



ST. LOUIS ARMY ENGINEER DISTRICT **ESPRIT**

Vol. 41No. 07

www.mvs.usace.army.mil

September 2002



District Commander Col. Kevin Williams accepts a flag that flew over the Pentagon during the rebuilding work after the September 11 terrorist attack. The Flag, with a certificate from SECDEF Rumsfeld, will be on permanent display in the fourth floor lobby soon.

9-11 Anniversary Observed by St. Louis District

More than 150 people came quietly together in the 4th Floor Lobby of the St. Louis District headquarters in downtown St. Louis on Wednesday, September 11 to observe the first anniversary of the tragic terrorist strikes in New York City and Washington, DC, as well as the attempted fourth attack that ended in a field in Pennsylvania.

District Commander Col. Kevin Williams welcomed the Corps family to the observance. He commented on how each of us will always carry the events of 11 September in our memories all our lives, much as our parents and grandparents remembered the 7 December attack on Pearl Harbor.

“You will always remember where you were and what you were doing

when you first heard about these terrible events,” he told the assembled Corps family.

Col. Williams next called on everyone present to observe a moment of silence, remembering not only those who died, but the families and loved ones left behind as well.

Next, seven members of the District were recognized for their contributions in the wake of the attacks when they volunteered to go to New York City and Washington to take part in the rescue and subsequent recovery efforts. Five of the awardees were present and received prestigious

Department of the Army Civilian Awards for Humanitarian Service. They were: Jule Bartels, Tim Hiller, Vick James, Gary Lee and Jeff Stamper. Two other award recipients, Dave Mueller and Tom Niedernhofer were unable to be present due to temporary work assignments away from the District.

The observance ended with presentation of a flag that flew over the Pentagon in Washington, DC. The flag, accompanied by a certificate signed by Defense Secretary Donald Rumsfeld, flew there on 15 August during the round-the-clock work to rebuild the section of the Pentagon that was destroyed on 11 September. The flag, folded in a ceremonial triangle with only its blue field and white stars showing, will be placed in a display case in the lobby for all to view.

Similar observances were held throughout the District and many Corps employees attended or took part in remembrances conducted by municipalities and organizations.



Humanitarian Service Awards went to: (L) Jeff Stamper, Gary Lee, Jule Bartels, Vick James, Tim Hiller during the September 11 Observance.



Commander's Perspective



COL Kevin Williams

By now, many of us in the St. Louis District have worked through the Project Management Business Process (PMPB) training disks and participated in the follow-up small group discussions of this program and how it applies to the Product Delivery Team.

I cannot stress enough, how important this is to the U.S. Army Corps of Engineers, both at the organizational and individual levels.

Basically, the PMBP is a way of doing business with teams to deliver our products and services.

"But that's the way we've done business for years," you may say. And indeed, you are right. We already use teams, not individuals, to accomplish the great majority of what we do. Most projects are simply too large to accomplish alone.

The key to our future success lies in how well we do this, in how well our

teams perform. It is not inherent in our organizational structure that we will succeed, or for that matter, that any team will win consistently.

For example, look at major league baseball. All teams have a 25-player roster through most of the season. They play by the same set of rules. They all play with bases the same distance apart and with the same size ball.

But there are Cardinals and there are Brewers (I don't mean to demean anyone from Milwaukee, but the Brew Crew is pretty firmly in last place.) All major league teams have at least some talented players. Some teams rise above adversity. Some get more out of their players than can be expected, while others repeatedly snatch failure from the jaws of success, however good they look on paper.

It is all in how the team works together, the management, the philosophy and chemistry. No single player or small group wins a championship.

Similarly, we in the District have all of the parts essential to be a winning team. We have brilliant people who can accomplish virtually anything. We have hard working people who repeatedly rise above any adversity to shine. And we have a couple of lucky ones too.

We have people who excel at teamwork, whether as team builders or team players. Like the ability to hit a curve ball, these team skills are neither easy to learn nor does everybody have them intuitively. Almost all are capable of developing these

skills, but we need to define what's necessary and help our people to learn those skills and how to use them.

So that's why PMBP is so darned important, to me, to you, to all of us. We need to do all we can to ensure every team we form is the best team that we can put together. We need to ensure that everyone understands his or her role, how he or she fits into the team and most importantly, what is necessary for the team to deliver the product and win.

PMBP is a plan. It is a checklist. It

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US Army Corps of Engineers
St. Louis District®

ESPRIT is an unofficial publication authorized under the provisions of AR 360-81. It is published monthly, by contract, in 1450 copies, by the Public Affairs Office, US Army Engineer District, St. Louis. Views and opinions expressed in this publication are not necessarily those of the Department of the Army.

District Commander ----- COL Kevin Williams
Chief, Public Affairs ----- Alan J. Dooley
Editor, Design, Layout ----- Russell A. Elliott

Address mail to: US Army Engineer District, St. Louis, ATTN: CEMVS-PA, 1222 Spruce, St. Louis, MO 63103-2833, Phone (314) 331-8095



Mississippi River Commission - Low Water Inspection Trip Comes to St. Louis District



MV Mississippi prepares to dock at Mel Price Locks and Dam, Alton, IL.

The most powerful diesel-powered towboat in the United States, MV (Motor Vessel) Mississippi, stopped in Alton, IL on August 15th. The 241-foot, 6,300-horsepower vessel serves both as a working boat for the U.S. Army Corps of Engineers and as flagship of the Corps' Mississippi Valley Division.

The vessel stopped in Alton to enable the Mississippi River Commission (MRC) to conduct one of a series of public meetings held in conjunction with its annual Low Water Inspection.

The commission is a presidentially-appointed group of seven, including three Army engineering officers, an



Several MRC public meeting attendees delivered individual or organization statements to the Mississippi River Commissioners.

officer of the National Oceanographic and Atmospheric Administration and three civilian civil engineers. Among its tasks, it is charged with conducting these coordination meetings to inform the public about Corps of Engineers activities on the Mississippi River and to seek public comment and input on these matters.

