



# ST. LOUIS ARMY ENGINEER DISTRICT *ESPRIT*

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November 2002



The color guard of American Legion Post 111, Shrewsbury, Missouri start the tenth of twelve folds of an American Flag. When the twelfth has been completed, only the blue field with upright white stars will be visible.

## St. Louis District Observes Veterans Day 2002

Veterans Day was observed November 6th in the St. Louis District and featured a special Town Hall Meeting in the downtown headquarters and a display recognizing District veterans.

The District was honored by the presence of Colonel Roger C. H. Donlon, U.S. Army, retired, who came

from Leavenworth, Kansas, to speak to employees.

Donlon, a Vietnam veteran, received the Medal of Honor in that conflict, for his actions during a vicious night battle at Nam Dong, Vietnam. In that battle, a small special forces team and local militia led by Donlon held off and eventually drove off a vastly

larger Viet Cong force.

In introducing Donlon to the audience, District Commander, Colonel Kevin Williams cited figures to emphasize the importance of Donlon's award. He told how only 3,500 of the medals have been awarded since 1863. This contrasts with the millions of Americans who

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### Commander's Perspective



**COL Kevin Williams**

I want to reflect on both your past year and my first six months with the U.S. Army Corps of Engineers St. Louis District family. First, I am deeply honored to lead such remarkable people. Command – with both its responsibilities and opportunities – is something to which every Army officer aspires, and I am truly blessed in this assignment.

Only days after I arrived in St. Louis, I represented the District in a ceremony in Ste. Genevieve, MO, at which we turned over the completed urban design levee to the community it will protect.

In many ways, this project illustrates what we do and how well we do it. It was a project long and desperately wanted by a community that had been repeatedly punished by Mississippi River floods. It had to overcome numerous obstacles from start to finish. And it is a success by virtually every measure.

This spring, before it was officially ready, the new levee kept the Mississippi River, at its 14th highest flood stage in recorded history, on the proper side: the outside. It was delivered on time and under budget.

Historic Ste. Genevieve, with its treasure of historic buildings, is now safe from the floods that have repeatedly inundated it during the past two centuries.

Within days, we will dewater the lock chamber at Lock & Dam 24 at Clarksville, MO, and begin the second winter of refurbishing that critical navigation structure.

Lock & Dam 24, though a 60-plus year old structure, is critical to commerce on the Mississippi River. While it is being studied for possible replacement under the Upper Mississippi River and Illinois Waterway System Navigation Study, in the meantime, we absolutely must keep it in dependable, safe operation.

Elsewhere, at the Applied River Engineering Center at the Service Base, we are caring for and studying 200 endangered pallid sturgeon. These mysterious fish haven't apparently changed measurably since dinosaurs roamed North America. And in all that time, mankind has learned next to nothing about them. We are doing very basic research into their tendencies and habits. We hope that the data we gather may translate into information that will help us learn both more about these fish in the wild and more importantly, what we can do to ensure their futures.

A new levee, major navigation structure rehabilitation and research to help us better sustain the fragile and priceless environment over which we are stewards – these projects illustrate the story of our three main missions:

flood damage reduction, navigation and environmental support.

As we rush headlong into the holidays, I hope you will all pause to reflect on what you are doing for the District, the U.S. Army Corps of Engineers, America and our world. When you do, please know that I am both awed by how well you do it and humbled by the opportunity to lead you in these endeavors.

My wife Debbie, daughters Ashley and Brittany, and I, join to wish each of you and your families a happy and most joyous holiday season.

God bless you all.

Essayons!

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Veterans Day cont. from page 1



Colonel Roger C. H. Donlon, U.S. Army, retired, first Vietnam War Medal of Honor recipient.

have served in our armed forces - more than 32 million since the beginning on World War II alone. He also noted that only 65 were awarded in Vietnam: Donlon's was the first.

Colonel Donlon opened his comments by saying that the two words every veteran longs to hear are, "Welcome home." Then he quietly said, "To every veteran here this morning, "welcome home." He next reflected on his childhood as the 9th of 10 children growing up in upstate New York. As he spoke, he walked to the center of the stage, leaving his notes behind.

He told of the influence of his father and his four brothers, all veterans. He acknowledged that those roles are changing today and many women now serve in uniform.

Donlon said he felt like he was a caretaker for the Medal of Honor that hung from a powder blue ribbon around his neck. He cited the military non-commissioned officer corps as one of the backbones of our military. He told about two of his sergeants at Nam Dong, one a grizzled veteran of World War II and Korea, the other a young man, who both died that terrible night. Both had just learned from their wives that together

they were expecting babies to come into the troubled world. He said that this illustrated how the casualties of war extend far beyond the battlefields.

He then charged his audience with two missions.

First, citing the importance of our representative democracy and the fact that a national election had been held only the day before, he said voting is our demonstration that our nation will continue to grow and develop. Only by electing the very best will we improve, he told.

Then he told everyone that our job in life is to mold teams - the U.S. Army Corps of Engineers, for example - that will be held in the highest regard by society.

He closed his remarks by telling everyone what was engraved inside of

mirrored a similar photo display of "then and now" images of District veterans in the fourth floor lobby. Finally, the audience was treated to an inspiring ceremony conducted by the color guard of American Legion Post 111 of Shrewsbury, Missouri.

Most people have seen a properly folded United States Flag. A few have witnessed such a folding being conducted in connection with a military funeral. But it is even a smaller number who know that each of the twelve folds has an individual meaning, and what they are.

As the American Legion Color Guard under the command of Joe Bischer slowly and precisely folded the standard 5 by 8-foot flag, Bischer noted each fold's meaning and significance to the audience.



Army Corps of Engineers federal employees and military members of other activities, gathered to honor veterans of all our nations wars, are absorbed listening to Medal Of Honor recipient Roger. H. C. Donlin.

the wedding ring his wife had presented him: "What we are is God's gift to us. What we become is our gift to God."

