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ST. LOUIS ARMY ENGINEER DIST **ESPRI**

GATEWAY TO EXCELLENCE

March 1999

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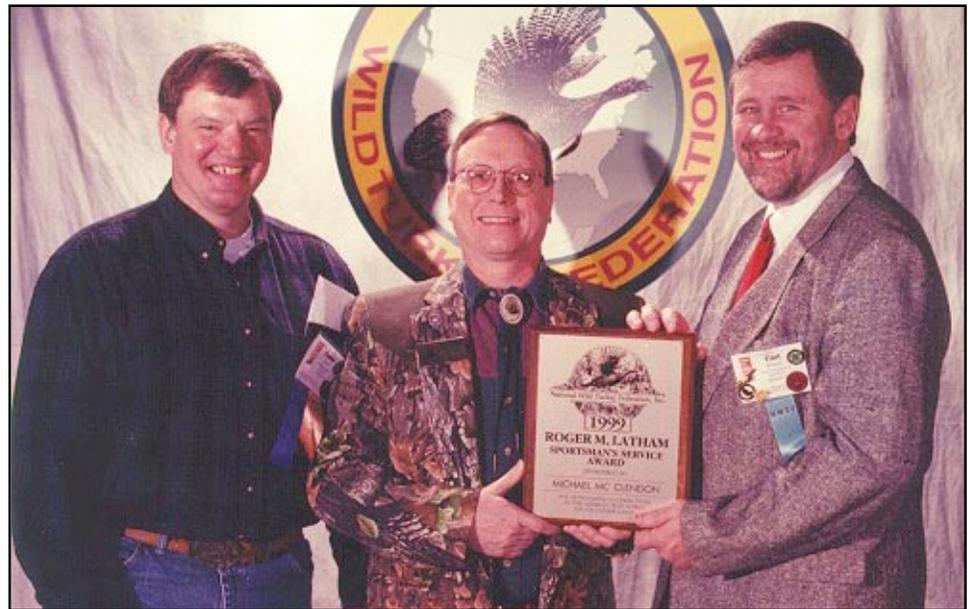
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McClendon gets Award



Dan Zerr, Missouri State Board of Directors (left) and Carl Brown, Vice President of Operations (right), both of the National Wild Turkey Federation, present Mike McClendon with his Outstanding Sportsman award.

Mike McClendon, Project Manager at Wappapello Lake, received the Roger Latham Outstanding Sportsman Award from the National Wild Turkey Federation at their national convention held in Charlotte, North Carolina, last month. This award was given to only five people in the U.S. and Canada for outstanding volunteer work with the NWTF. The Federation has more than 200,000 members in more than 13,000 chapters.

Mike is president of the local chapter of the NWTF, which was also honored with the L.A. Dixon, third runner up award for most outstanding all around chapters in the U.S. and Canada.

To round out the awards, the Poplar Bluff chapter of J.A.K.E.S. (Juniors Acquiring Knowledge, Ethics and Sportsmanship youth program) received the Most Outstanding Youth Event award in one of the six categories recognized.

The awards just keep coming for the great group at Wappapello Lake.



March is Women's History Month

Excerpt from the Presidential Proclamation

In every era of American history, women have braved enormous challenges to change our world for the better.

Women of faith in the early 17th century dared a dangerous journey and the unknown wilderness to seek freedom of conscience in a new land.

As our nation struggled for independence and to establish a new, more enlightened form of government, women like Esther DeBerdt Reed and Sarah Franklin Bache supplied food, clothes and funds for Washington's soldiers.

Freedom fighters like Sojourner Truth and Harriet Tubman led hundreds of enslaved men and women to liberty through the Underground Railroad. And social reformers like Gertrude Bonnin advanced human rights of American Indians.

Suffragists like Susan B. Anthony, Elizabeth Cady Stanton and Luisa Capetillo challenged the conventions of their times and sought to secure for women one of the most basic rights within our democracy.

Once disenfranchised, American women now serve at the highest levels of government, as Justices of the Supreme Court and in increasing numbers in the Cabinet and the United States Congress.

Once denied the resources and opportunities to play organized sports, American women made sporting history by winning the first-ever Olympic gold medal in women's ice hockey.

As parents and partners, entrepreneurs and artists, politicians and scientists, women are helping to build an America in which all citizens, regardless of gender, are free to live out their dreams.