By law, such meetings must be conducted either in a conference room

Commander Col. Kevin Williams, deliver reports on their areas of responsibility.

Next, people running the gamut from state and local governments, navigation and agriculture industry representatives, to environmental activist groups, were given opportunities to address the commission and to enter written comments and questions into the record.

Following the two and one-half



St. Louis District Commander Col. Kevin Williams provides an update on District projects to the more than 100 attendees of the MRC public meeting at Alton, IL.

in the Division Headquarters in Vicksburg, MS or onboard a Corps of Engineers craft named Mississippi. Doing the latter takes these meetings to the citizenry and facilitates a broader public participation.

The Mississippi Valley Division Commander, Brig. Gen. Edwin J Arnold, Jr., heads the current commission. He chaired the session in Alton.

During the public meeting in the morning, an audience of more than 100 people first heard General Arnold, the Northwest Division Commander Brig. Gen. David A. Fastabend and St. Louis District

hour session, MV Mississippi got underway from the pier at the Corps' Melvin Price Locks and Dam and journeyed south toward St. Louis. A subset of the individuals addressing the commission in the morning remained aboard for the transit, taking part in informal discussions en route.

A team from St. Louis' FOX-2 TV station also rode MV Mississippi on this leg of her trip south, and interviewed Generals Arnold and Fastabend, as well as several representatives of industry and environmental interests, to produce a report that aired that evening in St. Louis.



Corps Swiftly Answers Valley Park, MO's Call For Help

On the morning of July 26, 2002, the city of Valley Park, Mo. suffered a tragedy when 6-year-old Cassandra "Casey" Williamson was abducted from her home and murdered. The murder occurred on the site of a Valley Park - U.S. Army Corps of Engineers flood damage reduction project, in abandoned glass factory slated for future removal to make way for a levee between the city and the Meramec River.

Community response to the tragedy was swift and vocal, as local officials heard public calls for the immediate demolition and removal of the now widely recognized area that had for years attracted vandals and other lawless activity.

The dense undergrowth, much like scenes from Central American ruins, with vines growing up and over brick walls, presented a daunting challenge to a clean up of the site.

A number of hurdles lay in the path to that goal however. But the Corps' long involvement with the project in Valley Park made many District employees feel as though they had a personal stake in the tragedy and steps to meet the community's requests moved to the head of a lot of their

"to do" lists.

With Project Manager Jim Zerega coordinating with the community and other District personnel working together, impediments to fast action were identified and attacked.

The area in question comprised some 10 acres of heavily wooded river bottomland with substantial concrete and brick foundation structures, many extending deep under



District biologist Ken Dalrymple points out a potential juvenile Indiana Bat habitat tree to a St. Louis TV cameraman.

ground. Two problems appeared to make it impossible for the demolition to go forth quickly:

- * The densely packed trees provided potential nesting habitat for an endangered mammal, the Indiana Bat.
- * The structure itself was historically significant, being the site of a very significant turn-of-the-century industrial site that was in fact, the reason for the existence of Valley Park, a community that grew up

around a new plate glass factory that supplied building material to the entire region.

The endangered bats were of concern to Federal and Missouri state wildlife agencies. Biologists understood that juvenile bats might be growing in specific trees until as late as October 1st.

After an agreement was struck with concerned officials, District biologists Ken Dalrymple and Tim George were dispatched to the site to identify and mark such trees: with exfoliated, or loose bark, and 20 cm or 8 inches or larger in diameter. In a two-day period they marked more than 70 such trees. They understood that there might not be any bats in them, but they took no chances.

District archeologist Dr. Terry Norris and photographer Russ Elliott also thrashed their ways into the dense undergrowth to photograph and otherwise document the physical structure itself. Their efforts, actually coming after earlier, more measured investigations, were targeted at providing a thorough documentation of the old industrial site to meet the requirements of the Missouri State Historical Preservation Office. Eugene Marino monitored the contractors' work during the clearing.

Equally swift work by Civil Engineer Greg Bertoglio, who developed the plans and specifica-



Before and after pictures: For many years the abandoned glass factory near the Meramec River in Valley Park has been covered by a dense tree stand and jungle-like undergrowth. Within one month of the tragic death at the site, a contractor has cleared the tree cover, exposing the foundation of the former factory to the sun for the first time in most citizen's memories.



Nearly 10 acres of dense river bottom woodlands were removed to uncover the ruins of the abandoned glass factory. After October 1, 70 remaining trees that potentially harbor the endangered Indiana Bat will be removed and demolition of the structure itself will follow to make way for a flood protection levee.

tions for the tree-cutting job, District Small and Disadvantaged Business head Glenn Chatman, cost estimator Greg Dyn and Contracting's Archie Ringenberg and Judy Kibler bore quick results when an agreement was reached on August 16 with a local construction company to remove the trees covering the site.

The following Tuesday, August 20th, the contractor, Boone Construction, Inc., was supposed to start bringing in equipment to begin downing trees the next day. Instead, they arrived on scene and began tree removal on Tuesday. Vick James, from Construction arrived at the same time and over the next week, monitored this phase of the work, as he has done at Valley Park for several years in the past.

Clearly, in the words of Project Manager Jim Zerega, "This whole effort moved to the head of everybody's priority list. State, local governments and the Corps team coordinated in a remarkable swift show of unity."

Under intense media coverage, the tree cutting moved ahead swiftly and within less than a week - far faster

than the contract called for - the entire 9.9-acre site lay bared to daylight. All trees - except the 70 potential Indiana Bat trees - lay in piles on the ground and for the first time in anyone's memory, the foundation of the old glass factory lay in sunshine.

The ruins of the old factory are being demolished by the city of Valley Park, thus removing the physical reminder of the tragic murder.

