ST. LOUIS ARMY ENGINEER DIST

ESPRIT

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Corps breaks ground for Wappapello roads

On Saturday, August 15th, the District held a groundbreaking ceremony for the first of several road relocation contracts at Wappapello Lake. Congresswoman Jo Ann Emerson, representing the 8th District of Missouri, Colonel Hodgini and other officials turned dirt in Shook, Missouri, on Wayne County Road 523 in a symbolic ceremony denoting the start of construction on multiple road relocations in Wayne County.

Four roads are to be relocated in the first contract, which is scheduled to be completed by the end of this year. Additional state and county roads are planned to be relocated within the scope of the project.

The primary purpose of the relocations is to stop flooding of state and county roads during high water levels at Wappapello Lake. Changes in the water control plan for the lake since it was completed in 1941 have resulted in more frequent flooding and greater water depth than was originally planned.

The late Congressman Bill Emerson obtained funds to study and initiate construction on roads flooded by the operation of Wappapello Lake.

Breaking ground are (l-r)Wayne County Eastern Commissioner Cleo Crawford, Billy Boyce Jr. of Columbia Curb and Gutter, Wayne County Presiding Commissioner Marvin Bowles, Congresswoman JoAnn Emerson, Col. Hodgini, Project Manager Mike McClendon and Lynelle Luther of MDOT.

Congresswoman Jo Ann Emerson speaks before the groundbreaking.

Low water inspection trip

MV/Mississippi at Lock and Dam 25

The Motor Vessel Mississippi visited St. Louis District in August, traveling down the Mississippi on the Mississippi River Commission's annual "low-water" inspection trip.

Seven public meetings were held aboard in selected towns along the river so members of the commission could keep in touch with local citizens and get first-hand feedback from residents. The meeting in St. Louis District was held in Alton, Illinois.

The Mississippi River Commission, organized in 1879, is composed of seven members, each nominated by the President and confirmed by the Senate. Three of the organization's members are officers in the Corps of Engineers; one member is from the National Oceanic and Atmospheric Administration; and three members are civilians, two of whom are civil engineers.

General duties of the commission include recommendation of policy and work programs, the study of and reporting upon the necessity for modifications or additions to the flood control and navigation project, recommendation upon any matters authorized by law, and making inspections trips.

US Army Corps of Engineers
St. Louis District

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News Briefs

Wappapello Lake:

Fall schedule

The Bill Emerson Memorial Center will be operating under its fall schedule after Labor Day. The visitor center will be open 10 a.m. to 4 p.m. weekends only. It will close for the season on October 25.

Rend Lake:

Native Pow Wow

The Red Eagle Alliance, a local nonprofit organization dedicated to the preservation of American Indian heritage and culture, will host a Native American Pow Wow at the Rend Lake Visitor Center on September 26 and 27. The Pow Wow will feature cultural dancers and vendors from the area. Proceeds from the event will go to benefit the American Indian Scholarship Fund at Southern Illinois University and to sponsor an American Indian Foster Parent. For more information, contact the Red Eagle Alliance, Attn: Terry Souder at 618-756-2534.

Bike Rally

Coordination is underway for the first Rend Lake Bike Rally. The rally will be held to benefit the Southern Illinois Arthritis Foundation. Local radio and television celebrity, meteorologist Kim Rasor, will host the event, which is tentatively scheduled for Columbus Day weekend in October 1999. The event will feature courses for the novice cyclist, as well as courses up to 100 miles for the experienced rider.

Scholarship

John Gulley, STEP Park Ranger at Rend Lake, has been selected as one of 10 recipients nationwide of the 1998 Public Service Scholarship. Nine students, five undergraduates and four graduates, will each receive $1000 scholarships. A tenth student, who is pursuing graduate studies part-time, will receive $500.

John is an undergraduate student at Southern Illinois University studying history. He plans a career as an interpreter at a historical site. He has worked as a park ranger at Rend Lake for the past three summers and as a volunteer for the National Park Service, Illinois Historic Preservation Agency and the Franklin County Historical Preservation Society.