St. Louis District Employee of the Month

Ms. Precious O'Neal, of the Humans Resources Office, has been chosen as the District's first employee of the month.

Ms. O'Neal volunteered to accept the responsibilities of managing the District-wide student employment programs upon the departure of two other HR employees who were previously managing the programs. With an already full plate, she has assumed these duties resulting in our ability to eliminate one contract position and save about \$48,000 a year from the District G&A account. Her willingness to stretch and go the extra mile is a perfect example of revolutionizing effectiveness.

Congratulations to Precious O'Neal, St. Louis District's employee of the month for March.

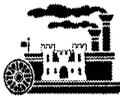


US Army Corps of Engineers
St. Louis District

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News Briefs

Wappapello Lake:

Safety programs

In April the lake staff will be presenting programs at Jonesboro Elementary School in Arkansas and at the International Boating Water Safety Summit in Albuquerque, New Mexico, which will have hundreds of representatives from the U.S. and other countries.

Safety council

Wappapello Lake is formulating a local Water Safety Council, which is anticipated to be established by May 1. This council will assist with the Public Safety Education Awareness Program. The lake now has about 65 water safety partners.

Safety meeting

A partnering for safety meeting will be held March 16 and 17 at Tan Tar-a Resort, at the Lake of the Ozarks, to promote Public Safety Education issues. Representatives from five COE districts in Missouri, plus MVD and many state agencies will participate.

Rendezvous

The 21st Annual Old Greenville Black Powder Rendezvous will take place on April 17 and 18 at the



Greenville Recreation Area. Walk back into history and enter the reenactment of a pre-1840 fur trapper rendezvous. This two-day event is partnered with Crowley's Ridge Black Powder Club.

Drag boat race

The St. Louis Drag Boat Association will conduct the Annual Silver Bullet Drag Boat Race on May 22 and 23 at the Redman Creek Recreation Area from 10 a.m. to 6 p.m. each day. Last year this event drew about 31,000 spectators.



Center to open

The Bill Emerson Memorial Visitor Center is scheduled to re-open May 1st. The visitor center will be open 10 a.m. to 4 p.m. Saturday and Sunday through May 23. It will open daily starting May 28. Hours will be 10 a.m. to 5:30 p.m. Sunday through Thursday and 10 a.m. to 9 p.m. on Friday and Saturday.

Lake Shelbyville:

Contractor award

The 1998 National Association for Interpretation (NAI) Media

Awards Competition culminated in an impressive display of award-winning entries accompanied by a special awards presentation at the National Interpreters Workshop in Anchorage, Alaska. The 1998 event comprised 120 entries in twelve media categories. The forty judges from across the United States had a challenging job ranking such high-quality entries.

The competition is about learning how to improve the interpretive media employed at your site. Montana Interactive received 2nd place in the CD-ROM category for their work on the "Lake Shelbyville Touchscreen". The touchscreen is part of the Kiosk display located in the Lake Shelbyville Visitor Center. Montana Interactive was the company that received the contract for the Kiosk display.

The US Army Corps of Engineers received 2nd place in the Film/Videotape category for their work on the "Safe Passage" video. The video is a tool used to educate students on the importance of water safety. It contains five main topics: swimming safety, boating safety, fishing safety, rescue dos and don'ts, and safety around dams and rivers. It was developed by HQUSACE Water Safety Committee.

Mark Twain Lake:

Anderson visits

Major General Phillip Anderson, Mississippi Valley Division Commander, visited Mark Twain Lake recently. During his visit he witnessed the signing of a Memorandum

(Continued on next page)



News Briefs (cont.)

dum of Agreement (MOA) between the Corps and the Missouri Longears Association. This MOA permits a partnership between the Longears Association, an affiliate of the Missouri Equine Council, and the Corps to continue development and expansion of the Joanna Trail. The trail is a multi-purpose trail that, upon completion, will connect the northern half of the project from the Frank Russell Campground to the Mark Twain State Park.



Representative Kenny Hulshof with General Anderson.

The MOA was signed at the M.W. Boudreaux Visitor Center. Also at the center, to greet the general, was U.S. Representative Kenny Hulshof, members of the Mark Twain Lake Chamber of Commerce, the Tri-City Commission and area business representatives.

