

Vol. 36 No. 8

# ST. LOUIS ARMY ENGINEER DIST **ESPRI**

GATEWAY TO EXCELLENCE

August 1999

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# The flag is passed

## Colonel Morrow takes command

On Friday, July 30, 1999, in a ceremony at the Regal Riverfront Hotel in St. Louis, Major General Phillip R. Anderson, Commander of the Mississippi Valley Division, took the Corps of Engineers flag from Colonel Thomas J. Hodgini and passed it to Colonel Michael R. Morrow, and command of the St. Louis District changed hands.

Colonel Morrow becomes the 47th St. Louis District commander since the District was officially established in 1872. He comes to us from Fort Knox, Kentucky, where he was Battalion Commander of the 5th Training Support Battalion, 4th Cavalry Brigade.

Colonel Hodgini will become Deputy Commander of the South Pacific Division, headquartered in San Francisco. MG Anderson presented him with the Legion of Merit for his outstanding service as commander of the St. Louis District, and presented his wife Valle Hodgini with the Commander's Award for Public Service for her contributions to the St. Louis area community.

The Army Reserve Personnel Command Color Guard posted the colors at the ceremony, while a composite band composed of the 85th Division Band, U.S. Army Reserve, from Arlington Heights, Illinois, and the 98th Division Band, U.S. Army Reserve, from Rochester, New York, provided music for the occasion.

Guests came from every quarter of the community to say goodbye to Colonel Hodgini and welcome Colonel Morrow. Distinguished guests included Director Brent Manning, Illinois Department of Natural Resources, the Honorable Jane Pfeifer, Mayor of Elsah, Illinois, and representatives from the City of St. Louis and several congressional offices.



Col. Morrow passes the command flag back to Gerry Barnes after receiving it from MG Anderson.



# Commander's Perspective



**COL Michael R. Morrow**

I want to take this opportunity to present my command philosophy and talk about the vision of the St. Louis District. I developed my command philosophy as a young officer based on my own personal values and the mentoring of several senior officers during my career.

I believe in the Golden Rule, treat others as you would want others to treat you. Always treat everyone with dignity and respect, regardless of their rank or position. I believe that we are a family in the District, and as any family, we are comprised of many unique and diverse people. Our District family includes people, who are married, single, widowed, divorced and separated. Everyone has goals, aspirations and dreams. Everyone deserves a work environment that is free from discrimination, sexual harassment and prejudice. We need to work together in order to fulfill these needs. As your Commander, I pledge to you my loyalty, support and leadership.

The Chief of Engineers has established our one vision as a Corps. It is my job to lead you and shape that vision into reality. In order to accomplish this we must look forward to the new millennium and 'see' what our mission will be in the year 2010. What will your job look like in ten years from now? What technology will you be using to accomplish your mission? What will your Division look like? Who will be your customers? We are presently building a strategic calendar in order to project our goals, paths and intermediate milestones. The Division Chiefs and I will gather soon for an off site conference in order to define and lay out the calendar. Your thoughts and insights are critical to this process. Talk with your Branch Chiefs and pass on your thoughts.

I want to close by saying that I am honored to serve with the professional men and women of the St. Louis District. I am in the process of visiting all the remote sites and locations in the District. It is my intent to get out and meet each and every one of you at your work location and spend some time talking and listening to you. This is an ambitious undertaking, however, I am committed to doing it because I feel it is extremely important. You are important to me and I want to hear what you have to say and see what you do on a daily basis. I will continue to be 'out and about' throughout my command tour here with the District. I am looking forward to meeting you and I am honored to serve with you. Essayons!

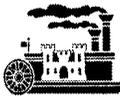


**US Army Corps  
of Engineers**  
St. Louis District

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# News Briefs

## Wappapello Lake:

### Management meet

On July 13, 1999 a water management informational/public meeting was held at the Bill Emerson Memorial Visitor Center. This meeting included a power point presentation explaining the seasonal target elevations and discharges for Wappapello Lake. St. Louis District Water Control representatives Dave Busse, Joan Stemler and Jerry Rapp conducted this meeting and answered questions from upstream and downstream residents.

### Greenville Days

Wappapello Lake will be presenting the 8th Annual Old Greenville Days on September 18 and 19, 1999. Old Greenville Days is a celebration of the history of the city of Old Greenville and of the people who once lived and worked there. Demonstrations in the art of wood crafting, glass blowing, and blacksmithing as well as arts and crafts booths will also be on hand. Bring your lawn chair and sit and relax to the sounds of Bluegrass

and Gospel music while tasting treats such as open kettle popcorn, caramel apples, homemade ice cream, and root beer. As the day winds down and evening sets in, come share in a candlelight tour of the historical Memory Lane.

### Black Powder

The 21st Annual Old Greenville Black Powder Rendezvous has been rescheduled for October 2 & 3, 1999, at the Greenville Recreation Area. This event was originally scheduled for April 17 & 18, 1999, but because of high water, the event had to be cancelled. So come on out and take a walk back into history and enter the reenactment of a pre-1840 fur trapper rendezvous.

Walk among Native American lodges, look at the trader's goods, and speak to wooly fur trappers. Watch as the trappers test their mountain man skills as they compete in shooting, fire starting, and hawk throwing competitions.

The primitive camp will open to the public Saturday morning and close around 4 p.m. on Sunday. This two

day event is partnered with Crowley's Ridge Black Powder Club and the U.S. Army Corps of Engineers at Wappapello Lake.



## Mark Twain Lake:

### Corkey

Corkey recently spent two weeks at Mark Twain Lake to help promote water safety as part of the District's rotational schedule for the talking boat. Corkey was very popular at the Mark Twain Lake Waterfest. The talking safety boat drew large crowds and helped Park Rangers distribute water safety tattoos. Corkey was such a hit that he was featured on the news of a local television station.