Carlyle Lake:

Flood repairs

The Carlyle Project obtained an advance of FY-99 funds to begin execution of flood damage repairs to the Coles Creek campground. The campground sustained major damage during flood control operations in 1995. Repairs scheduled to be completed this FY include road, shoreline and campsite repairs.

Baby Hammel

Park Ranger Kim Hammel and husband Bob welcome 8 lb. 10 oz. Jessica into their lives. She was born on August 14. We wish them the best of luck and happiness.

Water safety PSAs

KPLR - TV, Channel 11, recently completed production of Corps of Engineers water safety public service announcements, which will be aired daily through Labor Day weekend. An estimated 1.6 million households will be reached through this effort. The lake project is making an effort to target the St. Louis metropolitan area with water safety messages.

Breakwater

The lake project is currently working to gain approval for construction of a breakwater and completion of shoreline revetment within the Eldon Hazlet State Park. The proposed project will prevent future erosion into the harbor, protect existing campsites, major boat ramps and high water ramp to be constructed later this year, and provide a harbor for placement of courtesy docks, which will be placed along shoreline adjacent to newly constructed cabins in the park. Upon gaining all necessary approvals, the Project plans to complete a portion of the construction this FY.

Rivers Project:

"Hover - In"

By Katy Manar

Every summer the St. Louis Hovercraft Group holds a "Hover-In." This year's event was held at the Riverlands Lincoln Shields Recreation Area on July 10 and 11. The event consisted of about 15 hovercraft that used portions of the

(Continued on page 5)

Visitor Center cost-share agreement

The Meeting of the Rivers Foundation has signed an agreement with the Corps of Engineers to provide a major share of the costs of exhibits for the regional visitor center at the Melvin Price Locks and Dam.

The nonprofit foundation, made up of representatives of business and civic organizations from throughout the St. Louis Metropolitan area, signed a cost-sharing agreement with the Corps pledging to serve as the Corps' private partner in developing exhibits for the visitor center. The foundation is expected to provide some $3 million, while an additional $2 million will come from public agencies.

The new visitor center at Melvin Price Locks and Dam.

Col. Hodgini signs the agreement, flanked by MG Anderson, to his right, and Jo Ann Harmon, chairman of the foundation and senior vice president of Emerson Electric Co., and Jack Jacoby, president of the new foundation, to his left.

MG Phillip R. Anderson, Division Engineer, Mississippi Valley Division, hailed the project as a groundbreaking step for the Corps in building partnerships with private agencies to fund and operate facilities on Corps' property.

U.S. Representative Jerry Costello, D-Illinois, who was instrumental in securing federal funding to build the center, said the agreement was a key step in ensuring that the visitor center becomes a major attraction for tourists in the St. Louis Metropolitan area, as well as an important resource for area residents and school children.

Lewis and Clark Community College also signed a cost-sharing agreement as one of the public agencies participating in the project. The college will provide a minimum of $100,000 for the distance learning classroom in the visitor center. The classroom is capable of providing two-way communications with similarly equipped facilities around the country, including about 100 classrooms in the St. Louis Metropolitan area. The classroom is expected to become a central element in the center's educational mission.

(Continued on next page)

Agreement signees pose together before the signing ceremony.

Agreement (cont.)

In addition to a main exhibit hall and the distance learning classroom, the visitor center also includes a theater, administrative offices and museum shop space. Visitors will also be able to take an elevator to the top of the dam for a self-guided tour to enjoy the views and to watch the locking process as barges travel up and down the Mississippi. The facility is surrounded by a 38-acre park that offers potential for further development of additional interpretive facilities.

Congressman Jerry Costello addresses the group.