General Anderson met with the staff, toured the Clarence Cannon Power Plant, the Warren G. See South Spillway area and the site of a future shooting range. The range is another challenge cost share agreement between the Missouri Department of Conservation, National Rifle Association and the Corps. It will be used for day use recreation, hunter education courses and organized group activities.

Adult classroom

The University of Missouri Extension Service now offers an adult classroom in the Mark Twain Lake area. The course currently being offered is the Experience Community Enterprise Leadership (EXCEL) program. Its purpose is to inform area adults of the management and leadership practices of local businesses and public agencies in their community.

The Corps at Mark Twain Lake has been active in this course. The entire class has toured the Clarence Cannon Power Plant, Clarence Cannon Wholesale Water Commission and the M.W. Boudreaux Visitor Center.

At the Visitor Center, Assistant Operations Manager, Dave Berti, explained to the students how the Corps of Engineers operates as a whole and the Corps operations in their own communities. The students had many questions about the Corps and how it makes decisions.



EXCEL program students.

Rivers Project:

Harlequin duck

By Kenny Jamison, Park Ranger
As eagle season came into full bloom, the Rivers Project experienced a history making event. For the first time the eagles had the attention taken away from them. On

January 31, the Harlequin duck made her first appearance along the rock jetty at the Lincoln Shields Recreation Area (site of old Locks and Dam 26) shocking the birdwatchers as well as the Rivers Project staff.



Harlequin ducks are small sea ducks. The male has a slate body accented with white and black markings and chestnut flanks. Females are a dull brown with three white spots on the sides of their heads. Harlequins usually breed on turbulent upland rivers and streams, and winter along coastlines in places such as southern Newfoundland, the Atlantic Coast of Nova Scotia, in the Bay of Fundy off New Brunswick, the Gulf of Maine to as far south as the mouth of the Chesapeake Bay. Residing in the Riverlands area, this Harlequin duck was far from the rest of its wintering flock.

Harlequin ducks became an endangered species in 1990 when the Committee on the Status of Endangered Wildlife in Canada realized the numbers of ducks had dropped below minimum viable population size.

The female Harlequin duck brought dedicated birdwatchers in from all over the United States. With the presence of a Webster Groves Nature Study Society web page, birdwatchers are able to find out about birds recently seen in the area.

(Continued on next page)



News Briefs (cont.)

Some critics will say that this bird is lost and that it is no big deal. Actually, this duck is very historic and part of a history-making event. The Harlequin ducks have not been seen in the St. Louis area since the Hurter Collection contained a specimen (now missing) shot in St. Charles County on October 29, sometime prior to 1884. This remains the only record for our area.

With the help of the Corps of Engineers managing the waters and wetlands in the St. Louis District, hopefully this beautiful rare duck will continue coming to the area and maybe someday establish a whole flock here.

Carlyle Lake:

Volunteers needed

Carlyle Lake Project Office is currently recruiting volunteers to staff the Visitor Center for the 1999 recreation season. Park Rangers are visiting Senior Citizen Centers, submitting news releases and bulk mailings in an attempt to reach people of all age groups and interests.

Inmate work

Federal inmates constructed a small wooden trailer to protect and house Corkey the Water Safety Boat while it was at the project. This will make the boat easier to transport from project to project as well as to programs for water safety. It has a plexiglass top for easy viewing.

New babies

Carlyle Lake welcomes two new additions: Hazel Shae Huels

and Cade Harrison Chiles. Hazel Shae is the daughter of Shelly Huels, SCEP employee, and husband Tom. She was born February 20, weighing 8 lbs. 4 oz. Cade Harrison is the son of Rich Chiles, Park Ranger, and wife Chanda. Cade was born February 22, weighing 10 lbs. 3 oz. Congratulations to both families and welcome Hazel and Cade.

Rend Lake:

Safety to schools

March has been designated as Rend Lake's month to bring water safety to area schools. Almost on a daily basis, rangers have been giving programs to kindergarten through fourth grader about water safety. The programs show an exciting new water safety video called "Safe Passage." After the video, a special guest, Corkey the robotic boat, who speaks to them about water safety, visits the class.

Nest box repair

Lake staff and members of Waterfowl U.S.A. are checking and repairing nest boxes around the lake.

Waterfowl U.S.A. has provided and installed 40 Wood Duck nest boxes at the lake. Each year they survey the boxes, clean them, replenish sawdust and do any needed repairs. Rend Lake rangers are surveying and repairing 15 wood duck nest boxes that we maintain.