Following Colonel Donlon's remarks, Information Management Office displayed a Power Point presentation consisting of photos of numerous veterans employed today in the District. Most identities were mysteries until names were revealed below the images. The presentation

At the end of the ceremony, the flag was folded with military precision, in a tight triangle of upright white stars on a blue field.

Veterans Day 2002 represented a new highpoint in District Observances of this day that has its origin in Armistice Day, a federal holiday that originally celebrated the end of World War One, but which now recognizes the service of veterans of all of America's conflicts.



## A Library has Burned

For years, I have eagerly awaited the arrival of the latest edition of the "Waterways Journal". Most often I have opened it to the last page first, to see what Mr. Jim Swift has written. Jim wrote fascinating articles about river history, the people, the vessels and memorable events.

Recently though, on opening the "Journal" I was devastated. In large letters I read, "We are saddened to report that James V. Swift, who for more than 60 years worked for The Waterways Journal in various capacities, passed away October 29 at his home in University City, Mo. He was 86."

An often-heard radio ad for a cemetery-funeral group here says that when a loved one dies, a library burns. It is the library of their experiences, what they knew and who they were. The death of Jim Swift represents the loss of an immense and important library of knowledge of the heartland's rivers - and of a remarkable man.

Jim's death was a total shock to me. I had talked with him on the phone only days before and he didn't indicate he was experiencing any unexpected health problems. It took several days for me to absorb this news - it was just too unbelievable. Jim was always there. Jim was someone I could always call. Jim was someone with whom I could always discuss the river. And suddenly now, he was gone!

Let me share my memories and thoughts of Jim with you.

I first met Jim Swift in 1969, at a meeting downtown. I was introduced to him and was told that he was the man who could answer all my questions about the history of the Mississippi River. I remember his handshake and smile.

Very rarely do you meet someone and instantly know you will become

life long friends, but this time I did. Over three decades later, I can honestly say Jim was one of the kindest, most thoughtful and most considerate of friends. My first impressions of him were correct and we shared many river adventures from that moment on.



James V. Swift 1916 — 2002

Jim and I were members of several organizations such as the Mercantile Library and the Golden Eagle River Museum. As a result, we were often on the same program, discussing our river experiences and sharing stories with the public.

We also shared many river trips together. Often during the annual Mississippi River Commission hearings aboard the M/V Mississippi, we would encounter one other in the conference room.

After the formal hearings, Jim and I would escape to the bow of the vessel - the quietest and most peaceful location on the boat - and enjoy the passing river.

As we passed various spots along the river, Jim provided a narrative of past events. He would point to an historical packet boat landing and describe the scenes that took place over the decades and even centuries. When Jim talked, I listened, completely and totally fascinated by his commentary. I wanted to hear every

word and remember as much as possible.

Jim would glance at spots on the riverbank and point to the various points of interest as his story progressed.

I became convinced that Jim was actually viewing in his mind, the scenes he was describing: warehouse barges tied to the bank line, paddle wheel steamboats maneuvering into place, mail being carried up the bank line on the hastily placed and sometimes precarious board between the vessel and the bank.

As he described passengers waiting for vessels to tie up and I could vividly imagine lines of people disembarking or walking up the stage plank to the steamboat.

I think Jim could hear them talking and see the busy, almost chaotic coming and going of folks at the landing. I stood motionless and spell bound by his stories and historical insights. How fortunate was I to have these opportunities to experience and learn from such a knowledgeable river man.

I always appreciated Jim's ability to bring past events to life. I always wanted to have his ability to see and hear the sights and sounds of the past. I once asked him how he was able to do such things. He assured me that one day I would be able to do the same.

Now Jim is physically gone from the river, but he will always be with us and always be felt by the river people he touched over his lifetime. We are all better people for knowing him.

Mark Twain once said, "Astonishing things can be done with the human memory if you will devote it faithfully to one particular line of business." Jim, thanks for devoting your life to the river and for sharing your library of memories with us!

I'll wave when I see you at the next steamboat landing!

*Claude*



As you sit at your desk, in your “module” it may be difficult to fully appreciate how small the world has become. When you sit at your computer and read the emails and fight with CEFMS, it is of little concern how far away events impact your day-to-day chores. The headlines of events in Bosnia have no impact on our daily lives - right? You may be surprised - I was.

I remember sitting at my small conference table one afternoon. I was reading a draft report and making notes for changes I felt would improve it.

As I read, a young man walked into the room and emptied the trashcans. He had close-cropped hair, was slender and extremely quiet — almost invisible. I hardly noticed him. I am not sure why I spoke, but I did. I asked him how his day was going and he replied politely. I noticed his accent and I asked him about it. He said he was from Bosnia. What? “From Bosnia! Wait a minute; do I need to know more,” I thought?

The next time this young man came into my office, I had already decided I would pry a little more and see if I could learn more about what a person from Bosnia was doing in St. Louis. I asked him his name and he answered shyly: “My name is Ervin Catovic”. After several corrections, lessons he taught me how to say his name correctly. Catovic is pronounced “Cha - to - vich”.

He said he was working full time and going to school at Vatterot College. He is studying computer

networking there, and hopes to be graduate in December, 2003. Ervin already makes extra money by creating homepages for individuals and organizations.

I was very impressed.

Can you imagine how difficult it would be to move to a new country, a different culture, learn a new language and then work full time and go to school full time? I wanted to know more about his life story.

I learned that Ervin was born on 14 March 1980 in Mostar, Bosnia. He lived there until he was 11 or 12 years old. Because of the war with the Serbians, his family moved to Croatia as refugees. They stayed there for about a year and then moved to Switzerland.



Ervin Catovic, contract employee in the Robert A. Young Federal building who services Corps of Engineers office space.

They were in Switzerland for five more years, but when the conflict ended in Bosnia, they were asked to leave.