"The Group" works to improve visitor centers

A select group from the Southern Illinois region has formed an alliance to better visitor center operations in the region. Officially known only as "The Group," it is made up of a consortium of managers, department heads and various employees of the Corps of Engineers at Rend Lake, U.S. Fish and Wildlife Service at Cypress Creek, the Nature Conservancy of Ullin, Illinois, U.S. Forest Service, Southern Illinois University (SIU)-Carbondale-Cooperative Wildlife Lab, SIU-Carbondale-Department of Forestry, Illinois State Museum, University of Illinois-Dixon Springs, and the Illinois Department of Natural Resources Division of Natural Heritage.

The goals and objectives of "The Group" include:

1. Inform/educate the public about Southern Illinois' natural resources.

2. Provide principles of stewardship as part of a "learning process."

3. Coordinate visitor center/environmental education/recreation resources south of Mt. Vernon, Illinois.

4. Coordinate planning to minimize duplication and capitalize on the respective strengths of each organization.

The next meeting of "The Group" will be at the Rend Lake Visitors Center on September 25th at 9 a.m.

News Briefs (cont.)

parking lot, the "beach" area and the bay to conduct general operations and cruises. An obstacle course in the bay was also constructed for the hovercraft to maneuver.

The hovercraft arrived in late afternoon on Friday and operated all day on Saturday and Sunday. The public was invited to view the hovercraft activities and learn about their significance. Event participants were from all parts of the country.

Speaking of Safety

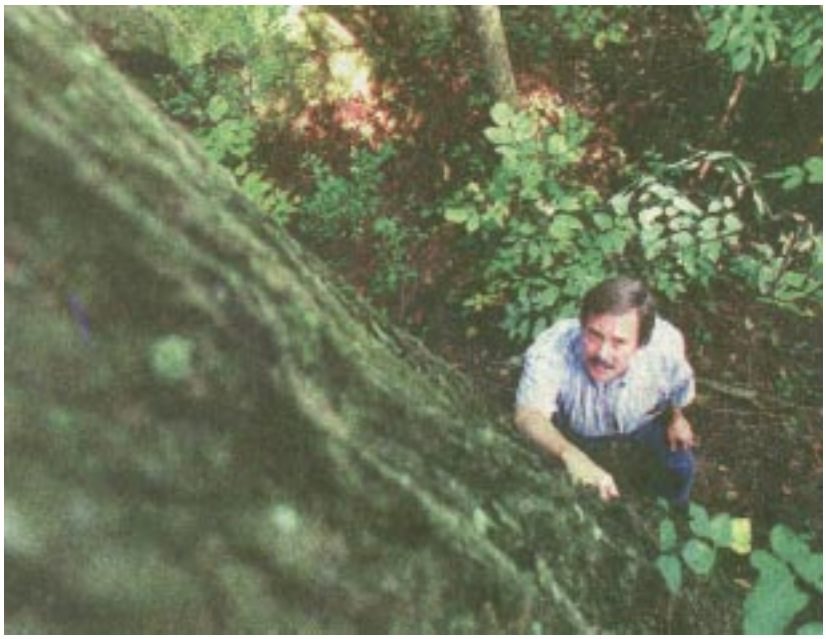
All burns must be treated quickly and carefully. In general:

* Remove clothing and jewelry from the burned area. Removing jewelry is important because a burned area will always swell.

* Treat a smaller area using cold water for 30 to 60 minutes as recommended by the American Red Cross. Put it under running water. In the case of a hand or foot, the burned area can be immersed in a container of water. Don't treat it with ice or put any type of ointment on the burn. This is true except for some chemical burns.

* After treatment with water, wrap the area with a gauze dressing and take the victim to the emergency room for further treatment of any burn that is more than minor in nature.

Tree hugger extraordinary



Our own Terry Norris led the fight to save a 200 year old bur oak tree from destruction in a new subdivision in Oakville, Missouri. The oak measures 17 feet in circumference and is one of the biggest trees in St. Louis County. Based on its size, some believe it may have been mature when the United States was founded.