Nesting structures also are maintained for bluebirds, squirrels, wrens, northern flickers and kestrels. Other species including screech owls, swallows, house sparrows, tree swallows, mice, chickadees and starlings have taken advantage of the free housing.

Renovations

The mild fall and winter weather has allowed Rend Lake to complete many projects to provide a quality recreational experience for our visitors. North Sandusky Campground has a new shower building. Gun Creek Campground has electricity at each site. Twelve campsites in North and South Sandusky received totally renovated impact sites, while an additional 86 sites around the lake had patios installed. Sidewalks and picnic table pads were added at beaches, comfort stations and amphitheaters to improve accessibility. And our mowing crew has been busy this winter roofing some of the shower buildings and comfort stations.

The coming change of command

At the end of July, the 30th to be exact, Colonel Michael R. Morrow will accept the flag from Colonel Thomas J. Hodgini and become the 47th commander of the St. Louis District.

Even though it's a long way off, we thought you would want to know so that you could make plans now to attend the Change of Command ceremonies at the Regal Riverfront Hotel downtown. When we get closer to the event we'll make all the details available in ESPRIT. So mark your calendars and we'll see you there.



District helps with used computers

Darren Smotherson (left) and friend finish loading computers. Bruce Stewart is at right.



The St. Louis District has put some of its surplus ADP equipment to good use by donating it to the Westend Academy, an after school program to help children enhance their reading, writing and computer skills. Their mission is to promote the social, educational and economic welfare of the community. Presently they have 70 students ranging

in age from seven to nine.

The District donated seven 486 computers and monitors, one laser and three dot matrix printers to the school. Bruce Stewart in Logistics Management facilitated the donation. Darren Smotherson, Board President of the school, said the equipment is greatly appreciated and will help further their goals.

Spring Golf Tournament

The St. Louis District Spring Golf Tournament will be held Friday, April 16th at Tamarack Golf Club in O'Fallon, IL. Any past or present District employee or golf league member is eligible to play. The tournament format is a 2-person scramble. Teams will be paired and divided into three flights. Prizes will be awarded for 1st - 3rd places, longest drive, and two closest-to-hole awards in each flight. There is an optional skins game in each flight. Anyone who was not a golf league member during the 1998 season may choose his/her playing partner, league member or not, for the tournament and must play in the championship flight. Tee times will begin at 9:00am. The cost is \$35 payable to "SLD Golf League" by April 10th. The entry includes green fees, prizes, and beverages. Carts will be available at the course at a cost of \$10 per golfer. If entry is mailed, please send to John Boeckmann, U.S. Army Corps of Engineers, Attn: CEMVS-ED-HE, 1222 Spruce Street, St. Louis, MO 63103. For additional information, contact Paul Clouse at (314) 331-8390 or email at Paul.Clouse@mvs02.usace.army.mil.

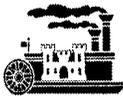
The regular golf league season begins on Tuesday, April 20th. The league will be played at Clinton Hills C.C. every Tuesday at 4:00pm. League dues will remain \$20 for the 1999 season. The teams will not be reshuffled this year. If anyone is interested in joining the golf league, contact any league officer or member.

Rend Lake bike trail meeting

Rend Lake hosted an enthusiastic group of bicyclists, runners and hikers from the Southern Illinois area at a public meeting held February 23 to discuss portions of the proposed Rend Lake Bike Trail. The meeting fulfilled requirements of funding applications the lake is submitting to try to obtain up to 99 percent of the funding needed to design and construct 12.5 miles on government property.

This trail would be part of the 33 mile Rend Lake Trail System that would make a loop around the

southern half of the lake, and have connecting routes to local communities in the area, including Benton, West City and Sesser. About 15 miles of the trail system would be located on Corps of Engineers' property, with the remaining portions falling under the jurisdiction of local communities, the Illinois Department of Natural Resources at Wayne Fitzgerald State Park, the Rend Lake Conservancy District and the Illinois Department of Transportation. Part of the trail will traverse Rend Lake on a widened and improved Highway 154 causeway.



Corps teams with Monsanto

The Monsanto Company, manufacturers of commercial pesticides, has entered into a Challenge Cost-Sharing Agreement with the Corps at Rend Lake to train Corps employees in the safe use of pesticides and to manage invasive vegetation at the lake.