In 1998 Ervin, his sister and mother and father moved to the United States. They first lived in Louisville, Kentucky. One of his dad’s friends was in St. Louis and he said they should move to St. Louis because of the large number of Bosnians. Note - St. Louis has the largest population of Bosnians in the USA - approximately 45,000.

One of Ervin’s first tasks was to learn the language. He took two years



Ervin Catovic was born in Mostar, Bosnia (circled in red.)

of classes at Forest Park University. Today he speaks better English than I do and in fact, corrected some of my grammar in this article.

He wants to become an American citizen and will begin studying for the examination as soon as he is able (working full time and going to school full time doesn’t leave much time for anything else).

I asked Ervin how the citizens of St. Louis treat him. He gave me a positive reply and says he likes living here. He enjoys the American way of life and our culture. I asked Ervin what his goals are for the next 5 years. He said after he becomes an American citizen and obtains his degree, he wants to enter the police academy and become a policeman.

I was very impressed with Ervin’s ambition, work ethic and ability to overcome difficulties. I wonder how many of us could have achieved as much if we had to overcome the same obstacles he has faced. I think there is a lesson here for all of us.

There is also a reason for all of us to be thankful for the blessings we enjoy in this wonderful country.

When you see Ervin, tell him how much you admire his hard work and welcome him to our family at the Corps of Engineers. I did and met a fascinating young man.

Claude



## Inclement Weather Guidelines – St. Louis District

The season for ugly weather in the St. Louis region is again near, and the following guidelines apply to snow and ice emergencies and other situations that may prevent significant numbers of District employees from reporting for work, either on time or when closure is necessary.

These guidelines are to help ensure employee safety, and are not to promote absenteeism when a reasonable effort will enable employees to get to work safely. If you can get to the mall, you can probably make it to work.

- Employees will be notified of closures and authorization for late arrivals only via the emergency alert notification phone roster. Make sure that your supervisor has your current phone number. We will not use the public radio and TV announcement system – so absence of news on radio and TV should not be taken to be permission to be absent.
- In the absence of notice, use common sense. Assess your local situation. Supervisors may grant up to 59 minutes of admin leave for reasonable tardiness, even without a District-wide notice.
- If individuals choose not to come to work due to travel conditions, and the District Office remains open, a liberal leave policy will be in effect – supervisors are encouraged to grant annual leave whenever the workload permits,
- When the District Engineer decides prior to work, to close the District Office in St. Louis:
  - o Individuals scheduled to be at work, on annual or sick leave, will be granted admin leave for their entire workday.
  - o Employees on LWOP, military leave, or who are in suspension or nonpay status on both the day before and after the DE closes the office, will not be granted admin leave.
  - o Employees absent on their AWS day are not entitled to an additional “compensatory” day off.
- If the DE closes the District Office after the workday begins, employees already at work will be granted admin leave starting at the departure time designated by the DE.
  - o Employees who depart before the DE’s announcement must take annual leave for the rest of the workday: no points for successfully second-guessing the DE!
  - o After an early departure has been announced, employees who leave before the designated shutdown time must take annual leave for the time between their departure and the official shutdown time.
- If the DE authorizes late arrival for work, only those employees who actually arrive at work will be granted admin leave for the authorized late period. Employees who do not come to work that day will not be granted the admin leave period.
- Employees scheduled to come to work after an early dismissal has been announced will be granted admin leave for their entire workday, even if their regular workday begins before the authorized dismissal time.
- Operation Managers (Area Offices, Project Offices, Lakes, Locks and Dams, etc.) will identify essential personnel who must report for work regardless of inclement weather or who must stay on duty. They will notify these employees at least annually. Operational Managers may make independent decisions on closure and granting admin leave to their personnel, based on local conditions, and need not request permission from the District Office.

Joseph D. Tyron

Deputy District Engineer



## Call it What You May: It's Grave Robbing

The plundering of Native American burial sites is a national tragedy - and its one that is difficult to counter, a large reason for which is the fact that many gravesites are in extremely remote locations. But Native American tribes have traditionally buried their ancestors with personal items, such as tools, pottery and decorative items, which have a ready illicit market.

It is these items that many people are excavating nationwide to fuel a lucrative black market in Native American artifacts.

Some call it amateur science. Others justify it as preserving these items for others to share. Still others call it a hobby. But however they rationalize it - it is grave robbing.

In most places it is legal to recover antiquities on private property, as long as it is yours or you have permission. But nowhere is it legal to disturb human remains. The Native American Graves Protection and Repatriation Act and most state laws spell this out. And the act of digging up items or even surface collecting arrowheads, etc., is strictly illegal on federal property.

Sometimes the bad guys get caught. When they do, the consequences may prove to be severe. And the claim of not knowing it is against the law is a futile legal defense.

Two individuals were apprehended August 15, at Wappapello Lake, MO when Corps Park Rangers, local Wayne County sheriff's deputies and a Missouri Department of Conservation Agent swooped down on the alleged perpetrators after receiving an anonymous tip.

"These characters might have thought they were immune," according to Wappapello Lake Project Director Gary Stilts. "But there are a lot of people who come out here who care for these lands and they will inform us when they see something out of place or unusual."



Wappapello Lake Ranger Dan Camden looks over the site where two individuals illegally excavated Native American graves and artifacts the day before. Camden was part of the team assessing the extent of damage to the site and whether any human remains had been disturbed.

And that's what happened this time.

As two adult males began to depart the area, they were stopped, questioned and searched. The Corps Park Rangers don't have arrest authority, but the deputies and Conservation Agent do, and the two men were hustled off to the Wayne County Jail after numerous artifacts were found in their possession.

Charges were filed for theft of the items and damage to government property - digging holes large enough to swallow up a person.

A federal indictment was handed down in Federal Court in Cape Girardeau, MO, October 24, 2002. William T. Cooksey, 53, of Union, MO was bound over for trial. Another man, Steven S. Tripp, address unknown, remains a fugitive on a federal arrest warrant.

The penalties they face could include as much as 10 years in prison.