(Continued on page 4)



### St. Louis District Employee of the Month

Dennis Chambers, of the FUSRAP Project Office, is the Employee of the Month for August.

Dennis played a key role in getting the FUSRAP St. Louis Downtown Site Record of Decision (ROD) pushed through to approval. He spent many hours working with the EPA to perfect the ROD. The credibility he has established with his team members and many external agencies continues to be crucial to the District's success in this important and sensitive mission.

Congratulations to Dennis Chambers, St. Louis District Employee of the Month for August.



## **News Briefs (cont.)**

Corkey was a hit with customers entering the Hardee's restaurant, a local water safety partner. The talking boat promoted the upcoming Waterfest and gave water safety tips to people of all ages. Thanks Corkey, for assisting with promotion of water safety at Mark Twain Lake.



gram Ranger Norma Hall spoke of the recreational opportunities for families and individuals at the lake. The segment was aired on July 8.

## **Billboard contest**

The First Annual Billboard Water Safety Contest was held during June. Three posters were chosen from entries submitted by 5th graders from local schools. The three winners were presented a certificate, plaque and mug with their winning picture and slogan printed on each.

## **4th of July**

About 125,300 visited the lake during the 4th of July weekend. Eight bands played throughout the day, followed by an evening lighted parade of boats and a fireworks spectacular.

## **Lake Shelbyville:**

### **Appreciation for Gidcomb, Summers**

Lake Shelbyville employees, Bill Gidcomb and Steve Summers recently received a certificate of appreciation from the Wilmington District for their outstanding work with Disaster response and recovery Operations after Hurricane Fran in 1996. Both Bill and Steve were involved with debris removal operations that paved the way for restoring utilities and opening public roadways.

## **Carlyle Lake:**

### **Show Me program**

The Show Me St. Louis film crew visited Carlyle Lake to film the lake, beaches, campgrounds, watchable wildlife and resource management areas. Public Relation Pro-

## **Great Duck Race**

On Saturday, July 17, the Carlyle Healthcare Foundation hosted the Great Kaskaskia Duck Race at the West Spillway Recreation Area below the dam. The ducks were released over the spillway at noon. Mr. Paul Erwin from Trenton, Illinois, won the grand prize of \$5,000. Prizes were awarded to five other lucky ducks. Revenue from the duck race supports the Carlyle Lake Healthcare Foundation programs to assist the underprivileged of Clinton, Marion, Jefferson and Washington Counties.

The Carlyle Rotary sponsored a children's fishing derby in conjunction with the duck race.

## **Rend Lake:**

### **Freedom Festival**

The Taste of Freedom Festival, hosted by the Taste of Freedom Festival Committee and sponsored by donations from many area businesses and hard working volunteers, once again provided two days of fantastic food, great musical entertainment and fireworks choreographed to the music of the Centralia Philharmonic Orchestra. Sunset Fireworks Company presented a pyrotechnics display that rivaled that of the St. Louis Fair.

The festival continues to grow, with 30,000 to 40,000 people attending this year.

## **Rivers Project:**

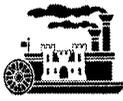
### **Traynor award**

Mr. Earl Traynor, Lock Operator at Lock and Dam 24, has received the Achievement Medal for Civilian Service from the Jacksonville District. He was given the award by Jacksonville District Commander, Colonel Joe Miller, for his Can Do Attitude that proved to be a significant cornerstone for success of the mission in responding to Hurricane Georges in Puerto Rico last September.

Colonel Morrow presented the award to Earl during a visit to Lock and Dam 24.



**Col. Morrow presents the medal to Earl Traynor. Wally Feld holds the certificate.**



# Shelbyville shoreline erosion abatement plan

In March of 1993, a plan was approved to protect the facilities located along the shoreline at Lake Shelbyville. This plan called for relocating some facilities and stabilizing the shoreline to protect other facilities from falling into the lake as the forces of nature attacked the unstable shoreline. Initially five construction phases were planned. Irregular funding forced the modification of the construction schedule, but either construction or the writing of plans and specifications has occurred each year since the plan's approval.

Schaefer Contracting, Inc., Carlyle, IL, the most recent contractor, has placed stone to stabilize the shoreline in Forrest W. "Bo" Wood Recreation Area, Lone Point Recreation Area and Eagle Creek State Park. A walkway across a small inlet was also completed in the Dam West Beach Area. This walkway will eliminate pedestrian traffic on the roadway in this busy area when the picnic shelter is relocated from Opossum Creek Recreation Area to Dam West Recreation Area next year. The current contract to complete phase two is now complete.

The shoreline erosion abatement program is designed to stabilize and protect recreation areas through 2020. Several significant recreation areas are now protected from further erosion. The public also has greater access to the shoreline for fishing and other water related activities. Fish habitat has been improved by rock placement. Many fishermen have been interviewed and have expressed an appreciation for the changes.



Phase three construction will include campsite relocation at Bo Wood Recreation Area, protected roads, campsites and other facilities at Coon Creek Recreation Area and shoreline stabilization at Findlay Marina. These construction phases have been designed to protect this important Central Illinois facility into the next millennium.

# Portage des Sioux Bicentennial

By Erin Connett

On July 16th, 17th, and 18th, the Rivers Project participated in the 200th Anniversary of Portage des Sioux Township. Portage des Sioux is considered to be "the land between two rivers"- the Mississippi and the Missouri Rivers. The Celebration of the Bicentennial gathered organizations from around the St. Louis Metropolitan Area, and people gathered to see a few hundred booths, bands, and

the Blessing of the Fleet at Our Lady of the Rivers statue on the Mississippi River. Over 200,000 people were estimated to be at the event for the weekend.