The oak was threatened almost two years ago when a developer wanted to build 44 houses on the property. Terry and other residents of a nearby subdivision put up enough of a fight that the developer abandoned the project.

Now another developer wants to build 49 houses on the same property. But, thanks to Terry, he will include the big oak in his subdivision.

Hurrah for Terry, tree hugger extraordinary.

Rend Lake renovates campsites

The Corps at Rend Lake has been busy this summer renovating campsites and comfort stations. Seventy-five lantern hangers have been installed in the Pin Oak loop in South Sandusky, Pin Tail and Maple loops in North Sandusky and Buck Ridge and Covey Point in South Marcum. Campsite patios were poured at various sites within these loops and the comfort station in Covey Point has a new sidewalk. These renovations will eliminate maintenance problems connected with high impact use of these areas.

Installation of electrical service to the sites in Cardinal and Blue Jay marks the completion of the electrical upgrade in the Gun Creek campground. Each campsite in the Gun Creek campground is now equipped with 50 amp. Electrical service. Campground upgrades will make camping more appealing and convenient for visitors and will result in an increase in visitation and revenue for the Gun Creek area.

—*Earth Notes*—

Try fluorescent bulbs

Substitute compact fluorescent bulbs for incandescent bulbs that burn four or more hours a day. If each family in the country replaced four 100-watt bulbs with four comparable 23-watt compact fluorescent bulbs, each would save about $82 per year and save as much energy as is consumed by seven million cars in one year, according to Power $marts newsletter.

Fewer flowers

After 20 years of data collection, the World Conservation Union of Gland, Switzerland, has issued a list of 34,000 endangered plants (one in eight known species). The U.S. Nature Conservancy says the list includes 14 percent of the rose family, 32 percent of irises and 32 percent of lilies. Causes include everything from pollution and expansion of cities, to an area where wild goats eat vegetation.

Ozone cautions

When ozone rises to the level of a "code red," doctors suggest people limit outdoor exertion. It's critical for people with asthma or other lung problems, but even athletes should postpone marathons, cycle races and endurance sports, according to the *American Journal of Respiratory and Critical Care.*

Banned Books Week

Celebrating the freedom to read

CAUTION!

SOME PEOPLE CONSIDER THESE BOOKS DANGEROUS

AMERICAN HERITAGE DICTIONARY • THE BIBLE • ARE YOU THERE, GOD? IT'S ME, MARGARET • OUR BODIES, OURSELVES • TARZAN ALICE'S ADVENTURES IN WONDERLAND • THE EXORCIST • THE CHOCOLATE WAR • CATCH-22 • LORD OF THE FLIES • ORDINARY PEOPLE • SOUL ON ICE • RAISIN IN THE SUN • OLIVER TWIST • A FAREWELL TO ARMS • THE BEST SHORT STORIES OF NEGRO WRITERS • FLOWERS FOR ALGERNON • ULYSSES • TO KILL A MOCKINGBIRD • ROSEMARY'S BABY • THE FIXER • DEATH OF A SALESMAN • MOTHER GOOSE • CATCHER IN THE RYE • THE MERCHANT OF VENICE • ONE DAY IN THE LIFE OF IVAN DENISOVICH • GRAPES OF WRATH • THE ADVENTURES OF HUCKLEBERRY FINN • SLAUGHTERHOUSE-FIVE • GO ASK ALICE

BANNED BOOKS WEEK—CELEBRATING THE FREEDOM TO READ

The Technical Information & Library Services(TILS), IM-P, joins the library and book communities in observing---

Banned Books Week:
Celebrating the Freedom to Read
September 26 - October 3, 1998

The message of Banned Books Week is more than the freedom to choose or the freedom to express one's opinion even if that opinion might be considered unorthodox or unpopular. The essential message of Banned Books Week is the importance of ensuring the availability of those unorthodox or unpopular viewpoints to all who wish to read them.