The site has been the scene of previous theft attempts. "Somebody dug in exactly the same location last year. We couldn't catch them and make the charges stick that time though. So we've been watching," Stilts said.

Representatives of the ten tribes known to have inhabited the area at one time or other are in agreement that they want these practices stopped.

While the element of anonymity allows some to see this is little more than innocent activity, to Native Americans it is violation of their ancestors' sacred resting places. The thought of finding long-dead family members unearthed and their burial possessions stolen is fully as repugnant to them as it might be to anyone if their relative's graves were disturbed. And it's a desecration they have been subjected to for decades.

"We take this seriously," said Cynthia Jackson, Wappapello Lake Assistant Manager. "The Federal law, and indeed, decency, demands that we do so, and we do this quite willingly," she added.

How large a problem is this activity?

"It's big business," according to St. Louis District archeologist Michael Trimble. Trimble, who holds a Ph.D. in archeology, indicates that it is a multi-million dollar business, and is at least partially abetted by weak U.S. laws. "How can we put a dollar value on our heritage?" he asks. "Most countries around the world, including those we may otherwise classify as third world, have far more stringent laws protecting their cultural items. New World antiquities are - and have



Cont. from page 7

been for 15 years - leading the illegal market, he acknowledges.

Some authorities cite attitudes toward plundering as tantamount to racism. Sometimes in the interests of science, researchers and others have



Native American burial sites commonly include tools, pottery and other items such as these arrow heads.

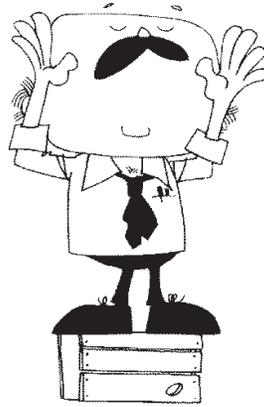
summarily done things to Native American remains that would be difficult or impossible to accept with white or African-American remains. "But NAGPRA and the whole emerging body of Federal and state laws are changing that," Trimble said. "Sometimes it takes time for a law to really effect major changes after it is enacted. While there is an incredible amount of information to be learned from remains, I know that my sensitivities as a scientist, have certainly changed," he said.

Whatever the national trends or moods, in at least one place, federal, state and local authorities agree: it's not going to go on at Wappapello Lake if they can help it.

The issue has moved from the field to the courtroom there. "We pushed hard to secure this prosecution," says St. Louis District Attorney Leeann Summer.

"The U.S. Attorney saw that we were willing to do the detail work to help him present a persuasive case, and he took it on. This hasn't been easy, but it shows what can be achieved if people choose to take this issue seriously," she concluded.

### Around the District



### FUSRAP-UP 2002

Consolidated-Edison utilities in New York City deploys barricades that state: "Dig We Must." Perhaps the St. Louis District Formerly Utilized Sites Remedial Action Program (FUSRAP) should have barricades reading "Dig We Did!"



Continuous soil monitoring is a key element of the FUSRAP program to decontaminate former atomic energy sites around the country.

The start of the new fiscal year on October 1st, 2002, offered a good point to review the accomplishments of FUSRAP here during the past 12 months.

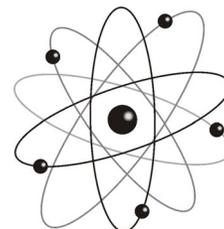
Last October, the team set a goal to remove 70,700 cubic yards of contaminated soils from the St. Louis FUSRAP Sites. By the end of the fiscal year however, they had excavated and disposed of 92,958 cubic yards of contaminated materials exceeding the target by 31 percent - and removing more than in any previous year.

Extensive preparations for future cleanup actions went forward by working to define the extent of radiological contamination on 36 properties (7 at the Downtown Site and 29 in North County). This information led to the development of designs and reports that will direct future cleanup activities. In addition to these planned activities, the team also responded to 20 requests from private interests for radiological support during subsurface work on impacted properties.

FUSRAP achievements were not limited to fieldwork. They transferred long-term stewardship responsibilities (consisting of records management) for the Madison Site in Madison, Illinois to the Department of Energy.

They also held a public workshop on a series of environmental and legal topics affecting site work to facilitate review of the North County Feasibility Study and Proposed Plan. The team made technological advances to better treat selenium found in contaminated water encountered during the excavation at the St. Louis Airport Site (SLAPS).

By doing more than was projected, the St. Louis District FUSRAP team set a new benchmark in 2002.





### Carlyle Lake Public Water Supply:

The City of Carlyle will complete the first phase of the replacement of their raw water intake structure in the spillway outlet channel of the Kaskaskia River..

Carlyle Lake Management Office has reduced the outflow for the past couple of weeks to facilitate completion of the replacement. Lake discharge will return to normal upon completion of the work.



Carlyle’s General Dean Bridge serves as a handy observation platform as work continues on the City of Carlyle’s water intake structure



This close-up shows the project is nearing completion. Soon the City of Carlyle will enjoy a reliable water source

### Lake Shelbyville



**Woodsy Owl Takes to the Road:** Woodsy the Owl visited the Gradin Headstart last week in an effort to reduce litter on public property . Park Rangers from Wappapello Lake helped Woodsy spread the word to “Give a Hoot and Don’t Pollute”.



### Winter Recreation Season Is Coming

This will be a familiar scene in the coming months. The beautiful grassy slope pictured at the left will become a winter playground. Lake Shelbyville is a very popular sledding destination.

The lake has barricaded areas on the south facing slope with snow fencing are for public safety and mark areas to avoid while sledding the dam.

Lake Shelbyville hasn’t experienced a major snow fall this year, but just wait!. Sledding crowds grow bigger each year.

Wax up your sled’s runners, bundle up and come join in the fun.



Lake Shelbyville, Illinois prepares for winter recreation by temporarily fencing areas in the interest of public safety.