Several organizations that are collaborating to form a Water Safety Council staffed the Rivers Project Booth and handed out hundreds of water safety brochures and posters. The organizations participating, along with the Rivers Project Office, were Bubblemasters Underwater Recovery

# Music video contest

Park Rangers recently wrapped up a music video contest held in local summer school programs. The Mark Twain Lake Music Video Contest was an exciting new campaign promoting community water safety. Students were presented a water safety program, given contest rules, and cassette tapes of water safety songs from Corps water safety program and the songs from the Willie B. Safe campaign. Each class divided into teams and was encouraged to create a music video focused on water safety issues.

The creative students made it tough on the judges. First place went to a group of third graders whose video featured the song "Hypothermia Blues". Second and third place teams used the song "Play It Safe." All videos may be viewed at the M.W. Boudreaux Visitor Center.

Thanks to local water safety partners, The Landing Water Park, the Perry State Bank and the local Pizza Hut, winners received prizes such as passes to the water park, P.F.D.'s (life jacket's) and pizza. Hopefully, the students, their teachers and those viewing the videos will remember to "play it safe" around the water.

Team (B.U.R.T.) Rescue, who are volunteers that specialize in underwater rescues and searches, and two volunteer organizations that respond to water related emergencies along the Illinois, Mississippi, and Missouri Rivers. They were Alton Volunteer Emergency Corps and Twin Rivers Search and Rescue. All of these organizations along with the Rivers Project Office provide public awareness of water safety.



# Fish habitat improvement at Lake Shelbyville

The Champaign County Chapter of the Izaak Walton League of America (IWLA) in cooperation with the Illinois Department of Natural Resources and the U.S. Army Corps of Engineers successfully installed 71 permanent aquatic life habitat structures in Lake Shelbyville on Saturday, July 17, 1999.

Approximately 25 volunteers were present at the Eagle Creek State Park Boat Ramp to assemble 29 habitat structures from PVC pipe configurations discarded from the State of Illinois Plumber's Licensing Examination and 42 structures manufactured by Berkley, Spirit Lake, Iowa and Great Lakes Products, Big Bend, Wisconsin. Purchase of manufactured habitats was made possible by funding from Shelby County Community Services and matching funds from Wildlife Forever, FishAmerica Foundation and the U.S. Fish and Wildlife Service.

Berkley Fish Habs are four-foot latticed cubes. Great Lakes Products AquaCribs are four by five by four-foot high boxes and the PVC pipe habitats are about three by three by

four feet in height. Brush and/or discarded strips of vinyl siding and window framing, plastic conduit and orange safety fence were secured to their interior, making the structures denser. This provides better habitat for smaller organisms.

Each of the three different kinds of habitats was placed in a group separated from the other groups. Sandbags were tied to the habitats to securely anchor them in place as they were dropped overboard from boats provided by the sponsoring organizations and other volunteers.

Underwater divers from the Macon County Emergency Services and Disaster Agency were in the water at the placement site to help insure proper orientation of the habitats placed in 16 to 18 feet of water. Divers may be able to make underwater observations at winter pool when the water is

clearer to help evaluate the effectiveness of the permanent habitat structures to attract and promote aquatic life and improve the fish population.

Ansel Anderson, president of the Champaign County Chapter, IWLA, described the League as one of America's oldest and most respected non-profit conservation organizations.



The 75-year-old Champaign County Chapter helps defend, improve, and promote the wise use of the outdoor environment.

# Murdock is Taekwondo World Champion

by Leanne Cruitt, CO-S

Lake Shelbyville's Electrician, Roland Murdock competed in the Songahm Taekwondo World Championships on June 11-13, 1999, where he landed another World Championship. Murdock previously held this title in 1997. Over 5000 competitors worldwide showed up at the Arkansas State House Convention Center in Little Rock to display their talents. Murdock competed with the top ten competitors in the men's third degree

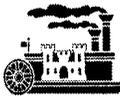


black belt, 40 - 49 age group, where his abilities earned him the title of 1999 World Champion.

Murdock's victory came when the competition had narrowed to two final competitors. His opponent, David Rucker, from Arizona had defeated him in 1996 for the world championship title. "I felt victorious in 1996, but the officials saw it from a different view," Murdock stated. "I was so happy this year when the officials declared me the winner.

"Taekwondo is more to me than just a hobby or sport, it has become a way of life. It's given me so much pa-

(Continued on page 12)



# Stump Lake HREP dedicated

By Hope Pollmann

On Friday, July 16, 1999, the St. Louis District, along with its partners, the U.S. Fish and Wildlife Service (USFWS) and the Illinois Department

USFWS and IDNR, to celebrate the completion of the first cooperative EMP project for the St. Louis District. Colonel Hodgini and Dr.

Westphal presented certificates of recognition to the U.S. Fish & Wildlife Service and Illinois Department of Natural Resources. Colonel Hodgini presented Dr. Westphal with a plaque from the St. Louis District.

At the dedication, visitors and participants wandered through displays by U.S. Fish & Wildlife Service, Stream Teach, Rivers Project, and St. Louis District EMP. Display themes focused on environmental and habitat rehabilita-

tion projects and environmental education. Following the ceremony, everyone was invited to participate in a driving tour of Stump Lake lead by Neil Booth of IDNR and John Cannon of the Rivers Project office.

The Stump Lake Waterfowl Management Area extends from Illinois River mile 7.2 to mile 12.7 along the left (east) bank of the Illinois River in Jersey County, Illinois. This

2,958-acre area includes Upper and Lower Stump Lakes, Fowler Lake, Flat Lake, Long Lake, and Deep Lake, and contains 1,222 acres of open wetlands and sloughs, 252 tillable acres,

and 1,485 acres of forest.