When books are challenged, restricted, removed, or banned, an atmosphere of suppression exists. The author may make revisions, less for artistic reasons than to avoid controversy. The editor and publisher may alter text or elect not to publish for economic and marketing reasons. Staff in bookstores and libraries may find published works too controversial and, fearing reprisals, will choose not to purchase those materials. The fear of the consequences of censorship is as damaging as, or perhaps more damaging than, the actual censorship attempt. After all, when a published work is banned, it can usually be found elsewhere. Unexpressed ideas, unpublished works, unpurchased books are lost forever.

The seventeenth annual celebration of Banned Books Week: Celebrating the Freedom to Read will be held September 26 - October 3, 1998. The Week draws attention to the danger that exists when restraints are imposed on the availability of information in a free society. The week provides an opportunity to celebrate our First Amendment freedoms by acknowledging how fragile they are.

Readers often are surprised to find that many of their favorite books are on the list. The most frequently challenged books are, in fact, usually extremely popular or even classics that enjoy a wide readership. In 1997 the Office for Intellectual Freedom (American Library Association) tracked 595 challenges to materials in schools, school libraries, and public libraries.

These challengers were not just people expressing their points of view regarding these materials; rather, they were asking that the materials be removed from the curriculum or library, and thereby they were attempting to restrict the access to these materials by others.

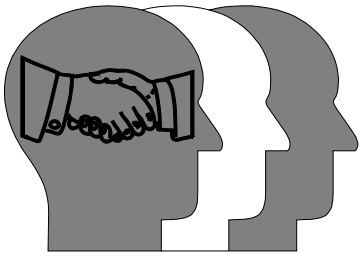
However, the positive message of Banned Books Week: Celebrating the Freedom to Read is that, due to the commitment of librarians, teachers, parents, students and other concerned citizens, most of these challenges were unsuccessful and the materials were retained in the school curriculum or library collection.

Sex, language and "inappropriate" content remain the primary reasons for objection to materials in schools and libraries. Challenges frequently are motivated by a desire to protect children. While this is a commendable motivation, censorship as protection contains its own hazards. Supreme Court Justice William Brennan, in Texas v. Johnson, said most eloquently:

"If there is a bedrock principle underlying the First Amendment, it is that the Government may not prohibit the expression of an idea simply because society finds the idea itself offensive or disagreeable."

Individuals may restrict what they themselves or their own children read, but they may not call on government, in the role of the library, to prevent others from reading or seeing constitutionally protected material. Such government prevention would violate our First Amendment.

(Continued on page 9)



EEO matters

September - National Hispanic Month

Strangers Among Us:

How Latino immigration is transforming America

After having spent most of the 1980s abroad as a foreign correspondent, journalist Roberto Suro was struck by the rapid growth of the Hispanic immigrant population in the United States. That was the inspiration for his book, Strangers Among Us: How Latino Immigration is Transforming America, in which he writes about the diversity of Latino communities, describing how each has defined its role in American Society. He also explains how no immigrant group has carried the stigma of illegality that Latinos do.

Suro writes in a voice that is both personal and analytical. He is the son of a Puerto Rican father and an Ecuadorian mother. He has worked for the Chicago Sun Times, Time magazine, the New York Times, and now covers federal law enforcement issues for the Washington Post. The following information was taken from his book.

"Latino immigrants defy basic assumptions about culture and class because they undermine the perspective that divides the nation into white and nonwhite, a perspective that is the oldest and most enduring element of America's social structure. Are Latinos white or nonwhite? There is only one correct answer, though it is often ignored. They are neither one nor the other. Americans either belong to the white majority or to a non-white minority group. That status can determine access to social programs and political power. It decides the way people are seen and the way they see the world. White and nonwhite represent two drastically dissimilar outcomes. They constitute different ways of relating to the United States and of developing an American identity.