## New Water Safety Teaching Aid.

Seamoor the Sea Serpent is joining Corky to promote boat and water safety. Both are remote controlled robots and are extremely popular with kids. Seamoor represents a significant technological advance over Corky, who can move and has a voice. In addition to Corky's capabilities, Seamoor can steer the jet ski personal water craft he sits on, move his eyes, head and mouth and seems to be talking directly to individuals in the audience.

The National Water Safety Products Advisory Committee (NWSPAC) won Seamoor -- a \$10,000 animated figure -- in a contest sponsored by Kawasaki, Inc. Seamoor will travel the entire nation teaching water safety. Lake Shelbyville's own park ranger, Pam Doty was the guest instructor during training at the National Great Rivers Museum at the Mel Price Locks and Dam. Pam is the national Seamoor Coordinator for the the



(L) Al Lookofsky, Ken Pierson, Elizabeth Bertoglio, Seamore, Janet Mifflin look on as Doug Bucklew operates Seamoor's remote (background).

National Water Safety Products Advisory Committee (NWSPAC). Pam and Rachel Garren teamed up to instruct ten district employees on effective operation and proper maintenance of Seamoor. Seamoor will winter at Lake Shelbyville, before

starting a nationwide tour in the spring. Seamoor's expected to return to the St. Louis District periodically during the coming year, but he's in great demand as an effective tool, especially to reach young people with his Water Safety message.

## Masters of the Sky

There are few sights more thrilling than seeing a Bald Eagle - the symbol of our nation - soaring overhead. That being an indisputable truth, the opportunity to see as many as 200 of these regal birds makes the U.S. Army Corps of Engineers St. Louis District's Rivers Project a veritable bird watcher's paradise. The eagles winter here on what is for them, a relatively milder stretch of the Mississippi.

One of the most popular ways to observe and learn about these magnificent creatures is through programs conducted by the Rivers Project since 1996.

The 2002-2003 offering will feature the Masters of the Sky Program hosted by the World Bird Sanctuary.

Founded in 1977 by renowned ornithologist Walter C. Crawford, the Bird Sanctuary's mission is to preserve the earth's biological diversity and to secure the future of threatened bird species. Environmen-



Adult American Bald Eagle

tal education is the primary focus of the organization, and the programs are a wealth of interesting details concerning the natural history of raptors, some problems they face, and what people can do to insure their survival.

Master of the Sky Programs will be conducted at the Apple Shed in Clarksville, MO January 18th & 19th and February 1st & 2nd at the

National Great Rivers Museum, south of Alton, IL.

Hawks, owls, falcons, and eagles are just a few of the majestic raptors scheduled to appear. This presentation will give the visitors a chance to get a close-up look at some of the most spectacular birds of prey, and also includes some demonstrations of birds in free flight. Flights of hawks and owls over the audience are probably the most noted part of the program, and provide visitors with unique perspectives on these fascinating winged creatures.

Programs are scheduled at 10:00 a.m., 12:00 p.m., 2:00 p.m. and 4:00 p.m. daily. The World Bird Sanctuary will be charging \$3.00 for adults and \$2.00 for children. All programs are open to the public and last approximately 45-60 minutes.

For more information, please call the National Great Rivers Museum at (877) 462-6979.



### Retiree's Corner



The retirees monthly luncheon was held November 21st at the Salad Bowl. This was the week before Thanksgiving and many of our regulars were away "visiting" family and friends.

Don Wampler recently called Bob Maxwell just to visit. Bob said he would like to make the luncheons, but he recently came down with a back ache which is keeping close to home. (Considering how much Bob is involved with at his apartment complex, the Missouri Veterans Home and who knows whatever, it is no wonder that he has a back ache.) Bob, at your age, you better consider slowing up a bit. Hope you get better soon.

Larry McCarthy and his wife traveled to Indiana for some of their Christmas shopping. The story goes that Larry wanted to get some of the newest creations and styles from New York, and thought he could get them sooner by going to Indiana. If you remember, Larry isn't too swift

about the calendar. Last year he had the Christmas decorations up for several months before he realized that Christmas had passed. (*Actually the McCarthys home was on the tour for holiday decorations and received high acclaim.*)

Lew Scheuermann mentioned that he tried to call Estelle Huizenga and couldn't get an answer. He assumes that she went to visit family in Kansas City for Thanksgiving. He also mentioned that the Puricelli's went to Branson and intended to visit Bob and Barb Lutz, in Kimberling City, just out side of Branson. Brace yourself for more of Pete's tall tales at the December luncheon.

Margaret Brooks passed away on November 2nd. She served as head of the Administration Section, Engineering Division. Hers was the driving force that made all the engineering and planning reports readable. Our special condolences to her family.

Joe Bisher was recognized for his participation in the Veterans Day celebration at the District Office. He and his Color Guard represented the many veterans that worked for the District.

Hope to see many of you at the December luncheon, at the Salad Bowl on December 19th, at about 11:00am.



Joe (left, rear,) has also participated in the Veterans Day festivities at the Edward Jones Dome, before the Rams game. Joe always likes these activities because he gets to have his picture taken with the Rams Cheer Leaders. (Joe says that he may be old, but he is not dead!)

### St. Louis District Realty Specialist is Honored



Lawrence Williams

Realty Specialist Lawrence "Lo" Williams has been named "Man of the Year" by the Alton Chapter of the 100 Men of Black

America. The honor was announced at the chapter's 16th annual black tie gala held at the Lewis & Clark Community College in Alton, Illinois.

Williams has nearly 22 years of federal service. Except for four years on active duty with the Air Force, all have been with the St. Louis District of the U.S. Army Corps of Engineers.

Lo's award focused on his community involvement and longtime commitment to area public schools.

He has served for many years in a variety of youth programs including the Career Pathfinders Curriculum Program, the Role Model Program and in the District, as coordinator and host to 77 high school students and chaperones as part of the Groundhog Shadowing Program in April 2001.