Major features of the project include a low sediment deflection levee to reduce siltation from frequent floods and to improve wetland unit water control. This levee is 5.5 miles long and parallels the Illinois River shoreline and the perimeter of the project. In addition, seven low level interior levees around the perimeters of the four main wetland compartments allow effective water level management. Sluice gates and stop log structures are used to control watering/dewatering of the four compartments. The dredging of Long Lake and the upper portion of Deep Lake improves water delivery and facilitates fish movement, spawning, and rearing. A reversible pumping system was constructed on the Illinois River to allow flooding or draining of the wetland compartments.



Colonel Hodgini and Dr. Westphal

of Natural Resources (IDNR), dedicated the Stump Lake Habitat Rehabilitation and Enhancement Project (HREP), a component of the Environmental Management Program established by Congress in 1986.

The keynote speaker, Assistant Secretary of the Army, Dr. Joseph Westphal, joined St. Louis District Commander, Colonel Thomas Hodgini, and representatives from



Lower Stump Lake

The Stump Lake project is the first multi-agency HREP project to be completed in the St. Louis District. The Stump Lake project of the EMP program exemplifies the accomplishments that can be achieved through partnering. In addition to the Stump Lake project, Swan Lake located just across the river, is another project with the State of Illinois and scheduled for completion within the next year. Together these two projects will restore in excess of 7500 acres of wetlands and bottomland forest.



# Monarch-Chesterfield Feasibility Study

The Monarch-Chesterfield Feasibility Study was a result of the St. Louis Region Flood Damage Reduction Reconnaissance Study in December 1995. Since the reconnaissance study identified an economically feasible plan with Federal interest and had non-Federal support, a feasibility study was undertaken to develop a more detailed plan of raising the existing levee system from a 100-year to a 500-year level of protection. A Feasibility Cost Sharing Agreement was signed with the Monarch-Chesterfield Levee District on April 25, 1997. Estimated study cost is \$1,550,341, which is being cost shared 50/50 with the local sponsor.

The Monarch-Chesterfield levee system is located along the right bank of the Missouri River between river miles 45.0 and 38.5. The length of the total levee system is 11.5 miles and protects approximately 4200 acres of flood plain, some 250 plus businesses, the Spirit of St. Louis Airport, Interstate 64/ U.S. Highway 40, and approximately 30 residences and farms. About one-third of the protected area is commercially developed and contains about 3.1 million square feet of commercial space. The levee

system failed during the Great Flood of 1993 causing flood damage and other losses in excess of \$200 million.

Currently, the Monarch-Chesterfield Levee District is performing some construction work in advance of completion of the feasibility study. This is allowed under Section 104 of the Water Resource Development Act of 1986 (Public Law 99-662) in which local interest may carry out compatible work of a Federal plan prior to project authorization. However, any potential credit work must have approval from the Assistant Secretary of the Army (Civil Works) with the caveat that there are no assurances a Federal plan would ever be built. The levee district has applied for and received approval by the ASA (CW) on three credit applications: 1) construction of three pump stations, 2) levee improvement between Centaur Road and Daniel Boone Bridge over Missouri River, and 3) levee realignment near Boone's Crossing and improvement along Bonhomme Creek.

The feasibility study will evaluate raising the existing levee to 100-year plus 3 feet, 500-year plus 3 feet, or 500-year plus 5 feet. The study has completed field surveys

(including 1st floor elevations at non-project site areas) and mapping, inventory of structures, stability and underseepage analysis along Bonhomme

Creek and portions of the Missouri River, an interior drainage analysis, and new Missouri River and Bonhomme Creek water surface profiles with degree of reliability. Remaining work this FY includes completing levee design, economic analysis, real estate requirements, preparation of the Draft Environmental Impact Statement, and cultural resource studies. The feasibility study will contain an integrated Environmental Impact Statement as part of the feasibility report. Issuance of Public Notice by the Division Commander is scheduled for March 2000.

Provided the feasibility study indicates economic justification of a Federal plan and depending on the extent of the recommended plan as compared to work accomplished by the local sponsor, the St. Louis District would be responsible for performing engineering and design for the following features of work:

- 1) Any remaining levee earthwork including landside seepage berm between Centaur Road and Daniel Boone Bridge,
- 2) Closure structure with adjacent flood wall at Airport Road,
- 3) Roadway over levee and railroad closure structure near Centaur Road,
- 4) Two closure structures (roadway and railroad crossings) at Long Road,
- 5) A small pump station at the extreme east end of levee district,
- 6) Several gravity drain structures with sluice gate and/or flap gate.

Construction of these work items is anticipated to begin in FY03.



Looking east along Highway 40, the Chesterfield valley in 1993.



# East St. Louis and Vicinity Interior Flood Control and Ecosystem Restoration Project

By Deborah Roush, PM

In the 1960s, as a result of urbanization, storm water run off became a major concern in the area of the American Bottoms, whose agriculture ditch system could no longer adequately carry water across the bottoms to the river without causing flooding in the vicinity of the canals. At this time the St. Louis District was given authorization to perform a Flood Control study within East St. Louis and vicinity to determine if there was a federal interest in providing flood control for this area. At the end of

accomplished to provide flood control. This effort resulted in the addition of a new pump station that provided protection to the southern most portion of the study area, Blue Waters Ditch. However, for the vast majority of the area, while solutions were recommended, once again they were not economically justified.

From 1993 through 1996 the area suffered severe interior flooding, and as a result the Federal Government spent approximately 60 million dollars to provide emergency disaster relief, to clean existing drainage ditches and

to buy out frequently flooded areas. However, this work provided only a temporary relief.