Autumn olive is the number one invasive shrub at Rend Lake. It invades old field habitat, chokes out other plant species and diminishes the value of upland habitat for wildlife species that require a diverse interspersed of vegetative types. In the past, labor intensive methods such as chain sawing, bush hogging and bulldozing were used to control this species. These methods are both costly and ineffective.

Phase one of this agreement included the training of several Corps employees in various dormant season application techniques on a site near the Project Office and in the safe handling and mixing of herbicides. Future work includes the

use of labor from Asplundh and Central Illinois Power to control autumn olive using traditional foliar applications on additional acres at the lake. All sites and methods will be monitored and evaluated by the Corps and Monsanto.

The Corps benefits through this agreement from the training received and the technical expertise of Monsanto as well as herbicide used during the treatment of these plots. Additionally, the Corps can achieve natural resource management objectives cost-effectively. Monsanto will gain knowledge in the control of autumn olive and how various herbicides and application techniques affect this species. Monsanto will be able to point to the successes on these research plots as an aid to marketing their products to gas pipeline and electric power companies. Through this agreement, however, the big winner is the environment and wildlife.

Share your life

Today there are more than 60,000 people annually awaiting organ transplants. For all of 1997, the last year for which figures are available, there were organ and tissue donations from only 9,235 people. On average, every two hours someone in the U.S. dies because there was no organ for them.

There are two basic steps in becoming an organ donor. First: Make the decision to share your life through donation. Second: Make sure you share that decision with your family and loved ones.

Many people believe that everything is taken care of when they sign the donor's portion of a driver's license. If they should die in an accident, however, family members may not know about the decision. They may refuse to allow doctors to take organs or tissue that could help others.

Donations from one person often help up to a dozen other people.

How good is your homeowner's insurance?

When it comes to homeowner's insurance, what you don't know can cost you.

It happens in two ways. Either you could pay premiums that are too high, or you could buy inadequate coverage.

Most people think they should insure their home for its market value. Actually it should be insured for its replacement cost. Better yet, insure for "guaranteed replacement cost" which covers cost overruns, usually up to 120 percent of the policy amount.

The National Association of Professional Insurance Agents notes that the value of the land is factored into market and loan value, but not into replacement cost.

Most policies don't cover damage from backed up sewers or drain pipes. If you have a finished basement or keep valuables in your basement, consider adding a rider to cover that type of damage.

How about contents? They should be insured for replacement cost as well. Otherwise, you collect the minimal value of secondhand furniture.

Grace Weinstein, in her *Money Matters* newsletter, says policies pay limited amounts on jewelry, silver and cameras. These can be insured on a special rider for a small cost.

Most policies include \$100,000 for injuries to visitors. It costs just a few dollars per year to increase liability coverage to \$500,000, says Weinstein.

Save premium costs by five percent by installing smoke detectors. Save five to 15 percent by insuring your car with the same company. Save up to 12 percent by raising the deductible from \$250 to \$500.



Check out the shopping 'bots'

If you use your personal computer to purchase gifts or office products, you probably get some mixed results.

Shopping online can be easy and fast, but it isn't a perfected science. One online purchaser reports that, of the dozen or so gifts she bought for the holidays, two were never delivered (and never billed, thankfully), one was delivered to her rather than to the recipient, and two gifts were of significantly lower quality than advertised online.

The lure of online shopping is that it saves you from the trip to the store and from the crowds during busy seasons. But shopping online has its own frustrations including slow connections, broken connections, repeated entry of the same information and endless searching through web pages.

There are some ways to get through the online shopping maze.

Software programs called "bots" - short for robots - scout the internet looking for merchandise and bargains and then present you with comparative prices. One of the best and easiest to use is

www.jango.com. Jango presents you with a wide range of online shopping locations, complete with prices and special deals. A recent comparison of Jango with www.comparenet.com found that Jango found more items with better prices than Comparenet. However, if you are interested in online shopping, try both of these, as well as www.webmarket.com.

As a general rule, you should probably be sure as you shop that the website is secure.

Earth Notes

Green electricity

Many utility companies have proven that consumers are willing to pay a little extra for clean, renewable energy. For example, Seawest Power Systems of San Diego has a 41-megawatt wind project in Foote Creek, Wyoming. Enron Wind has two installations near Lake Benton, Minnesota and a 113-megawatt project near Storm Lake, Iowa.

