

ST. LOUIS ARMY ENGINEER DIST **ESPRI**

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GATEWAY TO EXCELLENCE

February 1999

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District gets Hammer Award

On Thursday, 28 January, MG Phillip Anderson, Division Commander, Mississippi Valley Division, presented Vice President Gore's Hammer Award to Michael "Sonny" Trimble, Team Leader of the St. Louis District's Mandatory Center of Expertise for the Curation and Management of Archaeological Collections.

The Hammer Award is Vice President Gore's answer to yesterday's government and its \$400 hammer. Fittingly, it consists of a \$6 hammer, a ribbon and a note from the Vice President. Hammer awards are presented to employees who



Sonny Trimble receives the Hammer Award from MG Anderson, Mississippi River Division Commander.

are working to build a better government based on four reinvention principles: Cutting red tape, putting customers first, empowering employees to get results and cutting back to basics.

Over the past 90 years, extensive archaeological collections have been generated by the U.S. Army Corps of Engineers and the services that constitute the Department of Defense. During this time, however, there was no comprehensive program that ensured the long-term care and storage of these materials. Overall management and care of the collections was decentralized, funding was provided intermittently for each facility and the materials were often inaccessible to both the public and scientists.

(Continued on page 5)



Black History Month The story of freedom for all

In the month of February particularly, we recall the many African Americans who helped to shape American history. We focus here on the heroes.

Some 200 years before U.S. independence, we remember Estevanico, a black man who participated in the exploration of North America. He was prominent in the Spanish expedition formed by Antonio de Mendoza, ruler of the Spanish colony in America.

Crispus Attucks, a black leader of colonial patriots, is one of the most famous African Americans of the Revolutionary War. A tall, impressive man, he spoke to groups of Bostonians about gathering courage to rebel. On March 5, 1770, Attucks led a group of 50 to 60 people and challenged the British to put their guns down and fight. The British captain shouted "Fire." Attucks was killed in the Boston Massacre. Four others were killed after him. Attucks became an inspiration for patriots and colonists.

At the battle of Bunker Hill in 1775, soldiers

like Peter Salem and Salem Poor were among the first African Americans to distinguish themselves. Their roles in war and peace brought respect in the North for the talents of African-American businessmen and craftsmen.

More than 200,000 black soldiers fought in the Civil War. Some 40,000 died. There were heroes like harbor pilot Robert Small who delivered a confederate ship to the union. The Congressional Medal of Honor was received by 23 African-American soldiers.

Close to a million black service people served during World War II. Benjamin O. Davis was named the first brigadier general in 1940. Later, his son Benjamin Davis, Jr. was the first black lieutenant general in the Air Force.

Hundreds of thousands of African Americans served in Vietnam, the Korean Conflict and in Operation Desert Storm.

The stories of American History and Black History have melded to become the story of freedom for all.



Attucks

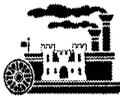


US Army Corps of Engineers
St. Louis District

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News Briefs

Wappapello Lake:

Staff attends Expo

Even though it's winter, the Wappapello Lake staff has had opportunities to interact with and educate the public. In January four members of the staff made 764 direct interpretive contacts at the two-day Heartland Agriculture and Natural Resource Expo at Three Rivers Community College in Poplar Bluff, Missouri.



Park Ranger Trainee, Gina Pogue, distributes information and answers questions at the Expo.

The staff will be attending the 1999 K103/Real Rock 99.3 Budweiser Sports Show in Cape Girardeau in February. We will provide public safety education awareness and market the facilities available at the lake.



The new "Buckle Up" banner was proudly displayed at the Expo.

Resource spec.

On January 3, James Gracey began work as the new Natural Resource Management Specialist at the lake. He has a BS degree in forestry from the University of Arkansas and has worked for the U.S. Forest Service, U.S. Fish and Wildlife Service and the Arkansas Game and Fish Commission. He began working for the Corps in 1989 at the Pine Bluff Project Office in Little Rock District as a Park Ranger and Project Forester.

Tunes on radio

Local Poplar Bluff, Missouri, radio stations KWOC and KLID played Willie B. Safe's tune Hypothermia Blues in January as old man winter greeted the bootheel area with below freezing temperatures. Both stations have agreed to play the safety songs.

