



US Army Corps
of Engineers
St. Paul District

Crosscurrents

Vol. 5

No. 12

August 1982

Wild Rice River project is dedicated

St. Paul District Commander Col. Edward G. Rapp and several other district staff members participated in a dedication of the nearly completed Wild Rice River-South Branch and Felton Ditch project, on July 7 in Borup, Minn.

The dedication, sponsored by the Wild Rice Watershed District, drew many officials including U.S. Representative Arlan Stangeland.

Accompanying Col. Rapp to the dedication were William Goetz, chief of Construction-Operations Division; Dale Mazar, project manager; and Richard Sundberg, project engineer.

The 1968 Flood Control Act authorized construction of improvements on the South Branch of the Wild Rice River and Felton Ditch in Clay and Norman Counties.

The Wild Rice River is a tributary of the Red River of the North in northwestern Minnesota.

Construction of the project began in the spring of 1981.

Improvements include increasing the capacities of the two streams by widening and clearing existing channels through the floodplain.

Short reaches of low flanking dikes will be constructed on both banks of Felton Ditch near the upper limit, and drop structures will be placed in both channels.

Several highway bridges and a railroad bridge will be altered.

According to Mazar, the entire project will cost \$4.2 million upon completion this fall.



Channel excavation on South Branch.
(Photo courtesy of Construction Branch)

On the inside:

- * Page three: more Wild Rice River project photos.
- * Pages 12-13: summer picnic photos.

Pets may unravel with travel

From "American Forces Press Service," No. 2080, July 5, 1982; Department of Defense, Washington, D.C.

TRAVEL BY CAR

Your dog or cat may be a beloved part of your family, but taking your family pet along on vacation can create problems for both you and the animals.

A car-sick, unhappy animal can make a trip miserable for everyone. Also, many pets are prone to jump out of the car at gas stations.

Some ill or physically impaired dogs and cats cannot withstand the rigors of travel.

For these or other reasons, you may decide your pet is better off at home with someone to look after it, or at a clean, well-run boarding kennel.

In the event you want to (or have to) take your pet along on a trip, here are some guidelines provided by the American Veterinary Medical Association to minimize the chances of an unpleasant experience.

GENERAL

Be sure your pet wears a collar with complete identification and a license tag.

Have a rabies vaccination certificate if you will be crossing state or international borders.

Be prepared to present a health certificate, especially if you travel to Canada or Mexico.

Before undertaking a long trip, it would be advisable to have your pet examined by a veterinarian.

If your pet is not accustomed to the car, take it for a few short rides before your trip. Also, your pet may ride better in a carrying cage.

Give the main meal at the end of the day or when you reach your destination. Dry food is more convenient on trips, if the pet is used to it.

Take along water and a container from which the pet can drink.

A pet should never be left locked in a parked car. This can be lethal. Even in mild weather (50-60 degrees, Fahrenheit) the temperature in a closed car on a clear day can rise quickly to well over 100 degrees.

TRAVEL BY AIR

Federal regulations state that dogs and cats must be at least eight weeks old and weaned at least five days before flying.

Current health and rabies vaccination certificates will be required.

Contact the airline well in advance to check regulations and services, and to make reservations.

Try to book a direct, mid-week flight or one with a minimum of stops.

Be at the airport early, exercise your pet, place it in the cage yourself and pick up the animal promptly upon arrival.

Don't take leashed animals on escalators. Use stairs or an elevator.

The next deadline for all articles to be submitted to Crosscurrents is Aug. 24.

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Commander
Public Affairs Officer
Editor and Photographer

Col. Edward G. Rapp
James E. Braatz
Blanche H. Fong

Wild Rice River project



A Corps employee surveys South Branch.



South Branch before clearing and snagging operations.



Burning of debris from South Branch during clearing operations. *(Photos courtesy of Construction Branch)*

Warren: explorer and civil war tactician

by Frank N. Schubert, HQ

Text and photo from "Engineer Update," Vol. 6, No. 7, July 1982; Office of the Chief of Engineers, Washington, D.C.