Williams' boss, Real Estate Division Chief Tom Hewlett says of him, "If you look up the term 'public service' in your dictionary, you should find a picture of Lawrence Williams."



"Man of the Year" Plaque presented to Lawrence Williams



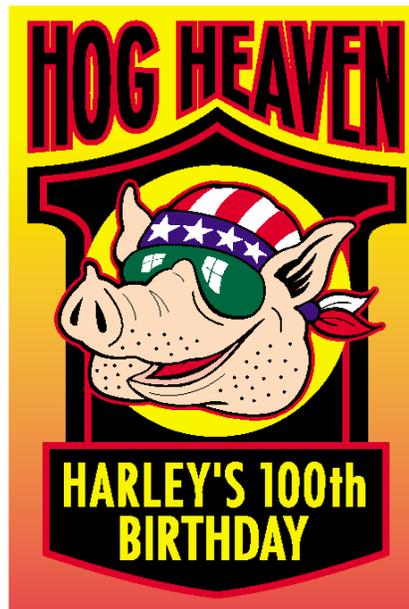
## Harley at 100: Happy Birthday to the 'Hog'

America has always gone hog-wild for the Harley.

And after 100 years, the cycle invented by William Harley and Arthur Davidson is still one of the best business success stories.

Harley-Davidson has started a 14-month bash to celebrate its 100th birthday. They'll be driving those hogs on a 10-city international tour that began in Atlanta in July and will go through America, Mexico, and Germany, ending in Milwaukee in August 2003. A quarter of a million customers plan to be there, making that trademark Harley motor music: Potato-potato-potato.

No American company has such devoted customers. While Honda sells more bikes, Harley is king of the heavy market.



The company was bought by AMF in 1969. By 1981 it was struggling, partly because of Japanese imports. So 13 of the company's executives

bought it for a highly leveraged \$82 million. Twenty years later, sales were \$3.3 billion and earnings \$435 million, all because of passionate motorcyclists like those who descend each August, 300,000 strong, on Sturgis, S.D.

The Harley culture runs deep. Demand so much exceeds supply that scalpers sell new bikes for up to \$4,000 over list. Some people sell their places on the waiting list.

Harley dominates the high-profit market for heavy bikes, even in Japan, and has 21 percent of the Asia-Pacific market for all motorcycles. In the U.S. 650,000 people pay \$40 annually to be members of the Harley owners group.

"Worldwide," says Bleustein, "motorcycling means freedom, adventure, and individual expression."

## Why You Should Consider a Shorter Mortgage Period When You Refinance

Low interest rates have home owners considering a refinance for a shorter period. A 15-year mortgage results in somewhat higher monthly payments, but the savings on interest over the life of the loan are surprising.

A worrisome stock market has convinced many people that it would be better to invest in their homes right now. They might add money from other sources, such as their 401(k)s, and refinance for a lower rate and a shorter period.

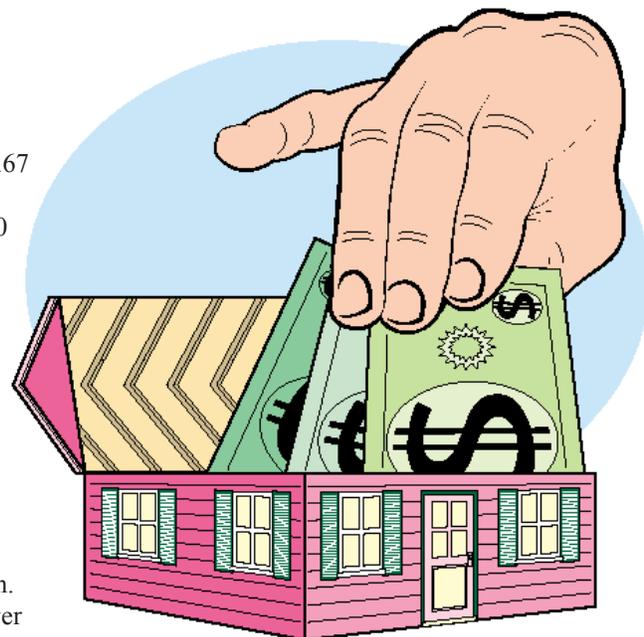
Another homeowner might want to take money out of the house for education, a wedding, or a vacation home, and refinance a higher balance. Either way, here's an example of how it could work:

- A \$100,000 15-year mortgage at

6% interest with payments of \$801.67 per month. Total payments over 180 months come to \$144,300.60, meaning that just \$44,300.60 was interest.

- A \$100,000 30-year mortgage at 6.5% interest with payments of \$632.07 per month. Total payments over 360 months come to \$227,545.20, meaning \$127,545.20 was interest.

Note that the difference in monthly payment was only \$169.60, but saved \$83,244.40 in interest. If you consider the savings per month on the 15-year



loan, they come to about \$462 a month.

To be sure, many people are staying with the 30-year mortgages, especially homeowners who have been stung by the troubled stock market.



## Sharpen Your Understanding of Long Term Care... and Make a *Smart* Decision about Long Term Care Insurance!

### Long Term Care *Isn't*

**Long term care is not the same as acute medical care.** Acute medical care is short-term, and there's usually an expectation that your medical problem will be cured. Acute medical care is mainly provided by doctors.

**Long term care is not always administered in a nursing home.** In fact, more than 75% of all people receiving long term care assistance are not in nursing homes.<sup>1</sup>

**Most long term care is not covered by Medicare or health insurance programs such as TRICARE and FEHB.** Medicare pays a limited amount of "skilled nursing care." Neither Medicare, TRICARE, the FEHB Program, nor most other health care plans pay for help with daily activities — which is the kind of long term care most people need.

### Long Term Care *Is*

**Long term care is ongoing assistance.** Typically it is provided by home health aides and other health care providers to people who need ongoing or even lifelong care. The goal of long term care is to help with day-to-day living.

**Long term care is provided in a number of settings.** They include your own home, assisted living facilities, adult day care centers, and hospices.