Rend Lake:

Scholarship

STEP Park Ranger Corbett Neal has been selected as the recipient of the Illinois 117th District General Assembly Scholarship. The scholarship, awarded by Representative Larry Woolard, covers college tuition and general fees for one academic year.

Corbett is an undergraduate at Southern Illinois University at Carbondale and is pursuing degrees in biological sciences and microbiology. She plans to continue her education in a graduate program in pathogenic microbiology. She has

worked in the Interpretive Services and Outreach Program at the lake for the past two summers.

Treatment plant

Mounting operations and maintenance costs of the out-of-date North Marcum land treatment facility created a need to find an alternative means of disposing of waste products from the South Marcum Campground sanitary facilities. The newly installed sewage treatment plant operated by the Rend Lake Conservancy District provided the solution. Based on estimated future operations costs, taxpayers will see savings of about \$12,000 a year as a result of this "merger."

Web page

Visitors to the Rend Lake Web Page will find a completely updated and new look. Designed by a local graphic artist, the site will make it easy for a visitor to find information about subjects such as campsites, the new national recreation reservation system, beaches, day use areas, the Visitor Center and much more. A special added attraction features a "Kids Korner." On this page, Ranger Willie B. Safe provides water safety puzzles, games, coloring sheets and contests. The special events page and helpful links to area attractions will assist visitors when planning their next visit to the lake. You can download many brochures, including Hunting/Fishing Guide, Bird Checklist, campground maps, and much more.



News Briefs (cont.)

TV stars

Local television viewers saw faces from Rend Lake often during December and January. Park Ranger Mike Edwards was interviewed about the Christmas tree/fish shelter program. In the wake of the unfortunate boating accident drowning, Park Ranger Tim Bischoff was interviewed by a local TV news crew about winter safety, proper use of a lifejacket and the dangers of hypothermia. Dawn Kovarik was interviewed about the dangers of walking on thin ice at the lake and area ponds.

Mark Twain Lake:

Fishery meeting

In January a meeting concerning the lake fishery was held at the M.W. Boudreaux Visitor Center. Ross Dames from the Missouri Department of Conservation (MDC) presented the current status and future plans for the fishery.

The audience consisted of fishermen, bass clubs, local business owners and chamber of commerce members. The meeting gave government officials a chance to hear the concerns of the public. It also helped officials explain how the Corps works with the MDC to manage the fisheries in conjunction with Corps missions. The meeting helped educate the public about the missions of the Corps, including fish and wildlife conservation, flood control, hydropower, water supply, navigation and recreation.

Wildlife viewing

Wildlife viewing at the lake is a recreational experience all to itself. Many campers say their favorite activity is watching the marvelous whitetail deer, wild turkeys, and songbirds that inhabit the areas. Getting back to nature is what the recreational experience is all about and what better way than to watch wildlife.

Although the campgrounds are closed and boat ramps are iced in, visitors can still view the wildlife at the many hunter/fisherman lots and at the Visitor Center. Because of the heavy snow, hundreds of birds including bobwhite quail, snowbirds, blue jays, finches, cardinals, mourning dove, woodpeckers and many more flock to the bird feeders behind the visitor center. From the window, visitors can see all these birds and even an occasional bald eagle, whitetail deer, or squirrel.

Wildlife viewing and bird feeding continue to grow. More than 1.5 million Missourians are actively involved in bird feeding and over a half-billion dollars is spent on birdseed in the U.S. each year. If you have a chance, stop by a bird feeder at a local park or a neighbor's house, or better yet, start bird feeding at your home.

For information on bird feeding or other watchable wildlife activities call or stop in at the project office.

Carlyle Lake:

Commercial fishing

So far 35,300 pounds of rough fish have been caught by commercial fishermen at Carlyle Lake. Commercial fishing season started on the lake December 28th and will run through March 5th. There are ten fishing crews from all over the Midwest who are signed up in the program. Fish are being sold at Allen Branch Boat Ramp, whole or dressed, from 8 a.m. to 6 p.m.

Schulte to Rend

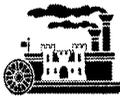
Co-op position Park Ranger Jon Schulte has left Carlyle Lake to accept a permanent park ranger position at Rend Lake in the Recreation Facilities program. Jon is another example of building the District team through the STEP/SCEP program.