The summer of 1982 marks the 100th anniversary of the death of Gouverneur K. Warren, an engineer officer whose 32-year career included a wide variety of accomplishments.

Warren achieved fame as an explorer and cartographer while still a lieutenant and later served as the first St. Paul District Engineer (July 1866-May 1870).

However, Warren made his most important contribution as a soldier. At the critical battle of Gettysburg in July 1863, he served as chief engineer of Gen. George G. Meade's Army of the Potomac and helped turn the tide in favor of the Union.

AS A TOPOGRAPHICAL ENGINEER

By the summer of 1863, Warren had developed a keen eye for terrain. As a topographical engineer, he led three exploring expeditions into Nebraska and the Dakotas.

His reports evaluated the terrain, identified fort sites and indicated potential roads.

He produced the first comprehensive map of the trans-Mississippi West, based on the reports, maps and notes of many expeditions as well as his own.

His well-known map went through numerous editions and for a generation remained the basic map of the western states and territories.

THE BATTLE OF GETTYSBURG

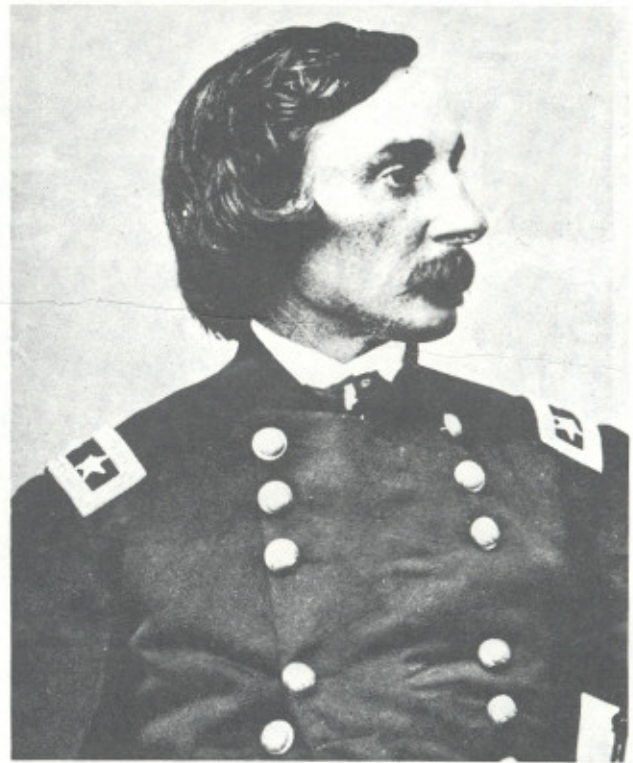
Warren's talent for assessing terrain, nurtured in civil assignments before the secession crisis, stood him and the nation in good stead during the Civil War.

On July 2, 1863, the second day of the battle of Gettysburg, the outcome was still in doubt.

Warren noticed that the hill called Little Round Top on the southern flank of the Union line was weakly defended.

Immediately, he recognized that a strong Confederate attack on the hill menaced the entire Army.

To the west on Seminary Ridge, Confederate Gen. John Hood reached the same conclusion and sent a force to take the hill.



Gouverneur K. Warren

When Hood's men arrived, they found strong Union reinforcements already on Little Round Top. After a sharp fight, the Confederates withdrew.

Warren had beaten them to the hill and saved the day for the Union.

AFTER THE CIVIL WAR

Gettysburg represented the highwater mark of the Confederacy and Warren reached the apex of his career a few months later.

In 1864, at the age of 34, he wore the stars of a major general and commanded a Corps.

Just a few days before Lee surrendered at Appomattox, Warren's advancement came to an abrupt end. Gen. Philip Sheridan removed him from command of the Fifth Corps for allegedly indecisive leadership.

Warren reverted to his permanent rank of major and received only one promotion to lieutenant colonel in the next 17 years.

In 1879, the government finally consented to examine the matter and convened a court of inquiry.