In the future the Corps of Engineers will supervise an excavation of the site to remove underground openings and to prepare the area for construction of a levee that will then protect the City of Valley Park from periodic flooding by the nearby Meramec River.

Everything that has been done so quickly would have occurred in coming months and years. But the senseless murder that occurred on the site galvanized the community, state, federal agencies and the District to accelerate this part of the project. Sadly, none of this can bring Casey Williamson back. But the swift response by everyone involved has helped to focus the community on the future instead of the tragic past.



This stuffed toy was an early individual attempt to honor the memory of Casey Williamson, who died tragically nearby.

Commander's Comments cont from page 2:

is a philosophy. It is a way of doing business. What it is not, is a passing fad. While it will doubtless evolve over time, just as our mission changes to meet emerging needs, it is how we are all going to do our jobs in the U.S. Army Corps of Engineers. It is how we will win.

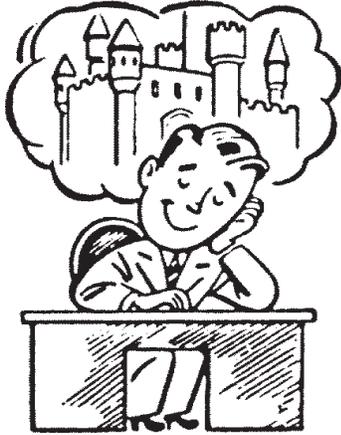
Last month I told you that one of my philosophies is to have fun in our jobs. Almost every one of us has suffered at least one failure in our pasts, has been a member of a losing team, or has simply stood on the sideline watching the game go by. I can't guarantee that PMBP will improve your personal lives, but I can promise you that your work will be more enjoyable - more fun - if you are part of a winning team.

We owe this effort to each other. Indeed, this month, as we apply ourselves to mastering PMBP, our Corps motto, Essayons - Let us Try - is more important than ever. Let us try real hard.

Essayons!



The Way I Remember It



by Claude Strauser

When I began working for the Corps of Engineers in the St. Louis District we had two steam operated, paddle wheel dredges. The Ste. Genevieve (a cutter head dredge) and the Kennedy (a dustpan dredge). These two vessels fascinated me and I took every opportunity to visit them during my work on the Mississippi River.

Mr. Carl Barron was in charge of these two dredges (and all the support vessels associated with each dredge). No one ever called him Carl; he was either Mr. Barron or Mr. B. When I was on the Junior Engineer Training (JET) program, I was assigned to Mr. B for a few weeks.



Dredge Kennedy

One afternoon, about time to go home, Mr. B said, “we are going to the Dredge Kennedy and we may not get back until tomorrow morning”. Let’s go! I had not planned to go anywhere but home that evening - I didn’t pack a suitcase, have a change of clothes, no extra money, nothing. I got in the car and Mr. B started driving. I said, “Where’s the dredge?”

(thinking it was somewhere close) He said, “You’ll know when we get there.” Well, many hours later and many close calls with death (Mr. B was not known for his driving skills), we arrived on the Ohio River near a place called Bluff’s Bar. A shuttle was sent to the bank line to pick us up and transport us to the dredge. Mr. B had several discussions with the Master of the vessel and the senior pilot. Afterwards we sat down for a meal. If you ever had a meal on a dredge, you know it was like a Sunday Dinner feast.

While we were eating, all the alarms went off and people began to scramble. The steam whistle was blowing and the ship’s bell was ringing. I didn’t have a clue what was happening. Mr. B said, “Come with me and don’t get in the way”. We went to the pilothouse and the problem became instantly clear. We were in the middle of the channel dredging and a large tow was coming down river, heading right for us.

Normally, the dredge would pick up its head; the dredge would pull against its anchor cables and move out of the way. The problem this night was one of the anchor cables had broken and the dredge could not move out of the way. The tow was trying to slow down but couldn’t stop because it was so massive. The Master of the vessel commanded the dredge tenders to both line up on the starboard side of the vessel and start pushing the dredge out of the channel. He even lashed the motor launch to the side of the dredge and used its power to shove (as much as it could). With the tow trying to slow down and the tenders shoving the dredge, an accident was averted (just barely). The tow passed within a few feet of the dredge. After this excitement, I looked to the Master of the vessel to say something memorable to Mr. B. This was a moment I was going to remember for the rest of my life. The Master turned to Mr. B and said, “I think there is another piece of pie if you want it.”



Dredge Ste. Genevieve

I normally tried to be on one of the two vessels when they left the Service Base at the beginning of the dredge season. Normally Mr. B. would send the Dredge Ste. Genevieve to the Illinois River while the river was still high. This made it easier for the dredge to place the dredge material closer to the bankline. One season I learned the dredge was leaving the Service Base and I wanted to ride it to Locks 27. I enjoyed standing on the stern of the dredge. I was mesmerized by the wooden paddle wheel. It would slowly begin to turn; the water would begin to splash. The speed of the wheel began to increase and we would almost imperceptibly pull away from the mooring barge at the Service Base.

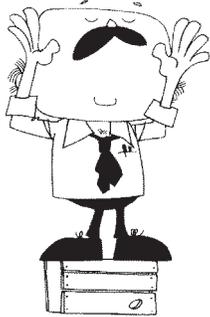
This particular day the Mississippi River was nearly bankfull. The velocities of the river were faster than the speed of the dredge. The dredge could normally push against the current and sometimes achieve a speed of 5 miles per hour. On this day the maximum speed of the dredge was the same as the velocity of the river.

After an hour, we had not left the Service Base. The Master had the tenders pushing along side assisting the power of the dredge. Soon he called for the M/V Crane and it came along side and began pushing. Some progress was made but not very much. The Master of the Dredge called for the M/V Pathfinder and it came along side and helped push. With this additional help the dredge began to make progress against the forces of the Mighty Mississippi. The dredge was on its way to the Illinois River. A very exciting adventure for a young river engineer and a memory stored for a lifetime.