EPA talk

Mr. Andrew Manale, from the USA EPA's policy, planning and evaluation office, addressed a meeting of upstream and downstream interest groups recently on an alternative way to assist the watershed in storing upland water to help reduce flooding.

No eagles

No bald eagles were found in the lake area in the counties of Clinton, Bond and Fayette during the 1999 midwinter survey done on January 12. Because of bad road conditions, target dates for the survey were missed. The survey was taken by means of road vehicle and foot travel. A total of 90 miles was surveyed.



News Briefs (cont.) Hammer (cont.)

District headquarters:

Wolak medal

Colonel Hodgini presented the Meritorious Service Medal to Major Jim Wolak on January 25th for his outstanding performance of duty in the St. Louis District. Major Wolak is leaving the District after almost three years of service here to work in HQ USAREUR in Heidelberg, Germany.



His wife, Darleena, and children, son Jaryd and daughter Rachel, were here for the ceremony.

In 1992, the Corps of Engineers, recognizing the inefficiency of decentralized collections management, designated the St. Louis District as a Center of Expertise for the Curation and Management of Archaeological Collections. In 1994, the Deputy Under Secretary of Defense for Environmental Security saw the need for a national collection's inventory for the Department of Defense as a whole.

Gaining the cooperation of all three military services, the Deputy Under Secretary of Defense formed a partnership with the Corps of Engineers to accomplish a national curation inventory and evaluation of museum partnerships. The Corps' team, composed of archaeologists, anthropologists and museum specialists, coordinated this national effort, which has resulted in the assessment of the archaeological collections of

the Department of Defense. Using this baseline data, the Corps' team has begun to identify potential repository partners that will be able to permanently curate these collections.

The American public greatly benefits from this partnership. For the first time, a federal agency has embarked on a national program that will ensure the long-term care of the history contained within vast archaeological collections. By consolidating the collections, their overall administration, as well as the cost of their long-term care and management, is greatly reduced - by an estimated two to one savings margin. The collections can be studied and evaluated together - presenting a cohesive story of our national heritage. The artifacts of our history will be properly preserved for future generations to study and enjoy.

McLard has 40



Cecil McLard, from the Service Base, received recognition for 40 years of federal service from MG Anderson, Division Commander, on 29 January.

Christmas Dance a success



The more than 200 who met in the Special Exhibit Hall of the St. Louis Science Center on December 11 for the District's annual Christmas Dance experienced something special. The food, catered by The Pasta House, was

great. So was the Steve Hegger Band, who played for the dancing enjoyment of the group from 8:30 to 11:30. Participants had to share the hall with Mt. Everest, but it was Christmas time and they didn't mind the snow.

Your CAC had once again outdone themselves.





District partners with Housing Authority

By Tim Caldwell, PM-F

Thanks to the efforts of many, the Corps of Engineers, St. Louis District, has been recognized as a leader within the St. Louis Housing Authority (SLHA) and the Housing and Urban Development's Troubled Agency Recovery Center (HUD-TARC) in Cleveland, Ohio.

In early spring 1998, Len Ross, Acting Chief of Construction, began laying a path for the District to provide assistance to the SLHA in the form of Contract Administration. The method Len used was one that we all participate in almost on a daily basis. It wasn't that Len went out and sold or marketed our capabilities, he merely paid some attention to some of the efforts within SLHA while conducting more routine HUD construction inspections. Len's interest in the SLHA also spurred SLHA interest in the Corps. It was not long until the SLHA began inquiring about our capabilities beyond that of providing construction inspection.

After several meetings between representatives of SLHA and Len, SLHA determined that the District could be relied upon to provide contract administration support in a timely and efficient manner. Both SLHA and the District then began negotiating a deal with representatives from HUD-TARC. The deal was finalized and the funds were provided to initiate our assistance through an existing Corps nationwide agreement with HUD. Included in this initial deal was a review and comment on four construction contracts and one A/E contract in addition to the usual HUD inspection services.

On November 20, 1998, SLHA set up an office for approximately four Corps employees. Because of a shortage of resources, it became necessary to call in our sisters to the east, Louisville District, who quickly responded by providing Kathy Spillane (Civil), Don Boley (Electrical), and Jim Allgeier (Mechanical).