Warren died on Aug. 8, 1882. Three months later, the court absolved him of wrongdoing.

People

CONGRATULATIONS go to Debbie and Mark Edlund, CO-M, on the birth of son Aaron Mark on June 10 at 8 lb., 10 oz.

DEEP SADNESS is felt on the death of former Corps employee Henry Dart, age 87, resident of Mesa, Ariz., on July 2. He was a dam tender at Sandy Lake and Leech Lake for many years.

DEEP SADNESS is felt on the death of former Corps employee Robert Graham, resident of Stillwater, Minn., on July 19. He worked in the Real Estate Office and the Design Branch. He retired from the Corps in the 1960s, after approximately 30 years of service.

SINCERE SYMPATHY is extended to Jeffrey L. McGrath, PD-ES, on the death of his father.

SINCERE SYMPATHY is extended to Richard Otto, Mississippi River Project Office, on the death of his two-year-old daughter, Sarah.

DEEP SADNESS is felt on the death of co-worker Jack Bemis, age 54, on June 22 in Trempealeau, Wis. He was an assistant rivers and harbors foreman on the Derrickbarga Hauser.

FOND FAREWELL and best wishes go to John H. Cosgriff, a sewage disposal plant operator at Sandy Lake, who retired on July 1 after approximately 11 years of federal service.

FOND FAREWELL and best wishes go the following who will be retiring: Roger E. Ronning, a civil engineer with the Project Management Branch, on Aug. 6 after approximately 11½ years with the Corps; and Sheldon Fox, an electronics mechanic with the Communications Center, on Aug. 20 after approximately 22 years with the Corps.

FOND FAREWELL and good luck go the following who recently left the Corps: Edwin L. McCallum, Hired Labor Forces; John H. Ruffing, Milwaukee Treatment Works Project Office; Loretta E. Pierre, DC-F; Margie A. Mattison, AS; Bruce R. Kulpan, CO-PO (transferred to the Bureau of Reclamation); and Tim J. Clawson, Pokegama Dam.

Around the district

AT BALDHILL DAM, N.D., Corps co-worker Arthur Grindler was officially commended by District Commander Col. Edward G. Rapp for his first aid efforts in assisting a visitor at the Mel Rieman Recreation Area when the woman went into a diabetic shock and convulsions. Grindler cared for the victim until an ambulance arrived.

IN AITKIN, Minn., former Corps employee Paul Zeese, age 93, piloted a single engine plane over the community. Zeese had last manned the controls of an airplane during World War I in 1918. He was a civil engineer with the district and is an artist, specializing in carvings.

IN MINNEAPOLIS, Minn., the Corps participated in the 1982 National Conference on Environmental Engineering, during July 14-16. The Corps had an information booth at the conference. The conference was sponsored by the Minnesota Pollution Control Agency.

IN ST. PAUL, Minn., former St. Paul Deputy District Commander Lt. Col. John Atkinson and several co-workers in the Procurement and Supply Division--Joanne Catherman, Donald Parker, Richard Schreifels, Richard Lindberg and David Schwan--received a plaque for their team effort and outstanding service to the 1982 Minnesota Minority Procurement Conference.

IN THE TWIN CITIES, Minn., Executive Officer Maj. Leslie G. Sweigart was the official grand marshal of the Minneapolis Aquatennial Floatilla Frolic on the Mississippi River, on July 24.

THE ANNUAL CORPS OF ENGINEERS Golf Tournament will be on Sept. 25 at Walnut Grove Golf Course in Cochrane, Wis. All Corps employees and retirees are welcome to participate. For more information, contact Chuck Kielholz, L/D 6, (608) 534-6424; or George Kletzke, (612) 725-7544.



Length-of-service awards

The following people received Length-of-Service awards on June 25.

40 YEARS OF SERVICE

Kerkenbush, Irvin E.

35 YEARS OF SERVICE

Keys, Arlee N.

30 YEARS OF SERVICE

Diamond, Irvin C.
Jambois, Duane
Leavitt, Lester C.
Grove, Starkey Jr.
Gloeb, Leonard J.