"Latinos are different from all other immigrants past and present because they come from close by and because many come illegally. No industrialized nation has ever faced such a vast migration across a land border with the virtual certainty that it will continue to challenge the government's ability to control that border for years to come. Unlike most immigrants, Latinos arrive already deeply connected to the United States. They come as relations, distant relations perhaps, but familiar and connected nonetheless. They are newcomers, and yet they find their culture embedded in the landscape of cities that have always had Spanish names, such as Los Angeles and San Antonio, or that have become largely Spanish-speaking, such as Miami and New York. Latinos do not consider themselves strangers here because they arrive to something familiar.

"Mexican-Americans and Puerto Ricans account for most of the native-born Latino population. They are the U.S. made vessel into which the new immigration flows. They have been Americans long enough to have histories, and these are sad histories of exploitation and segregation abetted by public authorities. As a result, a unique designation was born. 'Hispanics' became the minority group. This identity is an inescapable aspect of the Latino immigrant experience because newcomers are automatically counted as members of the group for purposes of public policy and because the discrimination that shaped that identity persists in some segments of the American public.

"'Hispanic' has always been a sweeping designation attached to people of diverse cultures and economic conditions, different races and nationalities, and the sweep has vastly increased by the arrival of immigrants who now make up about 40 percent of the group. The designation applies equally to a Mexican-American whose family has been in Texas since before the Alamo and a Mexican who just crossed the Rio Grande for the first time. Minority group status was meant to be as expansive as the discrimination it had to confront. But now for the first time, this concept is being stretched to embrace both large native Latino populations with a long undeniable history of discrimination and immigrants who are just starting out here. The same is occurring with some Asian groups, but the Latino phenomenon has a far greater impact because of the numbers involved. Latino immigrants are players in the old and unresolved dilemma of race in America, and because they do not fit any of the available roles, they are a force of change."

Coming Lake Events

Carlyle Lake

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

Lake Shelbyville

Oct.1 - ECO Meet
Oct. 31 - Lithia Springs Trail of Terror

Mark Twain Lake

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

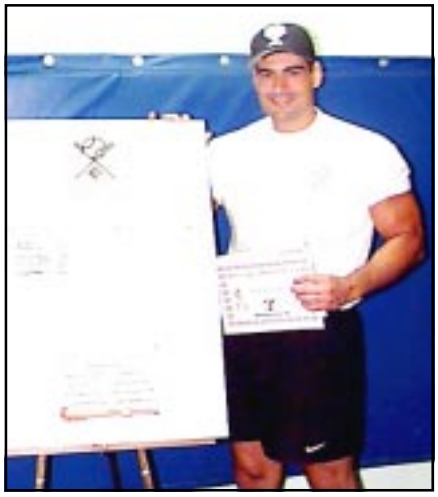
Fit To Win - Baseball Fever '98

By Dean Gingerich, Life Center Fit To Win Coordinator

The District had 30 participants in the Fit To Win Program's Baseball Fever '98. This seven week exercise incentive program started on June 22 and ended on August 10. Baseball Fever '98 was designed to encourage participants to increase their exercise levels beyond what they would normally do. "Baseball Teams" were formed in which each participant kept track of their exercise dates and times and then were averaged with other team members to get a team average.

The "World Series" winning team was the Toledo Mudhens who average 9 hours and 45 minutes of exercise per week. This "Baseball Team" included Colonel Tom Hodgini, Jennifer Watkins, Tom Quigley, Brenda Tope, Mark Wunsch, Karen Rieken, Patti Fisher, Dave Kelly and Rob Williams.

Rob Williams was named Baseball Fever's Most Valuable Participant as he exercised a total of 146 hours and 35 minutes during the seven week program. Tom Ruf was also rewarded as a "World Series" winner. He had the highest one week total of 29 hours and 11 minutes of exercise.



Rob Williams, Most Valualble Participant

Quote of the month

The trouble with learning by experience is that the final exam often comes before the lesson.

Anon.

Banned books (cont.)