That’s the way I remember it.



Around the District



Wappapello Lake Rangers Save Bald Eagle

U.S. Army Corps of Engineers Park Rangers James Gracey and Doug Nichols teamed up with Wayne County (MO) conservation agents recently to save an imperiled bald eagle at Lake Wappapello.



A bald eagle hangs precariously from an illegally maintained limb line at Wappapello Lake. The bird - a symbol of our nation apparently became hooked on the line while diving for a fish in the water below.

The team sprang into action when three fishermen reported the eagle - a protected symbol of our nation - hanging in a tree near the lake's spillway boat ramp.

The eagle had become ensnared on the hook of a limb line, apparently as the bird dove to catch a fish near the shore. The bird was dangling some 10-12 feet above the water.

The fishermen, who fortunately came upon the eagle not long after it had been hooked, called Corps officials immediately. They in turn, notified local officials and county conservation agents Mic Plunkett and Russell Duckworth were dispatched to the scene.

Working together the group was able to get the eagle down from its perilous position and capture it so it could be treated.

During the rescue attempt they tried to pull the branch down with a rope, but the eagle grasped the rope in its claws and refused to let go.

Next the men cut the fish line, and when the eagle fell to the ground it still refused to release the rope. So they were able first simply to reel the line in and then cover the bird with a large, heavy blanket.

Once they had the bird under control and calmed, they transported it to the Hillcrest Animal Hospital in Poplar Bluff, MO. There, the bird received antibiotics. A veterinarian determined that there were no broken bones and that the hook had not penetrated any muscles before removing it from the eagle's wing.

The eagle spent the night at the Corps project office at Lake Wappapello, with plans to release it the next morning.

But on the advice of Carolyn Watkins, a licensed bird rehabilitation expert who has helped the Corps in the past with injured eagles, since the eagle's wing was drooping the next morning, the bird was taken to her facility for further recovery.

It is thought to be part of a mating pair that remains in the Wappapello area year round. If this is true, County and Corps personnel hope the bond between the birds will continue following the three week in rehabilitation.



Within three weeks the injured bird's health was restored and on August 13th, it was returned to freedom near where it was rescued.

The incident was preventable. According to Wayne County agent Plunkett, limb lines, used by fishermen to catch fish when they are absent, are supposed to be removed when they are not in use. Missouri state law requires the lines to be labeled by fishermen, with their names and addresses. They must also be checked every 24 hours, at a minimum. None of these regulations were being followed in this case.



Old Greenville Days:



A key element of historic reenactments is reliving the lifestyle of the day. Many wear clothing, prepare their meals and live in rustic tents, all faithfully authentic to the era they are attempting to recreate, even for a brief weekend. Here, several Greenville Days participants pause for an authentic group photo.



The reenactment featured a Civil war battle scenario that included displays of horsemanship and cavalry fighting skills

The 11th Annual Old Greenville Days event at Wappapello Lake was a smashing success on 21-22 September. Mother Nature provided some of the best weather conditions that anyone could imagine. The estimated attendance was just over 10,000 visitors for the weekend. The campground was full. Many folks have made attending this event a family tradition. There was something to see and do for all ages. Some of the activities included: Civil War Living History, fifty-one craft booths, candle light tours, parade and live musical entertainment by some of southeast Missouri's finest bluegrass/ country and gospel bands and a special performance by "Boo Boo" (Irene Settles) and Friends. This annual event is done in partnership with the Wayne County Historical Society. A new partner added this year was the Greenville Masonic Lodge.



Period weaponry isn't limited to small arms. Here, authentic cannons belch smoke and noise - but no projectiles - in defense of a position.



"Boo Boo" (Irene Settles) and Friends



Another participant demonstrates safe handling of small-caliber handguns in a simulated battle situation at Wappapello Lake, Mo.



11th Annual Mark Twain Lake Environmental Education Day



The 11th Annual Environmental Education Day was held at the Spalding Recreation Area at Mark Twain Lake. Eighteen schools and one home school group was present for the event. 1200 4th-8th grade

students and their teachers had the opportunity to learn what is being done to promote, protect, and enhance our precious natural environment.

Representatives from 21 businesses, government agencies, and special interest groups discussed how their industry impacts the environment and what steps they are taking to improve the quality of our environment. At

each station a representative gave 10-30 minute presentations. Travis Tutka and Erin Duffy represented ED-GE and Rob Gramke, and student volunteer Matthew Brandt (son of Alan Brandt, CO-T) represented



Matt Brandt and his snakes were popular with the kids.

CO-F. Matt's extensive herpetological collection was a great addition to the event. Mark Twain Lake Park Rangers Steve Wagner and Brad Stamp gave other Corps presentations.

Area sponsors contribute \$2500.00 to support the event. Sponsors are the U.S. Army Corps of Engineers, BASF Corporation, General Mills, Al's Rental Plus, Continental Cement, and Northeast Missouri Power, C & R Markets and University of Missouri Outreach and Extension.

American kids: They are the human capital in our technological future

There used to be an assumption that natural resources determined whether a nation's economy would grow and be successful. But some economists believe that the central factor in a nation's growth is the education and skill base of its citizens.

The American economy has shown more sustained growth than almost any other, but American high school students don't rank high on international tests. How can that be?

Economist Michael Elliot, writing in Time, says American universities are outstanding, but they couldn't do the job if high schools weren't doing theirs.

High schools are doing a better job than ever before. They have returned to basics while assessing student performance in state-mandated tests. At the same time, American kids have



become Internet savvy and keyboard confident in grade school.

By the time they graduate from

high school, they have developed the skills and comfort with technology that are vital for success at college or in the job market.

There's more. It's a hidden

element in our schools: American students learn technology, social skills, and group work in environments that celebrate diversity!

Education in some urban schools can't compete with that of foreign countries. But in general, the combination of basics, technology, and diversity in American schools will help

maintain the U.S. economy better than the oil or diamonds of other nations will, Elliot says.



