equal wages for men and women doing equal work. The Civil Rights Act of 1964 prohibits discrimination against women by any company with 25 or more employees. A Presidential Executive Order in 1967 prohibits bias against women in hiring by federal government contractors.

Three women held their countries' highest elective offices by 1970. Sirimavo Bandaranaike was Prime Minister of Ceylon (now Sri Lanka) from 1960 to 1965 and from 1970 to 1977. Indira Gandhi was Prime Minister of India from 1966 to 1977 and from 1980 until her assassination in 1984. Golda Meir was Prime Minister of Israel from 1969 to 1974.

1973 -- The United States Supreme Court rules that states could not restrict a woman's right to an abortion in her first three months of pregnancy.

1981 -- Sandra Day O'Connor is the first woman to be appointed to the United States Supreme Court.

(Continued on next page)



Coming Lake Events

Carlyle Lake

Sept. 12 - Conservation Day
Oct. 23-24 - Haunted Trail
Dec. 4 - Christmas Town USA Visitor Center Lighting

Lake Shelbyville

Aug. 8 - Lithia Springs Chautauqua Living History Tours
Aug. 15 - Okaw Indian Festival
Oct. 1 - ECO Meet
Oct. 31 - Lithia Springs Trail of Terror

Mark Twain Lake

Aug. 8-9 - Salt River Folklife Festival
Sept. 5-6 - Bullriding Assoc. World Championship Finals
Sept. 19 - An Adventure in Astronomy
Sept. 25 - Environmental Education Fair
Oct. 3-4 - Missouri Mule Days

Wappapello Lake

Sept. 19-20 - 7th Annual Old Greenville Days
Nov. 27-Dec. 26 - 6th Annual Festival of Lights Auto Tour

Women (cont.)

1984 -- The first time a major party chose a woman, Geraldine Ferraro of New York, to run for vice president.

1995 -- The Fourth World Conference on Women is held in Beijing, China. Delegates from the international community discuss and draft platforms to advance the status of women in the world.

1996 -- Madeleine Albright accepts the appointment as the first woman to be U.S. Secretary of State.

MOVING FORWARD

As we move into the next millennium, there are many issues that still must be addressed:

Maternity leave is an important issue for many women. By federal law a full-time worker is entitled to time off and a job when she returns, but few U.S. states require that this leave be paid. Many other countries require companies to grant 12-week paid maternity leave.

Childcare is an important related issue, as more women demand quality, affordable childcare.

The Wage Gap.....

1995 Median Annual Earnings for year-round, full-time workers

MEN	-	\$31,496
WOMEN	-	\$22,497
WAGE GAP:		71.4%

(Statistics are from the Census Bureau, Current Population Reports, Series P-60, U.S. Commerce Department.)

International Women's Rights

In many countries around the world, it is clear that women are struggling for their rights, their freedom, even their lives. The Convention on the Elimination of all Forms of Discrimination Against Women (CEDAW) is a United Nations treaty, which gives women the legal means to protest violence and discrimination. The United States is one of the few countries in the world which has not ratified CEDAW.

Today, as Americans engage in a serious and profoundly important dialogue on the future of our multi-racial, multiethnic, and multicultural society, we do well to remember that we are all immeasurably enriched when we choose the path of inclusion and empowerment. Women's Equality Day reminds us that by demanding an equal opportunity for every American, we ensure a brighter future for all Americans.

Jobs for least skilled

A tight labor market is reflected by the largest decline in unemployment during the past year occurring among high school dropouts. Faced with labor shortages, more employers are reaching into the labor pool for the least skilled workers.

Earlier this year, the jobless rates for adult workers 25 years and older that were high school graduates (the largest contingent of the workforce) was only 4.2 percent. For college graduates, the rate was 1.9 percent.



To your health

OTCs or prescriptions: *Handle with care*

Bad reactions to prescription and over-the-counter drugs kill more than 100,000 Americans each year and injure 2.1 million more.

It's a far more serious problem than people realize, according to investigators and neuroscientists at the University of Toronto. While drugs have wonderful benefits, there should be increased awareness of side effects.

The investigators analyzed 39 studies of hospital patients. Serious drug reactions affected 6.7 percent of patients overall, according to a report in the *Journal of the American Medical Association*.

Adverse reactions ranged from stomach problems caused by taking



Follow the directions!

too much aspirin, to allergic reactions to antibiotics. Figures did not include prescription errors or drug abuse.

The most surprising fact to emerge from the study: Reactions to prescription and over-the-counter drugs were the SIXTH leading cause of death in the country.