In 1997, Congress, knowing that the next disaster was only a rain storm away, once again authorized the Corps to re-evaluate this problem. Since the area involved has not seen an increase

A look at the pre-settlement landscape is providing important clues as to how the environmental resources of the area worked in concert with the steams and river system to handle the annual flood pulse through the bottoms. It is by using this historic baseline that we are looking for non-structural and structural methods to address both the restoration and protection of important environmental resources while using them to assist in providing needed flood protection.

As a result of the unique wetland and deep water resources that lie in the study area and after reviewing previous Corps plans, it was determined that a comprehensive environmental assessment would have to compliment and support the flood control assessment in order to formulate an integrated mutually supportive plan. In order to appropriately assess the environmental impact a proposed project might have, it was decided that a new Regulatory tool, the Hydrogeomorphic Model (HGM), would be combined with traditional Habitat Evaluation Procedure methods (HEP) to provide the most reliable scientific assessment of any proposed actions. This will be the first time this tool has been used in a planning role.

A partnership was formed with our Waterways Experiment Station to develop an HGM model for the study area and to use their new integrated Incremental Analysis software for benefit evaluation. The HGM model is currently used as a Regulatory tool to assess the functions of wetlands. It is a multi-faceted model that measures wetland functions, not just acreage, and places values to each function's

(Continued on next page)



**Bridget Calhoun, IDOT field team member, does HGM/HEP field data collection.**

that study, while solutions were recommended to control flooding, the study did not result in an economically justified flood control project due to an insufficient benefit to cost ratio, since the area is predominately low-income housing, agriculture and low value industry.

Then in the 1980s, Congress once again tasked the Corps to re-evaluate this area to determine if there was anything that could feasibly be

in economic growth, it could be predicted that using traditional flood control study methodology would again result in a lack of benefit to cost ratio with no federal interest identified. In 1998, during study planning, it was determined that an ecosystem approach to this problem could potentially not only provide relief from the flooding problems, but could also provide great environmental benefits to this unique area. ;



## East St. Louis Project continued

performance in an individual wetland setting. In this way as with HEP, any area to be affected by the project can be assessed for current and future impacts, thereby assuring the objective measurement of potential restoration plans.

The study area has unique cultural resources such as the Cahokia Mounds, a World Heritage Site designated by the United Nations. The protection and enhancement of these irreplaceable historic features is an important consideration of the study planning effort. Likewise, the approach being taken has the potential of providing additional interpretive areas for cultural resources. The study area also has special agricultural significance with the designation of the Horseradish Capitol of the World. These resources are also unique and require special consideration during the plan formulation process.

One of the significant problems addressed in previous reports and still of major concern in today's study is the problem of sedimentation. As a result of urbanization in the uplands, rapid run off and erosion has created problems not only for the upland streams, but has also adversely impacted wetland resources in the bottoms while choking off the critical drainage canal systems. The District has teamed with both the Illinois Department of Natural Resources and the Natural Resource Conservation Service to quantify and assess these problems in order to identify viable solutions for consideration. Because of changes in Corps' policy, for the first time this re-evaluation effort will look for tangential solutions in the uplands where the two major watersheds being studied begin.

Overall, this project has great potential for finding flood control solutions by utilizing and enhancing the unique environmental resources in the area. But there are still several hurdles to jump. Since this project has been studied so many times, and to no fruition, the general public is very skeptical. As a result a public meeting process was begun this year which will continue in the fall with the presentation of potential alternatives for public and Agency comment. With the Corps' past history of looking strictly at structural flood control solutions, the resource agencies (IDNR, U.S. Fish and Wildlife Service, U.S. Environmental Protection Agency) who are assisting in the study effort are very concerned about how environmental restoration will be accomplished, and how such restoration will benefit their particular resource interests. Likewise, the State Historic Preservation Office is very concerned about how the protection of the unique cultural resources, which are predominate throughout the study area, will be achieved. Each of these groups is a critical stakeholder in this project.

In an on-going team effort, the District has partnered with the resource agencies (USFWS, USEPA, NRCS, IDOT, IDNR, IEPA, and the SHPO) to help insure that all stakeholder concerns are taken into account and that their participation throughout the process is encouraged. The strength of this partnership was demonstrated during the recently completed field data collection done in support of the HGM and HEP analysis, where over 25 volunteers from our partner agencies participated over a two week period in on-site field data

collection. Without this assistance this effort would have been impossible.

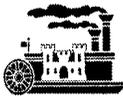
A draft study report is due in September 2000. When completed, the goal is for the Corps to present a plan that will provide local flood protection while: restoring a mimic of the pre-settlement hydrology (flood pulse) within the project area, restoring some of the bio-diversity, through re-establishment of bottomland prairie areas, and wooded wetlands, with mast producing trees, and reducing sediment loads within the streams, thereby increasing dissolved oxygen levels and assisting in improving water quality for the overall benefit of the aquatic communities within the project area. It is also hoped that by using HGM and HEP in combination, as evaluation tools, a new method to effectively evaluate a project's baseline, to determine best restoration strategies, and ensure ecosystem integrity, will have been demonstrated.

## Status of NRRS

As of early July, the National Recreation Reservation System (NRRS) had made 324,215 reservations. This amounts to about \$14 million in revenue for the year. USACE reservations comprise 65 percent, or about \$9 million. An average reservation, according to the NRRS, is for 3.4 nights, with revenues of \$42.19.

The new reservation system has resulted in higher campground usage at our lakes. New campers and first time visitors have increased.

Major problems experienced when the system was first implemented have been reduced or eliminated.



# National Scenic Byway dedication

By Hope L. Pollmann, CO-N

On Saturday, June 26, the Meeting of the Great Rivers National Scenic Byway was dedicated. In the morning groups gathered at both ends of the byway, where morning ceremonies kicked off the parade to Pere Marquette State Park. Nearly one hundred cars lined up at the National Great Rivers Museum, with over 200 people at the museum for the ceremony, which was kicked off as the Colonial Fife and Drum Corp played the national anthem. Congressman Jerry Costello and St. Louis District Commander, Colonel Thomas Hodgini, along with other members of the community spoke about the significance of this national recognition for the communities along the Great River Road.