**Long term care is covered completely or in part by long term care insurance.** Most plans let you choose the amount of the coverage you want, as well as how and where you want to use your benefits. A comprehensive plan includes benefits for all levels of care, custodial to skilled.

<sup>1</sup> *Long Term Care Insurance, Baby Boom or Bust?* Conning & Company, 1999, page 13.

"Find out more about the new Federal Long Term Care Insurance Program and subscribe for FREE to "Get Smart About Your Future'."

**Kay Coles James**

*Director, U.S. Office of Personnel Management*

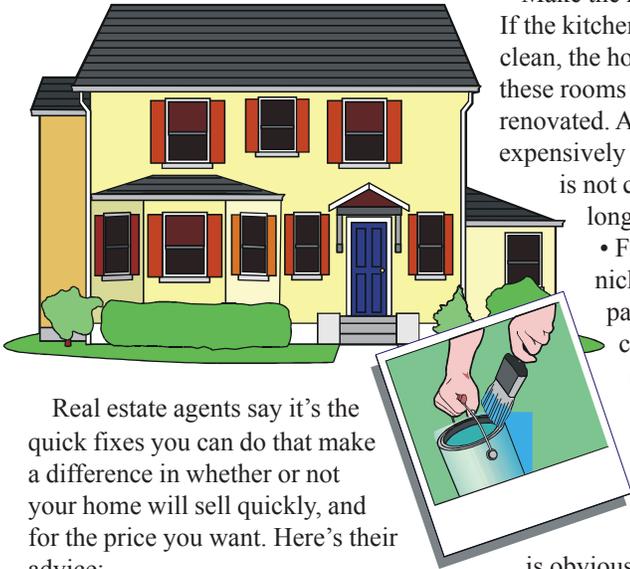


# Be Smart

Call **1-800-LTC-FEDS** (1-800-582-3337) or visit  
our web site at **www.LTCFEDS.com**  
for free information today!



## Easy Fix-ups Can Sell Your House or Condo



Real estate agents say it's the quick fixes you can do that make a difference in whether or not your home will sell quickly, and for the price you want. Here's their advice:

- Have the carpets commercially cleaned, especially if you have pets.

Many buyers are allergic to animals, and virtually all buyers will turn away if there is any pet odor.

- Make the house sparkling clean. If the kitchen and bath are very clean, the house will sell even if these rooms are not recently renovated. A home with an expensively remodeled kitchen that is not clean will take much longer to sell.
- Freshen whole rooms or nicked walls with new paint. Don't change the color, just put a light coat of the same color over it. Paint translates into dollars at closing time, say the experts.
- Fix anything that

is obviously in need of repair. Get help with jobs you can't do yourself. It pays to get them done.

• Consider the home's curb appeal. Do people see a neat, attractive home when they drive by or walk up to the door? First impressions are important. Make sure the grass is cut and bushes are trimmed.

• Give special attention to the front entrance. It should be attractive and inviting. Add potted plants or seasonal decorations to enhance its appearance.

One real estate agent says you're not really selling a house, you're selling emotion. Buyers want a house they can impress their friends with before they move in.

You can sell your house without costly renovations. Just make it feel and look fresh and clean. Remember, the people you are selling to may have just finished making their own place ready to sell or cleaning it for a security deposit refund. They don't want to clean your place too.



## Fireplaces Get Safe, Functional, and Beautiful

From fake logs to burger grills and fancy andirons, sales of hearth-related accessories are hot.

For some people spending big money on accessories, it's about decorating. They may not want to build a fire at all, and they don't have to. A fireplace candelabra will give them the glow without the mess. The Adams Company, a 118-year-old accessory manufacturer in Dubuque, Iowa, produces 10 styles of fireplace candelabras.

Energy costs are playing a role in the return to the fireplace. Home Depot, for example, credits such

concerns with boosting sales of fake logs by 70 percent last year. And sales of gas-powered fireplaces and stoves are way up.

People have misconceptions about the heat-producing efficiency of a fireplace, according to Ken Robinson, an instructor at the Chimney Safety Institute of America. A fireplace can actually cost people money because it sucks already heated air out of the house and up the chimney. That's not the case, however, for unvented gas logs.

The National Fire Protection Association reports that fireplace users today are increasingly interested in safety. Between 1982 and 1997, the last year for which figures were available, fireplace fires in the U.S. decreased from a peak of 40,700 to 6,500.

When all is said and done, a fireplace symbolizes that you are treating yourself well. And people will open their wallets to do it.

## Fight These Winter Health wreckers

### Not eating right

• Drink water often. (Indoor heat is dehydrating.) Drink a glass of water after each mixed drink at a party.

• Start meals with chicken soup. It has disease-fighting chemicals, and you eat less of the main course.

• Choose nuts at gatherings and parties and eat them slowly. Skip the baked goods, candies and chips.

### Getting sick

• Wash your hands often, especially if you touch your eyes, nose, or mouth, and after touching sick people.

• Increase your immunity by eating squash, carrots, or pumpkin, which the USDA says will increase your immune-cell count by a third.

• Do moderate exercise. Doctors say those who do seem to have fewer colds.

• Get enough sleep. Maintain your routine. Don't eat heavy food or drink alcohol for a few hours before bed.



## How to Write a Better Holiday Letter

If you will write a holiday letter for Christmas, it's time to begin. Will you make it in the same style or change the format this year?

The family story is the most common and the easiest to organize.

You just start with the youngest or the oldest and work in the opposite direction. One problem: since people want to tell only the good things, they tend to boast. One can only wonder how every member of the family was so outstanding.

The personal essay requires a little more thought and tells what has been meaningful in the last year. It is more intimate. Don't write anything that is very personal. If you want to share that, make a phone call.

The entertaining letter is good. The best writers are masters at describing ironic and insignificant incidents.

They can playfully exaggerate the accomplishments and failures of family members. Unfortunately, some people don't get it and are not entertained.