25 YEARS OF SERVICE

Brown, Robert B.
Brown, Stanley W.
Earney, Glenn W.
Ryan, John E.
Schwensohn, Herbert R.
Viestenz, Wallace E.
Walinski, Joseph J.
Lynch, Dale D.
Jaeger, George A., Sr.

20 YEARS OF SERVICE

Barker, Harold J.
DeFlorian, Raymond B.
Hinderberger, Gary E.
Horstman, LaVerne H.
Kumpula, Stanley R.
Lipke, Loretta L.
Nelson, Blake R.
Potts, Wallace E.
Taggatz, Harold E.
Long, Robert D.
Sherwood, Virgil C.

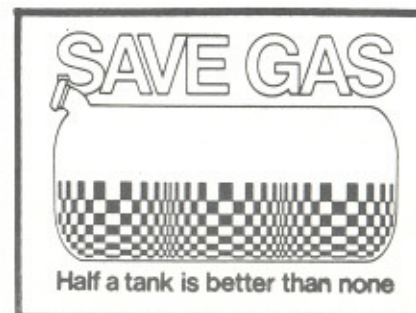
15 YEARS OF SERVICE

Allen, Annabelle K.
Brown, Sharon K.
Cloutier, Charles R.
Ferring, Michael H.
Grossell, John P.
Hauger, Charleen M.
Haumersen, David J.
Hermerding, Walter F.

Michels, James A.
Nelson, Earl F.
Peterson, Donald L.
Schaffner, David L.
Spsychalla, William W.
Thomsen, Arne B., Jr.
Vogeles, Fred W.
Welch, John F.
Whartmann, Robert L.
Morhun, Konstantine
Wallace, Janice

10 YEARS OF SERVICE

Berra, James P.
Braatz, Rosemarie E.
Chelmowski, Anthony
Cosgriff, John H.
Duell, Charles A.
Duellman, David J.
Enger, Gerry D.
Greene, James E.
Hafenbrack, Elizabeth H.
Haney, Robert F.
Hovell, Clyde J.
Johnson, Brent H.
Jopp, Daniel F.
Knapton, Gary R.
Krause, Gary R.
Krause, Lanny A.
Lassen, Jan I.
Linder, Mary K.
McTamaney, Marsha A.
Moody, Richard J.
Nelson, Byron D.
Nelson, James T.
Rice, Carl G.
Shultz, Charles E.
Sundberg, Richard A.
Smith, Luke W.
Williams, Eleanor
Wodarz, Arnold J.
Vogt, William
Tschida, Diana
Johnson, Alonzo G.



Sick leave awards

The following people received Sick Leave awards on June 25.

3000-HOUR CLUB

Lindberg, Richard D.

2500-HOUR CLUB

Fischer, Peter A.
Leavitt, Lester C.
Noel, Carl D.

2000-HOUR CLUB

Kelly, Frederic A.
Roscoe, Edward J.
Whartman, Robert L.
Viestenz, Wallace E.
Voshart, Robert W.
Irwin, Jack D.
McLees, Raymond E.
Wanek, Owen J.
Keys, Ardee N.

1500-HOUR CLUB

Duval, Arden L.
Yost, Edgar L.
Morhun, Konstantin
Kumpula, Stanley R.
Muegge, W. James
Huneke, Burton J.
Hentges, Leo A.
Esslinger, John E.
Ehrhardts, Martin W.

1000-HOUR CLUB

Brown, Sharon K.
DePoint, David J.
Hollom, Richard F.
Schwalbe, Michael O.
Spychalla, William W.
Stenfors, Robert W.
Lechner, Joseph A.
Kennebeck, David C.
Church, Charles A.
Jaeger, George A.
Stewart, Roger S.
Kaczarowski, Leonard J.
Kieholz, Charles C.
Maas, Lloyd O.
Engelien, Theodore R.
Ziegler, Eugene E.
Duren, Glenn J.
Hanson, Curtis D.