Doctors have complained for many years that people don't take medicine according to directions and don't read cautions for over-the-counter medicines. The message for most of us: BE SURE to follow the directions given by your doctor, your pharmacist and those included with any medication.

Natural help for gastritis

People with gastritis and other stomach problems may benefit from an extract of licorice root called DGL. This form of licorice does not cause side effects such as high blood pressure which regular licorice can trigger.

Doctors writing in *Psychology Today* say it may clear up long-standing stomach problems. DGL works by increasing mucus production in the stomach, thus protecting the lining. It is also anti-inflammatory.

Breast cancer drug on market

Women suffering from advanced breast cancer may benefit from Hoffman-La Roche's Xeloda. The drug was recently approved by the Food and Drug Administration. Studies suggest it helps tumors shrink significantly in many advanced breast cancer patients who have exhausted other options. The drug produces pain relief. Side effects are minimal.

Exciting new cancer research

Within a year, if all goes well, the first cancer patients in trials will be injected with two new drugs that appear to eradicate any type of cancer. The new drugs have no obvious side effects and no drug resistance.

The American Cancer Society says this is the most exciting treatment they have seen to date. The drugs, angiostatin and endostatin, work by interfering with the blood supply tumors need. Given together, they make tumors disappear and not return.



Retiree Review

By the Retiree Correspondent

Thursday, the 16th of July, was a beautiful day. The sun finally broke out and thirteen of the retirees ventured out to have luncheon at the Salad Bowl.

Real Estate was once again well represented, by Lyle Forth, Laurel Nelson and Elsie and John Kalafatic. Elmer Huizenga taught them well on how to enjoy themselves. Incidentally, it was mentioned that Elmer had some "minor" surgery. (I've been told that the definition of minor surgery is when it is done on someone else.) Hey Elmer, hope you have a speedy recovery.

Lew Scheuermann reported on the Division golf tournament, that was held at the Navy installation at Millington, Tennessee. There were 30 golfers with 12 representing the St. Louis area. Two of the BIG winners were from the St. Louis area - Mike Cullen's son and Ed Ewing's son. Obviously the youth learned it all from their fathers. Congratulations to all the retirees who participated.

Charlie Denzel dazzled the group with a wealth of pictures that were taken on his Alaska trip. He and his

wife were among several couples from the St. Louis area who took the trip. He said ably assisted by some retirees - Bill Sutton and his lovely wife Judy, and Rich Mills and his lovely wife Mary. Charlie gave all the credit for the arrangement of the pictures, with captions, to his wife, Jane. (Good thing. Charlie was never that organized.)

It was sadly reported that two of our alumni passed away during the past month. Paul Trauth, who worked for many years in the Finance and Accounting Branch of the Comptroller's Office and Virginia Dillow, widow of the late Lynn Dillow, former assistant chief of constructions in the old CON-OPS Division. Our condolences to their families.

Mention was made that several of the faithful have been noticeably absent; namely L.G. Kugler and George Clapp. We all hope they are in good health and that their busy schedules are keeping them from the luncheon.

Mark your calendars for the August luncheon. It will be the 20th, the third Thursday, at the Salad Bowl about 11 o'clock. Try to make it and bring a friend.

Heart attack: A's and D's

Type A personalities have been cautioned to slow down by their doctors. They are usually aggressive, overbearing and impatient.

Now a new personality type has been designated and tagged as possibly more prone to heart attacks than the Type A. It's called Type D.

Researchers at the University of Antwerp in Belgium say Type Ds are tense, unhappy, insecure and anxious. The Type D has a tendency toward negative feelings and is uneasy about social interactions with other people.

Not only are Ds more likely to have a heart attack than Type As, if they do have one, they are four times more likely to have another!

Chronic anxiety, especially social situations, may be the culprit. This stress constricts arteries to the heart, makes blood clots more likely, and keeps the heart beating at a high rate. Eventually it wears down.

So look on the positive side and be a little more sociable. You'll live a longer, healthier life if you can do it.

First Choice (cont.)

participate in a rappelling activity. The second will be a canoe trip through the Cache River Cypress/Tupelo Swamp where they will have the opportunity to see Illinois' state record cypress tree. During evening programming, Corps rangers and IDNR personnel will provide campers with meaningful educational programming. Evening programming will include an historical look at the Corps of Engineers and the Civil War, and an evening with "Grandma Coyote" who will spin the yarns of the legends of the Native American history at Rend Lake. The final program will be the ever-popular demonstration describing the techniques of devouring freshwater crustaceans - crayfish!

The Illinois National Guard and the Corps of Engineers, in a cooperative effort, are investing in the future of our youth through education and team building.