The creative letter is entertaining. It could be a rewrite of "Twas the Night Before Christmas" or Christmas from

the view of the dog, or naming the 10 funniest things that happened or the 20 secrets we're telling you and nobody else.

Teacher and author Jim Heynen has some suggestions. Heynen, quoted in *Better Homes and Gardens*, says:

- Add a handwritten note to each one and be sure to sign it personally.
- Consider writing two letters, one for pals and one for distant acquaintances and relatives.
- Avoid boasting and giving bad news. Holiday wishes include good news only.
- Instead of a letter, consider sending a recent family photo and a personal note.
- If you give your e-mail address, be sure to give your telephone number as well. Not everyone has joined the computer age.

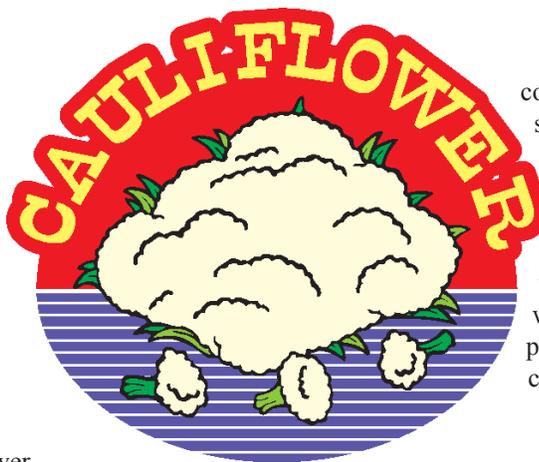
## Cauliflower Hailed as Powerful Healing Food

An often-quoted health advisory tells us that vegetables that are darker in color have more health benefits. Cauliflower is an exception.

This white knight of cancer prevention is loaded with enough ammunition to be considered a cancer-fighting arsenal.

Doctors at the Foundation for Preventive Oncology say cauliflower is one of the most powerful healing foods you can buy. Its phytonutrients, sulfo-raphane, and indol-3-carbinol, or 13-C, are the main reasons why people who eat cauliflower and other cruciferous vegetables are less likely to get cancer.

Sulforaphane increases production of enzymes that clear toxins out of the body; 13-C removes harmful estrogens before they foster tumor growth



in sensitive cells like those in the breasts and prostate.

And cauliflower is packed with vitamin C, along with other antioxidants like vitamin E and beta-carotene. These keep the immune system strong and stave off conditions such as heart disease and cataracts.

In the supermarket, choose cauliflower at its nutritional peak. If it has brown spots, it's past that point.

Eating it raw or in a salad is best, or cook it quickly in a microwave or steamer. Boiling reduces its benefits. (People with gout shouldn't eat cauliflower. It has substances that may break down into uric acid.)

Cauliflower is great for a snack with low calorie dip; microwaved with a speck of butter, salt and pepper; and great with a sprinkling of cheese. Cook only until barely tender.

### Cauliflower With Peanut Dip

In a blender, combine 1/2 c tofu; 1 1/2 T peanut butter; 1 T honey; 1 T rice or white wine vinegar; 1 t grated fresh ginger; a clove of garlic, minced; and red pepper to taste.

Blend and transfer to a bowl or refrigerate for several hours. Cut up 4 cups of cauliflower florets. Dip florets into the peanut mixture. Enjoy.



## The Twelve Folds of the American Flag

*by Joe Bischer America Legion Color Guard Commander and District retiree.*

When the American flag is folded properly it is done so in 12 folds. Each has a meaning. The story of these folds follows, as told by Joe Bischer during the District Veterans Day Ceremony, November 6, 2002.

The portion of the flag denoting honor is the canton blue field containing stars representing states our veterans served in uniform. The canton field of blue dresses from left to right and is only inverted when it is draped as a pall on a casket of a veteran who has served our nation honorably in uniform.

- The first fold of our flag is a symbol of life.
- The second fold is a symbol of our belief in eternal life.
- The third fold is made in honor of and remembrance of the veteran departing our ranks, who gave a portion of his or her life for the defense of our country to obtain peace throughout the world, not to have been in vain and never to be forgotten.
- The fourth fold represents weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in times of war for His divine guidance.
- The fifth fold is a tribute to our country, "Our country, in dealing with other countries, may she always be right, but she is still our country, right or wrong.
- The sixth fold is for where our hearts lie - and it is with our hearts that we pledge allegiance to the Flag of the United States of America and to the republic for which it stands, one nation, under God, indivisible, with liberty and justice for all.
- The seventh fold is a tribute to our armed forces, for it is through these same armed forces that we protect our country and our flag against all her enemies, whether they be found within or without the boundaries of our republic.
- The eighth fold is a tribute to the one who has entered the valley of the shadow of death, that we might see the light of day, and this fold is made to honor mother, for whom it flies on Mothers Day.
- The ninth fold is a tribute to our womanhood, for it has been through their faith, love, loyalty and devotion that the characters of the men that have made this country great have been molded.
- The tenth fold is a tribute to father, for he too has given his sons for the defense of our country since she was first born. We have folded from the stripes toward the stars, for whereas the stripes represent the original thirteen colonies that founded our republic; they are now embodied in the fifty sovereign states represented by the stars, so that the stars cover the stripes.
- The eleventh fold, in the eyes of the Hebrew citizen, represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes the God of Abraham, the God of Isaac and the God of Jacob.
- The twelfth fold, in the eyes of the Christian citizen, represents an emblem of eternity and glorifies in their eyes God the Father, God the Son and God the Holy Ghost.

When the flag is completely and properly folded, the stars are uppermost, which reminds of our national motto, "In God We Trust." After it is folded, it takes on the appearance of a cocked hat, reminding us of the soldiers who served under General George Washington, and the sailors and Marines who served under Captain John Paul Jones, and they, followed by their comrades and shipmates in the Armed Forces of the United States, who have preserved for us rights, privileges and freedoms which we enjoy today.