Family members can qualify

compiled by the Personnel Office

An executive order signed by President Reagan now allows family members of military and government civilian employees who serve in appropriate fund overseas positions to qualify for noncompetitive entry into career civil service positions upon their return to the United States.

Reagan's order, signed May 12, covers those eligible U.S. citizen family members who have completed 24 months of service in overseas positions.

The executive order is retroactive to Jan. 1, 1980.

The other requirements to be met are: qualifications, physical requirements, satisfactory or better performance rating, and the employee must exercise their eligibility for noncompetitive appointment within two years of returning to the United States.

Upon meeting these qualifications, the employee can receive a direct career-conditional appointment or a competitive service position in the executive branch in the United States, including Guam, Puerto Rico and the Virgin Islands.

The order will be implemented as soon as appropriate guidance from the Personnel Management/Department of the Army is published.

CHILD ABUSERS ARE MORE HELPLESS THAN THEIR CHILDREN.

Most child abusers are truly unable to help themselves. They were abused while growing up, so they've learned no other way to raise their own children. Because they are so helpless about raising their own children, child abusers are as much the victims of a vicious cycle as the children they abuse. Yet child abusers can be helped.

HELP DESTROY A FAMILY TRADITION. WRITE:



National Committee for
Prevention of Child Abuse,
Box 2866, Chicago, Ill. 60690.

A Public Service of This Newspaper
& The Advertising Council



Looking back on a tragedy:

the sinking of the Duchess B

Text and photo from "Intercom," Vol. 13, No. 9, June 30, 1982; Walla Walla District, Wash.

"I was on the rear deck and we heard we were going to try for shore. We didn't make any headway and we took waves over bow and side of tug. The barge was also taking water over the entire deck," says Jeanene Smoczyk.

Being a survivor from the May 26 capsizing of the tugboat Duchess B has left Jeanene Smoczyk with a bad impression of the news media, instead of a reluctance to ride the rivers.

"I guess I'll take everything I read about heroic deeds with a little skepticism from now on.

"I always knew that you can't believe everything you read. But now that I've lived through inaccurate reporting, I really understand.

"I don't think I did anything special. It wasn't heroic. It was what I had to do. Anybody with modest swimming abilities could do it.

"Journalists tell the facts of what happened--but they put a slant in the story that wasn't there. They make it sound like it was a big struggle.

"Only one newspaper reporter talked to me and the story ends up in various forms in a dozen papers. One newspaper called me 'Ti..a' and really did a hatchet job on my last name."

Jeanene is a fish biologist for the Corps' Operation Fish Run, whose job ran out June 18.

Her "heroic deed" was helping Chris Bernert swim to an island close to the Washington shore of the Columbia River.

This, after they, and Chris' father, Jim Bernert, were thrown overboard when the tug they rode capsized in 55-mile-per-hour winds and six-foot waves.

Chris died of hypothermia and breathing difficulty at 8:30 p.m. in a Hermiston hospital.

Jim's body was discovered near Roosevelt, Wash., on June 17. The Bernerts contracted to push fish barges for this year's Corps Operation Fish Run.

Russ Peters, barge attendant, remained on the barge when the tug capsized. He was rescued off the barge by the Coast Guard.



Jeanene Smoczyk

THE TUG DROPS OUT FROM UNDER YOU

"When the swells started getting bigger and we started taking on water, that's when it dawned on me that we were in trouble.

"The skipper (Jim) was standing next to me and slid in. Before he was completely in the water, I was in the water. I never felt the tug go out from underneath me.

"I opened my eyes and all I could see was bubbles and brown water. I started up--and I got caught up in something. I think it was the exhaust pipes, but I couldn't see.

"I tried to go down and up, sideways... but I couldn't move. So I slid my lifejacket halfway off, so it was kind of looped around my arm. That way I could get free."

Jeanene guesses she spent 45 seconds under water. Her two years of scuba diving and snorkling experience may well have provided a calm confidence that helped save her life.

"I surfaced and turned to see Chris behind me where the tug had gone down.