Lake Shelbyville



Shelbyville visitors using Wilborn Creek's newly refurbished parking lot.

Parking lots receive a facelift: The repair of parking lots from a summer of being under water is entering the final phase at Lake Shelbyville.

Slurry seal operations have begun on the first of three large parking lots that will complete the sealing and striping of some of the most popular boat launching areas at the lake.

Recreation turf repair: Very high

water for more than 75 days during the summer of 2002 at Lake Shelbyville had a devastating effect on the turf at several recreation areas.

More than 37 acres were damaged and the over seeding operation to repair the grass is now in full swing. Favorable weather conditions have also helped to keep the work on schedule for prime fall application.



Resurfacing work includes access roads to and from parking areas.



Over seeding operations are replacing grass killed by the spring 2002 flood.

Lock & Dam 24 Rehabilitation

Midwest/Massman Construction Company continues to set pre-cast panels along the riverside face of the intermediate lock wall at Lock 24 at Clarksville. The Contractor is also setting horizontal and vertical rebar along the riverside of the intermediate wall.

Some additional demolition and removal of the aging concrete lock walls remains to be completed. This will be done during a scheduled winter shut down of Lock 24 starting December 15.

Initially, water will be left in the chamber to cushion the concrete's fall after it is blasted or hammered loose. Next, the chamber will be dewatered to enable removal of the pieces of concrete from the bottom, installation of additional precast panels and pouring of concrete behind the new panels.

The winter shut down is slated to end not later than March 15. This closure for rehab work has been scheduled carefully with navigation

interests since during the shut down, it will not be possible for vessels to lock through.



Construction workers carefully maneuver precast concrete panels into place along the intermediate lock wall at Lock 24.



Terror: What can you do?

Okay, so there is an “elevated risk” of terrorism. What’s that mean? What can you do?

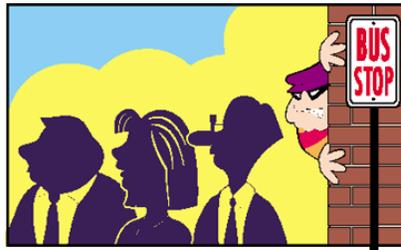
You can stay aware.

According to the Journal of Homeland Security, the best thing a civilian can do is to be the eyes and ears of law enforcement.

Be aware of people and things that are out of place and don’t be afraid to be nosy.

If you see a strange car or truck parked in your neighborhood, call the police.

You might see a package left unattended under a bench in an urban area. If you do, don’t disturb it. Tell a police officer.



Also, do not let unusual situations go unreported. If you see a person around a utility pole at night, call the police. Any unusual activity involving utilities, reservoirs, dams, or public buildings should be reported.

Some authorities are even suggesting that Americans do what many people in the Mideast already do: Create a safe room with food and water, a generator, and a cell phone.

Your Local Resources. From the White House Web site:

- There are more than 1 million firefighters in the United States, of which approximately 750,000 are volunteers.
- Local police departments have an estimated 556,000 full-time employees, including about 436,000 sworn law enforcement personnel. Sheriff’s offices reported about 291,000 full-time employees, including about 186,000 sworn officers.
- There are more than 155,000 emergency medical technicians who are national registered.

Corn: On the cob or off, it’s a treat with big health benefits

Corn hasn’t had much good press lately. Upstarts like broccoli have been stealing the show, but corn is one of the ancient foods that deserves respect today. The Aztecs served corn, and the Mayans did too. Native Americans saved the Pilgrims from starvation by demonstrating how to grow corn. Now modern people find it an excellent source of great flavor, vitamin C, and fiber.

Corn bran is a heart protector. One study at Illinois State University shows that men who ate a low-fat diet plus 20 grams (less than a teaspoon) of corn bran each day for six weeks had a 13 percent drop in triglycerides, blood fats that contribute to heart disease. Those who ate wheat bran showed no such



change. The soluble fiber in corn binds with cholesterol in bile from the liver. It then passes from the body, taking the cholesterol with it. There’s more to corn than medical benefits. Corn on the cob is a great seasonal treat. (White corn has more fiber than yellow.) When cutting it off the cob, try to get the whole kernel. Or cut the corn from the cob, then run the back of the knife down the rows to get it all.

Buy mature corn, and cook it while it’s still fresh. Husk just before cooking. Steaming corn is best, because boiling draws out some of the nutrients.

When adding corn to a salad, use raw corn for a flavorful, crunchy addition to other vegetables.

Spicy Southwestern Cornbread

Cook 1/2 C diced red bell pepper with 1/2 C onion and one minced jalapeno in 2 T butter over medium heat until soft. Prepare an 8-oz. box of cornbread mix, adding 1 C corn and the pepper mixture to the batter. Pour into a greased 8-in. round cake pan, sprinkle with 1/2 C shredded Monterey Jack cheese, and bake at 400 degrees for about 25 minutes. Serves 8 to 12.



Corps Infoms Public about Radioactive Contamination Clean up Efforts

FUSRAP... ionizing versus non-ionizing radiation... rem and Curie... ARAR... Such is the mysterious vocabulary of the world of cleaning up radioactive contamination resulting from years of activities of the Atomic Energy Commission.

These and other words, phrases and concepts were the focus of public training sessions recently held in northern St. Louis County, Missouri by the U.S. Army Corps of Engineers, St. Louis District.

During World War II, the nation initiated a highly classified program known as the Manhattan Project. Racing against the Axis powers, the President approved the development of the atomic bomb in January 1942. The U.S. Army Corps of Engineers, Manhattan Engineer District was assigned to manage development of the technology and production facilities for the first atomic weapons in August 1942. At the end of World War II, Congress transferred the responsibility of the atomic weapons program from the Manhattan Engineer District to the new civilian Atomic Energy Commission.