Under the direction of our own Dave Mueller, this group excelled in their efforts. In addition to Dave, Rich Siemons joined the group to review the A/E contract and Tammy Atchinson assisted in reviewing an asbestos demolition contract. These individuals identified a potential savings to the SLHA of more than \$700,000. In addition to reviewing the modifications, several from within this group went as far as negotiating one of the modifications on behalf of SLHA. During negotiations, additional savings were identified. Considering the cost of the Corps assistance was a mere \$70,000, the benefits SLHA received are overwhelming.

Thanks to all involved, a second work order through the HUD/COE Nationwide agreement is currently in the works. Once that work order is finalized, the St. Louis District will receive an additional \$48,000, bringing our total funding for SLHA support this FY to \$203,000.

Why should this be of interest to you? In layman's terms, this type of work keeps people employed. It assists in lowering the District overhead, providing greater opportunities for classroom training and/or cross-training. It provides great opportunities for learning, and, last but not least, creates a more

positive view of the St. Louis District and the Corps for those who are aware of our accomplishments.

The group that represented the District in this effort not only met the desires of the customer, but exceeded those desires because of the manner in which they completed the mission. The professionalism displayed reflects highly on the St. Louis District and the Corps in general. Thanks to this group, the District is looking forward to a long and happy relationship with the St. Louis Housing Authority and the Housing and Urban Development Troubled Agency Recovery Center.

Ste. Genevieve project going well.

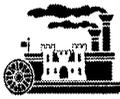
Our Ste. Genevieve Flood Protection project is going well.

Construction is proceeding on Part 1, which is the urban design levee system. The north closure structure contract is nearly complete. This structure included steel closure gates for two railroads and a road. The Highway 61 relocation/levee segment contract is about 70 percent complete. This contract will take Highway 61 over the top of the levee.

Bids have been opened for the pump station/gravity drain contract. Goodwin Bros. is the apparent low bidder. We've had a good experience with this contractor in the past, so all concerned are pleased. The contract is scheduled to be awarded in March.

The middle closure structure contract has been advertised and bids are scheduled to be opened in

(Continued on page 8)



FUSRAP site update

Work on the FUSRAP St. Louis Sites is continuing full-steam ahead. Thanks to the team's efforts, the 1998 fiscal year was a tremendous success for St. Louis FUSRAP Sites. Engineering, Construction, Contracting, Real Estate, Project Management, and Office of Counsel personnel from the St. Louis, Kansas City, and Louisville Districts have drawn together as a virtual team to accomplish major project milestones.

Thus far, the highlight of the St. Louis FUSRAP team's success has been the successful development and regulatory approval of three critical environmental documents (in less than nine months after transfer of the program). The following bullets detail just a few of the Team's other recent accomplishments by site.

SLDS

* In the transition of FUSRAP from the DOE, the team inherited and was able to fulfill a Federal Facilities Agreement enforceable milestone, which required a St. Louis Downtown Site (SLDS) Record of Decision (ROD) in place by July 1998. In late August, the EPA approved the final ROD for the site, which is located in St. Louis, Missouri. The final cleanup method selected to remediate radiological contamination in accessible soils at SLDS is outlined in the signed ROD.

* Approximately 3,400 cubic yards of contaminated material have been removed from the St. Louis City Properties, which border the Mallinckrodt plant and McKinley Bridge near SLDS. The properties

are currently undergoing cleanup verification surveys before release to the City of St. Louis. Upon approval of the Remedial Design, Plant 2 will be the next area remediated under the SLDS ROD.



As a result of the release of the SLDS ROD, remediation of the City Properties is nearing completion.

SLAPS

* The construction and installation of a 1,200-foot rail spur on the St. Louis Airport Site (SLAPS) was completed in August. The new loading facility has increased the load-out capacity by 167 percent allowing approximately ten additional gondola cars of contaminated

material per day to be shipped, minimizing delays encountered while waiting for railcar turnaround from the disposal facility.

* A sedimentation basin has been constructed on SLAPS to significantly reduce the amount of contaminated material carried by stormwater run-off from entering nearby Coldwater Creek. The sedimentation basin collects stormwater run-off and slowly releases it through a pipe in the bottom of the basin to allow

sediments time to settle out in the basin before releasing water into the creek. Similarly, a sedimentation



Aerial photograph of SLAPS and the North Ditch Area.



FUSRAP (cont.)

trap is being constructed for the ditches north of SLAPS.