Within a 25-mile expanse, the Mississippi, Missouri and Illinois Rivers meet to form a 35,000-acre floodplain. This confluence is the backdrop for the Meeting of the Great Rivers Scenic Route, which starts 30 minutes north of St. Louis, Missouri, at the Melvin Price Locks

and Dam and the National Great Museum. The river systems have been vital transportation routes as long as there has been human habitation. The Mississippi is an environmental treasure, but it is also a working river, moving commerce to world markets.



Col. Hodgini and Congressman Costello.

The route offers a dramatic composite of the Mississippi River. Beneath white cliffs, the Great River Road runs next to the Mississippi making it accessible to the public. It begins in an industrial/urban setting and changes to scenic/natural. The

riverscape is so magnificent, the Illinois Legislature called it "the most beautiful stretch of the entire Mississippi River." As though moving back through time, expanses of pastoral countryside and stone houses are reminders of a time long ago in the Lower Illinois River Valley. The Meeting of the

Great Rivers Scenic Route crosses the Illinois River on a ferry to the Kamp Store Museum in Kampsville, where the artifacts of the earliest aboriginal people in America reside, and the byway's rich historical and archaeological qualities unfold.

About two miles downstream from the Clark Bridge, on Highway 100, is the Melvin Price Locks and Dam and the site of the new National Great Rivers Museum, which mark the southerly end of the Meeting of the Great Rivers National Scenic Byway. A wonderful riverfront walkway surrounds the dam and museum. Watch long strings of barges full of fuel and grain pass through the locks to be lowered or raised as the river stairsteps down to the Delta. It also offers a wonderful view of the Alton skyline and Clark Bridge. The Museum will open in 2000 and exhibit a wide array of displays on the natural, social, economic and geologic assets of our American Rivers.

## Red Cross Award

The St. Louis District recently received the Special Recognition Award from the American Red Cross.

The citation read in part: The U.S. Army Corps of Engineers works to promote public safety through flood control along our rivers. They are also committed to the safety of their employees. Since 1994, more than 300 Corps employees have received Red Cross training at three St. Louis area locations. The Corps also loaned a member of their Safety and Occupational Health Office to participate in a National Red Cross focus group on first aid programs.



Entrance to the new visitor center at Melvin Price L&D.



# Our new employees



Danny Lunsford is a new Lock and Dam Operator at Lock and Dam 24. He was previously a deckhand on the Dredge Potter. Danny is an electrician and welder.

Rodney Burns is a civil Engineering Technician at Mark Twain Lake. He is a retired veteran of the U.S. Marine Corps.



Jerry Santiago has been assigned to the Safety & Occupational Health Office as a Safety Engineer intern. He will spend the first year or two of his internship in St. Louis. He was previously employed by the Puerto Rico Department of Health.

# Hayes to be published soon

In October 1967, when Roger Hayes arrived in Vietnam, he had no thoughts of chronicling his stay. He, like most others, simply wanted to stay alive and get back to the world in one piece. He wrote his mother a letter at least every four days. If she didn't get a letter that often, she'd think he was dead. Those letters - his mother kept all 87 - proved the catalyst for what he would do later.

Roger has written a book on his experiences with the 25th Infantry Division in Vietnam. The final manuscript is due by September 30th this year. By next summer, with any luck, the book will be on the bookshelves.

It was at least 10 years after his return to the world that Roger decided he had a story to tell. He wrote that story in his head over the years. It didn't come spilling out of him until he bought a computer back in November 1996. It took him only three months to write the first draft. Another six to add the things he had left out. He used 63 of his letters, words full of the emotion of the time, to fill out the story he was telling.

According to Roger, "The final edit was the hardest part. There was the first 'final' edit, then the second, then the third." The "final" edit took him another year.

It took him another seven months to get a copywrite on his manuscript.

He sent excerpts to 32 agents without any luck. They weren't interested. Some didn't even let him know they weren't interested. His favorite rejection stated, "We hope you connect soon with someone who shares your commitment and enthusiasm." Roger laughs about that one. "Be-

## Murdock (cont.)

tience and inner peace, I wanted to give something back to it. I did this by purchasing the school where I was once a student, hoping to give others the opportunity to gain the personal benefits I have. I truly believe Taekwondo training enhances physical, spiritual, and mental growth. This is achieved by living the tenets of Taekwondo each day of your life: courtesy, integrity, perseverance, self-control, and indomitable spirit.

"Taekwondo is for all ages. The more people involved the more we become a win-win society. As a

school owner, I stress the importance of practicing physical and mental training. Sometimes it's hard to be courteous to the unfair supervisor, or the drunk driver who ran the red light and smashed your car. This is why we must practice the mental aspects of Taekwondo everyday."

If anyone is planning to vacation in sunny Florida during the week of September 12 - 18, visit the Disney World Complex and watch an electrifying event. Murdock will be competing on September 18th in the 1999 Fall Nationals. Come out and support a fellow Corps employee.



# Coming Lake Events

## Carlyle Lake

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

Oct. 7 Eco Meet

## Rend Lake

Aug. 7 Summer Beach Blast

Sept. 11 Rend Lake Cleanup

## Wappapello Lake

Sept. 18-19 8th Annual Old Greenville Days  
 Nov. 26-Dec. 25 7th Annual Festival of Light Christmas Auto Tour

## Mark Twain Lake

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

## Hayes book (cont.)

cause we don't," he finishes up the statement. "What a nice, diplomatic way to say you're not interested."