If we are to continue to protect our First Amendment, and while we celebrate our freedom to read, we would do well to keep in mind these words of Noam Chomsky:

"If we don't believe in freedom of expression for people we despise, we don't believe in it at all."

The Technical Information & Library Services (TILS), IM-P, will have a display in the lobby display case in front of Rm. 4.202 -- RAY Federal Building during this seventeenth annual celebration of Banned Books Week: Celebrating the Freedom to Read, 26 September - 3 October, 1998. The week is sponsored nationally by the American Booksellers Association, the American Booksellers Foundation for Free Expression, the American Library Association, the American Society of Journalists and Authors, the Associations of American Publishers, and the National Association of College Stores. Banned Books Week is also endorsed by the Center for the Book of the Library of Congress.

To your health

Preventing stroke

Some strokes are caused by a ruptured blood vessel in the brain. Most strokes, however, are caused by a clot that lodges in an artery, blocking blood flow to brain tissues.

There are things you can do, but the *Journal of the American Medical Association* says it is clear that the message is not getting out to those most likely to be affected.

The big risk factors, some of which you could control, are: High blood pressure, diabetes, some forms of heart disease, smoking and age.

If you have high blood pressure, your most important step is to treat and control it. If you have heart problems, ask your doctor what steps you can take to prevent stroke. You can't do anything about your age, but smoking is a risk that can be eliminated.

It is immensely important to get treatment fast if you suspect your are having a stroke. These are the warning signs:

* Sudden, severe headache.
* Unexplained dizziness, unsteadiness or falls.
* Sudden dimness or loss of vision.
* Difficulty speaking or understanding speech.
* Weakness or numbness of the face, arm, or leg on one side of the body.

Today doctors have clot-dissolving drugs that can improve chances of full recovery, but they must be given within three hours of a stroke's onset to be effective.

Control your blood pressure and don't smoke. Avoiding stroke is not a matter of luck.

AIDS vaccine to be tested

The U.S. Food and Drug Administration has approved the first large-scale trials of the AIDS vaccine, Aidsvax, developed by Vaxgen company of San Francisco. Some 5,000 volunteers in the U.S. and Canada, plus 2,500 in Thailand, will soon participate in the trials.

One problem: The AIDS virus mutates so quickly that no one vaccine based on any particular strain is effective against all. This vaccine focuses on two strains, but scientists hope to learn more from the results.

Shingles treatment

The best protection against a full-blown case of shingles lies in recognizing its earliest signs, burning and localized pain on one side of the body. See your doctor immediately if you have these symptoms. Antiviral drugs such as acyclovie (Zovirax) or famciclovir (Famvir) can help.

How to save your sinuses

You've got holes in your head. No offense, you really do. They're your sinuses, one above each eye, one below, and two on each side of the nose.

Sinuses are lined with membranes that produce mucus, the stuff that keeps your breathing apparatus from getting dry. Mucus flows freely in and out of the sinuses, but if you have a cold or allergies, you've got trouble.

Blockage of sinus openings trap bacteria that are normally harmless, but now multiply and cause infection, fever, headache, facial pain and more, according to the Division of Allergy and Immunology at St. Louis University School of Medicine.

To prevent infection, keep sinuses open. Go on the offensive with:

Steam: Inhaling steam thins mucus and helps it drain. Try a hot shower or bath. Applying a warm washcloth to the nasal area can help.

Fluids: Drink at least one glass every few hours to thin mucus. Hot fluids like chicken soup are even better because of the steam.

Add moisture to the air: Use a humidifier if necessary.

Other suggestions: Use a decongestant and saline nasal spray to help clear nasal passages. Don't blow your nose too hard, forcing bacteria into the sinuses. Eat spicy foods to stimulate mucus production.

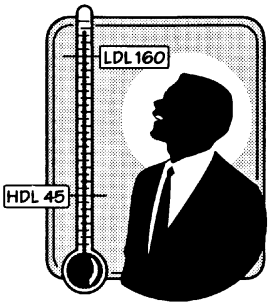
If you have a real sinus infection, your doctor can prescribe antibiotics that will clear it up in a few days. Be sure to take ALL of the medicine or the sinusitis comes back.