* Headquarters, who approved the team's recommended removal action selected from three alternatives in the Engineering Evaluation/Cost Analysis (EE/CA), signed the Action Memorandum for the site and the site stabilization work to continue on the site without delay. Once the design plan is approved, the radium pits comprising the hottest area onsite, will be removed.

SLAPS Vicinity Properties

* The USACE also recently supported the City of Florissant during their construction activities to replace the St. Denis Bridge over Coldwater Creek. Approximately 450 cubic yards of contaminated materials were removed from the creek.

* With an additional \$1 million in capability funding received from USACE Headquarters, the FUSRAP team was able to clean an additional vicinity property located along Pershall Boulevard in North County. Workers removed approximately 1,050 cubic yards of contaminated soils for disposal in a licensed out-of-state disposal facility. Restoration activities were completed in mid-November. The Team is presently obtaining Real Estate Agree-



The HISS rail-loading facility is scheduled for completion and full operation this year.

ments with other area vicinity property owners for future cleanup work.

HISS

* Just 9 months after assuming leadership of FUSRAP, Headquarters' approved the team's selected removal action from their Hazelwood Interim Storage Site (HISS) EE/CA. The selected remedy called for the construction of a rail loading facility, the removal of three storage piles and the removal of accessible contaminated soils on two Latty Avenue properties.

* Construction of a new rail loading facility for HISS began in late

October. This rail spur will ultimately allow the USACE to ship directly from the site rather than truck material across heavily traveled roads to the Eva Road facility. When engineers approve the constructed spur, the team will begin the removal of contaminated piles of material from the site.

Madison

* Characterization activities at the Madison Site in Madison, Illinois, are nearing completion. Once the analysis and the Preliminary Characterization Report are completed, a strategy will be developed for future site remediation, if warranted.

Ste. Genevieve (continued)

March and the contract awarded in April. This contract will include one steel gate for a railroad.

The big levee contract is scheduled to be awarded in June. This will be a sand core levee with a clay cap and it will connect the other four parts of the levee. The middle closure structure, pump station and

levee contract durations are 360 days, 540 days and 540 days, respectively. Part 1 will also include small contracts for mitigation work and seepage relief wells. Part 1 is scheduled to be completed in FY 2002.

The sponsor and the Corps plan to start the design process in 1999

for Parts 2 and 3 of the authorized project, which consists of flood control improvements for two tributary streams that run through Ste. Genevieve. There has been no discussion recently regarding Part 4, which consists of recreation facilities on flood control lands.



Common writing traps

Even the most accomplished writers fall into common writing "traps" that slow down and confuse readers. To try to improve our writing skills, each month ESPRIT will provide a test sentence. Detect and correct the following kinds of writing "traps" in the sentence. The answer will be provided on a later page.

TRAPS:

* **Wordy prepositional phrases** that begin with *at, on, in, of, with* or *under*.

* **"Very" phrases**, such as *very big* instead of *large*.

* **Verb-nouns** combine a verb and noun where a verb alone will do.

Example: make a suggestion instead of suggest.

* **Buried verbs**, such as *beneficial* instead of *benefit*.

* **"Doubles,"** or using two words that mean the same thing. *Example: entirely complete.*

TEST SENTENCE:

Our company tries at all times to make its customers very happy.

Sentence revision is on page 11.

Cookies: Not just for snacks anymore

Once upon a time, cookies were innocent snacks eaten with milk. Today, if you surf the net, you are bound to be suspicious of them: Sinister bits of code your browser informs you about. Like calories in a macaroon, they add to your hard drive's poundage, "persisting" to some seemingly random date. What in the world are they doing there?

Good question.

Cookies are little bits of code sent from a website's server to your computer. They can do several things, but mainly they tell a web server that you've been to the site before.

Sometimes cookies can vacuum up all the other cookies in your hard drive and send that information back to the server. The advantage of this is that a marketer can tell a lot about what you are interested in. For example, say you are going to buy a child's toy online. You go to the toy store's website, accept a cookie and make your purchase. Now the store knows that you buy children's toys, you've purchased a travel book at amazon.com in December, perused the website of the incumbent senator in your state during October,

filled out a mortgage calculator at a financial site and booked an airline flight in January. To a marketer, that is a profile of an upscale family person who travels and buys houses. That information is worth its weight in cookie dough in the e-mail market. Anyone who wants to sell something to you would pay for that information - and they do.