Atomic Energy Commission Logo

Now, more than fifty years later, many of the sites where this work took place, are being cleaned up under the somewhat awkwardly entitled Formerly Utilized Sites Remedial

Action Program, or FUSRAP.

The Atomic Energy Commission established FUSRAP in 1974 under the authority of the Atomic Energy Act of 1954. The program was created to identify, investigate and

(The Feasibility Report will identify alternative cleanup solutions and the Proposed Plan will describe the one initially recommended by the Corps for implementation.)

According to Sharon Cotner, St.

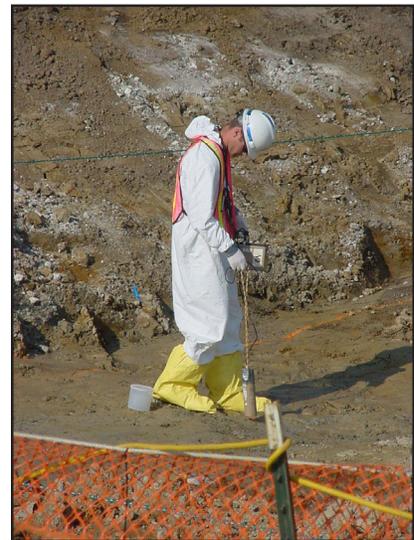


Some 50 people took advantage of two nights of training in St. Louis to learn the vocabulary and process used by FUSRAP to clean up contamination left behind by the nation's early atomic energy projects.

cleanup sites with radioactive contamination resulting from the nation's early atomic energy program. Congress transferred responsibility for FUSRAP to the Corps as part of the Energy and Water Development Appropriations Act for Fiscal Year 1998. Sites were transferred to the Corps in various stages of cleanup. Some were being cleaned; others required additional investigation before a final decision regarding cleanup could be made.

In the St. Louis area, the North County Sites, which include the St. Louis Airport Site (SLAPS), the Hazelwood Interim Storage Site/Latty Avenue Vicinity Properties, the effected properties between the two sites (referred to as the SLAPS Vicinity Properties), and Coldwater Creek, are among the list of FUSRAP sites awaiting a final cleanup decision. The St. Louis District is moving toward release of a North County Sites Feasibility Report and Proposed Plan for public review and comment.

Louis District FUSRAP Program Manager, "The Corps investigation and cleanup of these sites is performed under the Comprehensive



FUSRAP clean up sites are located across the nation. Here a Corps employee monitors soil contamination at a site within the District.



Environmental Response, Compensation, Liability Act of 1980 or CERCLA, as it's commonly called. Under CERCLA guidance, public acceptance and input must be considered as part of the process of selecting



Participants discuss presentation.

the final remedy or solution. This means that the public will be given an opportunity to read and comment upon our documents — our Feasibility Report and Proposed Plan.”

Cotner continued, “To enhance their understanding of these technical documents and the impacts of the different alternatives which will be presented, we proposed these training sessions to USEPA, Missouri Department of Natural Resources and the local (stakeholder) Oversight Committee. Everyone thought it was a great idea. We’re trying to do everything we can to get this background information out to the public. We want them to understand what they will be reading. We need their input.”

The first training sessions focused on increasing the public’s understanding of the technical and legal factors that are important in radioactive investigations and cleanups. The

sessions were designed to prepare people to review documents that will propose cleanup alternatives for the North County FUSRAP Sites, just north of the St. Louis Airport. Trainers used graphics and handouts to present the fundamentals of various topics including radiation, risk assessments, risk range, and cleanup. Concepts were reinforced with hands-on demonstrations of soil sampling, and surveys, and handling radiological detection equipment and instruments. The key concepts were

government representatives, to personnel from St. Louis’ Lambert International Airport and general members of the public. I think this showed that people think what we are doing is important and that they understand they need to be part of the decision process,” Jacque Mattingly of the FUSRAP Office, said.

During the sessions, St. Louis District FUSRAP personnel defined the technical processes and scientific factors used and their relationship to the alternatives being developed.

Copies of the presentations, fact sheets, and contact information were given to attendees for future reference. People unable to attend the training sessions were provided copies of the same materials.

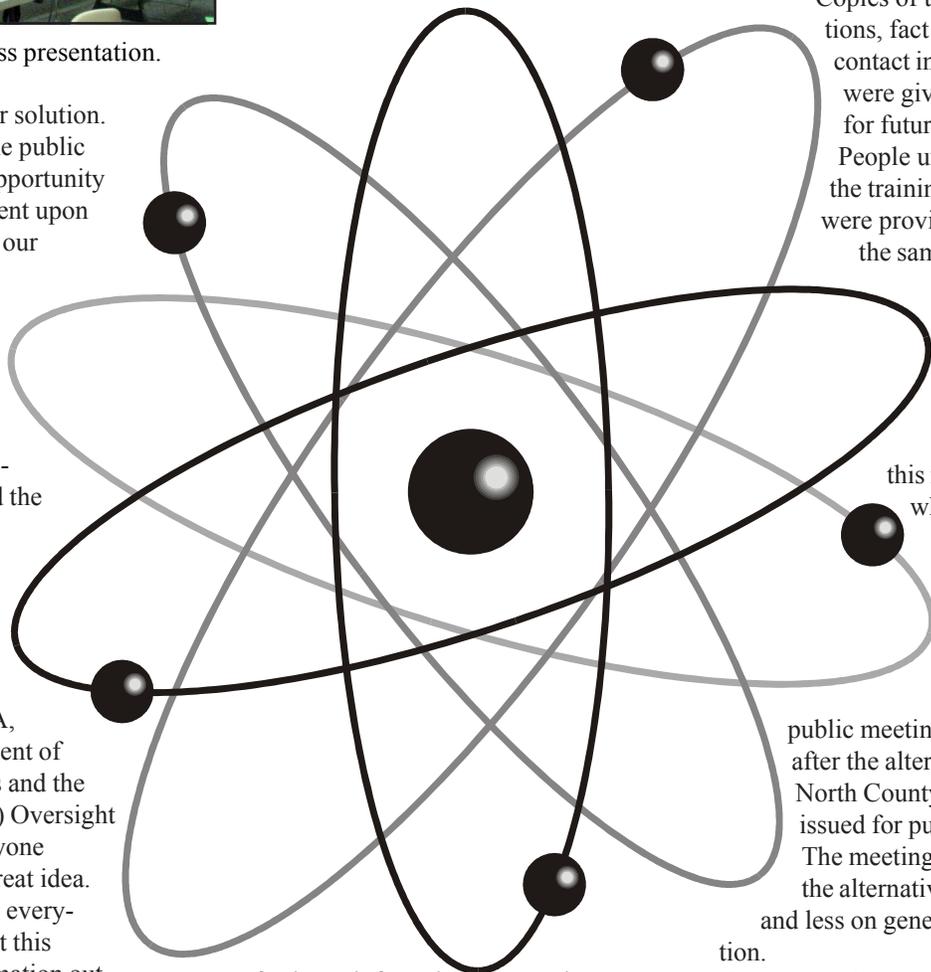
It is the hope of St. Louis District personnel that the public will refer to this information when they review the proposed cleanup alternatives for the North County Sites.