The U.S. has about 1,700 megawatts of wind power out of the world total of 7,600, according to the American Wind Energy Association. At least 30 countries will have big wind energy capacity within the decade.

Grizzlies come back

Government biologists and public-land managers announced recently that they are on the verge of removing grizzly bears in Yellowstone National Park from the endangered species list. The group responsible for the bears' well-being says there are between 400 and 500 grizzlies in the 9,200 square-mile area, double the population in 1988.

Environmentalists say it's too soon. But it could be years before changes could be made that would please federal and Native American agencies that would have to agree.

Sunning seals in La Jolla

When seals started sunning themselves on the beaches of the San Diego suburb of La Jolla, lifeguards put up yellow-tape barriers to protect them. Sea World sent out information, and an ecotourism side-show developed.

Now the seals have become a health hazard for humans. The Department of Environmental Health finds very high levels of seal feces in the water. The city has spent more than a year trying to figure out a plan for peaceful coexistence. Now they plan to remove beach sand with the hope that the seals will move on.

Giant cod no longer found

The cod off eastern New England and Canada once grew to six foot long, 200 pound giants. Today, they weigh no more than 20 pounds when one can be found.

American Red Cross Month

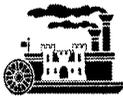
During March, we celebrate American Red Cross Month by Presidential Proclamation, issued each year beginning in 1943.

That was a busy year for Red Cross people as they worked to help members of World War II armed forces and the prisoners of war.

The Red Cross was founded

in the U.S. by nurse and philanthropist Clara Barton. In the 118 years since its inception, the Red Cross has responded to the needs of people in crisis during war and peace.

We salute the American Red Cross. When disaster strikes, you can be sure that they will soon be there to help.



Coming Lake Events

Carlyle Lake

- June 5 - Sept. 4 Arts & Ecology Series
- June 5-6 Egyptian Club Sailing Regatta
- June 19-20 National Regattas of Flying Scotts
- July 3 Fireworks Spectacular
- July 17 Kaskaskia Duck Race
- Aug. 11-12 Lightning Regatta of North America
- Sept. 11-12 Whale of a Sail Regatta
- Sept. 18 Carlyle Lake Cleanup
- Oct. 22-23 Haunted Trail
- Nov. 7 Youth Pheasant Hunt
- Dec. 3 Christmas USA Visitor Center Lighting

Lake Shelbyville

- June 5 Kids Fishing Tournament
- June 6 National Trails Day
- June 24 Boater Safety Course
- June 26 Aquafest Water Safety Carnival
- July 2 Dog-O-Rama Dog Show
- July 4 Fireworks Extravaganza
- July 13-15 Environmental Educator Workshop
- Oct. 7 Eco Meet

Rend Lake

- Mar. 1-31 Water Safety In Our Schools
- April 1-2 Hunter Safety Course
- May 6-7 Earth Day Celebration
- May 22 Boating Safety Course
- May 29 - Sept. 4 Environmental Science Series and Sunset Series of Programs
- July 3-4 Taste of Freedom Festival and Fireworks
- July 24-25 Hunter Safety Course
- Aug. 7 Summer Beach Blast

Sept. 11 Rend Lake Cleanup

Wappapello Lake

- April 10 Mo. Beautification Assoc. Road side Cleanup
- April 13-14 Earth Day
- April 17-18 21st Annual Old Greenville Black Powder Rendezvous
- May 21-23 Intertribal Living Indian Village
- May 22-23 10th Annual Silver Bullet National Drag Boat Race
- June 5 Poplar Bluff Rod & Kustom Car Show
- June 13 9th Annual Disabled Persons Fishing Day
- July 3-4 Waterfest '99
- Sept. 18-19 8th Annual Old Greenville Days
- Nov. 26-Dec. 25 7th Annual Festival of Light Christmas Auto Tour

Mark Twain Lake

- April 3 Earth Day
- June 1-27 Outdoor Writers Assoc. of America Photo Exhibit
- June 5 National Trails Day
- June 12 Kids Fishing Day
- July 2-4 Mark Twain Lake Rodeo
- July 10-11 Primitive Artifacts Weekend
- July 11 Mark Twain Lake Waterfest
- Aug. 14-15 19th Annual Salt River Folklife Festival
- Sept. 4-5 North American Bullriding Assoc. World Championship Finals
- Sept. 24 Environmental Education Fair
- Oct. 2-3 Missouri Mule Days
- Oct. 9 An Adventure in Astronomy

This month's test sentence

For this reason, whenever we're in a position to, we offer a solution to customers' problems at the time the problems occur.