Of course, according to your browser, you don't have to accept a cookie. But can you really refuse? At one famous-name children's site, a recent visit showed that entrance to the site required that the browser accept a cookie. The web site server persistently demanded the user accept a cookie with more than a dozen repeated requests. In fact, the site simply wouldn't load until the user accepted multiple cookies. The price of admission, it seems, is your history.

If you fear that the powers of cookie technology are being used for evil and not good, you can go into your hard drive and delete cookies. Look for the folder "cookies" in the Windows directory and delete all the mysterious items named anyuser@. That may not get all of them, but it will get most.

— Earth Notes —

Pollution rules don't cost jobs

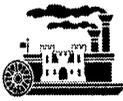
Critics of environmental regulations often charge that their high cost hurts business and impedes or reduces employment. Others say pollution abatement creates new jobs. Now the National Bureau of Economic Research study by Boston University compares changes in manufacturing employment for regulated plants in Los Angeles with the rest of California and the U.S.

Study authors found no impact on the number of plants entering or leaving the area, and there was a slight positive effect on employment.

Quote of the month

Anger is a wind which blows out the lamp of the mind.

Robert G. Ingersoll



To your health

February is Heart Month

Public enemy #1: Heart disease



An estimated one in four adults has some form of cardiovascular disease of the heart and blood vessels. In a recent year about one out of every two deaths in the U.S. was caused by heart disease. It is still the number one killer in America.

Here are a few ways to prevent it:

1. Control your cholesterol. It's

the top cause of heart disease. Chances are one in three that your cholesterol is too high. To lower it, eat fewer fatty meats, high-fat dairy products and junk foods.

2. Get moving. Inactivity is the number two source of fatal heart attacks. A third of all Americans don't get enough exercise. That sedentary lifestyle gives them a 90 percent better chance of dying from a heart attack. Just walk 20 minutes a day.

3. Pay attention to your blood pressure. The American Heart Association says chances are one in eight that your systolic pressure is between 140 and 159. That gives you a 70 percent higher chance of developing a blocked artery.

4. Watch your weight. More than two-thirds of us weigh too much. If you are 30 percent overweight, your heart attack risk doubles. And 20

percent over is almost as bad.

5. Stop smoking. If you're a smoker you are far more likely to have heart disease, and it is 70 percent more likely that you will die from your heart attack.

6. Take aspirin. Just one aspirin taken every other day helps prevent clotting of the blood.

7. Eat a fish. Omega-3s found in fish and flax seeds reduce "bad" cholesterol levels, reduce clotting and may lower blood pressure.

8. Enjoy friendship. Emotions play a powerful role in affecting your body and especially your heart, says Dean Ornish, M.D. of the University of California, San Francisco.

There you have it. It is within your power to save your own life. If you start doing it now, you can reduce heart disease death statistics by one.

Muscle burns more calories

Most people over age 35 find that, as years go by, they have to eat less in order to maintain their present level of weight. The reason: As people age, they have less muscle mass and more fat in their bodies. Each pound of muscle burns 50 calories per day, compared to two calories for a pound of fat.

Physiologists quoted in Prevention say that if you lose five pounds of muscle when dieting, you'll probably replace it with fat. Then you'll have to take in 240 calories less per day to maintain your weight.

Exercise is important. It burns calories and builds muscle that burns even more - while you are awake or asleep. Walk, lift weights, play tennis, or jump rope, but do something.

Booze reduces odds of conception

A study at Denmark's National University hospital shows that

women who drink as little as one alcoholic drink per day reduce their chances of conceiving by half. Women who had one to five drinks a week were 33 percent less likely to conceive. Those who had more than five drinks a week were 50 percent less likely to succeed.

The number of alcoholic drinks consumed by men did not appear to worsen their chances for fatherhood.



Retiree Review

By the Retiree Correspondent

January is always an "iffy" month for the retirees. If the weather is OK, and if I feel good after the holidays and if..., if..., if.... Well the weather wasn't too bad. In fact, the temperature was in the 50s. There was still some snow on the ground, and that made it a little sloppy. Never the less, there were some hearty folks who ventured out to enjoy each other's company and have lunch.