Another public meeting will be held after the alternatives for the North County cleanup are issued for public comment. The meeting will focus on the alternatives themselves and less on general information.

further reinforced with post class tests each night to review the material presented.

“About 50 people attended the two sessions. That was more people than we usually see. We went to a lot of effort to involve the community. Attendees ran the gamut from congressional staffers to local

The community outreach program is part of the Corps of Engineers’ ongoing effort to build trust and make the FUSRAP cleanup process more comprehensible to the public. This is essential given the emotional and little-understood subject of radioactive contamination and the alternatives for dealing with it.





Here Comes TELEWORK!

by Kathy Tober

The District will soon start exploring a deliberate path to identify positions and employees who may be eligible to work from a site different than their regular work site. This concept, previously called telecommuting, is now called "telework".

Chief of Engineers LTG Flowers is a strong supporter of telework and wants all eligible employees to be offered the opportunity to telework. The decisions on which positions/employees are "eligible" will be supervisory ones and depend on the nature of the work (portability of job duties), employees' characteristics (independence, motivation, dependability), and supervisors' characteristics (communication, trust, measures performance through results).

Telework can be done as a regular and recurring option (one or more days per pay period) or on an ad hoc basis (as suitable work of sufficient amounts is encountered).



Employees may be approved to work at field sites, public facilities, or at their own homes. Employees approved for telework will have to work their regular duty hours at the alternate worksite and will be expected to be on duty the entire workday. They will not be authorized to care for children or perform other non-duty activities during their workday.

Telework is designed to save commuting time, cost, and pollution; decrease traffic and parking congestion and energy consumption. It is

being examined as a way to improve the quality of work life and performance and increase productivity by eliminating distractions, interruptions and office overcrowding. It will also hopefully increase morale and reduce stress; and accommodate employees who have health problems.

Within the next few weeks, supervisors will give a telework surveys to employees they deem "eligible" to telework. Employees who believe they are eligible for telework but who are not given a survey should discuss their concerns with their supervisors. After the completed surveys are received, the District staff will assess alternative sites and information technology options (e.g. laptop computers, cell phones, etc.) and plot a course designed to minimize costs and maximize productivity.

By DoD policy, teleworkers may use only government-owned computers if their work will require access to the organization's computer network. Each telework arrangement will require a written agreement between the employee and the organization.



Congratulations for promotions to:

- Eddie Allen, XF-11, Dredge Potter.
- Teresa Allen, GS-9, PM
- Lara Anderson, GS-11, ED-Z.
- Tamara Atchley, GS-13, PM-F.
- Anthony Baker, GS-3, Mark Twain Lake.
- Julie Blanks, GS-11, HR.
- Brandon Murray, GS-3, Mark Twain Lake.
- Edward Brauer, GS-5, ED-HP.
- Rosemary Craig, GS-13, RM-B.
- Robert Gramke, GS-12, CO-F.

- Lesla Nohren, GS-7, Lake Shelbyville.
- Jennifer Riordan, GS-11, ED-Z.
- Kevin Slattery, GS-9, ED-HQ.
- Aaron Smoot, GS-3, Mark Twain Lake.
- Demond Tart, WG-8, CO-NP.
- Alex Threlkeld, GS-3, Mark Twain Lake.
- Cathy Vanarsdale, GS-11, ED-Z

Conversion and promotion to:

- Jason Brown, from STEP to SCEP, ED-HPR.
- Lesley Carr, from STEP to SCEP and to GS-4, IR Office.
- Frederick Venturini, to career conditional appointment and GS-5, Lake Carlyle.
- Andrea Wichlan, to career conditional appointment and GS-5, ED-HP.

Farewell to Retirees:

- Phil Eydmann, CO-CS
- William Fauke, Rivers Project
- Billy Finley, CO-A
- Nancy Gerth, ED-P
- William K (Kirk) James, ED-P
- Leroy Kaiser, RM-F
- Lois King, ED-P
- Joann Moritz, CT
- Riley Pope, ED-P
- Lowell Summers, Rend Lake
- Charles Turlin, ED-SG

We welcome:

- Sally Corbett, GS-12 Program Analyst, RM-B.

Dawn Walgate, returns to the St. Louis District from a European assignment, GS-11, Security Office.



Employee of the Month



Mark Alvey, of the Geotechnical Branch has been named September *Employee of the Month* for the St. Louis District. In announcing the selection, Col. Williams cited Alvey for his leadership and dedication as the technical manager on the Chain of Rocks project. The commander also noted that Mark has worked to secure more work for this district in the St. Charles County area, which benefits the entire district in these lean budget times. Mark consistently volunteers his time with the Society of American Military Engineers and represents the district well at these functions.