Sentence revision on page 11.

Quote of the month

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

Lou Holtz



To your health

Live long, live well A prescription for longevity

In the first decade of the 20th century, one in five persons lived to celebrate his 65th birthday. Today, at least 70 percent live to age 65.

A healthy middle and old age, however, cannot be taken for granted. But illnesses such as arthritis, heart disease and diabetes can often be delayed. Research at Johns Hopkins Medical Centers shows that genes account for only about one third of the problems associated with aging. Lifestyle factors have a greater impact on health during middle and late life than during early adulthood. To delay the onset of disabling disease, doctors recommend:

1. *Exercise.* It is the single most important anti-aging step anyone can take, regardless of age or

level of fitness. Exercise should include endurance training such as walking, jogging and cycling, as well as strength training using light weights.

2. *A healthy diet.* One that is rich in fruits and vegetables reduces risk of colon cancer, heart disease and diabetes, among others. Eat at least five servings of fruit and vegetables a day, two to four low-fat dairy products for calcium, and reduce fat and salt in your diet.

3. *Judicious use of supplements.* As we age, calorie needs decline by about one third, but nutritional needs remain constant. A standard multivitamin can help to fill gaps in diet. Additional vitamin E is beneficial. Women should supple-

ment with about 500 mg. of calcium.

4. *Drink enough water.* All chemical processes in the body require water. Drink six to eight glasses of clear fluids daily.

5. *Don't smoke.* Even half a pack a day leaves you four times more likely to develop heart failure. It's never too late to quit, which will decrease your odds for stroke, cancer, bronchitis and emphysema.

6. *Avoid excessive sun exposure.* Too much sun increases the risk of skin cancer and gives you wrinkles.

7. *Be friendly.* Positive social interaction reduces stress, prevents depression, and increases cognitive function.

Keeping lost weight lost

A study of women who lost an average of 25 pounds showed that those who were the most physically active in the year following the weight loss regained the least, about five pounds. The study by the University of Chicago also showed that the moderately active and sedentary regained 14 to 20 pounds.

The study supports the idea that if you lose weight, you can't expect to keep it off if you go back to old habits. Energy needs are smaller, and if you don't reduce food portions, exercise is the only answer. Spreading activity to small sessions throughout the day was just as effective as one longer workout.

Blood testing simplified

The U.S. Federal Drug Administration recently approved a portable laser device that is good news for diabetics. Lasette enables the user to draw blood easily, with little or no pain.

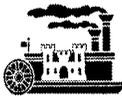
It's important because many patients test their blood at least once a day and some test up to 10 times. Lasette sends a beam of light that vaporizes skin and creates a tiny hole so quickly - 30 millionths of a second - that it is barely felt.

The cost for Lasette is about \$2,000 per unit.

Better wrinkle removal

Skin lasers deliver a precise burst of light to a wrinkle, stimulating production of new collagen that plumps up the crease. Patients, however, endure weeks of discomfort and months of redness as they heal.

Now a "tunable" laser called CO3 can help. Introduced by Cynosure, Inc. of Chelmsford, Massachusetts, it allows the doctor to deliver a small burst of energy to crow's feet and longer bursts to deep wrinkles. Pain and recovery time are shorter. (It still hurts.)



Retiree Review

by the Retiree Correspondent

The retirees had their monthly luncheon on February 18th, at the Salad Bowl. Although the group wasn't very large, they seemed to have a great time reminiscing about "old times."

There were many of the regulars, but they also had two new-comers: Mike Houser and Larry McCarthy, both having retired in January. They were a welcomed addition to the group since they provided some insight into what is going on lately in the "working" area. They both are still learning their new job - RETIREMENT, but feel that they will probably grow to thoroughly enjoy it. Mike has been on a speaking tour with his pictorial tour of Russia from a few years ago. He was asked if he would bring the presentation to one of the monthly luncheons, and agreed to do so for the May luncheon. This will give many of the regular and not so regulars an opportunity to adjust their busy schedules and make the May luncheon.