Most of the regulars were in attendance and discussed the holidays. Everyone thinks they had a great time, considering the bills that are coming in. Many didn't remember too much about the details, since they were so long ago. Considering the age of the retirees, you can't ask for too much more than that.

Elsie and John Kalafatich mentioned that they have had enough of this winter weather, and they are going to leave town for about a month. They are headed down to Houston, Texas. They hope that by the time they return, this foolish weather will have run its course, and will begin to show signs of warming up.

The group recognized an "honored guest" - Bob Maxwell. Some may not know that Bob is a world recognized figure. He is one of just a few people whose birthday is celebrated by virtually the entire world - January 1st. Bob wouldn't discuss his age, but he did

mention that he hired almost all the regular retirees who attend the luncheons. In fact, he could recall the exact position many were hired for. He identified a few. One in particular was Elmer Huizenga. Many of the group were amazed that Elmer was ever in a position of a mere worker.

Bob Lutz mentioned the Division golf tournament, to be held in June at Rend Lake. He said more details will be forthcoming.

The mention of the golf tournament caught the attention of Joe Bisher. He was considering entering, if he would be allowed to use his new "foot wedge." Bob and a few others informed him that there are others who may have the same question and that he would bring it to the attention of the committee. Joe extended everyone an invitation to visit him at Grant's Farm. He will give them a personally guided tour and even "buy" them a beer or two. (He is such a great host.)

Lyle Forth was recognized as the senior retiree of the 80s. Congratulations, Lyle.

There were a number of good stories by Don Wampler, Bob Lutz and Joe Bisher. A few others told some "groaners" and just don't deserve mentions.

The retirees plan to meet again on February 18th at the Salad Bowl at about 11 a.m. Let's mark your calendars and hope the weather cooperates.

Overweight and asthma

Carrying extra weight makes it more likely that you will have asthma, say researchers at Harvard Medical School. In the long-term Nurses' Health Study of 90,000 women, those who were or who became obese were more likely to develop asthma. The key may be weight-induced hormonal changes.

Test sentence analysis

Revision: Our company always tries to please its customers. *Traps avoided:* Prepositional phrase, *at all times*; buried verb, *make happy*; "very" phrase, *very happy*.

Anesthesia problem: Tomatoes

Chemicals in some plants can be dangerous to patients after anesthesia. Potatoes, tomatoes and eggplants have compounds called SGAs. SGAs ward off bugs in plants and are harmless to humans.

A University of Chicago study suggests that even small amounts of these chemicals ingested days before an operation can cause a problem. SGAs can impede a patient's ability to quickly shake off drugs after surgery. New presurgery diets are not recommended at this time, but it wouldn't hurt to skip the mashed potatoes for a few days before an operation or to avoid gorging on tomatoes from your garden before summer surgery.

Three St. Valentines credited with starting day for lovers

Each year on February 14, millions of decorated cards are exchanged by husbands and wives, friends and lovers, boys and girls. In spite of its great popularity, little is actually known about the origin of Valentine's Day.

There are several people in history to whom the honor of being the original St. Valentine might be given. These are the stories of three.

In third-century Rome, young men did not want to enlist in the army. Claudius II ordered young men not to marry, believing they would then be more willing to leave Rome. Moved by compassion for the young men and their sweethearts, Valentine the priest married them secretly.

Another Valentine, a priest and physician, was imprisoned for his Christian beliefs when he met the blind daughter of his jailer. He offered prayers for her healing, and the girl's sight was restored. On the night before he was martyred, he wrote the girl a farewell message and signed it "From your Valentine."



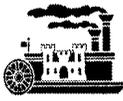
Valentine, the bishop of Interamna, was imprisoned for refusing an edict of the emperor and died in prison. A basilica was erected on the site of his burial plot as early as 350, and Pope Gelasius I declared him a saint.

In pre-Christian Rome, February 15 was the date of the holiday Lupercalia and later the holiday Februata Juno. Young women would write love notes and deposit them in a large urn. Young men would draw the notes and then court the ones whose messages they received.

When Christianity became the religion of Rome, the holiday was merged with the martyrdom of St. Valentine on February 14.

Christians popularized Valentine's Day as they moved through Europe. In the Middle Ages when few people could read, friends sang their valentines to each other.

American colonists had a break from outdoor work in winter. It was then that young men made their own valentines, sealed them with wax and delivered them personally.



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