One of the agents who sent him a rejection suggested that he start sending the manuscript directly to smaller publishers, especially those who dealt with things like military history. It turned out to be the right thing to do. After sending book proposals to seven publishers, Presidio Press in San Francisco said they might be interested. Roger thinks name dropping did the trick. A military history professor who did his Ph D work on the 25th Infantry Division and wrote several books about it, had liked his manuscript enough to agree to do a forward section for the book. Dr. Eric Bergerud is well known and respected in military history circles. Roger feels his name was a major factor in the publisher's initial interest in his work.

Presidio asked for the manuscript about a month after receiving Roger's book proposal. A month after that they asked for a change of title and the removal of some of the letters.

And the rewriting began. The original title was Year of the Monkey. They felt it would probably end up in the pet aisle of book stores with such a title. They felt the letters broke the "direct transaction between writer and reader." As some of the letters came out and Roger has filled the gaps with narrative, the book has gotten longer.

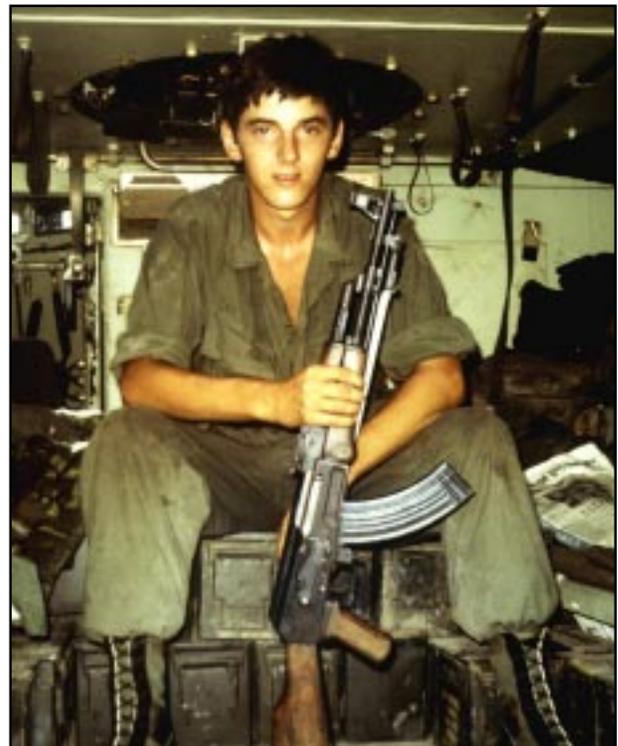
"I work on it every night and on weekends. I'll have it done before September 30th."

What's next?

"I'm gonna try to write a novel," he says. "I'm sure it will be harder to write fiction, but I want to give it a try. My third book may be about our platoon's return to Vietnam," he said. Roger and a friend, who is a screen writer in L.A., have been working to organize

the trip, which may be the subject of a documentary film.

We wish him all the luck in the world. May his book, as yet untitled, become a best seller. We'll be looking for it in bookstores in the summer or fall of 2000.





## To your health

# Do the computer stretch

Physical Therapists Perry Bonomo and Daniel Seidler recommend these stretches in their book *Why Does Working @ My Computer Hurt So Much?*

1. **Pouring.** Straighten an arm out in front of you at shoulder height. Make a fist and bend the arm down as though pouring something. Hold for 10 seconds, and do it five times.

2. **Thinking.** Put one foot on the opposite knee. Lean forward slowly and hold for 10 seconds. Alternate sides and do five sets.

3. **Standing.** With feet shoulder-width apart, place your hands as if sliding them into back pants pockets. Slowly lean backward a little and hold for 10 seconds. Keep your chin tucked into your chest, then look at the ceiling and return. Do 10 reps.

4. **Hand bending.** Straighten an arm in front of you at shoulder height. With the other hand, bend the wrist back so fingers point to the ceiling. Pull back on the fingers gently. Hold ten seconds and do five reps. Do the same to the other hand.

# Cardiac arrest predictor

A recently approved super stress test can predict who is at risk for sudden cardiac arrest in time to prevent death. Patients take an EKG-monitored treadmill stress test and have special electrodes placed on their chests. The Cambridge Heart Alternans system then measures unusual and subtle heartbeat patterns that indicate risk of lethal irregular heartbeat. Once a high-risk patient is identified, doctors can implant a tiny defibrillator that will prevent sudden cardiac arrest.

# Patch for post-shingles pain

A skin patch that slowly releases the painkiller lidocaine may bring relief to people suffering from postherpetic neuralgia (PHN). Many people who develop shingles suffer with PHN. The new 4" by 6" patch called Lidoderm is the first FDA-approved product specifically intended for treatment of PHN. It will be available by prescription in a few months.

# New obesity drug

Roche Holding's Xenical has been approved for use by people who are at least 20 percent heavier than their ideal weight. It works by absorbing body fat instead of suppressing the patient's appetite.

# Supplement for depression, arthritis

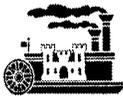
Its technical name is S-adenosyl-methionine. As a dietary supplement, it's called SAME (Sammy).

Now available in U.S. drugstores, it has been used for some years in Europe to treat both arthritis and depression. A doctor at Columbia University says it's the best antidepressant he knows of and has virtually no side effects.

Methionine is a compound the body makes. Added to it are vitamin B 12 and folic acid. The combination supports many vital processes including the maintenance of cell membranes and cartilage. Doctors at Baylor University in Dallas say the ingredients in SAME are involved in "almost everything." A 10-day supply costs about \$25.

# Strong women stay young

More women are discovering the benefits of weight lifting. While men lift heavier weights, pumping iron has added benefits for women. Building muscle is good for both men and women. Further, muscles burn more calories than fat. The added benefit that is important for women: It builds bones. Women start losing bone in their 30s, a process that accelerates after menopause.