Larry McCarthy says that he is busy just learning his retirement job. He is also looking to do a little "farming," growing a garden somewhere in the city. He is looking for some place where there are no squirrels, rabbits or other "critters" that feast on what you grow.

Ron Bockhorst and his wife indicated that they are enjoying the theater circuit, on the West End. They have been season ticket holders for some time and really enjoy the various productions. They were providing Charlie and Jane Denzel with some of the tips of working the theater, since Charlie is thinking of volunteering at the Fox. Some say that this will allow Charlie to live out his fantasy - being in the theater - and possibly being on stage.

Charlie Denzel mentioned he was going to the NARFE convention in Springfield, Missouri, in mid-

April. The delegates are working to have a bill entered in the Missouri Legislature to delete the state tax on federal retirement annuities. Indications are very good that the bill will be introduced. Passage will depend on interest of the masses. If you are interested, you should consider notifying your state representative. Charlie indicated that he would bring back more from the convention.

Lou Scheuermann reported that he talked to Elmer Huizenga and his wife recently. They are in reasonably good health, considering the recent bad weather. Elmer stated that they are still in Jackson, Missouri, and they have no intentions of moving, as of now. They are currently very involved in making preparations for a wedding. (Many in attendance thought that Elmer and Estelle were already married.) It turns out that their son is finally taking the step. Maybe he wanted to see if Elmer and Estelle could make a go of it before he made his decision. Lou reminded the retirees that the Huizengas have already enjoyed 50+ years of wedded bliss, and that this is a good example for the son. Congratulations to the entire Huizenga family on this momentous occasion.

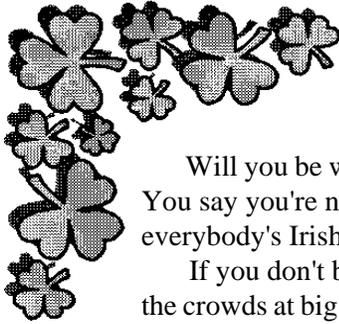
Pete Puricelli told the golfers there that Bob Lutz asked him to report that the District Spring Tournament would be held at Tamarack GC on April 16. It will be a two-man scramble starting at 0900, (man, that's awfully early for some retirees), and cost \$35, payable to the SLD Golf League. There would be more on the Division Tournament, scheduled for June, after the golf league officers meet in March. Bob and his wife are traveling in the Southwest and hope to be back for the March luncheon.

Get better sleep naturally

Relying on sleeping pills every night can be dangerous. A study by the University of California at San Diego shows that those who took prescription sleeping pills 30 times a month were about 30 percent more likely to die within a six-year follow up period than those who did not take them regularly.

Sentence analysis

Revision: So whenever we can, we solve customers' problems when they occur. *Traps avoided:* Prepositional phrases, *For this reason, in a position to* and *at the time*; verb-noun, *offer solution*.



March 17 - St. Patrick's Day

Will you be wearing the green?
You say you're not Irish? Hey,
everybody's Irish on St. Patrick's Day.

If you don't believe it, check out
the crowds at big parades, like the mil-
lion or people who will be parading and
watching in New York City, almost as
many in Chicago, and hundreds of
thousands at other events around the
country.

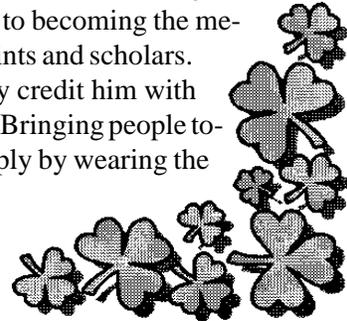
Some say wearing green is more
like a symbol of camaraderie. Some
say it's just fun to wear green on March
17.

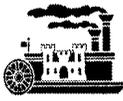
St. Patrick wouldn't mind. If he
journeyed through this land as he did in
Ireland, he would be most pleased to

see so many wearing the color. That's
especially true if the green happens to
be in the form of the shamrock he used
to illustrate the Holy Trinity.

Legend credits him with many
wonders, the favorite being how St.
Patrick drove the snakes out of Ire-
land. In any case, he was the most
successful of all missionaries of his
time, building churches, and starting
Ireland on its way to becoming the me-
dieval island of saints and scholars.

Today we may credit him with
one more miracle: Bringing people to-
gether for fun simply by wearing the
green.





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