"We had a short debate as to whether we should swim to the Washington or the Oregon side. I'm from Seattle, so I guess that's why I wanted to go to Washington.

"I'd been down the river a few times and I felt we were closer to the Washington shore."

(See page nine)

The Duchess B

(From page eight)

BOBBING AROUND LIKE CORKS

LIKE A BAD DREAM

Both Jeanene and Chris began swimming for shore.

"You couldn't see over the nearest breaker" so it was futile to search for Jim. Chris had sent off a Mayday. They were sure they would be rescued.

"Our most immediate concern was getting to shore." Chris began to tire. He held on to Jeanene's lifejacket.

"His arm was looped through my lifejacket so he could hang on. It was like piggy-back style.

"So I just used my arms to get us to shore. I couldn't kick. We were pushed upstream while we were swimming to shore.

"We'd have swells break over us. And you tried to hold your breath in the swelling water. That was the hard part. It was such slow going.

"You'd go eight feet upstream and one foot toward shore. Six feet up and one foot forward. We were just sort of bobbing around like corks, trying to make it to shore."

THEY MUST BE MISTAKEN

As they swam, Chris and Jeanene exchanged light conversation, to "keep our spirits up and warn each other of breakers."

After about an hour, they arrived at an off-shore island.

"Chris was unable to move much. I did get him near a boulder out of the water. I asked him if he was hurt.

"He said, 'No, just cold.' I decided to go for help. I walked to the island's end, swam across the narrow channel and climbed the hill to the highway.

"A car stopped immediately. We also flagged down a trucker with a CB radio. He called for help.

"In about 20 minutes the Roosevelt fire department rescue van arrived. Then a patrol boat was seen at the barge. It moved to the island where Chris was.

"A Coast Guard helicopter and Army copter arrived to search for Jim.

"I hadn't returned to the island because it never crossed my mind that Chris could die. When I left him, he was conscious.

"On shore, I heard he was receiving CPR (cardiopulmonary resuscitation). I just said it can't be. They must be mistaken... they must just be giving him first aid."

"I didn't hear he died until 10:15 that night. It didn't sink in. I knew he had died, but it didn't sink in until I went to his funeral.

"The whole incident seems like a bad dream. It's not something that happened to you. It's something that you may think of happening. Or it happened to somebody else.

"I think about it all the time. Why did it happen? Why did Chris and Jim both have to die? Why did I make it?

"Why did the winds have to hit all of a sudden? They (Chris and Jim) weren't supposed to be making this trip. It was supposed to be the Lori B (another contracting tug).

"Why did it work out that they just happened to be on their last trip? And Jim, who is usually in the office, decided to come out and do the Fish Run.

"The circumstances were just so... strange.

"There aren't any answers. That's just the way it is. It happens. It happens and you've got to accept it.

"I mean I've accepted it. But it will never be behind me. I always think about it."



trees

... are for people.
They help supply oxygen, provide
lumber and other forest products.
We can climb them, play under them,
camp by them. Trees are our friends.

..only you can prevent forest fires. 

Around the Corps

THE NORFOLK DISTRICT received a challenge--to safely dredge the pesticide Kepone-contaminated James River and to develop a dredging method that could also be used for cleanup of other pollutant "hot spots" in the nation. The district made history in its response by designing a modified dustpan dredge head without teeth or water jets. The district also designed a dredge position monitoring system that allows operators in the dredge leverroom to see the dredge head's location relative to the channel, using microwave transmission and a computer.

IN FORT BELVOIR, Va., the Corps of Engineers officially dedicated its newest water resources administrative and training center building on July 23. The Casey Building, with a construction cost of \$6.1 million, is located adjacent to the Corps' Kingman Building. The building is named for Maj. Gen. Hugh John Pat Casey, a distinguished military engineer. Construction of the building began in 1980. Faulkner, Fryer and Vanderpool of Washington, D.C., was the architectural engineering design firm, and Fletcher Construction Company, Inc. of Alexandria, Va., was the general contractor. The design and construction project was administered by the Baltimore District.