September is Cholesterol Education Month:

Time to check up on LDLs and HDLs

Accountants aren't the only ones who go by the numbers. Increasingly, doctors gauge your health by numbers as well. The bottom line: Better health and lower risks for heart attacks and strokes.

You can dish up some better health on any given day. To do it, keep LDL cholesterol numbers in mind, and make your dish a small one when it comes to high-fat foods like hamburgers, cheese and French fries. The two faces of cholesterol:



An acceptable total cholesterol reading is 200 milligrams per deciliter (mg/dl) or lower, according to the American Heart Association. Above 200 you should take some steps to lower it. The number includes two kinds of cholesterol:

The bad: Low density lipoproteins, the LDLs: This is the waxy stuff that clogs arteries. You need some, but too much is bad news. Shoot for an LDL reading of 130.

If your total cholesterol level is high, you have two choices: You can pay more attention to eating a low-fat diet and getting some exercise, or you can get your doctor's advice about cholesterol-lowering drugs.

Eating high amounts of soluble fiber from sources like oat bran and beans, can also help lower cholesterol, according to the University of Kentucky College of Medicine. In the colon, fiber may interfere with the body's production of LDL.

The good: High density lipoproteins, the HDLs: The minimum good reading here is 35 mg/dl. If you have an HDL as high as 80, despite high total cholesterol levels, you may not have to worry about heart disease.

To increase good cholesterol in your blood, eat more fruits and vegetables. Aerobic exercise can raise levels of the protective HDL and may also help to lower LDL.

If the names HDL and LDL confuse you, remember that, in most areas, high is better than low.

Editor's Note: Because of technical difficulties, the Retiree Review was not received. Two months will be combined in the next issue.

New breast cancer drug

Doctors at Sloan-Kettering Cancer Center are excited about Genentech's new drug, Herceptin. In tests it slowed breast cancer and added months or years to the lives of patients suffering from the most aggressive form of the disease.

The drug, a monoclonal antibody, targets cancer cells with pinpoint accuracy, killing the tumor without harming healthy tissue. Herceptin is on a fast track for approval and is expected to be on the market by the end of this year.

Antioxidants and lung function

Several studies show that diets rich in antioxidants appear to protect the heart. Now a new study suggests that they also shield the lungs from damage. The difference in lung function between those who consume above-average amounts of antioxidants and those who consume lower-than-average amounts is equivalent to the difference between a non-smoker and a person who smoked a pack a day for ten years, according to Cornell University.

Preventing kidney stones

Doctors at Harvard Medical School documented 719 kidney stones while tracking 80,000 nurses for eight years. They discovered that drinking tea decreased the risk of stones by eight percent, coffee (regular or decaf) by nine percent and moderate wine intake by 20 percent.

Strangely, an eight ounce glass of grapefruit juice daily increased the risk of stones by 44 percent. The effect had shown up in an earlier study of men.

The risk of kidney stones in women who have already had one stone is a remarkable one in five.

Labor Day

September 7, 1998

When the "Knights of Labor" held their first parade to honor the working class, little did they know their celebration would become a national holiday.

That was in 1882. Thereafter, various states recognized Labor Day as a state holiday. Colorado was the first in 1887. In 1894, Congress passed a law recognizing Labor Day as an official national holiday.

Today it is celebrated in the U.S., Canada and other industrialized nations. It honors all who "labor" no matter what type of job they have.

In the U.S. and Canada it's not only a day when we take a day off of work to honor all who labor, it is the unofficial end of the summer season. In cooler climates at least, the summer season begins with Memorial Day and ends with Labor Day.

Colleges and schools in many areas begin classes after Labor Day. State parks, swimming pools and campgrounds are all quite busy on Labor Day, as people take one last advantage of the waning hot season.