Welcome Back

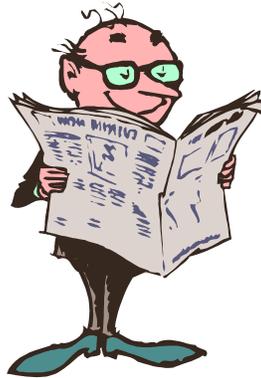
Dawn Waldgate has returned to the St. Louis District, this time as the District Security Officer. Dawn, who served here in the security office previously, is replacing Dick Schamberg, who retired last month.



Dawn is returning from a two-year assignment in Germany, where she worked for the U.S. Army Corps of Engineers in Europe. There, serving as security officer, she focused on terrorism and other threats to Corps operations throughout the continent.

Stop by her office, renew previous acquaintances or make a new one.

Retiree's Corner



The retirees continue to meet 11:30am., third Thursday at the *Salad Bowl*, on Lindell Blvd. The number of retirees isn't very large, but they do have a great time talking about their busy retirement schedules.

Several retirees had some very special quests. The Bockhorst's, the Lutz's and the Puricelli's each were accompanied by grandchildren. Thankfully, the kids knew where they were and what they wanted. They made sure that their grandparents got through the buffet line and had their lunch. They also watched the clock to make sure that the seniors didn't stay out to late.

Sharon McCarthy tells us Larry is a gentleman farmer, but is also dangerous to himself. He grows tomatoes and onions. They always get an abundant "crop". However, Larry seems to always come out second best with the lawn mower and the weed eater. (Maybe Larry is trying to give Sharon a hint.) Larry mentioned that he heard that Mary Berra (Personnel Office) is doing some work at Channel 2. Who knows, this may be a new career for Mary.

Don Wampler is a gentleman farmer too. He grows different crops—cucumbers and gooseberries. He has more experience with machinery than Larry McCarthy, and has never been bested by any of his tools. Don recently spoke with Bob Maxwell. Bob shared that Ed Ortvals (formerly from the Engineer Supply Control Office-ESCO) now resides at the

Missouri Veterans Home. Bob Maxwell is very busy, volunteering at the Home and being on the Advisory Board of the complex where he lives. They needed some experienced individuals to help them run the place.

Charlie Denzel recently had lunch with John Jansen (another nonagenarian) and he invited John to attend the retirees meeting. John refused saying that at his age he no longer goes to meetings. Charlie admitted that he used a poor choice of words, he should have invited John to lunch. Maybe next time, Charlie. Charlie also considers he was instrumental in Joe Kellet getting the Deputy's job. Joe once worked for Charlie, when he was previously with the St. Louis District. Charlie said he taught Joe all he knows. (That's the way Charlie said it and Charlie always tells the truth.)

Bob and Barb Lutz, and their granddaughter, returned from a cruise. They scheduled their trip to coincide with our retiree's luncheon. The cruise was around the Island of England Ireland and Scotland. Bob shared some very interesting and funny stories about their experiences, both on the ship and at the various ports of call. He invited any retiree that gets down to the Table Rock Lake area to give him a call and visit. He would even consider a round of golf for anyone so disposed, since he hasn't had to many opportunities to play since moving there.

Lew Scheuermann mentioned that the Bakers were recently in town and they went down to Cape-Jackson to visit with Estelle Huizenga. Lew shared photos of their trip and they all look great. Jim Baker is improving his golf game. He lives on a course and undoubtedly makes it a point to check the conditions of the greens periodically. Mike Cullen has a very good reason to root for the Montreal Expos. One of his family, Matt Cepicky, plays on the team. Congratulations Mike.

Hispanics in St. Louis

Hispanic Heritage Month or Latin American Heritage Month runs from September 15 to October 15. The observance marks the anniversary of independence for seven of our neighboring Western Hemisphere Hispanic countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua, Mexico and Chile). Our theme locally for 2003 is "Hispanics in St. Louis", focusing on local area businesses and festivals that celebrate Hispanic heritage.

During the past 10 years, Hispanic Americans have moved to Missouri at an increasing pace. The St. Louis population of Hispanics is primarily Mexican. Some are migrants just passing through St. Louis. Others are finding jobs and staying in the area. The area of south St. Louis along Cherokee Street west of Jefferson Avenue, is a growing population center for Americans of Hispanic heritage. Those who have moved to Missouri are younger than the non-Missouri Hispanic population. By 2005, Hispanic Americans will be the largest minority population in the United States.

Throughout the year, Hispanic Americans gather at various fairs and festivals to celebrate their heritage.

These events include dance, food, art, and vendors from various organizations seeking Hispanics for employment. Some annual festivals include the International Folkfest in Queeny Park, Día de los Muertos (day of the Dead), and Cinco de Mayo.

The EEO Office has put together a colorful and informative display in the 4th Floor Lobby Area of the RAY Building. The display focuses on Hispanic Businesses in the St. Louis area. Some items of interests include

information about two St. Louis Hispanic newspapers; Qué Pasa?... and The Red Latina. The newspapers are owned and operated by two Hispanic females.

In addition, the display focuses on a local nonprofit community-based organization entitled La Clinica. La Clinica provides many different kinds of care free of charge, from doctors who offer assistance in dentistry, gynecology, optometry, ophthalmology, family and pediatric medicine, neurology, psychiatry, and other medical specialties. All participating doctors are volunteers.

This program is not federally funded but it receives donations from various sources.

Hispanic demographics information is included in the display as well as photos of various festivals held in the St. Louis Metro area. Some festivals included are the Jefferson Barracks Festival, Cinco de Mayo, Soulard Festival, and International Festival.

Roger Siller of the Information Management Office provided all of the photos.

Please take some time to visit the display and learn about just a few areas of the rich and diverse Hispanic /Latin life and culture that are a vibrant and exciting part of St. Louis's rich, multinational fabric.