Staying behind can help you

From "American Forces Press Service," No. 2080, July 5, 1982; Department of Defense, Washington, D.C.

Want to stay alive and healthy? Try counting to two.

If you're not trailing at least two seconds behind the car ahead of you, you may not have enough time to react if that car suddenly slows or stops.

The "two-second rule" is easy to use, works at any speed and is more accurate than the old "one-car-length-for-every-10-mph" guideline, according to the National Safety Council.

Here's how it works:

First, watch the vehicle ahead of you pass a fixed point such as an overpass, sign, fence post, etc.

Then, begin counting off the seconds it takes you to reach the same spot in the road "one thousand and one, one thousand and two..."

If you reach that spot before two seconds have passed, you should slow down and increase your following distance.

Then check the distance again until you are at least two seconds behind.

Remember, two seconds is the minimum. In bad weather and when driving conditions are hazardous, increase the number of seconds and your following distance to be sure you have enough time and space to react.



New telephone changes made

PLANNING DIVISION

Office of the Chief

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SMITH, JERRY	5936	PD-ER	1206
WAGNER, JEANNIE	5985	PD-ER	1210
WHITING, ROBERT	5934	PD-ER	1206
WILCOX, DANIEL	5936	PD-ER	1206

Help as much as you can.



Together, we can change things.

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1982 annual Corps of Engineers



Special thanks go to the following people who helped out at the Corps picnic on June 25:

Bill Vennemann, Konstantin Morhun, Dave Dralle, Tom Raster, Dick Beatty, Bob Mike, John Olson, Valerie Burlingame, Rose Braatz, Kathy Dieter and Ron Wolney.



summer picnic held June 25 in St. Paul



(Photos by Lois R. Pream, PD-RC)

How to beat the heat

From "Safe Worker," Vol. 54, No. 8, August 1982; National Safety Council.

It is relatively common for people to suffer from heat syncope, or heat fainting, especially when they are not acclimated to hot weather, according to Dr. Jeffrey Galvin, a pulmonary physician at the University of Iowa Hospital in Iowa City.

Heat syncope normally occurs soon after someone goes out into the heat to work or exercise.

He/she may feel faint, giddy and pass out.

What happens is that blood pressure falls suddenly as blood flows to the extremities to cool the body and not enough blood goes to the head.

The best way to help someone who has fainted from the heat is to have him/her lie down to rest awhile with feet elevated.

In this position, blood can reach the brain. It is not necessary to give liquids for heat syncope.

HEAT EXHAUSTION

Heat exhaustion, unlike heat syncope, occurs after some hours in the heat. It is related to loss of water and salt through sweating without adequate fluid to replace the loss.

Symptoms of heat exhaustion include fatigue, weakness and collapse along with profuse sweating, nausea and dizziness.

The skin is pale and clammy. Body temperature is approximately normal. Muscle cramps may accompany heat exhaustion.

The best way to treat a person suffering from heat exhaustion is to give him/her sips of water.

Have the ill person lie down and raise the feet. Loosen clothing; apply cool, wet cloths; and fan the victim or get him/her into an air-conditioned room.

Heat exhaustion varies in seriousness. If a person recovers relatively quickly, medical care is probably not necessary.

If the victim doesn't feel better in an hour or two, or can't hold liquids, take him/her to a hospital emergency room where an intravenous solution can be given.

In the hospital, blood tests will determine if the ill person needs additional salt.

HEAT STROKE

Heat stroke is a life-threatening emergency that calls for immediate medical attention.

It is caused by a complete breakdown in the body's heat regulating system.

It is characterized by extremely high body temperature of 106 F or more. The skin is usually hot, red and dry, although it is possible for a heat stroke victim to be sweating. The pulse is rapid and strong, and the victim may be unconscious.

First aid treatment should be aimed at cooling the body quickly and getting the victim to the hospital.