# Retiree Review

by the Retiree Correspondent

Believe it or not, even retirees take time out to take a vacation. Attendance at the July luncheon was less than a dozen, but what was lacking in quantity was made up in quality. (I think that's what you are suppose to say.) It is assumed that the "regulars" that normally attend were absent because they were "away". We hope they have a great restful time. After all, it isn't easy in retirement. Many of the folks indicated that they have a difficult time getting everything done. They have a very busy schedule every day.

Bob Maxwell informed everyone that he has moved into an apartment. After the many years, he felt it was necessary for a change. Someone indicated that if he would pay his bills more promptly, he wouldn't have to move every 40 to 50 years. Bob thanked Bob Lutz and his wife Barb for providing him a ride to the luncheon. Maxwell did state that although Lutz didn't charge him a fare for the trip to the luncheon, he was wondering if Lutz was going to turn on the meter for the return trip.

Ron Bockhorst stated that there were two new candidates for the retirees ranks--Joan Schick and Emmett Hahn. Hopefully when they have figured out how to disconnect the alarm clock and learn to sleep in, whatever that means, they may find time to attend one of the monthly luncheons.

Lew Scheuermann said that he attended the retirement luncheon for Joan Schick. He indicated that she was not the shy introverted employee he knew when he worked with her. (Lew forgot that she was just out of school and was young and innocent. Working in the procurement area toughens you quite a bit.) She handled herself very well with all the speakers at the festivities. She gave as well as they did. Lew also mentioned that Jim Baker and his wife

were in town recently, to visit family and friends. The Bakers and the Scheuermanns then went to visit the Huizengas. Lew said that Jim looks in great shape. He is playing golf every day. (That's tough, but someone has to do it.) The Huizengas are also doing fine. Elmer is his old self and Estelle just tolerates him. They spent one evening playing cards after golf.

Lew and Bob Lutz reported on the Division golf tournament. They stated that the District won the trophy and had a great time doing it. The weather was great and Lew said that he could even see the ball when it landed, and no it wasn't a short distance. Don Wampler said that seeing the ball land was not his problem. His was remembering where it was when he got in the vicinity.

Larry McCarthy said that he went to the Corps picnic at Carlyle. It had been a long time since he had been there. There was a very good turnout, even though some of the folks were on the golf course.

Pete Puricelli stated that Joe Bisher is no longer working at Grant's Farm. This year he has ventured into "different pastures". He and his wife are working at the Arch. Joe asked that you come visit him and listen to his new "speel". (Knowing Joe, you can expect to be entertained with not only information about the Arch, but also about his many years on the "River".)

The retiree with the most seniority at the luncheon was Bob Maxwell. The retiree with the least was Larry McCarthy.

Bob Lutz was the story teller alluding to a story about someone trying to water ski with a boat while still having the trailer attached.

The August luncheon is scheduled for August 19th at the Salad Bowl at about 11a.m. Let's see if we can increase the numbers.

## Quote of the month

A leader's role is to raise people's aspirations for what they can become and to release their energies so they will try to get there.

David Gergen ( U.S. News & World Report)

## This month's test sentence

At the time we got started, we were under the very strong impression that our employees' background and experience would provide the key and essential factor that would be a requirement for the program to be a success.

(Revision on back page)

# Careers in Science educates upcoming America

by Erin Connett, CO-N

There is a broad consensus that U.S. students need to be reawakened to achieve math and science literacy. Successful endeavors that have been well received by the educational community are already in place in many parts of the Corps. A unique partnership has been developed between the Rivers Project Office and the St. Louis Public Schools which integrates culturally diverse city and county students to experience together a learning opportunity which goes beyond the scope of the traditional classroom setting.



Students conduct wetland studies at the Riverlands Environmental Demonstration Area.

Now in its seventh season, the Careers in Science Program, created by the Rivers Project and St. Louis School Partnership brings students from St. Louis City and County, as well as Illinois students together each summer for ten days of intensive investigative study with professionals specializing in various fields of science. The goal of the program is to motivate and challenge students to excel in their studies and to prepare for their futures. Students are given a "behind the scenes" look at several math and science related career opportunities with program partners which include the World Bird Sanctuary, the Illinois Natural History Survey, the St. Louis Zoo, the Missouri Botanical Garden, the Riverlands EDA, the Science Center, the Butterfly House, SIU- Edwardsville, Lewis and Clark Community College, Monsanto, Treehouse Wildlife Center, University of Missouri - St. Louis, and Little Creek Nature Center.

"Careers in Science provides diverse "real world" educational opportunities that reinforce instruction in the traditional classroom setting. For example, these students participate in many activities throughout the program such as native fish analysis, water quality testing, DNA splicing, genetic engineering, wildlife rehabilitation, and other endeavors. The students will explore many careers, such as Park Ranger, Botanist, Professor, Engineer, Zoologist and Chemist," according to Glenda Partlow of St. Louis School Partnership Program.

One of the National Education Goals of the President's Goals 2000 program is that by the year 2000 United States students will be first in the world in mathematics and science achievement. Through the Rivers Project Interpretive Services and Outreach Program, we are already in America's classrooms bringing students "real life" exposure to applied sciences and technology. Programs such as Careers in Science excites students



City and County students are exposed to unique areas at the Missouri Botanical Garden.

about career opportunities in the fields of science and technology which works towards maintaining a highly qualified, culturally diverse workforce of engineers and scientists pursuing a career in civil service.

## Sentence revision

When we started, we strongly believed that our employees' experience would be the key factor needed for the program to succeed. *Traps avoided: At the time, got started, under the impression, very strong, background and experience, key and essential, be a requirement and be a success.*