The Red Cross recommends that you undress the victim and sponge the bare skin with cool water or rubbing alcohol, or apply cold packs, or place the victim in a tub of cool water until his/her temperature is lowered.

Use a fan or air conditioner to promote cooling if possible. Don't give water to a heat stroke victim. Your aim is to lower the body temperature.

THE VICTIMS

Many of a recent heat wave's victims were elderly people who lived in homes without air conditioning.

Many had medical conditions such as heart and circulatory disease, diabetes and stroke.

Physicians estimate that 80 percent of heat stroke deaths occur to people over 50.

Last summer, Dr. Teri Franks, an emergency room physician in a Moline, Ill., hospital found that most people coming into the hospital suffering from the heat were elderly.

Frequently, older people forget to drink enough water, says Dr. Mary Tobin, coordinator of the Adult Emergency Service at Rush-Presbyterian-St. Luke's Hospital in Chicago.

Babies and small children are also at greater risk in the heat because they become dehydrated quickly.

Infants lack the ability to make body adjustments to the heat.

Healthy young people may be struck down by the heat if they engage in heavy activity under even moderate temperature-humidity conditions. Training helps to

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Heat

(From page 15)

protect against heat stress.

According to Dr. Peter Van Handel, associate professor at the Human Performance Lab at Ball State University in Muncie, Ind., "The weekend athlete is more at risk in the heat than the person who exercises every day.

"Regular training and continued exposure to the heat cause changes in the body that protect a person to some degree."

Van Handel cautions that people going from an air-conditioned building into the heat are at a disadvantage when exercising.

"You can become acclimated within four to seven days," says Galvin. "Acclimation occurs when blood volume increases and your ability to sweat increases.

"If you work out in the heat for an hour or two a day, within seven days the amount of sweat you pour out per hour will increase dramatically.

"In addition, the composition of the sweat will change and the amount of salt you lose will be reduced."

Men and women handle heat differently, says Van Handel. Men sweat more and women dissipate more heat by circulating blood to the skin.

Although they get rid of heat on a fairly equal level, in the woman's body less blood is going to the working muscles, and the woman has a harder time doing equal muscle activity.

PRECAUTIONS TO TAKE

Avoid heavy activity during the hottest part of the day. Stay inside or in the shade and relax.

Joggers should run early in the morning or in the evening, suggests Van Handel.

Slow your pace and take frequent breaks to help you cool down. You simply can't expect as much of your body when temperatures are torrid.

Be sure to drink enough water or other fluids. People often do not realize they are becoming dehydrated until too late, so Galvin recommends that a person going out to do yard work take a big pitcher of water along and take frequent drinks.

Long-distance joggers can strap on a canteen. Alcohol further depletes the body of fluids, so avoid alcoholic drinks.

Physicians today feel that most people get adequate salt in their diets and do not need extra salt to replace what is lost in sweat.

Taking salt tablets can be dangerous, especially for those with high blood pressure.

Wear loose, light clothing that allows sweat to evaporate and reflects the sun's rays. Add a hat for further protection.

Van Handel notes a dangerous mistake some people make: they exercise in a sweat-suit or rubber suit to lose weight.

"What they are losing is body water. The water collects inside the suit, and the heat isn't carried away by evaporation so body temperature rises very rapidly."

Stripping to bare skin is also a bad idea. You can get a painful sunburn.

Softball highlights

by Stanley Sweatsock

CAPITOL HILLS SOFTBALL LEAGUE

Standings as of July 28

Upper Division

	W	L
Legislative Pak	6	1
Minnesota Health Dept.	5	2
Attorney General I	4	3
Pollution Control Agency	4	3
Dept. Educ., Planning & Devel	4	3
Corps I	3	4
Bureau Criminal Apprehension	2	5
Ramsey County Parole	0	7

Lower Division*

	W	L
Corps III	7	1
Metro Council	6	1
Luther	6	3
DD5	5	2
Corps IV	3	3
Capitol Club	3	4
Legislative Audit	3	4
Corps II	2	5
Econ 2	1	5
Public Service	0	8

*All records not verified.

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